

MOCAP NEWS YOU CAN USE!!!!

June 2019 SGMP MOCAP NEWSLETTER



Our Mission

The Missouri State Capital (MOCAP) Chapter of the Society of Government Meeting Professionals (SGMP) strives to enhance and promote the expertise of government meeting professionals, to improve the quality of, and promote the cost effectiveness of government meetings.

Our Sponsors



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Chapter committees’ liaisons and chairs

Programs Committee

Board Liaison -Tina Dillon

Chairperson -

Hospitality Committee

Board Liaison - Lance Utley

Chairperson -

Communications Committee

Board Liaison—Lorie Jaegers

Chairperson -Jim Jirik and Maurine Hill

Holiday Extravaganza Committee

Board Liaison—Terra Crane

HE Chairperson -Lisa Perez

SA Chairperson—Catherine Jones

Charity/ Fundraising

Board Liaison—Jim Jirik

Awards & Honors Committee

Board Liaison—Terra Crane

Chairperson—

Membership

Board Liaison - Tina Dillon

Chairperson - Ramona Huckstep

MO Event Summit

Co-Board Liaison - Melissa Adams

Co-Board Liaison - Lorie Jaegers

Co-Board Liaison - Tina Dillon

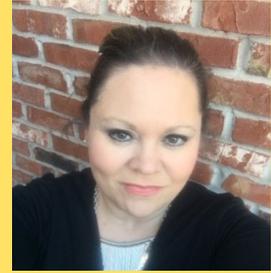
Nominations & Elections Committee

Board Liaison—Melissa Adams

Scholarship Committee

President's Report

By Melissa Adams



As the Fiscal Year of SGMP and the State of MO draws to a close, and July is just around the corner, everyone across the nation is in prep mode, getting ready for the big celebration with the big bang of fireworks as we remember and are thankful for our independence on Independence Day, the 4th of July!

Here at MOCAP we have several of our own members who deserve a fireworks celebration of their own!! Last month at the American Legion here in Jefferson City we celebrated with all of you and our award winners for the fiscal year of July 1, 2018, through June 30, 2019. More information regarding award recipients can be found in a following article below. It was a great year with many of you being recognized for your achievements and contributions. I am extending a sincere thank you to all of you for your efforts and support of the chapter through the last year and I am looking forward to a great year ahead.

We have even more to celebrate as it is my distinct honor and pleasure to report to you about the award our chapter received at NEC in June of 2019! Our fabulous chapter received **a Merit Award for Chapter Operations!** Way to go MOCAP!!! I am so proud of our chapter and all we have accomplished together.

The NEC charity this year was Alternatives for Girls, which is a non-profit organization that helps displaced girls/women. I am not sure yet how much was raised by SGMP for this worthy cause, but I am proud to support this organization.

I am looking forward now to the August 6th Missouri Event Summit, which will be the 23rd year in a row that our chapter has joined forces with MSAE and MTC to organize this awesome event. It is a fun-filled evening of networking with a spectacular tradeshow, with door prizes to wrap up the day. You won't want to miss it! Please feel free to contact me with any questions. The registration form will be sent to the membership via e-mail soon.

What a year it has been! The month of June was such an exciting one with the awards program and with NEC the last week of June. Be sure to attend next month's meeting on July 11th at the American Legion for a recap of the highlights of NEC and the Chapter Leadership Training.

We have a dedicated team of board members who are committed to making NEC 2020 an even bigger year to remember. With your help, we know we can do this. Make this YOUR year to remember – get involved – and join in the excitement, won't you?!?! Mark your calendars now for NEC 2020 in St. Louis, MO, May 19 – 21, 2020. Have a fun, happy and safe 4th of July!

Sincerely,

Melissa Adams, MOCAP Chapter President

Utlely.June 2019 SGMP MOCAP Meeting

By Lela Kosteck Bunch

The June 13, 2019 SGMP MOCAP meeting was held at the American Legion in Jefferson City. Our host was Sharon Bertels and our sponsor was Lagina Fitzpatrick with the Lake Ozark Convention and Visitors Bureau. Thank you, Sharon and Lagina! The meeting was called to order by our president, Melissa Adams. After attendees were introduced, reports were provided by the President, Treasurer, and Membership Chair. Everyone was also reminded of the following dates: August 5 – Bunco Fundraiser (sponsored by our own Jim Jirik), August 6 – MO Event Summit, and September 13 – a social activity.

The program was entitled “2018-19 MOCAP Chapter Awards and Honors” and was presented by Terra Crane and Lorie Jaegers. The two preceded the program with a fun ice breaker.

