



Project Management Institute
Michigan Thumb Chapter

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MICHIGAN THUMB CHAPTER

JAN. / FEB. EDITION

Mission Statement:

The Michigan Thumb Chapter of the Project Management Institute provides a forum to promote the principles of the Project Management Institute. This is achieved through networking with other professionals, sharing project experiences, providing and receiving training, and supporting project managers in their certification efforts.

Welcome to the 2012 version of *The Thumbprint*.

I hope you enjoy the new version of our newsletter. I plan to publish this newsletter monthly, if we have enough information. So your input is welcomed and needed.

This newsletter will be as good as you, the members, make it.

Please forward all ideas, articles and suggestions to: John.Jerome@Zurichna.com

2012 Speakers-Mark your Calendars!

Upcoming Chapter Meetings (all Wednesdays):

February 8	-- Bavarian Inn	- speaker: Christy Wheaton	- topic: Program Management
March 14	-- Bavarian Inn	- speaker: Cindi Oaks	- topic: (tent) Risk Management
April 11	-- Bavarian Inn	- speaker: Lisa Foster	- topic: (tent) Accidentally Agile
May 9	-- Bavarian Inn	- speakers: Jim Donovan	- topic: Business Meeting

Watch for more information on the

Michigan Thumb Chapter

Professional Development Day (PDD)

October 2012

Message from the President —

Hello everyone;

It has been a long time since I have last written to you. A lot has been happening with the Chapter's Board of Directors since my last letter. You approved the latest By-Laws which enabled us to reorganize. See the next page of the newsletter for the Organization Chart.

I want to thank the volunteers who have filled these positions. We still have a one open position available, so if you would like to volunteer, please contact the VP in charge of that area.

This year we started offering something new for our Chapter Dinner Meetings. We are now offering the meeting via the web. We have purchased a web cam and microphone for streaming the meetings over the web. Sue Dunckel's company Cap Gemini is allowing us to use their MS Live Meeting account for this purpose. We had some glitches for the first couple of meetings, but I think we have them worked out now. So, if you can't make a meeting because you are out of town or live too far away, please register for the online version and join us. You still obtain your one PDU for attending the meeting. We are working to ensure you have the ability to ask questions during the meeting or afterwards. Eventually we would like to stream our training sessions, but one step at a time.

The board has a lot of work to do and could use your help. Please look at giving something back in the way of volunteering your time. I'm sure you will enjoy it as well as obtaining PDU's.

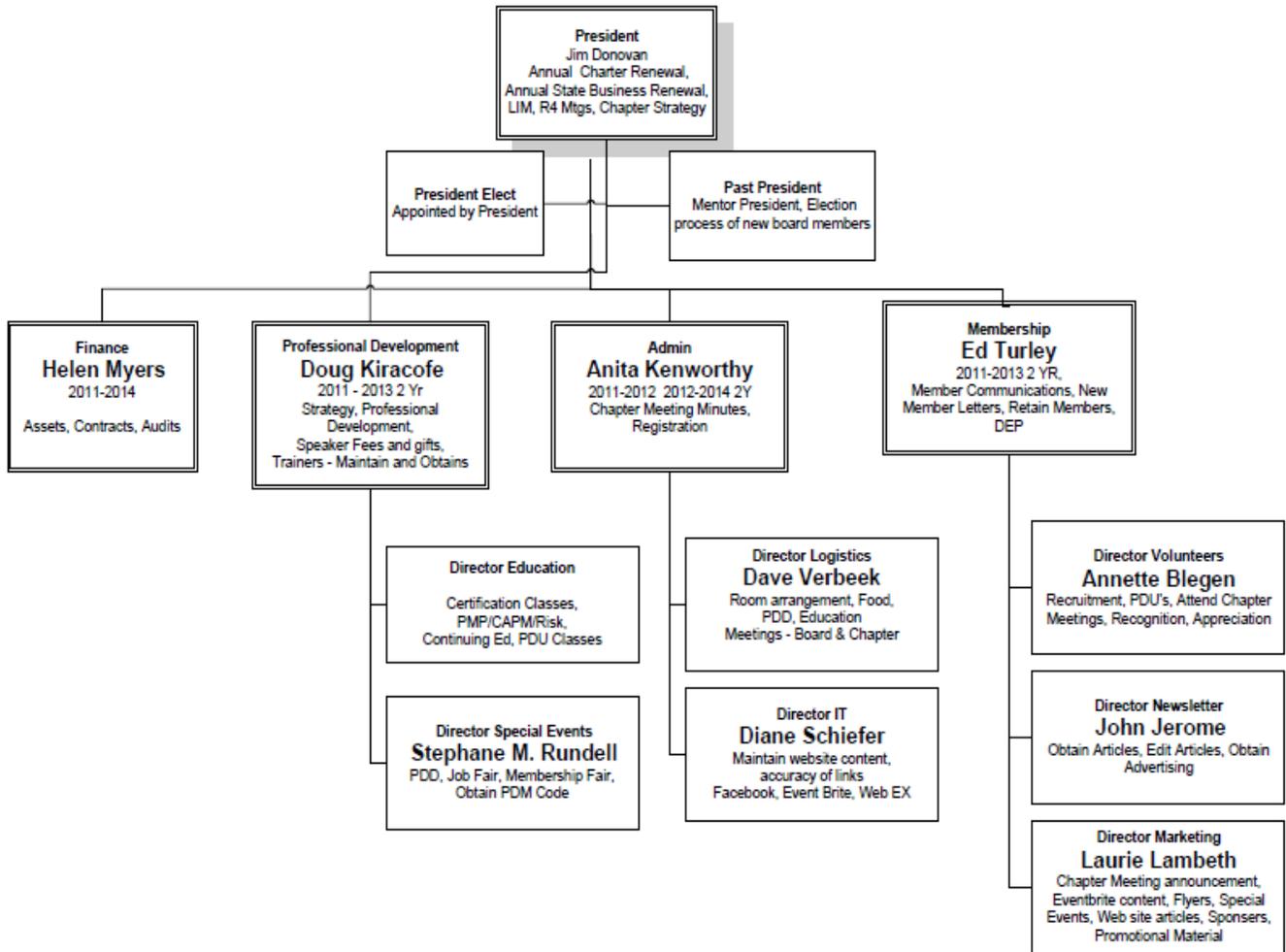
If you ever have any questions, please feel free to contact me or anyone else on the board.

