

# Dolphin Tales

GALVESTON COUNTY CHAPTER

September 2010

## OFFICER'S CORNER

### What is the Big Deal?



Written by Karla Villeneuve CPS  
Vice President

What is the big deal? We have all asked ourselves this question at one time or another. As humans, we are challenged on a daily basis either mentally or physically. There just naturally seems to be something in our human nature that once challenged we want to be the best and this is where we make things "the big deal."

In this country, we learn from a young age that we have to be the best at everything. As a child in elementary school, we were challenged to make good grades. We're told how to behave and a lot was expected of us from not only our parents but also our teachers. In our young minds most things were a big deal.

As we moved on to adolescence, many of us joined some kind of club or organization, or participated in one or more of the extra-curricular activities that our school had to offer – like sports, band, drill team (the list goes on and on). Most of these activities usually tested on our physical and mental skills. Nevertheless, the biggest test of all came from that big, ugly, green monster called "peer pressure." We messed up along the way and was steered off course, but we did not let it rule us.

And it only gets as we roll into adulthood. Things get to a point where eventually we have to set goals. We have to set priorities in our lives. Now y'all have being waiting a while, so here's another big deal. Love, marriage, education, career, family life, and social life all become the big deal. Do you remember this rhyme from your childhood? "First comes love then comes marriage then comes so and so with a baby carriage" Some of us followed this path into adulthood and some of us started the path into adulthood

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## Calendar of Events

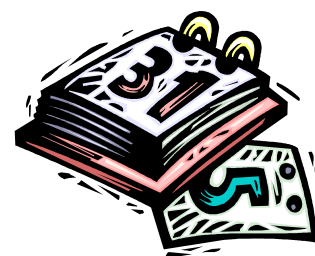
October 2, 2010	Leadership Training Crowne Plaza Houston North-Greenspoint
October 7, 2010	Substance Abuse in the Workplace Dr. Seal, TLC
October 16, 2010	InterCity Council CPS/CAP Recognition Banquet Houston, TX
November 5 & 6, 2010	CPS/CAP Exams
November 11, 2010	Avery Dale Osberg
December 2, 2010	Holiday Party
January 6, 2011	Office Team
February 3, 2011	Building Trust to get Results Jennifer Huey, Franklin Covey Houston
February 7, 2011	Galveston County Annual Seminar Galveston Hilton
February 15, 2011	CPS/CAP Deadline
March 3, 2011	TBA
April 7, 2011	Officer Nominations
May 6 & 7, 2011	CPS/CAP Exams
May 11, 2011	Election of Officers
June 2, 2011	Installation of Officers

Visit our Chapter Website  
at:

<http://www.iaap-txgalv.org>

Become a Fan on our  
Facebook Page:

<http://www.iaafacebook.com/pages/IAAP-Galveston-County>



*Please send any articles, recipes or items of administrative or organizational interest to the Newsletter Committee.*

## This and That

Written by Lynne Purdue

The financial guru's all say that we should keep at least 3-5 months worth of earning in a savings account in case of an emergency (meaning loss of job or illness!). If you want to check out who is paying the best interest rates go to: [bankaholic.com](http://bankaholic.com).

You ask – “Just how in the world am I supposed to save that much money? I'm using it all to live on!!” Well once again, those financial guru's say if you have a set amount transferred into your savings account each payday it won't take long for you not to even miss it! Start small and then every time you get a cost of living raise add to it! They obviously don't have my checkbook in their hands!

Banks are not always your best bet for checking and savings accounts. Check out credit unions for customer friendliness and lower fees.

You may be able to save 10-15% off of your home insurance by installing a security system and deadbolt locks on your doors. Some insurers even give a discount for families that are nonsmokers! Call your insurance company today and check it out and start saving!!!

Did you know that by spending just \$27.40 a day on non-essentials you could be blowing \$10,000 a year!! Go to [Mint.com](http://Mint.com) and start a budget plan.

Transportation related costs account for approximately 17% of the average family budget. If you slow down to 55 mph you can save up to 15% on fuel! Keep your wheels properly inflated and have them rotated every 6 months or 6000 miles – it could almost double the life of your tires! The old rules for oil changes were every 3000 miles – but the new rules are every 5000 to 7000 miles – that could save you up to \$360 per year!!! Check in your cars manual for the manufacturer's recommended oil-change interval. At your next inspection ask them to check your oxygen sensor – if it is not working properly installing a new one can improve mileage by 14%!

The experts all say don't own more than one rewards credit card. The reasoning behind that is that you may not be accumulating enough points on any one if you use several. Be sure and find a rewards card with no annual-fee and make sure that the rewards are actually free and you don't have to pay for them!

