

4-4-2016

UNOPA NOTES, April 2016

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



Part of the [Other Education Commons](#)

"UNOPA NOTES, April 2016" (2016). *UNOPA Newsletters*. 165.
<http://digitalcommons.unl.edu/unopanews/165>

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.

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth



Roddy Spangler

"The purpose of UNOPA is to provide professional growth and promote high professional standards ..."

UNOPA Notes (<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- **2015-2016 UNOPA Board of Directors**
(<http://newsroom.unl.edu/announce/unopa/5155/29733>)
- **President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth**
(<http://newsroom.unl.edu/announce/unopa/5155/29891>)
- **UNOPA Committee Directors Needed for 2016-2017 Executive Board**
(<http://newsroom.unl.edu/announce/unopa/5155/29751>)
- **Join NEOPA for a Fundraiser Featuring....thirty-one**
(<http://newsroom.unl.edu/announce/unopa/5155/29905>)
- **Rose Frolik Award & Past Presidents Luncheon, April 19**
(<http://newsroom.unl.edu/announce/unopa/5155/29899>)
- **Still Accepting NCAPPD Registrations**
(<http://newsroom.unl.edu/announce/unopa/5155/29893>)
- **Sign up for the MS Walk, May**

Because there was such a huge interest, we are working to reschedule the professional development workshop, "How to Communicate Professionally; in an LOL World" which was canceled in February due to illness. We are shooting for late May.

Other professional development opportunities are available at the State, Regional and National levels of our organization. There is our National (NAEOP) Conference in St. Louis in July; a Professional Development Day in Rochester, MN in April that is sponsored by our North Central Region of NAEOP; and a State Affiliate (NEOPA) Spring Event in Lincoln in May. Also, we have been invited to LPSAOP's Spring Event in April. Details of these events are in other articles in this issue of UNOPA Notes.

Despite the rise of social media as a form of communication, email is still a standard form of communication in the business world. Therefore, I share these tips on writing a professional email I found while trolling social media.

Always fill in the subject line with a topic that means something to your reader. Not "Decals" or "Important!" but "Deadline for New Parking Decals."

Put your main point in the opening sentence. Most readers won't stick around for a surprise ending.

Never begin a message with a vague "This"--as in "This needs to be done by 5:00." Always specify what you're writing about.

Don't use ALL CAPITALS (no shouting!), or all lowercase letters either.

As a general rule, PLZ avoid text-speak (abbreviations and acronyms): you may be ROFLOL (rolling on the floor laughing out loud), but your reader may be left wondering WUWT (what's up with that).

Be brief and polite. If your message runs longer than two or three short paragraphs, consider (a) reducing the message, or (b) providing an attachment.

Remember to say "please" and "thank you." And mean it.

Add a signature block with appropriate contact information (in most cases, your name, business address, and phone number, along with a legal disclaimer if required by your company). Do you need to clutter the signature block with a clever quotation and artwork? Probably not.

Edit and proofread before hitting "send." You may think you're too busy to sweat the small stuff, but unfortunately, your reader may think you're just careless.

Finally, reply promptly to serious messages. If you need more than 24 hours to collect information or make a decision, send a brief response explaining the delay.

More details at: <http://go.unl.edu/smhq> (<http://go.unl.edu/smhq>)

14 (<http://newsroom.unl.edu/announce/unopa/5155/29872>)

- **Parking Lot Volunteers Needed for Spring Football Game** (<http://newsroom.unl.edu/announce/unopa/5155/29760>)
- **Network at Annual Spring NEOPA Conference May 19** (<http://newsroom.unl.edu/announce/unopa/5155/29892>)
- **NAEOP Annual Conference in St. Louis, July 13-16** (<http://newsroom.unl.edu/announce/unopa/5155/29909>)
- **Invitation to LPSAOP Spring Membership Event** (<http://newsroom.unl.edu/announce/unopa/5155/29890>)
- **UNOPA's Mission** (<http://newsroom.unl.edu/announce/unopa/5155/29753>)
- **Spring Into...An Active Office Presentation** (<http://newsroom.unl.edu/announce/unopa/5155/29748>)

Newsletters including this story

- **UNOPA Notes - April 2016** (<http://newsroom.unl.edu/announce/unopa/5155>)

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

Rose Frolik Award & Past Presidents Luncheon, April 19

Mark your calendars and plan to attend the Rose Frolik Award Luncheon to be held Tuesday, April 19, at 11:45 a.m. This special event will be held at the East Campus Union in the Great Plains Room.

In addition to announcing this year's Rose Frolik Award recipient, we will also be honoring UNOPA's Past Presidents and recent retirees.

Please join us! Past Presidents and retirees, please RSVP to Marsha Yelden at myelden1@unl.edu (<mailto:myelden1@unl.edu>), or by phone at 402-472-7306.

To register, click on the link: <https://www.eventbrite.com/e/annual-unopa-rose-frolik-luncheon-tickets-24256334349> (<https://www.eventbrite.com/e/annual-unopa-rose-frolik-luncheon-tickets-24256334349>)

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

UNOPA Notes

(<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- [2015-2016 UNOPA Board of Directors](http://newsroom.unl.edu/announce/unopa/5155/29733) (<http://newsroom.unl.edu/announce/unopa/5155/29733>)
- [President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth](http://newsroom.unl.edu/announce/unopa/5155/29891) (<http://newsroom.unl.edu/announce/unopa/5155/29891>)
- [UNOPA Committee Directors Needed for 2016-2017 Executive Board](http://newsroom.unl.edu/announce/unopa/5155/29751) (<http://newsroom.unl.edu/announce/unopa/5155/29751>)
- [Join NEOPA for a Fundraiser Featuring....thirty-one](http://newsroom.unl.edu/announce/unopa/5155/29905) (<http://newsroom.unl.edu/announce/unopa/5155/29905>)
- [Rose Frolik Award & Past Presidents Luncheon, April 19](http://newsroom.unl.edu/announce/unopa/5155/29899) (<http://newsroom.unl.edu/announce/unopa/5155/29899>)
- [Still Accepting NCAPPD Registrations](http://newsroom.unl.edu/announce/unopa/5155/29893) (<http://newsroom.unl.edu/announce/unopa/5155/29893>)
- [Sign up for the MS Walk, May 14](http://newsroom.unl.edu) (<http://newsroom.unl.edu>)

