

F. M. News

K. S. U., Division of Facilities

Newsletter: February 2013



Unleashing your potential

Your Big Life Plan

It's big but you can't see it. So great that if you could see it you wouldn't believe it. It's your destiny and it's calling you. If you don't believe me just remember Albert Einstein. He could not speak until he was four years old. He did not read until he was 7. His parents thought he was mentally challenged. Or how about Beethoven. His music teacher said, "As a composer he is hopeless." And let's not forget Muhammad Ali. His teacher once told him he wouldn't amount to anything. He showed her and the world that he was the greatest after all.

The Google guys tried to sell their business to Yahoo for a few million dollars and were told to come back when they were finished with their little school project. Steve Jobs was once fired from Apple. We all know Helen Keller's story and we certainly all know our own story.

Every day we face challenges, fears, obstacles, and negativity that hits us with left jabs and right hooks. We get so caught up in the details of bills, job pressures, raising kids, fixing the house, car payments, trying to make a living and a hundred other to-dos, that we can't even see over the piles of paper on our desk never mind - our future success.

But when times are tough and your bills are bigger than the balance in your checking account; or when your business has slowed

down and you're not sure what to do next; or when your future is uncertain and all feels hopeless... these are the times when you need to realize the most - that you are part of a bigger plan. There is greatness in you. There is a Big Life Plan for you.

Your destiny sits inside your soul like DNA sits inside your genes. You may not be able to see it but it's there - waiting to unfold if you let it. Don't let yourself get caught up in the crashing waves. Instead jump those waves and keep your head up looking out into the horizon.

And if you experience a wave so big that there is no way you can jump it, then ride it. Learn from the surfer who challenges wave after wave, growing stronger, developing more balance, and becoming more skilled every day. A smooth ocean never made a skilled surfer and a struggle-free existence never made a meaningful, great life.

The next time you are facing a difficult situation remember that there is more than what is in front of you. There is a challenge, a lesson, and a plan.

Emerson said "The wise man in the storm prays to God, not for safety from danger, but for deliverance from fear."

Don't let fear get in the way of the life that is meant for you. Einstein, Beethoven, Muhammad Ali, and Helen Keller show us that anything is possible. They are real people who overcame their obstacles and doubters and discovered their greatness.

Trust that there is a plan for you and let the possibilities unfold. In the process you will discover the great things you are born to do.

You don't have to push. Just trust and your destiny will meet you when the time is right. ~Jon Gordon, bestselling author and keynote speaker. (<http://www.jongordon.com/>)

2013 HealthQuest Screening

According to the HealthQuest website, "From August 1, 2012, through July 31, 2013, employees enrolled in the medical portion of the State Employee Health Plan (SEHP) have an opportunity to earn credits by participating in wellness activities offered through HealthQuest. Those who complete a health assessment questionnaire worth 10 credits and earn an additional 20 credits by July 31, 2013, will receive an incentive. The incentive is a discount of \$480 on their health plan premium for Plan Year 2014.

The HealthQuest Rewards Program is optional and employees are not required to participate in order to be covered under the SEHP. There is no additional cost added to an employee's premium for not participating, but they will be paying the base rate (undiscounted rate) for their insurance coverage."

HealthQuest screening will be on both the Manhattan and Salina campuses. Dates for the Manhattan campus are March 12-15, May 7-10, and June 4-7. Salina campus: 2/8/13 in College Center Conference Room.

There are additional dates in both cities:

<http://www.kdheks.gov/hcf/healthquest/screening.html>

For more information on rewards, go to:

<http://www.kdheks.gov/hcf/healthquest/rewards.html>

If you struggle with the computer...

