



The Lighthouse



NMA...The Leadership Development Organization
Columbus Public Service Chapter
The *first* Public Sector Chapter - est.1981

New Officers Elected at April Meeting



Our newest officers-elect: From left to right: Amy Ackerson, Lt. Terry Neal, Teresa Langer, Elaine Brunney, Beth Fairman Kinney and Randy McMillin. **Not shown:** Tami Peters.

Officer elections were held at the April 19 breakfast meeting for the 2012-2013 term, with the exception of the office of Second Vice President. Since neither candidate was able to attend the meeting, the voting was done through email. Members had until close of business on Monday, April 30 to cast their vote.

Elected were: President, Teresa Langer; First Vice President, Lt. Terry Neal; Second Vice President Tami Peters; Secretary Amy Ackerson; Treasurer, Elaine Brunney; Board Member for Development, Beth Fairman Kinney and Board Member for Public Service, Randy McMillin. The new officers will be installed at the annual installation dinner in July.

We congratulate our officers-elect and wish them great success in the coming year!

April 2012

Check out NMA's group on LinkedIn at NMA1.org

The latest issue of *Break-time* can be found at: <http://nma1.org/Communications/Breaktime/2012-04/2012-04.pdf>

Visit The Columbus Public Service chapter website:

<http://nma1.us/chapters/220/>

Inside this issue:

NMA Family Scrapbook	2
Top 5 Things I Learned	2
Win a Trip to Seattle.....	3
Meeting Notes	4
Community Service.....	5
Professional Development...	6
NMA Calendar	8
NMA Leadership Model	8
Lighthouse Puzzles	8
About NMA	9
Officer Directory.....	10





NMA Family Scrapbook

Get well wishes
to Carnell
Felton and
Judy Johnson



Our sincere
condolences to
Debbie Ioia, Rita
Stone, Pattie
Zeier and their
family on the
passing of their
beloved mother,
Irene Zeier on
April 2.



Top 5 Things I Learned From My Interns

By: Beth Fairman Kinney

Along the back wall of the Neighborhood Pride office, there is a collage of photos, all Neighborhood Pride interns. Since 2006, the program has worked with over 30 high school and college students, and it has helped keep the program fresh, vibrant and active. Working with youth can be challenging at times, but also very rewarding. Internships are set up for the students to learn and grow. But have you ever thought about how much you as a Mentor can learn from your students?

Here are the Top 5 Things I learned from My Interns:

1. Waka Flocka Flame

You don't know everything. As adults, we may think we know everything, but having a student intern along side of you, they will show you things you never thought about: Music, TV, books, the internet, and language. You will learn new meanings to words you never thought about. A few minutes on YouTube and your mind will be blown away. And they can also show you how to use your new smart phone.

2. Caffeine and Sugar

Do you remember the zombies from Thriller? Well, that's what student interns look like in the morning. It's a fact. Have free coffee nearby and a bowl of sugar treats at your desk. They'll awake in a few minutes.

3. Dance Dance Revolution

Beat them at their own game. One summer, I had all my interns talking about the game Dance Dance Revolution. So, thanks to the power of Google and Amazon, I outfitted my Play Station with the game. Every night after work, I danced. And danced. And danced. By the end of the summer, we had a celebration for our interns, thanking them for all the work they did. And at the arcade, they challenged me. And, the 6 month pregnant woman, at 30+ years of age, beat them at their own game. It felt great.

4. Everyone loves Roosters

I haven't met an intern who doesn't like Roosters. Chicken wings, fried mozzarella sticks, fried pickles, dumpster fries...(they do have tasty salads for the health conscious) After a little bit of "donkey sauce", the conversation flows.

5. The Light in the Attic

As Whitney Houston sang, "I believe that children are our future, teach them well, and let them lead the way." Student interns are first off, students. They are learning. There are days where you may never see them engage, but one day, something may click, the light will turn on, and well, you'll see.

