Welcome to the new year of BSUAOP. I hope you enjoyed a wonderful summer and feel refreshed to begin this new year.

As the 2001-2002 President of BSUAOP, I have chosen the theme “Achieving Begins With believing” for the year. I know each one of you can think of an instance where this theme comes to mind. Of course, the first thought I had was The Little Engine That Could. We all know the story, the self-talk, the grind to get to the top and over the hill. In every aspect of our lives, we face situations, challenges, and other obstacles that we have to meet, surpass and sometimes give in to. I feel we often forget the “self talk” and give up before we really give it a good go. Believing in yourself and your abilities is the beginning for a successful and confident employee, spouse, parent or person (and not particularly in that order). So, as we travel through this new year in BSUAOP, put this theme by your phone or calendar, and when you face a huge challenge, remember to “think you can, too.”

BSUAOP offers wonderful activities throughout the year to support your believing, both professionally and personally. We have monthly lunches (every second Tuesday), and in October we host our annual Professional Development Day. Bosses breakfast and the annual Christmas Auction are two other big campus events that you can be involved in through BSUAOP. Whether you feel like chairing a committee, being on a committee, or just supporting our activities, we would love for you to share your talents, ideas, and energy with our organization.

BSUAOP is a great group for networking and support in the work place. I encourage you to become a member. I believe it is a very rewarding experience!
WELCOME BACK!!

by Connie Robinson, Area II Rep

The summer has been full and there have been a lot of changes at BSU. Among those changes, I have transferred to a new position at the College of Engineering. Please feel free to visit me in the Micron Technology Center, room 302J. I now work for the Electrical & Computer Engineering Department. My extension is 2417, my FAX number is 2470, and my mail stop is 2570. After a busy summer for all of us, I’m excited to get back in the groove with BSUAOP and catch up with all the news events. Hopefully, a big part of that news will be watching the BSUAOP membership continue to grow. See you at the luncheons!

WAYS AND MEANS COMMITTEE

by Valencia Garrett

Welcome back to the normal routine of college! I hope those of you who had time off this summer were able to get some much needed R&R.

We still have a few boxes of See’s plain chocolate candy bars to sell from last semester’s stock. If you would like to sell some, please let me know and I will get them to you. They sell for $1.00 each. I will soon put in a new order for this fall and winter. This year’s candy bars will come in four varieties.

If anyone has money left over from sales last semester and has not turned it in, please contact me and I will arrange to pick it up for deposit. Thanks to all of you who helped with the sales last year. They were great!

I am open to any and all ideas you might have on other ways to generate money with this committee. Please call me at 1368 or email at vgarrett@boisestate.edu and let’s talk!

“Success is liking yourself, liking what you do, and liking how you do it.” Maya Angelou, poet
Professional Development Day this year will be held on October 9 at the Student Union Building. We have some fantastic speakers coming and lots of relaxing fun. Mark your calendars now for this exciting day. Jim Everett from the YMCA will be our keynote speaker and we have several other exciting presenters for the workshops. Topics will include Conflict Resolution in Your Workplace, Self-Talk and Belief in Yourself, Women and Finance, and Your Personality—the Meyers-Briggs Personality Inventory. At the end of the workshops we will have a "Massage and Mingle" session. Join us for refreshments, vendor booths and get a relaxing head, foot, hand, or back massage. Registrations forms will be in the mail by September 17. Keep an eye out for them.

September is such a month of renewal and fall is my favorite time of year. I always feel it is more of a time for renewed effort than January. The weather is starting to cool down, the trees are starting to drop their leaves and the students return to the classroom with a new vigor. As we approach the new year for BSUAOP, I hope each one of us is ready to be of more assistance to our fellow members, more appreciative of the assistance given us, more open in inviting other co-workers to join our ranks, and more helpful with BSUAOP projects.

I hope you have a great year.

Shannon Chapman
Area I Representative
UPCOMING BSUAOP LUNCHEONS

New to BSU???

If you haven't experienced a BSUAOP luncheon, you're in for a real treat. The food is great and the company is even better. We'd love to buy your first lunch so you can learn all about us (and hopefully become a member). Current members...please invite someone to this luncheon from your building who has never attended before and we will buy their lunch!

Be sure and contact the Area Representative covering the building/office you are located in to make your reservation. (See sidebars throughout this newsletter for extensions and e-mail addresses.)

BSUAOP MEMBERSHIP APPLICATION

$7.00 Membership Dues — Make checks payable to BSUAOP and send with a filled in photocopy of this form to Karen Killmaster, Chemistry Department.

