

## Reaching New Heights



Mary Meyers  
UAEOP President

**"If you are not driving your carrot, you are carrying it,"** says Greg Deitchler, a motivational speaker and founder of Promising Horizons, counseling and assessment organization in Meridian, Idaho. I'd like to share his FIVE proven insights that inspire, challenge and equip you to never carry your carrot. However, first I need to share his story with you...

### Here is Greg's story:

"When you are five years old, you don't want to hear health care people tell you that you might die soon. You want to be surrounded by your friends and toys, not by specialists and panicking parents. You want to hear how cute you are and see your parents' smiles of approval when you try things for the first time. But strange medical words uttered by a changing flow of health professionals delivering unpleasant treatments became my life at five."

Greg was diagnosed with Acute Lymphocytic Leukemia. He soon learned that radiation therapy and chemotherapy were the things that made him sick and lose his hair. At five years of age, he was facing death. Fear, anxiety, tears and prayers filled his life. Three years later, his cancer went into remission and according to

doctors, they were through the woods. The gratitude that replaced anxiety was soon disrupted by a frantic trip to the hospital. He fell into a coma. The cancer had returned. Back then, a relapsed leukemia patient needed a bone marrow transplant to have a 50% chance of surviving. Since there was no national bone marrow donor registry, matches were sought among immediate family members. Without a transplant, 99% of leukemia patients died. His family was tested and no match was found. As his parents prepared for his death, doctors proposed trying a new research-based treatment. His parents, willing to do anything to save his life asked their pastor to give him a blessing before embarking on the new therapy. It took two years of the non-protocol treatment before he was in remission again, but 27 years later, he is still cancer free.

Here are 5 proven ways YOU can "drive your own carrot" as experienced by Greg:

**Commit to a full life.** Greg believes that you have a purpose in this world. However, it is important for you to set goals that will allow you to live your purpose and the goals should align with the life you envision living in the future. He advises you to identify goals you can achieve in a short term (1-3 years). You should also have goals to accomplish in 4-7 years (medium range goals), and long-term (7-10 years) goals.

**Become more than a dreamer.** Instead of focusing on his 1% chance of survival, Greg set a goal to become a psycho-social oncologist. He went to college and then to graduate school where he learned counseling. But before this, he was a speaker/fundraiser for the American Cancer Society at the age of 10. Greg was instrumental in starting Camp Rainbow Gold, a camp for kids with cancer. As an extension of the camp, Greg founded the first teen support group for teens surviving cancer. He became the youngest person ever to be elected as the vice president of the Local American Cancer Society at age 19. Actions turn dreams into reality.

**Surround yourself with top achievers.** Greg adheres to the advice: "Run with horses even if you are a donkey." The people you surround yourself with determine how you live your purpose. If you need positive energy and creativity surround yourself with achievers. "Driving your own carrot doesn't mean you do it solo," says Greg.

**Commit to continuous learning.** This is not just a statement for Greg. He still invests in coaching services. He says of his mentor, Eric Larson, "Even while facing death, he decided to go to graduate school and get all the learning he could while here in this life." You know that is commitment to learning. We all have an opportunity for continued learning with our upcoming UAEOP conference.

**Never forget to be grateful.** Greg says, "Having cancer taught me that MY ATTITUDE is what determines how good (or bad) an experience is. Gratitude for the little things of life allows you to continue moving forward, even when things are tough." He believes appreciation for "who and what brought you to this point in your life" helps you have proper perspectives of life and set priorities that are essential in achieving your goals.



### 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  
[www.uaeop.org](http://www.uaeop.org)

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## UAEOP Executive Board Meeting

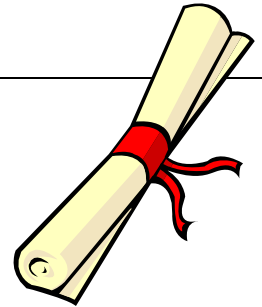
The UAEOP board meeting was held at the Northeastern Utah Educational Services (NUES) in Heber City on October 9, 2010. President Mary Meyers conducted a very productive meeting. The focus of the meeting was the upcoming UAEOP conference. She also introduced Lucinda Josie from Garfield who will serve as the Region XI Chair. Officers and committee chairmen gave their reports. Membership stands at 104 and the checking account balance is \$2,648.05. Region VI Chair, Dixie Parks provided a delicious lunch.