Interested in becoming a mentor?

Continued on Page 3



Top 5 Things

Continued from Page 3

There are various schools and colleges that have internship programs. The City will be hiring several students from the S.O.A.R. Internship program through COWIC for the Summer months. Within the City of Columbus, please contact your Department HR representative to learn more. For more information on how your company

can benefit from the S.O.A.R. hire! Please visit our S.O.A.R.hire! website at <http://hirecentralohyouth.org/employers/>.

When I think of Mentoring, I think of a **Friends** episode:

Joey: In my spare time, I read to the blind. And I'm also a **mento**, for **kids**. **Interviewer:** A Mento? **Joey:** You know, a mento. A role-model. **Interviewer:** A Mento, like the candy? **Joey:** As a matter of fact, I do.

WIN A TRIP TO SEATTLE!!

All new members reported to NMA between January 1, 2012 and June 30, 2012 are eligible to win a FREE 2012 Annual Conference registration plus 4 nights lodging at the beautiful Seattle Marriott Renaissance Hotel—a package worth over \$1,300!! All new members will be eligible to win—Chapter Members...Spousal Members...and Individual Members!

**NEW
MEMBERS
WANTED**

Invite a friend or co-worker to the next meeting.



Come along and join us!
Conference date
October 6-9, 2012

For More Information please contact:

Donna M. Garland,
Membership Chair
757 Carolyn Avenue
Phone # 645-2217,
dmgarland@columbus.gov



Meeting Notes

This month's drawings winners were:

1. 50/50 Drawing: Teresa Langer Won \$24.00 and donated \$20.00 to the speech contestant. Thanks Teresa!

2. President Bee Tolber's Gift of \$15.00 was won by Kathy Spatz.

3. Monthly Bonus Bucks Drawing: Mark Calvert's name was drawn, but Mark wasn't in attendance to win \$10.00. Next month drawing will be \$20.00.

Congratulations to our winners!



Jen Morel speaks about the Healthy Columbus program

The April 19th breakfast meeting was held in the Health Department Auditorium. Jen Morel, Employee Wellness Coordinator, provided fresh ideas on getting active and staying healthy, and presented information on the Healthy Columbus.

Why Wellness?

- Employees are the city's greatest asset
- HR Mission: To promote and support organizational excellence
- Provide employees with the tools they need to stay happy, healthy and productive
- Improves morale, strengthens recruitment and retention efforts
- Potential for substantial cost savings for the city
 - Direct and indirect costs

What does a Productive Employee Look Like?

- Competent
- Results-oriented
- Quality focus
- Team-oriented
- Fully engaged
- Physically and mentally well

Healthy Columbus City Employee Wellness Program

- An organized program in the worksite intended to assist employees and their family members to make voluntary behavior changes to reduce health and injury risks, improve health consumer skills and enhance individual productivity and well-being
 - HIPPA/GINA compliant
 - Voluntary
 - Confidential
- Infrastructure
 - Department Wellness Ambassadors
 - Healthy Columbus website
 - www.brcolljrnblj5goy/bealtbycollmblj5
- Physical Activity
 - Yoga, Fitness Basic/Challenge & Zumba Classes

- Columbus Community Center Discount
- Corporate Challenge teams
- Department Walking maps
- Team challenges
- Walk Club
- Disease Management
 - Health fairs & biometric screenings
 - Diabetes Prevention/Control Programs
 - Flu shot program
- Other Programs
 - Smoking Cessation
 - Wellness Seminars
 - Healthy Vending Options
 - Support for nursing mothers
 - Active/alternate transportation
 - Occupational Safety & Health

Identified Barriers for Participation

- **Permission to attend not granted by Supervisor**
- Unsure of how to "allocate" time
 - Paid VS, unpaid
 - Too busy/stressed

Creating a Supportive Environment

- Prioritize good health at work
 - Potlucks, snacks, stress relief.
 - physical activity breaks
- Participate in programs and actively recruit employees to join you
- Endorse City communication
- Encourage people who are trying to be healthy

