

NYSOBBA Quarterly



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Laughter can provide immediate relief from life's daily pressures.

Have you ever had a friend or colleague comfort you about a problem at work with the line, "Someday you'll look back on this and laugh"? And you were tempted to answer, "Could you give me an exact date?"

Well, someday isn't soon enough—we need to laugh now. Laughter can provide immediate relief from life's daily pressures.

One way we can find more mirth at work is for us to remember that stress is not created solely by the event itself (like a last-minute deadline); stress is also created by our thoughts (our perception of the events) and our self-talk — "this always happens to me", "who does he think he is, anyway?", etc.

So, one secret to reducing stress is to become a comic observer and to use your sense of humor to rise above it all.

"It is a great day in our lives when we realize that we are not the general manager of the universe."

HOW TO GET ANGRY

"Anybody can become angry—that is easy. But to be angry with the right person, to the right degree, at the right time, for the right reason, and in the right way—that is not easy."

8 WAYS TO FIND COMIC RELIEF

Look into the future: Ask yourself, "In the year 2001, how important will it be that I lost the Jones account?" Or, imagine yourself trying to describe your snarling supervisor to your great granddaughter.

Use props: Whenever the computers malfunction, the computer operators at one bank reduce their stress by donning nose and mustache glasses to warn staff who innocently come through the door with new projects. **Editors Note:** can you imagine getting a memo to that effect?

Humanize machines: One data processor exchanges daily insults with a computer terminal whom she's christened "Igor."

Look at difficult situations through the eyes of a favorite comedian. Would Rodney Dangerfield observe that you "Can't get no respect," or would Steve Martin offer his mock-apology, "well, excuuuuse me!"?

Add a "soundtrack": If a file mysteriously vanishes from your desk, avert your rising panic by humming a few bars of the theme from the Twilight Zone.

See yourself or others as cartoon characters: In the middle of sizzling staff meetings, one manager envisions himself as Garfield the cat, making silent sarcastic comments about the proceedings. **Editors Note:** Watch what you are thinking it might slip out.

Picture yourself in a slapstick comedy. An over-scheduled psychologist sees the Keystone cops climbing up the side of his office building to rescue him.

Exclaim, "Hey, wait, am I on Candid Camera?" Think of your situation as an episode on TV's Candid Camera and you'll be able to laugh all the way home.

BDupre

COURT COMPUTER HAD A 'TERMINAL' PROBLEM

Hartford, Conn. — Court officials have discovered why Hartford residents were excluded from federal grand juries during the last three years: The computer thought everyone in the city was dead.

The city's name had been listed in the wrong place on computer records, forcing the "d" at the end of "Hartford" into the column used for information about jurors, officials said. "D" stands for dead.

Whenever the name of a resident popped up, the computer noted the death and a juror questionnaire was not sent, said Kevin Rowe, Chief federal clerk.

Taken from a local paper
BDupre

WHAT IS ELECTRICITY?

Today's scientific question is: What in the world is electricity? and where does it go after it leaves the toaster.

Here is a simple experiment that will teach you an important electrical lesson: on a cool, dry day, scuff your feet along a carpet, then reach your hand into a friend's mouth and touch one of his dental fillings. Did you notice how your friend twitched violently and cried out in pain? This teaches us that electricity can be a very powerful force, but we must never use it to hurt others unless we need to learn an important electrical lesson.

It also teaches us how an electrical circuit works. When you scuffed your feet, you picked up batches of electrons, which are very small objects that carpet manufacturers weave into carpets so they will attract dirt. The electrons travel through your bloodstream and collect in your finger, where they form a spark that leaps to your friend's filling, then travels down to his feet and back into the carpet. Thus completing the circuit.

Amazing Electronic Fact: If you scuffed your feet long enough without touching anything, you would build up so many electrons that your finger would explode! But this is nothing to worry about unless you have carpeting.

Although we modern persons tend to take our electric lights, radios, mixers, Etc. for granted, hundreds of years ago people did

not have any of these things, which is just as well because there was no place to plug them in. Then along came the first Electric Pioneer, Benjamin Franklin, who flew a kite in a lightning storm and received a serious electrical shock. This proved that lightning was powered by the same force as carpets, but also damaged Franklin's brain so severely that he started speaking only incomprehensible maxims, such as "A penny saved is a penny earned". Eventually he had to be given a job running the post office.