Each year SGMP MOCAP Chapter takes the opportunity to recognize its members, based on their participation and contributions to the success of our chapter. The following individuals were recognized for their contributions:

Committee Liaison/Chairs:

Awards and Honors Committee – Terra Crane & Lorie Jaegers

Communications Committee – Lorie Jaegers

Facebook and Photographer – Maurine Hill

Website – Jim Jirik

Fundraising and Charity Committee – Jim Jirik

Holiday Extravaganza/Silent Auction Committee

Holiday Extravaganza – Terra Crane & Lisa Perez

Silent Auction – Catherine Jones

Hospitality – Lance Utlely

Membership Committee – Tina Dillon & Ramona Huckstep

Nominations and Elections – Melissa Adams

Programs – Melissa Adams

A heartfelt thanks was also extended to all those members who actively participate as committee members in appreciation for their hard work and dedication.

Attendance Award:

To qualify for this award, members must attend at least eight (8) of the ten (10) monthly meetings. This year the following 12 members qualified for this award:

Melissa Adams, Lee Bunch, Terra Crane, Tina Dillon, Karen Holterman, Donnetta Iven, Lorie Jaegers, Jim Jirik, Catherine Jones, Angela McGaughey, Debbie Neuner, and Lance Utlely.

Donation/Sponsorship Awards:

These awards recognize individuals and/or properties that have either donated to and/or sponsored chapter events and/or meetings over the past year which ultimately supports the chapter's successful operations and achievements.

The **Bronze Award** (for donations/sponsorships totaling \$1 - \$999) was awarded to Holiday Inn Executive Center (member – Linette Beaman), Lee Bunch, Brenda Buschjost, Catherine Jones, Karen Holterman, Annette Wallace, and Candlewood Suites (member – David Wallace).

The **Silver Award** (for donations/sponsorships totaling \$1000 - \$2500) was awarded to Melissa Adams, Columbia CVB (member – Terra Crane), and Springfield CVB (member – Lisa Perez).

The **Gold Award** (for donations/sponsorships totaling \$2501 - \$5000) was awarded to Tan-Tar -A Resort (member – Stephanie Bommel), the Lake of the Ozarks CVB (member – Lagina Fitzpatrick), Holiday Inn Country Club Plaza Hotel Kansas City (member – Jim Jirik), The Lodge of the Four Seasons (member – Kay Samuelson), and Courtyard by Marriott – Columbia.

The **Diamond Award** (for donations/sponsorships totaling \$5001 - \$8000) was awarded to Capitol Plaza Hotel (member – Michele Braun).

The Planner and Supplier of the Year Awards:

These awards are based on nominations from the chapter board and from the general membership, for an individual member whose chapter participation is recognized as being exceptional. This year, the planners nominated were Melissa Adams – Department of Economic Development, Catherine Jones – Department of Natural Resources, and Karen Holterman - Retired. The suppliers nominated were Terra Crane (Columbia CVB), Lorie Jaegers (Capitol Plaza Hotel), and Katherine Szwargulski (Embassy Suites by Hilton, St. Louis – St. Charles Hotel).

The **2019 Planner of the Year** was awarded to Melissa Adams!

The **2019 Supplier of the Year** was awarded to Terra Crane!

The President's Award:

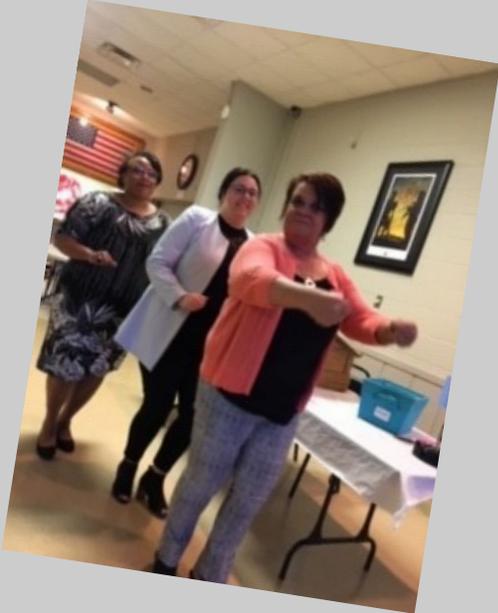
This award is presented by the chapter president in recognition of the chapter member(s) who have assisted the chapter president in the overall successful operational activities of the MOCAP Chapter. President Melissa Adams presented the **2019 President's Award** presented to Terra Crane, Debbie Davis, and Lorie Jaegers.

Congratulations to all our nominees and award winners. Thanks for all you do!

