

The Beehive



**The Utah State Chapter
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Officers

Eating the Elephant: One Bite At A Time

“There is only one way to eat an elephant: one bite at a time.”

Life seems to be so busy. Trying to balance work, home, kids, family, health and so many other things, life can easily get overwhelming. Sometimes it gets to the point where you don't even know where to start. Being a single mom, working a full-time demanding job, my commitments to UMPA, and helping my aging parents, I've learned how important it is to manage time. Leaders understand time is a limited and valuable resource and discover ways to manage it effectively. With all our competing priorities, I found a few things to be useful; hopefully, it can help someone else manage their time effectively. We can have the desire to manage this valuable resource; we can think about it, we can talk about it, we can plan for it, we can wish it, but if you don't do it, nothing will happen. It's important to have direction, focus, and to use your time on the actions that matter most.

- **2 -Minute Rule.** If it takes less than 2 minutes to complete, **do it right away.**
- **5 -Second Rule.** When your boss calls and gives you an immediate task don't react negatively. Instead, control your reaction, take a big breath, count backwards 5-4-3-2-1, and then **go do it.**
- **Eliminate multitasking.** Focus on **one task at a time** to improve concentration.
- **Do Not Do Lists.** Identify tasks or activities that are not essential or that can be delegated and **stop doing them.**
- **Pomodoro Technique.** Set a timer for 25 minutes and focus on one task. After the timer rings, take a 5 – minute break and repeat the process until the task is completed. Taking a break can keep your mind sharp, , and maintains your focus.

- **1-3-5 Rule.** At the start of each day identify **1 big task** to accomplish, **3 medium tasks**, and **5 small tasks**. You want to make sure your tasks are focused on your core goals.
- **80/20 Rule.** 20% of your efforts give you 80% of the results. Focus on the 20% of super important stuff first. By focusing on high – impact tasks, you can achieve more with less effort.
- **Eat the Elephant First, One Bite at a Time.** Tackle your most challenging, highest value task in the morning. By completing your hardest, most valuable task early, you build momentum for the rest of the day.
- **Break Tasks Into Pieces.** You'll feel less overwhelmed and more motivated to tackle each part of the task.

Using these time management skills will help you achieve critical tasks, drive your goals, and make effective changes in your life. Time management doesn't make life easier, but it makes you better at managing your life. The task doesn't get easier, the person gets better. We must govern the clock and not let the clock govern you. Run the day, don't let it run you.

- Katie Evertsen

Utah State President & National Vice President



Know the Signs

Having recently returned from the 8th UPMA National Convention in Orlando, I must say that I was happy to see the cooler temperatures upon our return to Utah. I thought that Puerto Rico was hot and humid, but I have never been as hot as I was in Orlando. I guess it could have something to do with being a decade or so older than when I was in Puerto Rico. I still had a great time and enjoyed being surrounded by great friends.

We were fortunate to have PMG Louis Dejoy speak to us. He spoke on several issues and gave us some interesting numbers I would like to share. The USPS has over 645,000 employees, 32,000 retail units, 19,000 delivery units, 425 processing plants, 300,000 vehicles and 260,000 routes. These numbers are mind blowing to me. I guess that's what makes us not only the most trusted organization but the most used, and this equals the most valuable.

The most interesting and informative breakout session I attended was given by Don Rousel, with UCSW Psychological Wellness Consulting & Training, LLC. He spoke about suicide and knowing how to identify the warning signs. He said for every 1 suicide 135 people are affected by that action. Some of the risk factors he talked about were previous attempts, substance abuse, death of a family member or close friend, bullying, physical disability, illness, relationship problems, and history of mental health condition. Many discussions were held within the group and some very vulnerable issues were shared. This experience was really an eye-opening experience for me. We can all be on the lookout for signs within our co-workers, family, and friends. The best advice he gave when talking with someone showing signs of suicide were to keep calm and respond. "Start in the shallow end and keep going."

Dan Heins – Executive Director addressed us for his final time in that position. He has spent the past 6 years in the national office, serving as President or the Executive Director. Dan has given so much to the organization, but it's finally time for him to return to Minnesota and be with his family. He shared a quote from Alonzo Ball that I loved: "A lot of things are going to happen that you can't control, but you can control your reaction."

As this is my final article for now, I want to share my favorite quote that I have on my desk. I received 2 very special cards in the mail since returning from convention. The ladies that sent them to me hold a special place in my heart and exemplify what the following words mean: "To laugh often and much; To win the respect of intelligent people and the affection of children; To earn the appreciation of honest critics and endure the betrayal of false friends; To appreciate beauty, to find the best in others; To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; To know even one life has breathed easier because you lived; This is to have succeeded."

