

CE S News

Communication, Education, Service



President's Message

Dear Members:

Well, here it is the beginning of April already! This year is just flying by! Please remember to spend time to visit family and friends! I find that the world is too much in a hurry these days. If we slow down a bit, have some fun, visit our family...remember what's important in life, we may feel better. It's worth a try!

One of Chi Epsilon Sigma's priorities is our Annual Conference. It will be held on May 2-3, 2008 in Alexandria this year. I encourage all members to look ahead to those dates and make arrangements to attend the conference. It's always so much fun with speakers and fellowship. It's great to get together with our counterparts from across the state to compare notes and ideas to bring back to our own area. In this newsletter is the registration form for our conference along with a copy of the program. Please take a moment to look it over and send in your registration today!

Dr. Richardson is going around the state asking us to hop on board for his Healthy Lifestyle Challenge. I think this is a great idea and plan on getting a team together here at this office. In keeping with this, our theme for annual conference is, *"It's All About Me for 2008"*. Our speakers will help us take a look at ourselves, remind us of nutritional values, and how to cope with stress in our

lives. All things to help us become healthier adults.

This year we have opened up our annual conference to any support staff within the LSU AgCenter. So if you know someone that you would like to invite to become a member, ask them to attend conference with you so they can see what it's all about.

Another of our very important priorities is our annual School Supply Drive for CASA kids. CASA is the Court Appointed Special Advocacy for children in Louisiana. We collect school supplies throughout the year. The drive officially kicked off on January 1st. I hope that everyone is collecting school supplies from co-workers, family, neighbors, friends, and businesses. Get the word out! All the supplies will be brought to annual conference and we will divide them up for different CASA organizations across the state. For more information contact Mary Baronet at the Southwest Region Office or mbaronet@agctr.lsu.edu

There is a membership application in this issue for those of you that may have forgotten to renew your Chi Epsilon Sigma membership for the 2008 year. Also, if you know of anyone interested in joining please encourage them and pass along a membership form.

Until next time...

Karen Istre, President
Chi Epsilon Sigma—Epsilon Chapter

Volume 3, Issue 2

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Dates to Remember

- April 4** Deadline for nominations for awards
 "Above and Beyond the Call of Duty"
 "Award of Excellence"
- May 2 - 3** Chi Epsilon Sigma Annual Conference

Chi Epsilon Sigma Awards

Chi Epsilon Sigma – Epsilon Chapter sponsors two awards for Annual Conference. One is “Above and Beyond the Call of Duty” award and the other is “Award of Excellence”. The recipients will be announced and the awards presented at our Annual Conference in May. These prestigious awards will be given out annually. Deadline for nominations is April 4th. For more information contact Vonnie Jordan, awards chairman, at vjordan@agctr.lsu.edu.

Chi Epsilon Sigma

School Supply Drive
For Court Appointed Special
Advocacy Association
(CASA)

We are collecting school supplies to make boxes for CASA and would appreciate your help in this very worthy cause. Please bring them to our annual meeting on May 2nd. If you cannot attend the meeting, please get them to a member that is. Contact Mary Baronet, chairman, for more information at mbaronet@agctr.lsu.edu

Chi Epsilon Sigma Fourth Annual Conference

“It’s All About Me in 2008”

Please join us for our annual conference this year being held at the Best Western Inn and Suites in Alexandria on May 2-3, 2008. This year’s theme is about fitness and health. There will be guest speakers, an ice breaker, fellowship, business meeting, and much more. There is a registration form in this newsletter for your convenience. It’s going to be a lot of fun!!!!

Let Me Introduce You!

CES member John Sonnier started as a student worker in the summer of 1988 with Dr. Marty Brunson’s Crawfish Project. He worked again in the summer of 1989 with Dr. Pat Bollich’s Fertilizer Project, then in summer of 1990 with Dr. Ray McClain’s Crawfish Project. His senior year (1990-91) he worked half a day in Crawfish Project. He was hired full time in June of 1991 and currently

holds the position of Research Farm Specialist 2 at the Rice Research Station in Crowley.

John has been married to Donna since August 12, 1996. He has one step-son, Bradley Hoffpaur, who is 14, and they have one daughter, Michelle, who is 10.

John enjoys gardening and landscaping in his free time.

A few of John’s favorite things:

Favorite Color—Blue (but he claims he’s color blind!)

Favorite Aroma—Sour Apple

Favorite Food—Pork and Sausage Jambalaya

Favorite Music—Classic Rock

Favorite Song—In The Air Tonight by Phil Collins

Favorite TV Show—DIY Network and Scrubs

Favorite Movie—Any John Wayne Westerns

Now HEAR This!!!!