A Healthy Workforce Creates

- Greater Job Satisfaction
- Greater Employee Commitment
- Higher workplace Morale
- Less Absenteeism
- Greater Retention
- 50 of workers who view their workplace as unhealthy have looked for another job in the past 12 months vs, 25 of those who view their workplace environment as healthy

Health is the license for people to do what they were hired to do

For more information, contact:

**Jen Morel, MPH, CHES
645-0988
jemorel@columbus.gov**

Community Service

Upcoming Service Opportunities

Neighborhood Pride is looking for volunteers and organizations who are interested in promoting safety and health for kids of all ages at upcoming community events. Helmet fitting training will be provided.

May events:

May 11th – Bicycle Safety Festival (and Neighborhood Pride Kick Off) at Shady Lane Elementary

May 20th – COSI EMS Safety Day

May 23rd – Neighborhood Pride Healthy Wednesday, Big Walnut Shelter House

May 29th – Bicycle Safety Festival at Salem Elementary

May 30th – Bicycle Safety Festival at Hilliard Crossing Elementary

And we will have a host of activities in June, July and August
Contact Beth Fairman Kinney, 645-7116,
bfkinney@columbus.gov

Meeting Announcement

Join us on May 17 for a Lunch Meeting at Spaghetti Warehouse

Our speaker will be Cary Cavin, Technology Director and CTO.



KICK OFF SPRING 2012 WITH A CLEAN & GREEN CITY

Join Mayor Michael B. Coleman

in **Historic Franklinton**

Saturday, June 23, 2012, 9:30 a.m. to 11:30 a.m.

Annual Spring City Employee

Neighborhood Clean Up

Sign up with your Department Leader by Friday, June 15,

FREE parking, all clean-up equipment provided



Professional Development

All are welcome to attend:

City of Columbus Toastmasters

Meetings:

1st Thursdays
Citywide Training Center
750 Piedmont Rd.
Training Room C
12:00 to 1:00 PM

3rd Thursdays
Columbus Public Health
240 Parson Ave.
Room 119-C
6:00 to 7:00 PM

For more information, call
614-645-6032 or
614 216 8988



Watch your email for on a half-day seminar later this summer with Jan Lyddon and Bruce McComb, who were presenters at the January breakfast meeting.

Self Study Courses, Programs, and Simulations through



WHAT? MindEdge, a Project Management Institute

(PMI) Registered Education Provider is making its complete library of PMP self-study materials available to NMA members through the NMA website. You can find them at www.nma1.org under the Education tab as well as in the NMA Virtual Library, under the Project Management Tab. This particular group of materials are in addition to several other PMP self-study programs already posted on the Virtual Library portion of the NMA website.

WHEN? Being self study, you may take them at your leisure. On-line support for most of these courses is available as well.

WHAT IS THE COST? Prices start at \$79 for a single self-study course.

For a complete packet of information on both programs, go to:

<http://nma1.org/Education/pmpinfo.pdf>



**Are you “career resilient”?
Self-reliant?**

Ready for your next career move?

Check out the NMA Career Counseling Catalog at:

<http://nma1.org/Education/CCC.pdf>

Find information on:

- ✓ Alternate Occupations
- ✓ Career Exploration
- ✓ Resume Writing
- ✓ Interview Skills
- ✓ Networking
- ✓ Job Searches
- ✓ Alternate Occupations

Each area contains links to:

- ✓ Articles/Briefings
- ✓ Books
- ✓ Webinars
- ✓ Blogs
- ✓ Podcasts (Coming Soon)



Professional Development

...for professionals, by professionals....

Project Management Certification Training for NMA Members



IQ **Share**

IQShare is a PMP® Exam Prep education provider.

