

Quote of the Month

Our greatest foes, and whom we must chiefly combat, are within.

Miguel de Cervantes, 1547-1616
Spanish novelist, playwright, and poet

21st Century Management/Leadership Cues for Current/Aspiring Leaders

Interactive Dialogue: A Key to Creating Understanding and a Pathway to Action

Being in dialogue means more than just being involved in a conversation. It can be written, but for my purpose, it is a specific way of being in conversation where the aim “is not to ‘win the argument’ but to advance understanding and human well being” and where each person’s point of view is seen as “worthy of consideration” by the other(s). Communication is so important for good relationships both on the personal side and the work side, so it seems to me that this is an important life skill.

Listening to understand the other’s meaning, suspending judgment (defer your certainty, stay curious and be open), respecting others (remain humble and examine your own prejudices) and contributing your own insights to advance the dialogue are key aspects. It’s about authenticity, discovery, cooperation, trust, safety, candor, building up and inclusiveness. It’s not about manipulation, competition, criticism, winning (at other’s expense), listening to rebut/reload, choosing to ignore or attacking.

I have developed a planning sheet that you can use to prepare for an important conversation and an outline to keep you on track during the conversation. It incorporates these concepts and others that I’ve learned from *Crucial Conversations* and other books I’ve read. If you’d like a copy, contact me at mstimmin@iupui.edu or 274-5466. A simple definition of dialogue can be found at <http://www.google.com/dictionary?langpair=en%7Cen&q=dialogue&hl=en&aq=f>, if you want to dig a little deeper, visit <http://www.emotionalcompetency.com/dialogue.htm> or <http://www.infed.org/biblio/b-dialog.htm> (two sources for the above information).

Work/Life Partner Activities & Information of Interest

Work/Life programming is about wellness, career/personal enrichment, dependent care, education on things that affect your personal life (finances, home maintenance, legal issues, etc.), information for families/singles, ideas for better balancing your work and life and more. In a nutshell, it’s about providing information that you, as a whole person need/want. Since HRA’s Work/Life office cannot meet all these needs, we are happy to let you know of work/life-related opportunities that other organizations on and off campus are offering, along with other general information.

Health, Wellness & Safety

Wellness Tip of the Month (from Fit City Indianapolis – www.fitcityindy.org)

Do the supermarket strut. Walk tall with the cart and make a trip down EVERY aisle, even if you don't need something in it, to get extra steps (but don't get tempted to spend more).

Farmers' Markets Directory

July is when those great Indiana tomatoes, melons, corn on the cob, etc. come on in a big way. Support local growers and enjoy great taste, freshness and nutrition by visiting a farmers' market. Find one by using this directory -

http://www.in.gov/apps/ISDA_FarmersMarket/index.aspx . The "Find a Destination" tab can help you find a location in any county in Indiana.

Thanks to

Colleen McCormick for sharing.

New Stadium Village Farmers' Market Opens

This farmers' market is held Tuesdays, now - Sept. 28 from 4 - 7:30 p.m. in the parking lot across from Shapiro's Deli (801 S. Meridian). The market aims to attract heirloom and sustainable growers who bring the true Indiana flavor of local produce to customers. FMI, visit <http://stadiumvillagefarmersmarket.com> .

Register Your Department for the 2010 ISC Corporate Challenge Today

If you want to build camaraderie within your department or campuswide, consider putting together a team for The Corporate Challenge. It is taking place at IUPUI's Carroll Stadium on Saturday, September 25th, and is a fun-filled event that offers options such as distance runs, shorter sprints, a fitness walk and field activities (called "Good Sport Events"), such as basketball shootout, football throw for accuracy, golf chipping challenge and a cornhole challenge, among others. Also, there is a 6-mile cycling time trial and bowling event on September 11th at Woodland bowl as well as a separate cycling event, for which the date is still being determined. They're starting to fill up, so don't delay! To register a team or for more details -

<http://www.indianasportscorp.com/events/indiana-sports-corp-corporate-challenge> .

