

F. M. News

K. S. U., Division of Facilities

November 2014



Unleashing your potential

5 Ways to Be Happier at Work

Here are some strategies to be happier at work. We can choose to fill our days and the rest of our year with positive energy!

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 to huddle with your team/group at the end of the week and have each person share their 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.

What makes you happier at work? ~Jon
www.JonGordon.com

Who is New...

October 6, 2014



Nelda Gaito was hired as an unclassified Senior Program Manager. She is working for Ryan Swanson in Campus Planning and Facilities Management.

Kale Miller was hired as a Buildings System Technician. He is working for Christopher Falley in the Utilities at the Power Plant.



October 13, 2014



Kenyon Fryman was hired as an Utility Worker. He is working for David Stuhlsatz in the Athletic Grounds West.

October 20, 2014

Wanda Scott was hired as a Custodial Specialist. She is working for Gerardo Negrón on the Custodial day crew.

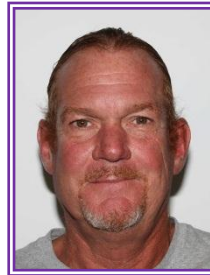


October 27, 2014

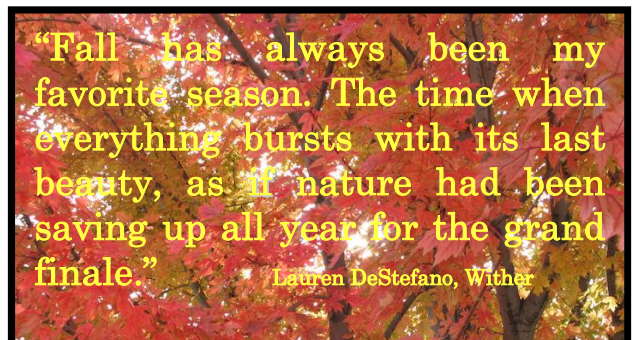


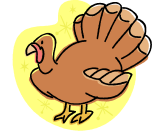
Rommel Cabillan was hired as a Custodial Specialist. He is working for Mike Price on the Custodial night crew.

Bernadette Sullivan was hired as a Custodial Specialist. She is working for Stephanie Brecheisen on the Custodial day crew.



Kirk Nelson was hired as a Storekeeper Specialist. He is working for Kris Fulkerson in the Facilities Storeroom.





11-27 Thanksgiving Day

11-28 Michael Lovgren

11-30 Mary Walgrave, Ed Rice

10 fun facts we bet you didn't know about Thanksgiving

11-1 Allen Wege, Wanda Scott,

11-3 Tong Stanley

11-4 Mark Fronce, Bruce Serrault

11-6 Kathy Reed

11-7 Henry Davis

11-9 Kit Tebbutt, James Hartford, Michael Mathews

11-10 Jane Mitchell

11-13 Ute Dock

11-14 Joe Blenn

11-15 Shane McCune, Steve Bishop

11-17 Dan McGee, Roy Jones

11-19 John Silva

11-20 Tim Goyette

11-21 Jeffrey Brewster, Glen Rubash, Rob Armour

11-22 Marcus Melander

11-24 John Hoyle



By **Saeed Ahmed**, CNN
November 28, 2013

(CNN)-- When the guests around your Thanksgiving table are busy stuffing their bellies today, here's one way to break the lull in conversation: dazzle them with some tasty turkey trivia. Here's 10 to get you started. We bet you they'll eat them up!

1. **A tradition is born:** TV dinners have Thanksgiving to thank. In 1953, someone at Swanson misjudged the number of frozen turkeys it would sell that Thanksgiving -- by 26 TONS! Some industrious soul came up with a brilliant plan: Why not slice up the meat and repackage with some trimmings on the side? Thus, [the first TV dinner was born!](#)

2. **Going shopping?:** Not if you're a plumber. Black Friday is the busiest day of the year for them, according to Roto-Rooter, the nation's largest plumbing service. After all, someone

has to clean up after household guests who "[overwhelm the system](#)."

3. **This land is my land:** [There are four places in the U.S. named Turkey](#). Louisiana's Turkey Creek is the most populous, with a whopping 440 residents. There's also Turkey, Texas; Turkey, North Carolina; and Turkey Creek, Arizona. Oh, let's not forget the two townships in Pennsylvania: the creatively named Upper Turkeyfoot and Lower Turkeyfoot!

4. **Leaving a legacy:** When Abe Lincoln declared Thanksgiving a national holiday, it was thanks to the tireless efforts of a magazine editor named Sarah Josepha Hale. Her other claim to fame? She also [wrote the nursery rhyme](#), "Mary had a Little Lamb."

5. **Gobble, gobble?:** Not so fast. [Only male turkeys, called toms, gobble](#). Females, called hens, cackle.

6. **Have it your way:** If Ben Franklin did, the turkey would be our national bird. An eagle, he wrote in a letter to his daughter, had "bad moral character." A turkey, on the other hand, was a "[much more respectable bird](#)."

7. **Born in the U.S.A.:** Thanksgiving is not just an American holiday. [Canadians celebrate it too](#). Except they do it the second Monday in October.

8. **Break out the menurkeys:** The first day of Hanukkah and Thanksgiving come together today [for the first time since 1888](#). Scientists say the confluence won't occur again for another 70,000 years, give or take a millennium. (*Note: this happened in 2013*)

9. **Doomed from birth:** Those poor turkeys; they don't stand a chance. Just look at the name we gave them. A turkey less than 12-weeks-old is called a [fryer-roaster](#).

10. **Talking turkey:** Why is it called a turkey? Oh boy, this will take some explainin'. Back in the day, the Europeans took a liking to the guinea fowls imported to the continent. Since the birds were imported by Turkish merchants, [the English called them turkeys](#). Later, when the Spaniards came to America, they found a bird that tasted like those guinea fowls. When they were sent to Europe, the English [called these birds "turkeys"](#) as well.

Sources: Smithsonian Magazine, Roto-Rooter, Census Bureau, National Women's History Museum, Cornell Lab of Ornithology, Library of Congress, Government of Canada, CNN Belief Blog, U.S. Department of Agriculture, Dan Lewis' "Now I Know: The Revealing Stories Behind The World's Most Interesting Facts."



October 8th. Kerry McDonald was surprised with cake and ice cream for her birthday!

Kudos

Cathie Lavis, from the Department of Horticulture, Forestry & Recreation Resources, wrote on her FACILITIES PHASE COMPLETE NOTIFICATION, "I cannot thank Larry McCoy and Bryson enough for

their speedy and excellent work and help to remove the concrete slap.

The horticulture students have started their patio project; this project is truly an example of students using what they have learned in the classroom and then, allowing *them* to think reflectively about this project.

Much appreciation to all the folks at facilities that work with diligence to keep our campus running!”



Facilities folks are free to contact Lynn Salsbury if they have a news item to be considered for the FM Newsletter.