



PRESIDENT'S MESSAGE



As we approach the year 2012, it is a pleasure for me to wish each of you a

marvelous holiday season. The coming year will be an exciting and busy one for POWERtalk International and Sierra Pacific Region.

I know that quite a few of you started writing wonderful stories and poems during Eileen Beresford's "It's Now or Never - Put Your Thoughts on Paper" workshop at the Fall Training Meeting. Others, I'm included, started writing for a previous year's contest and didn't get them entered that year or maybe you just decided this was the year to enter the Writing Contest. Eileen, our Writing Contest Chairman, is anxiously awaiting those entries, so polish them up and get them entered.

The SPR Biennial Conference is scheduled to be held in May 2013, so we will not be holding a Region Speech Contest in 2012. However, I encourage you to hold speech contests at club and council levels as a part of our POWERtalk Training.

Our Spring Training Meeting will be held on Saturday February 25, 2012 at the Holiday Inn Capitol Plaza, 300 J St, Sacramento. We have some top notch members presenting the workshops, two of whom are on the International Board. You can find out the details in this issue. This is sure to be a special meeting as ALL the International Board members are planning to attend. This is not just an opportunity for members, but the perfect opportunity to invite guests to see what POWERtalk is all about. Be sure to get your reservations in early.

The PREM Committee is busy developing activities to

promote membership. I don't want to steal their 'thunder', so read the PREM article for details.

As I am sure you are aware, Sierra Pacific Region will be hosting the 2013 International Convention in Hawaii under the leadership of Convention Coordinator, Maria Trujillo Tough. This means that there will be lots of opportunity for our region members to "Let Your Dreams Give you Wings." So, let Maria know how you would like to help make the 2013 Convention the best yet.

These are just a few of the opportunities available in 2012 to expand our knowledge and to share the opportunities our great organization has to offer us, as well as all those new members we are recruiting.

Faye Corrin





Inside this issue:

President's Message	1
Officer Visitation Schedule	2
Poetry Category Entry	2
Treasurer's Message	3
Ways and Means	3
Roster Corrections	3
Why Bylaw Amendments	3
President-Elect Message	4
Publicity Chairman	4-5
Help Wanted!	6
International Convention Planning meeting	7
PREM	8
Spring Training Registration	9
Memoriam	10-11
Like Clockwork	12
Writing Contest Chairman	12
Eligibility Statement	13

NOTE:
Pacific Waves newsletter articles.

Due on: Publish Date

Mar 31, '12 Apr 7, '12
Jul 28, '12 Aug 4, '12*

Please email in Word or Publisher format and allow time if mailing.

* note the change

**2011-2012 Sierra Pacific Region
Officer Visitation Schedule
For Remainder of Year**

2011-2012	COUNCIL 1	COUNCIL 2	COUNCIL 4	CLUB-AT-LARGE
DECEMBER 2011	NO MEETINGS — HAPPY HOLIDAYS			
JANUARY 2012		21 President -Elect		
FEBRUARY 2012				
MARCH 2012			10 Treasurer	
APRIL 2012	14 President-Elect	21 President		
MAY 2012			12 President	
JUNE 2012		16 Parliamentarian		

Poetry category

Water
Pam Camp

So basic and so vital
it owns tension yet flows freely.
Thinking, yearning, enjoying,
frightened by it.
Stress relieving or stress giving.
Is there too much or too little?
Only the heavens know.
Hot or cold,
white or brown, or blue as the sea.
Come sit and have some with me.

Season's Greetings Everyone,

Hope you are all enjoying the holidays and are staying warm from the cooler weather. This time of year there isn't much to report on with the SPR Treasurer's duties. How's the (every member recruit a member) drive going? Just as a reminder, if you do have a new member joining, membership dues for Region are \$15.00 payable to SPR and sent to me as the Treasurer. Members joining after January they only pay half dues to Region. International dues are always prorated monthly. If you have any questions email me at rrobert12@sbcglobal.net

Robert Richardson

SPR Treasurer

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Happy Holidays, Everyone!!