Questions? E-mail craig.lippincott@indianasportscorp.com or call 237-5000.

Triple Negative Breast Cancer

According to the National Cancer Institute, triple negative breast cancer (TNBC) has "cells that do not have estrogen receptors, progesterone receptors or large amounts of HER2/neu protein ." It is somewhat rarer than other breast cancers, but does tend to develop at a somewhat younger age, so earlier testing is advised by some sources. For general information, visit <http://www.cancerhelp.org.uk/about-cancer/cancer-questions/triple-negative-breast-cancer> . This type of breast cancer is more prevalent in Hispanic and African-American women. To explore that piece, visit

http://www.cancer.gov/ncicancerbulletin/NCI_Cancer_Bulletin_072407/page7 . For really deep comprehensive information, visit

<http://www.ncbi.nlm.nih.gov/pubmed/18197004> . Remember that knowledge (about this and other things) is power.

Daylily Labyrinth

Some persons find that walking a labyrinth calms them and helps them reach a meditative state. An outdoor labyrinth, in the style of the famous one at France's Chartres Cathedral, is available for use on the grounds of St. Luke Methodist Church, 100 W. 86th St., during daylight hours. Go to the NE corner of the back parking lot, down the stairs, across the bridge and walk north.

Indiana Law Requires You to Report Suspected Elder Abuse

If you suspect that a dependent elderly person is being neglected (improper care, etc.), exploited (usually financial) or abused physically, psychologically or sexually, the law requires that you report it. The 24-hour Adult Abuse Hotline is 1-800-992-6978.

Family Dinners Help Prevent Drug/Alcohol Use and Smoking

Compared to teens who have frequent family dinners (five or more per week), those who have infrequent family dinners (fewer than three per week) are twice as likely to use tobacco or marijuana; more than one and a half times likelier to use alcohol; and twice as likely to expect to try drugs in the future, according to a report by The National Center on Addiction and Substance Abuse (CASA) at Columbia University. It's not about the food; it's about who's there and what's happening. Read the report at http://www.casacolumbia.org/templates/publications_reports.aspx, scroll down to *The Importance of Family Dinners* and click to download. For more on how to make time at dinner "quality time," visit <http://edis.ifas.ufl.edu/fy1054>.

Prevent Skin Cancer

Skin cancer is the most common form of cancer in the U.S., and the incidence of malignant melanoma, one of the deadliest forms of skin cancer, has been on the rise. For the basics on how to protect yourself, visit http://www.cdc.gov/cancer/skin/basic_info/prevention.htm. Read about tanning beds at <http://www.healthfinder.gov/news/newstory.aspx?docID=629473>. For information about protecting kids, visit <http://www.cdc.gov/cancer/skin/pdf/CYCParentsBrochure.pdf>

Sleep and Health

Some people ignore sleeping problems, but research shows that sleeping problems (not sleeping well or failing to get enough sleep) should be addressed with your doctor. Increased risk of car accidents and occupational injuries, lesser quality of life, stress and memory problems are short-term effects. Heart problems, depression and stroke can result from prolonged, untreated sleep problems. FMI, visit <http://www.webmd.com/sleep-disorders/guide/important-sleep-habits>.

Personal/Home/Family/Financial Life

Choosing/Changing Your Career: Follow Your Heart

If you are a high school/college student or someone who plans to make a career change, take a look at this segment from the June 13 CBS News *Sunday Morning* show - <http://www.cbsnews.com/stories/2010/06/13/sunday/main6577542.shtml>. If you come from a working class background like I did, it can be tempting to focus merely on how to

“get a job and make money” when choosing a career. While it is important to have the skills to get a job and make money, I think this segment reminds us that it is also important to identify your passions as you choose what to pursue. You will likely work for about 40 years and given that you will spend many hours each week at that job, you’ll want to be doing something that interests or excites you. Anyone who works at a job he/she dislikes, can tell you that spending a significant part of your life doing something you don’t enjoy does not make it easy to live a happy life. If you need help identifying your interests/passions, visit your university’s student employment/careers office and use one of the many tools they have to offer (usually for free, even to alumni) or use the “Quick Assessment,” Interest Profiler” and “Work Importance Profiler” at <http://www.labormarketinfo.edd.ca.gov/?pageid=1028> .