Board meetings are open to all members. The next board meeting will be January 22, 2011 in Salt Lake City. If you would like to attend, contact Mary Meyers at [mcmeyers@graniteschools.org](mailto:mcmeyers@graniteschools.org).

## Utah AEOE PSP Recipients

The following Utah office professionals have earned a Professional Standards Program (PSP) certificate from the National AEOE. We'd love to see your name added to the list! You may qualify for a certificate and not even know it. Call UAEOP President Mary Meyers (385.646.4906) for help getting started.



### Associate Professional

Krystine Hancock, Canyons  
Danielle Kitchen, Granite  
JoAnn Monroe, Granite

### Bachelor

Kathy Goodfellow, Granite

### CEOE

Judy Anderson, Murray  
Jolene Ellertson, Granite  
Jana Klein, Granite  
Gay Lynn Osness, Granite  
Karen Phillips, Granite  
Joanne Potter, Granite

Lola Searle, Uintah  
Dixie Sperry, Retired  
Midge Treglown, Granite  
Beverly Vowell, Washington County  
Marlene Wilson, Rich  
Sherry Wilson, Granite

## Do You Speak Text?

Last month we printed the following text abbreviations. We didn't receive any responses—does that mean we're all text challenged? Here are the answers:



RNN (Reply not necessary)  
SLAP (Sounds like a plan)  
SLAW (Sounds like a winner)  
T@YL (Talk at you later)  
TBC (To be continued)  
TBD (To be determined)  
TTUL (Talk to you later)  
YBS (You'll be sorry)  
CM (Call me)  
CT (Can't talk)

CYM (Check your mail)  
CYT (See you tomorrow)  
DWB (Don't write back)  
EML (Email me later)  
HOIC (Hold on, I'm coming)  
M4C (Meet for coffee)  
MLAS (My lips are sealed)  
NE1ER (Anyone here)  
OAO (Over and out)  
OBX (Old battle axe)

## Scholarships

submitted by Paula Bosgieter, Scholarship Chairman

It's not too late to apply!

Seven scholarships are available through UAEOP, NAEOP and NAREOP: four scholarships designed for students, two scholarships for members, and one scholarship for a member dependent. Applications can be found on the UAEOP website at [www.uaeop.org](http://www.uaeop.org), then click on Awards. Detailed information was printed in the fall issue of *The BuzzLine* or you can contact Paula Bosgieter at [bosgieterp@ogdensd.org](mailto:bosgieterp@ogdensd.org).



## NAEOP/Southwest Area News

submitted by Sherry Wilson, CEOE

The next annual NAEOP Conference and Institute will be held in Charleston, South Carolina, July 18-22, 2011. The South Carolina office professionals invite everyone to take this opportunity to explore a beautiful historic city deep in the heart of the south and experience the local charm and customs, dine on southern favorites and some of the best seafood in the world, all while you learn and laugh with NAEOP.

The Embassy Suites Airport/Convention Center will be the host hotel and is attached to the Charleston Area Conference Center. All rooms are two room suites that include microwave, refrigerator, coffee makers, and sleeper sofas. A cooked to order free breakfast buffet is offered every morning and a complimentary manager's reception in the evenings. The hotel provides free transportation to and from the airport and to the nearby Tanger Outlets. The hotel and convention center are located approximately 12 miles from historic downtown Charleston. Member and guest registration will include free shuttle service to the downtown area on specified days and times.