- [/announce/unopa/5155/29872\)](http://newsroom.unl.edu/announce/unopa/5155/29872)
- [Parking Lot Volunteers Needed for Spring Football Game \(http://newsroom.unl.edu/announce/unopa/5155/29760\)](http://newsroom.unl.edu/announce/unopa/5155/29760)
- [Network at Annual Spring NEOPA Conference May 19 \(http://newsroom.unl.edu/announce/unopa/5155/29892\)](http://newsroom.unl.edu/announce/unopa/5155/29892)
- [NAEOP Annual Conference in St. Louis, July 13-16 \(http://newsroom.unl.edu/announce/unopa/5155/29909\)](http://newsroom.unl.edu/announce/unopa/5155/29909)
- [Invitation to LPSAOP Spring Membership Event \(http://newsroom.unl.edu/announce/unopa/5155/29890\)](http://newsroom.unl.edu/announce/unopa/5155/29890)
- [UNOPA's Mission \(http://newsroom.unl.edu/announce/unopa/5155/29753\)](http://newsroom.unl.edu/announce/unopa/5155/29753)
- [Spring Into...An Active Office Presentation \(http://newsroom.unl.edu/announce/unopa/5155/29748\)](http://newsroom.unl.edu/announce/unopa/5155/29748)

Newsletters including this story

- [UNOPA Notes - April 2016 \(http://newsroom.unl.edu/announce/unopa/5155\)](http://newsroom.unl.edu/announce/unopa/5155)

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

Parking Lot Volunteers Needed for Spring Football Game

On Saturday, April 16, UNOPA has the opportunity to earn some funds to support our activities for the coming year.

The Husker football team will have their annual red/white spring game and Parking has asked us to monitor the lot at 22nd and Whittier. The cost for parking is only \$5 for this game. Only a few people are needed. You may use this link to sign-up as a volunteer:

<https://docs.google.com/spreadsheets/d/1bNsOdx8ASDwuJwXO1L3zIg7atjw0OZO1tvHlnjBYuio/edit#gid=937861791> (<https://docs.google.com/spreadsheets/d/1bNsOdx8ASDwuJwXO1L3zIg7atjw0OZO1tvHlnjBYuio/edit#gid=937861791>)

Let's hope for good weather and a good crowd. Our parking volunteers always have a good time.

Linda Arnold and Jan Wassenberg, Co-Directors
Ways & Means Committee

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

UNOPA Notes

(<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- [2015-2016 UNOPA Board of Directors](http://newsroom.unl.edu/announce/unopa/5155/29733) (<http://newsroom.unl.edu/announce/unopa/5155/29733>)
- [President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth](http://newsroom.unl.edu/announce/unopa/5155/29891) (<http://newsroom.unl.edu/announce/unopa/5155/29891>)
- [UNOPA Committee Directors Needed for 2016-2017 Executive Board](http://newsroom.unl.edu/announce/unopa/5155/29751) (<http://newsroom.unl.edu/announce/unopa/5155/29751>)
- [Join NEOPA for a Fundraiser Featuring....thirty-one](http://newsroom.unl.edu/announce/unopa/5155/29905) (<http://newsroom.unl.edu/announce/unopa/5155/29905>)
- [Rose Frolik Award & Past Presidents Luncheon, April 19](http://newsroom.unl.edu/announce/unopa/5155/29899) (<http://newsroom.unl.edu/announce/unopa/5155/29899>)
- [Still Accepting NCAPPD Registrations](http://newsroom.unl.edu/announce/unopa/5155/29893) (<http://newsroom.unl.edu/announce/unopa/5155/29893>)
- [Sign up for the MS Walk, May 14](http://newsroom.unl.edu/announce/unopa) (<http://newsroom.unl.edu/announce/unopa>)

- [Parking Lot Volunteers Needed for Spring Football Game](http://newsroom.unl.edu/announce/unopa/5155/29872)
- [Network at Annual Spring NEOPA Conference May 19](http://newsroom.unl.edu/announce/unopa/5155/29760)
- [NAEOP Annual Conference in St. Louis, July 13-16](http://newsroom.unl.edu/announce/unopa/5155/29892)
- [Invitation to LPSAOP Spring Membership Event](http://newsroom.unl.edu/announce/unopa/5155/29909)
- [UNOPA's Mission](http://newsroom.unl.edu/announce/unopa/5155/29890)
- [Spring Into...An Active Office Presentation](http://newsroom.unl.edu/announce/unopa/5155/29753)

Newsletters including this story

- [UNOPA Notes - April 2016](http://newsroom.unl.edu/announce/unopa/5155)

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

Invitation to LPSAOP Spring Membership Event

LPSAOP Spring Event
Tapping into the Power of Mentoring

Thursday April 28, 2016
LPSDO Board Room

Sign In: 4:45-5:15 pm
Dinner: 5:30 pm --- Bagels and Joe
 Meal includes: A **FRESH** assortment of sandwiches (bagel or regular sandwich), spring salad mix, chips and a cookie (vegetarian meal available upon request). *see below

Caricature Artist: 5:00-7:00 pm --- Kirk Kuenzi
 About Faces Entertainment

Guest Speaker:
Dr. Tom Osborne
 TeamMates Mentoring

***PSP Clock Hours for Attending!**

LPSAOP General Meeting to follow
Count Me In!

****Please detach and return the bottom portion with a check made payable to LPSAOP in the amount of \$10.00 to Lindsay Deahn, LPSDO Box 19, no later than **Friday April 22, 2016**.

.....

Name: _____

Location: _____

*_____ I would like to request a vegetarian meal

Flier

LPSAOP would like to invite the UNOPA members to their Spring Membership Event on Thursday, April 28, featuring Dr. Tom Osborne speaking on TeamMates mentoring.

The cost is \$10 and payment and registration may be mailed to: Lincoln

UNOPA Notes

(<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- **2015-2016 UNOPA Board of Directors**
<http://newsroom.unl.edu/announce/unopa/5155/29733>
- **President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth**
<http://newsroom.unl.edu/announce/unopa/5155/29891>
- **UNOPA Committee Directors Needed for 2016-2017 Executive Board**
<http://newsroom.unl.edu/announce/unopa/5155/29751>
- **Join NEOPA for a Fundraiser Featuring....thirty-one**
<http://newsroom.unl.edu/announce/unopa/5155/29905>
- **Rose Frolik Award & Past Presidents Luncheon, April 19**
<http://newsroom.unl.edu/announce/unopa/5155/29899>
- **Still Accepting NCAPPD Registrations**
<http://newsroom.unl.edu/announce/unopa/5155/29893>
- **Sign up for the MS Walk, May 14** (<http://newsroom.unl.edu/announce/unopa>)