Save Early on and Enjoy the Magic of Compounding

The sooner you start saving money, the better due to the magic of compounding. To learn more about compounding, the rule of 72 and more, visit <http://www.sec.gov/investor/students/tips.htm> . This site is for students/teachers, but it provides basic information for all. If you just paid off a debt, consider putting that same amount into savings each month as a way to get started.

IUPUI Summer Day and Sport Camps Still Have Open Slots

Summer is here, but it's not too late for your children to have a fantastic summer, right here on campus, at the IUPUI Sport Complex! Summer Day Camp runs weekly until July 30th, and is open to children ages 5-12. Tennis Camp runs weekly until July 30th, and is for those ages 9-17. For more information, visit www.sportcomplexcamps.iupui.edu or call 274-3518.

New Phone Scam Targets Diabetic Hoosiers

If a caller asks for personal information like your social security number, Medicare and/or Medicaid number, don’t give it! Scammers are relying on the trusting nature of people; but don’t fall for it. Read page two at http://www.iaaaa.org/MSN_Guide_2007-8-01-07.pdf for more information and where to report these scam calls.

YMCA Offers Free Camp Experience to Children of Unemployed or Military Parents

A free week of overnight camp at Flat Rock River YMCA is being offered to 300 children, ages 7-15, whose parents are unemployed or those with a deployed military parent. Details and a registration form can be found at <http://www.indymca.org/locations/association/documents/2010%20Flat%20Rock%20Free%20Camp%20Guidelines%20and%20Registration.pdf>

IUPUI’s Cultural Arts Gallery

The Cultural Arts Gallery, one of IUPUI's on-campus galleries, is located on the second floor of the Campus Center. The CAG features a wide range of exhibits including work by students, faculty and staff. Entry is free, so come and enjoy. Occasionally art work is for sale, so if you’re looking for a gift for yourself or someone else, stop by the gallery

desk. Visit the Web site at <http://www.iupui.edu/~cagcc/> or, for the latest updates, follow CAG on Facebook.

Pre-Tax Commuter Benefit Allows Bus & Van Pool Users to Save \$

IUPUI faculty and staff (excluding those with student status and most post-doc fellows) who are bus riders or van pool users can reduce their income taxes by using the Pre-Tax Commuter Expense plan for costs related to using the bus or a van pool to get to work. This does NOT pay for the actual cost of your bus ticket or van pool, but taking advantage of this pre-tax plan CAN potentially save you money by lowering the amount of federal, state and local income taxes you pay. These savings are often more than \$100 a year, so it's worth checking into. For more details visit <http://www.indiana.edu/~uhrs/benefits/commuting.html> .

Thinking of Alternative Transportation Options (car pools, bicycling, etc.)?

IUPUI is an employer member of Central Indiana Commuter Services (CICS), a fact that entitles all IUPUI constituents to free access to a car poolers match list (which allows you to specify, in the comments section, that you only want to be paired with others at IUPUI, though that does, of course, limit the responses you'll get), a classified ad section to post your short-/long-term transportation needs and information about van pools and other commuting information. FMI, visit <http://www.centralincommuter.net> . Employees can also register as active car/van poolers, bicyclists, walkers or mass transit users and use the Emergency Ride Home program ([http://www.327ride.net/index.php?category=1_ride_share_options&sub_section=5_emergency_ride_home_\(ERH\)](http://www.327ride.net/index.php?category=1_ride_share_options&sub_section=5_emergency_ride_home_(ERH))) .