After Franklin came a herd of Electrical Pioneers whose names have become part of our electrical terminology; Myron Volt, Mary Louise Amp, James Watt, Bob Transformer, etc. These pioneers conducted many important electrical experiments — Among them, Galvani discovered (this is the truth) that when he attached two different kinds of metal to the leg of a frog, an electrical current developed and the frog's leg kicked, even though it was no longer attached to the frog, which was dead anyway. Galvani's discovery led to enormous advances in the field of amphibian medicine. Today, skilled veterinary surgeons can take a frog that has been seriously injured or killed, implant pieces of metal on its muscles, and watch it hop back into the pond just like a normal frog, except for the fact that it sinks like a stone.

But the greatest Electrical Pioneer of them all was Thomas Edison, who was a brilliant inventor despite the fact that he had little formal education and lived in New

Jersey. Edison's first major invention in 1877 was the phonograph, which could soon be found in thousands of American homes, where it basically sat until 1923, when the record was invented. But Edison's greatest achievement came in 1879 when he invented the electric company. Edison's design was a brilliant adaptation of the simple electrical circuit: The electric company sends electricity through a wire to a customer, then immediately gets the electricity back through another wire, then (this is the brilliant part) sends it right back to the customer again.

This means that an electric company can sell a customer the same batch of electricity thousands of times a day and never get caught, since very few customers take the time to examine their electricity closely. In fact the last year any new electricity was generated in the United States was 1937; the electric companies have been merely re-selling it ever since, which is why they have so much free time to apply for rate increases.

Today, thanks to men like Edison and Franklin, and frogs like Galvani's, we receive almost unlimited benefits from electricity. For example, in the past decade scientists developed the laser, an electronic appliance so powerful that it can vaporize a bulldozer 2,000 yards away, yet so precise that doctors can use it to perform delicate operations to the human eyeball, provided they remember to change the power setting from "vaporize bulldozer" to "Delicate".

TRAVEL POLICY UPDATE

Owing to recent budgetary exigencies, the following policies regarding faculty and staff travel becomes effective immediately:

TRANSPORTATION

Hitchhiking in lieu of commercial transport is strongly encouraged. A luminescent safety vest will be issued to every employee prior to his/her departure on University business. A security deposit will be required, redeemable in full upon completion of travel, provided the vest is returned in good condition.

Bus transportation will be used only when the faculty member's work schedule requires a tighter travel schedule. Rail transport may also be utilized but only if a bulk freight rate is available.

The use of a personal automobile for University travel will be approved only if bicycling is clearly impractical. Reimbursement for automobile travel will be calculated on the basis of actual gas consumption, not mileage, and only for down-hill trips.

Airline travel will be approved only under extenuating circumstances. Faculty and staff are encouraged to suggest innovative practices to assist in cutting costs, such as wearing a red cap and assisting one's fellow passengers with luggage during airport lay-overs in order to earn tips. Also, the University will make small plastic roses available at cost to anyone wishing to sell these items near a departure gate.

Extra income generated from the proceeds of such sales as well as all tips must be reported when submitting a travel voucher, and will be deducted from any travel expenditures for which reimbursement is sought.

The lowest possible airline fares must be utilized. For example, if a meeting is scheduled in Seattle, but a lower rate can be obtained by travelling to Detroit, then travel to Detroit must be substituted for travel to Seattle.

LODGING

All University employees engaged in travel are encouraged to stay with friends or relatives. Weather permitting, public parks and campgrounds may be utilized as shelter during inclement weather.

MEALS

Expenditures for meals must be limited to an absolute minimum. It should be noted that certain grocery chains provide free samples of promotional items. Entire meals can be obtained in this manner at no cost whatsoever. Travelers also should familiarize themselves with indigenous roots, berries, and other edibles in their respective destinations.

If restaurants must be utilized, travelers should seek out "all you can eat", salad bars. This practice is especially recommended for faculty and staff travelling in a group, since one plate can be used

to feed the entire group.

CONFERENCE REGISTRATION FEES AND OTHER INCIDENTALS

Henceforth, the University will not bear costs associated with conference registration fees or other incidental expenditures. Acquiring the badge or name tag that controls admission to conference proceedings is left to each faculty and staff member's own ingenuity. (Experience suggests that a generic "Hello, My Name Is..." sticker affixed to one's lapel suffices for this purpose.)

Your cooperation in observing these guidelines will be greatly appreciated.

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Sent to the Editor by Dick Augustine
SUC Buffalo

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What's News

Mary Beth Nally, Associate Bursar at Rochester Institute of Technology has become the mother of an 11 pound 2 ounce baby boy. The new arrival has been named Brian Michael Nally. Brian was born in November 1992.

Best wishes to Mary Beth and Michael.

* * * * *

Twas the Night

Twas the night before implementation and all through the house, not a program was working, not even a mouse.

The programmers hung by their tubes in despair, with the hopes that a miracle soon would be there.

The users were nestled all snug in their beds, while visions of inquiries danced in their heads.

