



## September 2008

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### Message from Doug Garrett

What a wonderful time of year. The students are returning to campus and if you are like me, that means we scramble extra hard for the first couple of weeks. However, it's worth it. The students are worth it and the great reputation that USU has as an institution motivates me to work extra hard. I love the excitement as the pace picks up!

Please take a minute to look at each of the committees within the PEA. Some of the committee chairs have changed recently and each have good ideas to help us in our jobs.

The wellness center has some new things for us this year and I encourage you to take the opportunity to be involved. You will be fit, you will feel better, and you will be doing your part to keep our insurance rates low.

Most importantly, as the PEA President; thank you for the great job that you do. You are the reason that I'm proud to be an Aggie!

Please let me know if there are any questions or concerns that I can help.

Doug Garrett, PEA President  
[doug.garrett@usu.edu](mailto:doug.garrett@usu.edu)

### Professional Relations Update

Greetings from the Professional Relations Committee: We are excited about the upcoming year and wish to extend our warmest wishes to each of you. As the University gears up for a productive and eventful 2008-2009 school year, we would like to extend an invitation to each of you to be on the lookout for outstanding PEA members. Your supervisors, co-workers, and staff complete many noteworthy accomplishments on a daily basis. Please take a moment to nominate an outstanding colleague for the Professional Employee of the Quarter Award.

We will be rolling out a streamlined process to complete this nomination within the next month. You will be able to go on-line to the PEA web site and complete the nomination process in a timely manner. We are looking forward to this change and hope it encourages even more of you to nominate deserving PEA members for recognition. If you have someone in mind for the nomination immediately, please contact [paige.geslin@usu.edu](mailto:paige.geslin@usu.edu) and I will get you the information you need to complete the process.

Paige Geslin, Chair, [paige.geslin@usu.edu](mailto:paige.geslin@usu.edu)  
Stephanie Hamblin, [Stephanie.hamblin@usu.edu](mailto:Stephanie.hamblin@usu.edu)  
Dora Brunson, [dora.brunson@usu.edu](mailto:dora.brunson@usu.edu)

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## New Fitness Passport



USU Campus Recreation and USU Wellness have joined forces in creating the NEW Fitness Passport program. This new initiative is part of the Campus Recreation *Fun, Fit, Forever* program.

### The fabulous passport includes:

- Jazzercise
- Pilates
- Piyo
- spinning
- boot camp classes.
- yoga
- turbo
- TurboKick
- water aerobics

Your passport allows you into ANY CLASS, ANY TIME, ANY DAY. A total of 28 classes are offered on the USU campus weekly. Fitness Passports are available for purchase at the campus recreation service desk (HPER, pool cage) or at the Field house each semester. USU Students and student spouses pay \$20, USU employees and employee spouses pay \$79, and community members pay \$99. **One passport equals UNLIMITED options!**

Registration is available throughout the semester, but hurry in so you don't miss a single day of this fun fitness experience! See [www.usu.edu/camprec/rip](http://www.usu.edu/camprec/rip) for the class schedule, or call Shelly Bybee at 797-7218.

For more information on employee wellness, please visit: [www.usu.edu/wellness](http://www.usu.edu/wellness), or call Caroline Shugart at 797-0735.

**Note:** Employee Wellness classes are still offered for Yoga with Dennise (Tu and Th 12-1, starts 9/2/2008), noon water aerobics (M-F, starts 9/8/2008), and employee fitness club (Tu and Th 12-1, starts 9/9/2008).

Caroline Shugart  
Employee Wellness Coordinator  
Office of Human Resources  
[www.usu.edu/wellness](http://www.usu.edu/wellness)  
[caroline.shugart@usu.edu](mailto:caroline.shugart@usu.edu)

## Emergency Preparedness Conference

The University Inn & Conference Center is pleased to host the monthly Value-Added Seminar Series. Scheduled on Wednesday, September 10, 2008 at 12:00 Noon, the seminar features emergency response and management personnel from Utah State University and Cache Valley. Bring your co-workers and join us for this beneficial presentation.

Please RSVP at [www.valueaddedworkplace.usu.edu](http://www.valueaddedworkplace.usu.edu)



### Emergency Preparedness in the Community and the Workplace

Presented by USU and Cache Valley  
Emergency Management Teams



Wednesday, September 10, 2008  
12:00 Noon  
Eccles Conference Center Auditorium

All Value Added Seminars are FREE of charge  
and open to the community.

Please RSVP at  
[www.valueaddedworkplace.usu.edu](http://www.valueaddedworkplace.usu.edu)  
435-797-3679



Allison Fluckiger  
Sales and Marketing  
University Inn &  
Conference Center  
[jennifer.fluckiger@usu.edu](mailto:jennifer.fluckiger@usu.edu)

See the profiles of new members of the PEA at:  
<http://www.usu.edu/pea/html/university-relations/getting-to-know-you>

## Weight Watchers at Work

Once you've decided to lose weight, holding yourself accountable is essential to achieve success. Guidance is also important to start making the changes you need to reach your goals. The Weight Watchers at Work Program is a great resource for USU employees, spouses, and students on the Logan campus. Weight Watcher members find that meetings and private weigh-ins help them keep their goals and stay motivated.

At meetings, you'll find first-timers sitting next to both new and long-time members. Along with a weekly discussion topic and guidance from our leader, you'll also hear about the struggles and triumphs of fellow members. You don't have to participate in the discussion, but you're bound to hear helpful strategies and motivating advice that helps you through the week.

Experience matters when it comes to helping you succeed with weight loss. Our leader has had long-term success losing weight with Weight Watchers. She is trained to pass on years of expertise, and personal strategies and insights acquired over time. Come join us!

For more information, please contact Shannon Johnson at 435-797-1470 or [shannon.johnson@usu.edu](mailto:shannon.johnson@usu.edu).

## PEA Scholarship Update

Thanks to the generous contributions of the PEA employees, \$5400 in scholarships have been awarded to eight students for the 2008-09 academic year. Four graduates received \$800 each and four undergraduates received \$600 each.

The scholarship fund is healthy and continues to grow each year. Our goal is to award more money to more students, but we need your help. USU employs over 1000 professional employees and currently 85 contribute. Please contribute by filling out the attached form.

### Did you know...

- **The Office of Human Resources Has Moved**  
The Office of Human Resources has moved. We are located at the northwest corner of 1200 E and 700 N (west of Aggie Ice Cream and north of the Fine Arts Center)
- **Benefit Information for Faculty and Exempt Staff**  
USU now offers an additional choice for the university paid retirement contribution. In addition to the current TIAA-CREF plan, a Fidelity investment plan is also available.



## Payroll Deduction Card

**Yes, I want to support the PEA Scholarship Fund with a monthly payroll deduction. My contribution will provide much needed assistance.**

The following information is needed for payroll deduction. Please print clearly.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ S.S.# \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

UMC \_\_\_\_\_ University Telephone # \_\_\_\_\_

- I am a new contributor and would like to contribute \$\_\_\_\_\_ per month.
- I would like to increase my current monthly contribution to \$\_\_\_\_\_ per month.
- I would like to make a one-time contribution of \$\_\_\_\_\_.
- Yes, I would be interested in serving on the Scholarship Review and Selection Sub-Committee.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please return to:** Betsy Newman, Chair, PEA Scholarship Endowment Committee, UMC 5005.