Unleashing your potential

THINK LIKE A GOLFER

I found one of the keys to life on a golf course. Golf course, you might wonder? How could a game that makes grown men cry like babies and throw their clubs like toddlers hold the key to anything but frustration and pain?

It’s simple really. The amazing thing about golf is that at the end of the day golfers don’t remember the multitude of horrible shots they made. All they remember is their one great shot and this memory inspires them to come back again and again in an attempt to make another great shot. It’s no wonder that golf is so addicting.

I couldn’t help but compare this thought process to how many of us approach work and life. Instead of focusing on the one good thing that happened to us each day we often think about the 100 things that went wrong. Instead of thinking about our successes we replay our failures over and over again in our mind. No wonder why so many of us retreat from life and work instead of getting addicted to it.

The key is to think like a golfer and remember the one great conversation, the one energizing meeting, the one act of kindness, the one meaningful accomplishment or the one special moment that made you smile, laugh and cheer.

No matter how difficult our days are, there’s always a positive moment we can choose to focus on. The key is to remember them, focus on them and get addicted to them. Let them inspire you to wake up and take on each day just as you would a golf course. You’ll go through life learning from your mistakes but remembering and focusing on your successes.

Sure, there will be days that make you want to give up but the memory of your successes and positive experiences will motivate you to come back again and again. You’ll forget the 100 things that went wrong and you’ll remember the one thing that went right. You’ll get addicted to the moments that make life the greatest game in the universe and you’ll intoxicate yourself with positive energy, happiness, joy and success!       -Jon

Jon Gordon is a leading authority on developing positive, engaged people, leaders, businesses, schools and teams and the author of several books including the international best seller The Energy Bus: 10 Rules to Fuel your Life, Work and Team with Positive Energy.

K-State Benefits Expo

On October 7, 2010 the annual benefits fair will be held at the K-State Union. There will be two health insurance information meetings at 8:30 am and again at 3:30 pm. A financial and retirement planning session will be held at 10:30. Both of these meetings are open to all employees. A pre-retirement planning session will be held at 12:30 for KPERS members. All
of the above events will be held at Forum Hall. Exhibit and information booths will be in the Ballroom opening at 10:00 am and closing at 3:30 pm.

On October 21, 2010… R.J. Steelsmith, from Human Resources, will be presenting four information sessions to Facilities employees about the changes in the 2011 health insurance. These sessions will be a repeat of information that will be presented at the benefits fair. Employees have until the end of October to make changes to their health insurance. They can add or drop people to their policy, change insurance carriers or doctors, or add extra vision coverage. Also, non-smokers must declare their status on line in order to receive the saving of $20.00 per paycheck on their premiums. In fact all insurance changes will need to be completed on line this year. If you are unable to attend the benefits fair or want more information on this, look for the flyer that will be sent to supervisors the first week in October.

My Piece of the Picture…

Thomas Shump has been working for the Facilities for last 11 months. He works in Support Services in room scheduling.

Giving us facts about his job, Thomas states he “Provides information concerning availability of, and perform scheduling for 120+ general use classrooms. Sends out confirmation of processed events either electronically or physically, file forms accordingly and inform necessary contacts of pending reservations.” He adds he, “sounds super nice on the phone”.

When asked the three best things about his job, he said, “Love my boss, she's a great person who really understands the "Golden Rule". My co-workers make me laugh, if someone is missing on any given day it's just "too quiet". I don't go home and complain about my day anymore,... what a wonderful feeling!”

If Thomas could implement a positive change to our organization, he states, “I would re-vamp the entire work week schedule, I mean really who was it that came up with this format? Instead of 5 days on, 2 days off, I would make it a 3/3/1. 3 days of work, 3 days off, and then you get to decide how you want to spend your 7th day, kudos to those who want to work! Now if I just knew who I had to submit this suggestion to...”

I feel my position contributes directly to the success and organization of the university. It is important to have events scheduled and reflecting correctly in all applications that are viewable to faculty and students. Organization is key.

Many folks may not know that he “Loves plants, does models for hobbies, misses singing something terrible (haven't performed since high school,) and really want to pursue my education.”

Thanks Thomas, for sharing your Piece of the Puzzle and your terrific sense of humor also.

Send “Your Piece of the picture information” to: http://www.ksu.edu/facilities/forms/Piece.html

Common sense and a sense of humor are the same thing, moving at different speeds. A sense of humor is just common sense, dancing.

~William James
Retirement!

