



UPDATE

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<http://uaad.unl.edu>

"Still Growing Strong" *Backyard Farmer*

Wednesday, April 18
11:45 am -1:30 pm
East Campus Union

Backyard Farmer is coming to UAAD! The popular NET program is celebrating its 60th anniversary and UAAD will be part of the celebration.

The Backyard Farmer panel, lead by Kim Todd, Associate Professor and Extension Horticulture Specialist, provides research-based answers to gardening questions about insect pests, fruits and vegetables, turf, landscape design and much more.

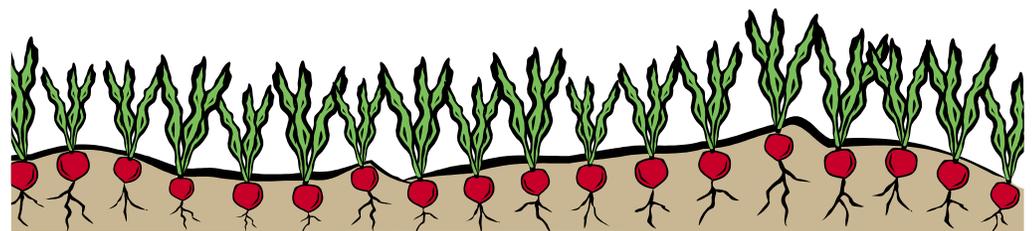
Bring your gardening questions and get

tips on how to create a garden that will be the envy of your neighbors.

"Backyard Farmer" first aired June 1, 1953 and will begin its 60th season April 5, coming off of its best ratings year ever.

"Still Growing Strong" is the new theme for the gardening series, a coproduction of University of Nebraska-Lincoln Extension and NET Television.

Lunch is "brown bag". The shuttle buses run between City campus and East campus every ten minutes (NCard and Star Tran bus pass required).



Spring Professional Development Workshop *Coaching for Leaders*

Registration is open until April 13th. Details on page 2 . . .

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President's Message . . .

Spring has arrived with its full impact! With it brings thoughts of how quickly this semester will come to a close and how we do not want to miss the current opportunities of the day. In April we will have the opportunity to vote for UAAD officers for the upcoming year. Please take the time to consider the candidates and vote for the individual you feel would successfully fulfill the responsibilities of the position. The UAAD officers and the board are your leadership to take UAAD into the future!

Speaking of leaders, you will want to attend the professional development seminar in April. "Coaching for Leaders" will address how to prepare personnel to use their strengths to be successful. We can use this information to become a part of the successful attainment of the recent goals the Chancellor has identified for UNL. We can also use these skills in the new mentoring program in UAAD. I will look forward to seeing you there and at the next UAAD meeting on April 18th!

~Deb Dahlke

2011-12 Program At-A-Glance



**Monthly Meetings
Every 3rd Wednesday
11:45 am - 1:00 pm**

**April 18th
Backyard Farmer
East Campus Union**

**May 23rd
Annual Picnic
Campus Recreation**

**April 16
Spring Professional
Development Workshop
Coaching for Leaders!**

**UNL Red-Out Heart Walk
City and East Campus
Wednesday, April 25th**

**Get out for a walk and
some fresh air! Participate
on your own or with
a team anytime between
11:30am-1:00pm!**

See page 3...



Coaching for Leaders

April 16, 1:30 - 4:30

Jackie Gaughan

Multicultural Center

**Presented by Keith Niemann,
Professional Coach and
IANR Extension Consultant**

**OPEN TO ALL UNL STAFF AND
FACULTY**

**Enrollment is limited so
register before April 13!**

For the registration form visit our
web site:

<http://uaad.unl.edu>

◆ Learn the foundation and context for coaching.

◆ Help others identify their values and align them with organization objectives for greater motivation and fulfillment.

◆ Apply different levels of listening and follow a coaching direction to make interactions more collaborative and productive.

◆ Use powerful questions to find the best answers.

◆ Create and sustain higher motivation, commitment, affirmation and accountability.

April Community Outreach ~ ReTree Nebraska

The first Arbor Day was held on April 10, 1872, and an estimated 1 million trees were planted that day. It is only appropriate that the UAAD Community Outreach for our April meeting will be ReTree Nebraska, an affiliate of the University. Unfortunately, many Nebraska communities have limited or even no resources available to plant additional trees in their communities. Our donations may make that difference.

A \$5 donation is suggested with proceeds to be given to one of the statewide arboretums.

Please visit www.nfs.unl.edu/ReTree for more ways to be involved!

UNL Red Out Heart Walk

The UNL Wellness Initiative has an exciting opportunity coming up Wednesday, April 25th that we would love to have you share with your departments, fellow colleagues, and friends!

The initiative hosts UNL Red-Out Heart Walk on both City and East Campus Wednesday, April 25th. This is an opportunity for you to get out for a walk and some fresh air! Participate on your own or with a team anytime between 11:30am-1:00pm!

Register now for a FREE UNL event that will be fun, get you moving, allow you to support a cause, and improve your overall wellness. Wear Red and Take a Walk Wednesday, April 25th in support of the BCBS National Walk at Lunch Day and the American Heart Association Lincoln Walk.

There will be plenty of prizes, a bit of walking, and lots of social fun. Learn more about the events and register at: <http://www.surveymonkey.com/s/3LNN7GJ>

Please help us reach our goal of 250+ participants by registering today!

Included in the email with this newsletter you will find the flyer for the UNL Red-Out Heart Walk as well as walking routes for City and East Campus.

Report from the Chancellor's Committee on Wellness

Results from the 2011-2012 HRA determined that the top four interest areas/needs selected by faculty & staff are: healthy eating & cooking; physical activity; weight management; health screening. These topics will be the programming focus from Wellness Services and this committee. Look for specific details and charges from this committee next month.

~Cathy Jewell