Have a very happy and prosperous New Year!

Thank you,

Jim Donovan
President
Michigan Thumb Chapter
(C) 517-944-5356
president@pmi-thumbchapter.org

2012 Michigan Thumb Chapter Board



365 PRETTY GOOD JOKES A Prairie Home Companion®

Manager:

A person who thinks that nine women ought to be able to produce a child in one month.

Meet our VP of Finance

Helen Myers



Helen is currently a Senior IT Security Manager at the Dow Chemical Company, specializing in Information Protection.

She has worked at Dow for 30 years in a broad range of areas including software & work process development, finance/budget management, infrastructure support and project management. In 2006, Helen joined Dow's Global IT Security function and assumed her current position as Global Manager of Information Protection. As such, she is responsible for global IT Investigations, eDiscovery, Cyber Forensics, Dow's Information Loss Prevention Expertise Center, and Security Awareness and Education. She is currently working with the American Chemistry Council and the U.S. Department of Homeland Security on Cyber Security programs in the Chemical Sector. In her role in Security, Helen has led multiple large scale IT programs focusing on providing software tools that assist users in IT Security policy compliance.

Helen received a Bachelor of Arts degree from Luther College, Decorah, Iowa with a double major in Mathematics and Computer Science. She received her Project Management Professional (PMP) certification in 2003 and is also a certified Six Sigma Black Belt. She enjoys spending time with her family, reading, skiing, participating in musical activities at her church, volunteering for the National Multiple Sclerosis Society, and watching The Packers (sorry Lions fans!).

As the VP of Finance, Helen plans to ensure that secure financial controls are in place while allowing for easy business transactions to occur. Even though the chapter is a small, non-profit organization, it is very important that all financial matters continue to be handled in a safe, secure and professional manner.

2012 Training Opportunities

COURSE SCHEDULE (Academic Year 2011-2012):

COURSES:	DATES:	TIME:	PLACE:	COST:		
				(Chap Mem)	(PMI Mem)	(Non-Mem)
Building a Résumé That Works!	Completed Feb 2, 2012	8:00 AM to 12:00 PM	Baker College, Flint	\$ 75	\$125	\$200
Interviewing Techniques for Job Seekers!	Feb 4, 2012	8:00 AM to 12:00 PM	Baker College, Flint	\$ 75	\$125	\$200
Scheduling with MS Project	Mar 10, 2012	8:00 AM to 12:00 PM	Baker College, Flint	\$ 75	\$125	\$200
Networking Tactics to get the Job!	Mar 24, 2012	8:00 AM to 12:00 PM	Baker College, Flint	\$ 75	\$125	\$200
The Basics of Project Management	Apr 14 and Apr 21, 2012	8:00 AM to 4:00 PM*	Baker College, Flint	\$200	\$250	\$350
Advanced Project Management	May 5 and May 12, 2012	8:00 AM to 4:00 PM*	Baker College, Flint	\$200	\$250	\$350
PMP Exam Preparation	Jun 2 and Jun 9, 2012	8:00 AM to 1:00 PM	Baker College, Flint	\$150	\$200	\$300
Scope and Requirement Engineering	Jul 21, 2012	8:00 AM to 4:00 PM*	Baker College, Flint	\$150	\$200	\$300

*The Chapter provides coffee and donuts/bagels in the morning and light refreshments in the afternoon. Lunch will not be provided.

SEATING IS LIMITED, SO REGISTER EARLY!

