

10-2015

UNOPA Notes, Volume 54, Issue 3, October 28, 2015

Follow this and additional works at: <http://digitalcommons.unl.edu/unopanews>



Part of the [Other Education Commons](#)

"UNOPA Notes, Volume 54, Issue 3, October 28, 2015" (2015). *UNOPA Newsletters*. 161.
<http://digitalcommons.unl.edu/unopanews/161>

This Article is brought to you for free and open access by the UNOPA-University of Nebraska Office Professionals Association at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in UNOPA Newsletters by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

President's Message - Is UNOPA the Best Kept Secret on Campus?

With over 1,800 Office/Service employees at UNL and only 61 active UNOPA members, it does appear that UNOPA is one of the best kept secrets on campus. Considering all the benefits and opportunities UNOPA provides its membership, why would we NOT be promoting UNOPA to our co-workers and friends here at UNL?

Already this academic year, UNOPA has had two superb presentations by representatives from Matt Talbot Kitchen and UNL's Wellness Services. Before this month's end, another opportunity for your professional growth will be a brown bag presentation by Professor Brett C. Stohs regarding the Entrepreneurship Legal Clinic on Oct. 29 at the East Campus Union. Register here: <https://www.eventbrite.com/e/unopa-brown-bag-series-tickets-18616293836>.

Speaking of Wellness, wasn't that a wonderful presentation by Courtney Smith regarding our personal wellness at the October General Meeting? Be sure to sign-up for one of the two upcoming Wellness on Wheels Clinics for a multitude of free health and wellness screenings. Either on Nov. 5 at Ruth Leverton Hall, Room 304: <https://www.eventbrite.com/e/wellness-on-wheels-college-of-education-and-human-science-east-campus-tickets-17544255340>; or on Nov. 12 at the Jackie Gaughan Center Unity room: <https://www.eventbrite.com/e/wellness-on-wheels-unopa-tickets-18099685647>.

In addition to providing many opportunities for personal and professional growth, UNOPA is the voice of UNL's office professionals on a wide array of University Committees. Just to name a few of those committees – Campus Safety, Child Care, Commission on Environmental Sustainability, Employee Benefits & U-Wide Employee Fringe Benefits, Emergency Employee Loan Fund Advisory, Recreation Advisory, Commission on the Status of Women, Parking Advisory, Parking Appeals, and the Wellness Committee. UNOPA has at least one active member on each of these committees, representing the interests and the voice of all UNL Office/Service staff.

Last, but not least, participating in our general meetings and other UNOPA activities (including working our football parking lot), is the BEST way of networking with other Office Professionals across both City and East Campus. It is a wonderful advantage to have contacts across campus to call when you need to know the ins and outs of UNL's how-to-do or who-to-call.

UNOPA is the BEST, and we don't want to keep it a secret any longer. Share the secret of UNOPA with your co-workers. They will be glad you did!

More details at: <http://go.unl.edu/frkq>



Roddy Spangler, UNOPA President

Award winners to be announced at General Meeting Nov. 10

Sign up and plan to attend the Nov. 10 General Meeting located at the East Campus Union. We will be announcing the 2015 Boss of the Year, Floyd S. Oldt Silver Pen, and the Floyd S. Outstanding Staff award winners. Also, Steven Waller, 2014 Boss of the Year recipient, will be giving a brief talk prior to presenting the 2015 Boss of the Year Award.

The RSVP form to be forthcoming.

More details at: <http://go.unl.edu/8i9k>

President Spangler Receives Heartfelt Message from Member

"I'm sharing a letter from UNOPA associate member, Donna Boone. It is a beautiful testimony to the character and kindness of our UNOPA Membership.
Thank you all!" - Roddy Spangler

When I joined UNOPA in 2006, at the suggestion of Mari Greer, little did I realize the impact it would make on my life. I thoroughly enjoyed making new friends and the information I gleaned from meetings, conferences, and workshops has been invaluable to me. Getting as involved as I possibly could gave me experience and knowledge that I use almost every day, whether I realize it or not! The camaraderie of the membership, alone, warms the heart, not to mention the lasting friendships.

On August 30th, I lost a brother to cancer. He was 57 and lived in Massachusetts. On September 1st, I lost a second brother to Parkinson's. He was 80 and lived in Missouri. I tell you this because as word got out, the letters and texts from UNOPA friends/members has been overwhelming and very comforting.

The friendships, knowledge, networking, and enjoyment that I experienced are all reasons, I believe, that each and every University office professional should be involved in UNOPA. If an office professional at the University is NOT an involved member of UNOPA, I don't believe they will ever reach their potential. We all have great things in store for our lives that UNOPA will help a person see and learn how to benefit from them.

Please forgive my rambling, but I would appreciate it if you would relay my thankfulness and love to the members of UNOPA for keeping my family and myself in their thoughts and prayers during this sad time. Those who sent cards made me smile each time I found one in our mailbox. Thank you all, again!

Roddy, I pray your year as President is as wonderful as it should be and you have the support you need from your Board and all the members.

Thank you,

Donna Boone

More details at: <http://go.unl.edu/wf5s>

Sign up for Wellness on Wheels Nov. 5 or 12

Wellness on Wheels (featured topic at October general meeting) has two upcoming events in which UNOPA members are invited to participate.