Indiana Festivals: A Chance to Have Fun, Experience Something New and Create Memories

Indiana communities have festivals to celebrate everything from ethnic heritage to catfish (Shoals, IN, July 1-4), grain threshing (Morristown, IN July 3), bluegrass music (Derby, IN July 9-10 and Corydon, IN July 24), Indiana's circus history (Peru, IN July 17-23), old' boys toys (Wabash, IN July 22-24), hot dogs (Frankfort, IN July 30-31) and more. Visit <http://www.in.gov/visitindiana/tripplanner/do.aspx?show=f> for a by-date listing. I also like the trip planner at <http://www.in.gov/visitindiana/tripplanner/trips.aspx> and the deals (some free) and discounts at <http://www.in.gov/visitindiana/tripplanner/discounts.aspx?discount=FestivalsEvents®ion=AllRegions> .

Free and Fun/Interesting – This list is proof that there's no reason to be bored.

Enjoy! ☺

[Women Creating Excellence at IUPUI](http://www.ulib.iupui.edu/womencreatingexcellence/tableofcontents), which features biographies of over 90 women who have made significant contributions to IUPUI since 1969, is available for viewing online at <http://www.ulib.iupui.edu/womencreatingexcellence/tableofcontents> .

[Children's Museum Free Family Night](#), Thursday, July 1, 4-8:00 p.m. FMI, call 332-3322.

[Retrospective: Roy Round \(50 years of dance photography\)](http://www.herron.iupui.edu/calendar/galleries), now until July 17, Herron School of Art & Design at IUPUI. FMI, <http://www.herron.iupui.edu/calendar/galleries> .

Unframed: Sin Fronteras (art by Hector Duarte), now through July 29, Herron School of Art & Design at IUPUI. FMI, <http://www.herron.iupui.edu/calendar/galleries>.

Alleys & Passages: Photographs by Xavier Nuez, now to August 1 at Indianapolis Art Center, 820 E. 67th St. FMI, call 255-2464 or visit

<http://www.indyarts.org/calendar.aspx?id=12226>

POPS Concert, July 1, 8, 15, 22 and 29, 7:00, Garfield Park, 2505 Conservatory Dr., FMI, call 327-7220 or visit

http://webcal.indygov.org/webevent/scripts/webevent.plx?token=quest.7470e2b770c6ae f00e944a239b0b4f47;show_favorites=1;cmd=calmonth;from_MM0=5;from_DD=29;from_YYYY=2010;to_MM0=5;to_DD=29;to_YYYY=2010;key=:dates=all;searchStartDate=6%2F29%2F2010;searchEndDate=6%2F29%2F2010;y=2010;d=1;m=7 and click on the event.

IDADA First Friday Art Tour, July 2, 6:00 (and each first Friday of the month). FMI, click on July 2 on calendar at http://www.idada.org/?page_id=59.

National Guard Car-Bike-Truck Show (and a Blackhawk helicopter), Saturday, July 3, 9-3:00, Indiana War Memorial, 431 N Meridian. FMI – 247-3362.

Night at the Museum: Battle of the Smithsonian (movie), Saturday, July 3, dusk, Northwestway Park, 5352 E. 62nd. FMI, call 327-1470 or visit

http://webcal.indygov.org/webevent/scripts/webevent.plx?token=quest.7470e2b770c6ae f00e944a239b0b4f47;show_favorites=1;cmd=calmonth;from_MM0=5;from_DD=29;from_YYYY=2010;to_MM0=5;to_DD=29;to_YYYY=2010;key=:dates=all;searchStartDate=6%2F29%2F2010;searchEndDate=6%2F29%2F2010;y=2010;d=1;m=7 and click on the event.

Canal Family Fest, Sunday, July 4, 4:30-9:00, Indiana State Museum, 650 W. Washington. FMI – 636-9378 or

<http://www.indianamuseum.org/visit/events/eventview.asp?eventid=722>.

Fourth of July Ole!, July 4, 3-11:00, St. Mary's Church, 317 N. New Jersey. FMI - <http://www.saintmarysindy.org/aspnet/July4Ole11x17.pdf>.

Freedom Blast (fireworks), July 4, 9:47 p.m., downtown Indy. FMI – 221-6000.