“...DID YOU KNOW THAT BY SPENDING JUST \$27.40 A DAY ON NON-ESSENTIALS YOU COULD BE BLOWING \$10,000 PER YEAR!...”

## Save the Date!

## Monday, February 7, 2011

Galveston County Chapter Annual Seminar  
*“Unmask Your Potential”*

At the beautiful Hilton Galveston Island Resort  
5400 Seawall Blvd.  
Galveston, TX 77551



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with pursuing our education.

By either path, education ties directly into our careers and to some extent our personal lives. For those of us who have been through college, I am only preaching to the choir when I say that studying for those exams was awful. However, at the time it was our “big deal.” Whether we chose college or went straight into our career, at one point or another we had to face the dreaded test and/or working toward a certification. Even in career related organizations such as ours, we have mountains to climb.

I would like to close by talking about one last big deal and that is the importance of taking care of ourselves and spending time alone. We have to make time to do this. To have silence to relieve our minds of all of the stress the world puts on us. If prayer helps you this, being with nature, exercising or by any other means, please make time to do this. In addition, if someday you are at the office and are having the worst day, try to remember this little (or not so little) article and ask you. What is the big deal? I hope that it will bring that little smile you need to get through the day.

The bottom-line is that we want to do what is best for our families and ourselves. If the opportunity to advance in your field of work presents itself, go for it. As long as we do things in an honest, professional manner, let us do what it takes to better our position in life. Never think you cannot accomplish something. Remember even when we try our best and end up falling flat on our backs, it's O.K. You simply get up, dust yourself off, and keep on going. Finding that “can do attitude” in life really is a big deal. Since it is football season, I love remembering what coach Bum Phillips said many years ago when he told the media “last year we knocked on the door, this year we beat on the door, and next year we are going to kick the door in”. In addition, if you have the love and support of family and friends in your endeavors, your accomplishments become even more special. Wow, talk about a big deal.

“...LAST YEAR  
WE KNOCKED  
ON THE DOOR,  
THIS YEAR WE  
BEAT ON THE  
DOOR, AND  
NEXT YEAR WE  
ARE GOING TO  
KICK THE DOOR  
IN...”

## **SPEAK STRONG TIP OF THE DAY:**

Hearing what you're doing wrong demoralizes. Hearing what you can do instead inspires. Keep the focus positive by emphasizing success and how to get there. While you're at it, do the same for yourself.

## Tips on How to Lead and Succeed

Submitted by Pam Stout CPS/CAP

Recently I read a book which offered advice and ideas on a variety of leadership concepts. It covered a whole host of issues from dealing with challenging personalities to tips on how you can improve your own skills when you find yourself in a leadership role in any environment. Below I have shown an excerpt from the book which I hope you will find value in as I did. Lord knows I often find myself “eating crow” and pondering on the best way to do it. I also know how hard it is to apologize so the tips on “accepting an apology graciously” are also very useful.

### **Eating Crow with Humor and Grace: Apologies**

- I can't believe I (fill in the blank). What a dope! Please forgive me.
- I regret doing/saying \_\_\_\_\_ I wasn't thinking I'm so sorry.
- I didn't intend to \_\_\_\_\_. Please accept my apologies.
- I didn't realize \_\_\_\_\_, I feel badly and want you to know how sorry I am.
- My face is red! I've really done it this time. Please forgive me.
- I'm a total goof. I had no idea \_\_\_\_\_. I'm really sorry.
- What can I say except that I'm a total idiot? I feel awful about it. I'm so sorry.

### **Accepting An Apology (Graciously)**

- I appreciate you saying that. Please think no more about it.
- I accept your apology. Let us speak no more of it/the matter.
- Thank you. It's behind us now, and we'll go forward from here.
- Not a problem. We can work this out.
- It happens. I appreciate you saying that, but please, let's forget it.
- It's OK. I've done the very same thing. In fact, one time I \_\_\_\_\_
- I do things like that all the time. Don't worry about it.

“...EATING  
CROW WITH  
HUMOR AND  
GRACE:  
APOLOGIES...”

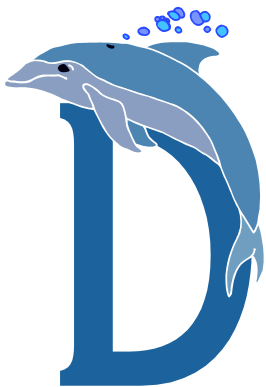
Source: *Leadership Isn't Rocket Science 6 Ways to Boost Your Leadership IQ*  
By Eve Becker-Doyle.

