



Yankee

Financial *Matters*

30 May, 2014

INSIDE THIS ISSUE:

- President's Message, Joyce Ingrassia
- How to Spend Your Precious Time Wisely, Unknown
- Hard Work Beats Talent When Talent Fails to Work Hard, Unknown
- Meet your member, by Joyce Ingrassia
- Bringing our Workplace Policies into the 21st Century, President's 21 Jun 14 weekly address
- Community Events

ASMC COMMITTEE MEMBERS

PRESIDENT

JOYCE INGRASSIA

VICE PRESIDENT

KEN SWEENEY

SECRETARY

JANET FOSTER

TREASURER

STEPHANI FISHER

COMMITTEES

COMMUNICATIONS

SrA MATTHEW GOFORTH

COMMUNITY SERVICE

SHANNON PALUMBO

MEMBERSHIP

RODNEY ARNDT

PROGRAMS

SMSgt. LYNETTE SCOTT

TRAINING & EDUCATION

VICKY BROWN

AWARDS, SCHOLARSHIP & FUND

LINDA HOLAHAN & CATHY SCHULZ

AWARDS

KATHERINE BRADSHAW

PRESIDENT'S MESSAGE

MAY'S MEETING A SMASHING SUCCESS!!

I'm not sure how we will ever top this event!!

Speaking to an audience of more than 100 people, Adrienne Haslet-Davis inspired, motivated and sometimes brought tears to members of the audience. Her speech, "The Road to Resiliency & The Stages of Recovery" held our undivided attention as she shared her experiences the past year, the emotions they share as a couple and how she and her husband, Maj. Adam Davis have become stronger and more united as they regain some normalcy in their lives.

Adrienne and Maj. Davis now work to help others with similar injuries; providing support, encouragement and letting them know there is hope for the future.

HOW TO SPEND YOUR PRECIOUS TIME WISELY

We all only have 24 hours in a day. How do you spend your day? Do you spend it wisely or do you wish for time back? There is only so much you can do and time management is a must. The most important thing, however, is choosing how to spend your time wisely. The first is that we need to remember that time is an equal opportunity employer. No one gets more than 60 minutes in an hour or 24 hours in a day regardless of how skilled or talented you are. The challenge then is not a shortage of time, but a lack of direction on how TO use the time we have wisely.

Whether you work from home, part time or full time, everyone has some free time. How do you spend it? Many spend it in front of the television and don't carry a conversation with their family. Others might spend entirely too much time on the telephone. The first step to spending your time wisely is to be in control of time and manage it wisely. To keep ourselves focused we need to make sure we even have a plan or goals in our life that we are reaching towards. Once we have those goals written down we can then align how we spend our time to accomplish value added activities in our life.

Cut out unnecessary activities. Does it really help your self-esteem to go out and shop for things you can't afford? I used to love to window shop until I got wise to the fact that it only depressed me that I couldn't afford to actually shop and learned the willpower not to charge. Use that time to make money instead and you will be much happier. Use some time to figure out the family budget, save some money, find a new way to make money in your spare time, or use that time to spend with your family. Take a day off from errands and chores to savor your time with your family (or yourself) we all need a breather every now and then.

Weigh what pays and what doesn't. If you write an article or book on one website and it doesn't pay, consider writing on other topics that might. Use your extra time to make new friends, write a new article, or brainstorm on new ideas. But going to websites that don't pay or sending mass emails asking people to read and rate is not a good use of time. After all, you can't get that time back and it is wasted- all you have managed to do is get on a Friends' ignore list because you mass emailed them. Post your articles on the forums made specifically for those wishing to promote their articles. At the end of the day, look at all that you accomplished and you can rest easy that you spent your time wisely.

Eliminate time traps like television, aimless Web searching and video games. This doesn't mean you should avoid entertainment altogether. Rather, set aside a specific time in the day for your favorite activity so you don't waste precious minutes on TV shows or websites that don't really interest you.

Make a daily "To-Do" list, complete with time targets. This will help you stay on task and focused and will prevent you from wasting time trying to remember what you should be doing multi-task where it's appropriate and comfortable. If you can prepare a meal while watching some TV, for example, you get two things done on your list in the time meant for one. Also, batch tasks (like shopping trips, for example) so you make one trip instead of two or more.

Try to exercise. You might think that exercising only means another hour lost, but many people find that the added energy and focus that comes from exercise makes them more efficient throughout the whole day.