Indy Downtown July 4th festivities (some have a charge, some are free) -

<http://www.indydt.com/july42010.cfm>

Circle City Bluegrass Band; Thursday, July 8, 7:00, Holliday Park Nature Center courtyard, 6363 Spring Mill Rd. FMI, call 327-7180. Bring a blanket and enjoy.

Tom Chapin (with opening act The Grimes Girls), Saturday, July 10, 6:00, White River State Park Celebration Amphitheater. FMI – <http://www.in.gov/whiteriver/familyArts.html>

More Than a Game (movie), Saturday, July 10, dusk, Municipal Gardens, 1831 Lafayette Rd. FMI – 327-7190 or visit

http://webcal.indygov.org/webevent/scripts/webevent.plx?token=quest.7470e2b770c6ae f00e944a239b0b4f47;show_favorites=1;cmd=calmonth;from_MM0=5;from_DD=29;from_YYYY=2010;to_MM0=5;to_DD=29;to_YYYY=2010;key=:dates=all;searchStartDate=6%2F29%2F2010;searchEndDate=6%2F29%2F2010;y=2010;d=1;m=7 and click on the event.

Greg Zeisemer & Kriss Luckett (folk music), Sunday, July 11, 2:00, Indianapolis Artsgarden at Circle Centre Mall. FMI – 631-3301.

Chubby & The All Stars (blues), Sunday, July 11, 5:00, Watkins Park, 2360 Dr. Martin Luther King, Jr. St. FMI – 327-7175 or visit

http://webcal.indygov.org/webevent/scripts/webevent.plx?token=guest.7470e2b770c6ae00e944a239b0b4f47;show_favorites=1;cmd=calmonth;from_MM0=5;from_DD=29;from_YYYY=2010;to_MM0=5;to_DD=29;to_YYYY=2010;key=:dates=all;searchStartDate=6%2F29%2F2010;searchEndDate=6%2F29%2F2010;y=2010;d=1;m=7 and click on the event.

[John Alvarado on guitar](#), Tuesday, July 13, Noon-12:45 IUPUI Ball Gardens (just east of Union Building).

[Word Basics Computer Class](#), Saturday, July 17, 9:30-11:30, Central Library, Computer Training Lab. FMI - <http://www.imcpl.org/events/index.php?action=search> (scroll down to date).

[Governor Davis and the Blues Ambassadors](#), Saturday, July 17, 1:00, Indianapolis Artsgarden at Circle Centre Mall. FMI – 631-3301.

[Cloudy with a Chance of Meatballs \(movie\)](#), Saturday, July 17, dusk, Holliday Park, 6363 Spring Mill Rd. FMI – 327-7180 or visit

http://webcal.indygov.org/webevent/scripts/webevent.plx?token=guest.7470e2b770c6ae00e944a239b0b4f47;show_favorites=1;cmd=calmonth;from_MM0=5;from_DD=29;from_YYYY=2010;to_MM0=5;to_DD=29;to_YYYY=2010;key=:dates=all;searchStartDate=6%2F29%2F2010;searchEndDate=6%2F29%2F2010;y=2010;d=1;m=7 and click on the event.

[Donn Smith \(musician\)](#), Saturday, July 17, 7:00, Irving Circle Park, 236 S. Audubon. FMI – 327-7461 or visit

http://webcal.indygov.org/webevent/scripts/webevent.plx?token=guest.7470e2b770c6ae00e944a239b0b4f47;show_favorites=1;cmd=calmonth;from_MM0=5;from_DD=29;from_YYYY=2010;to_MM0=5;to_DD=29;to_YYYY=2010;key=:dates=all;searchStartDate=6%2F29%2F2010;searchEndDate=6%2F29%2F2010;y=2010;d=1;m=7 and click on the event.

