

Treasure What's Inside



Mary Meyers
UAEOP President

"It's Summertime and the living is easy, the fish are jumping and the cotton is high", (lyrics from Summertime by George Gershwin), describe a slower paced time of life. So many of us are going at warp speed that we forget to take the time to "smell the roses" and treasure all we have around us. I've set a goal for myself this summer to take one day at a time. I encourage each of you to set a similar goal. Take the time to enjoy and treasure all that nature holds in store for us.

The following poem by Penny White, titled, "Beginning Today", has many great ideas in helping to treasure what we each have. I hope you find something in it that touches you as it did me.

Beginning today, I will no longer worry about yesterday. It is in the past and the past will never change. Only I can change by choosing to do so.

Beginning today, I will no longer worry about tomorrow. Tomorrow will always be there, waiting for me to make the most of it. But I cannot make the most of tomorrow without first making the most of today.

Beginning today, I will look in the mirror and I will see a person worthy of my respect and admiration. This capable person looking back at me is someone I enjoy spending time with and someone I would like to get to know better.

Beginning today, I will cherish each moment of my life. I value this gift bestowed upon me in this world and I will unselfishly share this gift with others. I will use this gift to enhance the lives of others.

Beginning today, I will take a moment to step off the beaten path and to revel in the mysteries I encounter. I will face challenges with courage and determination. I will overcome what barriers there may be which hinder my quest for growth and self-improvement.

Beginning today, I will take life one day at a time, one step at a time. Discouragement will not be allowed to taint my positive self-image, my desire to succeed or my capacity to love.

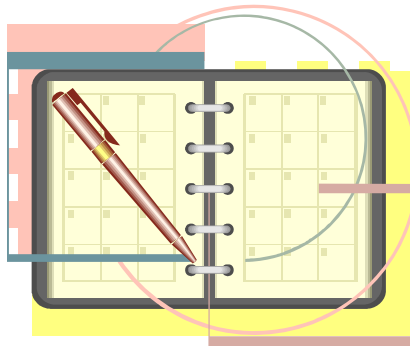
Beginning today, I walk with renewed faith in human kindness. Regardless of what has gone before, I believe there is hope for a brighter and better future.

Beginning today, I will open my mind and my heart. I will welcome new experiences. I will meet new people. I will not expect perfection from myself nor anyone else: perfection does not exist in an imperfect world. But I will applaud the attempt to overcome human foibles.

Beginning today, I am responsible for my own happiness and I will do things that make me happy, admire the beautiful wonders of nature, listen to my favorite music, pet a kitten or a puppy, soak in a bubble bath, pleasure can be found in the most simple of gestures.

Beginning today, I will learn something new; I will try something different; I will savor all the various flavors life has to offer. I will change what I can and the rest I will let go. I will strive to become the best me I can possibly be.

Beginning today. And every day.



The Utah Association of Educational Office Professionals

Mission Statement

- Promote awareness of educational issues through information and education
- Promote opportunities for professional growth
- Gain recognition for the role of office professionals on the educational team
- Elevate standards of Utah educational office professionals

UAEOP is an affiliate of the National Association of Educational Office Professionals

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Welcome New Members!

Janice Johnson
Skyline High, Granite
Jana Varney
Taylorsville High, Granite



UAEOP Executive Board Meeting

The UAEOP board meeting was held at the Uintah School District offices on June 13, 2009. President Mary Meyers introduced our new board member, Dixie Parks, Region VII Chair. Mary confirmed that the annual conference will be held at Red Cliffs Lodge in Moab, March 12-14, 2010. Vice President Lola Searle and Region V Co-Chair Megan Miller hosted the meeting and a delicious lunch.

Board meetings are open to all members. The next board meeting will be October 17, 2009 at the Millard School District in Delta. If you would like to attend, contact Mary Meyers at mcmeyers@graniteschools.org.



