An Invitation from Staff Council President Beth Walsh

It is with great enthusiasm that I put pen to paper to greet you, the staff of the University of Vermont. I am looking forward to the next two years of my presidential term and anticipate many new and exciting initiatives for the UVM Staff Council.

With the beginning of the new school year approaching, many changes are taking place throughout campus, one of which directly affects the Staff Council Office. Beth Wright, our dedicated Staff Council Administrator for the last 10 years, is moving on to another position at the university and her replacement has already begun to get his feet wet. Please stop in and welcome Jeff Bukowski. He is young, energetic, and excited to get to know the UVM staff and Staff Council. Beth will remain as the Staff Grievance Coordinator and continue to mentor Jeff as he learns the ins and outs of his new position. Diane Trono will continue in her role as Office Coordinator and help and support Jeff throughout this transition. I want to thank Beth Wright for the many years of excellent service to the UVM staff and welcome Jeff to what I am sure will be many years of change and growth.

The 2007/2008 year brought many changes to our Staff Council. Not only was it our first year with the expanded Council, but our by-laws were also changed to provide the guidance needed to make our larger, more representative Staff Council a true voice of the staff members from all over our beautiful campus. The 2008/2009 year will bring even more opportunities for us to address your needs and concerns.

Our Council acts as an advisory body to President Fogel and we need your voices and ideas to do this effectively. We will be developing Staff Council policies to go with and strengthen our by-laws. Your participation on our Council and committees is needed to review existing University policies to make sure they are user-friendly, to be the conduit between administration and staff to relay information back to your co-workers, and to help make a difference for employees at UVM.

I would like to take this opportunity to extend an invitation to you, the very important people that make up the staff at the University of Vermont. As I meet with President Fogel, Provost Hughes and UVM’s Board of Trustees I hope to share your ideas, your concerns and your voice. I can only do that with your help and support.

I encourage you to get involved and let your questions and concerns be known. Visit our website at www.uvm.edu/~stffcncl/ or contact the Staff Council Office at 656-4493 to learn how you can be an integral part of the Staff Council in the upcoming year.

I look forward to hearing from you.

Beth R. Walsh

University of Vermont Staff Council President.
A Note from Staff Council Vice President Jon Reidel

Dear UVM Staff,

As Council vice president I look forward to working with Beth to achieve the goals the Council identifies over the next two years based on the ideas and needs of the UVM staff. Many of Staff Council’s past accomplishments started at the committee level by staff members who saw a need or had an innovative idea that eventually became policy or in some way enhanced the overall staff experience. With a number of key initiatives already in the works, we expect the next session to be particularly productive.

With a recently expanded Council, updated bylaws, and Beth ready to lead the way with a fresh set of ideas, the time for the Council to move into a new era of achievement has never been better. We look forward to working with all of you to make that happen.

-Jon Reidel

Committee Reports

Recreation Committee – Ida Russin, Chair

It has been a fun and eventful year for the Recreation Committee. We held a successful Holiday Bazaar at the new Davis Center location. We filled two buses on the Montreal Trip, and we’ve booked the Boston bus trip earlier than ever! We hope the work of the committee is providing events that the UVM community wants. We’re always open for suggestions on sponsoring events and/or fundraisers. Look in the summer Staffline for details on a really nice weatherproof vest with the UVM logo that will be sold early this fall.
June 2008
“Shades of Ireland” Trip

By Sue Tebbetts

Our trip to Ireland was amazing. We were fortunate to have wonderful weather for the whole week. The tour and guide were great. The food and accommodations were wonderful.

We stayed busy starting with our medieval banquet and continuing on with the gorgeous views of the Cliffs of Moher in Limerick. We had the opportunity to visit Margaret & Paddy’s farm (a traditional Irish family) and enjoyed fabulous scones and listened to Paddy tell stories of his life on the farm.

Killarney was our favorite stop. It included a jaunting car ride to Muckross House. It was really something to get a glimpse into the elegant lifestyle of the Victorian gentry as the house contents consisted of 80% original furnishings. We then went on to be blessed with the beauty of the Ring of Kerry. This was the picturesque coastal route.

Next was the Blarney Castle with our only day of rain. Some kissed the Blarney Stone while others carefully made it down the narrow tunnel-like staircase. From there we went to Jamison Whiskey Distillery. We’re proud to say we had two from out group become official whiskey testers (tasters), while the rest of us enjoyed free samples.

