



# Employee Recognition Program



Each year, the University takes time to acknowledge exceptional individual and/or group contributions to the welfare of the University or surrounding communities.

This year's deadline for nominating individuals or groups for a recognition award is November 10, 2010.

All non-instructional staff and administrators (excluding management) of the University, the SU Student Services, Inc., and the SU Foundation are eligible.

Services or actions nominated should fall into at least one of the following areas: innovative idea, team effort, problem solving, customer service and community/volunteer service.

Nominations may be submitted by any staff member, supervisor, administrator or manager. Completed forms should be forwarded to the Human Resources Department. All completed forms will be presented to a committee which is comprised of a cross-section of non-instructional staff members and managers.

All names and work titles of the nominees will be removed prior to voting which allows voting committee members to focus on the service or contribution without attaching identity. Final selections from the committee are then forwarded to the President for review.

The nomination form may be obtained from the Human Resources Department or from the website:

<http://www.ship.edu/HR/Forms/>

Any questions regarding the program or about completing the form, please feel free to contact Nipa Browder at extension 3110.



## Shippensburg University—Great Place to Work

Did you know that Shippensburg University recently was named a "Great College to Work For" by the Chronicle of Higher Education? This is not a surprise to many of us who work here, especially when we look around and see the large number of employees who have been a part of Ship for many, many years. Our pay levels and benefits, including tuition waiver, certainly play a large part in this. But, there is something else at Shippensburg, something

special. After all, we offer the same pay and benefits as the other 13 PASSHE universities, yet only two PASSHE institutions were recognized by the Chronicle of Higher Education. It is clear that what sets Ship apart, what makes this a great place to work, is our faculty, staff, and administrators—people who truly care about our students and are committed to making this a great place to learn. But equally important,

Ship people, by and large, truly care about each other. To me, that's why Shippensburg University is a GREAT PLACE TO WORK. Thank you for everything you do. Now, more than ever, we need to continue to take care of our students and take care of each other.

Dr. David A. Topper  
Associate Vice President for  
Human Resources

### Employee Discounts available

Check out these discounts available to all employees: Dish-Systems.com, FreeShipping.org, Turquoise Jewelry, AT&T, T-Mobile, Movers.com, Home and Auto Insurance from Liberty Mutual and more.

Visit our website for more details:  
[http://www.ship.edu/HR/Employee\\_Discounts/](http://www.ship.edu/HR/Employee_Discounts/)

### Attention !

**Flu Shots will be administered on Oct 20th**

**7:30 to 4:00 in Century Café.**

**No appointment needed. Must be pre-registered.**



# VBP (VERY BUSY PEOPLE) HEALTHY COOKING SERIES

Well-Being Initiative is offering a series of healthy cooking classes for VBP (Very Busy People). Each class offers demonstrations and sampling of quickly and easily prepared healthy food for you and your family. Dining Services also provide each participant with a \$4.00 dinner coupon that can be used any time during 2010-2011 academic year. The classes are scheduled as follow:

**October 28**

**Gobbling Up The Grains**

**November 10**

**The Incredible Edible Egg**

**January 25, 2011**

**Sustainable Seafood**

**February 17, 2011**

**Uncage My Chicken**

**March 2, 2011**

**Is it a fruit or a vegetable? The truth about tomatoes and melons.**

**March 29, 2011**

**Stand back I have been eating garlic!**

**April 14, 2011**

**The Benefits of Eating Yogurt**

There is no charge for the session. Registration required. Spouses/partners are welcome to participate!

Registration form can be found at

[http://www.ship.edu/HR/Wellbeing/2010\\_VBP/](http://www.ship.edu/HR/Wellbeing/2010_VBP/)

Registrations may be submitted via:

Email to [mwilson@ship.edu](mailto:mwilson@ship.edu) or Fax to extension 4037 or from off campus to 717-477-4037. Hard copy to Human Resources, Old Main 109



## WELL-BEING INITIATIVE—FALL FITNESS CLASSES

As part of Well-Being Initiative 2010-2011, T'AI CHI and YOGA classes are being offered to all faculty, staff and students. T'AI CHI is offered every Tuesday morning from 6:45 a.m. –7:30 a.m. and YOGA is offered every Thursday from 12:35 p.m. –1:25 p.m. Both classes are held in the ShipRec. Class is offered on a space available basis. Entry into ShipRec is via your membership or ShipRec punch card. No registration is needed.

T'AI CHI was originally designed as a martial art in China. T'ai Chi training consists of choreographed movements and exercise to improve strength and flexibility and the circulation of blood, breath, and energy.



YOGA is a fitness practice used for creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits.



## STATE EMPLOYEE COMBINED APPEAL (SECA)

The Shippensburg University State Employee Combined Appeal (SECA) campaign kicked off on September 20, 2010 with a great success. The campaign will continue until **October 29, 2010**. By participating in the SECA campaign, you can help enhance the lives of individuals who need help most. There are over 1,400 agencies participating in the campaign.

