



## ASTD NEBRASKA - August Newsletter

**August  
2012**

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Dear Shelly,



As you are reading this newsletter, the first week of the 2012 Summer Olympic Games is coming to a close. I have always been a supporter of the Olympics. For us in Omaha, we have had a glimpse at those athletes either in person at the swim trials or from our homes,

watching the winners advance to their spot in the pools, courts, tracks, and gymnasiums of London. To me, the talents of those athletes seem a bit supernatural. I would never put myself in a class of Olympiads. But, I do understand a couple of traits those athletes have to pursue their chances of taking home the gold. When I am at spinning class or riding my bike with others, I like to "think" I am winning. Even if I am competing against myself...I enjoy the competitive feeling I get when I am pushing my previous time or see I may be yards ahead or behind other riders.

However, there is one skill that Olympic athletes and adult learning professionals have in common...being in the ZONE!

I recently read an article by Shane Murphy, PhD, a licensed psychologist and associate professor of psychology at Western Connecticut State University. Dr. Murphy has been involved in Olympic athletes' psychology in one fashion or another since 1987. Murphy says: "What's fascinating is that we find that athletes often don't need to be perfect to succeed. Being in the 'zone' isn't about perfection as much as it is about staying in the moment, not worrying about failure, and not worrying about what the result might be. Once they're ready, they focus and let it happen."

New and  
Renewing Members

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To me that's exactly how we prepare prior to stepping to the front of the room as we facilitate in the corporate learning environment. So with that said, we all have the ability to be Olympic athletes in our own right. Being in the "zone" is what we do to inspire and help others learn. That's our focus. That's how we strive to meet our objectives for our students and adult learners. Here's to all the athletes competing in the 2012 Summer Olympics!

Sincerely,  
Jill Idelman  
[directorcommunications@astdnebraska.org](mailto:directorcommunications@astdnebraska.org)

# ASTD August Program: Innovation in Action!

**Submitted by: Jill Banaszak**

ASTD Nebraska announces its August program featuring Scott Montgomery. Montgomery is Facilitator and Vice President in charge of Special Projects for Eagle's Flight, Creative Training Inc.

The event takes place on Wednesday, August 8, from 11:30 a.m. to 12 noon for networking and lunch, with the program starting at 1:00 p.m.

Montgomery is also conducting an extended workshop from 1:00 p.m.- 3:00 p.m.

Innovation in Action is the topic of Montgomery's interactive and fun presentation. Attendees will have the opportunity to learn hands-on how to harness the power of innovation by using a 3-step method to implement innovation in the workplace. Montgomery's presentation and workshop addresses the tools, process, and culture that can help make innovation simple, attainable, and effective.



Early Bird registration is available until Thursday, August 2 for \$20 for the program only and \$60 for the program and workshop. Regular registration is until Tuesday, August 7 for \$25 for the program only and \$65 for the program and workshop. For those attending the workshop only, the fee is \$40 for members and \$50 for non-members. This program will be held at the Scott Conference Center, 6450 Pine Street, Omaha NE 68106.

**[REGISTER TODAY!](#)**

**Julie Durmaskin Professional  
Education Scholarships Available**

**Submitted by: Cynthia Way**

Do you need monetary assistance to enhance your professional development?



Apply for the ASTD Nebraska Julie Durmaskin Professional Education Scholarship!

Some examples of how you might use the scholarship are: Trainer's Institute; Workplace Learning and Performance (WLP) training classes; school tuition towards a related degree; ASTD conferences; ASTD National Certification fees; upon completion, reimbursement to assist with fees from the CPLP.

[Apply here on the ASTD Nebraska website.](#)

**Only ONE Month Left to Take Your Membership to New Heights!**

**Submitted by: Chris Hitchcock**



In mid-July through the month of August, ASTD Nebraska will be accepting applications for the 2013 Board of Directors. A nominating committee will review applications and interview candidates in August and present a slate of officers to the membership for a vote in September. The results will be revealed to candidates in late September and announced to the membership at the October Professional Development and Networking Event. The benefit to the Chapter is inherent in your service on the board, but don't forget your personal benefit. Board members tend to build not only a strong network of colleagues, but a circle of lasting friendships.

