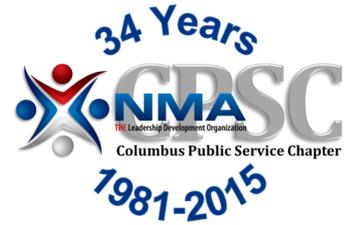




The Lighthouse



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



November's guest speaker at Hofbräuhaus Columbus in Grandview was none other than the EAP's own Wayne Moore. Always an entertaining and dynamic speaker, Wayne's topic was a timely presentation of ways to make the holidays less stressful and more enjoyable. Wayne involved NMA members in the discussion, asking about our moods and expectations for the holidays and what our ideal holiday season would be.

Moving on from there, Wayne addressed possible symptoms for holiday stress and depression, such as noticing when you have puzzling or uncomfortable feelings like sadness, loneliness, or disappointment. Or perhaps you feel pressured to behave a certain way during the holidays? And then there's Seasonal Affective Disorder (SAD), which can cause seasonal depression throughout the winter months.

So how do we cope with such feelings? Wayne discussed things to be careful of, such as withdrawing from family and friends or drinking more than usual. Wayne offered ways to cope with holiday stress, such as examining your expectations and revising them to work better for you, or taking more control of your holiday commitments and doing things on your own terms. All in all, great advice!

November & December 2015

Visit the Columbus Public Service Chapter website:

www.nma-cpsc.org

Visit us on Facebook at

www.Facebook.com/NMACPSC

Read the latest issue of Breaktime at

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NMA Family Scrapbook



Members are invited to like our Facebook page, which can be found at

www.facebook.com/NMACPSC.

There is a link to the page from our website, which can be found at

www.nma-cpsc.org.



NMA's Helping Hands

NMA believes in Community Service, and our members volunteer many hours of their time to help make a difference:

Yvette Anigolu is the Chair of Weavers of Nigeria Charitable Donations Committee, and volunteers at the Community Outreach Center for Healthy Families.

Bruce Black is currently President of the Berwick Civic Association, and mentors students from OSU, CAHS and The Graham Schools.

Julia Carter volunteers for the Mentoring for Leaders of Tomorrow program .

Jeff Emhuff volunteers at the Franklinton Tutoring Program at Avondale Elementary School.

LaVerne Freeman helps out with childcare at her church two Sundays each month.

Cindy Fruth continues to volunteer as the

Treasurer of the Columbus Employees Association and is the Treasurer of her church.

Debbie Ioia is Secretary of the Executive Board at Central Ohio Chapter of Huntington's Disease Society of America (HDSA).

Beth Fairman Kinney is president of the United Crestview Area Neighbors Civic Association; mentors students from OSU, CAHS and The Graham School.

Teresa Langer continues to sell candy bars to support the NMA speech contest.

Lisa Landoll volunteers at the information desk at Riverside Methodist Hospital.

Victoria Landrum volunteers with Stories Behind Their Eyes.

Terry Neal volunteers on the Board of Directors for the Eastgate

Garden Civic Association.

Tami Peters volunteers for the Ginkaku-Ji Karate Dojo.

Kasia Richey volunteers with the Project Mentor Program at South High School with Big Brothers, Big Sisters of Central Ohio.

Kathy Spatz volunteers on the Westerville Shade Tree Commission.

Terrell Spencer currently holds the office of President of The Livingston Heights Place Civic Association.

Bee Tolber volunteers as a mentor in the Alpha Minority Youth Engineering program.

Jeff Ushry is a tutor at Eastmoor Academy where he also volunteers for the Touchdown Club.

Scott Ward is an Executive Board Member for American Legion and the Association of the United States Army.



Announcements

FACILISKILLS™

Fostering a Culture of Participation

Getting people to work together isn't always easy

FaciliSkills™ is all about collaborative relationships which open doors and make life simpler, community, and within the organization. In short, one needs to "facilitate" all aspects of life in order to accomplish goals.

FaciliSkills™ workshops provide the tools for having greater impact and broader influence, for leveraging time and making better decisions, and for fostering personal growth and ultimately growing your business.

FaciliSkills™ Workshops are designed for...

- Managers who lead groups or project teams
- Anyone thrust into a leader's role without direction
- Emerging leaders seeking new skills to benefit their organization and advance their careers
- Teams that have stalled mid-project.

Here's who was at the October 28th Negativity Workshop with Susan Stasiak!



Benefits Available for NMA Members!

Your "key to savings!"

AND MORE...

NMA members have access to exclusive savings on our endorsed programs. The savings that people enjoy can more than cover their annual national (and often local) membership dues.

Through NMA, members are treated to special, competitive offers, dedicated customer-service teams, and individualized treatments in order to offer you multiple opportunities to save money via your Association membership.

To view a list of your member benefits and access links for all of them, go to www.nma1.org.



December 2015



Member Luncheon



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

2nd Thursdays

77 North Front Street,
Lower Level
Columbus Stat Room
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 645-6032 or 216 8988**

NMA now has a full calendar of webinar discussions and pre-recorded programs. Many of the third Thursday webinars are available for CEU credit. The full calendar can be found at <https://www.nma1.org/nma-webinars-calendar>

2015 Professional Development Calendar

Month	Topic	Facilitator(s)
September 17	Making Assumptions (CEU)	Bob Noel
October 28	Negativity in the Workplace (CEU)	Susan Stasiak
October 15	Business Communications	Melinda Hester, CM (Tentative)
November 19	Presentation Skills	TBD
December 17	Building Website	Judd Sloan, CM

SPECIAL NMA pre-Recorded Series Coming in 2015
A series of videos designed to help chapter leaders and members learn how their association is organized and how to benefit from that knowledge.

September 2015	<i>NMA Series: Professional Development</i>	Renée Stewart, PhD.
October 2015	<i>NMA Series: Member Services</i>	Judd Sloan, CM
November 2015	<i>NMA Series: Communications</i>	Joe Morano, CM
December 2015	<i>NMA Series: Recognition</i>	Laura Spamer

The NMA Leadership Model



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

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.

NMA OFFICERS AND BOARD MEMBERS – JULY 2015-JUNE 2016

<u>Officers/Term End</u>	<u>Name</u>	<u>Phone</u>	<u>Email</u>
President	Jeff Emhuff	645-3655	JTEmhuff@columbus.gov
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	<u>Title</u>	<u>Agency</u>	
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Gary R. Cavin	Director	Technology	GRCavin@columbus.gov
Sherry Kish	Deputy Chief of Staff	Mayor's Office	SRKish@columbus.gov
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Scott Ward	Past President	CPU/OSD	RSWard@columbus.gov



The Lighthouse is published monthly by the Columbus Service Chapter of NMA, Looking for an Editor; Teresa Langer, Geneva Christensen, and Terry Neal acting in place of. Submit articles to:
The NMA-Lighthouse@columbus.gov.