Public Schools, Attn: Lindsay Deahn, Box 19, 5905 O Street, Lincoln, NE 68510

- [/5155/29872\)](http://newsroom.unl.edu/announce/unopa/5155/29872)
Parking Lot Volunteers Needed for Spring Football Game
[\(http://newsroom.unl.edu/announce/unopa/5155/29760\)](http://newsroom.unl.edu/announce/unopa/5155/29760)
- **Network at Annual Spring NEOPA Conference May 19**
[\(http://newsroom.unl.edu/announce/unopa/5155/29892\)](http://newsroom.unl.edu/announce/unopa/5155/29892)
- **NAEOP Annual Conference in St. Louis, July 13-16**
[\(http://newsroom.unl.edu/announce/unopa/5155/29909\)](http://newsroom.unl.edu/announce/unopa/5155/29909)
- **Invitation to LPSAOP Spring Membership Event**
[\(http://newsroom.unl.edu/announce/unopa/5155/29890\)](http://newsroom.unl.edu/announce/unopa/5155/29890)
- **UNOPA's Mission**
[\(http://newsroom.unl.edu/announce/unopa/5155/29753\)](http://newsroom.unl.edu/announce/unopa/5155/29753)
- **Spring Into...An Active Office Presentation**
[\(http://newsroom.unl.edu/announce/unopa/5155/29748\)](http://newsroom.unl.edu/announce/unopa/5155/29748)

Newsletters including this story

- **UNOPA Notes - April 2016**
[\(http://newsroom.unl.edu/announce/unopa/5155\)](http://newsroom.unl.edu/announce/unopa/5155)

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

Spring Into...An Active Office Presentation

Dr. Joan Vernikos, a research scientist who previously worked for NASA's Life Sciences Division, emphasizes why so many Americans are unhealthy in the following quote:

"Even if people meet the current recommendation of 30 minutes of physical activity on most days each week, there may be significant adverse metabolic and health effects from prolonged sitting – the activity that dominates most people's remaining 'non-exercise' waking hours."

Kimberly Barrett, Assistant Director for Wellness Services & Fitness Programs at Campus Recreation, led a very thought-provoking and active presentation titled, "An Active Office," on Tuesday, March 15 at City Campus and Wednesday, March 16 at East Campus. The presentation focused on providing the attendees with tips and simple, yet effective, examples of how they can be active throughout the work day.

Tips:

- Be active as a group
- Be realistic about timing – how long and when
- Break up activities throughout the day

Examples:

- Make sitting for hours less convenient
 - o Move frequently used utensils (phone, stapler, etc.) away from your desk
 - o Drink water – use restroom furthest from desk/office
 - o Create a reminder to stand up every 15, 30 or 60 minutes
 - o Do not email someone in your office; go talk to them in person
- Walking meetings (keep a pair of tennis shoes in your office)
- Set a walking goal for the work day
- 5 minute office workout
 - o Stand up, overhead reach, lean back
 - o Standing calf raises
 - o Chair crunches
 - o Desk pushups
 - o Oblique stretches
- Stretch
 - o Neck stretch – tuck chin
 - o Shoulder stretch – open chest, round back
 - o Knee to chest
 - o Fold Forward – seated and standing
 - o Roll wrists – both ways

UNOPA Notes

(<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- **2015-2016 UNOPA Board of Directors**
(<http://newsroom.unl.edu/announce/unopa/5155/29733>)
- **President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth**
(<http://newsroom.unl.edu/announce/unopa/5155/29891>)
- **UNOPA Committee Directors Needed for 2016-2017 Executive Board**
(<http://newsroom.unl.edu/announce/unopa/5155/29751>)
- **Join NEOPA for a Fundraiser Featuring....thirty-one**
(<http://newsroom.unl.edu/announce/unopa/5155/29905>)
- **Rose Frolik Award & Past Presidents Luncheon, April 19**
(<http://newsroom.unl.edu/announce/unopa/5155/29899>)
- **Still Accepting NCAPPD Registrations**
(<http://newsroom.unl.edu/announce/unopa/5155/29893>)
- **Sign up for the MS Walk, May 14** (<http://newsroom.unl.edu/announce/unopa>)

- Exercise proper posture!

To stay active within my office, we set aside 4 minutes in the morning and in the afternoon. At that time, we do a 2-minute plank and a 2-minute wall sit. These are just a few of many examples. Be creative!

"Start where you are. Use what you can. Do what you can." – Arthur Ashe

-- Submitted by Alycia Libolt, Treasurer

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

- [/5155/29872](http://newsroom.unl.edu/announce/unopa/5155/29872))
- [Parking Lot Volunteers Needed for Spring Football Game](http://newsroom.unl.edu/announce/unopa/5155/29760)
(<http://newsroom.unl.edu/announce/unopa/5155/29760>)
- [Network at Annual Spring NEOPA Conference May 19](http://newsroom.unl.edu/announce/unopa/5155/29892)
(<http://newsroom.unl.edu/announce/unopa/5155/29892>)
- [NAEOP Annual Conference in St. Louis, July 13-16](http://newsroom.unl.edu/announce/unopa/5155/29909)
(<http://newsroom.unl.edu/announce/unopa/5155/29909>)
- [Invitation to LPSAOP Spring Membership Event](http://newsroom.unl.edu/announce/unopa/5155/29890)
(<http://newsroom.unl.edu/announce/unopa/5155/29890>)
- [UNOPA's Mission](http://newsroom.unl.edu/announce/unopa/5155/29753)
(<http://newsroom.unl.edu/announce/unopa/5155/29753>)
- [Spring Into...An Active Office Presentation](http://newsroom.unl.edu/announce/unopa/5155/29748)
(<http://newsroom.unl.edu/announce/unopa/5155/29748>)

Newsletters including this story

- [UNOPA Notes - April 2016](http://newsroom.unl.edu/announce/unopa/5155)
(<http://newsroom.unl.edu/announce/unopa/5155>)

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

UNOPA Committee Directors Needed for 2016-2017 Executive Board

President-Elect Tricia Liedle would love to announce her full board of directors on May 10. Following is the list of committees she is still in need of directors:

UNOPA Notes--Shall be responsible for collecting information for, setting up, editing, and distributing UNOPA's monthly online newsletter.

Nominating--Shall be responsible for assuring the future of our organization by establishing and submitting a complete slate of officers for the upcoming year and governing the election process.

Outreach--Shall be responsible for developing a mentoring program for UNOPA. This may include, but is not limited to, workshops, individual mentoring partnerships, web page information or online information. The Committee shall also be responsible for organizing and coordinating the annual summer social, Secret Friends programs, and collecting Box Tops and Campbell Soup labels.

Bylaws--Shall review the Bylaws and Standing Rules each year and present their recommendations to the Executive Board.

Please notify Tricia Liedle, incoming President, if you are interested in serving as a director of one of the above committees for 2016-2017. You may email her at pliedle@nebraska.edu (<mailto:pliedle@nebraska.edu>) or by phone at 472-3305.