Get a good night's sleep. Sleep isn't an unnecessary luxury; it's a necessity for making the most of your waking hours. A good night's sleep will help prevent errors and time-consuming "do-overs," in addition to making you generally more effective in things you do.

Use technology whenever it seems reasonable. Technologies like multi-function cell phones often help keep things organized and on schedule. Try to use whatever amount of technology you seem comfortable with without overextending your technical capability.

HARD WORK BEATS TALENT WHEN TALENT FAILS TO WORK HARD



Hard work beats talent when talent fails to work hard.

When you continue to work hard in life, you will often find that your luck is often great, and that victories seem to come with less effort than you thought you may have to use.

Without a knack for working hard, a person must realize that they will never get as far in life that they desire to. In life you have to continue to work hard towards standards that you have set for yourself, and when you reach these standards or goals, a person must be willing to continue to raise the bar in order to stay focused, and in order to be as successful as they are truly destined to be.

Never let a bad day cause you to give a lack of effort in whatever it is in life that you do to represent yourself. Let the downs you will experience in life help you to continue to create your legacy.

MEET YOUR MEMBER BONNIE TRACY, US ARMY NSRDEC



This month's "Meet Your Member" is Bonnie Tracy. Bonnie works at the Natick Soldier Research, Development and Engineering Center

located in Natick, MA. NSRDEC's major command is RDECOM, which is directly under AMC. NSRDEC's vision is to be "The Leader in Empowering the World's Most Capable Soldiers". We strive to continue to provide Soldiers with the best technology possible, to protect and sustain them. Bonnie has worked at Natick for 34 years, after graduating from college with a Bachelor of Science in education. At that time there were no teaching positions so she came to work for the Federal Government and found her niche in RM. Bonnie began her career in managerial accounting as an accounting technician, became a budget analyst supporting customer order programs as Customer Order Control Point, was a program analyst supporting PM SOF Survival Systems for SOCOM and then became lead RDT&E analyst for NSRDEC. As well as being lead RDT&E analyst Bonnie is also chief of the Budget Office. NSRDEC is a relatively small organization compared to other research & development centers with approximately 700 civilians, primarily scientists and engineers.

When asked if she's made any mistakes Bonnie replied that she would tell the young people coming on board to continue with their education. She said she wished she had taken advantage of the educational opportunities that were offered in the Army and within her Organization. Bonnie believes that we should

ASMC YANKEE CHAPTER

strive to always be learning and accepting new challenges.

A special date in Bonnie's life was when her son became a United States Marine in 2011. The entire family went to Paris Island -- that was really something to experience she said. The pride she has for her son and the other men and women who went thru that training will always be remembered.

Bonnie enjoys gardening, cooking, reading and traveling. She and her husband own a couple of real estate properties which they have done a lot of work on and enjoy "do it yourself" projects.

The biggest influences in Bonnie's personal life are her parents. She said they raised her and four sisters to be caring, compassionate, and educated. "We always knew we were loved and respected", she said. Professionally the biggest influence would be her friend and mentor Larry Murphy, the former RM for NSRDEC. Larry helped guide Bonnie in her career development and always helped her recognize life priorities both professionally and personally.

Bonnie was quick to reply that one of the best things that happened to her was meeting her husband Peter. They have been married for 28 years and have 3 children. At the opposite spectrum, one of the most challenging things is the implementation Army wide of GFEB, the Army's new General Fund Enterprise Business System. This new system not only defines the process for how the Army purchases things but also is the system of record for accounting. She believes this system was made for operational army and not necessarily a good fit for a research and development center.

What does Bonnie want out of life? Well, she has been very fortunate with her entire career. She wants to continue to be of service to the Army & DOD; and to be effective and affect change. Bonnie wants to contribute overall.

Qualities that Bonnie values in a person are integrity, compassion, patience, and a sense of

humor, being an optimistic person as well is in the top of her list.

Bonnie is a local of Massachusetts, grew up in Wayland. She's very close to her family, especially her four sisters, all live locally. Bonnie said that growing up in Wayland was a great experience, it's a wonderful community with a real sense of neighborhood, many kids playing, lots of nature -- it was a fabulous time.

Bonnie is looking forward to spending more time with her husband and family to include her animals, 2 dogs, and 4 cats. She's seen a lot of Europe but wants to see more of the United States, hopefully in a RV. They would like to travel across this great country of ours.

A time in her life that she'll never forget, was the Oklahoma City bombing. She had her children in daycare on base and this was a pretty traumatic time.

