

The Great Lakes View



May 2011

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Planner Tip

In staying with our theme from the May meeting on safety, remember that accidents can happen to anyone at a meeting or event - including you! Can the show go on without you? Be sure to have a backup plan in place in case you somehow become unable to perform onsite due to injury, illness or other complications.

How to Talk to Yourself!

You have been blessed with three tools . . . your talent, your motivation and how you talk to yourself (also known as your explanatory style or what you say to yourself when something good or bad happens to you). This short article will focus on effective self-talk concepts and provide insights that will make you more resilient, optimistic and joyful.

1. Emil Coue, a famous French psychologist and pharmacist, is often credited as the pioneer of empowering self-talk or autosuggestion. He claimed to have effected organiCh

Chapter member,

Check out this month's newsletter sponsor:

Grand Rapids, Michigan offers exceptional meeting infrastructure to go along with its status as a premier arts and dining destination. Our dynamic downtown is compact and walkable, with more than 90 restaurants, nightclubs, museums and theatres within a five-minute stroll of hotels and a one-million sq. ft. convention center. Dozens of additional meeting sites and hotels ring the city center, offering quick and easy freeway access to the airport, downtown entertainment district, and such world-class attractions as Lake Michigan beaches and Frederik Meijer Gardens & Sculpture Park, one of the world's Top 30 Must-See Museums. Contact Michele Hickmans at 800.678.9859 ext. 3570 or mhickman@ExperienceGR.com.



June Annual Golf and Bowling Event

Don't forget to register for the June 20th Golf & Bowling Outing at Riverwood Golf Course in Mt. Pleasant. Also, contact Nick Hussein at 989-772-4000 or at nhussein@labellemgt.com if you haven't already to make your reservation for the Comfort Inn Mt. Pleasant for the evening of June 19th for an awesome networking reception that is NO COST to you. Guest rooms for the evening of June 19th are complimentary for all meeting planners and \$65.00 for suppliers. We are also looking for door prizes - if you can donate anything, please complete the form and send it to Callie Cain at callie.cain@fourpointssaginaw.com or call Callie at 989.790.5050 ext 252.

Please notice there is some early bird pricing - so get your registrations in early!

Sponsorship opportunities are available for the event. Please see the list attached. A highlight of the event is the door prizes drawn at the end of the event - our goal is to give everyone who attends a door prize so please donate anything you can.

changes by showing people how to positively talk to themselves. His most noted self-talk sentence was this: "Every day, in every way, I am getting better and better." I met an incredibly successful business woman who said that to herself each morning and throughout each day. She also had a wonderful personal life, too.

[Click here to continuing reading the above article](#)
by:

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SGMP National Education Conference

Check out attending the 2011 National Educational Conference in Norfolk, VA. Click the link below for more information.

[SGMP National Educational Conference](#)

May Activities and Program Review

SGMP and the Great Lakes Bay Convention and Visitors Bureau teamed together to provide a fun filled tour of the area. The first night started with a baseball game at the Dow Diamond located in beautiful downtown Midland, where it is home to the Great Lakes Loons. Our next day took us to the Midland Center for the Arts where we had a guided tour of the facility with all their exceptional exhibits. Then over to the Dow Gardens to explore their 110 acres of horticultural beauty. The gardens are situated on the Herbert H. Dow estate established in 1899. The Great Lakes Bay Region is a

Please fill out the registration forms and sponsorship forms if you can are sponsoring anything and email at callie.cain@fourpointssaginaw.com or fax at 989.790.1466.

June 20, 2011

Riverwood Golf Course, Mt Pleasant

[Golf/Bowling Registration Form](#)

[Golf/Bowling Sponsorship Form](#)

from the President's pen...



Get a National Perspective

If you have never been to a national conference, this is one not to miss. The National Education conference for SGMP is being held June 8-11, 2011 in Norfolk, Virginia. The educational sessions are next to none. They have had national speakers such as Jim Spellos who is the guru in google and excel. Learn from your peers with

perspectives from around the United States. All programs are practical in nature and information for you to take back and share with your colleagues.

The Michigan Chapter has been invited to speak on Wednesday, June 8, 2011 on Communications. Our very own, Michelle Milligan, will be leading the way and sharing how the Michigan Chapter does an excellent job keeping our members informed in a timely fashion through our monthly electronic newsletters, monthly meeting notices, and special eblasts through Constant Contact. She will also discuss our Website and our Facebook page.