More details at: <http://go.unl.edu/fknv> (<http://go.unl.edu/fknv>)

UNOPA Notes

(<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- **2015-2016 UNOPA Board of Directors**
(<http://newsroom.unl.edu/announce/unopa/5155/29733>)
- **President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth**
(<http://newsroom.unl.edu/announce/unopa/5155/29891>)
- **UNOPA Committee Directors Needed for 2016-2017 Executive Board**
(<http://newsroom.unl.edu/announce/unopa/5155/29751>)
- **Join NEOPA for a Fundraiser Featuring....thirty-one**
(<http://newsroom.unl.edu/announce/unopa/5155/29905>)
- **Rose Frolik Award & Past Presidents Luncheon, April 19**
(<http://newsroom.unl.edu/announce/unopa/5155/29899>)
- **Still Accepting NCAPPD Registrations**
(<http://newsroom.unl.edu/announce/unopa/5155/29893>)
- **Sign up for the MS Walk, May**

- [14 \(<http://newsroom.unl.edu/announce/unopa/5155/29872>\)](http://newsroom.unl.edu/announce/unopa/5155/29872)
- [Parking Lot Volunteers Needed for Spring Football Game \(<http://newsroom.unl.edu/announce/unopa/5155/29760>\)](http://newsroom.unl.edu/announce/unopa/5155/29760)
 - [Network at Annual Spring NEOPA Conference May 19 \(<http://newsroom.unl.edu/announce/unopa/5155/29892>\)](http://newsroom.unl.edu/announce/unopa/5155/29892)
 - [NAEOP Annual Conference in St. Louis, July 13-16 \(<http://newsroom.unl.edu/announce/unopa/5155/29909>\)](http://newsroom.unl.edu/announce/unopa/5155/29909)
 - [Invitation to LPSAOP Spring Membership Event \(<http://newsroom.unl.edu/announce/unopa/5155/29890>\)](http://newsroom.unl.edu/announce/unopa/5155/29890)
 - [UNOPA's Mission \(<http://newsroom.unl.edu/announce/unopa/5155/29753>\)](http://newsroom.unl.edu/announce/unopa/5155/29753)
 - [Spring Into...An Active Office Presentation \(<http://newsroom.unl.edu/announce/unopa/5155/29748>\)](http://newsroom.unl.edu/announce/unopa/5155/29748)

Newsletters including this story

- [UNOPA Notes - April 2016 \(<http://newsroom.unl.edu/announce/unopa/5155>\)](http://newsroom.unl.edu/announce/unopa/5155)

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

Still Accepting NCAPPD Registrations

This is a reminder to register for The North Central Area Professional Development Days. The event is being held in Rochester, Minnesota, April 22-23. If you register, please bring children's books (new or used) for the retirees' special project at NAEOP Conference.

Co-Chairmen for the 2016 NCAPPD are Sharon Griffiths and Darlene Hovorka and they are looking forward to meeting new friends and reconnecting with old friends.

To register, click on the link: <http://www.naeop.org/membership/area-directors/north-central-area.html> (<http://www.naeop.org/membership/area-directors/north-central-area.html>)

Questions? Contact:

Mary Guest, CEOE
NAEOP North Central Area Director, 2014-2016
NAEOP Affiliates and Advisory Council Chairman, 2015-2016
Nebraska EOPA Immediate Past President, 2015-2016
Email: mary.guest@unl.edu (<mailto:mary.guest@unl.edu>)
Cell: 402-613-2430

More details at: <http://go.unl.edu/ohf4> (<http://go.unl.edu/ohf4>)

UNOPA Notes

(<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- [2015-2016 UNOPA Board of Directors](http://newsroom.unl.edu/announce/unopa/5155/29733) (<http://newsroom.unl.edu/announce/unopa/5155/29733>)
- [President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth](http://newsroom.unl.edu/announce/unopa/5155/29891) (<http://newsroom.unl.edu/announce/unopa/5155/29891>)
- [UNOPA Committee Directors Needed for 2016-2017 Executive Board](http://newsroom.unl.edu/announce/unopa/5155/29751) (<http://newsroom.unl.edu/announce/unopa/5155/29751>)
- [Join NEOPA for a Fundraiser Featuring....thirty-one](http://newsroom.unl.edu/announce/unopa/5155/29905) (<http://newsroom.unl.edu/announce/unopa/5155/29905>)
- [Rose Frolik Award & Past Presidents Luncheon, April 19](http://newsroom.unl.edu/announce/unopa/5155/29899) (<http://newsroom.unl.edu/announce/unopa/5155/29899>)
- [Still Accepting NCAPPD Registrations](http://newsroom.unl.edu/announce/unopa/5155/29893) (<http://newsroom.unl.edu/announce/unopa/5155/29893>)
- [Sign up for the MS Walk, May 14](http://newsroom.unl.edu/announce/unopa) (<http://newsroom.unl.edu/announce/unopa>)

- [/5155/29872](http://newsroom.unl.edu/announce/unopa/5155/29872)
• [Parking Lot Volunteers
Needed for Spring Football
Game
\(http://newsroom.unl.edu
/announce/unopa
/5155/29760\)](http://newsroom.unl.edu/announce/unopa/5155/29760)
- [Network at Annual Spring
NEOPA Conference May 19
\(http://newsroom.unl.edu
/announce/unopa
/5155/29892\)](http://newsroom.unl.edu/announce/unopa/5155/29892)
- [NAEOP Annual Conference in
St. Louis, July 13-16
\(http://newsroom.unl.edu
/announce/unopa
/5155/29909\)](http://newsroom.unl.edu/announce/unopa/5155/29909)
- [Invitation to LPSAOP Spring
Membership Event
\(http://newsroom.unl.edu
/announce/unopa
/5155/29890\)](http://newsroom.unl.edu/announce/unopa/5155/29890)
- [UNOPA's Mission
\(http://newsroom.unl.edu
/announce/unopa
/5155/29753\)](http://newsroom.unl.edu/announce/unopa/5155/29753)
- [Spring Into...An Active Office
Presentation
\(http://newsroom.unl.edu
/announce/unopa
/5155/29748\)](http://newsroom.unl.edu/announce/unopa/5155/29748)

Newsletters including this story

- [UNOPA Notes - April 2016
\(http://newsroom.unl.edu
/announce/unopa/5155\)](http://newsroom.unl.edu/announce/unopa/5155)

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

Network at Annual Spring NEOPA Conference May 19

Due to several planning challenges, the annual Spring conference will be an opportunity for NEOPA members to NETWORK, share a meal, and RECOGNIZE the new officers and accomplishments of NEOPA members. It will be held at the Southwest Holiday Inn at 2500 Tamarin Ridge Road in Lincoln, Nebraska, on Thursday, May 19, beginning at 5 p.m. and concluding around 8 p.m.

