



# UPDATE

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Volume 27, Issue 8

April 2013

## Board of Directors

### ELECTED OFFICERS

President  
Vicki Highstreet

President Elect  
Julie Thomsen

Secretary  
Karen Wills

Treasurer  
Jason Farber

### EXECUTIVE MEMBERS

Historian  
Deb Dahlke

Member-At-Large  
Duane Mohlman

### STANDING COMMITTEES

Professional Development  
Charlotte Frank

Founder's Day  
Erin Wirth, Sally Bucholz

Nominating Chair  
Angi McAndrew

Awards Chairs  
James Fischer, Randy Leach

Membership Chair  
Amy Lanham

Program Chair  
Michele Deaton

Employee Liaison Chair  
Patrick Barrett

Communications  
Sara Weixelman

Webmasters  
Al Stark, Michael O'Connor

Community Outreach  
Erin Wirth

Bylaws Review Chair  
Michele Deaton



<http://uaad.unl.edu>

## Dr. JoAnne Owens-Nausler to present twice in April

### 1. Looking Ahead and Reaching Back: Lessons for Fun Living

Wednesday, April 17

11:45 am – 1:00 pm

Nebraska Union

**D**r. Owens-Nausler is the Vice President of Partnerships –The GeoMotion Group, Inc. and has spent 43 years promoting the benefits of healthy active living. She is considered one of the nation's most vocal personalities and a masterful motivator on issues of physical activity and how we can improve our health and academic outcomes. She has an Ed.D. and an M.P.E. from the University of Nebraska – Lincoln, and a B.S. from Chadron State College. During her appearance at our April general meeting

she will focus on the inter-generational lessons we can learn if we “take it all in!”

Come prepared to laugh, learn, share and:

- Recount the best advice you ever received from a youngster and a chronologically gifted adult;
- Be reminded of the value of leading a less stressed life;
- Remember, breathing is good;
- Have at least 2 take-a-way thoughts that you will want to share within 48 hours.

### 2. Secure Your Own Mask FIRST!

Thursday, April 18

1:00 pm – 4:00 pm

Gaughan Multicultural Center

Register by April 15th for this Professional Development Workshop.

Each time you fly, the flight attendant reminds you to “secure your own mask before you try to help others.” As we deal with day-to-day issues, and search for solutions, we often put ourselves last.

You will learn strategies for:

- Communication;
- Fun and humor;
- Relaxation responses;
- Music and movement;
- Leadership reminders;
- FUNdamentals of being healthier and happier.

# Proposed Bylaw and Statement Revisions

General Membership Review March 20, 2013

Changes are underlined. Deletions are in the ~~strickethrough text~~.

## ARTICLE IV. FINANCES

Section 2. Deadline for Paying Membership Dues

Annual membership dues shall be payable by the first monthly general membership meeting. Dues for new members must be remitted with the membership form. Individuals initially joining UAAD after March 31 ~~will not be required to pay any dues until the next UAAD fiscal year.~~ are required to pay the annual dues for the current fiscal year, however that payment will also cover membership dues for the next fiscal year as well. Members delinquent past October 31 will be dropped from the membership roll.

## ARTICLE VI. COMMITTEES AND COMMITTEE APPOINTMENTS

Section 2. Standing Committees

Standing committee chairs shall be appointed by the President. Standing committee members shall be appointed by the respective committee chair drawing from a slate of interested individuals supplied by the Nominating committee. If the committee chair is unable to form a committee using the interest inventory, members may be solicited from UAAD's membership roster which is maintained by the Membership committee. Standing committees shall include Communications, Community Outreach, Employee Liaison, Membership, Mentoring, Professional Development, Program.

## UAAD Election of Officers

The nominations for officers for the 2013-2014 year are in. We are collecting biographies and plan to have the election link functioning by April 15th.

Please watch your email for information and be sure to vote. Last year we had a fantastic turn-out of voting members and we hope to see that kind of involvement again.

For information regarding your UAAD Officers and Board visit the UAAD web site and don't hesitate to contact us with comments and suggestions.

<http://bit.ly/16JjefH>



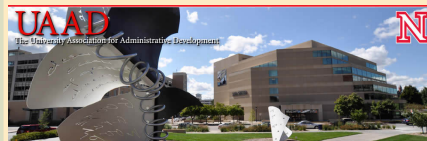
## UNL Childcare Rates to Increase

Rates are going up considerably for parents using UNL Childcare. The decision was made to implement a rate increase on April 1 and subsequently another increase on July 1. This is a necessity since the child care center does not receive any supplemental funding.

A forum was held this week and Dr. Franco explained to about 30 parents

who were present that, at this point there are no other options if the center is to continue. Parents agreed that children receive very good care, but are concerned about rising costs.

Efforts to identify additional funding sources are being pursued.



## Schedule

### At-A-Glance

Monthly Meetings  
Every 3rd Wednesday

April 17

Looking Ahead & Reaching Back:  
Lessons For Fun Living

Dr. JoAnne Owens-Nausler

May 15

Year-end Picnic

Stay Tuned For Details

## Spring Professional Development

April 18, 2013

Secure Your Own Mask First:  
Managing Your Own Health

Dr. JoAnne Owens-Nausler

REGISTER BY April 15!