SECA supports the work of eight participating organizations and their member

agencies. Included are:

- America's Charities
- Community Health Charities of Pennsylvania
- Wildlands Conservancy
- Christian Service Charities
- Independent Charities of America
- United Negro College Fund

- United Way of Pennsylvania
- Global Impact
- The SECA campaign is a once-a-year fundraising campaign that allows state and university employees to participate through either payroll deductions or a one-time donation. Your caring, sacrifice, and generosity is reflected by your participation. Thank you for all of your contributions.

# THE ART OF BOUNCING BACK— Developing Resilience

Have you ever noticed that some people always seem to see the glass as half full, while others view it as half empty? The quality that helps people deal with stress in a positive way is called resilience.

According to the National Alliance on Mental Illness (NAMI), resilience means “the personal and community qualities that enable us to rebound from adversity, trauma, tragedy, threats or other stresses—and to go through life with a sense of mastery, competence and hope.”

Resilience is more than a sunny disposition. It is a quality that affects every part of our lives. And it takes practice. We can become more resilient by taking charge of the way we react to life’s events.

Taking charge means viewing our

response to life’s events as something we can control—not something that controls us. It means deciding how we will react. The world is a stressful place, but we don’t have to let stress run our lives.

Being resilient doesn’t mean ignoring life’s ups and downs. It doesn’t mean pretending stress and pain do not affect us. Of course they do. Resilience allows us to recover—to bounce back—in a healthy way.

Resilience can help us recover from a shock or loss. It can help us live with chronic pain or mental illness. A resilient person can meet life’s challenges with confidence.

**Portrait of a Resilient Person**— A resilient person probably has:

- A network of supportive people
- A sense of confidence in his or her own abilities
- Good communication skills
- Good problem-solving skills
- Techniques for managing feelings and impulses

**SEAP**  
Call toll-free  
(800) 692-7459  
(800) 824-4306 TDD  
or log on to  
[www.liveandworkwell.com](http://www.liveandworkwell.com)  
access code:  
Pennsylvania

## Decline paper pay statement makes green backs even greener

According to [GreenTech](#)’s article, a company with 300 employees issuing paychecks every other week only via direct deposit would save 121 pounds of paper, 1,159 gallons of wastewater and 45 gallons of gas annually. Getting rid of paper paychecks would translate to a \$19,000 annual savings for a company employing 100 people.

A survey by [PayItGreen](#) shows that 72% of employees in the US receive their paycheck via direct deposit,

though company size has a lot to do with direct deposit use. Only 40% of small business employees use it, as compared to 86% of employees working for large companies.

[PayItGreen](#) claims that 55% of employees using direct deposit find its environmental benefits motivating. But the convenience of not having to cash a check seems to be a larger motivating factor. The main reason for not using

direct deposit was whether or not the employer offered it. ([GreenTech](#)).



## Welcome New Employees

Stephanie Adamchick—Career Development Center

Karen Hamilton—Learning Center

Susan Cleckley—Small Business Development Center

Daniel Johns—Public Safety

Royal Knapper—Steam Plant

Marsha McQuate—Student Union

Jeremy Miller—Admissions

Duite Ricker—Steam Plant

Gerald Swanger—Steam Plant





***THE COMMONS....***  
**exploring the meaning of community**



**Sept 30, Oct 26 and Dec 2**

**3:30-4:30**

**Century Café**

**A WELL-BEING INITIATIVE PROJECT**

**FACULTY, STAFF, ADMINISTRATORS AND STUDENTS  
 ARE INVITED AND ENCOURAGED TO PARTICIPATE**

Each session will offer interactive exercises designed to promote exploration of each individual's personal experience and relate it to the broader scope of our multi-cultural community.

Come for one or more than one session....bring a colleague.....

The series is a collaborative project developed by a team of faculty and staff members.  
 It will consist of six sessions scheduled over the 2010/2011 academic year.

<b>September 30</b>	<b>Building Community and Understanding</b>
<b>October 26</b>	<b>Am I Privileged? Exploring the Dimensions of Privilege</b>
<b>December 2</b>	<b>Religion, Spirituality and Community</b>
<b>Spring - date TBD</b>	<b>How Does Race and Ethnicity Shape Community?</b>
<b>Spring - date TBD</b>	<b>Does Gender, Sexual Orientation and Gender Identity Influence Community?</b>
<b>Spring - date TBD</b>	<b>Breaking Down the Silos, Building Alliances</b>

**In order to promote student participation, faculty members are asked to consider including the program as extra credit for students.**

**This is a Healthy U qualifying program.**  
**Attend all six sessions and get 25 points**  
**Attend two sessions and get 10 points**

Space is limited. Registration is encouraged in order to reserve your seat.

---

**REGISTRATION- *THE COMMONS***

Please register me for the following session(s) of *THE COMMONS*:

September 30	Building Community and Understanding
October 26	Am I Privileged? Exploring the Dimensions of Privilege
December 2	Religion, Spirituality and Community

Name		Email	
Dept		Extension	

Send Registration via:  
 Email to [mwilson@ship.edu](mailto:mwilson@ship.edu)  
 Fax to extension 4037 or from off campus to 717-477-4037  
 Hard copy to Human Resources, Old Main 109