

# F. M. News

K. S. U., Division of Facilities

Newsletter, December 2011



Unleashing your potential

5 WAYS TO BE HAPPIER AT WORK

Monday

**Focus on "Get to" instead of "Have to" -**

While driving to work focus on what you “get to” do instead of what you “have to” do. With gratitude realize that you don’t have to do anything. You get to go to a job while so many are unemployed. Gratitude floods your body and brain with emotions that uplift you and energize you rather than stress hormones that drain you.

Tuesday

**Don’t Expect your Boss, Co-workers and Customers to Make you Happy -**

Realize that happiness is an inside job. Our happiness has less to do with forces outside of us and more to do with what’s inside of us. The way we think about work, feel about work and approach our work influences our happiness at work. For instance, just by making yourself smile you produce more serotonin in the brain-which makes you feel happier. You’ll also be happier when you focus on what you are giving instead of what you are getting.

Wednesday

**Don’t Seek Happiness** - Ironically if you want to be happier don’t seek happiness. Instead share your strengths and decide to work with passion and purpose and happiness will find

you. The research shows that people are most energized when they are using their strengths for a bigger purpose beyond themselves. Whatever your job, decide to bring passion to it and find purpose in it. I’ve met bus drivers, mortgage brokers, janitors and fast-food employees who are more passionate about their jobs and happier than some professional athletes making millions of dollars. Every job will get mundane and “old” if you let it but purpose and passion keep it fresh and make you happier.

Thursday

**Focus on Excellence instead of Success -**

When you focus on success you can easily fall into the trap of comparing yourself to others, looking over your shoulder, feeling envious, playing office politics, and competing against coworkers instead of collaborating. However, when you focus on excellence you measure yourself against your own growth and potential. You strive to be the best you can be. You simply focus on getting better every day and this makes work more meaningful and rewarding.

Friday

**Celebrate Together** - While we shouldn’t depend on others to make us happy, by building a positive team or support group at work we will be happier. So instead of expecting others to make you happy, you proactively create the positive relationships that enhance your engagement, productivity and happiness. One great way to do this with your team/group is at the end of the week, share accomplishments, victories, and great moments of the week. This will produce great feelings on Friday that inspire you and your

team to come back to work and make a difference on Monday. -Jon

<http://www.jongordon.com>



## 2011 Discretionary Day – Reminder...

The last day eligible employees may use their 2011 Discretionary Day is Saturday, December 24, 2011. Your 2011 Discretionary Day will be forfeited if not used by that date.

For future reference, the **2012** Discretionary Day may be used any day from December 25, 2011 through December 22, 2012.



*November 8, 2011, President Kirk Schulz hosted a Thanksgiving luncheon for all Facilities employees, as way to thank Facilities for their services to Kansas State University.*

*We at Facilities are thankful for his generosity and kindness. The meal and company were outstanding.*

*A few pictures of the event:*

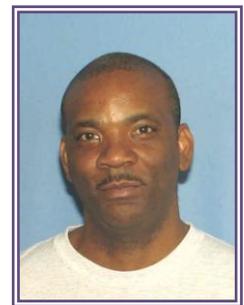


Gratitude is the music of the heart, when its chords are swept by the breeze of kindness. ~Author Unknown

## Who is New...

October 31, 2011

Cordy Gordon was hired as a Custodial Specialist. He is working for Steve Greinke on the Custodial Night Crew.



Brandi Craft was hired as a Custodial Specialist. She is working for Steve Greinke on the Custodial Night Crew.

November 7, 2011

Richard Estrada was hired as a Custodial Specialist. He is working for Steve Greinke on the Custodial Night Crew.

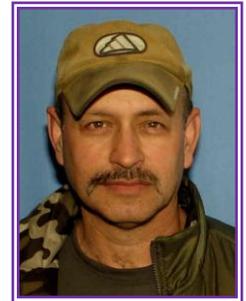


Roger Hageman was promoted to Electronic Control Center Supervisor. He is working with Delvin Winfough in Utilities at the Power Plant.

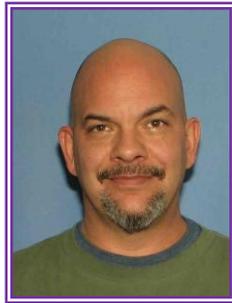


Linda Gibson was hired as a temporary Custodial Specialist. She is working for Steve Greinke on the Custodial Night Crew.

Vincent Petre was promoted to an Equipment Operator Senior. He is working for William Spiegel in Custodial Services.



Bradley Hoppe was hired as an Agricultural Technician Senior. He is working for Joe Myers on the Grounds Maintenance Crew.



