

NDSU STAFF SENATE MESSENGER



Volume 1, Issue 2

www.ndsu.edu/staff_senate

March 2005

Staff Senate seeking '05-'06 nominations

By Pam Hommen

Co-Chair, Staff Senate Election Committee

Staff Senate is seeking nominations for 2005-2006. Why consider the position of "Staff Senator"?

According to Bob Peterson with Facilities Management, "Over the years I have had the privilege to express opinions and concerns of staff to a group of my peers. This Senate represents us as a unified unit to address the faculty and administrators on our behalf."

Janine Trowbridge with the Office of Trio Programs and Staff Senate Vice-President states, "Staff Senate has provided me the opportunity to become involved in the NDSU community and what a wonderful opportunity it has been to network with my peers on campus. Becoming a senator is one of the best ways to become informed on University issues and to have a voice in how we as staff can help the University exceed our students' expectations, continue to grow both professionally and personally. I highly encourage all staff to take a look at our Web site, ask questions of any current senator, and take part in this leader-

-ship opportunity by becoming a senator."

Senators are elected to serve two-year terms, with approximately half elected each year. Staff Senate is comprised of five percent from each job category (broadband) of regular benefited employees.

See graphic for number of vacancies by broadband category.

You are encouraged to nominate yourself and others. Please check with the person you are

nominating before submitting his or her name. Staff Senate is an opportunity available to employees and is supported by President Chapman. Nominees are encouraged to discuss the opportunity of serving with their supervisors before being nominated.

Nominations are accepted online at the Staff Senate Web site, or by using the back page of this newsletter. This Web site provides a list of all eligible staff employees. Monday, March 21, is the deadline for nominations.

Staff Senate vacancies:

Broadband	Title	Total	Vacant
1000 & 3000	Admin/Mgr/ Professional	25	14
4000	Technical/ Paraprofessional	12	4
5000	Office Support	14	9
6000	Crafts & Trades	3	1
7000	Service	11	6
Totals		65	34

Earth Week at NDSU

By Paul Froeschle

An upgrading of NDSU's physical environment will be the emphasis of the university's "Earth Week" celebration April 18 - 22.

Events will begin Monday, April 18, with a workshop on the "Greenworks Project," which is related to waste management and reduction.

Ken Pental, former Green Party candidate for Minnesota governor, will be speaking April 19, and Kim Christianson will be speaking April 20 about geothermal energy and wind power.

"We've got to realize we're one of the last universities in the country to have a responsible recycling program," Troy Bock, president of NDSU's Student

Environmental Advisory Council (SEAC), said. "NDSU is good in some areas, but overall the program is lacking. Especially in consumables like plastic and aluminum."

"Working up to Earth Week we've got a project that we're sponsoring," Kristi Lupke, vice president of NDSU SEAC, said. "We're working with the residence halls and the students on campus to make them aware of the recycling facilities that are available right now."

"Our idea is that if we can use what we already have, we'll be more able to convince the administration to purchase more (recycling) bins for us."

Earth Day information tables — sponsored by students from NDSU, the cities of Fargo and Moorhead and area organizations and high schools — will be on display at the Moorhead Center Mall and West Acres Mall April 15 - 23.

THE MESSENGER

Published twice each semester by the Staff Senate Public Relations Committee and staff volunteers. Articles can be submitted to Heather Heger, 209 Ladd Hall, via phone (231-8293) or e-mail (Heather.Heger@ndsu.edu).

NDSU Staff Senate Mission:

To represent broadbanded staff on matters and proposals that would improve the status of broadbanded employees, and to improve communication between the staff and other university personnel.

Web site: www.ndsu.nodak.edu/staff_senate

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Treasure your health

NDSU Health Fair 2005

Get a massage, save a life, find out if you have high blood pressure and get your body fat measured all in one place!

NDSU students, faculty and staff will be able to do all this and more on Tuesday, April 12, at the NDSU Health Fair 2005 in the Memorial Union Ballroom.

More than 50 interactive booths and displays will be promoting this year's theme, "Treasure Your Health," between the hours of 10 a.m. and 3:30 p.m.

The health fair is as much fun as it is educational. Participants can discover their love style, check their skin for signs of sun damage, put on drunk goggles, try out body and hand lotions, visit with the police and their special canine officer and much more.

Participants will also be able to save a life. United Blood Services will be on hand for blood donations all day.

Appointments will be encouraged but walk-ins are also welcome, and every donor will receive a free T-shirt.

Every person who attends the health fair will receive a bottle of water and a healthy snack, and can also enter to win more than 50 door prizes. There will also be a drawing for one grand prize winner.

The 2005 health fair is sponsored by the NDSU Wellness Center, YMCA of NDSU, Wellness Education Leaders (WELs), HNES Department, Counseling and Disability Services and United Blood Services.

Information about the Health Fair will be on the Wellness Center Web site beginning March 7 at www.ndsu.edu/wellness/healthfair.

Coping with stress

By Ronni Arensberg, Psy.D.
Licensed Psychologist,
NDSU Counseling Center

Changes at work can be stressful. As counselors in the NDSU Counseling Center, we are used to helping students deal with the stress of changes from semester to semester.

But stresses in the work place can be at least as stressful because, as a student, one can always say, "In a few months the semester will be over."

Whereas, in a workplace environment, the stress can seem never-ending and relentless.

