



# The Connection

Women in Leisure Services...The Professional Connection for Women

[www.womeninleisureservices.com](http://www.womeninleisureservices.com)

## National Directors

### President

Karon De Leon  
[Kdeleon@ci.san-dimas.ca.us](mailto:Kdeleon@ci.san-dimas.ca.us)

### Vice President

Eileen Turk  
[Eturk@ci.oceanside.ca.us](mailto:Eturk@ci.oceanside.ca.us)

### Secretary

Marcia Bach  
[Marciabach@comcast.net](mailto:Marciabach@comcast.net)

### Treasurer

Lisa McPherson  
[Lmcpherson@ci.costa-mesa.ca.us](mailto:Lmcpherson@ci.costa-mesa.ca.us)

### Past President

Sue Hughes  
[huggey1@hotmail.com](mailto:huggey1@hotmail.com)

## National Delegates

### Alpha Chapter

Lizka Mendoza  
[Lizka.mendoza@lacity.org](mailto:Lizka.mendoza@lacity.org)

### Delta Chapter

Michele Grennberg-McClung  
[Mgreenberg-mcclung@ci.la-mesa.ca.us](mailto:Mgreenberg-mcclung@ci.la-mesa.ca.us)

### Gamma Chapter

Allison Brammer  
[Abrammer@lakewoodcity.org](mailto:Abrammer@lakewoodcity.org)

### Zeta Chapter

Donna Tilsner  
[DTilsner@ci.edina.mn.us](mailto:DTilsner@ci.edina.mn.us)

## President's Message

**Karon De Leon**

Our Fall National Board Meeting and Wow, what an interesting year, from the Presidential Election process to the state of our Economy. Each president's term is marked with significant events and this year has been no exception. Your Board Members have been busy planning for our 75<sup>th</sup> Anniversary and updating our Bylaws and Articles of Incorporation. I would like to thank many individuals that have helped my year be a success.

have not given up and continue to follow up and make contact with the ladies in the Las Vegas area.

Alpha's Delegate, Lizka Mendoza, is heading up the 75<sup>th</sup> Anniversary celebrations to be held in 2010, exciting things to come. If anyone is interesting in assisting with these events, please contact Lizka.

Past President, Sue Hughes, has moved forward with the assistance of Jana Ransom on the Bylaw and Articles of Incorporation update and approval process. Although each National Delegate played a major in presenting to their Boards and Chapters the recommended revisions and obtaining feedback and suggestions, as always a team effort well orchestrated.

The National Board hosted a wonderful Spring Annual Membership luncheon in Santa Clara, and National Treasurer Lisa McPherson conducted a very financially successful Opportunity Drawing component to the lunch.

As I prepare to turn the reins over to Eileen Turk, I just want to thank each member for their involvement in their chapters and look forward to seeing you all in the Delta Chapter area in the Fall.

Our goal of starting new chapters was led by the dynamic dual of National Secretary, Marcia Bach and Zeta Delegate, Donna Tilsner. Although the process is slow, they

*Karon De Leon*  
**2008-2009**

## Inside this Issue

President's Message	Cover
Past President's Message	2
National News	3
Alpha Chapter	4
Delta Chapter	5
Gamma Chapter	6
Zeta Chapter	7



# Past President's Message

Sue Hughes

Dear WILS members,

Below please find information of important updates.

## ARTICLES OF INCORPORATION & BY LAW CHANGES APPROVED BY MEMBERSHIP

The General Membership of Women in Leisure Services, Chi Kappa Rho, Inc., has approved the recommended amendments as present by the National Board. Only two members disapproved, subsequently the motion moves as presented. Thank you to those of you the provided valuable input during this process. Below are the amendments:

### Articles of Incorporation

The county in this state (California) where the principal office for the transaction of business of the corporation is located in Los Angeles County or in Orange County, to be determined by the Treasurer's address if located in Los Angeles or Orange County, or the President or next highest ranking officer that is located in Los Angeles or Orange County.