Opportunities to showcase your talents are nearly unlimited on the board, whether your gifts are technical, theoretical, organizational, or creative. We have a way for you to shine. The professional development opportunities you have as a member are rich and varied, but as a board member your opportunities and resources grow exponentially. Don't forget the power of a "board member" title on your resume.

Apply today by following this link:

<http://astdnebraska.org/BoardApplication>. The link will also remain active on the ASTD Nebraska website through the month of August.

If you have questions, you can contact Chris Hitchcock, President Elect, at 402-657-3396 or [presidentelect@astdnebraska.org](mailto:presidentelect@astdnebraska.org).

Please seriously consider the contribution you can make to our Chapter and to your own professional development.

## Spotlight on New Members

### Submitted by: Jennifer Labrie

This month we want to welcome Beth Swinney, Marie Troya, Kathy Swensen, and Bonnie Heimann to ASTD Nebraska!

#### Beth Swinney

Beth is currently working as a Leadership Trainer with the Gordman's corp



orate office and has developed a passion for constructing learning programs, developing eLearning solutions, and embracing technology to enhance distant learning options since joining the team. Her background is in retail sales, management, and training. She has enjoyed the

opportunity to problem solve and define efficient and streamlined training solutions during the recent economic challenges that the industry has faced.

She is very much looking forward to the networking that ASTD offers and being a part of a professional community that provides development opportunities and venues for sharing best practices and industry successes.

Beth loves traveling and seeing new places, either through work or on vacation trips. She is an avid foodie and loves trying new restaurants in other states and places. She loves cooking and creating and has not gotten anything done since discovering Pinterest.

#### Marie Troya

Marie works as a Technical Trainer at Children's Hospital & Medical Center. Her primary role is providing end-user training on Children's Electronic Medical Records (EMR) systems. Prior to accepting a

position at Children's, she was a professor at Kaplan University in Des Moines, IA for 10 years. She primarily taught in the business college, teaching anything from Introduction to Management to Macroeconomics. She was also the lead instructor for the Microsoft Office courses offered on campus. In addition to teaching, her role involved mentoring new faculty, preparing curriculum, facilitating faculty in-services, etc. She also spent one year as the Program Chair for the Information Technology department.



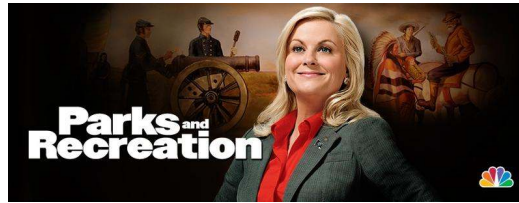
Marie grew up in Omaha, but moved away after high school. She recently moved back to the area and is interested in meeting others in the field. Being a member of ASTD will also allow her to keep her skills fresh and to learn about emerging practices.

Marie and her husband recently celebrated their one-year wedding anniversary. They share their home with two big, fun-loving dogs, Sadie and Tucker. She has a large extended family that she spends lots of time with. She likes being outdoors any chance she gets—cycling, hiking, going to the lake, snowshoeing, etc. She also loves to read, go to the gym, and travel.

### **Kathy Swensen**

Kathy Swensen has 26 years of human resources experience. After serving as a Graduate Teaching Assistant at the University of Nebraska at Omaha and receiving her master's degree in Communication, she worked for the City of Omaha in Human Resources. There she wrote business publications and developed and administered promotional examinations. In 1990, she became a consultant for the International Association of Chiefs of Police (IACP). Her role was to develop and conduct promotional processes for all ranks in law enforcement from sergeant to chief. She conducted job analyses, developed job simulations, trained candidates and assessors, and administered assessment centers. In 2008 she started her own company, Swensen & Associates. For her clients, she has developed and presented customized training programs, job performance measurement systems, and promotional testing. She has been so involved with the IACP, she didn't know the people working in the field locally. She would like to make some changes and wanted to get to know people with similar interests/skills.

