

NDSU STAFF SENATE MESSENGER



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www.ndsu.edu/staff_senate

March 2007

Staff Senate Seeking 2006 - 2007 Nominations

By Janine Trowbridge
TRIO Programs

Staff Senate is seeking nominations for 2006-2007. Why consider the position of "Staff Senator"?

According to Barbara Geeslin with the College of Business, "Staff Senate has afforded me the wonderful opportunity to meet colleagues I would otherwise not have had the

Staff Senate is an opportunity available to employees and supported by President Chapman.

chance to meet. It has also given me a sense of a closer connection to the NDSU community, and provided the means to have a voice on matters that are important to us as staff. I encourage all staff to consider running for Staff Senate and become more involved on campus."

Steven Bergeson with University Relations and Staff Senate President states, "Serving as a Staff Senator is a wonderful way to serve our university, meet great people and work on issues of importance to staff members. I urge your participation in this important effort."

Senators are elected to serve two-year terms, with approximately half elected each year. Staff Senate is comprised of approximately five percent from each job category (broad band) of regular employees. See graphic for number of vacancies available in each band for 2006-2007.

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 supported by President Chapman. Nominees are encouraged to discuss the opportunity of serving with their supervisor before being nominated.

Nominations are accepted online at by using the back page of this newsletter or going to www.ndsu.edu/staff_senate. This website provides a list of all eligible staff employees. The nomination period will run March 14-21. Elections will be held April 2-6.

Staff Senate Vacancies by Job Category

Band	Vacancies
1000/3000	16
4000	5
5000	10
6000	1
7000	6

Staff Senate meets 9:30-10:30 am

All staff are welcome!

<u>Date</u>	<u>Speaker/Activity</u>	<u>Location</u>
March 14	TBA	MU New Ballroom B
April 11	Dr. Tim Kloberdanz, Associate Professor of Sociology/Anthropology	MU Century Theater
May 8	Officer Elections	MU New Ballroom B
June 13	TBA	MU New Ballroom A

Room assignments may change due to the ongoing renovation of the Memorial Union. Please check posted schedules for any room changes.

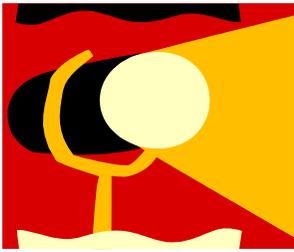
"WILD - 4 - Staff Senate"

By Kay Sizer
Research, Creative Activities and Technology Transfer

Staff Senate will once again sponsor a booth at the NDSU Health Fair on Wednesday, April 11 from 10am to 3:30pm in the MU Ballroom. The event theme is "Wild-4-Wellness!" and activities are free to all NDSU students, staff and faculty.

The Staff Senate booth will incorporate the "Wild" theme using a safari motif and a nutrition-oriented, interactive activity. All participants will receive a zebra-patterned pencil that says "Wild-4-NDSU Staff Senate." The booth's backdrop will showcase past Staff Senate activities including a number of health related events. The new Staff Senate banner will also be on display.

Staff Senators interested in working a half hour shift at the booth should contact Kay at kay.sizer@ndsu.edu. Volunteers are encouraged to wear something reminiscent of a safari such as an Indiana Jones hat ...or an elephant nose!



Staff Spotlight

Paul Froeschle

If you have a story idea for the Staff Spotlight, contact Holly Erdmann at 1-7513.

By Holly Erdmann
Animal & Range Science

If all you know about Paul Froeschle is that he's a custodian for Minard Hall, you don't really know him at all. Paul is a 1974 graduate of NDSU. He worked his way through school in the early 1970s as a news reporter and photographer for KXJB TV in Fargo.

After that, he moved to Idaho and worked as a radio news director, newspaper reporter, photographer, editor, public information specialist for the state of Idaho, real estate salesperson, and homebuilder. Throughout most of that time he did freelance photography and writing as a sideline.

As a member of NDSU Staff Senate, Paul has served on the public relations committee for four and a half years as a photographer, writer, and editor for The Messenger newsletter, and committee co-chair in 2005-2006.

Paul has worked in Minard Hall for 11 plus years and Stockbridge

Hall for four years before that. He vacuums, shovels snow (he loves it), takes care of various minor repairs around the building, and "directs lost souls to their destinations." He says



Paul rides his bicycle to and from work eight miles a day, every day, year around! "Earth is the only planet we've got. Let's keep it liveable!"

what he enjoys best about his job are the people he works with and for as a custodian.

Paul likes to stay in shape, and custodial work helps him do that, as does cross country skiing. Paul's

most impressive feat is riding his bicycle to and from work, eight miles a day, every day, year round! Depending on the weather (he has peddled in -30° weather), the trip takes him between 15 and 30 minutes. Aside from his daily rides to work and around town to run errands, Paul typically puts on another 2,000 highway miles in the summer riding across Oklahoma. He is also active in the North Dakota Multiple Sclerosis Ride. Not bad for someone 60 years old . . . or any age for that matter!