Waterford Crystal Factory was a very interesting and expensive place to visit. We enjoyed watching the craftsmen blow the glass, etch and cut it.

Our stay at Cobra Castle was right out of a fairy tale. The long drive to the big castle was complete with the knights armor in the entry. From the gardens to the dining room, it was picture perfect. Many photographs were taken there from the gardens with all the roses and ten-foot tall rhododendrons to the trees along the driveway.

Dublin’s cultural visits included St. Patrick’s Cathedral, and a look at the ancient Book of Kells at Trinity College. We visited museums with Bog people and others with art. We traveled by Ego cars to the Guinness Brewery to take a peek (and a sip). And of course the trip wouldn’t have been complete without our Vermont group shopping for souvenirs and sweaters. All in all, I think its safe to say, we had a great time.

A note from the Recreation Committee:

We want to thank Sue Tebbetts for hosting the Trip to Ireland this past June. If you are interested in hosting a Collette Vacation tour, please contact the Recreation Committee at StaffCouncil@uvm.edu. Collette offers packages this year ranging from California’s Wine Country to The Plains of Africa. If you have been interested in traveling, and want to learn more about helping to plan a UVM trip, this is a great opportunity.
Recreation Committee ~ Flynn Center Discounts

The University of Vermont Office of the Associate Provost for Multicultural Affairs through the UVM President's Initiative for Diversity and the Flynn Center offer specially priced tickets to the UVM Community for 11 performances in the Flynn 2008-09 Season. Just show your UVM ID when purchasing tickets in person at the FlynnTix Regional Box Office to take advantage of these special offers*. This offer is available beginning September 21.

Get your specially priced tickets in person at the FlynnTix Regional Box Office lobby window at 153 Main Street in Burlington, VT (show your UVM ID). Box Office hours are Monday through Friday from 10 am to 5 pm and Saturday from 11 am to 4 pm. On days of MainStage shows the lobby window is open continuously from opening to curtain time and on days of FlynnSpace shows will re-open 1/2 hour prior to show time.

* Offers are good on the top two ticket prices for MainStage events and the top ticket price for FlynnSpace performances, as tickets are available.

Discounted Flynn Center 2008-2009 Performances

October 2nd and 3rd, 2008 - DAN FROOT and DAN HURLIN – “Who’s Hungry?” - 25% DISCOUNT
October 23rd, 2008 - HEDDY MAALEM – “The Rite OF Spring” - 50% DISCOUNT
November 14th and 15th, 2008 - ANNE GALJOUR – “The Granite State” - 25% DISCOUNT
December 2nd, 2008 - SOWETO GOSPEL CHOIR - 25% DISCOUNT
December 12th and 13th, 2008 - UNIVERSES – “Live from the Edge” and “Ameriville” - 25% DISCOUNT
January 30th, 2009 - LADYSMITH BLACK MAMBAZO - 25% DISCOUNT
February 13th, 2009 - NOCHE FLAMENCA - 50% DISCOUNT
March 4th, 2009 - MARIZA - 50% DISCOUNT
March 7th, 2009 - LIZ LERMAN – “Ferocious Beauty : Genome” - 50% DISCOUNT
April 17th - CECIL TAYLOR - 50% DISCOUNT
April 25th, 2009 - TOUMANI DIABATE - 50% DISCOUNT
May 14th, 2009 - SING SING - 50% DISCOUNT

For more information on these performances, please visit http://www.flynncenter.org/uvmdate_0809.shtml
Recreation Committee ~ Discounts

Great Escape & Splashwater Kingdom Tickets

Open from May 10th through November 2nd.
Tickets are available in the Staff Council Office, 305 Waterman.
Discounted ticket prices:

- Adults & Children: $25.00 ($40.69 at the gate)
- Children under three years of age are free!

Please note: There is a $10.00 per car parking fee at Great Escape & Splashwater Kingdom

Additional information may be found by visiting www.sixflags.com

Golfing at Jay Peak

The golf course at Jay Peak opened June 1st.
Jay Peak Resort Golf Vouchers are now on sale in the Staff Council Office, 305 Waterman.
UVM’s discounted rates are $50.00 for mid-week and $80.00 for weekends. These rates apply to staff, faculty & retirees. (Regular rates are $79.00 for mid-week and $99.00 for weekends & holidays). All rates include cart rental and VT sales tax.