Region News

Unlikely Duo Earns Most as Horse, Non-Pro Rider

Can you name the Western Nationals' all-time top-earning horse?

Not even Lola Searle, 39, Vernal, Utah, knew it was Hickory Valentino, the 11-year-old gelding she located on the Internet five years ago, until a reporter told her.

"Your call is a pleasant surprise," Searle said when informed Hickory Valentino (Doc's Hickory x Connies Gail x Freckles Loverboy) ranked as the Western National's top-earning horse and that she ranked as the event's No. 12 all-time money-earning rider.

"I had no idea. Wow!" Searle said. "I know he's a great horse. He [Hickory Valentino] is going to be a hard knocker until I retire him, I guess. He's never taken a lame step in his life. He's a fun horse to be around and he's got a great personality."

The top 11 Western Nationals money-earning riders are trainers. Seven have earned more than \$500,000 during their careers. Two have earned more than \$1 million and all have earned more than \$375,000. Searle began 2008 with \$36,035 earned as a cutter.

The Uintah School District human resources assistant has placed well with Hickory Valentino in amateur and non-pro finals at the Western Nationals since spring of 2005. This year, Searle and the horse tied for fourth in the \$20,000 Non-Pro and finished fifth in

the \$50,000 Amateur to earn \$3,137. That boosted Searle's total at the Western Nationals to \$19,526. The horse and rider won the \$10,000 Amateur and placed second in the \$50,000 Amateur at the 2007 show. They also won the \$10,000 Amateur in 2005.

Lola's husband, semi-retired former pawn shop owner Rhett Searle, 61, has ridden Hickory Valentino to another \$3,144 in non-pro earnings at the Western Nationals.

Western Nationals earnings since 2005 have accounted for more than half of Lola Searle's and more than half her horse's career totals. Lola and Rhett Searle have been married nine years and they've competed as cutters since 2002. Through 2008, Rhett Searle, Hickory Valentino's primary trainer, had earned \$22,082 as a cutter.

Hickory Valentino earned \$36,466 prior to 2008, according to *Equi-Stat*, a division of Cowboy Publishing, with all but \$1,318 of that money acquired since late 2004. Rhett Searle bought the horse in September 2004, from Rancho Poco in Palmer, Texas.

"He [Rhett] went to Texas over Labor Day to visit a couple of his kids," Lola Searle said. At that time, she and her husband were easing into cutting with a few older horses.

"We were kind of looking for another horse for me. I came across a website, Rancho

Western Nationals All-Time Horse Earnings

1	Hickory Valentino (98G)	\$22,699*
2	Smokin Manzana (84S)	\$17,558
3	Irish Whiskey Sugar (98G)	\$17,226*
4	Wee Little Badger (97G)	\$16,952*
5	Smart Like King (94G)	\$16,717
6	Aachen (91G)	\$16,544
7	Hickorys Rawhide (98S)	\$16,294*
8	Stylish Lil Jubie (92M)	\$16,187
9	Caught Me Lookin (97S)	\$14,354
10	Lenas Top Gun (88S)	\$13,987
12	Stylish Windy (02G)	\$13,058*
16	Sneakin Sam (97G)	\$11,708*

(Money from all divisions, *Including 2009 show)

Poco, and they had him for sale as a 6-year-old," she said, adding she simply liked the horse's breeding. "It [the Internet ad] didn't say much about him. When he [Rhett] told the trainer Hickory Valentino was the one we were going to buy, he [the trainer] told Rhett that he didn't think we'd ever get him shown."

Rhett Searle's on-site instincts backed up his wife's long-distance hunch and they bought the previously low-earning horse, despite receiving their buyer-beware warning.

Originally owned and bred by Sherry Wolfenbarger, Lebetter, Ky., Rancho Poco bought Hickory Valentino as a yearling. Hickory Valentino earned less than \$3,000



Hickory Valentino is the Western Nationals' all-time top-earning horse, and her owner and rider, Lola Searle, ranks among its leading earners.

through his 6-year-old season, but since then, in limited weekend duty, plus his five Western Nationals visits at ages 7-through-11, he's earned more than \$37,000. He also appears to have plenty of gas left in the tank.