SPR Ways and Means is going to have a raffle at the Spring Training Meeting on February 25, 2012 so bring lots of cash. We will be giving out some terrific prizes. Please plan attend we need your support reach our goal for Sierra Pacific Region.

See you all soon,



Liz Hatch

Ways and Means Chair

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Corrections to SPR Roster:

1. Council 2— Committee Chairmen, Editor, Denise Cheeseman, PC
2. Council 2—Valley Communicators Club— Harriet Washburn, Rio Las Palmas Retirement Villa, 877 E. March Lane, Stockton, CA 95210
3. Diane Folsom, 2110 Artesia Blvd, Box 215, Redondo Beach, CA 90278
4. Shirley Figenshu— sfigenshu@gmail.com

Why Bylaws Amendments are Required?

The bylaws of SPR require that proposed amendments be submitted before February 1 in the year of the biennial conference by member clubs, clubs-at-large, councils, region standing committees and the board of directors.

It is hoped that each Council will designate one person to help with the bylaws committee and to encourage all to review the bylaws and submit proposed amendments on a timely basis, but by February 1, 2013 at the latest. Since our Biennial Conference is in 2013, the bylaw amendments are required by February 1, 2013 -- BUT it is never too early to start thinking about and submitting recommended changes.

Unfortunately, this chairman was not able to attend last year's Region Conference or International convention. If anyone who attended those could assist in making sure that the Regional bylaws comply with ITC's bylaws, this will be very helpful.

Jean Stallings

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Mary Parks had a serious fall on November 29th and is currently receiving Rehabilitation at the American River Care Center. She doesn't know how long it will be before she is able to return home. The address is 3900 Garfield Ave, Room 208B, Carmichael. She is able to receive visitors and welcomes cards. The telephone is a direct line to Mary's room, but it takes a while for her to get the phone.. the number is 431-9059. Mary says don't forget the prayers."

I want to thank everyone in Sierra Pacific Region for their support and contributions to the upcoming 2012 Spring Training Meeting. More about what will be offered at this meeting is in this issue of the Pacific Waves, but I wanted to say a few words of encouragement and support to all of you as we come up on a new year.

2012 will be off to a **POWER**ful start for the Sierra Pacific Region. Carol Preiss – International President, and Val Harper – President Elect, will be **POWER**ful forces at the February 25, 2012 SPR Spring Training. They are not only attending, they will be training too! Additionally, there will be our own members there presenting **POWER**ful workshops that will complement Carol and Val’s efforts.

This event is a **POWER**ful opportunity to introduce potential new members to the **POWERtalk** organization. All members who are dedicated to building membership in their clubs are planning to take full advantage of this fabulous opportunity to show what **POWERtalk** has to offer.

There are many SPR members who are already offering local opportunities to potential members to meet local members of the organization. I am sure they are expanding their recruitment efforts with these candidates to learn more about **POWERtalk**, by inviting them to the February 25th Spring Training event. Don’t you agree that SPR’s Spring Training will be a fabulous showcase of our high caliber membership and the impressive talent at the International level?

Carol and Val’s workshop about there being no “I” in team really says what **POWER-talk** is all about. We support each other and make it happen by working together.

So let’s get the word out and have a **POWER**ful day on February 25, 2012 in support our clubs, our councils and Sierra Pacific Region.

Together we are a **POWER**ful **POWERtalk** force!

BE THERE FOR THE SPRING TRAINING MEETING

**Lynn Harrison
President-Elect**

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Publicity

Clubs have been working on publicizing our club meetings and have been successful:

- Golden Bear Club posted flyer in their office and had 2 visitors
- Thursday Morning, Telstars and Sierra Lindas sent club announcements to their local newspapers.
- Irene Osuga and Pat Kennedy gave elevator speeches and gained 2 visitors to their club meeting.
- Yolanda Ashford gave elevator speech and Telstars gained a visitor.

Publicity continued on page 5

PUBLICITY Continued from page 4

- The President of Sierra Lindas, Jennine Quiring, was accosted in a Wal-Mart parking lot and when interviewed by Fox 40 said that she learned her speaking skills from POWERtalk International.