Lately, there have been many major changes on our campus with the introduction of PeopleSoft, and adapt-

ing to these changes can be stressful. (The box below has information from the American Psychological Association for dealing with stress.)

If you feel that the stress begins to feel unmanageable or that you are not coping well with stress, NDSU offers an Employee Assistance Program as a benefit for NDSU staff.

For more information on the EAP, please contact The Village Employee Assistance Program (the counseling service that NDSU contracts with for faculty and staff) at 1-800-627-8220 (1-888-510-7433 TTY Access) and identify yourself as a member of The Village EAP.

Please see NDSU policy 134 for further details.

HEALTHY BEHAVIORS TO HELP CURB STRESS

- **Make connections** Good relationships with family and friends are important. Make an attempt to reconnect with people. Accepting help and support from those who care about you can help alleviate stress.
- **Set realistic goals** Take small, concrete steps to deal with tasks instead of overwhelming yourself with goals that are too far-reaching for busy times.
- **Keep things in perspective** Try to consider stressful situations in a broader context and keep a long-term perspective. Avoid blowing events out of proportion.
- **Take decisive actions** Instead of letting stressors get the best of you, make a decision to address the underlying cause of a stressful situation.
- **Take care of yourself** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Taking care of yourself helps keep your mind and body primed to deal with stressful situations.

For more information, visit www.helping.apa.org.

Staff Senate Scholarships

The NDSU Staff Senate will again be offering scholarships to eligible NDSU broadbanded staff and children of broadbanded staff.

Three \$300 scholarships will be available for children of NDSU broadbanded staff and three \$200 scholarships will be available for NDSU broadbanded staff for the 2005-2006 school year.

The scholarships are only available until April 8 on the Staff Senate Web site (www.ndsu.edu/staff_senate).

Congratulations!

CAMPUS KUDOS



Over the weekend of Jan. 7 – 9, 2005, **Matthew Walker** served as the on-call plumber for campus.

Sevrinson and Pavek Halls both experienced significant water issues that brought Matthew to campus several times. This included extensive work both in the middle of the night and throughout large portions of the day.

Matthew exemplified customer service and assisted in keeping stressful facility concerns manageable and calm.

Melanie Milam is a person who goes out of her way to accommodate the needs of everyone who come across her desk.

She is an example of going the extra mile, whether counseling a student, finding a package or matching the need with the correct expertise.



Utilizing the development grant

By **Teresa Sonsthagen, BS, LVT**
Instructor, Veterinary Technology Program

Every year, President Chapman offers a professional development grant of up to \$1000 to all NDSU employees. I have used the grant several times to attend the National Veterinary Conference in Florida — in January!

This meeting offers cutting-edge seminars on how to become a better teacher and mentor, as well as providing great opportunities to network. Without this grant, I probably wouldn't be able to keep up to date on all the new medicine and procedures being done in veterinary medicine.

Going to these meetings always gives me a boost, and I think helps me to develop other interests, which prevents boredom with my job.

To take advantage of the president's development grant, submit a one-page proposal outlining the conference/training, dates, a breakdown of anticipated expenses and a brief explanation of why you wish to attend. Have your supervisor(s), department head, dean or director approve and sign your proposal and send it to the president's office for final approval.

FISH AWARD



Letha Cattanach has been with NDSU 18 years, the last four of which have been in the position of administrative assistant for the library. "I like all the students we get to meet in the library," she said. "The library offers a nice, low-key atmosphere. It's like we're a little family here, and I love it!"

The FISH Award (Friendly, Initiative, Smile, Helpful) is given out by the Council of State Employees. For more information about it, or to nominate someone, go to www.state.nd.us/cose.

OTM (Of the Month)

In October, Paul McIntosh, a Residence Life custodian, was honored with an OTM.

OTM is a monthly recognition through National Residence Hall Honorary (NRHH). It is given to outstanding residents, staff or campus programming. Paul is a custodian in both Stockbridge Hall and Dinan Hall.

His nomination read: "Paul is a great guy. He cleans up after us, which is no small feat. I have been trying to help him by taking my garbage out during the weekend, so he does not have to come to work with an overpowering smell of garbage. Paul helped a South Korean woman on our floor correct her paper; this struck me as extremely generous.

"In general, Paul is an awesome guy who spends time with the residents trying to get to know them on a more personal level!"

This nomination will advance to regional NRHH competition.

Valentine drive for troops

Throughout the month of December, Staff Senate sponsored a Valentine drive for the troops overseas.

Generous donations were made, and 167 pounds of items varying from personal hygiene to food to books were collected.

Part of the shipping costs were collected from donations; the rest was covered by a family support group.

Thank you to Jane Lofberg for all of her help in the mailing process — as well as everyone who made a donation.

2015 NOMINATION FORM

Nominations are accepted online at
www.ndsu.edu/staff_senate,
by faxing this form to 231-8176
or sending it to Pam Hommen, Old Main 100.
March 21 is the deadline for nominations.

I nominate myself for Staff Senate:

Name:	Department, address and phone number:
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I nominate the following (with their permission) for Staff Senate:

Name:	Department, address and phone number:
Name:	Department, address and phone number:
Name:	Department, address and phone number:
Name:	Department, address and phone number:
Name:	Department, address and phone number:

Your Signature (Required) _____