[Indianapolis Symphony Orchestra Concert](#), Tuesday, July 20, 7:30, Ellenberger Park, 5301 E. St. Clair. FMI – 327-7176 or visit

http://webcal.indygov.org/webevent/scripts/webevent.plx?token=guest.7470e2b770c6ae00e944a239b0b4f47;show_favorites=1;cmd=calmonth;from_MM0=5;from_DD=29;from_YYYY=2010;to_MM0=5;to_DD=29;to_YYYY=2010;key=:dates=all;searchStartDate=6%2F29%2F2010;searchEndDate=6%2F29%2F2010;y=2010;d=1;m=7 and click on the event.

[Convergence \(jazz\)](#); Thursday, July 22, 7:00, Holliday Park Nature Center courtyard, 6363 Spring Mill Rd. FMI, call 327-7180. Bring a blanket and enjoy.

[Are You a SmARTy](#) (a TV-like quiz game to test your knowledge of Indy arts and culture), Thursday, July 22, 6:00-8:00pm, The Athenaeum Kellersaal Ballroom, FMI - Janet Boston at janetb@indyarts.org or 631-3301 ext.214. For a comprehensive list of arts events, visit www.indyarts.org.

[Dance Kaleidoscope](#), Friday, July 23 and Saturday, July 24, 6:00, White River State Park Celebration Amphitheater. FMI – <http://www.in.gov/whiteriver/familyArts.html>.

[The Snakehandlers Blues Band](#), Saturday, July 24, 1:00, Indianapolis Artsgarden at Circle Centre Mall. FMI – 631-3301.

[Summer Concert Featuring Irvington Artists](#), Saturday, July 24, 6:30, Ellenberger Park, 5301 E. St. Clair. FMI – 327-7176 or visit

<http://webcal.indygov.org/webevent/scripts/webevent.plx?token=guest.7470e2b770c6ae>

[f00e944a239b0b4f47;show_favorites=1;cmd=calmonth;from_MM0=5;from_DD=29;from_YYYY=2010;to_MM0=5;to_DD=29;to_YYYY=2010;key=;dates=all;searchStartDate=6%2F29%2F2010;searchEndDate=6%2F29%2F2010;y=2010;d=1;m=7](http://www.indy.gov/webcal/indygov.org/webevent/scripts/webevent.plx?token=quest.7470e2b770c6ae00e944a239b0b4f47;show_favorites=1;cmd=calmonth;from_MM0=5;from_DD=29;from_YYYY=2010;to_MM0=5;to_DD=29;to_YYYY=2010;key=;dates=all;searchStartDate=6%2F29%2F2010;searchEndDate=6%2F29%2F2010;y=2010;d=1;m=7) and click on the event.

[Indianapolis Jazz Orchestra](#), Sunday, July 25, 2:00, Indianapolis Artsgarden at Circle Centre Mall. FMI – 631-3301.

[Classical Concert](#), Sunday, July 25, 2:00, Central Library, Clowes Auditorium. FMI - <http://www.imcpl.org/events/index.php?action=search> (scroll down to date).

[Indy Jazz Men](#), Sunday, July 25, 5:00, Watkins Park, 2360 Dr. Martin Luther King, Jr. St. FMI - 327-7175 or visit

http://webcal.indygov.org/webevent/scripts/webevent.plx?token=quest.7470e2b770c6ae00e944a239b0b4f47;show_favorites=1;cmd=calmonth;from_MM0=5;from_DD=29;from_YYYY=2010;to_MM0=5;to_DD=29;to_YYYY=2010;key=;dates=all;searchStartDate=6%2F29%2F2010;searchEndDate=6%2F29%2F2010;y=2010;d=1;m=7 and click on the event.

[IndyVolved \(a get-involved event for 20 somethings and 30 somethings\)](#), Wednesday, July 28, 6:00, The Athenaeum Theatre, 401 E. Michigan. FMI - <http://www.indyhub.org>

[Ice Age 2: Dawn of the Dinosaurs \(movie\)](#), Saturday, July 31, dusk, Southeastway Park, 5624 S. Carroll Rd. FMI – 861-5167 or visit 327-7175 or visit

http://webcal.indygov.org/webevent/scripts/webevent.plx?token=quest.7470e2b770c6ae00e944a239b0b4f47;show_favorites=1;cmd=calmonth;from_MM0=5;from_DD=29;from_YYYY=2010;to_MM0=5;to_DD=29;to_YYYY=2010;key=;dates=all;searchStartDate=6%2F29%2F2010;searchEndDate=6%2F29%2F2010;y=2010;d=1;m=7 and click on the event.