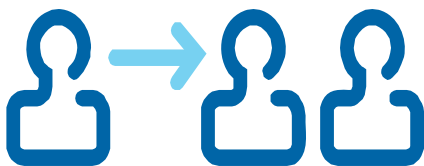


Tours of the area, along with a cruise to the Bahamas, will also be offered. Add these dates to your calendar so you can attend this outstanding week of professional opportunities. Registration information, complete with speaker and workshop details, will be available in early January on the NAEOP website – [www.naeop.org](http://www.naeop.org).

The "West Coast Swings" at the 2012 NAEOP Conference & Institute in Costa Mesa, California, July 9-12. UAEOP members are needed to help California, Arizona, and Washington host this event. Utah is in charge of registration, speakers, and the installation banquet. Mary Meyers, Pat Thompson, and Sherry Wilson attended a constructive meeting in September; preliminary plans will be presented to the NAEOP board in January by conference chairman Becky Shipley; and another committee meeting will be held in April. Information will be shared with UAEOP members as plans progress but put these dates on your calendar now so you can be part of a great experience.

## Mind - Body Connection

submitted by Lyla Tuttle, Mentor Team Leader



I received the following information from a friend.

"I just finished taking an evening class at Stanford. The last lecture was on the mind-body connection—the relationship between stress and disease. The speaker said, among other things, that one of the best things that a man could do for his health is to be married to a woman whereas for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends. At first everyone laughed, but he was serious.

Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life experiences. Physically this quality "girlfriend time" helps us to create more serotonin--a neurotransmitter that helps combat depression and can create a general feeling of well being.

Women share feelings whereas men often form relationships around activities. They rarely sit down with a buddy and talk about how they feel about certain things or how their personal lives are going. Jobs? Yes. Sports? Yes. Cars? Yes. Fishing, hunting, golf? Yes. But their feelings?--rarely.

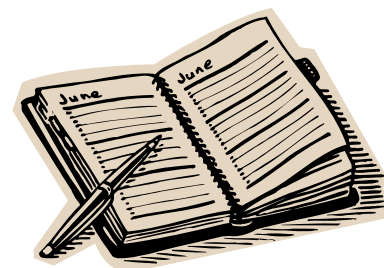
Women do it all of the time. We share from our souls with our sisters/mothers, and evidently that is very good for our health. He said that spending time with a friend is just as important to our general health as jogging or working out at a gym.

There's a tendency to think that when we are "exercising" we are doing something good for our bodies, but when we are hanging out with friends, we are wasting our time and should be more productively engaged--not true. In fact, he said that failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking!"

## Get Busy

The next time you lament your packed holiday schedule, think of it as a blessing. Why? People who are busy are happier than those who are idle, even when tasks are forced upon them, according to a study in the journal *Psychological Science*. It may seem counterintuitive, but it turns out that being active pays off mentally by giving you a sense of purpose.

from *Martha Stewart Living* November 2010



## Giving is Good For You

No matter how little we have, it feels good to give—to donate money or time, to offer help to people and organizations. And it turns out that giving does more than just lift our mood. Scientists have found evidence that it improves our health—boosting our energy, helping us avoid illness, and even extending our lives.

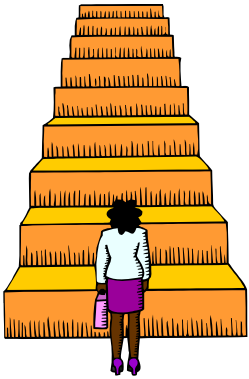
Why is altruism so cheering? Maybe because it taps into key human instincts. "It's very important for many people to feel that they're going to leave the world a better place, particularly as they get older," says Linda Fried, dean of the Mailman School of Public Health at Columbia University.

from *Martha Stewart Living* December 2010

Editor's note: So keep busy and volunteer with UAEOP and you'll feel great!