I wish you all much success & happiness in the future, thanks for everything!

- Lorri Frandsen

Secretary/Treasurer



Your Contribution Makes a Difference

Thank you for continuing to contribute to PAC. UPMA PAC helps elect Members of Congress who will support legislation that benefits active and retired members. You are helping the Postal Family with your donations. Your contribution is making a difference now and the future of the Postal Service, so I am encouraging you to participate in the political process through the strength of pooled contributions instead of individually.

You can send a money order or check, or you can contribute by credit/debit card or through payroll deductions. Thank you for your time. Take care and stay well.

- Ethelyn Stevenson

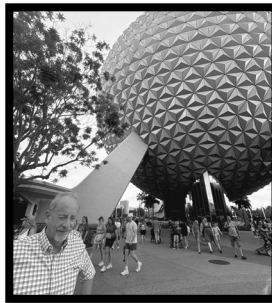
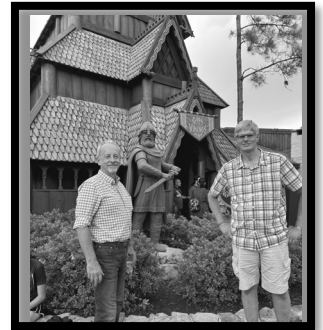
Pac Chair

A Day With Scott

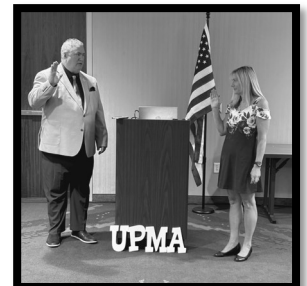
During our editors training at the National Convention there were different suggestions on what we could include in our state publications. One suggestion was a human interest article, so my article is "A Day With Scott." While at the convention, I had the opportunity learn more about Scott Canfield, one of our recently retired Postmasters. Scott retired as the Postmaster of Salt Lake City and now is enjoying retirement. He enjoys fishing with his boys and grandkids, volunteering as a guide at the Hill Aerospace Museum, playing golf, reading, studying history, and driving his pride and joy roadster. On our free day at the convention Scott, Lorri Frandsen, and I took a trip to the Epcot Center at Disney World. Scott had never been and was ready to explore. It was a warm day, and whenever it got too hot, we found a ride or event to go inside to cool down. Lorri was bright red a few times and needed some cooling moments. The ride Scott enjoyed the

most was one where we got whipped around Mars and felt the g forces. I was about to lose my lunch from the Mexican restaurant we had just left. But Scott was ready to go again. We had a great day. Going to conventions give us opportunities to met new people and gain new friendships. I definitely got to know Scott better and look forward to working with him in our UPMA chapter. I look forward to hearing from a lot more people on subjects you would like us to share in our newsletter. Have a great Fall!

- Clayton Querry
Editor



WOC





Volunteer

I was talking with Clayton about this edition of our newsletter. He suggested I talk a little about the retirement life, but first I want to comment on our UPMA National Convention I recently attended in Florida. I am glad I attended. It was great networking. I enjoyed seeing how the organization works for us at the national level. There was a lot of great training, events and speakers. I was especially impressed with the PMG, and other Postal Officers that spoke to us. There was some great interaction, a lot of notes taken, and commitments made to work on the concerns we brought up. The Postal leadership respects and listens to us as an organization. You can see how we work together to make our jobs and the service better. I encourage everyone to go to the National Convention next year in Texas!

Now on to retirement! LOL It's great! It's a little hard at first getting used to not being in charge of everything but once you do, you realize it's full of amazing opportunities, a clean slate to do and achieve what you want. Anything is possible, just do it. It's exciting and overwhelming at the same time. I built my daughter and granddaughters a fully lighted three story dollhouse. I have taken up kayaking. I ski, golf, attend soccer, basketball games, help with my daughter's and granddaughter's mountain bike racing team for West Field High School. I drive my sports car and am restoring a 68 mustang. I volunteer and work with several organizations. I enjoy getting into the mountains to hike.

One place I wanted to mention is the Hill Field Air Force Base Heritage Museum located off the 5600 S exit in Roy. I have been volunteering there for almost a year now. The museum is a great and well funded organization. It has three large main galleries filled with aircraft, missiles, guns and bombs that were all maintained or stationed at the base since it opened during the First World War. The museum tells the story of the base and its support of the Air Force through out its history. The volunteers love to tell the history of the planes, and the men and women who flew and maintained them. The museum is very renowned and visited by people from all across the country and world. It's very interactive and informative. We have close to 100 aircraft from the Wright Flyer, World War 2, the Korean War, Vietnam, the Cold War, to the more modern planes such as the F22, U2, SR 71, drones and cruise missiles. The kids love it.

