



Southeast Michigan iSeries User Group



Date: Tuesday, February 21
Time: 5:30 (Deli snack) - 6:00 (Meeting)
Location: IBM-Southfield
18000 West Nine Mile Road
Southfield, MI 48075
Speaker: Donna May

Stress on the Go

What stresses you out? The shopping crowds at Christmas? The bills to pay after Christmas? Meeting with your supervisor? Time with your family?

This seminar will help participants to identify the causes of their stress and provide them with practical, effective tools to avoid, reduce and manage stress – both on and off the job

About the Speaker

Donna May, Stress Management Counselor, has a Master of Arts degree in education from Eastern Michigan University. Since 1993 she has also been a health educator and stress management consultant at Botsford Hospital in Farmington Hills. Donna has conducted numerous stress management, meditation and positive living workshops for hospital personnel, patients, businesses, community groups, schools and colleges. She has had experience presenting to all age levels from Head Start to senior citizens.



Donna is also a clinical and medical hypnotherapist certified through the American Council of Hypnotists Examiners. In her individual appointments with clients, she utilizes many additional mind-body methods such as Neuro Linguistic Programming (NLP), Emotional Freedom Technique (EFT), Reiki Energy work and the Yuen Method of Energy work. She has a special interest in empowering people to understand the power of their thoughts in creating health and well-being.

From the President:

Dear members:

We have a non technical topic this month. Stress is something unfortunately it seems we have to deal with more often than we would like. We are confident spending a couple of hours at the February user group meeting will be help with stress management.

MITEC plans are well under way. The event will be held Tuesday June 12th at the Schoolcraft College Vistatech Center in Livonia Michigan. We have an all star line up of presenters including; Scott Klement, Paul Tuohy, Larry Bolhuis, Alan Sieden, Pete Massiello, Brian May, Mike Pavlak, Charles Guarino, Linda Cole and Jackie Jansen. The event will feature an opening session with Tracy Smith from IBM Rochester and a roundtable for organization IT leaders. The event will also feature hands on labs including; PHP, Web Query, CL and RPG. Watch for details for this one day power packed event. It is an affordable way to pack in a day full of education in your local area.

The first hands on lab activity is winding down. Participants did an excellent job and have completed a "live" project that will be turned over for use in February. The activity proved to be very effective in providing a means for LUG members to learn new skills. The activity allowed members to work in teams learning PHP skills and applying the skills in use on a project. We are looking forward to expanding the activity and having this be one of many more hands on activities made available to LUG members. We started with a PHP project and have plans in progress to extend the activity to include other LUGs. We will do another PHP project for the next hands on.

The COMMON America's Advisory Council (CAAC) has openings for a few more volunteers. The CAAC offers a terrific opportunity to anyone to not only to serve the community, but also learn the details of IBM's upcoming software and hardware plans. Do you have any members that would be interested in serving on this Council? If Yes, please provide their name and contact information below. More information about the CAAC can be found at their site. If you are interested in participating please contact Laura at ubelhor@sbcglobal.net.

We look forward to seeing you at the upcoming February meeting.

Regards,
Laura

Laura A. Ubelhor
President Southeast Michigan iSeries User Group



Southeast Michigan iSeries User Group



Southeast Michigan iSeries User Group
P.O. Box 99284, Troy, Michigan 48099-9284
Membership Renewal
January - December

Date: _____

Company Name: _____

Company Web Site: _____

Mailing Address: _____

Primary Contact: _____

(Voting Member)

Phone: (____) ____ - _____ Fax: (____) ____ - _____

E-Mail: _____

The primary contact will have the responsibility for member voting as stipulated in the constitution. The primary contact name can be changed at will by the member company. Membership voting rights are limited to one person employed by an organization regardless of holding an individual or organization membership.

Paper copies of the newsletter are no longer being mailed. The newsletter will be distributed through email (usually in PDF format). Feel free to forward the email on to others.

Annual dues per member company - \$100.00; Individual memberships are available for \$50.00 (An individual is defined as a person not directly employed by an organization or a person employed by an organization paying membership dues from personal funds).

Memberships are for the calendar year, January through December. Dues are not prorated for a partial year. Please make check payable to: **Southeast Michigan iSeries User Group**.

Donations are appreciated:

Donation: _____