



The Lighthouse

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



May Meeting: Mindfulness



Wayne Moore, EAP, talks about Mindfulness

Mindfulness is a word best defined by its opposites: hurrying, worrying, preoccupied, tense, distracted and anxiety. Those words have become the normal state of mind for many Americans.

At the May member meeting, everyone took a few minutes to breathe. Yes, breathe. The simple act of inhaling correctly, with your stomach extending, and exhaling audibly is extremely cleansing. We are oxygen deprived, stressed, over stimulated beings. And we need to take the time to relax, pay attention to our bodies and breathe. The discipline of mindfulness is a tool that we can use to regain control of our lives, by finding a state of mind that allows us to witness our thoughts instead of being lost in them.

These were some of the highlights of the Mindfulness discussion and exercises led by Wayne Moore of EAP. He is offering a three hour seminar on Mindfulness through Citywide Training. Check the next quarter's catalog to schedule.

May 2016

Visit the Columbus
Public Service Chapter
website:

www.nma-cpsc.org

Visit us on Facebook at

[www.Facebook.com/
NMACPSC](http://www.Facebook.com/NMACPSC)

Read the latest issue of
Breaktime at

[www.nma1.org/nma-
breaktime](http://www.nma1.org/nma-breaktime)

Inside this issue:

NMA Family Scrapbook	2
Announcements	3
Inside NMA	4
NMA Helping Hands.....	6
NMA Calendar	6
Member Spotlight.....	8
Citywide Events.....	11
Professional Development.....	12
NMA Leadership Model	12
About NMA.....	13
Officer Directory.....	14



NMA Family Scrapbook



Condolences to Scott Goffin on the passing of his father.

If you have information regarding a NMA member that you'd like to share, please email Beth at bfkinney@columbus.gov

Thanks!



Mindfulness, Continued

There's an App for that!

Looking for more ways to help you relax? Look no further than your phone! You can get started on your journey with guided or silent mediations to help you relax. Here are some apps that you can download on your smart phone for stress busting any-time and anywhere!

Headspace:

10 short guided mediations, reminders to keep you on track.
Cost: free for the first 10 days, then by subscription.

Calm:

Meditation made easy with guided sessions that range from 2 – 20 minutes.

Also available online at www.calm.com

Cost: free to download, then by subscription

The Mindfulness App:

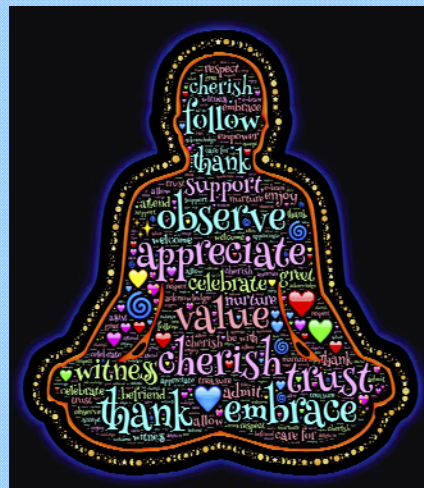
Guided meditations of 3, 5, 15 and 30 minutes.

Cost: \$1.99

Stop, Breathe & Think:

Featuring a range of exercises including the body scan practice. For an extra fee you can download a pack of meditations narrated by k.d. Lang.

(Please note, these apps have not been tested by NMA members. If you would like to test them out and like them, please submit an article review to bfkinney@columbus.gov)



Meeting Announcements

June Meeting Management Week in America

DATE: Thursday, June 9, 2016

TIME: 11:15 AM—12:50 PM

LOCATION: The Florentine Restaurant
907 W. Broad Street
Columbus OH 43222

MENU CHOICE: Caesar Chicken Salad
Lasagna
Smothered Chicken

AGENDA:

- 11:15 Registration & Social Time
- 11:45 Invocation and Pledge of Allegiance
- 11:45 Lunch is Served
- 12:10 Presentation of Awards
 - Silver Knight
 - Manager of the Year
- 12:45 Guest Speaker, Representative on behalf of Mayor Andrew J. Ginther
- 12:50 Adjourned

