



NMA Breaktime

An Electronic Newsletter for NMA Members



All Aboard... For San Diego

October 2008 Issue

For those of you heading to the Annual Conference, San Diego native Bill Evans will be there to welcome you! Well, actually, it's more like The William D. Evans... the elegant sternwheeler (see picture, below) where we'll be holding a fundraiser for the NMA Speech Contest. Instead of the usual "free" Sunday night, Conference attendees will board the boat, cruise around Mission Bay, snack on appetizers, and enjoy a special Casino Night with all net proceeds going to sponsor our six speech contestants' travel to San Diego.

Secluded on a private peninsula in San Diego's world famous Mission Bay Park... and located less than 5 minutes from Sea World... The Bahia Resort Hotel is surrounded by sandy beaches, tropical gardens, and hidden waterways. The rooms are casually appointed but have great views of the Pacific, the gardens, or the Bay.



DON'T FORGET: If you're attending the Conference, remember that Election Day is Tuesday, November 4th. You'll want to be sure to vote by Absentee Ballot or whatever is appropriate for your state. It DOES vary... in some states you are not supposed to use absentee balloting unless you will be out of state on both the Election day AND the "Early voting" period. One usually good contact is your Secretary of State's office.

are fine. As for the Sunday night Casino Night cruise, attendees will enjoy relaxing in a more casual style.

- Don't forget to send or bring items for the Shorey Silent Auction and for Door Prizes throughout the 3 days. If you wish to ship items, you may wish to indicate Silent Auction or Door Prizes on the outside of the box and send them to:

Now, some highlights of the November 1-3 meeting:

Donna Cottingham
City of San Diego
1200 3rd Avenue
Suite 1300
San Diego, CA 92101

- Dress for the Saturday night Member of the Year opening banquet is coat and tie... and dress for Monday night's Executive of the Year is black tie optional... suits for men

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The Mayor of San Diego will be with us at the Opening Keynote Luncheon on Saturday, November 1st. The Conference opens at noon. Our thanks to NMA Board Member Donna Cottingham for arranging his visit to NMA!



Afraid of having Halloween Withdrawal? Not to worry. Our good friends at the Goodrich Chapter are having their October chapter meeting at the Bahia on Friday night, October 31, from 6:30 pm - midnight in the Mission Bay Ballroom. They have invited all conference attendees to join them for a fun "Halloween Bash" that includes an evening of dining & dancing in your best Halloween costume...all for just \$55!! You'll need to RSVP to Denise Busch at 619-691-2940 no later than October 15.



Don't miss the 60-minute guided walking tour of Mission Bay Park and Mission Beach on Saturday morning, November 1, 2008, at 9:00 am. It's no charge and is being provided by our other wonderful hosts at the City of San Diego Chapter. Please RSVP to Jo-Ann Novak at 619-236-7257 or e-mail at Jnovak@sandiego.gov no later than October 21, 2008!!

We look forward to seeing you in San Diego and having you help honor four special individuals:



W. James McNerney, NMA Executive of the Year from The Boeing Company



Aram M. Mika, Hall of Fame inductee from Lockheed Martin SSC



John R. Ryan, McFeely Award Recipient, from The Center for Creative Leadership



Michael Dowding, NMA Member of the Year from Blue Cross Blue Shield of Michigan

Lockheed Martin Bangor Chapter Recognition Dinner

*Jeremy Ellis
Chapter Vice President*



On the evening of August 12th, 2008, 63 members and guests gathered at the Silverdale, WA, Beach Hotel to celebrate the chapter's prior year accomplishments.

The night began with a half-hour of networking and a slideshow of photos from past NMA events.

Following dinner, the group received an outstanding presentation titled "A Prospective on Leadership and Management" delivered by Lockheed Martin Space Systems Company Director of

Publications and Services, Joyce Steakley, during which Joyce drew comparisons between NMA's leadership model and Lockheed Martin's Full Spectrum Leadership Model.

Next, it was on to the awards portion of the evening. First, all Chapter Boosters and Board Members in attendance were recognized with certificates of appreciation for their dedication over the past year. Additionally, Chapter 534 President Reshondra McInnis was recognized with a chapter

president pin and certificate from NMA Headquarters. Following the certificates of appreciation, all members of at least 5 years were recognized with membership anniversary certificates. These were presented in 5 year increments from 5 years all the way up to 30 years of membership as a way to recognize and thank our members for their dedication.