In the spring, we want to give the module training in a business which we hope would lead to an establishment of a club. New clubs take a core of members to support, mentor and train new members.

We want to continue making our elevator speeches; it is still one of the more successful ways of gaining visitors to clubs which can result in membership growth.

Have you found a potential member to invite to your club? Keep your eyes and ears open they are out there.

Elevator Speech: How did they do it!

Pat Kennedy belongs to a jazz singing group and she approached one of the members who just recently retired. They found things in common, for example they both had careers as social workers and they both had taken classes in drama and theater acting. She felt that this combination; recently retired, enjoying the stage may lead her to an interest in public speaking. Pat invited her to a meeting. She attended and is interested in becoming a member.

Irene had met a lady in the store that she had not seen for many years. They almost did not recognize each other. After talking about what they have been doing. Irene invited her to attend one of our meetings. She is very interested and has already given inspirations at two of our meetings.

Members let us share your elevator speeches with other Sierra Pacific Region members. Send me an email and we will publish the elevator speeches in Pacific Waves.

We asked Irene what was her approach in giving an elevator speech, she said, "My elevator speech varies and depends on whom I am talking to, whether he/she is a career person or retired. If I am talking to a career person, I would emphasize leadership, chairing a meeting, dealing with difficult people and parliamentary skills. For retired person my emphasis is more recreational and fellowship".

Let us have a great year publicizing POWERtalk International.

Liz Richardson,
SPR Publicity Chairman

HELP WANTED!

Sierra Pacific Region has the wonderful opportunity to be hosting the 2013 International Convention in Hawaii. It will be a time of learning and fun in the beautiful State of Hawaii. The Training Sessions are always a great opportunity to learn new ideas to bring back to your clubs, councils, and region.



I will be the On-Site Program/Education Coordinator for the Convention and will need members support from Sierra Pacific Region. There are a number of assignments in the preparation for the Convention, such as emailing workshop presenters, letter writing, and coordinating the space, equipment, program leaders, timers, and pages for each training session. If you are planning to attend the Convention, there are a number of duties at the Convention in monitoring the training sessions and in directing Convention attendees to the right workshop. You may also be interested in being a workshop program leader, timer, or page for one of the training sessions.

Please fill out the form below and return to:

Pam Montague
 278 Howe Avenue, Apt. A
 Sacramento, CA 95825
 (916) 972-9468
pampshmon@aol.com

Name

Address

City/State

Zip Code

Telephone

E-Mail

Council

Club

Interested In: _____

LET'S TALK POWERTALK INTERNATIONAL CONVENTION

We are very privileged to be able to host the Powertalk International Board at our Spring Training event. The Board will be coming in early to meet and are eager to talk to Region about the hosting of the Powertalk International Convention in Hawaii in 2013. Surprise! It is also our Diamond Jubilee celebration. We will learn what is going on around the world with our fellow members and we will be sharing ideas for making the International Convention an exciting and wonderful experience for our members.

I want to invite you all to attend this meeting on February 24th from approximately 3:30 p.m. to 7:00 p.m. Fill out the information below so I know we can count on you. Perhaps you would also like to stay and have dinner with the Board that evening, stay at the hotel that evening and then attend the Spring Training the next day. We could have a blast!

The Room Rate we have is \$99.00 plus Hotel Tax. Parking still needs to be paid for at whatever rate. The cut off date for the room rate is January 24, 2012 at 12:00 AM.

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International Convention Planning Meeting

YES I PLAN TO ATTEND.

NAME _____

Telephone _____ E-Mail _____

DINNER YES ___ NO ___

MEETING ONLY YES ___ NO ___

PLANNING TO STAY OVERNIGHT: YES ___ NO ___

ONE + ONE Every member
recruit a member and
watch our membership

PREM – Everyone Can Do It

In my last article, I suggested that you try the following tips which were taken out of the July Powerlines publication. I have added a few more for you to try. These are simple ideas to implement but powerful if done right. This is still true. Have you tried these? Are you being consistent and persistent? You need to be both for the ideas to work. Whatever you do, don't give up. Keeping our name in the public eye is crucial. No one will join if they don't know about our organization. Drop me a line on email, facebook or twitter and let me know what you are doing.