If you've seen the movies Memphis Bell, or Master of the Air, come see the stars of the movies, the planes. The B17 and B 24 displays are amazing. The fighters that protected them such as the mustang, lightning, thunderbolt are all there.

A B29 that showcases the story of the only squadron ever modified and trained to drop atomic bombs. The squadron was stationed at Wendover Utah supported by Hill Field. We have a B 29 and atomic bombs on display.

The Cold War: How about a plane and an atomic missile designed to shoot down large formations of Russian bombers.

World War 2, Vietnam, Korean War, Cold War and modern planes are all at the museum.

The best part is all the volunteers that love to tell the stories, and the histories of the planes and times. The planes are all real, they all flew and fought and served our country.

Take the time to come see an amazing treasure of aeronautic and Utah history. I'd love to take you on a tour!

- Scott Canfield



Chapter Member Rep

UPMA Is Universal

This last year of my life has seen a lot of firsts. First cruise, first week long road trip by myself, first Jeep Gladiator, first trip to Florida, first UPMA State Convention, and first UPMA National Convention to name a few. I feel as though each of these firsts have made me a better person, in both my personal and career lives.

Let me start with the UPMA State Convention. I have been a member of UPMA since becoming a Postmaster in 2019. I always wanted to attend the state convention; however, life circumstances did not allow me the time to be away from my family. This year I made it my goal to attend the convention in Park City. I may or may not have coerced my friend/fellow Postmaster, Shara Swan, to also attend. I was sure we will have a good time. Little did I know this commitment would change my life forever. I attended with the assumption I would "see what it is all about" and, in all honesty, I wanted to see if it was worth the dues I have paid for the last five years. I came out with the knowledge there is a whole different world in UPMA if you become involved!!! This convention made me realize there is a whole group of people who have my best interest at heart. They are willing to help me in any aspects of my career. From the retired to the newbies, there is always something to learn.

From the state convention, Shara and I decided we needed to attend the national convention. If we learned that much at state, what could we learn and how could we grow by going to the nation convention? I decided to go to Orlando a week before the convention so I could experience Florida since I have never been there before. With not knowing what to expect, both personally and professionally, I set out to Florida.

The first week in Orlando I experienced all the local attractions, Kennedy Space Center, SeaWorld, Universal Studios, and all things Disney. With that out of the way, I was ready to focus on my career. Shara and I arrived at the location of the convention and I was completely and utterly awestruck. We were attempting to locate registration and check into the hotel. We must have looked like first timers because we were greeted by a couple of ladies asking if we were there for UPMA. Mrs. Heins and Mrs. Clark were so welcoming and directed us where we needed to be. It did not register in my brain I was talking with Dan Heins' wife. This was the first of many welcome greetings I would encounter during the week-

long convention. It seemed every corner we turned someone was asking me where I was from, how long had I worked at the Post Office, and most of all letting me know to reach out if I ever needed anything. I do not think I have ever been a part of an organization where every person was offering help and genuinely seemed to care about my career.

As a first timer we were tasked with collecting business cards and asking the person what was their specialty. I will never remember their specialties, but I will always remember the welcoming, smiling faces as they greeted and introduced themselves to the "first-timers" in attendance. I went on to learn there were around 125 first-timers at the convention and I believe they said over 1000 in attendance.

These were all members of UPMA and their families. We were directed by the Postmaster General, we attended trainings of our choice, we networked with other Postmasters, leaders, and friends. This was a group of people who can relate to the frustrations, stresses, accomplishments, etc. that I deal with daily.

The trainings were amazing and my only regret was I could not attend every one of them. I am so thankful there were others from Utah who attended so we could divide and conquer the trainings and share the knowledge we gained with each other. I am thankful for the opportunities UPMA provides to me to grow and become a successful leader. I am thankful for the attendees who were willing to share their experiences and knowledge with me. It is reassuring to know whether you are in a small office like Mendon, UT or a large office like Orlando, FL we experience the same difficulties, frustrations, and accomplishments. I know I can pick up a phone or send an email to any one of the individuals I met and they will be able to help or relate to my situation. I have a network of friends/family because UPMA IS UNIVERSAL.

- Joni Iverson

Chapter Member





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