Please note that the Spring General Membership meeting will be held at that time.

As details are finalized, NEOPA will provide updates. In the meantime, keep an eye on the NEOPA website: Nebraska-neopa.org

If you have questions, contact:

Denise L. Fisher
Administrative Assistant to the Commissioner of Education
Nebraska Department of Education
301 Centennial Mall South
P.O. Box 94987
Lincoln, NE 68509-4987
TEL: (402) 471-5020
<http://www.education.ne.gov> (<http://www.education.ne.gov>)
denise.fisher@nebraska.gov (<mailto:denise.fisher@nebraska.gov>)

More details at: <http://go.unl.edu/s7ye> (<http://go.unl.edu/s7ye>)

UNOPA Notes (<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- 2015-2016 UNOPA Board of Directors
(<http://newsroom.unl.edu/announce/unopa/5155/29733>)
- President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth
(<http://newsroom.unl.edu/announce/unopa/5155/29891>)
- UNOPA Committee Directors Needed for 2016-2017 Executive Board
(<http://newsroom.unl.edu/announce/unopa/5155/29751>)
- Join NEOPA for a Fundraiser Featuring....thirty-one
(<http://newsroom.unl.edu/announce/unopa/5155/29905>)
- Rose Frolik Award & Past Presidents Luncheon, April 19
(<http://newsroom.unl.edu/announce/unopa/5155/29899>)
- Still Accepting NCAPPD Registrations
(<http://newsroom.unl.edu/announce/unopa/5155/29893>)
- Sign up for the MS Walk, May 14 (<http://newsroom.unl.edu/announce/unopa>)

- [/5155/29872](http://newsroom.unl.edu/announce/unopa/5155/29872)
• [Parking Lot Volunteers Needed for Spring Football Game](http://newsroom.unl.edu/announce/unopa/5155/29760)
(<http://newsroom.unl.edu/announce/unopa/5155/29760>)
- [Network at Annual Spring NEOPA Conference May 19](http://newsroom.unl.edu/announce/unopa/5155/29892)
(<http://newsroom.unl.edu/announce/unopa/5155/29892>)
- [NAEOP Annual Conference in St. Louis, July 13-16](http://newsroom.unl.edu/announce/unopa/5155/29909)
(<http://newsroom.unl.edu/announce/unopa/5155/29909>)
- [Invitation to LPSAOP Spring Membership Event](http://newsroom.unl.edu/announce/unopa/5155/29890)
(<http://newsroom.unl.edu/announce/unopa/5155/29890>)
- [UNOPA's Mission](http://newsroom.unl.edu/announce/unopa/5155/29753)
(<http://newsroom.unl.edu/announce/unopa/5155/29753>)
- [Spring Into...An Active Office Presentation](http://newsroom.unl.edu/announce/unopa/5155/29748)
(<http://newsroom.unl.edu/announce/unopa/5155/29748>)

Newsletters including this story

- [UNOPA Notes - April 2016](http://newsroom.unl.edu/announce/unopa/5155)
(<http://newsroom.unl.edu/announce/unopa/5155>)

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

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.

More details at: <http://go.unl.edu/prpi> (<http://go.unl.edu/prpi>)

UNOPA Notes

(<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- [2015-2016 UNOPA Board of Directors](http://newsroom.unl.edu/announce/unopa/5155/29733)
(<http://newsroom.unl.edu/announce/unopa/5155/29733>)
- [President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth](http://newsroom.unl.edu/announce/unopa/5155/29891)
(<http://newsroom.unl.edu/announce/unopa/5155/29891>)
- [UNOPA Committee Directors Needed for 2016-2017 Executive Board](http://newsroom.unl.edu/announce/unopa/5155/29751)
(<http://newsroom.unl.edu/announce/unopa/5155/29751>)
- [Join NEOPA for a Fundraiser Featuring....thirty-one](http://newsroom.unl.edu/announce/unopa/5155/29905)
(<http://newsroom.unl.edu/announce/unopa/5155/29905>)
- [Rose Frolik Award & Past Presidents Luncheon, April 19](http://newsroom.unl.edu/announce/unopa/5155/29899)
(<http://newsroom.unl.edu/announce/unopa/5155/29899>)
- [Still Accepting NCAPPD Registrations](http://newsroom.unl.edu/announce/unopa/5155/29893)
(<http://newsroom.unl.edu/announce/unopa/5155/29893>)
- [Sign up for the MS Walk, May 14](http://newsroom.unl.edu/announce/unopa) (<http://newsroom.unl.edu/announce/unopa>)

- [/5155/29872](http://newsroom.unl.edu/announce/unopa/5155/29872)
• [Parking Lot Volunteers Needed for Spring Football Game](http://newsroom.unl.edu/announce/unopa/5155/29760)
(<http://newsroom.unl.edu/announce/unopa/5155/29760>)
- [Network at Annual Spring NEOPA Conference May 19](http://newsroom.unl.edu/announce/unopa/5155/29892)
(<http://newsroom.unl.edu/announce/unopa/5155/29892>)
- [NAEOP Annual Conference in St. Louis, July 13-16](http://newsroom.unl.edu/announce/unopa/5155/29909)
(<http://newsroom.unl.edu/announce/unopa/5155/29909>)
- [Invitation to LPSAOP Spring Membership Event](http://newsroom.unl.edu/announce/unopa/5155/29890)
(<http://newsroom.unl.edu/announce/unopa/5155/29890>)
- [UNOPA's Mission](http://newsroom.unl.edu/announce/unopa/5155/29753)
(<http://newsroom.unl.edu/announce/unopa/5155/29753>)
- [Spring Into...An Active Office Presentation](http://newsroom.unl.edu/announce/unopa/5155/29748)
(<http://newsroom.unl.edu/announce/unopa/5155/29748>)

Newsletters including this story

- [UNOPA Notes - April 2016](http://newsroom.unl.edu/announce/unopa/5155)
(<http://newsroom.unl.edu/announce/unopa/5155>)