Her husband works for the City of Omaha in the Planning Department. Her daughter is 21 and living in Germany, attending the School of Life and working and travelling. Her son is 14 and will start Omaha North High in the fall. They have two cats and an enormous yellow lab. For fun, she loves to read, swim, sing in her band (with her



husband), and watch Parks and Recreation.

### **Bonnie Heimann**

Bonnie has been in the technology industry for 28 years with a majority of the time spent in various Learning and Development positions. She managed training centers that provided application training to clients; designed technical development plans for computer engineers and technicians; and oversaw the training and development of three customer call centers where she created curriculum, taught courses, and managed the training team. She recently accepted enhanced early retirement from Hewlett Packard and is looking forward to new challenges.

She hopes to refresh her training skills since she has been in an operational role for the past four years. She also wants to network and would enjoy volunteering for projects with ASTD.



She is an avid Creighton basketball fan and enjoys most any sporting event. She has recently taken up yoga and biking for exercise. She also enjoys volunteering at the Open Door Mission where she works at the Outreach Center and teaches basic computer application classes to the residents

Please help me in welcoming Beth, Marie, Kathy, and Bonnie to ASTD Nebraska!

## **Registration Now Open for Trainer's Institute 2012**

**Submitted by: Michelle Kosmacek**

ASTD Nebraska's Trainer's Institute has gotten a facelift and is ready for registrations! This year's Trainer's Institute offers classes that mirror topics highlighted in ASTD's CPLP. These classes offer a strong platform for new trainers or opportunities for veteran trainers to expand their skill set and network with other local trainers!



The 2012 Trainer's Institute offers the following classes:

**October 2: Development**

[Designing Learning | HPI and Facilitating Organizational Change](#)

**October 9: Delivery**

[Delivering Training | Coaching](#)

**October 16: Evaluation**

[Kirkpatrick's Levels of Evaluation | ROI and Statistical Theories and Methods](#)

**October 23: Management**

[Managing the Learning Function | Organizational Knowledge and Career Planning](#)

**October 30: E-Learning**

[Designing Engaging E-Learning | Working with E-Learning Software](#)

**Individual Session:**

Members: \$185

Non-members: \$195

**All Five Sessions:**

[PURCHASE ALL 5 SESSIONS FOR A DISCOUNTED RATE](#)

Members: \$850

Non-members: \$900 (includes 1-year ASTD Nebraska membership)

**Seating is limited so register early!**

Interested in a couple sessions but don't have the funds? You've got options! Volunteers are needed for each class to introduce the facilitator, set out snacks, make copies, etc., and in return, are able to attend the class at no cost. ASTD members can also apply for the Julie Durmaskin Professional Education Scholarship to supplement the cost of the Trainer's Institute!

To learn more about the 2012 Trainer's Institute and to register for



sessions, visit the Trainer's Institute page under the Events tab at [www.astdnebraska.org](http://www.astdnebraska.org). If you're interested in volunteering or need more information about the event, contact Michelle at [directoreducation@astdnebraska.org](mailto:directoreducation@astdnebraska.org).

## WIN a Seat at ANY National Certificate Program! (Valued at \$1,300)

**Submitted by: Christine Hitchcock**

No dollars for professional development? We are all feeling the crunch!

To attend as a National ASTD member, you can expect to pay \$1,095. If you are not a National ASTD member, the price increases to \$1,395 (your ASTD Nebraska membership does not entitle you to "member pricing"). What if you could attend for FREE?

To earn your chance or chances, all you have to do is volunteer one hour of your time to help your ASTD Nebraska Chapter. For EACH hour you volunteer, your name is entered in the drawing for a National Certificate Program. There is no cap on the number of hours you can volunteer. The opportunities are varied so you will find something that is of interest to you. Just follow one of these links to start increasing your chances to win.

We will draw for the seat at the September Professional Development and Networking Event. You do not need to present to win. The link below will show you the available programs. If you win, you get to choose! The Advanced Designing Learning Certificate program will be held in Lincoln, Nebraska, on September 18 and 19 which is right in our own backyard.