Lola and Rhett Searle handle and train their own horses. They enjoy cutting, but mainly compete close to home. One reason they've succeeded as much as the have with Hickory Valentino, Lola Searle said, is fellow cutters have always been willing to help.

"Especially at the Western Nationals, we have a good time and talk to all the trainers while we're there," Searle said. "Rhett is way more dedicated to it than I am. He always comes up with lots of questions and those trainers have been good to help him out."—MT

Happy Birthday to You!

Chartell Glazier - August 7

District Office, Jordan

Charlotte Graham - August 10

East Midvale Elem, Canyons

Carolyn Johnson - August 12

Terra Linda Elementary, Jordan

Karen Phillips - August 12

District Office, Granite

Karen Allen - August 14

Valley High, Jordan

Kerri Lynn Shaw - August 14

Sandy Elementary, Canyons

Nadine Troxel - August 14

Butterfield Canyon Elem, Jordan

JannaCai Cox - August 15

Mountain View Elem, Davis

Alma Noffsinger - August 17

Monroe Elementary, Sevier

Shelly Axtell - August 18

District Office, Jordan

Christy Hansen - August 18

District Office, Tintic

Maxine Jones - August 22

Burton Elementary, Davis

Kim Barnhurst - August 24

District Office, Uintah

JoLene Ellertson - August 24

District Office, Granite

Debbie Larsen - August 24

Oakwood Elementary, Granite

Carolyn Simons - August 26

Cyprus High, Granite

Shirley Ayrtton - August 27

District Office, Granite

Jill Westover - August 29

JATC - West, Jordan

Gay Lynn Osness - August 30

Bennion Jr. High, Granite

Cindy Hair - September 2

District Office, Park City

Lyla Tuttle - September 2

Hurricane Middle, Washington

Rebecca Shipley - September 4

NAEOP Board Member, CA

JoEllen Layne - September 6

Dixie High, Washington

Beverly Pierce - September 11

Vernal Middle, Uintah

Sherry Wilson - September 13

District Office, Granite

Joyce Guenon - September 14

District Office, Jordan

Kathy Ellis - September 17

District Office, Granite

Jenny Johnson - September 21

Sunset Ridge Middle, Jordan

Jennifer Ivers - September 23

Ecker Hill Middle, Park City

Beverly Pacal - September 23

Treasure Mtn Middle, Park City

Paula Bosgieter - September 25

District Office, Ogden

Stefanie Campbell - September 25

Bluffdale Elementary, Jordan

Stacey Banks - September 29

District Office, Canyons

JoAnn Monroe - September 30

Retired

Megan Miller - October 2

District Office, Uintah

Elaine Beard - October 5

Jordan High, Canyons



Marjean Weiler - October 5

District Office, Canyons

Amanda Hansen - October 6

District Office, Jordan

Vicky Rich - October 10

Vernal Jr. High, Uintah

Dixie Sperry - October 11

Retired

Merrie Jo Smith - October 22

District Office, Millard

Diane Staley - October 24

JATC - West, Jordan

Linda Neff - October 25

District Office, Jordan

Vicki Coon - October 27

District Office, Canyons

Beverly Vowell - October 31
Snow Canyon High, Washington

What's New With the Past Presidents?

Compiled by Midge Treglown, CEOE, Patty Whittaker, Krystine Hancock, & Karen Phillips, CEOE

We continue checking in with the UAEOP Past Presidents.

"What have I been doing? Where am I? Murray High School front office. The way the economy is going, I will be here forever, this old, bent, gray-haired lady with a cane or walker hobbling in the front door. The students laugh and make fun of the announcements, as I make them just off the top of my head. I plan to continue working another three or four years. I love to travel – Virginia on the east coast and Seattle on the west, as that is where my daughters now live. I am an avid reader and will read an author to death.

