



Department Rep Program

Last semester, the West Campus Chapter launched a new program with the goal of identifying one person in each department (or building) to act as a Department Rep. These individuals are ready to answer, or help you find the answer, to any questions you may have concerning the terms and conditions of your employment, benefits, or about UUP generally. So far, the following departments have a Rep in place:

- Accounting Annette Ainsley
- Applied Math Pamela Wolfskill
- Career Center Karen Clemente
- Ecology & Evolution Jessica Gurevitch
- Economics Michael Zweig
- Environment Health & Safety Ed O'Connell
- European Studies Fred Gardaphe
- Grad School/Computer Science Nancy Lannak
- Hispanic Languages Sarah Battaglia
- Main Library Bushra Butt
- Marine Sciences Glenn Lopez
- Physics & Astronomy Sara Lutterbie
- Sociology Michael Schwartz
- SPD Marlene Brennan
- Theatre Arts Ed Quinn

Don't hesitate to ask them if you have a question, or a problem! They are there for you, and will be happy to help you as far as they can.

This Spring we'll be recruiting more Department Reps – watch this space for updates. If you'd like to be the Rep for your department call Sara Lutterbie at (631) 632-8757.

And Welcome Aboard!

Calling All Veterans!

Written by *Martin Naparsteck, Chair of the UUP Veterans Committee*

Martin Naparsteck, chair of the union state-wide Veterans Committee, is asking all military veterans in the UUP bargaining unit to contact him. The committee plans to use the contacts to conduct a survey to determine how the union can best serve veterans.

"The committee is hopeful that a significant number of veterans will contact us directly," Naparsteck said.

Veterans can write to Naparsteck at **UUP Veterans Committee**
636 Merchants Road
Rochester, NY 14609
or send him an e-mail at Taftamericamolly@aol.com.

The committee seeks names, phone numbers, e-mail and mailing addresses of veterans. Also appreciated would be additional information, such as branch of service, dates of service and military occupational specialty, as well as anecdotes that will "help us to understand a veteran's role in the military and the university," Naparsteck said.

Save the Date!!

The Annual UUP Dinner Dance will be held Saturday, February 11, 2006 at the Three Village Inn in Stony Brook from 7:00 p.m. to 11:00 p.m.

A delicious dinner and a DJ for dancing will make for a memorable evening. Tickets are \$30.00 per person and must be purchased by February 7, 2006. There are a limited number of tickets available.

Please contact Corinne Burns at the UUP Office (631) 632-6570.



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Meet The Delegate!

This month we are featuring Charles McAteer. Charlie is a Design Group Coordinator in Design and Engineering for Facilities Design and Construction. This photo was taken during a Breast Cancer fundraiser walk for which Charles had put together a team of UUPer's.



Featured left to right, Ed O'Connell, Steve Englebright, Charles McAteer, and Pamela Wolfskill.

While Charlie is a new to UUP having previously been affiliated with PEF, he serves as a chapter delegate and is a long time activist with our State and Local legislators. He is involved with our Statewide legislative committee and our chapter social committee. Currently, Charlie is coordinating the kick off of our 2006 UUP Legislative agenda with a UUP Long Island Legislative reception which will be held on January 13th 2006 at the Huntington Hilton. This Legislative Reception will have UUP Statewide officers, statewide chairs of PAC and Legislative committees, the 4 Long Island UUP campus chapter presidents and members of the PAC/Legislative statewide committee. Invitations were sent to 30 Long Island Legislators and their aides from the State Senate and Assembly. The reception is being funded from our collective VOTE/COPE dollars.

Take a Glimpse at What Fun Was Had at the Holiday Party!

As has been our custom each year, UUP runs a 50/50 drawing with proceeds to go to a local cause. Ticket proceeds totalled \$ 260. The winning ticket was shared by Owen Evans, Claire Ondrovic and Andrea Illavsky (Geosciences) who generously "forfeited" their winnings so that the entire amount could go to a needy family. Their action honors them and honors UUP. We can be proud to call them colleagues!



Show Your Hidden Talent Corner



Sarah Battaglia,
Co-Editor, Professional Delegate, UUP West Campus Chapter

Hey UUP'ers!! Do you have any literary talents you'd like to share? Are you a closet poet? A secret short-story writer? A hidden haiku genius? A limerick lover?

(Ok, you get the point...)

We welcome your words! Drop us an email at UUP@stonybrook.edu and we'll print it as space allows.



*Big Cypress Tree, Bayuard Cutting Aboretum
Photo by Dawn M. Svoboda*

Welcome To Stony Brook!!

New Members as of November 1st, 2005

Susan E. ByrnsProfessional
Linda L. JosephsAcademic
Cheryl B. MadridProfessional

New Members as of November 28th, 2005

Jie GaoAcademic
Christos KalesisProfessional
Elizabeth C. SalickProfessional
David WesterfeldAcademic
Yan YuAcademic

New Members as of December 1st, 2005

Judith M. GreeneProfessional
Carol HavlicekAcademic
Juldeh SesayAcademic
Anna TedoneProfessional

Thanking in the New Year

by Sarah Battaglia
Co-editor and professional delegate, UUP

It's a new year! As the cliché goes, it's a time for resolutions and new beginnings. Besides the numerous diet and exercise plans and many other goals on which we may embark, it might be healthy to also consider being thankful for what we already have.

First, the biggies, the more obvious gifts. Tsunamis, tornadoes, mudslides and hurricanes – just to mention a few of our natural disasters. If you were in one and are reading this, you got out alive. Or maybe you've endured a long illness but are healthy again. Give thanks. You may have had it bad for a while, but you're back.