Name ___________________________________________ Title ______________________________

Home Address/City/State/Zip ______________________________ Office & Mailstop ______________________________

Home Phone _______ Birth Date _______ Office Phone __________ E-mail ______________________________

MEMBERSHIP: __ New __ Renewal ______________________________

Please mark if you are a/an __ IAEOP member __ NAOEP member ______________________________

HOLIDAY AUCTION

By Lois Santillanes

It's that time of year again when we start thinking about the upcoming holidays and the BSUAOP Holiday Auction. We're off to a good start with a lot of wonderful, creative ideas exchanged at our first board meeting. Please mark your calendar with the new date of November 20. We will gather in Hatch A-D in the Student Union Building, 11:30-1:30 pm. If you would like to be involved, we always welcome volunteers. Donations are also needed, so if you have an item for the auction, please contact me at extension 3434; Guen Johnson at extension 1255; Valencia Garrett at extension 1368; or Angela Garcia at extension 2238.

NOVEMBER 20, 2001

HATCH A-D, 11:30-1:30 PM
In remembrance of all those who gave their lives in New York, Washington D.C., and Pennsylvania.

Lunchen

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September 2001

BSUAP
TIP OF THE MONTH—PRINTING CLASS ROSTER ON PEOPLESOFTH

This is a great tip from our former editor, Guen Johnson, that bears repeating.

Go—BSU Panel Reports—BSU Courses & Classes—Report—Class List by Class—Add (if first time) or Update (be sure and name the Run Control) — Session (leave blank)—Click the Run Control Green Light—(be sure 'client' and 'file' are clicked, and the little window says %temp%\—.iv)—Ok.
Organization Participation and Exercise Leave

Boise State University employees will be permitted a total of one hour per month release time from work to attend professional representative organization meetings. The organizations include:

ACE—Association of Classified Employees,
BSU-AOP—Boise State University Association of Office Personnel,
BSU-IPEA—Boise State Chapter, Idaho Public Employee’s Association.

1. Employees who are officers in one of the above organizations will be permitted a total of two (2) hours per month release time to organize and conduct the business of the organization(s).

2. The employee must have supervisory approval prior to taking the release time to avoid conflict with the efficient and effective operation of University business.

3. Other organizations desiring approval for release time should submit written requests to the Department of Human Resources, outlining the goals and purposes of the organization for review by the appointing authority.

4. Questions regarding a typical leave situation not clarified in this policy should be referred to the Department of Human Resources.

EIGHT PRACTICAL WAYS TO REMAIN EMPOWERED DURING STRESSFUL TIMES

1. Acknowledge that requesting support, guidance and partnership is not the same as being needy. Allowing someone else to give freely to you primes the pump in the universal law of giving and receiving. There are as many blessings to the giver as there are to the receiver. Being open to receiving invites flow as well as empowerment for all.

2. Continue to tap into any communities you are involved in prior to the stressful situation. (Communities = Groups of people with whom you have positive, interactive relationships on an ongoing basis.) Even if it might feel more natural to withdraw, “showing up” will be the most integral aspect of ongoing empowerment for you as well as for the rest of the community.

3. Remain your authentic self even as you struggle. It is easy to begin to perceive yourself as suddenly “less than” who you are when you are challenged. Suggestions to staying steadfastly authentic include repeating (and acting upon) positive affirmations, revisiting and connecting to your life purpose and/or mission, and requesting feedback from positive friends.

4. Persist in centeredness without being over egocentric. Being completely self-focused means being out of alignment. Both grandiosity and self-degradation are symptoms of an unhealthy focus. Practice living on purpose through focusing upon who you are being as you face the stressful situation.

5. Make your requests known. While this may be difficult to do when you are fully mired in the muck of a downward spiral, call to yourself to make a practice of letting others know exactly what would provide empowerment at this time. Ask not from a victim standpoint—instead ask from a partnership perspective. Invite people to join in partnership with you to provide solutions.

6. As a follow-up to #5, gratefully accept the assistance your partners choose to provide for you. Again, look towards them not as people throwing you a life preserver, instead look at them as people who are swimming alongside you to shore, encouraging and equipping you to get there safely so you can in turn do the same for others in the future.

7. Even at the most difficult phases of life, where you feel as if you are completely tapped out, there is still room for you to give. Oftentimes the joy of giving from the heart will elevate a soul enough to begin bridging the gap from stress to joy.

8. Remember to always turn towards love. Grow towards greatness. Be aware there are two basic choices—love or fear. Always, always, always focus upon love. Honor yourself with loving compassion, especially when you are in difficult times. Do not judge yourself. Love yourself—attrah love TO yourself, dwell in the knowledge there are lessons to be learned and joy at the place where you see the curve in the road up ahead.

by Julie Jordan Scott
BSUAOP Areas

Area I:
Print Shop, Technical Services, Applied Technology, SUB, Facilities Maintenance & Ops, Engineering, IBEDC

Area II:
Pavilion, Military Science, Physical Education, Varsity Center, Athletics

Area III:
Library and Communications

Area IV:
Administration and Liberal Arts

Area V:
Education/Science-Nursing, Morrison Center, SMITC, Business, Health Sciences Riverside, Raptor Research, Multi-Purpose Classroom Facility

Area VI:
Math/Geosciences, Public Affairs and Arts West, Career Center, Health Center, Campus Safety

Achieving Begins With Believing

Check us out!
idbsu.edu/bsuaop/