- [/5155/29872](http://newsroom.unl.edu/announce/unopa/5155/29872))
- [Parking Lot Volunteers Needed for Spring Football Game](http://newsroom.unl.edu/announce/unopa/5155/29760)
(<http://newsroom.unl.edu/announce/unopa/5155/29760>)
- [Network at Annual Spring NEOPA Conference May 19](http://newsroom.unl.edu/announce/unopa/5155/29892)
(<http://newsroom.unl.edu/announce/unopa/5155/29892>)
- [NAEOP Annual Conference in St. Louis, July 13-16](http://newsroom.unl.edu/announce/unopa/5155/29909)
(<http://newsroom.unl.edu/announce/unopa/5155/29909>)
- [Invitation to LPSAOP Spring Membership Event](http://newsroom.unl.edu/announce/unopa/5155/29890)
(<http://newsroom.unl.edu/announce/unopa/5155/29890>)
- [UNOPA's Mission](http://newsroom.unl.edu/announce/unopa/5155/29753)
(<http://newsroom.unl.edu/announce/unopa/5155/29753>)
- [Spring Into...An Active Office Presentation](http://newsroom.unl.edu/announce/unopa/5155/29748)
(<http://newsroom.unl.edu/announce/unopa/5155/29748>)

Newsletters including this story

- [UNOPA Notes - April 2016](http://newsroom.unl.edu/announce/unopa/5155)
(<http://newsroom.unl.edu/announce/unopa/5155>)

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

2015-2016 UNOPA Board of Directors

Elected Officers:

President, Roddy Spangler, 472-3989, rspangler2@unl.edu
 (mailto:rspangler2@unl.edu)
 President-elect, Tricia Liedle, 472-3305, pliedle@nebraska.edu
 (mailto:pliedle@nebraska.edu)
 Recording Secretary, Judy Anderson, 472-7021, janderson5@unl.edu
 (mailto:janderson5@unl.edu)
 Corresponding Secretary, Marsha Yelden, 472-7306, myelden1@unl.edu
 (mailto:myelden1@unl.edu)
 Treasurer, Alycia Libolt, 472-7317, alibolt2@unl.edu
 (mailto:alibolt2@unl.edu)
 Presidential Advisor/Past President/Bradley Munn, Jane Schneider, 472-8670, jane.schneider@unl.edu (mailto:jane.schneider@unl.edu)

Standing Committees: Director / Co-Directors

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

Ad Hoc Committees: Director(s)

Digital Commons: Jane Schneider, 472-8670, jane.schneider@unl.edu
 (mailto:jane.schneider@unl.edu)

UNOPA Notes

(<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- 2015-2016 UNOPA Board of Directors
<http://newsroom.unl.edu/announce/unopa/5155/29733>
- President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth
<http://newsroom.unl.edu/announce/unopa/5155/29891>
- UNOPA Committee Directors Needed for 2016-2017 Executive Board
<http://newsroom.unl.edu/announce/unopa/5155/29751>
- Join NEOPA for a Fundraiser Featuring...thirty-one
<http://newsroom.unl.edu/announce/unopa/5155/29905>
- Rose Frolik Award & Past Presidents Luncheon, April 19
<http://newsroom.unl.edu/announce/unopa/5155/29899>
- Still Accepting NCAPPD Registrations
<http://newsroom.unl.edu/announce/unopa/5155/29893>
- Sign up for the MS Walk, May 14 (<http://newsroom.unl.edu/announce/unopa>)

Marketing: Kelsey Sims, 472-8209, ksims2@unl.edu
(<mailto:ksims2@unl.edu>)

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

- [/5155/29872](http://newsroom.unl.edu/announce/unopa/5155/29872))
- [Parking Lot Volunteers Needed for Spring Football Game](http://newsroom.unl.edu/announce/unopa/5155/29760)
(<http://newsroom.unl.edu/announce/unopa/5155/29760>)
- [Network at Annual Spring NEOPA Conference May 19](http://newsroom.unl.edu/announce/unopa/5155/29892)
(<http://newsroom.unl.edu/announce/unopa/5155/29892>)
- [NAEOP Annual Conference in St. Louis, July 13-16](http://newsroom.unl.edu/announce/unopa/5155/29909)
(<http://newsroom.unl.edu/announce/unopa/5155/29909>)
- [Invitation to LPSAOP Spring Membership Event](http://newsroom.unl.edu/announce/unopa/5155/29890)
(<http://newsroom.unl.edu/announce/unopa/5155/29890>)
- [UNOPA's Mission](http://newsroom.unl.edu/announce/unopa/5155/29753)
(<http://newsroom.unl.edu/announce/unopa/5155/29753>)
- [Spring Into...An Active Office Presentation](http://newsroom.unl.edu/announce/unopa/5155/29748)
(<http://newsroom.unl.edu/announce/unopa/5155/29748>)

Newsletters including this story

- [UNOPA Notes - April 2016](http://newsroom.unl.edu/announce/unopa/5155)
(<http://newsroom.unl.edu/announce/unopa/5155>)

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

Join NEOPA for a Fundraiser Featuring....thirty-one

This is the fund-raising effort for our 2015-16 membership year. Please share the information with your friends, family, co-workers, strangers, and anyone else looking for a great gift!

For additional information about the fundraiser, click on the link:
<https://goo.gl/O9tHKv> (<https://goo.gl/O9tHKv>)

If you have any questions, contact Jennifer Bahr, at jbahr@lps.org
(<mailto:jbahr@lps.org>)

Jennifer Bahr, Chair
NEOPA Fellowship

More details at: <http://go.unl.edu/h7fc> (<http://go.unl.edu/h7fc>)

UNOPA Notes (<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- [2015-2016 UNOPA Board of Directors](http://newsroom.unl.edu/announce/unopa/5155/29733)
(<http://newsroom.unl.edu/announce/unopa/5155/29733>)
- [President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth](http://newsroom.unl.edu/announce/unopa/5155/29891)
(<http://newsroom.unl.edu/announce/unopa/5155/29891>)
- [UNOPA Committee Directors Needed for 2016-2017 Executive Board](http://newsroom.unl.edu/announce/unopa/5155/29751)
(<http://newsroom.unl.edu/announce/unopa/5155/29751>)
- [Join NEOPA for a Fundraiser Featuring....thirty-one](http://newsroom.unl.edu/announce/unopa/5155/29905)
(<http://newsroom.unl.edu/announce/unopa/5155/29905>)
- [Rose Frolik Award & Past Presidents Luncheon, April 19](http://newsroom.unl.edu/announce/unopa/5155/29899)
(<http://newsroom.unl.edu/announce/unopa/5155/29899>)
- [Still Accepting NCAPPD Registrations](http://newsroom.unl.edu/announce/unopa/5155/29893)
(<http://newsroom.unl.edu/announce/unopa/5155/29893>)
- [Sign up for the MS Walk, May 14](http://newsroom.unl.edu/announce/unopa) (<http://newsroom.unl.edu/announce/unopa>)

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

2015-2016 UNOPA Board of Directors

Elected Officers:

President, Roddy Spangler, 472-3989, rspangler2@unl.edu
 (mailto:rspangler2@unl.edu)
 President-elect, Tricia Liedle, 472-3305, pliedle@nebraska.edu
 (mailto:pliedle@nebraska.edu)
 Recording Secretary, Judy Anderson, 472-7021, janderson5@unl.edu
 (mailto:janderson5@unl.edu)
 Corresponding Secretary, Marsha Yelden, 472-7306, myelden1@unl.edu
 (mailto:myelden1@unl.edu)
 Treasurer, Alycia Libolt, 472-7317, alibolt2@unl.edu
 (mailto:alibolt2@unl.edu)
 Presidential Advisor/Past President/Bradley Munn, Jane Schneider,
 472-8670, jane.schneider@unl.edu (mailto:jane.schneider@unl.edu)

Standing Committees: Director / Co-Directors

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

Ad Hoc Committees: Director(s)

Digital Commons: Jane Schneider, 472-8670, jane.schneider@unl.edu
 (mailto:jane.schneider@unl.edu)

UNOPA Notes

(<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- [2015-2016 UNOPA Board of Directors \(http://newsroom.unl.edu/announce/unopa/5155/29733\)](http://newsroom.unl.edu/announce/unopa/5155/29733)
- [President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth \(http://newsroom.unl.edu/announce/unopa/5155/29891\)](http://newsroom.unl.edu/announce/unopa/5155/29891)
- [UNOPA Committee Directors Needed for 2016-2017 Executive Board \(http://newsroom.unl.edu/announce/unopa/5155/29751\)](http://newsroom.unl.edu/announce/unopa/5155/29751)
- [Join NEOPA for a Fundraiser Featuring....thirty-one \(http://newsroom.unl.edu/announce/unopa/5155/29905\)](http://newsroom.unl.edu/announce/unopa/5155/29905)
- [Rose Frolik Award & Past Presidents Luncheon, April 19 \(http://newsroom.unl.edu/announce/unopa/5155/29899\)](http://newsroom.unl.edu/announce/unopa/5155/29899)
- [Still Accepting NCAPPD Registrations \(http://newsroom.unl.edu/announce/unopa/5155/29893\)](http://newsroom.unl.edu/announce/unopa/5155/29893)
- [Sign up for the MS Walk, May 14 \(http://newsroom.unl.edu/announce/unopa\)](http://newsroom.unl.edu/announce/unopa)

Marketing: Kelsey Sims, 472-8209, ksims2@unl.edu
(<mailto:ksims2@unl.edu>)

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

- [/5155/29872](http://newsroom.unl.edu/announce/unopa/5155/29872))
- [Parking Lot Volunteers Needed for Spring Football Game](http://newsroom.unl.edu/announce/unopa/5155/29760)
(<http://newsroom.unl.edu/announce/unopa/5155/29760>)
- [Network at Annual Spring NEOPA Conference May 19](http://newsroom.unl.edu/announce/unopa/5155/29892)
(<http://newsroom.unl.edu/announce/unopa/5155/29892>)
- [NAEOP Annual Conference in St. Louis, July 13-16](http://newsroom.unl.edu/announce/unopa/5155/29909)
(<http://newsroom.unl.edu/announce/unopa/5155/29909>)
- [Invitation to LPSAOP Spring Membership Event](http://newsroom.unl.edu/announce/unopa/5155/29890)
(<http://newsroom.unl.edu/announce/unopa/5155/29890>)
- [UNOPA's Mission](http://newsroom.unl.edu/announce/unopa/5155/29753)
(<http://newsroom.unl.edu/announce/unopa/5155/29753>)
- [Spring Into...An Active Office Presentation](http://newsroom.unl.edu/announce/unopa/5155/29748)
(<http://newsroom.unl.edu/announce/unopa/5155/29748>)

Newsletters including this story

- [UNOPA Notes - April 2016](http://newsroom.unl.edu/announce/unopa/5155)
(<http://newsroom.unl.edu/announce/unopa/5155>)

- [/5155/29872](http://newsroom.unl.edu/announce/unopa/5155/29872))
• [Parking Lot Volunteers Needed for Spring Football Game](http://newsroom.unl.edu/announce/unopa/5155/29760)
(<http://newsroom.unl.edu/announce/unopa/5155/29760>)
- [Network at Annual Spring NEOPA Conference May 19](http://newsroom.unl.edu/announce/unopa/5155/29892)
(<http://newsroom.unl.edu/announce/unopa/5155/29892>)
- [NAEOP Annual Conference in St. Louis, July 13-16](http://newsroom.unl.edu/announce/unopa/5155/29909)
(<http://newsroom.unl.edu/announce/unopa/5155/29909>)
- [Invitation to LPSAOP Spring Membership Event](http://newsroom.unl.edu/announce/unopa/5155/29890)
(<http://newsroom.unl.edu/announce/unopa/5155/29890>)
- [UNOPA's Mission](http://newsroom.unl.edu/announce/unopa/5155/29753)
(<http://newsroom.unl.edu/announce/unopa/5155/29753>)
- [Spring Into...An Active Office Presentation](http://newsroom.unl.edu/announce/unopa/5155/29748)
(<http://newsroom.unl.edu/announce/unopa/5155/29748>)

Newsletters including this story

- [UNOPA Notes - April 2016](http://newsroom.unl.edu/announce/unopa/5155)
(<http://newsroom.unl.edu/announce/unopa/5155>)

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

Sign up for the MS Walk, May 14

When: Saturday, May 14

Where: Fallbrook Trail System & Park, 570 Fallbrook Road

Registration: 9 a.m.; **Walk:** 10 a.m.

Lola Young, staff associate in the UNL Nebraska Forest Service office, has signed up for Walk MS — a charity walk to support the National Multiple Sclerosis Society and the important work they are doing to create a world free of MS. She is doing this walk in honor of her niece, Kelly West, who suffers daily with MS, and in memory of Kelly's Aunt Linda and Phyllis Miller (mother of my brother-in-law) who both died from MS complications. You can learn more about the walk at <http://walkMS.org> (<http://walkMS.org>)

Multiple sclerosis is an unpredictable, often disabling disease of the central nervous system which interrupts the flow of information within the brain, and between the brain and body. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with at least two to three times more women than men being diagnosed with the disease. MS affects more than 2.3 million people worldwide.

Lola's goal is to raise \$250. Will you help her reach her goal by donating what you can? It's fast and easy to make a tax-deductible donation on my Personal Walk MS page. The team she is on is called "steps in the right direction" and her team is led by her niece, Jaime, and consists of sister, sister-in-law, nieces and friends of Kelly's. If you prefer, feel free to mail your donation at: Lola Young, 1600 Dixie Trail, Lincoln, NE 68527-9431. Make all checks payable to: National MS Society.

Thank you so much for helping Lola reach her goal and supporting this worthy cause.

