

THE ASCE MONTHLY

THE ASSOCIATION OF SECRETARIAL AND CLERICAL
EMPLOYEES



Thankful For You

WRITTEN BY ANDREA SMITH

I am so wonderfully, superbly thankful for you!!!

Now, I really could be talking about the morning coffee I occasionally drink, lovingly called Mommy's wakey juice, but I'm really talking about you.

Thank you for reaching out. Thank you for being your great, funny, loving, caring self. Thank you for sticking through the tough times and potentially tough people. Thank you for encouraging your co-workers. Thank you for loving your families with all that you have. And even through the risk of sounding like a Golden Girl, "Thank you for being a friend!"

Friendship connections are so necessary. Although I'm not trying to use my infant as an excuse, right now I'm the worst at reaching out; and to all my friends, I sincerely apologize. But this is the time to push yourself. So, who have you reached out to lately?

WHAT'S INSIDE THIS ISSUE:

- THANKFUL FOR YOU - 1
- CAREER CLOTHING- 2
- NO PLACE LIKE HOME - 3
- FABULOUS FUDGE PIE- 4
- LOSS AT THE HOLIDAYS - 4
- PRESENTLY GRATEFUL - 5
- PRESIDENT'S NOTE- 6



*Practicing gratitude is
how we acknowledge
that there's enough
and that we're enough.*

BRENE BROWN

Career Clothing

SHARE WITH STUDENTS

MTSU is home to two opportunities for students to gather clothing for their first career wardrobe.

The Rutherford County community is encouraged to donate their gently used items to help students win their next job opportunity to one or both of these locations.

The Career Center hosts the Career Closet. This helps students put their best "non-verbal" foot forward when seeking an internship or new job. Gently used professional attire and accessories are gathered to assist students when creating their own brand while entering the job or internship market.

You may find the Career Closet in the Keathley University Center on the third floor: Room 328.

While some need professional attire "to the nines" for the workplace, our teachers, while they need specific items for the classroom, might desire their clothing to be more "classroom worthy."

Upcoming educators may be interested in the Clothing Our Educators Boutique. This creative outlet for teachers may be found in the College of Education: Room 307.

Career Closet:

Students may acquire one full outfit each school year. KUC 328

Contact: Kim Collins at Kim.Collins@mtsu.edu

Clothing our Educators Boutique:

To use the boutique, the students must fill out a short application to document what they received. Students can visit the boutique by appointment.

Contact: June Adams in COE Room 307, by phone at 615-898-5153 or by email at June.Adams@mtsu.edu.



Work

THERE'S NO PLACE LIKE HOME

WRITTEN BY ANDREA SMITH

Well, by now you know we all like food. So, just in case you've been living under a rock, I wanted to let you know about the food switch.

The McCallie Dining Hall is no longer located at the bottom of Corlew. It has been replaced with the lovely options that were on the second floor of the Keathley Univeristy Center. The KUC location has been updated and is now the new home to McCallie.

I was able to traipse over with my friend, Matthew, last week; and while the location is pretty, and the food Aramark, the service was completely wonderful.

Now, I was in good company that frequents this specific location, but the people I met there were so kind that I didn't need to see their masked smile to know it was there.

Did I mention the food was Aramark? Honestly, it wasn't bad. „Well, most of it wasn't bad. Those poor carrots at the Homezone probably needed less cooking, even from a southern belle's perspective; but there were some great options throughout, and the broccoli cheddar soup at the Salad Bar was divine. Almost as delicious as the wonderful lady who served it to me.

Okay. Now that we're acquainted, I can tell you about the gems at McCallie.

1: Take Your MTSU ID! The best part about having one is the discount, and you will receive a faculty/staff discount at this establishment.

2. The ice cream machine is working! I tried both the chocolate and the vanilla... separately, of course. Both are creamy and spectacular, but the vanilla was the favorite. Feel free to forget what I say next... The machine is fast and you'll end up with more than desired if you're not careful. Shhhh.

3. The Coffee Station with baked goods is included! Oh Emm Gee Ya'll. I was given a dark chocolate frape that rocked my socks off. It was the perfect ending to a wonderfully fun meal.

I have not been to the updated Corlew location, so enter at your own risk....

Just kidding! I'm sure it's great. Maybe there will be a new lunch date in the near future.

Any takers?



Fabulous Fudge Pie

RECIPE FROM SHERRY FULLER

Thanksgiving is coming up and this pie will make you the hit at family dinner! Below is the Famous Fuller Fudge Pie.

Just a tip.... Make two. This thing will go fast!

Ingredients:

- 1 pie crust
- 1 cup sugar
- ¼ cup cocoa
- ¼ cup self-rising flour
- 1 stick margarine (melted)
- 1 teaspoon vanilla flavoring
- 2 eggs

Instructions:

- Mix dry ingredients together well
- Add all other ingredients & pour into unbaked pie shell.
- Bake at 325 degrees until a slightly firm
- Or begins to crack open (30ish mins)

Thanks for sharing Sherry!