### By Laws

#### SECTION 1.01 PRINCIPAL OFFICE

The Principal office of the corporation for the transaction of business is located in the County of Los Angeles, California or in Orange County, to be determined by the Treasurer's address if located in Los Angeles or Orange County, or the President or next highest ranking officer that is located in Los Angeles or Orange County. 04/09

#### SECTION 2.02 ADMISSION

Applicants shall be admitted .... in writing and on approval **acceptance** of a majority of members of the Chapter Board where ... this corporation. 04/09

#### SECTION 3.01 ANNUAL MEETINGS

A. The annual meeting ... the third Thursday in the month of September each year, **unless a quorum of the National Board cannot be achieved in which event**

**it shall be at the soonest possible date as determined by the National President and National Secretary.** (As amended 4/04, 04/09)

B. The annual meeting ... third Thursday in the month of September each year, **unless the annual meeting of the National Board of Directors has been changed pursuant to Section 3.01A. In the event the annual meeting of the National Board of Directors has been changed, the general membership meeting shall likewise be changed.** (As amended 3/99, 4/04, 04/09)

#### SECTION 4.06 MEETINGS

##### B. REGULAR MEETING

The Annual .... September each year, **unless a quorum of the National Board cannot be achieved in which event it shall be at the soonest possible dates as determined by the National President and National Secretary.** (As amended 4/04 04/09)

#### SECTION 6.02 ELECTION AND TERM OF OFFICE

The President, Vice President, Secretary, and Treasurer shall be elected by the members .... to vote thereon, **or via an electronic election service** ... election. (As amended 4/80, 9/85, 9/95 and 4/04) 04/09

#### NATIONAL BOARD ELECTIONS

Past President, Nomination Chair, Sue Hughes would like to thank the members who have decided to commit to an additional year of service to the WILS National Board. Nominations were received from the follow member for the board positions of:

President: Eileen Turk, Delta Chapter, City of Oceanside CA

Vice President: Donna Tilsner, Zeta Chapter, City of Edina MN

Secretary: Marcia Bach, Zeta Chapter, USTA MN

Treasurer: Lisa McPherson, Gamma Chapter, City of Costa Mesa CA

Candidate's Statements and ballots will be forthcoming. Should you have any questions please contact your National Delegate.

#### E-ELECTIONS FOR 2009

The National Board election will once again be conduct through an electronic ballot process, ballot bin. The Nomination Chair will have the Candidate's Statement and Ballot available by the end of April for those of you that prefer to cast your vote using a paper ballot. All ballots (electronic & paper) must be received to Sue Hughes, Past President, by Friday, May 22, 2009, 5:00 pm.

*Sue Hughes*

2008-2009

P.S. I recently retired from the Signal Hill, CA . Please contact me at: [huggey1@hotmail.com](mailto:huggey1@hotmail.com)



## Treasurer's Report

The National Board approved the Financial Report for the 2008-2009 Budget Year with an ending checking account balance of \$16,625.21. The 2008-2009 Budget Year report indicated that expenditures were \$1,350.54 and revenue totaled \$4,527.00 with a net profit of \$19,801.67. The 2008-2009 Budget was balanced and approved by the board.

The 2008-2009 membership update is as follows:

<b>Alpha</b>	Active Members – 30 Life Members – 34 Friends - 3
<b>Delta</b>	Active Members – 21 Life Members – 4 Friends – 5
<b>Gamma</b>	Active Members – 133 Associate Members – 3 Life Members – 47 Friends – 3
<b>Zeta</b>	Active Members – 65 Associate – 1 Post Professional – 3 Life Members – 8

## WILS Spring National Luncheon/Fundraiser Recap

1. 33 registered for the National Spring Luncheon held at the Hyatt in Santa Clara.
2. A total of \$1220 was collected for the Spring National Luncheon Gift Card Fundraiser which was only \$80 shy from the Boards goal of \$1300

Below is a breakdown of what each chapter collected before the luncheon and what was collected the day of the luncheon

### Spring Fundraiser Break down

- \$100 Alpha
- \$140 Delta
- \$175 Zeta
- \$425 Gamma
- \$380 Day of

A total amount of \$1090 Gift Cards \$ were donated from all the chapters and \$100 Visa Card was donated from National.

