

# CE S News

## Communication, Education, Service



### President's Message

Well, my year as president is winding down. I hope I led this group to the best of my ability. I have enjoyed my time being the leader of this group.

I was excited this year to be able to attend the first national meeting of SRESSA. I hope we continue to be involved with them, as both SRESSA and Chi Epsilon Sigma are dedicated to the improvement of all support staff, both professionally and personally.

As most of you know, we had to cancel the national conference we were to host this year due to budget constraints. We are hoping to be able to have the conference next year. We will keep everyone posted.

I encourage anyone who can to attend our annual conference. We are meeting in Crowley at the Rice Research station. Diane Schneider and Karen Istre sent out information about registration for the conference and the hotel to all support staff. We really do have a great time.

I would like to take this time to say "THANK YOU", to the board members and to President -Elect Faye Ritchie. You guys were a tremendous help during my absence and things ran so smoothly, you never knew I was gone.

I am looking forward to next year. I foresee great things for this organization, and with everyone's help, we can do nothing but get stronger and bigger.

Sincerely,

**Jodi Davis, President**  
**Chi Epsilon Sigma**

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### Dates to Remember

**May 1—2** Chi Epsilon Sigma Epsilon Chapter Annual Conference  
 Rice Research Station, Crowley, LA

# Banana Cream Sheet Cake

<p> <math>\frac{2}{3}</math> cup Crisco solid shortening            1 <math>\frac{1}{3}</math> cups sugar            2 eggs            1 <math>\frac{1}{2}</math> cups mashed bananas (about 3 large)            1 tsp. vanilla            2 cups all-purpose flour         </p>	<p> <math>\frac{3}{4}</math> tsp. baking soda  <math>\frac{3}{4}</math> tsp. salt  <math>\frac{1}{3}</math> cup buttermilk            1 cup chopped pecans            Cream Cheese Icing         </p>
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Heat oven to 350 degrees. Grease 13x9-inch baking pan. In large bowl, combine shortening and sugar, beat until light and fluffy. Add eggs, one at a time, beating well after each addition. Blend in bananas and vanilla. In another bowl, combine flour, soda and salt; whisk or stir to blend. On medium-low speed, blend about  $\frac{1}{3}$  of the flour mixture into the creamed mixture. Blend in about half of the buttermilk. Repeat with flour mixture and buttermilk, ending with remaining flour mixture. Stir in pecans. Pour into prepared pan. Bake at 350 degrees for 40 to 45 minutes or until cake begins to pull away from sides of pan and toothpick inserted in center comes out clean. Cool.

## Cream Cheese Icing

1 8-ounce pkg. cream cheese, softened  
 $\frac{1}{2}$  cup butter, softened  
 4 cups confectioners' sugar  
 2 tsp. vanilla



In large mixing bowl, beat cream cheese and butter together. Gradually add sugar and stir until smooth. Add vanilla; blend thoroughly. Spread over cooled cake. Store in refrigerator.

## Let Me Introduce You!

Linda Mumphrey has been with the LSU AgCenter for 27 years. She is currently an Administrative Coordinator 4 at the Central Research Station.

Linda has been married to Martin Mumphrey since July 29, 1978. They have two children, Luke, 25 and Jessica, 22.

In her spare time, Linda enjoys bicycle riding, gardening, 4-wheeling, and jewelry making.

Linda currently serves on the Chi Epsilon Sigma board of directors.

### These are a few of Linda's favorite things:

**Favorite Color**—Blue  
**Favorite Aroma**—Cinnamon  
**Favorite Food**—Desserts  
**Favorite Music**—70's  
**Favorite Song**—  
**Favorite TV Show**—Heroes  
**Favorite Movie**—

# Communication Tools

## *Communicate with Effectiveness and Grace*

What you say and how you say it can make a world of difference to your coworkers and supervisor. Certain well-crafted phrases can enhance relationships, extricate you from difficult situations and resolve conflicts while respecting and avoiding offense to others. Here are some useful phrases to show that you:

- *Are dependable.* "I accept responsibility for this." "I'll do it right away." "I promise."
- *Are a team player.* "That might work." "That's a great idea." "How can I help?"
- *Respect others.* "I value your opinion." "I'm impressed with what you said." "I've learned a lot from you."
- *Have a different opinion.* "Your filing system works great for you, but mine serves a different purpose." "I think you've made an important point, but here are some other considerations."
- *Are supportive rather than critical.* "Jim is under a lot of pressure. Let's cut him some slack."
- *Want to motivate others.* "You have great talents to make this project a success. I'll support you."
- *Encourage participation.* "You always have good ideas, Susan. What do you think about this?"
- *Listen with empathy.* "Tell me what you're feeling about that."
- *Can end an unproductive conversation with grace.* "We've probably gone as far as we can right now. Let's revisit this subject again soon."