Terra and Lorie also reminded us that the SGMP MOCAP Chapter was one of only two chapters to win in three categories at nationals last year: **Chapter Merit for 2018**, third place **Communication of the Year**, and third place **Program of the Year**! These recognitions are due to the outstanding leadership of our chapter and its phenomenal members! Kudos to all!

The two ended the program by reminding everyone that the National Education Conference will be in St. Louis next year May 19-21 and that scholarships will be available. They encouraged everyone to attend and show off our chapter and our state.

June 2019 Meeting



Recap - the 10 R's to live your best life:

Responsibility – to your craft, your team and your audience

Respect – enter into all your relationships with respect, humility, generosity, and curiosity

Risk – sometimes being terrible, foolish and vulnerable is okay

Resilience

Repetition – do it over and over and over and over again

Restlessness – never settle, never stop learning and never give up on putting yourself in unknown territory

Rigour – never stop at good enough

Refinement – look for ways to refine your skills

Responsiveness – be open to everything that comes at you & try to trust your creativity and intuition

Release – know when to let go

5 Ways to Strengthen Your Team at The National Conference Center

Whether your team prefers to bond over evening cocktails or a heart-racing high ropes course, The National offers over 20 creative teambuilding programs that will bring your group together.

THE CHALLENGE COURSE:

Test your team's problem-solving abilities on The National's state-of-the-art high and low element Challenge Course. Adventure-seekers will experience a rush of adrenaline as they trek along 40 feet above the ground toward a single, collaborative goal. On the ground, seasoned facilitators will help break down barriers and strengthen trust as team members work together to conquer obstacles and achieve shared goals.

COOKING CLASSES:

Heat things up with a one-of-a-kind experience in The National kitchen. Executive Chef Frank Estremera and his culinary team will teach your group to cook a traditional dish from another part of the world. Choose from Peruvian, Spanish or Italian recipes, learn from an award-winning culinary expert and then enjoy all the flavors of your shared creation.

WINE TASTINGS, PAIRINGS & SEMINARS:

Gather together for an entertaining wine adventure from The National's Chief Wine Officer and sommelier Mary Watson-DeLauder. Whether you choose a pairing, tasting or seminar, your group will leave with a broadened understanding of wine and lasting memories from this unique experience:

- Blind Tasting
- Semi-Blind Tasting
- Food & Wine Pairing Basics
- Wine and Cheese Pairing
- Wine and Chocolate Pairing
- Wine and Herb Pairing
- Wine Components Tasting
- Wine Aroma Seminar
- Wine Blending Seminar

PAINTING CLASSES:

Treat the team to a creative evening of bonding and artistic exploration with a painting class led by an acclaimed local artist. Your group will learn to tap into their inner artists as they create their very own masterpieces. Every team member will leave with his or her own interpretation of the same painting that can also be shipped directly to their desks.

VOLUNTEER PROGRAMS:

Through The National's volunteer partnerships with local nonprofit organizations like Loudoun Hunger Relief and The Arc of Loudoun, you and your team can get to know each other and make a difference in the community at the same time.

How to Not Worry About What People Think of You

By Z. Hereford

You can learn to not worry about what people think of you!

As the wise *Lao Tzu* offered: "Care about what other people think and you will always be their prisoner."

While it is human nature to want to be liked and accepted, getting caught up in trying too hard to win the approval of others is not only unhealthy, it can be debilitating and lead to persistent self-doubt.

Certainly, it is normal to be concerned about how we come across to others, but how much should it matter?

Conversely, being oblivious to the thoughts and opinions of others would be equally undesirable. Indeed, possessing 'emotional intelligence' requires us to be aware of and reflective about how we affect others.

So where does that leave us?

It leaves us with working to maintain a healthy, positive self-awareness without being preoccupied with how we appear to others. When we are comfortable with ourselves, we do not give worrying about what people think much thought or energy.

Here is how to not worry about what people think of you:

Understand that you cannot please everyone and not everyone is going to like you. Instead of wasting your time trying to please everyone - mostly because it's impossible; strive to be the best person 'you' can be. Do so by developing yourself and your unique skills, talents and abilities. Endeavor to have people like you for who you genuinely are rather than an inauthentic, people-pleasing version of who you hope people will like. Dare to be yourself!

Be aware of your inner critic and avoid second guessing yourself. Many of us imagine that everyone is judging everything we do. We tend to over-analyze any mistakes we make, berate ourselves for making them and then assume everyone is scrutinizing and keeping score of what we do. Frankly, contrary to what we may believe, fewer people care or take time to notice what we are doing, or how. Most are too busy and absorbed with their own preoccupations to pay much attention. Actually, they are probably worrying about how they themselves are being perceived.