## Step by Step



It's as simple as one, two, 10,000. If you log between 5,000 and 10,000 steps a day, you'll be 40 percent less likely to develop metabolic syndrome, a condition that predisposes you to diabetes and heart problems. (Specifically, the syndrome is a combination of symptoms—high triglycerides, blood sugar, and blood pressure, with too little good HDL cholesterol and extra belly fat.) Push the pedometer all the way to 10,000 or more steps and your odds drop 72 percent. The researchers' suggestions:

~ Wear a pedometer for a few days to assess your usual activity, then bump it up in 1,000-step increments until you're where you need to be

~ Add about 3,000 steps at a shot by walking half an hour at 3.5 miles per hour (that's at least 100 steps a minute)

Also key: building small amounts of pulse-raising activity into the rest of your day, like taking a walk at lunch or using the stairs instead of the elevator at work. "Health officials recommend at least 30 minutes of moderate to vigorous exercise a day—but that's on top of some other physical activity," says senior author Peter Katzmarzyk, Ph.D., of the Pennington Biomedical Research Center in Baton Rouge, LA.

from *Good Housekeeping* November 2010

## Is Your Name on the List?

The following is a list of current UAEOP members. If your name is on the list, we thank you for being a member of UAEOP. If you think it should be or you want it to be, please contact us, we'd love to have you join us.

Karla Allen  
Pauline Alles  
Judy Anderson  
Doris Arko  
Shelly Axtell  
Shirley Ayrton  
Anne Bailey  
Stacey Banks  
Mary Barger  
Shela Barker  
Lucy Bateman  
Colleen Boggess  
Paula Bosgieter  
Sammi Bowden  
Jackie Bradshaw  
Arlene Brewer  
Cheryl Brown  
Joyce Bullock  
Linda Burnside

Diane Bybee  
Kaye Cherrington  
Sue Collins  
Sue Cook  
Vicki Coon  
LeeAnn Christensen  
Kellie Davis  
Laura Decker  
Joyce Egbert  
JoLene Ellertson  
Carol Ericson  
Paula Everill  
Sally Forman  
Kim Forrester  
Arlene Fors  
Judy Gagnier  
Kathy Goodfellow  
Charlotte Graham  
Suzette Green

Cindy Hair  
Krystine Hancock  
Amanda Hansen  
Patti Ann Harris  
Joan Harry  
Sandra Hash  
Denise Haycock  
Carol Hermansen  
Teresa Himmelberger  
Heidi Hodgkinson  
Teri Hodgkinson  
Lu Holt  
Stacey Hunter  
Lucinda Josie  
Danielle Kitchen  
Dorothy McConkie  
Denise McDougal  
JoAnn Merkley  
Julie Merrick

Mary Meyers  
Melanie Miller  
JoAnn Monroe  
Shawna Nay  
Janene Nelson  
Ruth Ann Nelson  
Patsy Nielson  
Linda Oaks  
Darlene Olson  
Gay Lynn Osness  
Jen Ostergaard  
Dixie Parks  
Lynda Phillips  
Karen Phillips  
Pam Posey  
Jo Potter  
Debra Kaye Rackley  
Mardi Reber  
Jan Richardson

DoriLynn Roberts  
Darlene Robinson  
Sharon Ryle  
Patti Sanchez  
Deborah Sanderson  
Debra Schmidt  
Lola Searle  
Marilyn Smith  
Merrie Jo Smith  
Dixie Sperry  
Susan Stebel  
Lillian Sweet  
Babette Tali  
Patricia Thompson  
Lori Todd  
Ginger Torres  
Midge Treglown  
Nadine Troxel  
Dawna Troyer



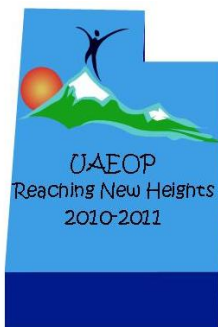
Debi Tuttle  
Lyla Tuttle  
Marilyn Twitchell  
Jana Varney  
Beverly Vowell  
Megan Whitmire  
Marlene Wilson  
Sherry Wilson  
Cathy Woolsey  
JanaCai Zigich-Cox

## Welcome New Member

LeeAnn Christensen, Ogden School District



If you have changed offices, addresses, districts, phone numbers, or email addresses, please send your new information to Lola Searle at [lola.searle@uintah.net](mailto:lola.searle@uintah.net) so that our mailing lists are up to date.



