



ITEMS

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Newsletter of the Idaho Chapter of the International Association of Workforce Professionals



A Message from Your Idaho Chapter President, David Washburn Seasons Greetings



I have some exciting news - the Idaho Chapter of IAWP has a new member of our Chapter Leadership Team. Gemma Meyers has agreed to serve as the Idaho Chapter Vice President and Chapter Membership Committee Chairperson for the remainder of the 2008-2009 year. She will replace Rita Hale who resigned her post as Idaho Chapter Vice President in November. I wish to express my sincerest thanks and congratulations to Gemma and welcome her to the 2008-2009 Idaho IAWP Membership Team.

As we move quickly into the holiday season, I would like to wish all the members of the Idaho Chapter of IAWP a very happy and joyous holiday season. As members of the Idaho Chapter of IAWP, we all give the people we serve and our fellow workers many gifts of service and concern about their situations. I encourage each member of the Idaho Chapter of IAWP to consider giving one more type of gift to your fellow workforce development colleagues. Invite them to become a member of IAWP, which will enable them to take advantage of the many valuable benefits of IAWP membership. Another gift idea would be to submit an IAWP award nomination for one of your colleges to give them deserved recognition for their outstanding efforts and accomplishments.

I look forward to a great year in 2009 with increased growth of the Idaho Chapter of IAWP. We have many things to be thankful for during this holiday season as we move into 2009. The members of the Idaho Chapter of IAWP can all be very proud of the superb service you provide for the citizens of Idaho as you assist them through these times of economic uncertainty.

If you are not already a member of IAWP, I enthusiastically urge you to consider the many benefits of becoming a part of the Idaho IAWP Chapter and join today. If you are already a member of IAWP and not a member of the IAWP leadership team, I encourage you to consider taking the progressive step and volunteer to be a part of the IAWP leadership team. If you are interested in joining the Idaho IAWP leadership team, please contact David Washburn at: dwashb@clarkston.com as soon as possible.

LOOK at What's Inside....

Message from Our President	1
New Year's Resolution	1
Auld Lang Syne	2
International Development	2
Health Management	3
Planning to Attend	4
Executive Board	4
Promotions and Retirements	4
Veterans' Corner	5

"It's Your IAWP – Making a Difference, Working Together"

A New Year's Resolution is a commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous. The name comes from the fact that these commitments normally go into effect on New Year's Day and remain until fulfilled or abandoned. More socio-centric examples include resolutions to donate to the poor more often, to become more assertive, or to become more economically or environmentally responsible. The New Year resolution is one example of the rolling forecast-method of planning. According to this method, plans are established at regular short or medium-term time intervals, when only a rough long-term plan exists.

From Wikipedia, the free encyclopedia

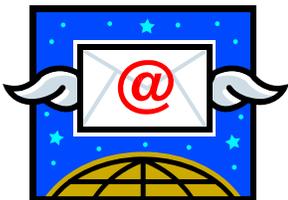
Auld Lang Syne

The song, "Auld Lang Syne," is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the New Year. In spite of the popularity of 'Auld Lang Syne', it has aptly been described as the song that nobody knows. Even in Scotland, hardly a gathering sings it correctly, without some members of the party butchering the words.

Written by Robert Burns in 1741, it was first published in 1796 after Burns' death. "Auld Lang Syne" literally means "old long ago," or simply, "the good old days."

Auld Lang Syne by Robert Burns

Should auld acquaintance be forgot,
and never brought to mind?
Should auld acquaintance be forgot
and days of auld lang syne?
For auld lang syne, my dear,
For auld lang syne,
We'll take a cup o' kindness yet
For auld lang syne
We twa hae run about the braes
And pou'd the gowans fine;
we've wander'd mony a weary foot
Sin' auld lang syne
We two hae paidled i' the burn,
Frae mornin' sun till dine;
But seas between us braid hae roar'd
Sin' auld lang syne
And here's a hand, my trusty friend,
And gie's a hand o' thine;
We'll take a cup o' kindness yet
For auld lang syne
Should auld acquaintance be forgot,
and never brought to mind?
Should auld acquaintance be forgot
and days of auld lang syne?
For auld lang syne, my dear,
For auld lang syne,
We'll take a cup o' kindness yet
For auld lang syne



International Development

Communications on the Move

The Idaho Chapter of IAWP International Development Committee is continuing the International Pen Pal program activity this year. This activity entails sharing ideas, knowledge, program successes and information by e-mail with our counterparts in foreign countries. If you are interested in participating in this activity please contact Idaho Chapter International Development Committee Chairperson, Oscar Escobedo at Oscar.Escobedo@labor.idaho.gov. There are some e-mail addresses for our international partners available on the International IAWP directory on the IAWP web page.

Health Management

From the BPA website at <http://www.bpahealth.com/general/library>

Feeling Stress over the Holidays?

Take a breath, read these suggestions and get on with your day.

Stress isn't going away especially with the holiday season. Here are a some things you can do to lighten the stress load on your mind and body:

1. Volunteer: Finding meaningful volunteer work helps get you out of your own head and provides feelings of accomplishment.
2. Take a short drive in your car: Pick a positive, healthy diversion, one that calms you or makes you happy.
3. Breathe/meditate: Slow deep breathing can help bring on the relaxation response and meditation helps calm the mind. Together they can reduce heart rate, blood pressure, adrenaline levels, even skin temperature.
4. Exercise: This sounds like the opposite of No. 4, but aerobic exercise, strength training and flexibility exercise (such as yoga) let off steam and give you a healthy body better able to handle stress.
5. Talk nice to yourself: Give yourself credit for the things you've accomplished. It will make you less anxious and more confident.
6. Pretend: If things seem to be crashing down, act as though they're not. Do this repeatedly to help change your perspective on life's troubles.
7. Always ask, "What's the worst that can happen?": If the answer isn't death, permanent injury or terminal illness, believe you can get through it.
8. Unclutter: Organize some part of your physical space, such as your desk, closet or garage.
9. Talk-and listen-to someone who has your confidence: Find a friend, family member or professional counselor who will talk about handling stress. But you also must be ready to hear the advice.

