



# SIERRA PACIFIC REGION PACIFIC WAVES

Volume 10, Issue 5

July 2009



RENEW THE VISION

## SPECIAL 10th ANNUAL CONFERENCE EDITION

### Maria Trujillo Tough

It is with much excitement and a bit of sorrow that I say goodbye as President of Sierra Pacific Region. I didn't join with the intention of becoming Region President (although there were many excellent examples to follow). I am thankful for the help and guidance from previous office-bearers.

That was a challenge I set myself along my ITC journey. Every assignment undertaken, every committee chairmanship accepted, were steps chosen to increase ability and confidence. I had support from Thursday Morning Club, Council 2 and other members throughout the Region. There was a lot of mentoring and encouragement going on all these years.

There has been a lot of

changes during these last few years. We have had to change our focus on public speaking and training to job skills and selling yourself. We need to provide more information to the public in this regard. In these difficult times of economy recession, the cut back in jobs; individuals need to do something to sell themselves (stand out from the crowd).

That requires focusing on interviewing skills, dressing for success (old cliché, but still very important), resume writing, and practice, practice, practice. We must strike this year to get our name out there.

So take up the challenge to go out and talk to people who are looking to improve their own, or their staff's, skills. And let them in our secret.



### Inside this issue:

<i>President's Message</i>	1
<i>10th Annual Conference</i>	2
<i>Alaska...here we come!</i>	3
<i>Writing Contest Winners</i>	3
<i>Council 1, 2, and 4 winners</i>	3
<i>Program Ads total</i>	3
<i>Region Due Reimbursements</i>	3
<i>President-Elect Message</i>	4
<i>Strategic Planning Meeting</i>	5
<i>Educational Workshops</i>	6
<i>SPR Convention pictures</i>	7
<i>Keynote - Irene Laidley</i>	8
<i>Meet the 2009/2010 Board</i>	9
<i>Bylaw Change</i>	10
<i>In Memoriam</i>	10
<i>Save the Date for Fall Training</i>	10
<i>Moving Onward</i>	10

Newsletter Print Dates:

**Sep 10, 2009**  
**Dec 11, 2009**  
**Apr 7, 2010**

Please submit articles 1(one) week prior to print date.