



## From the Director....

The chill is in the air but the warm welcome everyone gave our visitors for the CAPPA conference was very much appreciated. There were many compliments on the campus and our community. I want to thank everyone for helping make the conference a great success. Every small detail contributed to the overall event. The buildings and grounds looked amazing as we toured the campus. There were many of the attendees who walked over to the campus on their own time. We can be proud of our campus and how all your work contributes to its beauty.

As usual, there are many activities that begin in the fall. One of these is the United Way Campaign which runs until the end of October. This year United Way is focusing on increasing potential through education, income, and health. All of these programs will benefit our community. This is your opportunity to help make a difference. As you know most of your contributions stay within this area. It is nice to know we can help our neighborhoods. We will be distributing the information on the program so you can see what is happening.

Larry Zitzow

## Calendar of Events

- Oct. 9-10 Hockey, REA
- Oct. 10 Football Potato Bowl, Alerus
- Oct. 16-17 Hockey, REA
- Oct. 17 Football, Alerus
- Oct. 24, Defending the Caveman, CFA  
7:30 pm
- Oct. 28 DENIM DAY!
- Oct. 31 Football, Alerus
- Oct. 31 HALLOWEEN!
- Nov. 1, Click Clack Moo CFA, 2 pm
- Nov. 4 Lord of the Dance CFA, 7:30 pm
- Nov. 7 Football, Alerus
- Nov. 8 Southern Fried Chicks, CFA  
7:30 pm
- Nov. 9 UND Steel Drum Band, CFA, 8 pm
- Nov. 11 Veteran's Day Holiday**
- Nov. 13-14 Hockey, REA
- Nov. 23 Tonic Sol Fa, CFA,  
7:30 pm
- Nov. 26 Thanksgiving Holiday**
- Nov. 27-28 Hockey, REA

## Congratulations Denny!

After 45 years, Dennis Gunderson is hanging up the keys to the zamboni for good. Friends and family came to wish Denny well on August 13. The Facilities lunchroom was a full house!



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# Employee Committee



Your Employee Committee meets the first Thursday each month, September through May. Your representatives have taken on this responsibility and they want to hear from you. During these meetings, your suggestions and concerns are brought directly to the administration. All you have to do is contact any of the members to get your ideas discussed. The areas represented by members for 2009-2010 are:

- Cindy Cogsdell for Academic Building Services
- Dale Spicer for Building Automation, Lock Shop, Plumbing, Steam Plant, Systems
- Dennis Morseth for Electricial and Electronics
- Don Barstad for Carpenters, Painters, Flooring
- Jayson Sharp for Housing Building Services
- Kendall Klemmer for Academic, Food, Housing, and Medical Maintenance
- Bob Korth for Grounds, Landscaping, and Laundry
- Bob Hodek for Office, Central Warehouse, Comm. Center

## Supply News

**New Parts**  
 The Supply Room has added a few new items recently. They are:  
 Microfiber Cleaning cloths  
 # 1.2073 Red  
 # 1.2074 Green  
 # 1.2075 Yellow  
 # 1.2076 Blue

**Electrical**  
 Bulb Flood CFL R30 FLE15/2/  
 R30XL827 #1.2078  
 These will replace 65R30FL which are most commonly used in Hughes Fine Arts.  
 Socket Extender 2004 to be used with the above CFL R 30 lamps #1.2079  
 We are in the process of evaluating more lights to see if there is a cross in an Energy Efficient -Energy Star line.  
 This is for existing bulbs in stock and new stock.

## Office Supplies

The Supply Room will now process any preqs that are made for office items that are not a stock item in inventory.

## New Faces!

Row 1, L-R: Mike Chenamdis, Building Services; Larry Higdem, Building Services; Ruben Trevino, Housing Custodial. Row 2, L-R: Richard Kadlec, Building Services; Todd Garman, Mechanical Design; Brian Morken, Carpenter Supervisor. Row 3, L-R: Richard Brage, Building Services; Jeffrey LaFountain, Laundry; Kevin Olson, Housing Custodial.