I am a believer in UAEOP. The benefits gained are so worthwhile if only a person will avail themselves of the opportunities."

Judy Anderson, CEOE, 1995-96 UAEOP President

"You've all heard the expression – Life comes at you fast -- I'm a believer! I can hardly believe that July will mark the third anniversary since I retired (well, sort of) from Jordan School District. Since my retirement, I've worked part-time on and off for Sherry Wilson at Granite District (sorry Sherry, probably more off than on). After about one year, I worked again for Jordan District for one year, part-time, helping configure retirement liability for classified employees in anticipation of the Jordan/Canyons District split. Then it was back with Sherry. Most recently, I have completed a three month stint again with Jordan as a middle school substitute head secretary, an interesting experience to say the least since I jumped onboard in April to close out the school year and since my retirement a whole new computer system has been implemented. I'll soon be heading back to work for Sherry.

Life hasn't been all work however. My husband and I have been able to do quite a bit of traveling – Singapore, Hong Kong, Thailand, China, Norway, Denmark, Sweden, Estonia, Russia, England, and Finland. Whew – it makes me tired just recounting the places we've seen! I've been able to enjoy more quality time with my family and friends, a huge blessing of retirement! One of my children lived in Arkansas and then Florida so we HAD to go visit his family several times. And last but not least, I've also had the opportunity to attend several NAEOP Conferences and look forward to Minnesota in July. Because I'm retired, I've become involved in NAREOP (for retirees) as well. I encourage you all to stay active in UAEOP, retired or not, because there is no better time than the present to immerse yourselves both personally and professionally in such a worthwhile organization."

Patricia Thompson, 2006-08 UAEOP President

"I just completed 25 contract years at Granite School District even though I've worked there since 1980. For the past 19 years, I have been the Accounting Coordinator. My main duties are the district accounts receivable, auditing schools, and training 90 school bookkeepers. In July 2008, the 26 secondary schools implemented a new bookkeeping system so it has been a very challenging and busy year - which is why I am very grateful to my assistant, Pat Thompson and all the other office professionals who have helped me stay sane.

I have been serving as the NAEOP Secretary/Treasurer for the past two years. My term is up at the end of July. Belonging to and being involved in all the AEOP associations over the years has truly been a great experience. I cannot express how much my personal and professional life has been enriched by my dear friends from Utah and the rest of the states, and the experiences and responsibilities that I have been privileged to have.

I've also been traveling...this year I've been to San Antonio; Niagara Falls; Moab (my very favorite place in Utah); Vernal; San Francisco and soon off to Minnesota for the NAEOP conference."

Sherry Wilson, CEOE, 2001-04 UAEOP President



One-of-a-Kind Words



Information from a Granite AEOP Business English class taught by Joan Palmer.

It's a funny thing, the English language. We have perhaps over a million words from which to choose, and each word has its own charm and beauty, its own color and texture. If one word is not precisely suitable or does not express the precise idea or feeling, there is almost always another word that will. In fact, there are so many words that no single dictionary can contain all of them. Now, there's the irony—we often can't find a good word with which to express ourselves. Here are a few words to try out on your family, friends, and co-workers.

hesternopathia – a pathological yearning for the gold old days. "We need to enjoy today instead of indulging in **hesternopathia**."

dysanagnosia – the inability to understand some words. "Even though he suffered from **dysanagnosia**, he could understand most commonly used words."

porrect – to stretch out horizontally. "If he goes into the ring with Ali, Ali will **porrect** him."

acalculia – the inability to work with numbers; a mental block against arithmetic. "When I couldn't pass the math test, I tried to explain my **acalculia** to my teacher."

tragomaschalia or **hircismus** – smelly armpits. "When we mailed him ten bottles of antiperspirant, he came to realize how offensive his **tragomaschalia** was to those around him."