Would you consider yourself a good communicator? Many of us do. However some of us are better at parts of communication than we are at others. There are actually three basic elements of communication: A sender, a receiver and a message. Most of us are pretty good at being the SENDER and we may be good at verbalizing the MESSAGE. However, where many of us fall short is on being the RECEIVER. Let's face it, we have lots of experience being the SENDER...we talk a lot. But we often find ourselves lacking in listening skills on the RECEIVER end. McKay, Davis and Fanning (1995) have identified 12 common blocks to listening that may keep us from truly hearing the message a SENDER is sending to us. Do any of these sound familiar? Let's be honest! Which ones of these do you most often use?

1. **Comparing:** Always checking to see how you measure up.
2. **Mind reading:** Makes assumptions; tries to read behind the words to find out what the person is really thinking and feeling
3. **Rehearsing:** Formulating what you want to say next without even letting the other person finish
4. **Filtering:** Otherwise known as selective hearing. You listen to some things, but not to others. Some people refuse to hear anything negative, unpleasant, threatening or critical.
5. **Judging:** Involves prejudging someone based on preconceived notions. Also known as "knee-jerk reactions". A basic rule of listening is that judgments should only be made after you have heard and evaluated the content of the message.
6. **Dreaming:** You are half-listening and suddenly something the speaker says triggers a chain of private associations in your mind. For example, a male co-worker is talking about being wrongly accused by a supervisor of making inappropriate comments to a female co-worker. This comment takes your mind to the time that your supervisor accused you of playing cards on company time. Then to..."hearts is a great game. I remember when Aunt Susie taught me to play..." and off you go!
7. **Identifying:** You take everything a person says and refer it back to your own experience. You have to tell your story related to whatever it is they are talking about.
8. **Advising:** Always have the answer. Problem solver, ready with help and suggestions. Typically don't hear the feelings and fail to acknowledge the other person's pain.
9. **Sparring:** Arguing & debating
 - Put-down: use sarcastic remarks to put down the other person's point of view
 - Discounting: people who can't stand compliments; run yourself down
10. **Being right:** Go to any lengths to avoid being wrong. Can't listen to criticism, can't be corrected and you can't take suggestions to change. It's my way or the highway!
11. **Derailing:** Suddenly change the subject.
12. **Placating:** You agree with everything while only half-listening. "Yes. O.K. I see...."

Good communication skills are critical for any relationship whether at home, with friends or at work. If you identified any of the listening blocks above as yours, check yourself to see when you use them. You may find yourself using different listening blocks with your children, co-workers and friends. Recognizing that you have them is the first step. Recognizing that others also have them is the second step. Using that new-found knowledge to improve communication is the ultimate step!

Debra T. Davis, Professor, ODE
Chi Epsilon Sigma Administrative Liaison

Mission Statement:

The purpose of this fraternity shall be to maintain the standards and ideas, uphold the morale, prestige and respect of the LSU AgCenter support staff; to develop an effective working relationship and spirit of fraternal fellowship among present and emeriti employees of the LSU AgCenter support staff; to encourage professionalism; and to recognize, share and reward professional excellence in job performance.

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We're on the web!

www.lsuagcenter.com/en/administration/about_us/professional_organizations/chi_epsilon_sigma/

A young man learns what's most important in life from the guy next door. It had been some time since Jack had seen the old man. College, girls, career, and life itself got in the way. In fact, Jack moved clear across the country in pursuit of his dreams. There, in the rush of his busy life, Jack had little time to think about the past and often no time to spend with his wife and son. He was working on his future, and nothing could stop him.

Over the phone, his mother told him, "Mr. Belser died last night. The funeral is Wednesday." Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days.

"Jack, did you hear me?"

"Oh, sorry, Mom. Yes, I heard you. It's been so long since I thought of him. I'm sorry, but I honestly thought he died years ago," Jack said.

"Well, he didn't forget you. Every time I saw him he'd ask how you were doing. He'd reminisce about the many days you spent over 'his side of the fence' as he put it," Mom told him.

"I loved that old house he lived in," Jack said.

"You know, Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life," she said.

"He's the one who taught me carpentry," he said. "I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important...Mom, I'll be there for the funeral," Jack said.

As busy as he was, he kept his word. Jack caught the next flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away.

The night before he had to return home, Jack and his Mom stopped by to see the old house next door one more time.