Focus on what you are doing rather than how you appear. In order to take the attention away from how you believe others may be critiquing, judging or evaluating you, train yourself to focus instead on the task at hand and on accomplishing what you set out to do. In doing so, you will not only act more naturally and flowingly (by being less self-conscious) you will direct attention to the right issue - the subject at hand.

Work on developing a healthy self-concept. As I elaborate upon in my book '*9 Essential Life Skills*', a healthy self-concept entails knowing yourself, accepting/loving yourself and being true to yourself. If you know and accept who you are, no one can shake your fundamental belief in yourself. When you have solid foundation you don't worry about what people think of you. You already know who you are and of what you are capable. You also know you're a valuable human being subject to the same strengths and weaknesses, disappointments and successes, feelings and emotions that the rest of humanity is - and that's okay.

Seek positive constructive feedback from people you trust. Undoubtedly, it is difficult to be objective about ourselves so if you are still concerned about how others see you - and realistically we need to have some idea - seek positive constructive feedback from trusted family members or friends. There is always room for improvement so constructive feedback can only help. Here are some signs that you worry too much about what others think. They are similar to those mentioned in my article on *Healthy Personal Boundaries and How to Establish Them*.

You probably worry too much about what others think if you:

- Go against personal values or rights in order to please others
- Try too hard to fit in
- Don't know when to say no
- Do not set personal boundaries
- Listen to and believe everything others may say about you
- Are afraid to make decisions; always play it safe
- Think others are against you or don't like you for no identifiable reason

Ultimately, worrying about what others think can indeed be debilitating and consequently inhibit you from living your life fully and freely. If you become bound by the thoughts and opinions of others, you are at the mercy of those opinions and therefore not free to be your genuine self.

Save the Date!

- November 30 Holiday Extravaganza/25th Anniversary
Host: Kathryn Swargulski,
St. Charles Embassy Suites
- December 13 Personal Safety / Self Defense
Host: Capitol Plaza Hotel, Michele Braun
Speaker: Terrie Martin & Daniel Hopkins
Sponsor: The Elms Hotel and Spa, Paige Jones
- January 10 Human Trafficking
Host: American Legion, Sharon Bertels
Speaker: Nanette Ward
Sponsor: Courtyard by Marriott, Lorie Jaegers
- February 14 National Spokeswoman for Go Red for Women
Host/Sponsor: Canterbury Hill Winery
Speaker: Shermane Winters- Wofford
Sponsor: Lake of the Ozarks CVB, Lagina Fitzpatrick
- March 14 Invisible and Visible Disabilities and Customer Service
Host/Sponsor: American Legion
Speaker: Anna Guthrie & Sarah George with Great Plains ADA Center
Sponsor: Embassy Suites, St. Charles, Kathryn Swargulski
- April 11 Are You Smarter Than A Meeting Planner?
Host: Capitol Plaza Hotel, Michele Braun
Speaker: Lorie Jaegers, Courtyard by Marriott
Sponsor: St. Charles / St. Louis Hampton Inn, Lee Ann Howlett
- May 9 ADA Lodging Best Practices & Standards
Host: Drury Hotels, Columbia, Leah Stotts
Speaker: Anna Guthrie & Sarah George with Great Plains ADA Center
Sponsor: Drury Hotels, Columbia, Leah Stotts
- June 13 Annual Chapter Awards Program
Host: American Legion, Sharon Bertels
Speaker: Terra Crane, Columbia CVB and Lorie Jaegers, Courtyard by Marriott
Sponsor: Embassy Suites, St. Charles, Kathryn Swargulski
- July 11 Recap of SGMP National Education Conference
Host: Canterbury Hill Winery
Speaker: NEC Attendees
Sponsor: St. Louis City Center, Julie Wense



Planner / Supplier Profile



Member Profile: Debra D. Dobson

Title:

Administrative Assistant/Program Secretary/Commission Secretary

Current Employment:

**Missouri Department of Natural Resources
Environmental Remediation Program**

How long have you been in the industry?

20 Years

How long have you been in SGMP?

12 Years – March 2007

How has your membership helped you?

It has provided a network of venue and contact information for locations across the state where I need to have accommodations or meetings.

Worst meeting/event mishap:

Nothing really comes to mind.

Most notable meeting/event moment:

I won an iPad Mini at a conference.

Hometown:

I live outside of Syracuse, MO

Where do you see yourself in 10 years?

RETIRED and playing with my dogs and grandchildren.