Below is a breakdown of each chapter's collected Gift Card donations as well as how much each chapter received (each chapter could choice 10% cash back from the total amount donated or 20% back in raffle tickets)

### Chapter Gift Card Collection

- \$125 Alpha (requested 20% back =6 tickets)
- \$210 Delta (requested 10% = \$21.00)
- \$555Gama (requested 10% = \$55.50)
- \$200 Zeta (requested 10% = \$20.00)
- **Total of \$96.50** back to the chapters



### Mark your calendars!

#### **WILS National Meeting**

September 14-15, 2009  
Oceanside, CA

#### **WILS National Luncheon**

September 15, 2009  
11:00 am to 1:00 pm  
TBA

#### **WILS National Social (Meet & Greet)**

February 2010  
Palm Springs, CA  
TBA

#### **WILS 75th Anniversary National Luncheon**

February 2010  
Palm Springs, CA  
11:00 am to 1:00 pm

### 2007-2008 Executive Board

Lizka Mendoza, President  
Lizka Mendoza, Past President  
Adria Deliberto, VP Membership  
Kortley Norris, VP Programs  
Rhea Rufon, Recording Secretary  
Corresponding Secretary  
Ann Vollmer, Treasurer  
Karen Kalsman, National Delegate  
Dorothy Meyer, Life Member Chairperson  
Hilary C. Brown, Sunshine Chairperson

### Membership Update

Active Members:	30
Life Members:	34
<u>Friends</u>	<u>2</u>
Total:	66



You may be only one person in the world,  
but you may also be the world to one person.

### 2007-2008 Program Schedule

**September**  
Chapter Development/Educational at  
Westwood Rec. Ctr.

**November**  
Bosses Day at Proud Bird

**December**  
Winter Holiday Luncheon at Mimi's Café

**January**  
High Tea: Chapter Development

**February**  
CPRS National Luncheon

**April**  
Cultural Event

**May**  
Scholarship and Installation Luncheon

## Life Membership: Continuing the Professional Connection for Women

Written By:  
Dorothy Meyer, Life Member Chair

Edited By:  
Lizka Mendoza  
Alpha Chapter President



Dorothy Meyer

Greetings to all from the Alpha Chapter! I am excited and honored to continue the position of Alpha Chapter President for the 2007-2008 year.

My goal for this year is the same as last: "Returning to Basics".

It is my contention that we must offer effective staff development activities in order to benefit the chapter.

So far in my leadership of Chi Kappa Rho, I have learned the many challenges of continuing to build our Chapter, and the virtue of not quitting when these challenges become overwhelming. I have become very dependent on past leadership traditions and the voice of new women in the recreation profession. Specifically, we have dedicated our section in the Fall newsletter to our Life Member Chair, Dorothy Meyer.

Life Members are a very important and integral part of the Alpha Chapter membership. More than half of the membership for the Alpha Chapter is comprised of life membership.

The Life Member Chair has the primary responsibility to keep in touch with as many members as possible and encourage them to continue to attend our programs.

To this end, Dorothy Meyer continues to contribute to this Life Member section of our Chapter by creating a special newsletter comprised of Life Member updates and contributions. This quarterly newsletter has proven to be very beneficial since it allows us to bridge the gap between our active and life members.

In order to build the interest of the Life Members regarding the newsletter, Dorothy sends out questionnaires inquiring about their current activities. Life members have the opportunity to individually contribute to this newsletter by writing articles on their selected topics.

This is a very important vehicle for our life members since we encourage them to continue to share their many life experiences and knowledge with active

members especially when referring to their professional experiences in the field of Recreation and Leisure Services.

As Life Member Chair, Ms. Meyer is a true role model of a dedicated Alpha Life Member. Not only are her retirement endeavors ones to admire, but she is also dedicated and committed to ensuring that all life members be remembered and invited to participate in the events and activities of the chapter.