Standing in the doorway, Jack paused for a moment. It was like crossing over into another dimension, a leap through space and time. The house was exactly as he remembered. Every step held memories. Every picture, every piece of furniture....Jack stopped suddenly.

"What's wrong, Jack?" his Mom asked.

"The box is gone," he said.

"What box?" Mom asked.

"There was a small gold box that he kept locked on top of his desk. I must have asked him a thousand times what was inside. All he'd ever tell me was 'the thing I value most,'" Jack said.

It was gone. Everything about the house was exactly how Jack remembered it, except for the box. He figured someone from the Belser family had taken it.

"Now I'll never know what was so valuable to him," Jack said. "I better get some sleep. I have an early flight home, Mom."

It had been about two weeks since Mr. Belser died. Returning home from work one day Jack discovered a note in his mailbox. "Signature required on a package. No one at home. Please stop by the main post office within the next three days," the note read.

Early the next day Jack retrieved the package. The small box was old and looked like it had been mailed a hundred years ago. The handwriting was difficult to read, but the return address caught his attention.

"Mr. Harold Belser" it read.

Jack took the package out to his car and ripped open the package. There inside was the gold box and an envelope. Jack's hands shook as he read the note inside.

"Upon my death, please forward this box and its contents to Jack Bennett. It's the thing I valued most in my life." A small key was taped to the letter. His heart racing, as tears filling his eyes, Jack carefully unlocked the box. There inside he found a beautiful gold pocket watch. Running his fingers slowly over the finely etched casing, he unlatched the cover.

Inside he found these words engraved: "Jack, Thanks for your time! Harold Belser."

"The thing he valued most...was...my time."

Jack held the watch for a few minutes, then called his office and cleared his appointments for the next two days.

"Why?" Janet, his assistant asked.

"I need some time to spend with my son," he said.

"Oh, by the way, Janet...thanks for your time!"

"Life is not measured by the number of breaths we take but by the moments that take our breath away."

- Unknown



2008 Membership Form
Chi Epsilon Sigma - Epsilon Chapter
The National Support Staff Fraternity

Name/Address:

Title: _____

E-mail Address: _____

Office Phone # _____

Provide Name of Unit:

Member Registration – New Member or Renewal **\$10.00**

Make check payable to Chi Epsilon Sigma
(Write on the back of your check "For Deposit Only")

For further information contact:

**Karen Istre
President
kistre@agctr.lsu.edu
(337) 824-1773**

**Return this form and your check
to:**

**Sharon S. Salzer
P.O. Box 25203
Room 102N, Efferson Hall
Baton Rouge, LA 70894**

It's All About Me for 2008

**Chi Epsilon Sigma Annual Conference
Best Western Inn and Suites, Alexandria, LA
Friday and Saturday, May 2 & 3, 2008**

Name: _____

Address: _____

City, St, Zip: _____

I will attend for following sessions: (please check one)

- | | | | |
|--------------------------|---|---------------------|-------|
| <input type="checkbox"/> | Friday and Saturday – double occupancy | \$59.00 | _____ |
| | | (per person) | |
| | Rooming with: | _____ | |
| <input type="checkbox"/> | Friday and Saturday – single occupancy | \$102.00 | _____ |
| <input type="checkbox"/> | Friday only including dinner | \$15.00 | _____ |
| <input type="checkbox"/> | Friday only | No charge | _____ |
| <input type="checkbox"/> | Saturday only | No charge | _____ |

Total Enclosed:

Mail the completed form and your check by Friday, April 25, 2008 to:

(Please mail in your registration as soon as possible so plans can be made.)



**Sharon Salzer
Room 102N Efferson Hall
Post Office Box 25203
Baton Rouge, LA 70894**

“It’s All About Me” CES Annual Conference

Friday, May 2, 2008

12:00 – 1:00 p.m.	Check-in & Registration
1:00 – 1:30 p.m.	Welcome/ Opening Session Dr. David Boethel Vice Chancellor, LAES
1:00 – 2:00 p.m.	Kathy Saichuck First Things First
2:30 – 3:30 p.m.	Quincy Cheek “Nutrition Jeopardy”
4:00– 5:00	Torii Freeman
5:00-5:30	Ice Breaker
5:30 – End	Social and Dinner

There is a silent auction going on tonight. Please look around and bid on any items that you would like.

We will meet after dinner in the conference room to put together the school supplies.

Saturday, May 3, 2008

7:00 – 8:00 a.m.	Breakfast on your own Free continental breakfast provided by the hotel
8:30 -9:30	Business Meeting
10:00 a.m.	Election Results Officer Installation Ceremony
Adjourn	