When out in the machine room there arose such a clatter, I sprang from my desk to see what was the matter.

And what to my wondering eyes should appear, but a super programmer (with a six-pack of beer).

His resume glowed with experience so rare, he turned out great code with a bit-pusher's flair.

More rapid than Eagles, his programs they came, and he cursed and muttered and called them by name.

On update! On Add! On Inquiry! On Delete! On Batch Jobs! On Closings! On Functions Complete!

His eyes were glazed over, fingers nimble and lean, from weekends and nights in front of a screen.

A wink of his eye and a twitch of his head, soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work, turning specs into code; then turned with a jerk.

And laying his finger upon the "enter" key, the system came up and worked perfectly.

The updates updated; the deletes, they deleted; the inquiries inquired, and closings completed.

He tested each whistle, and tested each bell, with nary a bomb, and all had gone well.

The system was finished, the

tests were concluded, the users' last changes were even included.

And the user exclaimed with a snarl and a taunt, "It's just what I asked for, but not what I want!"

Unknown Author



RUSH JOB CALENDAR

Every job is a rush. Everyone wants his job yesterday. With this calendar, someone can order his work on the 7th and have it delivered on the 3rd.

Everyone wants his job on Friday so there are three Fridays in every week

There are seven days at the end of the month for those end-of-the-month jobs.

There will be no first-of-the-month bills to be paid, as there isn't any 1st. The 10th and the 25th have also been omitted in case you have been asked to pay bills on one of those days.

There are no bothersome nonproductive Saturdays and Sundays.

What else could you ask for?

LONG ISLAND REGIONAL MEETING

The Long Island Regional meeting of NYSOBBA was hosted by SUNY Stony Brook on November 23, 1992.

In attendance were representatives of 13 area institutions armed with many questions and concerns regarding reauthorization and its impact on Business Officers. Presentations were given by Sherwood Johnson, Director of Financial Aid at Stony Brook and Long Island Regional Director of NYSFAAA and Lizette Villeda of Chase Education Finance.

Issues relating to the new pro rata refund policy for Title IV aid recipients, Federal unsubsidized, Federal Stafford and Federal PLUS loans were discussed in detail. The increase loan eligibility and additional programs will result in increased student traffic in Bursar areas which was discussed in detail. Of particular interest to private institutions were changes regarding the reporting requirements for Federal Perkins loans as these institutions do not have support of the Student Loan Service Center to assist them in implementing the new guidelines.

Many questions were answered during the presentation and much food for thought was supplied.

Article submitted by
Cathy Rehman
SUNY Stony Brook

The two most precious things this side of the grave are our reputation and our life.

Charles Caleb Colton

LONG ISLAND REGIONAL DIRECTOR Cathy Rehman

Cathy's career at the State University of New York at Stony Brook began in the Bursar Office in January 1972 when the University was a mere 15 years young. There were only 9 buildings at the time on only 480 acres when she began as a clerk. Through various promotions Cathy advanced to Account Clerk, Cashier and Assistant Bursar. Approximately 1,000 acres and 100 buildings later, Cathy was promoted in 1987 to her current position of University Bursar.

In 1987, Cathy was among the 18,000 students pursuing various bachelor, masters and doctoral degrees on campus. Cathy received her Bachelor Degree in Liberal Arts in 1987 and currently is continuing her education with professional development classes and seminars. In addition Cathy says she has participated in various unique and interesting classes such as yoga, sign language, golf and social dance.

Last year Cathy had the pleasure of chairing the SUNY Bursars committee which proved to be a very rewarding experience. Cathy says she continues to broaden her horizons by participating in numerous groups and committees at SUNY Stony Brook.

B Dupre

From the Editors desk

By now most of you have received your new NYSOBBA directory. The Board of Directors have worked very hard for several months to put this new format together for you. We hope you like it. I would like to hear from you if you have any suggestions on making it better.

* * * * *

The next issue of NYSOBBA QUARTERLY will come out in April. I would like to get your responses to

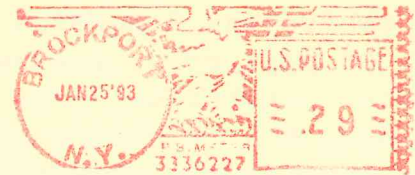
the question

"How has reauthorization effected your office?"

NYSOBBA was founded on the strength of sharing ideas to help each other cope with the maze of State and Federal regulations. Your Newsletter can bridge the gap between face to face meetings to get questions like this answered. Maybe you have found a solution that can benefit a colleague.

Please get material to me by March 15th. Thanks

NYSOBBA NEWSLETTER
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Brockport, NY 14420



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