An important aspect that has now become a special tradition to the Alpha Chapter is to highlight all life members during our Holiday Luncheon each year. New and seasoned members enjoy this luncheon since it allows us to build strong community in our chapter.

It is Ms. Meyer's belief, and the belief of the chapter as a whole, that life members continue to be a part of the networking process among the members. Through our newsletter and holiday event, the Alpha Chapter is committed to maintaining the professional connection for women in our life membership and throughout all the stages of our recreational career.

Call your Life Members today!

**2008-2009 Board**

Susan Lowery-Mendoza, Past President  
Michele Greenberg-McClung, President  
Megan Crooks, Vice President Membership  
Debra Jones, Vice President Programs  
Kathleen Tinsley, Treasurer  
Cathy Lawler, Secretary  
Eileen Turk, National Vice President



Delta's National Delegate, Eileen Turk with tennis star Billy Jean King

**Financial Update**  
**\$1700**

**Membership Update**

Active Members:	21
Life Members:	4
Friends:	5
Total:	30

**Goals**

**RECRUIT, RECRUIT, RECRUIT!**

**Delta Hosts Workshop on Public Speaking**



Delta had an excellent turnout at our *Communication Tools for Public Speaking* workshop on March 24th at Noble Park Recreation Center with 29 in attendance. (For Delta that is a great turnout.) Speaker Jenny Prisk provided great tips and gave examples we all will use during our public speaking events. Do any of us ever pay attention to how we stand, lean, where we place our hands? We definitely will now. We each walked away with valuable tips. Many had numerous question of Ms. Prisk. Our Programs Chair, Debra Jones did an excellent job arranging the workshop and luncheon. We also want to thank Gamma for allowing us to steal their idea. Delta is proud to announce we may be getting a few new members this summer from our workshop. Cross your fingers :)

Acapulco Restaurant in Old Town San Diego. E-mail notifications went to the Delta membership requesting nominations for the following offices: Programs, Membership, Treasurer and Secretary.

Delta members received the National ballot information to cast their votes electronically for the National Board beginning May 11th - June 1st. Delta's own Eileen Turk is running for President. We wish Eileen a Happy Victory!!!

Delta will have some type of social either over the Summer or early Fall. We all know how Summer is.....

Delta wishes each and every one a wonderful, safe non problem Summer!



Delta Installations are Tuesday, June 9th from 11:30am - 1:00pm at

Michele Greenberg-McClung  
Delta Delegate

We could learn a lot from crayons. Some are sharp, some are pretty and some are dull, Some have weird names, and all are different colors, but they all have to live in the same box.

### 2008-2009 Board of Directors

Pearl Raya, President  
Michelle Khzouz, First Vice President  
Adriana Moran, Second Vice President  
Katie Elmore, Secretary  
Danielle Valdez, Corresponding Secretary  
Lydie Delieuze, Treasurer  
Allison Brammer, National Delegate  
Nancy Hogan, Past President  
Jenny Kucera, Committee Coordinator

### Membership Update (as of 03/09)

Active Members:	133
Associate:	3
Life Members:	47
Friends:	3
<b>Total</b>	<b>186</b>

The Gamma Chapter announced the following retirements: Ruth Raheb from Costa Mesa and Sue Hughes from Signal Hill.

### Financial Update (as of 4/9/09)

Checking Account:	\$7,624.59
Savings Account:	\$2,820.50
<b>Total:</b>	<b>\$10,445.09</b>

### Helen I Pontius Award

Gamma member, Nancy Rapp was recognized at the WILS National Meeting on Thursday, September 11 in Long Beach. Nancy has been a member of the Gamma Chapter since 1981 and has a very accomplished professional career. She is currently the Parks and Recreation Director for the City of Santa Barbara.

### Events

#### November Holiday Craft Affair

The annual Holiday Craft Affair, "Going Around the World" was held on November 20, 2009 in Cerritos. Over 60 guests attended, in addition to 14 vendors participating. Several Life Members were recognized. The committee raised \$481 for the Chapter and the funds are designed to help fund the scholarship program.