Call them at:

(toll-free) **1-888-275-1205 Option 5**

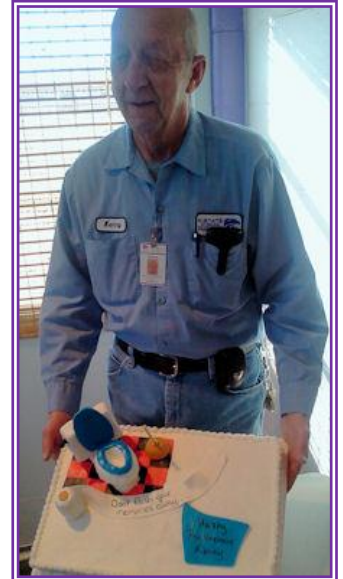
One
Long
Weekend
Happy
Retirement!

**Congratulations to
Kenny Windholtz!**

Kenny worked on the
Salina Facilities crew

as Plumber Sr. He has about 18 years working for Facilities, starting in January of 1995. A retirement reception was held January 17th. Below are pictures of Kenny and his cake. Best of luck, Kenny, we will miss you!

*Thanks to James Seymour for
the pictures*



"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." ~ Edith Sitwell

FEBRUARY

Birthdays



- 2-3 Charles Bibbs
- 2-4 Robert Crider, Velder Booth
- 2-6 Larry Haller, Ute Cruz
- 2-7 Bill Smith
- 2-10 Ed Heptig, Timothy Dixon
- 2-11 Sabrina Maloney
- 2-12 Chipper Cooper, Deena Barger, Tammy Powers
- 2-14 Josh Ricker, Sarah Davis
- 2-15 Jeanette Johnson
- 2-16 Arturo Sias III
- 2-19 Jewell Cutright
- 2-21 Damon Lee, Ross Kibodeaux
- 2-22 Clifford Williams, Mary Grubbs
- 2-23 Jonathan Bagwell
- 2-24 Russell Thompson, Shawn Wilson
- 2-27 Dan Marshall
- 2-28 Rob Mayfield, Jackie Toburen

Anyone can catch your eye, but it takes someone special to catch your heart. ~Author Unknown

Way to Go!

Great Job!



Shelly Hauck and **Casey Daugherty** from Facilities Paint Shop recently worked with Mitch Ricketts, (Health, Safety and Environmental Quality Coordinator at K-State Research & Extension) on a safety film about areal lifts.

Mitch wrote them saying, "Thank you so much for letting me film you with the personnel lifts the other day. The footage turned out great... Thanks again, this will be very beneficial to our students." Mitch also thanked Sandra Hoffman for her help in arranging this. He said to her, "Shelly and Casey did an excellent job. I was very impressed with their knowledge and professionalism." Sandra, speaking to Shelly and Casey said, "I am very proud of your accomplishment" thanking them for "your willingness to represent Facilities. It is a true testimony of your leadership demonstrated."

There may be more safety films in the future for Facilities staff.....

Who is New...

January 7, 2013

Donald Wainwright was hired as a Facilities Maintenance Supervisor. He is working for Cliff Slocum in the Electric Shop



January 14, 2013



Larry Gliniecki was hired as a Buildings System Technician. He is working for Roger Hageman in Utilities at the Power Plant.



Timothy Garibaldi was hired as a temporary G.M.R.T. He is working for Barbara Elliott in the Moving and Hauling Shop.

January 20, 2013

Larry McCoy's position as the supervisor of the Plumbing Shop was reallocated to a Physical Plant Supervisor Specialist. He still works for Dale Boggs.



Lucas Pinnick was hired as a temporary Custodial Specialist. He is working for Warren Berg in Custodial Services.



Kelvin Battle was hired as a Facilities Maintenance Supervisor. He is working for John Brown in the HVAC Shop.

January 22, 2013



Brittan Dietz was hired as a temporary Administrative Assistant. She is working for Dale Rivett in Work Control.

Annette Finkeldei was hired as a temporary Agricultural Technician. She is working for Joe Myers in Grounds Maintenance.



**Help celebrate
Kansas State
University's
150th Birthday!**



The kickoff for the birthday celebration will be held at Ahearn Field House on February 14, 2013 from 1:00 to 4:00. There will also be an exhibition area featuring displays from colleges, units and other campus groups. To find out all about the celebration plans, check out the web site:

<http://www.k-state.edu/150/>