Subsequently, the Medallion Award was presented to Chapter Booster Anne Scott for Booster of the Year by Chapter Member Relations Committee Chairperson Tammy Palmer. The Shield of Excellence was presented to Chapter Community Affairs Committee Chairperson Steve Martin for Outstanding Individual by SWFPAC Resident Director Carol Evanoff. The Jade Award was presented to Chapter Member Relations Committee Chairperson Tammy Palmer for Board Member of the Year by Chapter Secretary Bill Warren. The Leadership Award was presented to Chapter Vice-President Jeremy Ellis for Member of the Year by Chapter President Reshondra McInnis.

The evening concluded with presentation of the chapter's most esteemed award, the Silver Knight. This award was presented to Missile Body Operations Senior Manager and longtime NMA member Nancy Clifford by NMA National Director Janet Brittain. Nancy has been a supporter of NMA throughout her 30 plus years with Lockheed Martin. Nancy first joined NMA in 1977. Since that time, Nancy has served on many committees and board positions including Secretary, Treasurer, Vice President and Membership Chairperson. Nancy is an individual who, in business, community, and industrial life, has demonstrated the highest qualities of leadership, and is well-known for efforts toward cultivating a community of leaders. She is truly a leader and sets an example for all to follow.

Successful "Krayons for Kids" Initiative

Srah Kuzma

Pleasure Island Leadership Association



Pleasure Island Leadership Association, Meyer Real Estate's chapter of NMA, recently held a successful school supply drive for children in South Baldwin County at WalMart in Gulf Shores, AL.

Tanner Howard, committee chairman for the drive states "We had a very successful first year with our "Krayons for Kids" campaign and were able to collect enough supplies to distribute to Gulf Shores Elementary School, Orange Beach Elementary School, and the South Baldwin Chamber Foundation in Foley. The South Baldwin Chamber Foundation was our spring board for

the campaign, and helped us by taking care of the distribution to the Foley, Elberta, Swift and Magnolia Elementary Schools. Six schools have been blessed by the efforts of our Pleasure Island Leadership Association team at Meyer Real Estate. Some of the supplies collected included 674 boxes of crayons, 461 bottles of glue, 166 colored pencils, 148 rulers, and over 500 pencils. We are delighted to know that many, many children in class today are enjoying these supplies because of this effort and appreciate the team's willingness to give of themselves to make an impact in our local community."



Back Packs for Kids

Brenda Nepper

Nebraska State Government Chapter



For the first two weeks in August, the Lincoln, Nebraska, chapter of NMA participated in the "Backpacks for Kids" program sponsored through The Salvation Army. For \$13.25 per student, we were able to sponsor one

child's back-to-school needs. So Michelle Schindler, President, Lana Tolbert, President Elect, and Brenda Nepper, Community Services chair, made flyers, sent emails and went shopping. The chapter members were able to sponsor 55 children with backpacks, numerous school supplies

and a sense of pride as they headed back to their first day of school. Then on August 13th, the Salvation Army held its annual backpack giveaway.

The children were lined up at the door. In an organized fashion, the children went in as a family unit, selected backpacks from the wide variety of styles, then proceeded to a line of volunteers that stuffed the backpacks with crayons, markers, rulers, paper, pens, pencils, and erasers.

This was a very successful day. These children had smiles on their faces as they received their new backpacks

loaded with school supplies and realized they could proudly walk into school. This little glimmer of hope could lead to the success it takes to keep the kids in school and on their way to being responsible community citizens.

Over 500 backpacks were distributed by The Salvation Army that day. As Kent Henning of The Salvation Army said, "The need is great and we could not have done it without you." I sincerely believe this to be true!

These kids truly appreciate what we have done for them!!!! Lots of Gold Stars and smiles are deserved on this project. Way to go Leadership Link!!

Success is in YOUR Hands!

Karen Buchholz, CM

Port of Seattle Chapter



What if you worked for a company where the employees returned from their lunch break and were greeted with a sign on the front door that would say: "Yesterday the person who has been hindering your growth in this company passed away. We invite you to join the service that will begin in the gym shortly."

Of course, at first everyone would be sad to hear that one of their colleagues had died, ---but after a while would start getting curious about who this person might be.

The excitement would grow as the employees arrive at the gym to pay their last respects. Everyone would wonder: "Who is this person who has been hindering my progress? -----Well, at least they are no longer here!"

One by one the employees get to the coffin ---- look inside and suddenly become utterly speechless. They stand over the coffin, shocked and in silence ---- as if someone had touched the deepest part of their soul.