#### December Holiday Breakfast

Gamma members celebrated the holidays together at the Holiday Breakfast in Orange at PJ's Abbey. Sixty-two members and guests attend and 13 past presidents were recognized and treated to a complimentary breakfast. Beautiful poinsettia centerpieces were donated from Richard Fisher Associates and adorable nametags were donated from David Volz Designs. The 50/50 and centerpiece raffle brought in \$280 and \$140 was presented to this year's charity, The Susan G. Komen For the Cure. The event made a profit of \$170.

### January Workshop

"Essential Community Tools for Public Speaking in a Municipal Setting" was the topic for the January Workshop held on January 27 in the morning. The event, which attracted a standing room only crowd, was presented by Jenni Prisk, professional coach and speaker. The training was held at the City of Orange Main Library and History Center and was an affordable \$20 to attend. Her presentation was both informative and humorous. The event made a profit of \$800.

**February Workshop:** "Determining Core Services, Resource Allocation and Cost Recovery", was the topic of the February workshop held on February 11 in the City of Placentia. Cost was \$20 to attend. NPRA speaker, Jamie Sabbach, Senior Project Manager with GreenPlay, LLC made the presentation. The attendance was low and the speaker fee was high, resulting in a loss of \$240. The presentation, however, received rave reviews from members in attendance.

Gamma Chapter awards student scholarships to assist in the development of women in the field of Recreation and Leisure Services. The objective of the scholarship is to provide support and recognition to female students for personal and professional enrichment through education. Scholarships include:

- Dolores Thompson Chi Kappa Rho Scholarship for \$1,500;
- Past President's Scholarship for up to \$1,000
- Miracle Playground Scholarship for \$500
- The Graduate Student Scholarship for up to \$500

Additional scholarships are awarded based upon the qualifications of the applicant, as determined by the Scholarship Committee.

**Website** [www.wils-gamma.com](http://www.wils-gamma.com)

The Gamma Chapter's website is being updated on a weekly basis.

### Miscellaneous:

Nominations are now being accepted for Gamma Chapter Board Positions. For a full description of these positions and guidelines please feel free to contact Nancy Hogan at (626) 308-2875 or Michelle Khzouz at (949) 724-6755.



Cindy Robinson, City of La Palma and Gloria Alvarado, City of Santa Ana welcome Gamma members to the spring "Meet and

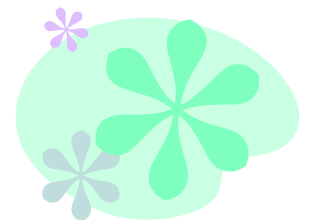
**Meet and Greet:** The Meet and Greet event this spring was held on Thursday, March 19 in Orange at The Auld Irishier. Cost is \$15 per person and includes hors d'oeuvres.

**Gamma Annual Golf Classic/Bunko Tournament** will be taking place on Thursday, April 9<sup>th</sup> at the Costa Mesa Country Club.

**Awards and Installation Banquet** will be held on Thursday, May 21<sup>st</sup> at Buca di Beppo. Along with the installation and awards presentation the scholarship winners will be recognized.

### Gamma's Corporate Sponsors are:

- Dave Bang Associates
- David Volz Design
- Musco
- Nuvis Landscape Architects
- Richard Fisher Associates
- RJM Design Group
- Nifty after Fifty



## 2008-2009 Board

Kelly Mertes, President  
Julie Seydell Johnson, Vice President  
Katie Young, Secretary  
Shari Kunza, Treasurer  
Liz Benoit, Past President  
Donna Tilsner, National Delegate

## Committee Chairs

Lisa Abernathy, Member Services  
Lisa Abernathy, Member Retention  
Lisa Abernathy, Sunshine  
Jeanne Vestal, Ways and Means  
Shari Kunza, Historical

## Membership Update

We have 8 Life Members  
We have 68 Active Members  
And  
We have 3 Associate Members  
And  
We have 3 Post Professionals  
**Total = 82 Members**

## Financial Update

(as of Dec. 31)

Checking Account	\$9,824.96
Savings	\$ 10.00
<u>Savings Certificates</u>	<u>\$9,019.94</u>
Total	\$13,845.52

## Program Schedule

### January

Professional Development workshop

### February

Personal Financial Planning for today and tomorrow

### March

Work-Life Balance: as professional, working women, How do we do this?