1. Give every club member four invitation cards which read: "You have been invited by" - and then add each member's name - "to our club meeting...etc." Don't do this just once, do it multiple times.
2. Publish each club meeting in your local community newsletter.
3. Forward an email invitation to all those in your address book. I repeat, don't do this just once, do it multiple times.
4. Put up Posters in the local area of your club meeting. List some information about the program on the poster to make the poster more inviting.
5. Make sure you have a hostess to greet guests at each club meeting to welcome them and ensure their comfort level.
6. Be creative. Dress up your club meeting place with POWERtalk banners, flyers, posters, etc.
7. How about bumper stickers for your car. You can make these yourself.
8. Make sure that you carry business cards and then give them away to those you meet.
9. Throw a POWERtalk party just like you might give a Tupperware party.
10. Have a guest book at each meeting and use it to follow up with your guests.
11. Work together as a club and come up with more ideas for the club members to implement.

Once the new member has joined your club, don't forget the very important induction ceremony.

Portia Munn
SPR PREM Chairman



SIERRA PACIFIC REGION SPRING TRAINING MEETING



FEBRUARY 25, 2012 – 9:30 AM TO 3:00 PM
Registration/Morning Coffee/Tea 8:30 - 9:30 AM
Holiday Inn Capitol Plaza
300 J Street
Sacramento, California
(916) 446-0100

Workshop Presenters:

Carol Preiss, International President &
Val Harper International President Elect, "There
is No "I" in Team"
Portia Munn, Council 4, "Facebook or Twitter – Do You?"
Pam Camp, Council 1, "Out of the Box."

Complete the Registration form below and make check payable to Sierra Pacific Region. Mail to
Registration Chairman, Gail Anderson at the below listed address:

Gail Anderson
3241 Smithlee Drive
Sacramento, CA 95827
Email: aubrey0417@yahoo.com

Email: Registration Deadline: February 17, 2012 NO refund after February 20, 2012

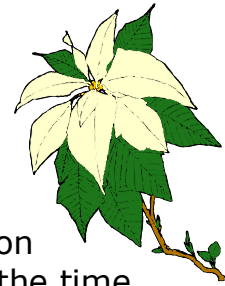
Meal and Registration \$45 Late Fee \$5

<hr/>	
<i>Name</i>	<i>Address</i>
<hr/>	
<i>City/State</i>	<i>Zip Code</i>
<hr/>	
<i>Telephone</i>	<i>E-Mail</i>
<hr/>	
<i>Council</i>	<i>Club</i>
<hr/>	
<i>Emergency Contact Name</i>	<i>Phone</i>
<hr/>	

Lunch: Select from the following Entrees (includes house salad, seasonal vegetable, starch, rolls and
New York Cheesecake for dessert).

- Prosciutto Encrusted Chicken
- (Seared Breast of Chicken Wrapped in Prosciutto served with charred Burre Blanc)*
- Ricotta Cheese Ravioli (Vegetarian selection)
- (Ravioli with Ricotta Cheese, Spicy Roasted Tomato Sauce, Parmesan Basil)*
- Special Dietary Needs _____