The PMP® credential recognizes demonstrated competence in leading and directing project teams in all businesses and industries. If you're an experienced project manager looking to solidify your skills, stand out to employers, and maximize your earning potential, the PMA credential is the right choice for you. Now, more than ever, NMA is poised to help you reach your goal.

The NMA Live Virtual Classroom

- **WHEN?** NMA members may take these live virtual classes on Sundays...or Monday & Wednesday nights...or on Saturdays. See the attached schedule for the latest offerings.
- **HOW DO I REGISTER?** For registration information, go to: <http://nma1.org/Education/pmp/pmpreg.htm> and complete the online form. Someone from IQShare will contact you to answer questions and complete the registration process. As a special consideration for NMA members, you can even sit in on the first class FREE to see how you like it!
- **What IS THE COST?** IQShare is offering a 50% discount to NMA members for this live instructor 40-hour virtual classroom opportunity. Only \$1295. NMA Members may also retake the classes by special arrangement with IQShare as well.

2012
Live Virtual Training
Schedule

WEEKENDS

Saturdays

7am-3pm MST (48 hrs)
(6 sessions)
May 5, 12 and
June 2, 9, 16, 23

OR

Saturdays

7am-3pm MST (48 hrs)
(6 sessions)
July 21, 28 and
August 4, 11, 18, 25

OR

WEEKDAYS

Tuesdays/Thursdays

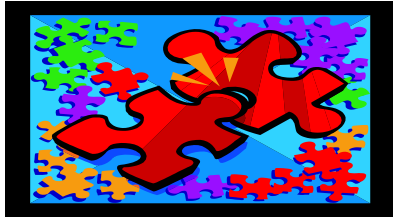
5pm-8pm MST (48 hrs)
(16 sessions)
July 24, 26, 31, and
August 2, 7, 9, 14, 16,
21, 23, 28, 30, and
September 6, 11, 13, 18

Live onsite classes
are available upon
request.



IQShare Website: www.IQ-Share.com NMA Website: www.nma1.org





NMA Calendar 2012

May



- 1 Board Meeting
- 3 Toastmasters at Piedmont
- 17 Member Lunch Meeting—*Speaker Gary Cavin*
- 17 Toastmasters at Health
- 28 Memorial Day

June



- 3-9 Management Week
- 7 Toastmasters at Piedmont
- 14 Flag Day
- 17 Toastmasters at Health

The NMA Leadership Model



Derived from a similar model in Results Based Leadership by Ulrich, Zenger, & Smallwood.

NMA-Lighthouse Puzzles

March Puzzle Solution

$A > D$		1	2	3	4	5	6	$A = \underline{6}$
$B + F = C$	A	N	N	N	N	N	Y	$B = \underline{1}$
$B + E = D$	B	Y	N	N	N	N	N	$C = \underline{3}$
$A < D + 2$	C	N	N	Y	N	N	N	$D = \underline{5}$
$E > F > B$	D	N	N	N	N	Y	N	$E = \underline{4}$
	E	N	N	N	Y	N	N	$F = \underline{2}$
	F	N	Y	N	N	N	N	

Correct answers were submitted by Tim Baker, Al Carmon and Rita Stone. The winner was **Tim Baker**.



May Puzzle

Instead of numbers, this Sudoku puzzle contains nine letters. All 9 letters appear in each 9-box square and each horizontal vertical row. Once the puzzle is solved, a 9-letter phrase from a previous NMA seminar will appear somewhere in the grid.

		N		G	P			U
E	L		I					G
	G			A				
						E	N	D
U	N	D						
				D			L	
A					L		E	I
I			A	U		D		

To enter the contest, solve the puzzle and email the solution to: NMA-Lighthouse@columbus.gov. The contest winner will be selected by random drawing from all correct entries at the next NMA meeting. Entries must be received by 5 PM May 15 to be considered.



What is NMA?

NMA The Leadership Development Organization is a professional association headquartered in Dayton, Ohio. The Association is a national not-for profit organization serving about 20,000 members worldwide.