Becoming More World/Culture Wise

Selected Holidays of Note (Source: University of Kansas Medical Center Web site)

July 1 – Canada Day

July 4 – Independence Day (U.S.)

July 4 – Fil-American Friendship Day (Philippines and U.S.)

July 9 – Martyrdom of the Bab (Baha'i)

July 10 – Feast of Lanterns (Japan)

July 20 – Tisha B'av (Jewish)

July 24 – Pioneer Day (Mormon)

July 26 – Anniversary of Signing of the Americans with Disabilities Act (U.S.)

July 31 – Feast of St. Ignatius Loyola (Spain, Roman Catholic)

Ethnic/Cultural Festivals/Events/Classes

Note: I gather information from a variety of sources. Some sources include contact information, cost, etc.

and others don't, so please excuse the sometimes less than comprehensive information.

Local

[Shodo - Japanese Calligraphy](#) (part of [Journey Through Asia](#)). July 1, 5 p.m., West Indianapolis Branch, Indianapolis-Marion County Public Library. Individuals of all ages are invited to learn the ancient art form of Japanese calligraphy and use the brush to write Japanese characters.

[Asian Art of Paper Folding](#) (part of [Journey Through Asia](#)). July 1, 7 p.m., Lawrence Branch, Indianapolis-Marion County Public Library. Individuals of all ages are invited to learn the basics of paper folding that was used in almost every culture throughout Asia.

[Filipino Parol](#) (part of [Journey Through Asia](#)). July 8, 5 p.m., West Indianapolis Branch, Indianapolis-Marion County Public Library. Children ages 8 and up and adults are invited as artists from the Indianapolis Art Center will lead them in creating small paper lanterns out of reed, watercolor prints and specialty paper.

[Second Saturdays Bilingual Storytime \(Arabic and English\)](#), Saturday, July 10, 2:00, Central Library, Learning Curve Theater. FMI -

<http://www.imcpl.org/events/index.php?action=search> (scroll down to date).

[Chinese Ceramics](#) (part of [Journey Through Asia](#)). July 15, 5 p.m., West Indianapolis branch, Indianapolis-Marion County Public Library. Children ages 10 and up and adults are invited to view and create examples of terra cotta warriors and Chinese ceramic forms.

[Picnic](#). July 15, German Park, 8600 South Meridian Street, Indianapolis. Sponsored by Indianapolis (German-American) SaengerChor. FMI - 637-CHOR.

[Indianapolis International Film Festival](#). July 15-25, Indianapolis Museum of Art, 4000 Michigan Road, Indianapolis. FMI - <http://www.indyfilmfest.org>.

[15th Annual Middle Eastern Festival](#), July 16-18, St. George Orthodox Christian Church, 4020 North Sherman Drive. FMI on cost, etc. - 547-9356 or <http://www.mefestival.org>.

[The Persian Gulf \(presentation by Milind Thakar\)](#), July 19, 11 a.m. North United Methodist Church, 3808 North Meridian Street. FMI - click [here](#).

Regional/U.S.

[Eastern European Pierogi Fest](#). July 23-25, 11 a.m.-10 p.m. Friday and Saturday, 11 a.m. - 5 p.m. Sunday. Along 119th Street, downtown Whiting. FMI - <http://www.pierogifest.net>.

Work/Life Balance Tip

Learn to Say, "No"

Are you overwhelmed both at work and at home? Do you feel guilty when you say, "No"? The Earlham college Web site offers ideas for how to say, "No" without feeling guilty at <http://www.earlham.edu/~sas/health/documents/How%20To%20Say%20No.pdf>. For more on setting personal boundaries, visit <http://www.clarke.edu/page.aspx?id=6508> (it's written for students, but has potential for all).