Registration forms at:

<http://uaad.unl.edu>



## UAAD Community Outreach



## Team UAAD Does The BIG Event April 13

**T**he Big Event, a national organization started at Texas A&M in 1982, aims to give back to local communities through one large day of service.

At the University of Nebraska – Lincoln more than 3,000 students, faculty, and staff are expected to volunteer and give thanks to Lincoln this spring as part of The Big Event. The organization is entirely student-run and funded by donations from the community.

Saturday, April 13, 2013; 7:30 a.m.–2 p.m.

UAAD has a team of volunteers participating in this event.

Visit <http://bigevent.unl.edu/> for more information  
OR contact Kate Engel at [kengel3@unl.edu](mailto:kengel3@unl.edu)

## UNL hosts Walk@Lunch Day April 24th—for the health of it!

**Turn a working lunch into a walking lunch!**



Walk@Lunch Day is April 24 any time between 11:30 am and 2:30 pm and consists of a one mile route with 4 Wellness Stations featuring tips on physical activity, nutrition, healthy eating, and health screenings. There are chances to win prizes at each station.

In lieu of giveaway items this year, Blue Cross Blue Shield will contribute \$20 to the Nebraska Game and Parks Foundation for every organization (business, school, nonprofit, etc.) that registers to walk at [www.nebraskablue.com](http://www.nebraskablue.com) (with a cap of 500 organizations). Last year, 366 organizations participated.

The Foundation will use the money for maintaining and/or expanding some of the state's 1,236 miles of trails.



# UAAD 2012-2013 Membership Roster



Hollis Anderson  
Kathy Anderson

Marie Barber  
Rebecca Barnes  
Ricardo Barrera  
Kimberly Barrett  
Patrick Barrett  
Keith Bartels  
Kathy Bennetch  
Beth Benson  
Eileen Bergt  
Phil Berlie  
Jessica Bowen  
Zac Brost  
Sally Buchholz  
Terri Butler

Cindy Cammack  
Stan Campbell  
Kate Carlin  
Becky Carter  
Rod Chambers  
Josh Clausen  
Valerie Crook

Deborah Dahlke  
Keith Dawson  
Jan Deaton  
Michele Deaton  
LuAnn Detwiler  
Glenda Dietrich-Moore  
Kay Dinkelman  
Daniel Duncan

Vicki Eastman  
Valerie Egger  
Deborah Eisloeffel  
Kate Engel  
Nicki Evans  
Dodie Eveleth

Helen Fankhauser  
Jason Farber  
Marilyn Fenton  
Peggy Filliez  
Jim Fischer  
Jennifer Fitchett  
Charlotte Frank  
Susan Frodyma

Rachel Garver  
Donna Geviss  
Belinda Gillam  
Jennifer Gilmore  
Barbara Gnirk  
Bill Goa, Jr.  
Angela Gonzalez

Joe Goodwater  
Ronnie Green  
James Griesen  
Jelena Gude

Juliana Hagemeyer  
Beth Hartman  
Cheryl Hassler  
Richard Haugerud  
Jennifer Hellwege  
Tyler Heng  
Holly Henrichs  
Vicki Highstreet  
Jill Hochstein  
Judy Hostetler  
Betsy Howe

Terese Janovec  
Cathy Jewell  
Casadi Johnson  
Deb Johnson

Debbie Kane  
Karen Kassebaum  
Gary Kimminau  
Shelli Krupicka

Mary LaGrange  
LaRita Lang  
Amy Lanham  
Todd Lanham  
Tony Lazarowicz  
Randy Leach  
Grace Li  
Carlos Lopez III  
Teresa Loseke  
Elijah Luebbe  
Suzan Lund  
Cathy Lund

Linda Mahloch  
Kathi Malone  
Ranelle Maltas  
Kaye Mankhey  
Rene Mayo-Rejai  
Angi McAndrew  
Paula McKillip  
Karen S Miller  
Duane Mohlman  
Mandi Mollring  
Lorraine Moon  
David Morgan  
Nathan Morris  
JoAnn Moseman  
Terri Murray  
Nancy Myers  
Kathy Nance  
Trudy Nienaber

Jeff Noel

Michael O'Connor  
Joyce Ore  
Britta Osborne  
Sue Ostrander

Roshan Pajnigar  
Kristi Pease  
Pamela Peters  
Sally Pfeiffer  
Deloris Pittman

Karen Randall  
Linda Ratcliffe  
Alli Raymond  
Mary Ellen Reeves  
E. Suzanne Reinke  
Jim Rose  
Nathan Ross  
Jennifer Rutt

Nancy Schneider  
Dan Shattil  
Nancy Shoemaker  
Janet Sievert  
Kathy Singh  
Lynne Smejdir  
Dori Smidt  
Nicole Smith  
Lyda Snodgrass  
Allen Specht  
Alfred Stark  
Mary Sutton

Jolene Tederman  
Julie Thomsen  
Sherri Tompkins  
Melissa Townsend  
Barbara Trail

Ruby Urban  
Shannon Vaccaro

Gretchen Walker  
Sue Walker  
Sara Weixelman  
Robin Whisman  
Jeanne Wicks  
Emily Wilber  
Karen Wills  
Erin Wirth  
Wanda Wood