IN MEMORIAM – BEVERLY HARRISON



Beverly Harrison, President of Acorn Club, Charter #2192, Council Four – Sierra Pacific Region passed from this life on October 3, 2011 at 4:22 a.m. at Summit Alta Bates Medical Center in Oakland, CA. Beverly was the last charter member of the Acorn Club. On October 26, 1972 at the charter installation dinner held at the Elegant Farmer, a very popular restaurant at the time, Beverly was installed as Treasurer of the Acorn Club. From that day in October 1972, until her passing in October 2011, Beverly was an active member of the POWERtalk organization. She kept the Acorn Club on track for many years and took great pride in the fact that the Acorn Club was always a strong contributor to the activities of Council Four and Sierra Pacific Region. Beverly was born in San Diego, California. Her father, Iver Reinikka, was in the United States Navy. Beverly was at Pearl Harbor on December 7, 1941 and remembered the day vividly. She had seen her father that morning, and she was not to see him again until the end of World War II. Her family still has the article and photograph of her mother, Beverly, her brother Jack and baby sister Sharon (held in her mother's arms) that was published in the San Francisco newspapers with the caption "First Refugees From Hawaii". Beverly remembered celebrating her birthday on the ship that carried so many people from Hawaii back to San Francisco in early 1942. Her schooling was a challenge because the family traveled all across the United States during her father's naval career. Beverly and her daughter Lynn finished college at the same time. Lynn was going to San Francisco State University and Lynn would swing by downtown San Francisco to pick up her mother at the University of San Francisco annex in the evenings when Beverly was taking classes to complete her degree that she had started before Lynn was born. Beverly's entire career was in the banking industry. She retired at 72.

A mass and memorial service, followed by a buffet luncheon will be held at Our Lady of Lourdes Church and Parish Hall on February 1, 2012 (a Wednesday). The mass and memorial service will start at 10:00 a.m. An open invitation is extended to all of the POWERtalk members of Sierra-Pacific Region to attend. All that her daughter Lynn Harrison asks is that you contact the coordinator for the event so that you are included in the luncheon head count. Our Lady of Lourdes Church is located at 2808 Lakeshore Avenue in Oakland, CA. The coordinator is Beverly's god-daughter Lisa Armstrong. Lynn Harrison and Lisa Armstrong like to say that they were friends since before they were born because their parents, Beverly and Herbert and Lyle and Lorraine were friends from the early days of their marriages. Lisa can be contacted on her cell phone at 661-607-1544 or on her home phone at 661-257-7844 or by e-mail at angels00l@aol.com.

Lynn Harrison is very grateful for the communications she has received from members of Sierra Pacific Region and she thanks you for bearing with her as she slowly gets back on track. Beverly and Lynn Harrison were a team who enjoyed each other's company and who enjoyed working together on the various projects, meetings and events in the ITC/POWERtalk organization. Beverly was a loyal friend, a great parent, a hard worker and a decent human being. She tried her best to do well at everything she set out to accomplish. It is hoped that she will be well remembered, and fondly thought of, in the years to come.

Shirley Watters
February 2, 1928 - November 5, 2011

Shirley was born and raised in Everett, Washington. After graduating early from high school, she spent the late days of WWII as a "Betty the Bucker" at the Boeing Aircraft Plant in Seattle. After the war, Shirley fell in love with Eldon "Huck" Watters and in March of 1947 took a bus to Burbank to marry him on St. Patrick's Day. While in living Southern California she had twin boys, however only one survived, and in 1955 the family moved to Redding.

Shirley was retired from a career as an office manager with several Redding construction companies. She was a Life Member of International Training in Communication, serving as Sierra Nevada Region President in 1979-1980 and as region Parliamentarian for a number of terms. Shirley also belonged to the California State Association of Parliamentarians. These organizations gave her a world-wide opportunity to make friends and travel. She will be missed by many.



She is survived by her son, Larry, and daughter-in-law, Katie, and predeceased by her husband, Huck, in 2008.

The Broken Chain

We little knew that morning that God was going to call your name,
In life we loved you dearly; in death we do the same.
It broke our hearts to lose you, you did not go alone.
For part of us went with you, the day God called you home.
You left us peaceful memories, your love is still our guide,
And though we cannot see you, you are always at our side.
Our family chain is broken, and nothing seems the same,
But as God calls us one by one, the chain will link again

anonymous

Like Clockwork

In "Googling" this phrase one sees it means with regularity and precision. Ah, that everything could go "like clockwork" in our lives. One place to appreciate the phrase (and be hopeful to see it) would be our meetings. Not just at club level, but more importantly at council and region meetings. Sure, we are a "training organization"...we hear this over and over again and this writer has even used this as somewhat of an excuse to explain away the occasional faux pas.