Tee times must be booked at least 48 hours in advance. Vouchers expire November 1st.
Recreation Committee ~ Discounts

Interested in organizing a group visit to see the “Lake Monsters” at Centennial Field?

Group Ticket rates as well as BBQ Party Picnic Packages are available. Contact Ida Russin with the Staff Council Recreation Committee at Ida.Russin@uvm.edu or by phone 656-3160 if you are interested in organizing an outing for baseball enthusiasts!

The North Hero House

Summer Discounts for UVM Staff & Faculty

The North Hero House offers UVM staff and faculty a 10% discount on their posted room rates at anytime. Please mention your UVM affiliation when you call and simply present your UVM ID at check-in to receive your discount.

On select dates in July and August, the UVM Summer Room Special is just $99 per night (double occupancy), including a full country breakfast for two.

Please visit www.northherohouse.com/uvm for more information.
Campus News & Announcements

Put Your Brain to Work This Summer
The Clinical Neuroscience Research Unit’s (CNRU)
2008 Summer Lecture Series

Monday, August 4th  6:30-8:00 p.m.
**Caring for Our Loved Ones, Caring for Ourselves**
What are the implications for those of us who are caregivers for our loved ones and how can we take better care of ourselves? The panelists will discuss these issues **and** offer strategies and new ways of thinking about care-giving, from both sides of the relationship.
* Anita Royer, Licensed Clinical Social Worker (LICSW), Fletcher Allen Health Care, Myra Woodruff, LICSW, in private practice and Toni Hill, M.A., Family Caregiver.

Monday, August 11th  6:30-8:00 p.m.
**Loving Someone With a Mental Illness**
What should I say? How do I react? What do I do? Learn about constructive ways to support your loved one while providing healthy boundaries for yourself.
* Joan Knight, M.S., MAT, Coordinator, Mental Health Education Initiative (MHEI) of Chittenden County, Mary Cliver, from MHEI, will speak of her experience with a loved one who has a mental illness, and Terry Rabinowitz, M.D., Medical Director of the Psychiatric Consultation Service at Fletcher Allen Health Care.

Monday, August 18th  6:30-8:00 p.m.
**Memory Matters: Brain & Memory Fitness**
Is it just a matter of time before we all have memory problems? Is there anything that can be done to preserve memory? Dr. Singer will address these questions and talk about what we are learning from the latest research.
* Clifford Singer, M.D., is a geriatric psychiatrist and geriatrician at Fletcher Allen Health Care. He conducts studies on sleep and Alzheimer’s disease at the Clinical Neuroscience Research Unit, University of Vermont.

* Sheraton Hotel Conference Center  Williston Rd. So. Burlington
* Light refreshments will be served.
* RSVP is desirable, but not necessary.

Call Sally Ross Nolan at 802 847-9488
www.uvm.edu/~cnru
Campus News & Announcements

SUMMER EXHIBITIONS

Water Works:
Water-inspired Art and Objects from the Fleming Museum Collections

Stitched Together:
Quilts and their Stories from the Fleming

Now on view through August 24
Non-denominational Prayer and Bible Study Group

**Purpose**: To address and support UVM Staff with their specific life issues and concerns.

**Time**: Wednesdays, 12-1pm

**Where**: Christ Church Presbyterian next to the Redstone Campus

For more information contact Bill Ferris by e-mail at [wferris@uvm.edu](mailto:wferris@uvm.edu).

Staff Council Representatives Needed

Several units and departments still need to hold elections for additional representatives in the upcoming year.

- **CAS** - College of Arts & Sciences - One (1) available Representative position
- **COM** - College of Medicine - Seven (7) available Representative positions
- **DAR** - Development and Alumni Relations - One (1) available Representative position
- **VPS&CL** - VP Student & Campus Life - Five (5) available Representative positions
- **VPEM** - VP Enrollment Management - One (1) available Representative position
- **VPF/AFS** - VP Finance, AFS - Six (6) available Representative position
- **VPF/UFS** - VP Finance, UFS - One (1) available Representative position

Please visit the Staff Council website at [www.uvm.edu/~stffcnci](http://www.uvm.edu/~stffcnci) to learn more about how you can get involved.

For over 37 years Staff Council has served as an important and vital organization at the University of Vermont as a voice and advocate for all UVM staff.