Burn Up, Not Out!

by Amanda Gore



“Every now and then – go away. Have a little relaxation. For when you come back to your work, your judgement will be surer, since to remain constantly at work will cause you to lose the power of judgement..... go some distance away because then the work appears smaller and a lack of harmony or proportion is more readily seen.”

Guess who spoke these words? The partner of a frantically busy workaholic? A doctor? Your mother? Wrong! It was Leonardo da Vinci.

Several hundred years doesn't seem to make much difference to wisdom!

Recall the last really good break you had from work – a terrific holiday where you rested, really relaxed and unwound. You laughed and felt energized and fantastic when you returned to work and home. How was your performance afterwards? How did you handle stress, difficult people and awkward situations?

How was your personal relationship when you returned? Did you realize that your partner had undergone a personality transplant! They had become human, more loving and you remembered why you were in love with them?

Funny how the idiots at work seemed to be less in number or to have undergone a personality transplant as well! And that things at work had settled and work was more enjoyable; there was more flow and less struggle; it was easier to get things done.

What is the common denominator here? You of course! If we do relax, and 'go some distance away', we have a chance to restore our sense of perspective. Small issues remain small and manageable. We are able to maintain our integrity and keep breathing under pressure. Our ability to relate to others is enhanced and we are more flexible and creative in our approach to people and situations.

However, we seem to forget this renewed capability as the year and volume of work progress. We naturally think we are always performing at our best and it's only when we take a significant break that we see the true situation clearly.

I know many people will see this as a blinding flash of the obvious, and that it's just common sense. If that's the case why are so many people struggling, exhausted, stressed and burnt out? Because we forget how important it is to have a long (2 weeks at least; 3 weeks is better!) holiday or break from the daily grind. And to have short breaks on a regular basis throughout the year.

If considering the implications of this concept hasn't convinced you to rethink your current plans, ask yourself this. How many times have you managed to work all year – long hours, weekends, days, nights for 12 months and not been ill; then you have gone on holidays. What happens? You get sick! And usually recover just in time to return to work.

We can fool our minds but we can't fool our bodies. They store our stress. Our minds tell us we are just fine; we are coping well with the daily stresses and strains. As soon as we take a break, our body breathes a sigh of relief and says (metaphorically of course!) 'whew, now we have time to be sick!'. So, our back 'goes'; we catch flu; our allergies play up; we have gastritis, etc. We need to take mini stress buster breaks throughout the year.

Or worse, what about the people who brag about not having taken a holiday for 2 or 3 years? They are just too busy, too important or too essential to take time off work. How can they be performing well – either at home or work?

This applies to any situation – not just work. For example, if we are carers for someone old or infirmed or ill, we must have some respite to restore the energy and enthusiasm we need to genuinely care for them. Or perhaps even from our relationships.

Bernie Seigal author of a fastastic book called "Love, Medicine and Miracles" suggested we should 'burn up, not out!' Burning up means our candle is lit and it burns all the way to the bottom and then it snuffs out. Burning out means our candle is lit and snuffs it half way down! Before we are ready.

You'll burn up, not out, if you realize the importance of Leonardo's words – "every now and then go away"!

Sign up for Amanda Gore's newsletter or visit her online store at www.amandagore.com

Click 2 Mail

Submitted by Danielle Kitchen, UAEOP Historian

At our 2008 UAEOP conference we learned about Click 2 Mail (www.click2mail.com). After the conference, I decided to try this service and I love it. I have used it for UAEOP membership mailings, the Buzz Line, high school registration information and family party invitations. The following is some more information about this service.

What is Click2Mail? Click2Mail's Mailing Online Publisher is a web browser-based tool for creating, personalizing, printing, and delivering a wide variety of mailing pieces directly from your desktop. You just load your list, compose your message, and Click2Mail it. They print, finish, post, and deliver your mailing quickly and economically.