Bonnie said she is very proud of her children because they've grown into young accomplished adults. Her 24 year old son works in the family flooring business, her 22 year old son is in the Marines, and her daughter, who is 21, is attending Bridgewater State University majoring in both English and Special Education with a concentration in severe disabilities. They are intelligent, compassionate kids and Bonnie is very proud of them.

What brings our member Bonnie joy? Bonnie was quick to reply that "spending time together with family and friends, and being home, brings me joy."

When asked that if she took out a full page in the New York Times and she had to describe her in only three words, what would those be? "Intelligence, compassionate and a have sense of humor."

It was exciting for this reporter to interview a Member from someplace other than Hanscom. We hope to continue to expand our interviewing of our most valuable assets, Our Members.

BRINGING OUR WORKPLACE POLICIES INTO THE 21ST CENTURY

In this week's address, the President previewed Monday's first-ever White House Summit on Working Families where he will bring together business leaders and workers to discuss the challenges that working parents face every day and lift up solutions that are good for these families and American businesses. Many working families can't afford basic needs like childcare or receive simple benefits such as paid family leave that are common in most countries around the world.

When hardworking Americans are forced to choose between work and family, America lags behind in a global economy. To stay competitive and economically successful, America needs to bring our workplace policies into the 21st century.

Remarks of President Barack Obama
Weekly Address
The White House
June 21, 2014

Hi, everybody. As President, my top priority is rebuilding an economy where everybody who works hard has the chance to get ahead.

That's what I'll spend some time talking about on Monday, at the White House Summit on Working Families. We're bringing together business leaders and workers to talk about the challenges that working parents face every day, and how we can address them together.

Take paid family leave. Many jobs don't offer adequate leave to care for a new baby or an ailing parent, so workers can't afford to be there when their family needs them the most. That's wrong. And it puts us way behind the times. Only three countries in the world report that they don't offer paid maternity leave. Three. And the United States is one of them. It's time to change that. A few states have acted on their own to give workers paid family leave, but this should be available to everyone, because all Americans should be able to afford to care for a family member in need.

Childcare is another challenge. Most working families I know can't afford thousands a year for childcare, but often that's what it costs. That leaves parents scrambling just to make sure their kids are safe while they're at work – forget about giving them the high-quality early childhood education that helps kids succeed in life.

Then there's the issue of flexibility – the ability to take a few hours off for a parent-teacher conference or to work from home when your kid is sick. Most workers want it, but not enough of them have it. What's more, it not only makes workers happier – studies show that flexibility can make workers more productive and reduce worker turnover and absenteeism. That's good for business.

At a time when women make up about half of America's workforce, outdated workplace policies that make it harder for mothers to work hold our entire economy back. But these aren't just problems for women. Men also care about who's watching their kids. They're rearranging their schedules to make it to soccer games and school plays. Lots of sons help care for aging parents. And plenty of fathers would love to be home for their new baby's first weeks in the world.

ASMC YANKEE CHAPTER

In fact, in a new study, nearly half of all parents – women and men – report that they’ve said no to a job, not because they didn’t want it, but because it would be too hard on their families. When that many talented, hard-working people are forced to choose between work and family, something’s wrong. Other countries are making it easier for people to have both. We should too, if we want American businesses to compete and win in the global economy.

Family leave. Childcare. Flexibility. These aren’t frills – they’re basic needs. They shouldn’t be bonuses – they should be the bottom line.

The good news is, some businesses are embracing family-friendly policies, because they know it’s key to attracting and retaining talented employees. And I’m going to keep highlighting the businesses that do. Because I take this personally. I take it personally as the son and grandson of some strong women who worked hard to support my sister and me. As the husband of a brilliant woman who struggled to balance work and raising our young ladies when my job often kept me away. And as the father of two beautiful girls, whom I want to be there for as much as I possibly can – and whom I hope will be able to have families and careers of their own one day.

We know from our history that our economy grows best from the middle-out; that our country does better when everybody participates; when everyone’s talents are put to use; when we all have a fair shot. That’s the America I believe in. That’s the America I’ll keep fighting for every day. Thanks, and have a great weekend.

COMMUNITY EVENTS

Nothing to report for the month of May 2014.

FUTURE ASMC HAPPENINGS – STAY TUNED!!

As we move toward a new membership year I want to remind everyone in May we will have nominations for Yankee Officer Positions. If interested let us know.

We are also planning another June BBQ event! This will be our third consecutive year and we are looking forward to another fun event. More details will be coming.