**Please make your reservations and menu choice
by June 6, 2016 to
Judy Johnson, at jajohnson@columbus.gov**

***Don't forget your canned goods for Mid-Ohio
Food Bank and your pop tabs for Ronald
McDonald House***

Guest Fee: \$15.00



Inside NMA

NMA Calendar 2016

June

6-10 Management Week
in America
9 NMA Meeting @ The
Florentine
19 Father's Day

July

1 Red, White & Boom
4 Independence Day
19 Installation of NMA
Officers
22-25 Jazz & Ribs Fest



Inside Look: What is MyNMA?

A few months ago, the official launch of MyNMA happened during the 2015 Annual Conference in Reno, NV.

So, what is MyNMA anyway?

MyNMA is a social network. MyNMA was designed to connect you with other aspiring leaders and business professionals. It's similar to LinkedIn, but MyNMA is exclusive to registered members of the National Management Association. Access is free to all members.

Here are a few of the highlights:

- Find your colleagues in our Member Directory, and add them as friends.
- Send private messages to other members.
- Upload photos/videos from conferences, chapter workshops, etc. that you may wish to share.
- Keep track of any CEU earned through NMA.
- Bookmark the pages on the NMA website which you use most frequently.
- Browse your "Shop NMA" purchase history and track recent orders.
- Have a unique website experience tailored to your role within the organization.
- ... and there's much, much more on the way.

How do you get involved?

Email Kathy Spatz, KASpatz@Columbus.gov for your login and temporary passcode! Once you receive your code, you need to verify your membership and then login to create your profile!

<https://nma1.org/>

Inside NMA

Step back in time—to May 17, 1983 Proclamation 5062 -- Management Week in America

By the President of the United States of
America, Ronald Reagan

A Proclamation

The high level of competence and dedication of the members of the management profession has contributed significantly to the success of the American economy. Management skills are particularly important at the present time because of the need for increased productivity to allow our goods and services to compete more successfully in both domestic and world markets. We urge those with management responsibilities to continue to improve their skills.

It is important that we acknowledge the essential role of management in ensuring the strength of the American economy, both in the past and for the future. We hope that public recognition of the vital role managerial personnel play in furthering the goals of our society will encourage and inspire young Americans to consider management as a career.

In recognition of the essential role of this profession in ensuring the continued strength of the American economy, the Congress, by House Joint Resolution 225, has designated the week beginning on June 5, 1983, as "Management Week in America" and has authorized and requested the President to issue a proclamation in observance of that week.

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim the week beginning June 5, 1983, as Management Week in America and call upon the American people to observe that week with appropriate ceremonies and activities.

In Witness Whereof, I have hereunto set my hand this 17th day of May, in the year of our Lord nineteen hundred and eighty-three, and of the Independence of the United States of America the two hundred and seventh.

Ronald Reagan

[Filed with the Office of the Federal Register, 2:44 p.m., May 17, 1983]





Community Service

NMA's Helping Hands

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



Yvette Aniagolu helps with the Center for Healthy Families.

Bruce Black is President of the Berwick Civic Association, and mentors students from OSU, Eastmoor 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 also 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 treasurer of the United Crestview Area Neighbors Civic Association; mentors students from OSU, Eastmoor 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 continues to volunteer 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 continues to volunteer 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.



Community Service

Stories Behind Their Eyes



Stories Behind Their Eyes is a student-led organization of several Columbus City School middle and high schools students that bring awareness to their peers and the community of human trafficking. Stories Behind Their Eyes is a

service learning opportunity to bring awareness to the topic of human trafficking and what students can do on a local level that can have global implications. Being present at many community activities as it relates to human trafficking and also collecting items to be donated to a Columbus-area home for women in transition. Stories Behind Their eyes has been running for the past four years through the dedication of our champions, parents and coordinators. STBE first started in 2012 through a Grant written by Mrs Darlena Jones . The student service learning project, "Stories Behind Their Eyes", has won the Liberator Award in the group category. The Ohio Liberator Awards recognize individual and group efforts to raise awareness about human trafficking. For the last year we have been planning and has given an event that was held on May 17, 2016 that was shining the light for victims and survivors of the largest growing enterprise of the world, human trafficking. To learn more, contact Vicky Landrum @ VILandrum@columbus.gov



Getting Involved In Your Neighborhood

Interested in getting more involved in your community and neighborhood? Join your local civic association or block watch to help make your community a better place to live. Many NMA members participate in their community organizations, in a variety of different roles. Giving back to your community helps everyone.

