

F. M. News

K. S. U., Division of Facilities

Newsletter, July 2010



Unleashing your potential

Life is not fair!

There, I have said it out loud and I know it is true.

When my children were little they would say to me, "That's not fair!" I, as the authority figure in their lives, would say to them, "Life is not fair, so get used to it."

However, just because we know life is not fair, does not mean we have to like it. The older we get, the more we realize how unfair life really is. So how do we manage through this life of unfair things happening to us?

We have some choices to make. We can drown in self-pity at our situation. We can become critical, self-centered, and envious of others, depressed with our circumstance... Need I go on? Why add salt to a wound? What can we do?

I found a lot of truth in an article by Chuck Gallozzi. He is a Canadian writer, Certified NLP Practitioner, founder and leader of the Positive Thinkers Group in Toronto, speaker, seminar leader, coach and coauthor of a book called: "101 Great Ways to Improve Your Life." Here is part of the article:

1. Wake up. Whack yourself on the side of your head. Tell yourself, "Hello! The world doesn't owe me a living. If I am unhappy with

my present situation, I have to accept responsibility and start creating the life I wish to live." Instead of looking for someone to blame for your unhappiness, look for solutions. Ask yourself, "What am I doing wrong? What are my options? How can I make myself worthy of what I seek?" Complaining is a dead-end street. Make a U-turn and find your way out by looking for solutions, making a plan, and taking action.

2. Work with not against others. *If you have goals and wishes in the workplace, communicate, negotiate, and ask what is necessary to get what you want. Talk about what you want, not about what is 'fair.' Don't forget that 'fairness' is subjective, so try to see the other person's viewpoint. Remember, too, that those you work with also have goals, wishes, and rights. So, be willing to cooperate and compromise. Don't demand what you want, earn it. Instead of win-lose situations, always look for win-win opportunities. Help others get what they want. That's accepting responsibility for being a team member.*

3. Think with your head not your feelings. *Those who succeed, think things through. We make plans and formulate strategies with our brain, not our feelings. If any negative feelings arise, challenge them. Negative feelings and the thoughts associated with them can cause me to arrive at false conclusions and experience unnecessary apprehension. While negative emotions such as fear and anger will halt our progress, positive emotions, such as compassion, will pave the way toward success.*

4. Count your blessings, not your grievances. *How can I take advantage of the opportunities that surround me if I am unaware of them or blind to their presence? Moaners and complainers see nothing but lack. Lack of opportunities, lack of 'fairness,' and lack of cooperation. They have never outgrown their*

childhood concept of 'fairness.' They still remember when mommy divided the cookies evenly among the children. Everyone got the same amount. Now that's fair! Like children, they expect their boss to distribute the payroll evenly, without regard to merit. Once they start counting their blessings instead of their complaints, they'll begin to make progress.

5. Choose preferences, not demands. *Those who remain immature and go through life demanding that the world cater to their every wish, set themselves up for disappointment, frustration, and resentment. Only those who are balanced and realize that things will not always go as they would like can experience peace and happiness. They realize that storms will break, fires will rage, and tragedies will descend. They prefer to avoid disaster if possible. However, if it's unavoidable they will accept it and, like countless others before them, overcome it and grow stronger because of it.*

Truly, the last several weeks have been labeled some of the worst weeks in my history of working here. I do not need to go into the detail of it, but I have witnessed dissatisfaction all across campus, and realize that these times are very difficult. Pay does not keep up with the rising costs of food, shelter, gas, and basic needs of life. The work load continues to increase as changes in employment happen. There is never enough time to get everything done. Many feel they are stuck in a job where they are unappreciated. Yes, even I too began to think negative and grumble.

Edward Abbey said, "Life is unfair. And it's not fair that life is unfair"

I agree with Edward, however, I am making a concerted effort to not fall any lower. I will not let the circumstances of life drag me down any further. One time I said to a friend, "When life dishes out lemons, make Lemon Aid." She said, "No, when life dishes out lemons, make Lemon Meringue Pie". Yum, I am changing

my thinking and looking forward to a big slice of pie!
-Lynn Salsbury

"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens."
John Homer Miller

"The struggle of life is one of our greatest blessings. It makes us patient, sensitive, and Godlike. It teaches us that although the world is full of suffering, it is also full of the overcoming of it."
Helen Keller

What's Up?



What's up with Special Projects?

The Special Projects crew is having another very busy summer. They have been focusing on work in Leasure Hall. Their concentration has been in the basement in room 10. They hope to have it completed by early July. Larry Zentz, EHS Fire Prevention Inspector, and employees who used to occupy this space, have moved to Edwards Hall. Leasure 10 is being upgraded into a high tech classroom. The new look will have exposed wood beams and brighter colors like Lunar Green, Grape, Dark Bronze and Light Coffee.