Staff Council is composed of 45 elected representatives from 18 units including all of UVM’s colleges/schools and administrative areas. The Staff Council appoints members to key university committees, including the Board of Trustees, major search committees, and the Fiscal Priorities Committee. They are also consulted, along with Faculty Senate, the Student Government Association, and the Graduate Student Senate, on matters of policy proposals and revisions of current policies.

The time commitment for each representative includes one meeting per month of the full Council, and at least one committee meeting each month. This averages out to three hours each month.

We strongly encourage you to participate in this leadership opportunity by serving as an ambassador for the staff members in your unit, thereby providing information and advocacy to the Staff Council as well as reporting back to your peers. This position has potential to enhance your personal and professional growth.

Please volunteer by nominating yourself or another and notify your direct supervisor and [Staff.Council@uvm.edu](mailto:Staff.Council@uvm.edu). Call the Staff Council office at 656-4493 with any questions.
Doctors and Researchers at FAHC’s MindBody Medicine Clinic Continue to Find New Ways to Treat Chronic Pain

By G. Michael Krauthamer

Before she went into psychiatry, Dr. Magdalena Naylor received her Ph.D. in Cardiac Physiology, so she knows all about the adverse effects of chronic pain on the body and the mind. Naylor states that “People suffering from chronic pain often have higher rates of mental health issues like anxiety and depression. Also, managing weight and staying in shape can be problematic because patients may not be able to exercise as easily due to their symptoms. A pattern of mutually re-enforcing negative psychological and physical symptoms emerges which leads to increased stress and decreased coping. Thus, the overall pain experience is very difficult to live with.” She describes the mutually re-enforcing negative effects of physical and psychological symptoms as a “vicious cycle.” In order to help break this cycle, Dr. Naylor and her colleagues run an 11-week Chronic Pain Management Group through UVM College of Medicine’s MindBody Medicine Clinic (MBMC).

Dr. Naylor, along with a small team of researchers and co-therapists, use a Cognitive Behavioral Therapy (CBT) approach to pain management. Among other things, participants learn relaxation and distraction techniques in addition to cognitive methods for dealing with stress and anxiety. Research Coordinator Michele Comette explains it this way, “We use CBT to try and help patients reframe the ways in which they think about their pain.”

Graduates of the 11-week program can also enroll in an NIH-funded study that offers participants continued pain management support, administered by telephone via a system known as Therapeutic Interactive Voice Response (TIVR). The TIVR system allows patients to monitor and report their pain from one day to the next. Therapists can review these reports and offer feedback. The system also provides patients with the opportunity to review the skills learned during the 11-week pain management group. Dr. Naylor and her colleagues recently published preliminary data on the TIVR study indicating that patients who use the TIVR system are not only more likely to sustain gains made during the pain management group, they are also more likely to continue improving even after the eleven weeks is over. Dr. Naylor said, “The trouble with traditional pain management groups is that the relapse rate is pretty high. Thus our TIVR system is unique. We believe it helps patients continue practicing the skills they learned during our group, and in so doing they continue to get better at using these skills to manage pain and stress in their lives. Of course, even without the system, patients will improve their pain symptoms if they practice our skills on a regular basis.”

The MindBody Medicine Clinic is currently recruiting for Management of Chronic Pain group. To learn more about the MindBody Medicine Clinic or to enroll in the Management of Chronic Pain group, interested individuals can contact the MBMC at 802-847-COPE. Visit the MBMC website here: http://www.med.uvm.edu/mbmc/
Staff Council Office Transitions

Dear Colleagues,

With this edition of Staffline, editorial responsibility has transferred from me to our new colleague and peer, Jeff Bukowski. Jeff recently joined the Staff Council Office and also serves as our Staff Council Administrator and ex-officio. Jeff has been active in our campus community as both a recent graduate student and member of the Graduate Student Senate. Please join me in welcoming Jeff as he assumes my former role with the Staff Council. As I’ve often said, Jeff is stepping into one of the best positions on campus. I have every confidence that he will do great things!

Many dear friends and staff peers have recently asked me about my plans. I will remain on campus, continuing to serve staff as grievance coordinator for unrepresented staff. Additionally, I will continue to serve the Council by maintaining their website. The majority of my new work involves assisting with projects for Human Resources.

You may continue to reach me via email to beth.wright@uvm.edu or telephone 656-8797. I look forward to hearing from you.

While it is bittersweet for me to leave a position I’ve so enjoyed over these last years, I am very much looking forward to my new career adventures. Wish me well!

Warmly,
Beth Wright