NMA Code of Ethics

I will recognize that all individuals inherently desire to practice their occupations to the best of their ability.

I will assume that all individuals want to do their best.

I will maintain a broad and balanced outlook and will recognize value in the ideas and opinions of others.

I will be guided in all my activities by truth, accuracy, fair dealing and good taste.

I will keep informed on the latest developments in techniques, equipment, and processes.

I will recommend or initiate methods to increase productivity and efficiency.

I will support efforts to strengthen the management profession through training and education.

I will help my associates reach personal and professional fulfillment.

I will earn and carefully guard my reputation for good moral character and good citizenship.

I will promote the principles of our American Enterprise System to others, by highlighting its accomplishments and displaying confidence in its future.

I will recognize that leadership is a call to service

NMA Statement of Principles

NMA is dedicated to managerial excellence, personal and professional growth, and leadership development. The following principles identify NMA's core beliefs and provide the basis for the Association's Mission Statement.

We believe in the highest standards of personal and organizational integrity and respect for the individual.

We believe in lifelong learning, continuous improvement, and the development of a workforce capable of sustaining a competitive posture in the global economy.

We believe management is a creative, dynamic, and essential process enabling people to achieve personal and organizational objectives.

We believe that managerial responsibility is shared among all individuals at all levels of the organization and that leadership is critical to management success.

We believe that individuals and organizations have a community and civic responsibility.

NMA Mission Statement

NMA creates leadership development products and opportunities that maximize the potential of our members, sponsoring organizations, and communities.



Chapter Leader Directory

NMA OFFICERS AND BOARD MEMBERS – JULY 2011-JUNE 2012

<u>Officers</u>	<u>Name</u>	<u>Office Phone</u>	<u>Email</u>
President	Bee Tolber	645-7496	vvtolber@columbus.gov
1st Vice President	Teresa Langer	645-4128	tlanger@columbus.gov
2nd Vice President	Jacqueline Kelley	645-5824	jkkelley@columbus.gov
Secretary	Amy Ackerson	645-8119	aackerson@columbus.gov
Treasurer	Debbie Ioia	645-6276	daioia@columbus.gov
Immediate Past President	Vonna Hayes	645-7505	vshayes@columbus.gov
National Director	Bill Mahaffey	645-7100	wtmahaffey@columbus.gov
<u>Board of Directors</u>			
At Large	Barb Crawford	645-8248	bcrawford1@columbus.gov
Development	VACANT		
Finance-Fleet	Terrell Spencer/2012	645-6133	tlspencer@columbus.gov
Public Safety - Chair	Lt. Terry Neal/2012	221-3132 x5480	tneal@columbus.gov
Public Service	VACANT		
Public Utilities	Cindy Fruth/2011	645-7304	cmfruth@columbus.gov
SWACO	Albert Iosue/2010	871-5100	albert.iosue@swaco.org
Technology	Greg Dukes/2011	645-6124	gadukes@columbus.gov
<u>Committees</u>			
Chapter Awards	Vonna Hayes	645-7505	vshayes@columbus.gov
Community Service	Jacqueline Kelley	645-5824	jkkelley@columbus.gov
Membership	Donna M. Garland	645-2217	dmgarland@columbus.gov
Programs	Laurie Richards	645-7330	lirichards@columbus.gov
Professional Development	Kathy Spatz	645-0487	kaspatz@columbus.gov
Public Relations	Sima Gellman	645-6161	sngellman@columbus.gov



The Lighthouse is published monthly by the Columbus Service Chapter of NMA, Sima Gellman, Editor; JP Blackwood, Jacque Kelley, Teresa Langer, Terry Neal, Kathy Spatz, Committee Members. Vonna Hayes, Beth Fairman Kinney, Bill Mahaffey and Terry Neal contributed to this month's issue. Submit articles to: sngellman@columbus.gov or NMA-Lighthouse@columbus.gov.