<http://www.astd.org/Education/Certificate-Programs.aspx>

### **Volunteer: one-time task with a short time commitment**

- [Write an article for the newsletter](#)
- [Be a greeter at a monthly Professional Development and Networking Event](#)
- [Help with registration at a monthly Professional Development and Networking Event](#)
- [Introduce the speaker at a monthly Professional Development and Networking Event](#)
- [Design a marketing piece](#)
- [Make CPLP flashcards for members to use as a self-study tool](#)

### **Ad Hoc Volunteer: one-time task with a longer time commitment**

- [Review a resume and provide feedback](#)
- [Help with a mock interview](#)
- [Be a speaker at a monthly Professional Development and Networking Event](#)
- [Host a Book Club](#)

**Recurring opportunities and committee work**

- [Join the Membership Drive Task-Force](#)
- [Become an ASTD Nebraska Concierge](#)
- [Join the Website Team](#)
- [Join the Marketing Team](#)
- [Coordinate a SIG \(Special Interest Group\)](#)
- [Become an ASTD Nebraska Mentor](#)



**Thank You to our August Sponsors!**

BELLEVUE UNIVERSITY'S  
**HUMAN CAPITAL LAB**<sup>SM</sup>  
INNOVATION@WORK<sup>SM</sup>





## New and Renewing Members!

**Rebecca Alderman**, Hyatt Hotels & Resorts  
**Lance Baker**  
**Susan Bates**, Pinnacle Bank  
**Jill Borgelt**, Farm Credit Services of America  
**Gina Brummels**, ConAgra Foods  
**Melissa Carver**, Hyatt Reservations  
**Spencer Cohorst**, Heartland Family Service  
**Todd Conkright**, Training Pros  
**Barb Davis**, Retired - Omaha Public Schools  
**Beth Down**, University of Nebraska-Omaha  
**Julie Dygert**, Transformation Academy  
**Gina Ewing**, DHHS Division of Public Health  
**Marissa Gift**, Lutz & Company  
**Christopher Gryzen**, Thrivent Financial for Lutherans  
**Elizabeth Haley**, E Haley Inc.  
**Kari Harris**, Hyatt Hotels & Resorts  
**Danette Hester**, Hyatt Hotels & Resorts  
**Danielle Hinzy**, Hyatt Hotels & Resorts  
**Kimberly Hurst**, SAC Federal Credit Union  
**Jaclyn Johnson**, Hyatt Hotels & Resorts  
**Sarah Julius**, C&A Industries  
**Ericka Juno**, Union Pacific Railroad  
**Karie Keown**, Actively Seeking Employment  
**Michelle Kosmacek**, First Data  
**Denise Limato**, Team Software, Inc.  
**Kendra Malik**, ConAgra Foods  
**Teresa Matteson**, Nebraska Methodist Health System  
**Ruth Negus**, Omaha Public Power District  
**Marta Nieves**, Journey Consulting  
**Kristi Rutledge**, Mutual of Omaha  
**Beth Sanborn**  
**Carmen Sirizzotti**, University of Nebraska Medical Center  
**Jan Stukenholtz**, Union Pacific Railroad  
**Marie Troya**, Children's Hospital and Medical Center  
**Carol White**, C L White Life Coaching  
**Shelly Whittaker**, Creighton University  
**Cheryln Wilson** - Creighton University

# Calendar of Events

## [Habitat for Humanity Volunteer Opportunity](#)

Day: **Saturday, August 4**

Time: 8:00 a.m. - 3:30 p.m.

Location: 2204 Ames Avenue (Habitat Main Campus), Omaha, NE

## [Innovation in Action Program and Workshop](#)

Day: **Wednesday, August 8**

Time: 11:30 a.m. - 3:00 p.m.

Location: 6450 Pine Street (Scott Conference Center), Omaha, NE

## [How to Prepare for and Handle Change While Everyone is Watching](#)

*Presented by ASTD-Lincoln*

Day: **Thursday, August 16**

Time: 11:15 a.m. - 1:00 p.m.

Location: Southeast Community College Continuing Education Center  
301 S. 68th St. Pl., Lincoln, NE

## [Ph.D. Symposium](#)

Day: **Wednesday, August 22**

Time: 9:00 a.m. - 12:00 p.m.

Location: Bellevue University, Omaha, NE



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