Do you have a roof over your head? No, I'm not talking about the plush lawn, the outdoor Jacuzzi, the island in your ceramic kitchen or the customized swing set in the backyard. Do ya have the roof? Then you're doing better than the millions who sleep on the subway, park bench or sidewalk every night.

Have you argued with your friend, maybe your brother or sister recently? Was it due to something serious or was it because she or he was late meeting you for lunch and you just got pissed off? I'll bet it wasn't enough to cause such strain for this many days and weeks now? Ok, time to say "thanks" that you have that friend or family, then go ahead and make the first move toward reconciliation. Life is short. Make peace and notice how your stress level takes a nose dive and your day is made.

I like to avoid talking politics, since that will raise my stress level (ha) but we all know that there's been a lot of dissatisfaction with our government in the last few years. No argument there. But on the other hand, look at how much worse it could be. We have a Constitution, we have legal representation and we have rights. However flawed the system may be, want to imagine how bad it would be without? I say that deserves a thank you.

And what about the smaller things that you never think about? Did you enjoy that hot shower this morning? How about the cup of coffee that starts your day, or the hot cocoa that is just right when you go back indoors from the cold? I know one thing: during that mid-afternoon hunger when I'm sitting at my computer, I'm loving the dark chocolate that carries me to dinner. Thanks, Milton Hershey.

Don't complain about the new wrinkle you discovered on your face this morning. Be thankful, because you have lived long enough to earn it. Stuck in the LIE rush hour traffic going to work every day? Give a shout out – you are employed. And before we complain for the umpteenth time about the long waits at the doctor's office, let's appreciate the women and men who have the ability and desire to heal us. Definite gratitude needed.

So when you're faced with a major deadline, or a pile of snow to shovel in the driveway, if you've been socked with a hefty root canal bill, or your manicure is less than perfect – pause for a minute, take a deep breath and put things in perspective. Say thanks – to a friend, your co-worker, a higher power, your mom, somebody. Remember how fortunate you are. Have a wonderful new year.

The whole idea of motivation is a trap. Forget motivation. Just do it. Exercise, lose weight, test your blood sugar, or whatever. Do it without motivation. And then, guess what? After you start doing the thing, that's when the motivation comes and makes it easy for you to keep on doing it.

–John Maxwell (*Developing the Leader Within You*)

Who's Who and New @ UUP

Officers	Phone	Email
President		
John P. Schmidt	2-6570	jschmidt@notes.cc.sunysb.edu
Vice Presidents		
<i>Academic</i>		
Michael Zweig	2-7536	mzweig@notes.cc.sunysb.edu
<i>Professional</i>		
Arthur Shertzer	2-8948	ashertzer@notes.cc.sunysb.edu
Grievance Chairs		
<i>Professional</i>		
Ed O'Connell	2-9674	eoconnell@notes.cc.sunysb.edu
<i>Academic</i>		
Joel Rosenthal	2-7493	jrosenthal@notes.cc.sunysb.edu
Treasurer		
Willa Smith	2-1984	wismith@notes.cc.sunysb.edu
P/T Concerns		
Warren Randall	2-6358	wrandall@notes.cc.sunysb.edu
Secretary		
Pam Wolfskill	2-8357	pwolfskill@notes.cc.sunysb.edu
Committee Chairs		
Membership		
Sara Lutterbie	2-8757	slutterbie@notes.cc.sunysb.edu
VOTE/COPE		
Social		
Colleen Wallahora	2-9176	cwallahora@notes.cc.sunysb.edu
Newsletter Editors		
Sarah Battaglia	2-6935	sbattaglia@notes.cc.sunysb.edu
Dawn M. Svoboda	2-6856	dsvoboda@notes.cc.sunysb.edu
Labor Relations Specialist		
Lisa Willis	2-6570	Nassau Office.....(516) 938-4871
UUP Chapter Office		
Corinne Burns	2-6570	cmburns@notes.cc.sunysb.edu
104 Old Chemistry		
Fax: 632-6571		
Email: uup@notes.cc.sunysb.edu		
www.stonybrook.edu/uupwst		

The Chapter Office is open Monday through Friday, from 9 am to 3 pm.

The Executive Board meets on the second Wednesday of the month at 12 noon, and members are encouraged to attend. Please contact the Chapter Office for exact dates and times. Insight is published by the Stony Brook Chapter of United University Professions. Items for inclusion should be sent to the UUP Office, 104 Old Chemistry, Zip=3475. The opinions expressed in articles in the newsletter are those of the author or the Stony Brook Chapter of UUP and are not necessarily the opinions of United University Professions.

UUP Individual Development Award Program Information

The UUP Individual Development Award (IDA) program is intended to assist eligible UUP represented employees (full and part-time) in developing their full professional potential and in preparing for advancement.

Funding may be provided for enhancing teaching, research capabilities, and improving professional knowledge and skills. **The maximum possible award is \$1,000.**

Funding for this program covers eligible projects between July 1, 2005 and June 30, 2006.

Complete details of the Individual Development Awards Program and applications can be found at <http://www.uup.lmc.state.ny.us/> or can be secured from the Chapter office.

NOTE: 2003-2007 application forms may be used.

All applications must be submitted to the UUP Chapter office no later than March 1, 2006.

Expenses must be paid up front; receipts are then submitted for reimbursement up to the approved award amount. Only one application and one project or activity will be accepted per UUP employee per award period.

United University Professions

104 Old Chemistry
 Stony Brook University
 Stony Brook, NY 11794-3475
 Phone: 6(31) 632-6570
 Fax: 6(31) 631-6571
 Email: uup@notes.cc.sunysb.edu

A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the quality of his actions and the integrity of his intent.

--Anonymous



UUP CHAPTER OFFICE
 104 Old Chemistry
 SUNY at Stony Brook
 Stony Brook, NY 11794-3475