Let this penned encouragement remind us that even the simplest tasks at our meetings are being watched by our visitors. You've seen it, haven't you? The flag is not in its proper position (perhaps there isn't one in the room!) and the one leading the pledge did not double-check this. That certificate and/or gift did not get printed and purchased. How about the closing thought? - did you get ready to be called upon at that last break? If you do not take your assignments at the meetings seriously, who will? The "regularity" in clockwork is there as we meet fairly often, but how is our "precision" in completing assigned tasks?

Pam Camp, Cadencia Communicators, C1

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Merry Christmas to all! Happy Hannukah as well. Happy Holidays....Such a great cool and crisp time of year to celebrate the true meaning of the season. May your holidays be filled with many blessings.

As your writing contest chair, I am excited to tell you that the deadline is coming up, but there is still time to submit your entry. March 1 is the deadline, and that is 2012 which is just around the corner. Sometimes I know that all the things you have to do around the holidays can be overwhelming. Well, why not write about it and truly find your meaning for the holidays. I know too that the rules can be a bit much, so I am putting the Eligibility Statement in this newsletter to help you with that, and of course, you can get a copy of it and the writing contest rules by googling (that is a word now I hear) Powertalk International. The main requirements of the writing contest are that you are an active member in good standing. That means that you have paid your dues, they are up to date and that you attend your club meetings and participate.

That is it! If your club needs a workshop on how to write poetry, nonfiction and fiction or just how to enter the contest, please call me and I will be there, 916-359-8342.

Good luck to all of you. I challenge each and every one of you to challenge yourself by entering the writing contest. And most of all, have fun with it!

Eileen Beresford
Sierra Pacific Region
Writing Contest Chair



POWERtalk International
... coaching in effective speaking

Writing Contest



Eligibility Statement

This statement must accompany the contestant's entry.

Name of Contestant _____

Street _____ City _____

State/Province _____ Zip/Postal Code _____

Country _____

Email _____ Telephone _____

CATEGORY Fiction Nonfiction Poetry Check/tick one

TITLE: _____

Club name: _____

Council: _____ Region: _____

Division: _____

Member-at-large

Member of an unattached club/ council

This certifies that the above member is in good standing and eligible to compete, and that the club has paid all dues and fees at all levels and is in good standing.

(Signed) _____ Date _____

Club President

(Signed) _____ Date _____

Club Treasurer

This verifies that this entry was placed first at Region level

(Signed) _____ Date _____

Region Writing Contest Chairman

OR This certifies that the above Member-at Large or member of an unattached club/council has paid International dues.

(Signed) _____ Date _____

Region Writing Contest chairman or International Writing Contest Chairman

Consent is hereby given for publication of my entry on the POWERtalk International website.

(Signed) _____ Date _____

Contestant

Writing Contest – Effective August 2011

www.powertalkinternational.com

page 1 of 1

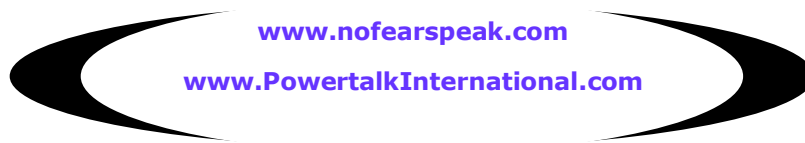
**INTERNATIONAL TRAINING IN COMMUNICATION
SIERRA PACIFIC REGION 2011-2013**



Coaching in Effective Speaking!

SIERRA PACIFIC REGION

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Phone: 916.366.5599
Cell 916.203.3505
E-mail: mvtruj@aol.com



MISSION	The mission of ITC is to provide opportunities for self-improvement through progressive quality training in communication and leadership skills.
CREED	To foster free and open discussion which shall be without bias on all subjects whether political, social, economic, racial or religious.
ITC COLORS	Blue and Gold
ITC PLEDGE	We, as members of International Training in Communication, hereby pledge to improve our communication and leadership skills, in order to achieve greater understanding throughout the world.
ITC SLOGAN	ITC, the Power of Communication
ITC VISION STATEMENT	International Training in Communication creates a better world tomorrow by training communicators and developing leaders today.