If you live in Columbus and don't know what your civic association is, look it up here: <http://myneighborhood.columbus.gov/>

***“Try to be a
rainbow in
someone’s
cloud”***

-Maya Angelou



***We are still looking for Membership and Community Services members! Email Jeff Emhuff and Teresa Langer if interested!*



Inside NMA



Member Spotlight: Hosea Hooks

If you've ever had a problem with your office computer, you've probably spoken to Hosea Hooks with the Department of Technology. Hosea is a Technology Service Desk Representative with DOT. He answers phone calls and emails in regards to various technical related issues. He helps the user solve their problems with a smile.

Hosea's favorite thing about his job is sharing his technical knowledge with others. His goal is to make things happen, and help people accomplish their goals and dreams. Hosea has served 16 years with the City of Columbus and is one of our newest NMA members. Hosea joined NMA to be part of a group of professional, goal oriented people. He enjoys learning from the speakers and to meet the people that he has helped over the phone for many years, face to face.

Hosea has many accomplishments including being a former QWL President for DOT, the former Business owner of Best Job Cleaning Services, Hooks Marketing & Technical Services and a Big Brother. Currently, he owner of Hosea's State of Mind Productions, LLC.

NMA member Hosea Hooks spends his days with the Technology help desk but his nights and weekends are spent making beautiful music. Hosea Hooks and his band, State of Mind has been part of the Columbus music scene for over 25 years. The jazz fusion performance band loves to perform. They have played large stages at Columbus Commons and small jazz clubs. Their song list consists of a variety of styles, smooth jazz, r&b, gospel and more.

Catch Hosea's State of Mind at Mayor Ginther's Summer Reunion and Fam Jam at Genoa Park on August 27th, 2016. You can hear clips of past performances here - <http://rhooks11.wix.com/hosea-state-of-mind>

And remember to smile next time you call 645-5758 with your latest software problem, because on the other side of the phone might be your friend, Hosea Hooks.

Would you like to nominate someone for a future Member Spotlight? Talk to Beth at the next meeting!

Inside NMA

New Members Wanted!

Help us grow the NMA! Here's a top 10 list to help you tell your co-workers and peers.

Top 10 Reasons to Join NMA

1. Learn, Grow, Develop
2. Network
3. Challenge Yourself
4. Be Informed
5. Join a Committee
6. Serve Your Community
7. Be Connected
8. Celebrate our Diversity
9. Improve your Communication Skills
10. NMA...THE Leadership Development Organization, Columbus Public Service Chapter since 1981!

Healthy Columbus 5K



May 7th was a beautiful morning to walk, run, speed walk, skip and enjoy nature at Franklin Park for the Healthy Columbus 5K. Congrats to all who participated.

"The best preparation for tomorrow is doing your best today."

- H. Jackson Brown, Jr.

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.



Citywide Events



Officers:
 President Ex-Officio: Mayor
 President: Mike Slone
 1st Vice President: Will Roy
 2nd Vice President: Steve Brunney
 Treasurer: Cindy Fruth
 Secretary: Cheryl Smith

2016 DISCOUNT TICKETS

Send payment to Cindy Fruth at: DPU Fiscal – Room 3013E - 910 Dublin Road cmfruth@columbus.gov
 614 645-7304 Please call in advance. Pay by cash (in person only) or check payable to CEA.