Not sure you can afford it? The Michigan Chapter has set aside money to help out. [Download the scholarship form](#) and join the board. There may still be scholarship opportunities available. [Exhibitor registration](#) began on November 1, 2010. [Register as an attendee today.](#) The host hotel has filled up for Tuesday, June 7 and Friday, June 10 but there are other [hotels](#) nearby. Take a look at the [Facts-At-A-Glance](#) page for lots of helpful information about Norfolk and the NEC.

Attendees at the NEC can gain 20 hours of education and earn 2.0 CEUs (10 hours = 1 CEU). There are also additional [pre-conference programming](#) opportunities for more CEUs. Be sure to review the pre-conference programming and the [agenda](#) before you register. If you wish to attend a pre-conference program, please note that there is limited space available for each and that these multi-day programs run concurrently, so you will only be able to register for one of them.

All registrations except for "Guest" include admission to the [Sam](#)

great destination for education, entertainment, beauty, culture and history.

SGMP luncheon was hosted at the Valley Plaza Resort in Midland, Michigan. Our guest speaker was Mr. Jim Engel, C.O.O of Bavarian Inn Lodge, Frankenmuth. He spoke about hotel safety and security procedures. He addressed questions that meeting planners should be taking into consideration when planning their event, such as how to travel safely. Thank you for all that participated in the raffle over \$100.00 was raised.

[Gilmer Awards Banquet](#) and the [Tech Fair with speaker](#) session (Guests may buy a ticket to attend either of these). Guest registrants may attend the Welcome Reception.

The National Charity this year is "*We are Virginia Veterans*" - <http://www.sgmp.org/nec2011/charity.cfm>. VWWP is a legislatively-mandated program operated by the Virginia Department of Veterans Services in cooperation with the Department of Behavioral Health and Developmental Services and the Department of Rehabilitative Services. It was established in 2008 in response to the growing need to improve and expand services to our nation's veterans and their family members whose lives have been touched by stress-related injuries or traumatic brain injury.

The Michigan Chapter will donate all funds collected at the May monthly meeting toward the charity so bring your change and open up your pocket book for a great cause.

If you are registered or plan on registering, please let me know by emailing me at info@misgmp.org. I would love to get together while we are in Norfolk.

Get Connected to Government Meetings - Plug into Norfolk

Your President,



Debbie Kopkau, MBA, CMP, GMS
MSBO/MIEM

**Promoting SGMP Membership is as Easy as "1-2-3"
From Government Connections, Winter 2009**

1. Education:

- Certified Government Meeting Professional (CGMP) certification is available to every member (planner or supplier) throughout the year and across the country
- Expert speakers add value to every event The National Education Conference provides education, resources, and networking all at once every year
- Your chapter's meetings provide resources and networking all at once every month

2. Resources

- A complimentary subscription to Government Connections magazine is provided to every member
- Regular tours of area conference facilities are provided at every event
- The National Education Conference provides education, resources, and networking all at once every year
- Your chapter's meetings provide resources and networking all at once every month

3. Networking

- Our online buyers guide and electronic membership directory are available to every

member 24/7/365

- Formal industry forums and/or informal idea-sharing takes place at every event
- The National Education Conference provides education, resources, and networking all at once every year
- Your chapter's meetings provide resources and networking all at once every month

Are you Interested in obtaining the CGMP designation?

What is the CGMP designation? The CGMP training course is designed to provide training for the government meeting professional whose work is governed by the rules and regulations of the federal, state and/or local government.

It is a very intense three-day training. It is recommended that participants are dedicated to these three days to attend and participate fully in the classroom activities. The content and agenda for this course assumes that you have worked in the meetings management industry for at least one year and have a basic knowledge of industry terminology and acronyms. This course will cover the process of managing and coordination your meeting and introduce the travel regulations and ethics that govern your events.

You will receive a training manual to facilitate a three-day program. Materials covered in the examination will be found in this manual or discussed in class. This course teaches recognized industry practices cited in the Convention Industry Council (CIC) Manual and other relevant industry guides. The CGMP and CIC Manuals will be provided and serve as the reference guide used for this course.

To be eligible to take the CGMP Certification training course, you must have been a current member of SGMP for at least one year prior to the date of the training course. To retain your CGMP certification you must keep your SGMP membership current. You must re-certify every three years.

The cost for the course and exam is \$595. MISGMP is considering bringing the training course to Michigan depending on the interest of the membership.