Thursday, November 5

8-9:30am

Ruth Leverton Hall Room 304

Pre-register at: <https://www.eventbrite.com/e/wellness-on-wheels-college-of-education-and-human-science-east-campus-tickets-17544255340>

OR

Thursday, November 12 (specific to UNOPA members)

8-9:30am

Jackie Gaughan Center – Unity Room

Pre-register at: <https://www.eventbrite.com/e/wellness-on-wheels-unopa-tickets-18099685647>

Please register in advance if requiring fasting blood profile

Free Screenings during event will be: balance/lower body strength; blood pressure, flexibility & mobility; height, weight, bmi; waist circumference; nutrition knowledge; health coaching; stress management; financial wellness; non-fasting cholesterol; and environmental awareness

Fasting Blood Profile Information -- Bring a copy of your BCBS insurance or \$25. Payment can be made by cash, check or a copy of your BCBS card. The University Health Center will submit to BCBS and other insurance if information is provided to complete a claim. You will be billed up to \$25 if your BCBS does not cover all of the lab work. Patients with other insurance to pay at time of the service.

We must have at least 15 people signed up for the Wellness on Wheels events to take place. So far for Nov. 5, there 10 people signed up. This date is hosted by the College of Education and Human Science but UNOPA members are invited to come to this one also. The Nov. 12 event has three people signed up.

-- Tricia Liedle, President-Elect

More details at: <http://go.unl.edu/kimx>

Matt Talbot Kitchen & Outreach will be Giving Tree recipient

Our 2015 Giving Tree recipient will be Matt Talbot Kitchen & Outreach. Matt Talbot Kitchen & Outreach has been "Doing Big Good" since it was opened by volunteers in 1992. Matt Talbot Kitchen & Outreach provides hunger relief and outreach, which includes laundry and shower services, for the homeless and near-homeless population. With our 50/50 giving, donations of non-perishable food items and our Giving Tree, UNOPA can make a big impact on the Lincoln community.

The Giving Tree will be at the November and December general meetings with suggested items and information on where and when to drop off items. If you want to beat the crowds, here is a short list of needed items:

- Adult Socks, plain white, crew length
- Soap & Body Wash
- Shampoo (both large & small sizes)
- Deodorant
- Nail Clippers
- Band-Aids
- HE Liquid Laundry Detergent
- Gloves
- Hand Warmers (the packs you snap to activate heat)
- Bug Spray
- Rain Ponchos

For more information about Matt Talbot Kitchen & Outreach, please visit: <http://www.mtkserves.org/>

More details at: <http://go.unl.edu/x023>

2014-2015 Annual Report

The Annual Report from the 2014-2015 year for UNOPA is posted on the UNOPA website and uploaded to Digital Commons for your reading enjoyment. The officers and committee directors did a great job of capturing the events from last year.

If you have questions about the report, please don't hesitate to contact Jane Schneider, jane.schneider@unl.edu or 402-472-8670.

More details at: <http://go.unl.edu/6w8y>

2015-16 UNOPA Board of Directors

Elected Officers:

President, Roddy Spangler, 472-3989, rspangler2@unl.edu
President-elect, Tricia Liedle, 472-3305, pliedle@nebraska.edu
Recording Secretary, Judy Anderson, 472-7021, janderson5@unl.edu
Corresponding Secretary, Marsha Yelden, 472-7306, myelden1@unl.edu
Treasurer, Alycia Libolt, 472-7317, alibolt2@unl.edu
Presidential Advisor/Past President/Bradley Munn, Jane Schneider, 472-8760, jane.schneider@unl.edu

Standing Committees: Director / Co-Directors

Awards: Sara Luther, 472-2218, sara.luther@unl.edu
Bylaws: TBA
Career Development-PSP: Lorraine Moon, 472-6082, lmoon1@unl.edu; Debbie Hendricks, 472-3755, dhendricks1@unl.edu
Communication Technology/Web Page: Mary Klucas, 472-7325, mary.klucas@unl.edu
Employee Concerns: Edie Schleiger, 472-1818, eschleiger1@unl.edu; Carol Wusk, 472-7913, cwusk1@unl.edu
Hospitality: Breana Garretson, 472-7934, bgarretson2@unl.edu
Membership: Jaime Long, 472-4502, jlong5@unl.edu; Marilyn Johnson, 472-8822, mariyn.johnson@unl.edu
Nominating: Donelle Moormeier, 472-2069, dmoormeier1@unl.edu; Donette Petersen, 472-5623, dpetersen1@unl.edu
UNOPA Notes: Barbara Homer, 472-3677, bhomer2@unl.edu
Ways and Means: Jan Wassenberg, 472-3171, jwassenberg1@unl.edu; Linda Arnold; 472-3802, larnold1@unl.edu

Ad Hoc Committees: Director(s)

Digital Commons: Paige Glasshoff, 472-9392, paige.glasshoff@unl.edu
Marketing: Kelsey Sims, 472-8209, ksims2@unl.edu

More details at: <http://go.unl.edu/kzyq>

UNOPA's Mission

Education is the birthright of every person. We as members of the University of Nebraska Office Professionals Association pledge ourselves to safeguard that right. We acknowledge the unique role of educational office professionals and the importance of their contributions to the university and the community. The purpose of UNOPA is to provide professional growth and promote high professional standards for educational office professionals with the University of Nebraska, as partners, upholding the quality of service to the university educational system and the community.