Interesting fact you would like people to know about you:

I met my husband on Death Row. (we both worked there) I was the first female officer assigned to a housing unit in Missouri – I worked Death Row. Up until that time females were relegated to clerical jobs in the Administrative building or working in the visiting room or control center.

Membership Report

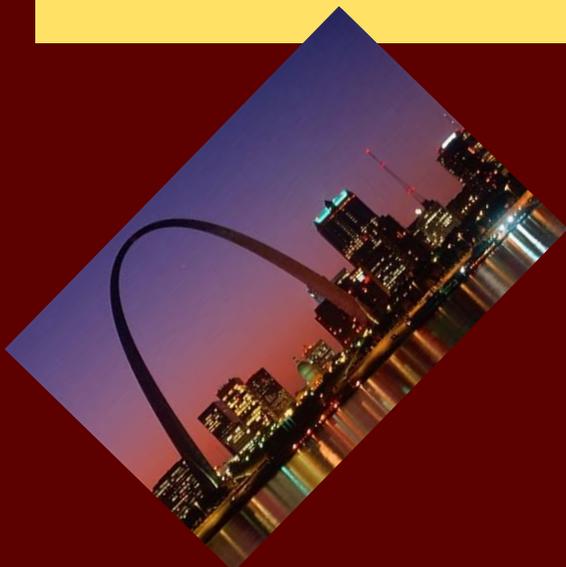
The June MMR report from SGMP shows the MOCAP chapter is holding strong with 38 planner members, 35 supplier members and 8 retired members totaling membership of 81.

Need to update your membership information?

It's as easy as logging on to www.sgmp.org. You can update your contact information, renew your membership and even ask for an invoice to be sent for payment. You can also download the membership change form and submit directly to SMGP. There is \$25.00 fee to transfer a membership.

June 1, 2019 Treasurer's Report

We are currently at a balance of \$12,691.21 plus we have a \$1001.99 CD .



2020 NEC

ST. LOUIS,
MO

May 19—21



CGMP

The Certified Government Meeting Professional designation ("CGMP") is designed for planners and suppliers whose work is governed by the rules and regulations of the federal government. Individuals who have earned their CGMP have obtained the highest designation available that is specifically for government meeting professionals.

Everyone who takes the course must be an SGMP member. You must be a member in good standing for six months to participate in a CGMP class and exam, but this requirement can be waived for new members with more than one year of experience in the hospitality industry. The \$595 registration fee includes the three-day training sessions, the CGMP manual and the exam that is administered on the morning of the fourth day. In order to sit for the exam, you must attend all three days of the course.

To register for any upcoming CGMP course, you must first log in to your SGMP account (in the left margin of this screen). Once logged in, please continue to "Your Account", and then click on "Events and Registrations". Links to upcoming courses will be listed on that page.

In order to register, you must be a current member. Sign in using the Member Login section at left, then open the course in the Upcoming Events area. Look for the link to register. Please check back for more information as it becomes available. All courses have limited registration space available. Payment is required in advance of the course. **In the event of a cancellation, collected fees will be applied to a future course registration.**

All registrants will be notified within 30 days of the course of the location of the course and exam. Questions about the CGMP course? Contact us at education@sgmp.org.

Upcoming Classes:

August 13 - 16, 2019
Hotel Palomar
2121 P Street, NW
Washington, DC 20037

September 9-12, 2019
Capitol Park Event Center
702 River Road
Baton Rouge, LA 70802

September 29 - October 2, 2019
Beaver Run Resort & Conference Center
620 Village Rd
Breckenridge, CO 80424

October 11-14, 2019
Hilton Vancouver Washington
301 W 6th Street
Vancouver, Washington 98660
360-993-4500

December 3-6, 2019
Location in Virginia, Maryland, or DC to be determined

Course Material & Fee

CGMP Class & Exam \$500

Required CGMP Manual \$95



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Twitter—SGMP_MoCAP

Instagram—[sgmp_mocap](https://www.instagram.com/sgmp_mocap)

Pinterest—SGMP MOCAP

National Website—www.sgmp.org



Advertise with SGMP—MOCAP

Our chapter newsletter is published twelve times a year and is sent to all MOCAP chapter members.

MOCAP offers advertising on our website or newsletter for \$200 each or for only \$350 suppliers can advertise in both, that's a great deal!

- Specifications for newsletter ads—high resolution PDF or Jpeg and can be business card size.
- Specifications for website—Company logo and link to Company website (needs to be a minimum of 200 pixels in width and either jpg, gif or photo available for scanning).

If you are interested in advertising in the MOCAP News You Can Use and/or on the MOCAP website, sgmpmocap.com, please contact Lorie Jaegers at ljaegers@kinseth.com or 573.443.8112.