TICKETS	Gate Price	CEA Price
Columbus Zoo & Aquarium General Admission (ages 3-59)	\$19.99	\$12.00
Columbus Zoo & Aquarium Child / Senior (ages 3-9 or 60 +)	\$14.99	\$7.00
Columbus Zoo & Aquarium & Zoombezi Bay Parking	\$10.00	\$10.00
Cedar Point GAD (ages 3-61, 48" or taller in shoes)	\$65.00 + 4 % tax	\$49.00
Cedar Point Jr/Sr GAD (ages 3-61, under 48" tall in shoes or age 62 and older)	\$45.00 + 4 % tax	\$43.00
Cedar Point Ride & Refresh (ages 3-61, 48" or taller in shoes – admission along with a wristband for all-you-care-to- drink fountain Coca-Cola beverages that day)	Not sold at gate	\$55.00
Soak City GAD (ages 3-61, 48" or taller in bare feet-one day admission for one person)	\$35.99 + 4 % tax	\$31.00
Cedar Point 2-Day Ride & Slide (ages 3-61, 48" or taller. Two visits at both CP & SC)	\$90.00 + 4 % tax	\$85.00
Kings Island Adult (ages 3-61, 48" or taller)	\$64.00	\$41.00
Kings Island Jr/Sr (ages 3-61, under 48" tall or age 62 & older)	\$38.99	\$36.00
Kings Island Jr/Sr Early Bird *Valid GAD through June 30 only*	Not sold at gate	\$15.00
Kings Island Adult Ride & Refresh (drink voucher must be redeemed same day)	Not sold at gate	\$48.00
Kings Island Jr/Sr Ride & Refresh (drink voucher must be redeemed same day)	Not sold at gate	\$44.00
Kings Island Two Day (valid for admission any 2 public operating days)	\$64.99	\$63.00
Kings Island & Cedar Point Ticket (ages 3 & up, valid for one day at each KI & CP)	\$64.00	\$61.00
Kings Island Parking	\$15.00	\$12.00
Dinosaurs Alive		\$4.00
Zoombezi Bay General (includes admission to the Zoo)	\$32.99	\$26.00
Zoombezi Bay (ages 3-9/Senior 60+, includes admission to the Zoo)	\$24.99	\$22.00

Cedar Point Ticket Store (processing fees are charged)
https://cf-cp.secure.accesso.com/embed/store.php?m=11532&emerchant_id=900
 Username: COLUMBUSEACP Password: cea2016

Kings Island Ticket Store (processing fees are charged)
https://cf-ki.secure.accesso.com/embed/store.php?m=11644&emerchant_id=500
 Username: COLEA Password: BANSHEE

Columbus Zoo and Aquarium tickets now available online at:
<https://shop.accesso.com/clients/columbuszoo/affiliate?m=1051>
 User name: colsemp Password: leopard

Newport Aquarium – online only at: www.newportaquarium.com Use promo code: CEA

The Wilds
<https://reservations.thewilds.org/PartnerLogin.aspx>

Dedicated to promote cultural, social and fraternal interests of the City of Columbus employees, electees, and appointees

5/3/16

Citywide Events

Columbus Arts Festival



Come downtown to Columbus' Riverfront and Scioto Mile, June 10, 11, 12 for Columbus Arts Festival. Discover the art of hundreds of artists and craftspeople, hands-on art activities for all

ages, live music and great food at this annual event.

www.columbusartsfestival.org

Columbus Pride Parade



Join Mayor Andrew J. Ginther in the 2016 Columbus Pride Parade, Saturday, June 18. This year, the Pride parade honors retired Columbus Fire Captain Lana Moore as the Columbus Pride Grand Marshall. Captain Moore, a third-generation firefighter, EMT-B with the Columbus Division of Fire, retired earlier this year with

35 years of service.