Loss at Holidays

ASCE EVENT NOVEMBER 11

[RSVP HERE](#)

The world has come up against a great threat. Yes, there has been a worldwide pandemic, but that is not the threat I'm talking about right now.

This threat is time. Time constantly moves whether we like it or not. While time can sometimes be a great thing where loss is concerned, in this case, time can be a bit more scary than it usually feels.

Have you or someone you know lost someone recently? A friend or family member?

Holidays can be a sad time for some and we want to help prepare you or help you prepare someone you love for the upcoming cheerful days where they or you may not feel so cheerful.

Sign up for the Lunch & Learn event presented by ASCE on November 11 at 11:30 am in the Tom Jackson Building.

Dealing with Loss During the Holidays

This event is low key; so bring your lunch and learn from Dr. Joyce Sloan, a licensed professional counselor and mental health service provider in the Murfreesboro area.

ASCE Presents
LUNCH AND LEARN

*How to Deal with Loss
During the Holidays*

SPEAKER: DR. JOYCE SLOAN,
PH.D., LPC/MHSP

Nov. 11, 2021 11:30 am - 12:30 pm
Tom Jackson Building
RSVP by Nov. 10



Presently Grateful

WRITTEN BY VICKI DEWITT

At Development Day in September, we had the pleasure of listening to Dr. Dianna Rust speak to us about gratitude.

I really loved her presentation and felt like she offered a ton of great things to think about. I particularly liked how she told us the benefits of practicing gratitude.

I have taken her advice to heart and installed a gratitude app on my phone. I know in November, people love to use this month to think of all the things they are thankful for, so I encourage you all to do the same.

Any app is great and there are tons of them out there...mine, called "Presently", is free and even sends me a reminder each day to open the app and create an entry.

Two of my daughters are joining along with me this month, but they aren't even using an app, they are just changing up their regular journaling to include this gratitude journaling each day.

This could be a great way to form a habit of gratitude, or, at the very least, a beneficial record to someday look back at, if ever there are seasons of not feeling like you have much to be grateful for.

I hope you all have a blessed month!

Grateful

ASCE NEWS

Upcoming Events

Lunch and Learn: Loss/Holidays - Nov. 11
Winter Wonderland - Dec. 15

There are several positions available.

Join a committee!

FUNDRAISING COMMITTEE
DEVELOPMENT COMMITTEE
THE ASCE MONTHLY NEWSLETTER
PRIZE PATROL



A Note from the President

WRITTEN BY SHERRY FULLER

In the season of thankfulness, thank you for giving me the honor to serve as President this year. ASCE is very near and dear to my heart, and I am so glad we are in this thing called work together.

As you may know during my first leadership role with ASCE, I challenged us to be kind to each other. With the recent year we have had, we need kindness more than ever! Kindness cost nothing, yet its value is priceless.

We each have different views, thoughts and ideas about everything. We don't have to agree on all issues, yet we can agree to be kind to each other.

I don't want to force my ideas, political views or beliefs on anyone because I really don't appreciate anyone forcing theirs on me. In fact, to be totally honest, there is something we all can do no matter the color of your skin, the skillset of your job, your marital status, your sexual orientation, your language of origin, the size of your wallet, the size of your house, or the size of your body. It is to **be kind**.

Our offices would be a better place and a ripple effect could cause the entire campus to a better place. When we are kind, the atmosphere changes. When we are kind, the work environment changes. Be kind because we never know what each is going through.

If you don't have anything kind to say, say nothing. I would love to see kindness spread on campus and to do that, it starts with us.

We are very powerful, so don't ever forget it.

We actually have the ability set the tone in an entire office. The boss on a rant? That is just one person. Let them rant, yet you can remain kind.

You don't have to be best buddies with those who you know secretly wish bad things for you; yet you don't have to stoop to their level either. Again, just be kind.

I want to be up front with you and say I am a Believer, and I try to do what I feel God is asking me to do. Hence the reason I am leading ASCE again alongside, Andrea Smith, Lisa Strayer and Vicki DeWitt.

When others turned down the nomination, because I had served not too long ago, I wanted to hear what God had to say about running again; so I took the weekend to give the election committee an answer. During that entire weekend I kept hearing, **"Restore what the locusts have eaten"**. Loosely translated, twenty - twenty was a rough year and our membership went down when campus events ceased and our annual nut sale did not happen.

Now is the time to make a comeback and restore! I not only want to get the membership numbers to where they once were, I want surpass them! Not to see the numbers grow, but to **see each one of us grow!** Not just professionally, but personally.

I am personally working to trust without hesitation and to go boldly where I am to be. This may require me to get out of our comfort zone and that can be scary!

I won't ask anyone to lead prayer as we all have different beliefs. I personally have mini conversations with God throughout the day and try to let Him lead. If you are not a praying person, it doesn't mean I haven't had a conversation with God on your behalf. I have some great stories to share about His elaborate works, yet will save them for personal conversations.

I eat lunch everyday, and I would love to get to know you better; so if you ever want to have lunch with me, send me an email and we will make a date!