Utah Association of Educational Office Professionals  
 Professional Development Conference  
 Friday & Saturday, March 11 & 12, 2011  
 Granite Education Center, Salt Lake City, Utah

Come join us for our UAEOP 2010-2011 Conference as we each are "Reaching New Heights". Although we are "in the process" our theme suggests that each improvement, each accomplishment, means that we ARE reaching and obtaining. What? More information. More skills. More professionalism. More camaraderie. As we meet together, it strengthens all of us as we stretch to go above and beyond our usual, our norm, our comfort zone. Not only is the conference packed with much valuable information for your ascent to those great heights, it's also a great networking tool as we build that team that's going to take us to the top. Start climbing. We'll see you at the summit!

## Conference Schedule

### Friday, March 11, 2011

11:30 am - 1:30 pm	Executive Board Meeting/Lunch
2:15 - 2:45 pm	Registration
3:00 - 3:30 pm	Pre Conference Welcome Greetings from Granite Superintendent Martin Bates
3:30 - 5:00 pm	Pre Conference Workshop Sessions
5:00 pm	Dinner/Evening on your Own

### Saturday, March 12, 2011

7:30 - 8:00 am	Registration & Continental Breakfast
8:00 am	Opening Session Welcome / Introductions Flag Ceremony / Inspiration Greetings from Utah State Superintendent Larry Shumway UAEOP Business Meeting
8:45 - 9:45 am	Keynote Speaker - Michael Caserta, PhD "Aging Well, A Reachable Goal"
9:55 - 11:10 am	Workshop - Session 1
11:20 am - 12:35 pm	Workshop - Session 2
12:45 - 2:45 pm	Luncheon UAEOP Awards Installation of 2011-2012 Officers
2:55 - 4:00 pm	Group Workshop "Get a Clue"

## Lodging Information

When making your lodging reservations, ask for the UAEOP group rate.  
 Reservations must be made by February 21, 2011

Ramada Inn ([www.ramadasaltlake.com](http://www.ramadasaltlake.com))  
 2455 S State Street (across the street from the conference location)  
 801-486-2400 or 1-866-752-7666

**Room Rate:** \$65.00/night double occupancy + tax (or bring tax exempt form)

**Check In/Out:** 3:00 pm/12:00 pm

## UAEOP Service Project



Our service project this year will be for the Granite Homeless students. We invite you to bring backpacks, school supplies or monetary donations any time during the conference. Anyone who donates will receive a chance at winning a great prize.

## Conference Workshop Session Information

### Keynote Speaker

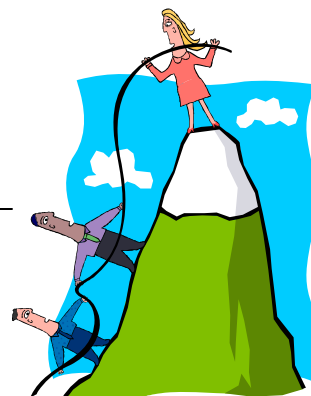
#### **Michael Caserta, PhD ~ “Aging Well – A Reachable Goal”**



Mike's presentation will focus on what constitutes healthy aging, the factors that determine it, and ways to achieve it in one's daily life. Although physical health is important, optimal aging also has psychological, social and even spiritual dimensions. Learn that although how well we age is a product of personal and environmental influences that act together over the course of our lives, it is never too late to make positive changes.

Michael Caserta, PhD is a Professor in the Gerontology Interdisciplinary Program, College of Nursing and currently holds the Robert L. and Joyce T. Rice Presidential Endowed Chair in Healthy Aging at the University of Utah. He has published widely in the areas of spousal bereavement, family caregiving, and health promotion and self-care. His recent work has focused on ways to improve the self-care practices and daily living skills of older widows and widowers. Originally hailing from New Jersey, he has lived in Utah for the past 35 years. In their spare time, he and his wife enjoy all forms of physical activity, gardening and music.