Thomas McHugh retired from Facilities August 31, 2010 after 38 years of service for K-State. Tom worked for Custodial Services

Best Wishes and have fun fishing, Tom.

Who is New...

August 31, 2010: Fred Bammes was rehired as a temporary Procurement Officer. He is still working for Tim Poell in the Storeroom.

September 2, 2010: Youn Wong Kwon was hired as a temporary Custodial Specialist. He is working for Michael Stoddard on the Custodial Night Crew.

September 13, 2010

Kristin Muehleisen was hired as a Custodial Specialist. She is working for Michael Harris on the Vet Med custodial crew.

Thomas Edwards was hired as a Custodial Specialist. He is working for Michael Harris on the Vet Med custodial night crew.

September 20, 2010

Kelly E. Graves was hired as a Custodial Specialist on the Salina Campus. She will work for Darrell Betzner.

October Birthdays

10-1 Lori Poeske, Rick Renner, Christina White
10-2 Tony Stevens
10-3 Dan Engelbert, Diana Hollingshead
10-5 Hulan Jack
10-6 Vince Petre, Mark Taussig
10-8  Kerry McDonald, Travis Quigley
10-9  Todd Neipert,
10-11 Penny Funkhouser
10-12 Stephen Williams
10-13 Janice Whaley
10-14 Howard Clark
10-16 Peggy Grater
10-17 Ryan Holle
10-19 Stacy Mahan
10-21 Martin Snyder
10-24 Rod Hodges
10-25 Larry Lee
10-26 Roger Hageman
10-27 Michael Reasoner, Michael Hayes
10-30 Kristina Pelky, Larry Hamilton
10-31 **Halloween!** Lynn Salsbury, Joel Groninga, Janice Rood, Ken Kary

**All University Campaign** Packet
distribution is beginning in your area for the
All University Campaign.  The most important
thing about the campaign is that all University
employees pull together to show how much we
care and support each other.  It's not how much
you give but participation that counts.
Someone will be coming to your area to share
with you about the campaign.  Show your
purple pride and be a part of the K-State
University family.

If you have any questions about the All
University Campaign you can contact Co-Chair
Terri Wyrick or committee members Loleta
Sump, Jackie Toburen, Kristina Pelky, Shelly
Hauck, and Mark George.

~ Terri Wyrick

**Safety Sandy turns 50!**

Sandra Hoffman was surprised with a birthday
party by her co-workers Monday, September
27th. Several of the attendees are shown below.
They listed their names as:

See No Evil, Hear No Evil and Speak No Evil.

We turn not older with years, but newer
every day.  ~ *Emily Dickinson*

We are always the same age inside.  ~ *Gertrude Stein*
With colder weather headed our way in the months ahead, now is the perfect time to talk insulation in order to better understand its value and purpose.

Insulation slows heat transmission in two important ways:
1. Reducing heat radiation and convection within walls and ceilings,
2. Forcing heat to conduct through air, instead of through walls and ceiling surfaces.

Insulation’s ability to retard heat flow is measured by it R-value. “R” stands for thermal resistance, and is affected by Material, Thickness and Density. The “R” value is what saves homeowners money, by rejecting unwanted heat transfer.

Three major types of insulation exist on the market today: Fiberglass, Cellulose, and Foam. The following chart lists the properties of each with respective R-values.

<table>
<thead>
<tr>
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<th>Blown-in</th>
<th>Batts</th>
<th>Board</th>
<th>R/inch</th>
<th>Cost / Sq ft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fiberglass</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>2.4 - 4.4</td>
<td>$0.8 - $1.50</td>
</tr>
<tr>
<td>Cellulose</td>
<td>X</td>
<td></td>
<td></td>
<td>3.0 - 3.6</td>
<td>$1.00 - $1.25</td>
</tr>
<tr>
<td>Foam</td>
<td>X</td>
<td></td>
<td>X</td>
<td>3.6 - 5.0</td>
<td>$1.00 - $2.00</td>
</tr>
</tbody>
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Fiberglass is made from melting glass and spinning the molten fibers as they cool. Cellulose is made from ground-up newspapers and wood waste that is treated with fire retardants. Foam comes in many varieties, from 1 and 2 part spray applied, to extruded rigid panels.

Home owners are eligible for a tax credit of up to $1,500 for 30% of the costs of qualified energy efficiency improvements made to their homes before December 31st 2010.

For more information on Insulation, visit:


~ Casey Lauer, Director of Energy