There is a mirror inside the coffin where they can see a reflection of themselves. But there is also a sign next to it that says, "There is only one person who is capable of setting the limits to your growth: it is YOU."

You are the only person who can revolutionize your life. You are the only person who can influence your happiness, your realization and your success. You are the only person who can help yourself.

Your life does not change when your boss changes, when your friends change, when your partner changes, when your company changes, when your situation changes. Your life changes when YOU change, when you go beyond your limiting beliefs, when you realize that you are the only one responsible for your life.

Remember, the most important relationship you can have is the one you have with yourself.

Have a wonderful day and BE SAFE.

NMA LMSSC Leadership Team Get Their Feet First Into Fall

Vaughn Abbott, CM

Lockheed Martin Bay Area Chapter

With all the attention throughout the nation this year focused on a national election, oil prices, and financial market turbulence, few have noticed a concern of great importance to the Golden State of California. As the largest grower and producer of table wine in the country, there is a shortage of workers during the crucial fall harvest and initial wine-making season. In the never-ending quest to reach out to our community, the Lockheed Martin Bay Area Chapter sponsored an urgent mission on Saturday, 27 September. We are pleased that 36 of our South San Francisco Bay members and guests journeyed to the North Bay and world-renowned Napa Valley to volunteer our

help to produce the 2008 varietals so necessary to a vital nation. As viewers can see, not only do our members put their hearts and souls into a project, but also our soles. When it comes to volunteering, we lead with our feet.

As viewers can see, our mission was to assist a small, family-owned winery preparing wines in the traditional fashion. Grgich Hills Vineyards is composed of 100% biodynamically farmed vineyards and uses only natural methods to produce great vintages. The winery is so small that crushing is conducted in small lots to assure quality. Following a brief training session on proper technique, our enthusiastic volunteers jumped right in

and did tours of duty to crush cabernet sauvignon grapes from the 2008 crop. Our support to crush just-picked grapes during this critical time allows the winery to better use their professional resources. Oenologists suggest this traditional method of crushing grapes provides a certain "je ne sais quoi" to the finished product. A happy group of volunteers returned to our side of the Bay knowing we have helped the California economy during this time of need. And please be generous in four years when these vintages reach store shelves and taste the difference that traditional wine-making art brings to this ancient profession.



The Tour Group



Beginning



Ending



**Hilda Vivas,
Membership**



**Rob Giacomi,
Social Events**



**Diana Ruud,
Community Service**



**Vaughn Abbott,
Professional Development**

Top Ten Thanksgiving Conversation Landmines

Debra Fine

The Fine Art of Small Talk

Thanksgiving can mean the ideal family get together or a day of awkward moments, uncomfortable silences and eruptions of family feuds. Here are Debra Fine's Top 10 Conversation Landmines (from her book, "The Fine Art of Small Talk How to Start a Conversation, Keep It Going, Build Networking Skills - and Leave a Positive Impression!," published by Hyperion):

"No, thanks. I gave up drinking after I saw the toll it took on you."

1. "Are you two ever going to get married?" I am guilty as charged! Most of us mothers (I am guilty as charged!) along with the rest of the planet presume that long time dating results in marriage. It ain't necessarily so!

2. "No, thanks. I gave up drinking after I saw the toll it took on you." This is meant to deliberately point a finger. If you must address someone's over indulgence do it in private! And making someone feel bad about him or herself does not typically motivate better behavior.

3. "When are you two going to make me a grandmother?" Back off! If they wanted you to know their intimate intentions they would be sure to send you a press release.

4. "Cool Whip is interesting. Did you ever think of serving the real stuff instead?" This is the "advisor" at his/her worst. Don't offer advice unless solicited. That includes telling the upcoming college graduate how to go about job hunting as well as offering unsolicited tips on how to get through child birth.

5. "Aren't you full yet?" or "Why aren't you eating anything?" Leave us alone about what we eat or don't eat and worry about what you put in your own mouth. Just because eating at the holiday dinner table is a marathon of gorging for some, for others it may be an Olympic feat of discipline. Also, just because you slaved over the pumpkin pie or prepared grandma's traditional stuffing does not mean we are required to consume it. Eating is a personal decision!

6. "Yes, I know you're a parent. But haven't you ever thought about working?" Is this just a reflection of the Mommy wars?