*Join us as we begin, or start again, that climb to reach those dizzying heights.  
These workshops have all been packed with information that will assist you along the way.  
Our equipped presenters have all the right stuff to help us on this journey.  
We just have to do! Remember Yoda said, “Do or do not ... there is no try”.  
Get moving!*



### Friday Pre Conference Sessions: (choose one)

#### **Excel: Next Steps**

*presented by Rob Bentley, Utah Education Network (UEN)*

For those who understand the basics of spreadsheets and how they work, this hands-on session addresses features and functions useful for working with data. These include conditional formatting to quickly identify key values, how to use sort and filter to organize and display only relevant data, adding valuable count functions and simple calculation with dates. Explore how these features can be combined in a spreadsheet design useful for tracking students or deadlines.

#### **Power Point: Not Just for Presentations!**

*presented by Mitchell Jorgensen, Utah Education Network (UEN)*

With PowerPoint, you can create a lot more than bullet slides to go with your speech. In this session, you will get hands-on practice adding images, video and narration to a presentation and then learn how to set it up to run automatically: great for open houses, pre or post-meeting receptions and posting on the Internet. Also, learn how to create a "memories" presentation in mere minutes with photos and music.

#### **Computer Safety**

*presented by Lorrie Cook, Northeastern Utah Educational Services (NUES)*

In this session you will learn basic internet safety tips for professionals such as; how to limit your risk on the internet, Facebook & MySpace how-to's, etiquette & messaging, methods of con artists and deleted files that are still out there.

#### **Google: Better Searches are Just the Beginning!**

*presented by Celia Powell, Granite School District Instructional Technology*

In this hands-on, interactive session, explore a variety of advanced search features available through Google. Keywords are good, but did you know the order matters? Get details so that even your basic searches become faster and more powerful to help you manage "TMI" (hey, if you don't know, Google it!). Finally, get a speedy overview of the ever-growing variety of tools Google provides including free eBooks, customized news feeds, photo editing, online storage and sharing and more.

## Saturday Conference Sessions: (choose two)

### **Google: Better Searches are Just the Beginning!**

*presented by Rob Bentley, Utah Education Network (UEN)*

In this hands-on, interactive session, explore a variety of advanced search features available through Google. Keywords are good, but did you know the order matters? Get details so that even your basic searches become faster and more powerful to help you manage "TMI" (hey, if you don't know, Google it!). Finally, get a speedy overview of the ever-growing variety of tools Google provides including free eBooks, customized news feeds, photo editing, online storage and sharing and more.

### **Word Forms**

*presented by Celia Powell, Granite School District Instructional Technology*

Do you need to collect basic information from a bunch of people in a hurry, such as for planning a potluck lunch or getting data from your faculty or department? There are lots of tools to do this, but you can stick with the simple form-creation tools in Word. So come learn to create forms in Microsoft Office Word 2007 and how to add content controls, include text boxes, date pickers, and drop-down lists.

### **It's not about IF, it's about WHEN**

*presented by Donna Corby, Ogden School District Community Relations Coordinator*

Are you calm, cool and collected in a crisis? Do you feel prepared for a pandemic? Many times we feel more comfortable in a sticky situation when we know what to do and have a plan in place. Join us for some conversation starters, a tabletop exercise and some questions for your colleagues. This presentation will consist of ideas for being prepared and planning for the unexpected. Please come and join us for an informative hour on putting a plan in place at home, at work and in the community.

### **Healthy Lifestyles**

*presented by Jeff Gratton, Granite School District*

How do we expect to reach all those marvelous heights and view the fabulous vistas, if we don't maintain a healthy lifestyle? Jeff Gratton is the man to show us how to accomplish this feat. Not only will you reap the benefits, but your friends and family can also nosh their way to better health. Family friendly, time-saving, nutritious AND yummy -- you have to experience this culinary trek. Grab your granola and reach for the base camp to start you on this informative, lifelong hike!