What can I mail? Use their postcard, flyer, letter, booklet, and certified mail formats to create a single postcard, 100 brochures, or 5000 newsletters. They will print them in 4-color (full color) or black and white on your choice of paper colors and weights.

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Is it difficult to use? They make mail easy. Use their free online editor or load a file you create using Microsoft Word or files from other programs saved in PDF, EPS, and PS file formats.

How much does it cost? Price is based on the format (postcard, flyer, booklet, letter, etc.) and the number you print. Example: compose and mail 10 postcards to 10 different addresses for under \$5 (less than 50 cents per piece - all costs included). Or send 100 postcards to 100 addresses for roughly 30 cents per piece.

When will it mail? Submit your project by 2PM EST and it is mailed the next business day (including Saturday). To minimize delivery time, they use a sophisticated process to route your mail to the production facility closest to your recipients. Though delivery times of First-Class mail is not guaranteed, it typically takes 1 to 4 days.

What about a list? Any list created in a word processing, spreadsheet, or database program and saved in the CSV, TAB, MDB to XLS file formats is compatible.

Can I get some help? There are three ways to get help: The Click2Mail Knowledgebase answers most general and how-to questions, a program-specific Help Menu is available after you sign into your account, and their experts are standing by at 1-866-665-2787 Monday-Friday, 9AM to 8PM EST.

What do I need to start? All you need is the names and addresses of the people you want to contact and a credit card. You upload a document or use their templates to produce a postcard, flyer, letter, booklet, or certified mail, then Click2Mail it. They print, finish, post, and deliver your mailing quickly and economically.



Dates & Deadlines:

July 20-24, 2009	NAEOP 75 th Annual Conference & Institute, Bloomington, MN
August 24, 2009	Buzz Line, Fall Issue Articles Due
Sept 15, 2009	PSP Filing Date
October 17, 2009	UAEOP Board Meeting, Delta
January 23, 2009	UAEOP Board Meeting, Salt Lake City
March 12, 2010	UAEOP Board Meeting, Moab
March 12-14, 2010	UAEOP Annual Conference, Moab

Reminder:

UAEOP has an e-group list. If you are a member of UAEOP and would like feedback from other office professionals regarding a certain topic, please use this list. The email address is uaeop@ls.graniteschools.org. If you experience problems accessing the list, contact Sherry Wilson at slwilson@graniteschools.org.

Moving? Retired? New e-mail?

If so, notify us of your new address so you don't miss any UAEOP information. Contact Lola Searle at lola.searle@uintah.net.



Membership Application

Name _____ Home Phone _____ Birthday (Month/Date) _____

Home Address _____ City _____ State _____ Zip _____

School/Office _____ District _____ Phone _____

Business Address _____ City _____ State _____ Zip _____

E-mail Address _____

PSP Certificate (circle one) Yes No Level _____ NAEOP Member (circle one) Yes No

Would you be willing to serve on a committee? (circle one) Yes No If yes, which committee _____

Circle one: Elementary Secondary Administration/District Office Higher Ed Other

Type of Membership:

New Renew
Active Retired

Annual Dues: \$15 Active Association Member ~ \$5 Retired

Make check payable to: UAEOP
Send to: Lola Searle, UAEOP Vice President
Uintah School District, 635 West 200 South, Vernal, UT 84078

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The Buzz Line is the official newspaper of the Utah Association of Educational Office Professionals (UÆOP) and is published on a quarterly basis. We urge our readers and UÆOP members to contribute to our publication by sending us your comments, letters, information about your local and regional activities, or any articles you feel would be beneficial for Utah educational office employees. Send contributing materials to:

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Thought of the Month:

RE | 're/ prefix: again, anew

as in REVITALIZE, to give new life to familiar favorites; as in REARRANGE, to put elements into a fresh and appealing order; as in RENEW, to restore or renovate with an updated approach; as in REFRESH to review and perfect essential skills; as in REVIVE, to flourish again, to enliven.

~ from Martha Stewart Living magazine April 2009