### April

Millenials, Nexters, Gen Y

### May

Installation of officers

Zeta has had a wonderful program year with a mix of topics that many of our members could learn and grow from. Our January professional development workshop has become a program our members look forward to and we can recruit new members. We continue to recruit, and retain members.



A number of Zeta members gathered with colleagues in the Minnesota Park and Recreation Association to watch the new show Parks and Recreation. The photo shows a few of our members.



# Photos from Santa Clara, California



# 10 Steps to Take You From Perspiration to Inspiration

By: [Kim Nishida](#)

Are you running on life's treadmill with the speed setting turned up a little too high? Does everything feel like a struggle? Why not use inspiration to create energy that propels you up and over life's inevitable speed bumps? Here are 10 steps to get you started.

1. Be grateful: Instead of focusing on what you don't have, take a look at what you do. Write a list of the "50 Things I Am Grateful For Today." Take a minute each morning to mentally express your gratitude for at least 5 things whether it's the air you breathe, the clothes on your back, or those closest to you. You might be surprised at the difference a positive attitude can make.

2. Celebrate and list every success: How would you like to have a boss who only ranted about what you did wrong or what you failed to achieve, never giving you credit for the wins? Take a look in the mirror and make sure you aren't abusing yourself like a boss from hell. We tend to gulp down the little successes and minor victories instead of savoring them. Keep a running list of your successes for the year and post it near your computer or nightstand.

3. Learn from your setbacks: Failure happens. It's part of life and a necessary component of growth. Accept failure as something good, as proof that you are taking risks and stretching yourself. However, in addition to accepting the losses, you must go back and, like an unbiased scientist, ask yourself what went wrong. What will you do differently in

the future? Mistakes are only truly valuable if you learn from them.

4. Fill your glass: Forget the debate over whether the glass is half empty or half full! Why not take a pitcher and fill it up? Tackle every situation with the perspective that you can affect the outcome. Acknowledge that you have the power to choose. Even doing absolutely nothing or feeling sorry for yourself is a choice you make.

5. Look for role models: Who inspires you? Is there someone who walked in your shoes and faced similar battles? Maybe even someone who went on to become a superstar in his or her own life? Identify her but don't put her up on a pedestal. Remember that she is a person just like you, who overcame the odds, or struggled through extreme hardship and persevered.

6. Become a visionary: You don't have to be a guru to have a vision of the future. All it takes is a bit of imagination and the courage to reach for something bigger than your current reality. If time and money were no object and success was guaranteed, what would you want to create for yourself, your family, or the world? Give yourself at least 30 minutes to let your thoughts dig into this one. How does this vision of the future relate to your life today?

7. Identify the milestones: Set concrete goals for yourself that can be broken down into measurable pieces or milestones. If you want to lose 20 pounds, each 5-pound increment is the next milestone you should aim for

and celebrate. Instead of shooting for a distant peak, it's much more encouraging to set your sights on the corner at the end of the block.

8. Say it with pictures: Research says that 89% of what we learn is visual, 10% is auditory, and 1% comes through our other senses. Draw, photograph, or assemble a collage that represents your aim in life. Hang it on the wall or download it to your computer desktop as a reminder of what you're working towards.

9. Play: If you feel like you're toiling, take a break and interject some fun. Do something ridiculous. If you can't think of anything, spend an hour or two watching 4-year olds play. To them, everything has the potential for fun. Learn to enjoy the journey even more than the destination.

10. Ride the wave of change—don't run from it: Like death and taxes, change is inevitable. However, resistance to change is common and causes untold amounts of struggle. Become a master evolutionist—respond to change eagerly and rapidly.

We all need a push once in a while. Choose instead to latch onto inspiration as a force that pulls you forward and you'll discover that success can be effortless.

[Article Source: http://www.leadershiparticles.net](http://www.leadershiparticles.net)