## Saturday Group Workshop

### **Get a Clue**

Join us for this fun, interactive workshop that's designed to enhance your discussion, facilitation, problem solving, team work, communication, interpersonal, and leadership skills along with giving you increased awareness of the contribution of others, benefiting you not only on a professional level but on a personal level as well.



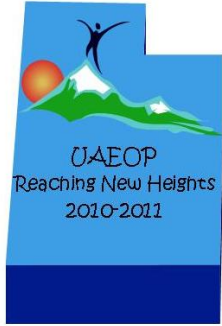
***Bryce Canyon Grand Hotel at Ruby's Inn has donated a free night stay to UAEOP. This will be drawn for after the last workshop, "Get a Clue", and you must be present to win!***

## Ways & Means

*submitted by Marlene Wilson, CEOE, Treasurer*

Every year at conference we raise funds so that UAEOP can provide services to the members. Various associations donate baskets. You can buy a ticket/candy for \$1 or 6 tickets/candy for \$5. Then choose which basket or baskets you want to try to win by dropping your ticket in. We also have the "Half and Half" drawing where half of the money donated goes toward our Scholarship Fund and the other half goes to you – if you have the winning ticket!





Utah Association of Educational Office Professionals  
Professional Development Conference  
Friday & Saturday, March 11 & 12, 2011  
Granite Education Center, Salt Lake City, Utah

Name \_\_\_\_\_

Home Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Work Location/District \_\_\_\_\_

Work Address \_\_\_\_\_

E-mail Address \_\_\_\_\_

Are you a member of UAEOP? Yes No Have you attended a UAEOP Conference before? Yes No

**Registration – Due by February 11, 2011 – Get your registration in today!**

Conference (includes Saturday sessions, breakfast & lunch)		
Member (UAEOP & USEA)	\$70.00	\$ _____
Non-member	\$90.00	\$ _____
Pre Conference Session (Friday only)	\$15.00	\$ _____
Late Fee (postmarked after February 11, 2011)	\$10.00	\$ _____
UAEOP Annual Membership Dues (optional)	\$15.00	\$ _____
<i>(Complete the membership form on the following page when including membership fee)</i>		
<b>TOTAL ENCLOSED</b>		\$ _____

**Friday Pre Conference Session**  
**(circle one)**

- Excel: Next Steps
- Power Point: Not Just for Presentations!
- Computer Safety
- Google: Better Searches are Just the Beginning!



**Saturday Conference Session**  
**(circle two)**

- Google: Better Searches are Just the Beginning!
- Word Forms
- It's not about IF, it's about WHEN
- Healthy Lifestyles

**Make check payable to:**  
UAEOP

**Mail Registration to:**  
Lola Searle

c/o Uintah School District  
635 West 200 South, Vernal, Utah 84078

## Dates to Remember & Deadlines:

January 15, 2011	PSP Filing Date
January 22, 2011	UAEOP Board Meeting, Salt Lake City
January 31, 2011	Scholarship Applications Due
March 2, 2011	BuzzLine, Spring Issue Articles Due
March 11, 2011	UAEOP Board Meeting, Salt Lake City
March 11-12, 2011	UAEOP Annual Conference, Salt Lake City
July 18-22, 2011	NAEOP Annual Conference,

## 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](mailto:uaeop@ls.graniteschools.org). If you experience problems accessing the list, contact Sherry Wilson at [slwilson@graniteschools.org](mailto:slwilson@graniteschools.org).