Whether someone chooses to work outside of the home or stay at home with their kids it is their choice and we should respect that choice and instead show a genuine interest in her: "What are the challenges of staying at home with kids today?" or "Describe a typical day..." or "What keeps you busy outside of work/home?"

7. "I see you still can't be bothered with ironing a shirt." Leave him alone. His priorities are not the same as yours. As mom used to say..."If you cannot find something good to say, don't say anything at all."

8. "How is it that your son looks just like you and your daughter looks like she could be from a different family?" Personal questions that you do not know the answer to are never a good idea. Other examples include: "Did

"Yes, I know you're a parent. But haven't you ever thought about working?"

your daughter get into Northwestern?" and "How is the girlfriend?"



9. "Did you cook this yourself, or did you just thaw it out?" You may be asking because you sincerely wish to know how you can create this dish yourself but you are putting the host/hostess on the spot. Instead ask for the recipe after the meal. If it was not homemade she will let you know at that time or maybe be coy and say that the recipe is a family tradition that is not shared outside the family!

10. "Forget this poison nonsense -- just spread the legs open and stuff it in, the way that I always do." Hopefully, in this day of "Turkey Hotlines" we all know better than to ignore safety concerns. Another case of unsolicited advice, in this case advice that could turn deadly!

NMA LMSSC Leadership Team Get Their Feet First Into Fall

Kathy Mitchell

*Lockheed Martin Leadership Association
Marietta, Georgia*

Going back to school is one of the biggest events in the lives of young children. The transition from a carefree summer to a rigid classroom does not occur without challenges; however, when the challenge is the inability to afford school supplies, it impedes on a child's ability to be a successful student. Thanks to a long-standing tradition, two Marietta, GA, schools received over 7,000 school supplies this school year to support students who otherwise would not have been able to afford them.

"Approximately 2,000 needy students from our Partners in Education, Lockheed Elementary and Harmony

Leland Elementary, received school supplies this year," said Shunjie Colton, Lockheed Martin Leadership Association (LMLA) member and 2008 Diversity Council. "Supplies were collected during a back-to-school drive sponsored by several organizations which included LMLA." The supplies were tallied, separated, boxed, delivered and distributed to both schools with the help of sixty volunteers. "Both schools expressed many thanks for the school supplies," Shunjie added.

Thanks to LMLA members, in addition to supplies, 50 needy students were able to style brand new backpacks;

and, LMLA members added plenty of friendly smiles to boot. Before and afterschool volunteers greeted students and directed them to classrooms, parents and school buses. "The volunteer activity was very rewarding," said Regina Nicholson, LMLA volunteer. "The experience was memorable, personally rewarding and heartfelt."

Few things reward the heart more than smiles as summed up best by LMLA volunteer, Chyna Vaughn. "It was a delight to see the smiles on both the students and parents' faces when they were reunited at the end of the school day."





What's new with LEADS?

NMA's innovative Leadership Evaluation and Development System

What others are saying about our Leadership Assessment Tool...

"This is the most impressive, comprehensive leadership assessment I've ever taken. Prior to this assessment, I felt I had the leadership attributes mastered – now I know what I didn't know. You have to schedule time for this assessment and think about the questions. It's not a quick survey or "how do you feel" assessment. It really tests your knowledge. The results...you're going to find something out about yourself. The best thing is the development plan it generates for you. You can tailor this plan and document it directly in your Performance Management Plan.

After taking the LEADS assessment, I was so excited and passionate about it that I started thinking about ways to implement it across my organization. It just so happened that interim feedbacks were coming up on the calendar and I thought this would be a perfect opportunity to level set my manager's knowledge about the Boeing Leadership Attributes. I asked each of the managers to take the assessment prior to our feedback session so we could discuss their results together. It was an eye opener for them and it allowed us to focus on strengths and opportunities for improvements. We changed feedback terminology from "I think" or "I feel" to "We know" what areas need more attention. Couple this tool with the Leadership Attributes 360 Assessment Tool, and you can really raise the bar for leadership in your organization. Thanks for this wonderful tool!"

**Mike Peterson, Senior Manager
Product Support
Boeing Fort Walton Beach, Florida**

Current Price? **Only \$35**

Learn more – Go to <http://nma1.us/LEADS/>



SUBMIT ARTICLES FOR DECEMBER ISSUE BY NOVEMBER 25

Do you have activities that you would like to share with other chapters and NMA members?? If so, please send them to us so we can publish them in the next issue of NMA Breaktime. Send your pictures and articles to sue@nma1.org no later than November 25.