April 22 is Earth Day so it seemed appropriate to ask this very active man how he supports the ideals of Earth Day.

"I personally have always been involved in conveying clean earth information, having worked in public relations for Idaho's Bureau of Water Quality. Plus, the main reason I ride that bike all year is to prevent burning a couple hundred gallons of gas. I'm an avid recycler. Earth is the only planet we've got. Let's keep it liveable!"

Celebrate Earth Day! Do your part to keep Earth "liveable." Join thousands of others in our community by participating in the Fargo-Moorhead Earth Day Celebration during April. Go to <http://cassscd.org/> for a calendar of events. Several events are sponsored by NDSU, MSU and Concordia; others by various government agencies and non-profits. Most are free and appropriate for all ages.

THE MESSENGER

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NDSU Staff Senate Mission
NDSU Staff Senate addresses the needs and aspirations of university staff by promoting a progressive campus environment.



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www.ndsu.edu/staff_senate

Staff Senate Scholarships: Apply Today!

Are you taking classes? Do you have a child attending NDSU? Then consider applying for a Staff Senate scholarship. Several \$200 scholarships are available to eligible broad banded staff and several \$300 scholarships are available to eligible children.

Applications are available in the Office of Student Financial Services, Ceres 202, or online at www.ndsu.edu/staff_senate. The application deadline is Wednesday, April 4. For more information, contact Melanie at Melanie.Milam@ndsu.edu.



Campus Kudos Recipient

Quotation excerpted from the nomination
Photo by Paul Froeschle, Facilities Management

Judy Erikson, Office of Admissions

“Judy is a terrific team player...She is ever eager to go the extra mile for prospective students and their families. Judy also supervises some student workers who absolutely adore her. Her generosity, sense of humor, and excellent work ethic make her a great role model, not only to the student workers she supervises, but to all employees in our office.”



Staff Senate encourages NDSU employees to submit nominations for Campus Kudos via the staff senate website, or by contacting Holly Erdmann at 1-7513 or Holly.Erdmann@ndsu.edu.

“Discover U”—Another Great Success

By Lorna Olsen
Information Technology Services

"Discover U," this year's staff workshop sponsored by Staff Senate, was held February 7 at the Fargodome. Approximately 178 people attended and once again evaluations and feedback were overwhelmingly positive.

"Discover U" is designed to give staff members opportunities to discover new things about themselves, their jobs, and others with whom they interact. This year's workshop

Participants learned how to recognize the four generations now working together and effective strategies for dealing with differences.

Break-out sessions included: *Dealing with Difficult Personalities*, *Effective Listening*, *Serving the Difficult Customer*, *Building A More Confident U*, *Managing Time and Managing Stress*, and *Assertiveness and the Stress Response*. Other sessions offered useful tips on *Exercise Anywhere, Anytime* and *Organizing Your Work Nest*.

A special treat during the noon lunch break was the session *Daily Mindfulness and the 3-Minute Meditation* by Ronni Arensburg from NDSU Counseling and Disability Services. She began by discussing the importance of taking time out to regroup and center ourselves during our busy days. She then led everyone through a three-minute breathing space meditation.

Other NDSU presenters included: Brent Parmer and Tara Roberts from the Wellness Center, Michelle Richter from Counseling and Disability Services, and Dr. Prakash Mathew, Vice President for Student Affairs, who gave the closing remarks.

The Staff Development Committee would like to thank all staff who participated in the workshop. In addition, we thank President Chapman for his support of staff education, the supervisors who encouraged their staff to attend, the energizing speakers, the Varsity Mart, Wellness Center, Dining Services, and Bison Athletics for the donated door prizes, and Dining Services for the delicious lunch.



Staci Pauer (left) and Denise Hellekson, both trainers with The Village Business Institute, team up for a presentation at "Discover U" sponsored by the NDSU Staff Senate.

included a keynote presentation and the opportunity to participate in three of nine different concurrent break-out sessions.

The workshop was off to a good start with a welcome from Steve Bergeson, Staff Senate President, and NDSU President Chapman. Staci Pauer and Denise Hellekson from the Village Business Institute of Fargo provided an enlightening presentation about *Generations in the Workplace*.

Join the “Relay for Life” Team

The Staff Senate Executive Committee will be having a team in the Relay for Life on April 20-21. If any other senator wants to join our team and raise money for the American Cancer Society, they may contact Janine at Janine.Trowbridge@ndsu.edu.

2007 NDSU Staff Senate Nomination Form

Please check the appropriate boxes

I would like to nominate myself for Staff Senate.

Name	Department and address
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I would like to nominate the following individuals for Staff Senate and have obtained their permission to do so.

Name	Department and address

Your signature _____
(required)

Please feel free to make additional copies of this form as needed.

Nominations must be received by 5 p.m., Wednesday, March 21st, 2007.

Send to:
Heather Heger
Ladd Hall Room 209