November 21, 2011



Charles Bibbs was transferred from Printing Services to Custodial Services to become a Custodial Supervisor Senior. He is working on the Custodial Day Crew for Charlotte Morgan.

November 14, 2011



Teresa Sanford was hired as a Custodial Specialist. She is working for Steve Greinke on the Custodial Night Crew.

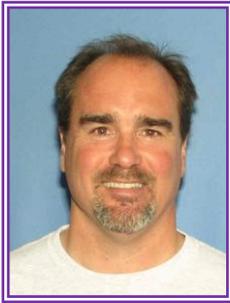
November 28, 2011

Michael Paph was promoted to Physical Plant Supervisor. He is working for Larry McCoy.



Stephanie Brecheisen was promoted from Housing and Dining Services as a Custodial Supervisor Senior. She is working for Quentin Rawlins on the Custodial Day Crew.





Ryan Holle was promoted to Physical Plant Supervisor. He is working for Mark Loberg.

Burt Pearson was promoted to a GMRT. He is working for Rod Hodges in Custodial Services.



Stephan Milligan was hired as a Utility Worker. He is working for Brenda Johnson in Grounds Maintenance.

*My Piece of the Picture...*



**Kevin Harrison** first started working for KSU in 1985 and has worked in a variety of areas since then. He presently is working as a Storekeeper Specialist in the freight receiving area of Facilities' Storeroom.

Kevin's job includes receiving all incoming freight, unloading the trucks; whether they are deliveries from semi-trucks, UPS, or Fed-Express etc. He files the purchase orders; he

records the information in a book and emails customers to let them know their merchandise has arrived. If there are returns he ships them back out.

Kevin says he enjoys his job. He especially likes the interaction with the customers. He likes helping in any way he can and keeping a good rapport with the customers.

When asked what he would do if he had the opportunity to implement a "positive change" to his department, he said, "Cross training would be a good thing. This could be helpful in times when co-workers are gone, someone needed to cover their area."

Kevin believes his position contributes to the success of our organization and campus. He states that a large portion of the campus community looks to the Storeroom as a central location to purchase and/or receive supplies. Many contractors have their supplies unloaded and stored in the outside lot of the Storeroom until they are ready for use. Kevin's position helps keep that flow going.

Most people may not know that Kevin enjoys exercise or as he says, "working out" at the Rec Center; or that his faith is very important to him, as is attending church and church related activities. They also may not know that he and his wife are foster parents. They fostered a baby and later adopted the child when 18 months old. The child is now 8 years old.

**December Birthdays**

12-2 Cherry Rosenberry

12-3 Wendy Moore

12-6 Chris Holliman, Augy Gonzales

12-7 Matt Smith, James Manns, Younwong Kwon, Kevin Harrison

12-8 Steven Jones

12-9 Hye Stoddard, Edward Payne

12-10 Mike Stoddard

12-11 Darlene Jones

12-13 Steven Releford

12-14 Quentin Rawlins

12-15 Debra Smith

12-16 Thomas Filippino, Ray Fahrny

12-17 Son Kutei, Nora Downie, Dennis Brady

12-18 Scott Cassity

12-21 Noel Kramer, Mary Yonning

12-22 Isaac Williams, Christopher Falley

12-24 Linda Pfaff

**12-25 *Merry Christmas***

12-26 Bernard Brehmer, Tyson Cott

12-27 Lynn Schwandt, Sally Avery

12-29 Kyle Hodges, Christopher Coyle, Henry Billings

**Christmas gift suggestions:** To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect. ~ Oren Arnold



## On a Personal Side:

The Heptig family had a pleasant surprise recently. The barn, which was completed in 1883 by Ed Heptig's great-grandfather, Joseph Heptig, has been listed on the Register of Historic Kansas Places and it is being nominated to the National Register. It was featured in the Kansas Preservation magazine. Ed remembers it as the "home place" where he and his siblings grew up.

Joseph Heptig was born in 1849 in Germany. He immigrated to America in 1868 settling in Illinois, he then came to Kansas after 1871. In 1874 he married Mary Repp. They purchased 160 acres of land, living in a dugout until their farmhouse was built.

The interior of the native limestone barn features hand hewn timber posts and beams and outside has a stone inscribed by the builder which reads, "J Heptig 1883". As the years went by more land was added to the original home place. Joseph's son Julius later purchased the farm. Julius's son, Dwayne "Pat" (Ed's father) was the next owner. Ed's brother Mike now owns the farm. This farm has been owned and operated continually by the Heptig family for 136 years. It is located in Pottawatomie County. Below is a picture of the barn, printed with permission from the Kansas State Historical Society.