# 2009 CAPPA Conference



During the CAPPA conference that was held in Grand Forks, APPA offered a Supervisor Toolkit training session. This training is a structured, open-ended, and pragmatic approach to developing supervisors. It is not a “teach” program but a development process designed to help supervisors realize both personal and professional growth. There were 24 supervisors from the area that participated and graduated from this training. Our graduates include: Bob Denning, Larry Evenson, Glen Hoffarth, Ed Koble, Bob Korfhage, Kathy Lacey, Jeff Manske, Pam Mattson, Brian Morken, Doug Norgard, Chris Ostlie, Rick Palminco, Jim Rudow, John Seibel, Keith Skoglund. Many staff members also helped at the conference with driving, photography and other various duties.



## Talkin' Trash with Deb



Deb Merrill

Did you know that cardboard plays a large role in UND's recycling program? During the move in week-end for the Residence Halls this year, UND collected over 5 tons of cardboard alone.

When you recycle cardboard and other paper products you can help create new products such as:

- Egg cartons
- Paper towels
- Phonebooks
- Paper bags
- Packaging material

Want to recycle extra boxes around the office? Please **Flatten** your boxes. This saves space and is easier to transport. Place them by your collection area at the end of the day. If you have any questions, please contact Debbie at 777-4878.

### Recycling Facts:

- √ Aluminum, glass, and paper are the three materials most easy to recycle.
- √ Most families throw away about 40 kg plastic a year.
- √ The first real recycling program was introduced in New York City in the 1890s.
- √ One tree can filter up to 60 pounds of pollutants from the air each year.
- √ Around 45% of the paper Americans use each year is recovered for recycling.
- √ Since 1978, the weight of a soda bottle has been reduced by 29%.
- √ Plastics can take up to 400 years to break down in a landfill.

**Don't throw it away - Reuse or Recycle it!**

## Weight Watchers at UND

We are pleased to announce that Weight Watchers at Work is coming to UND! There will be two meetings scheduled on campus, each for a 17-week series. Meetings are thirty minutes and allow for thirty minutes prior to the meeting start time for weigh in. Open House/Registration meetings will be held Tuesday, October 13, 2009 at 4:45 PM in room 312, Merrifield Hall and Wednesday, October 14, 2009 at 7:15 AM in the lunchroom at Facilities. You only need to attend one of these meetings. We'll provide you with information to get you fired up about the program and process your registration at that time. The 17-week series will begin the week of October 20<sup>th</sup>. Regular meeting times will be Tuesday's at 4:45 PM (private weigh in begins at 4:15 PM) and Wednesday's at 7:15 AM (private weigh in begins at 6:45 AM).

Cost for the 17-week series is \$175 – this is a promotional fee effective only through October 17<sup>th</sup>. The promotion also includes FREE eTools in the \$175 fee. Regular price for a 17-week at Work series is \$186, so we're getting a week FREE plus FREE eTools! Full payment will be expected at the Open House/Registration meetings listed above. Weight Watchers accepts cash, check (made payable to Weight Watchers), and credit card. There is a three part payment option available from Weight Watchers – upon registration you would write three checks totaling \$175 (\$58.34 each), one would be deposited with the registration in October, one would be deposited in November, and the third would be deposited in December.

The Weight Watchers meetings on campus are open to all staff, faculty, students, retirees, spouse, and employees at UND affiliates (i.e. UND Bookstore, REA). As an added bonus to benefitted UND employees, WorkWell will reimburse benefitted employees, who participate in 14 of the 17 weekly meetings, a portion of the registration fee upon completion of the 17-week series. For more information on that, contact Kim Ruliffson at 777-0210 or email [workwell@mail.und.edu](mailto:workwell@mail.und.edu).

If you are interested in participating but can't make an Open House/Registration meeting, contact Kim Ruliffson with WorkWell at 777-0210 or email [workwell@mail.und.edu](mailto:workwell@mail.und.edu).