More details at: <http://go.unl.edu/nxwy> (<http://go.unl.edu/nxwy>)

UNOPA Notes

(<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- **2015-2016 UNOPA Board of Directors**
(<http://newsroom.unl.edu/announce/unopa/5155/29733>)
- **President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth**
(<http://newsroom.unl.edu/announce/unopa/5155/29891>)
- **UNOPA Committee Directors Needed for 2016-2017 Executive Board**
(<http://newsroom.unl.edu/announce/unopa/5155/29751>)
- **Join NEOPA for a Fundraiser Featuring....thirty-one**
(<http://newsroom.unl.edu/announce/unopa/5155/29905>)
- **Rose Frolik Award & Past Presidents Luncheon, April 19**
(<http://newsroom.unl.edu/announce/unopa/5155/29899>)
- **Still Accepting NCAPPD Registrations**
(<http://newsroom.unl.edu/announce/unopa/5155/29893>)
- **Sign up for the MS Walk, May 14** (<http://newsroom.unl.edu/announce/unopa>)

- [/5155/29872](http://newsroom.unl.edu/announce/unopa/5155/29872)
• [Parking Lot Volunteers Needed for Spring Football Game](http://newsroom.unl.edu/announce/unopa/5155/29760)
(<http://newsroom.unl.edu/announce/unopa/5155/29760>)
- [Network at Annual Spring NEOPA Conference May 19](http://newsroom.unl.edu/announce/unopa/5155/29892)
(<http://newsroom.unl.edu/announce/unopa/5155/29892>)
- [NAEOP Annual Conference in St. Louis, July 13-16](http://newsroom.unl.edu/announce/unopa/5155/29909)
(<http://newsroom.unl.edu/announce/unopa/5155/29909>)
- [Invitation to LPSAOP Spring Membership Event](http://newsroom.unl.edu/announce/unopa/5155/29890)
(<http://newsroom.unl.edu/announce/unopa/5155/29890>)
- [UNOPA's Mission](http://newsroom.unl.edu/announce/unopa/5155/29753)
(<http://newsroom.unl.edu/announce/unopa/5155/29753>)
- [Spring Into...An Active Office Presentation](http://newsroom.unl.edu/announce/unopa/5155/29748)
(<http://newsroom.unl.edu/announce/unopa/5155/29748>)

Newsletters including this story

- [UNOPA Notes - April 2016](http://newsroom.unl.edu/announce/unopa/5155)
(<http://newsroom.unl.edu/announce/unopa/5155>)

UNIVERSITY OF NEBRASKA-LINCOLN

UNL ANNOUNCE

NAEOP Annual Conference in St. Louis, July 13-16

The 82nd Annual National Association of Educational Office Professionals (NAEOP) Conference and Institute will be held July 13-16, in St. Louis, Missouri. The schedule and registration form and full descriptions of the institute briefings are available at <http://www.NAEOP.org> (<http://www.NAEOP.org>). The Early Bird registration deadline is June 1. After June 1, the registration fees go up by \$35 for full registration, single event registration and institute classes. After June 15, you will need to bring your registration form with you for onsite processing.

The conference includes Institute classes that can help you obtain your Professional Standards Program (PSP) goals. Topics you can choose from include: Positively Amazing Communication Skills, Change the Things You Can, Microsoft Office Programs, Google Programs, and the Speaker's Bureau. There are several tours that are being offered you can take advantage of.

If you are interested in meeting UNOPA friends there or making new ones from all over the country, the national conference is for you.

Need more information? Call Jane Schneider, 402-472-8670 or email her at jane.schneider@unl.edu (<mailto:jane.schneider@unl.edu>)

More details at: <http://go.unl.edu/d4fi> (<http://go.unl.edu/d4fi>)

UNOPA Notes

(<http://newsroom.unl.edu/announce/unopa/5155>)

MON. APRIL 04, 2016

- **2015-2016 UNOPA Board of Directors**
(<http://newsroom.unl.edu/announce/unopa/5155/29733>)
- **President's Message - Springtime: A Time for Showers, Flowers, Garage Sales & Professional Growth**
(<http://newsroom.unl.edu/announce/unopa/5155/29891>)
- **UNOPA Committee Directors Needed for 2016-2017 Executive Board**
(<http://newsroom.unl.edu/announce/unopa/5155/29751>)
- **Join NEOPA for a Fundraiser Featuring....thirty-one**
(<http://newsroom.unl.edu/announce/unopa/5155/29905>)
- **Rose Frolik Award & Past Presidents Luncheon, April 19**
(<http://newsroom.unl.edu/announce/unopa/5155/29899>)
- **Still Accepting NCAPPD Registrations**
(<http://newsroom.unl.edu/announce/unopa/5155/29893>)
- **Sign up for the MS Walk, May 14** (<http://newsroom.unl.edu>)

- [/announce/unopa/5155/29872\)](http://newsroom.unl.edu/announce/unopa/5155/29872)
- [Parking Lot Volunteers Needed for Spring Football Game](http://newsroom.unl.edu/announce/unopa/5155/29760)
[\(http://newsroom.unl.edu/announce/unopa/5155/29760\)](http://newsroom.unl.edu/announce/unopa/5155/29760)
- [Network at Annual Spring NEOPA Conference May 19](http://newsroom.unl.edu/announce/unopa/5155/29892)
[\(http://newsroom.unl.edu/announce/unopa/5155/29892\)](http://newsroom.unl.edu/announce/unopa/5155/29892)
- [NAEOP Annual Conference in St. Louis, July 13-16](http://newsroom.unl.edu/announce/unopa/5155/29909)
[\(http://newsroom.unl.edu/announce/unopa/5155/29909\)](http://newsroom.unl.edu/announce/unopa/5155/29909)
- [Invitation to LPSAOP Spring Membership Event](http://newsroom.unl.edu/announce/unopa/5155/29890)
[\(http://newsroom.unl.edu/announce/unopa/5155/29890\)](http://newsroom.unl.edu/announce/unopa/5155/29890)
- [UNOPA's Mission](http://newsroom.unl.edu/announce/unopa/5155/29753)
[\(http://newsroom.unl.edu/announce/unopa/5155/29753\)](http://newsroom.unl.edu/announce/unopa/5155/29753)
- [Spring Into...An Active Office Presentation](http://newsroom.unl.edu/announce/unopa/5155/29748)
[\(http://newsroom.unl.edu/announce/unopa/5155/29748\)](http://newsroom.unl.edu/announce/unopa/5155/29748)

Newsletters including this story

- [UNOPA Notes - April 2016](http://newsroom.unl.edu/announce/unopa/5155)
[\(http://newsroom.unl.edu/announce/unopa/5155\)](http://newsroom.unl.edu/announce/unopa/5155)