### SPEAK STRONG QUOTE OF THE DAY:

*“Don't just tell someone what they're doing wrong. Help them see how to do it right.”*

*Meryl Runion*

Newsletter Committee: Karla Villeneuve CPS kvilleneuve@standardparking.com, Mary Contreras CPS Mcontreras@leaguecity.com and Rhonda Driver CPS/CAP rhonda.driver@nasa.gov. The Galveston County Chapter Newsletter “Dolphin Tales” is a monthly publication. The deadline for submission of materials is the following Monday after the monthly chapter meeting each month.



## Committee Info

### Seminar

- ◇ Deborah Grounds-Sanders reported that the contract with the Hilton Galveston Island Resort has been signed and accepted. The seminar is scheduled for February 7, 2011. The hours are yet to be determined. The theme is "Unmask Your Potential" with Mardi Gras themed decorations
- ◇ *Notifications* – The Save the Date notifications have been created by Rhonda Driver and forwarded to all members for circulation.
- ◇ *Volunteers* – are committed and receiving excellent support from the board and members.
- ◇ *Registration Cost* – \$119.00 Early Bird
- ◇ Deborah Grounds-Sanders will be contacting a local officials in Galveston to present the introduction and possibly have the Boy Scouts or the ROTC to present the colors and have someone give the invocation.

### Membership

Membership – Renee Pearcy recognized two members who had renewed their membership – Rhonda Driver CPS/CAP and Kelly Henson. Each received a butterfly magnet.

### Certification/Education

Karla Villeneuve is leading a study group (on Thursdays) for the CAP exam for the test in November, 2010.

### Newsletter

Please submit your articles for our monthly newsletter.

### Programs

Programs – Galveston County Chapter Calendar of Events – Kelly Henson and her committee are working on filling the calendar.

### Ways and Means

Fundraising ideas for 2010—2011:

- ◇ Garage/Bake Sale in April, 2011
- ◇ Online Auction – November, 2010
- ◇ Candle Sale – Janine Cmaidalka
- ◇ Scentsy – Cathy French
- ◇ Baskets for Raffleing – February – Chocolate Basket; July – 4<sup>th</sup> of July Basket
- ◇ Texas A & M Holiday Craft Fair – Margaret Cuellar
- ◇ Aluminum can collection – Chris Romair

### *LEADERSHIP TRAINING*

\*\* Start making plans now to attend the leadership training sessions that the Division will have this year. San Antonio's training will be **September 11**, New Orleans will be **September 25**, and Houston's will be **October 2**. The price will still be \$45 this year. The leadership training in San Antonio, New Orleans and in Houston will be 3 1/2 educational recertification points.

Newsletter Committee: Karla Villeneuve CPS [kvilleneuve@standardparking.com](mailto:kvilleneuve@standardparking.com), Mary Contreras CPS [Mcontreras@leaguecity.com](mailto:Mcontreras@leaguecity.com) and Rhonda Driver CPS/CAP [rhonda.driver@nasa.gov](mailto:rhonda.driver@nasa.gov). The Galveston County Chapter Newsletter "Dolphin Tales" is a monthly publication. The deadline for submission of materials is the following Monday after the monthly chapter meeting each month.

## *IAAP September Anniversaries*

**Pam Stout** 9/1/1998  
**Rhonda Driver** 9/1/1999  
**Kelly Henson** 9/1/2007  
**Robin Rossi** 9/1/2007

## *IAAP Birthdays*

**Kelly Henson**  
September 9th

**Kristi Keel**  
September 25th



Annette Barham CPS/CAP  
Janine Cmaidalka CPS/CAP  
Rhonda Driver CPS/CAP  
Georgina Eastmond CPS/CAP  
Cathy French CPS/CAP  
Deborah Ground-Sanders CPS/CAP  
Bobbie Guyton CPS/CAP  
Janet Kidd CPS/CAP  
Lynn Wyatt Maida CPS/CAP  
Renee Pearcy CPS/CAP  
Lynne Purdue CPS/CAP  
Teresa Ramirez  
Pam Stout CPS/CAP  
Karla Villeneuve CPS

*Thank you to our sponsor!*



*Congratulations to the above members for their achievement!*

## **Galveston County Chapter 2010-2011 Board of Directors**

**President, Annette Barham CPS/CAP**  
**President-Elect, Rhonda Driver CPS/CAP**  
**Vice President, Karla Villeneuve CPS**

**Secretary, Cathy French CPS/CAP**  
**Treasurer, Georgina Eastmond CPS/CAP**  
**Past President, Janine Cmaidalka CPS/CAP**

[www.iaap-txgalv.org](http://www.iaap-txgalv.org)