For more information, please contact:
Doug Kiracofe
 VP, Education & Certification, PMI-MTC
vpeducation@pmi-thumbchapter.org

365 PRETTY GOOD JOKES A Prairie Home Companion*

Two men took the test to qualify for a job and both men answered nine out of ten questions correctly, but they gave the job to the first man: he answered Question No. 10 "I don't know" and the other man answered it "Neither do I."

12 Tips On How To Think Clearly And Not Let Fear Control You In The Business Industry In 2012

By Ellen Borowka, MA, Lighthouse Consulting Services

Fear or stress can feel overwhelming at times. So, how can we manage it better? The following are some ideas to getting a handle on fear, so you can think clearly:

- ◆ *Get a reality check on fear.* Fear can become bigger and bigger in our minds until it takes on unrealistic proportions. Discuss your anxiety or concerns with others to discover what is real and what isn't. An example would be the individual who fears failure in everything he or she wants to do, where in reality that individual has always been successful. That person needs to change his/her perspective.
- ◆ *Break the mesmerism of fear.* It is very easy to obsess over fear. Breaking the pattern, taking a break, finding a distraction, getting support, etc. can help. This isn't to say that we should ignore our anxieties, but obsessing over them won't help us to resolve them any faster or to enjoy life more.
- ◆ *Anxiety can help us to grow.* George Herbert once said, "Storms make oaks take deeper root." It can be very uncomfortable and even terrifying to face our fears, but at the same time, we can develop a more stable foundation in ourselves. Usually, as we develop a pattern of facing and overcoming scary situations, we become stronger and surer in ourselves.
- ◆ *Find a balance between working on your own issues and helping others.* As Lewis Carroll stated, "One of the deep secrets of life is that all that is really worth doing is what we do for others." Finding ways to help others, by volunteering and such, can help put our own fears into perspective. Additionally, use your own experiences with fear to help others to deal with their anxiety. It is an interesting phenomenon in life that when we assist others, we in turn grow and help ourselves at the same time.
- ◆ *Develop a support network.* It is much easier to face fear and difficulties with the help of others. Find someone who can gently, but firmly help you to handle the anxiety and not to enable your fears.
- ◆ *Pick your battles carefully.* Don't try to resolve everything at once. If possible, work on one fear at a time and use small steps to making change. For example, when I have worked on my shyness, I have chosen where to push myself and where to back off. When I attend parties, I develop guidelines for what small step to work on and what is ok, like allowing myself a period of time to adjust to the situation.
- ◆ *There is a time and a place for everything.* In a world where many people believe problems must be fixed ASAP, I have a different theory about fear and change. I believe that when pain or distress around a problem increases to a level that is higher and more intense than our fear, then we make the change. Everyone has a certain pacing and to push too hard and fast can end in failure and frustration.

12 Tips... Continued



- ◆ *Don't give up and let it take over.* The old saying to get back on the horse, after it has bucked you off, is so true. Plus, the longer we wait to get back on that old horsy, the harder it will be.
- ◆ *Find your anchor.* What is your true purpose in life? What is your top priority? Find something solid to trust in, something to lean upon. I once read, "*Not until tomorrow do we sometimes see clearly enough to appreciate the gifts of today.*" I try not to live for tomorrow, so each day I strive to appreciate that I can get up and enjoy the sun shining, listen to the birds chirping and see the trees waving in the wind. When the waves of fear or stress start to rise, it is important to have something to anchor your ship to.
- ◆ *Watch out for addictive behavior.* Many people use substances (like alcohol, drugs or food), events (like sex or shopping) and even people to numb out fear. If you find this to be true for you, seek out help.
- ◆ *Use resources to manage the anxiety.* There are many good avenues to controlling fear - meditation, yoga, exercise, support groups, counseling, writing, art, self-help books, etc. The Internet is also quite helpful in gathering new ideas and information. For those suffering from chronic anxiety or panic attacks, the Anxiety Panic Internet Resource (www.algy.com/anxiety) has some helpful tips.
- ◆ *Seek out help.* When anxiety is out of control or you constantly get stuck when trying to resolve an issue, get help from mentors, a business coach, counselors, friends, clergy, etc. If fear is an obstacle that prevents you from doing things you want or need to do, then you probably need assistance.

The complete article can be found at:

<http://testingcenter.lighthouseconsulting.org/thinkclearly.php?&industry=Business>

Project Management with No Non-Sense, No Games

PMI Huron Valley Chapter (SE Michigan) is hosting a Professional Development Day with Rick A. Morris, PMP, and Wayne Turmel, comedian turned trainer. Rick, best-selling author of “Stop Playing Games,” will present how to overcome office politics while Wayne brings humor and extensive knowledge to working with remote teams and how to deliver effective virtual presentations. Enhance your project management skills while networking with colleagues and earning valuable PDU credits.

For questions or additional information: programs02@pmi-hvc.org

Location. Ann Arbor, Michigan, USA

Date: 02/27/2012

Registration: <http://www.pmi-hvc.org>