## Happy Birthday to You!

**Patsy Nielson - Jan 1**  
CUES  
**Sharon Ryle - Jan 6**  
Uintah School District  
**Midge Treglown - Jan 7**  
Granite School District  
**Cathy Woolsey - Jan 11**  
Garfield School District  
**Jo Potter - Jan 14**  
Granite School District  
**Lola Searle - Jan 15**  
Uintah School District  
**Marilyn Smith - Jan 18**  
Jordan School District  
**LeeAnn Christensen - Jan 19**  
Ogden School District  
**Laura Decker - Jan 28**  
Ogden School District  
**Ginger Torres - Jan 18**  
Grand School District

**Sally Forman - Feb 20**  
Jordan School District  
**Teresa Himmelberger - Feb 21**  
Granite School District  
**Joyce Egbert - Mar 1**  
Jordan School District  
**Jolene Cook - Mar 5**  
Uintah School District  
**Heidi Hodgkinson - Mar 8**  
Canyons School District  
**Melanie Miller - Mar 8**  
Ogden School District  
**Mary Meyers - Mar 10**  
Granite School District  
**Denise McDougal - Mar 16**  
Murray School District  
**Patti Sanchez - Mar 17**  
Sevier School District  
**Kathy Goodfellow - Mar 21**  
Granite School District

**Sue Cook - Mar 24**  
Grand School District  
**Dixie Parks - Mar 25**  
NUES  
**Marilyn Twitchell - Apr 1**  
Garfield School District  
**Debra Rackley - Apr 4**  
Jordan School District  
**Shawwna Nay - Apr 6**  
Granite School District  
**Judy Anderson - Apr 7**  
Murray School District  
**Lillian Sweet - Apr 7**  
Park City School District  
**Karine Simper - Apr 9**  
Uintah School District  
**Paula Everill - Apr 16**  
Jordan School District  
**Deborah Sanderson - Apr 17**  
Jordan School District



**Debra Schmidt - Apr 19**  
Jordan School District

*Editor's note: In the fall issue of Happy Birthdays, I spelled Dawna Troyer's name incorrectly. I apologize for the error.*

If you know someone who wants to become a member of UAEOP, refer them to Lola Searle, Membership Chair, at [lola.searle@uintah.net](mailto: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**

## 2010-2011 UAEOP Board

**Mary Meyers, President**

home: 801-278-7812  
work: 385-646-4906  
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**Lola Searle, CEOE, Vice President**

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**Marlene Wilson, CEOE, Treasurer**

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**Carol Ericson, Secretary**

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**Lyla Tuttle, Mentor Team**

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**Midge Treglown, CEOE,**

**Mentor Team**

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**Patricia Thompson, Ex-officio**

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**Committee Assignments**

**Charlotte Graham, Awards**

charlotte.graham@canyonsdistrict.org

**Midge Treglown, CEOE, Bylaws**

**UAEOP Board, 2011 Conference**

**Patricia Thompson,**

**Continuing Education**

**Danielle Kitchen, Historian**

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**Vicki Coon, Legislative**

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**Lola Searle, CEOE, Membership**

**Sherry Wilson, CEOE,**

**NAEOP Liaison**

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**Stacey Banks, Region III Chair**

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**Dixie Parks, Region VI Chair**

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**Lyla Tuttle, Region X Chair**

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**Lucinda Josie, Region XI Chair**

lucinda.josie@garfk12.org

**Paula Bosgieter, Scholarships**

bosgieterp@ogdensd.org

**Marlene Wilson, CEOE**

**Ways and Means**

**Past Presidents' Advisory**

**Patricia Thompson, Chair**

**JoAnn Monroe**

**Sherry Wilson, CEOE**

**Patti Sanchez**

**Sue Cook**

**Beverly Vowell, CEOE**

**Midge Treglown, CEOE**

**Judy Anderson, CEOE**

**Dixie Sperry, CEOE**

The Buzz Line is the official newsletter of the Utah Association of Educational Office Professionals (UAEOP) and is published on a quarterly basis. We urge our readers and UAEOP 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:

Sherry Wilson, Granite School District, 2500 South State Street, Salt Lake City, Utah 84115-3110  
slwilson@graniteschools.org

### Thought of the Month:

*"Only those who constantly retool themselves stand a chance of staying employed in the years ahead."  
~ Tom Peters*