For additional information or assistance, please contact your Employee Assistance Program (EAP) or consult a Mental Health Professional.

**Please submit your article(s) for publication in the
next issue of ITEMS by
January 9, 2008**

**Please send to
chris.orders@labor.idaho.gov**

ITEMS Editor – Chris Orders

**Planning to Attend the
2009 International IAWP Conference –
Things to see and do:**

Black Hills Adventure

Wildlife Photography - From mountain-climbing goats to prairies of roaming buffalo, you'll encounter opportunities to view and photograph wild animals up close. Bald eagles, prairie dogs, elk, bighorn sheep, wild horses and many more species call the Black Hills home. The wildlife parks of the southern Black Hills are renowned for nature photography. Nearly 1,800 buffalo roam free in Custer State Park and are easily spotted from the road. Buffalo can also be viewed at Windcave National Park and Badlands National Park. Custer State Park, Wind Cave and the Black Hills National Forest also offer elk, antelope, Bighorn sheep and bald eagle sightings. Always have your camera ready and be prepared to pull off the road. But don't take foolish risks... there are wild critters and you're in their territory.

Mountain Climbing - The technical face-climbing offered in the Black Hills is considered some of the best in the world. Mountaineers say most climbs are short, but very difficult. They range from Easy 5.0 to Extremely Difficult 5.14. It's a great place to practice the purist style of free climbing because there are so many individual summits within this miniature mountain range. Black Hills granite is sharp and abrasive, but is almost always sound. The premier climb in the Black Hills is the 865 foot face of Devil's Tower. More than 80 separate routes to the summit have been described since climbing records were started in 1937. The National Park Service says that every year, more than 5,000 climbers scale the Tower. The Needles-Sylvan Lake district of the Harney Range in the Black Hills is another popular area for climbing. About 1,000 towering granite spires offer climbs ranging from bouldering to 300 foot ascents. Then you either down climb or rappel. Some spires still have not been climbed. Sports shops in Rapid City, Hill City, Spearfish and Keystone supply climbing equipment, maps and guidebooks. There are several local outfitters offering climbing lessons, gear and guided climbs.

Idaho IAWP Executive Board

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WEB SITE: Nancy Upchurch
WPDP COORDINATOR: (Vacant)
AUDIT: Vacant
IDOL LIAISON: Rogelio Valdez

	Promotions		
11/30/2008	Standish, Nancy G	Financial Specialist, Principal	Accounting
11/16/2008	Baker, Sandra K	UI Tax Representative	UI Compliance
	Retirements		
10/31/2008	Bowden, J Edward	Financial Specialist, Senior	Accounting
11/19/2008	Zimmermann, Mary Jane	Workforce Consultant, Senior	Idaho Falls
10/31/2008	Laib, Donald L	IT Systems Operator	IS Support

Veteran's Corner
by Johnny Moreno, IAWP Veteran Chairperson

Meadows Foundation News Release

Patriot PAWS Service Dogs of Rockwall, TX, is delighted to announce it has received a grant from the Meadows Foundation. This grant is partially based on a matching program whereby the Meadows Foundation will provide 2 for 1 funding during the next year. For example, if Patriot PAWS raises \$100 dollars from donations, the Meadows Foundation will additionally give \$200 dollars.

Patriot PAWS is a 501 (c) (3) non-profit organization that is committed to train service dogs that will enhance the lives of disabled veterans and to provide the same service for other Americans with mobile disabilities. This commitment includes building partnerships within the community which will allow Patriot PAWS to give back to society while enhancing the lives of all individuals involved.

"When I first started Patriot PAWS, I wanted to find a practical, yet positive way to train our dogs", said Lori Stevens, founder. "What happened next was a huge win for everyone involved," Stevens stated this week. In late 2007, Patriot PAWS entered into a partnership with the State of Texas Department of Criminal Justice (TDCJ) to train female inmates to become service dog trainers. The Meadows Foundation grant was approved last month to further help in the development of this program.

Although the prison program is in its formative stages, many individuals have stated that they can see major positive changes in almost everyone associated with the Patriot PAWS/TDCJ partnership. This includes inmates, officers, and prison personnel. Inmates learn an occupation that can be used immediately as a new career path when they are released. Ultimately, inmate service dog trainers, and the volunteers of Patriot Paws, will help to give back the freedoms that were lost to disabled Veterans. With the possibility of a new career opportunity for released inmates, the overall recidivism rate for repeat offenders is expected to be significantly reduced.

The Meadows Foundation of Dallas, TX is among the most recognized private philanthropies in the country. It was established in 1948 by Algur H. and Virginia Meadows to benefit the people of Texas. The Foundation's mission is to assist the people and institutions of Texas to improve the quality and circumstances of life for themselves and future generations. Their assets are in excess of \$950 million and it has disbursed over \$600 million in grants and direct charitable expenditures to over 2,900 Texas institutions and agencies.

Patriot PAWS extends its sincere gratitude to the Meadows Foundation for its support.

Additional information about Patriot PAWS can be found at www.patriotpaws.org. As a 501 (c)(3) non-profit organization, Patriot PAWS is funded by donations and grants. Contributions are greatly appreciated and can be sent to Patriot PAWS, 811 Yellow Jacket Lane, Rockwall, TX 75087.