## *Avoid Demoralizing Phrases*

It's important to avoid offhand comments in the office that can discourage and dishearten others, such as:

- *"This place is a mess."* Making sweeping generalizations about your employer makes it difficult for everyone to work together to improve a situation or correct a problem.
- *"This is a waste of time."* If you imply that your work is worthless, it will de-motivate you and others.
- *"Just two days until the weekend."* Even if you pine for Friday afternoon, don't say so. It deflects others from focusing on the work at hand.

**Don't Forget to Mark Your Calendars!!!**

**Chi Epsilon Sigma Annual Conference**

**May 1-2, 2009**

**Rice Research Station, Crowley, LA**

### 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/](http://www.lsuagcenter.com/en/administration/about_us/professional_organizations/chi_epsilon_sigma/)



2009 CES Annual Meeting  
May 1<sup>st</sup> & 2<sup>nd</sup>, 2009  
Rice Research Station  
Crowley, Louisiana 70526  
Chi Epsilon Sigma - Epsilon Chapter

**Please call and make your hotel reservations.**

**HOTEL ACCOMODATIONS**

**Hotel block for Chi Epsilon Sigma Meeting**

**LAQUINTA INNS & SUITES**

**9565 EGAN HWY**

**CROWLEY, LA 70526**

**TELEPHONE: 337/783-6500**

**FAX: 337/783-2003**

**ROOM RATE: \$74.71 tax included**

**ROOM OPTIONS: 2 double beds or 1 king size bed  
(Continental breakfast included)**

**Hotel reservations must be made by Monday, April 27<sup>th</sup>**

**REGISTRATION FORM**

**NAME: \_\_\_\_\_ UNIT: \_\_\_\_\_**

**Registration Fee for Annual Meeting \$ 20.00**  
**(Due by April 27<sup>th</sup>)**

**Registration Fee after April 27<sup>th</sup> (+ \$5.00) \$ \_\_\_\_\_**

**No refund after April 20, 2009**

**Please make check payable to Chi Epsilon Sigma  
Return registration form and your check to:**

**Diane Schneider  
Southwest Region Office  
1373 Caffey Road  
Rayne, LA 70578**



## 2009 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 more information contact:**

**Jodi Davis, President  
Chi Epsilon Sigma  
Management Operations  
(225) 578-8791  
jdavis@agctr.lsu.edu**

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

**Cheryl Duplechian  
121 Renewable Natural Resources  
Louisiana State University  
Baton Rouge, LA 70803  
(225) 578-4179**

**Getting Acquainted With the Southwest Region**  
**Welcome to Cajun Country !**

**Friday, May 1, 2009**

- 11:30-12:30 p.m. Check-In and Registration**
- 12:30-1:00 p.m. Welcome/Opening Session**  
Dr. Steve Linscombe, Regional Director  
Dr. Debra Davis, CES Liaison
- 1:00-2:00 p.m. Rice Station Tour**  
Dr. Don Groth, Research Coordinator  
Rice Research Station
- 2:00- 2:15 p.m. Break**
- 2:15-3:15 p.m. Penny Thibodeaux, Extension Agent**  
Jeff Davis Parish  
“The Time of Your Life”
- 3:15-4:15 p.m. Mandy Armentor, Assoc. Extension Agent**  
Vermilion Parish  
“The Facts About Fad Diets”
- 4:15-5:15 p.m. Hotel Check-In**
- 5:30-6:00 p.m. Ice Breaker**  
Alaina Selle, Erica Simon, & Mary Atkins
- 6:00-7:00 p.m. Dinner and Social**
- 7:00 p.m. – End Community Service**  
Jodi Davis, Chairman
- 8:00 p.m. Silent Auction Officially Ends**  
Darla Lanie and Jennifer Simoneaux

**School Supply Drive  
For Casa Kids!**

Don't forget to bring your  
collected school supplies to  
annual conference!!!

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**Saturday, May 2, 2009**

- 7:00-8:00 a.m. Breakfast on your own**  
Free continental breakfast provided by hotel
- 8:30-9:00 a.m. Awards**  
Mary Baronet
- 9:00-10:00 a.m. Business Meeting**
- 10:00-10:30 a.m. Secret Pal Exchange**  
Molly Johnston
- 10:30-11:30 a.m. Election Results**  
**Officer Installation Ceremony**  
Karen Istre and Diane Schneider

**Secret Pals**

Secret Pals will be revealed at Annual Conference. Don't forget to remember your Secret Pal!

We will be pulling for new Secret Pals at conference this year.