Special Projects Crew will then move to Leasure 101. Room 101 and 101B will be remodeled and turned into four offices. The next project will be the completion of the Mark Chapman Center for Rural Studies. Room 109 is now office space and it will be remodeled. Room 110 will be a work room with book cases and storage etc. Room 111, when finished, will be the reception area with an office on the west side. Room 112 will become a classroom. If all goes well, the Leasure

projects will be completed around the end of November.

The Special Projects Crew has also been doing various demolishing and remodeling in the north end of Willard, along with erecting new walk light poles and fixtures across campus and some work at Waters 41. Some of the other maintenance shops have also been utilized on these projects.

Special thanks to Jim Copeland for taking the time to update us with this overview.

The picture below of Facilities Special Project Crew members Jim Nelson and Toby Powell was in last weeks issue of InfoTech Tuesday.



- 7-3 David Hudson
- 7-4 Chris Slattery
- Independence Day, America's Birthday**
- 7-6 Araminta Washington
- 7-7 Allan Leikam, Peggie Linke
- 7-9 Casey Daugherty, Donnie Silva
- 7-11 Cliff Anderson
- 7-12 Jim Nelson
- 7-13 George Lyles, Ursula Carriere
Jill Serrault

- 7-14 Doug Coleman, Joe Brockish,
Delvin Winfough, Barb Elliott
- 7-16 Bob Hanks
- 7-17 Dale Yonning
- 7-18 Tim Johnson
- 7-19 Gypsy Snyder
- 7-20 Gary Hankins
- 7-23 Dan Plummer
- 7-24 Jim Vesta
- 7-25 Clarence Ellis
- 7-30 Bev Price, Martin Barry, John Harper



“Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed - else like a flower cut from its life-giving roots, it will wither and die.” -Dwight D. Eisenhower

Who's New...



June 1, 2010:
Delmar Westover was promoted as a Plant Science Technician II. He is working for Joe Myers on the main campus Grounds crew.



June 2, 2010:
Casey S. Lauer was hired as the Director of Energy. He is working for Edward Rice.



June 7, 2010:
Justin Plummer was hired as a temporary REF/AC Services Technician. He is working for John Brown in the HVAC Shop.



Julie Porter has worked for Facilities Custodial Services for 22 years. The thing she enjoys about her job is the people, coming to work and lunch breaks. Julie believes she contributes to the success of our organization by having a friendly, good attitude, doing her job well and keeping the place clean and germ free.

June 7, 2010:
John G. Hayes was hired as an Equipment Mechanic Senior. He is working for Jackie Toburen in Grounds Maintenance.



Roger McCormick has worked for Facilities for 23 years. He is an optimist and says the best three things about his job are breaks, lunch and leaving. Most likely we all feel that way some days also.



My Piece of the Picture...



This month we are featuring three employees who work on Facilities Custodial Crew in the Ahearn Complex.

Thanks to Gary, Julie and Roger for letting us see your piece of the Facilities Puzzle.



Gary Johnson has worked for Facilities for 33 years. Part of his work tasks are setting up for volley ball games. Gary also works on Sundays. One of the things Gary likes about

his job is he gets to meet interesting people. Gary believes he contributes to the success of our organization by helping out in other buildings. Most people don't know that Gary has worked at the Billy Joel concert, Chicago, Electric Light Orchestra, America and the Doobie Brothers.



Mike Warren retired June 18, 2010. Mike has worked at Facilities for 31 years.

Ned Gatewood, from Planning, retired June 12, 2010. Ned work for Facilities for 24 years.
(No picture of Ned is available)

We wish them both the best in their retirement.

Age is only a number, a cipher for the records. A man can't retire his experience. He must use it.

~Bernard Baruch

Confined Space Program Launched

Mike Luttig, from CATS Safety presented both classroom and hands on Confined Space Training on June 1st and 2nd. Only specialized trained personnel can enter into a confined space. Pictured below employees learn how to except from a confined space. The training trailer simulates a confined space.



Chip Cooper from Utilities helps John Hoyle from the Plumbing Shop as they practice “escape from a confined space”

Safety Training 2010

June 30th was Facilities annual safety training. Over 300 employees were trained and enjoyed a picnic of BBQ Pork, hotdogs, beans, chips, brownies and drinks. A special thanks to John Wolfe and the Weber Meat Lab for donating the BBQ Pork and the beans.

The success of this event goes to all the many employees who helped set up, serve, haul,

clean, pick up supplies and be gofers. A great big Thank You, Thank You, Thank You. The training was excellent and helped all of us re-educate ourselves on safety.

Our apologies to employees who were unable to attend the Vendor Fair. Through no fault of the Training & Safety Department, there was a miscommunication and the Vendors left early.

Yum,
Food!



Resting after a good meal...



Thanks
Granger for
hosting the
Vendor Fair.