City employees and their guests are encouraged to meet on the south plaza of City Hall at 10:00 a.m. on the day of the parade to line up. Register online by filling out this form: https://docs.google.com/forms/d/1c03YMsxFTgBgr_KDt4Wkll-H0ptAluK0nm2KYXaKINK/viewform

Cooking Classes



Local Matters is hosting a variety of "Pay What You Can" public cooking, nutrition and gardening classes in their new CareSource Community Kitchen on Parsons Avenue. For classes: <http://www.local-matters.org/classes-events>



#lifeincbus

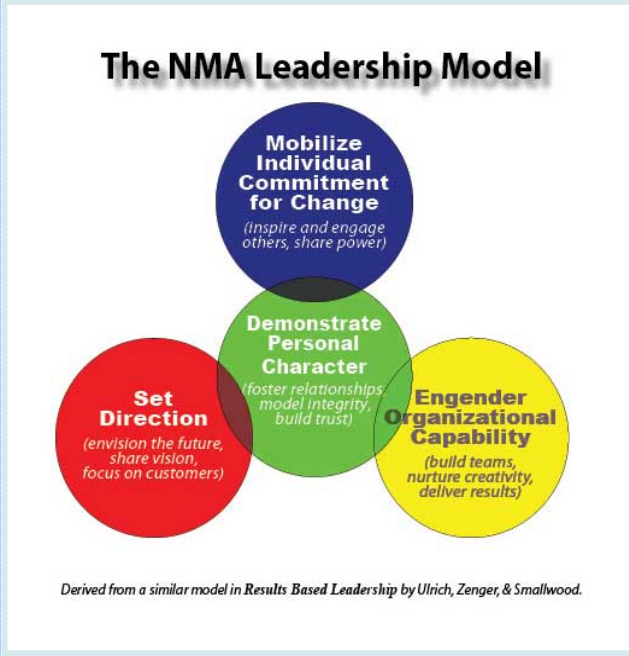
Looking for more fun in Columbus this summer? Here are some great websites to check out!

<http://lifeincbus.com/>

<http://www.experiencecolumbus.com/>

<http://www.columbusunderground.com/>

Professional Development



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>

- June 16 TBD Workplace Trends We're Seeing in 2016 Alisa Armstrong
- July 21 3:00 pm EDT * Communications – Exact title TBD TBD
- August 18 3:00 pm EDT Fostering Employee Engagement Don Hart
- September 15 3:00 pm EDT * Risk Management Bob Noel
- October 20 TBD Emotional Intelligence TBD
- November 17 3:00 pm EDT * Leadership and Wellness Candi Creel, CM

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

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
1st Vice President	Teresa Langer	645-4128	tlanger@columbus.gov
2nd Vice President	Beth Fairman Kinney	645-7116	bfkinney@columbus.gov
Secretary	Amy Ackerson	645-8119	aackerson@columbus.gov
Treasurer	Vacant		
Immediate Past President	Scott Ward	645-1834	RSWard@columbus.gov
National Director	Kathy Spatz	645-0487	kaspatz@columbus.gov
National Director (Retired)	Bill Mahaffey	795-1582	Billm4715@sbcglobal.net
<u>Board of Directors</u>			
At Large/2015	Terrell Spencer	645-6133	tlspencer@columbus.gov
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Public Utilities/2015	Cindy Fruth	645-7304	cmfruth@columbus.gov
SWACO/2014	Albert Iosue	871-5100	albert.iosue@swaco.org
Technology/2014	Margaret McDougald	645-0550	MABrowder@columbus.gov
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Chapter Awards	Lezley Neal	645-0359	LNeal@columbus.gov
Community Service	Bee Tolber	645-7496	vtolber@columbus.gov
	LaVerne Freeman	645-0550	lafreeman@columbus.gov
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Public Relations	Beth Fairman Kinney	645-7116	BFKinney@columbus.gov
<u>Executive Advisory Committee</u>			
	<u>Title</u>	<u>Agency</u>	
Derek Anderson	Director	CRC	DHAnderson@columbus.gov
Sherry Kish	Deputy Chief of Staff	DOT	SRKish@columbus.gov
Dr. Richard Westerfield	Administrator	DPU	RCWesterfield@columbus.gov
Scott Ward	Past President	DPU/DoSD	RSWard@columbus.gov



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