Discounts & Perks

[Indiana Fever](#) is offering IUPUI people a \$25 all-inclusive (ticket plus unlimited food and drink, including beer/wine) Legends ticket for the July 14, 1:00 Connecticut Sun; July 22, 7:00 L.A. Sparks and July 30, 7:00 Washington Mystics games. Call Lynn Miller,

917-3092. She can also handle group (15 persons or more) outings, in case your department/school wants to attend a Fever game. University funds cannot be used to do that, of course.

They are also offering \$15 club level tickets for \$8 and \$23 lower level tickets for \$12. Visit <https://oss.ticketmaster.com/html/go.html?l=EN&t=fever&o=8308759&q=6119> and enter the password DRIVE. If you don't have an e-mail account with them, it will ask you to create one.

Get Involved in the Community: Volunteer Opportunities/Civic Engagement

Comment: You might wonder why I include a section on volunteerism in this newsletter. I believe that partnering with the community we work and live in is a win/win. The organization you work with gets the value of your services. It potentially allows you, the volunteer, to network and build relationships with other people, explore one of your passions, learn a new skill, experience a leadership role, get the great feeling that you get for making a contribution and have fun. Is that reason enough to include this section? ☺

Want to Build Your Leadership Skills? Serve on a Board/Committee

The Young Professionals Board (YPB) is a new initiative for the Ronald McDonald House of Indiana. There will be an informal information session about the YPB on Wednesday, July 14 from 5:30 p.m. -7:30 p.m. at The Ball and Biscuit, 331 Mass Ave.

For more information or to RSVP for this event please contact: Jen Clady at (317) 267-0605 ext. 209 or jclady@rmh-indiana.org.

Heart in Education Teacher Outreach (HETO), a local non-profit focusing on education and professional development, is searching for a CPA with non-profit experience to serve on its board on a volunteer basis. FMI, e-mail amandaborshoff@yahoo.com or call 748-1588.

Other Volunteer Opportunities

Global Gifts, a fair trade store, is seeking volunteers to do unpacking and checking in merchandise, serving customers, keeping the store clean, working at offsite sales and more. For more information [visit website](#).

Volunteers needed for The Little Red Door's Unite 2 Fight Race Against Prostate Cancer on July 10th with shifts from 6-11:30 am at the Indiana War Memorial. Duties include pre-registration packet pick-up, volunteer check-in, t-shirt distribution, general set up/tear down, race day registration/chip removal, course marshal, directional ASK ME assistance, water station, course directional assistance, and finish line assistance. Contact Andrea Arnold at 925-5595.

HVAF of Indiana, Inc. (Helping Homeless Veterans and Families) is in need of volunteers for their Summer Festival on July 17th from 10-5:00 at 964 N. Pennsylvania St. for ticket sales, set up/tear down, parking and more. Volunteers will work in 2-3 hour

shifts with a variety of time slots still available. FMI contact Tina Shelley at 951-0688 x227 or tshelley@hvaf.org .

The 3rd annual *Flavor of Fishers*, presented by the Fishers Chamber of Commerce and Community Health Network needs volunteers on July 31st, noon-10 p.m. at USA Parkway Circle in Fishers for parking, food ticket sales, set up, tear down, ice runner and more. Volunteers will work in three hour shifts with a variety of time slots available. FMI contact: Mary-Kris McWhinney at (317) 578.0700 or mmcwhinney@fisherschamber.com.

Career/Professional/Personal Enrichment/Recognition/Funding

Lifelong Learning: It's Key

It is the rare person, in my view, who doesn't enjoy learning something new; and the global employment environment demands that we constantly update our knowledge. For many, it's what keeps life interesting and fun. A definition of lifelong learning, from Wikipedia, is the "lifelong, voluntary and self-motivated pursuit of knowledge for personal or professional reasons." This learning can be gained from a hobby magazine, the internet, formal or informal workshops/classes, reading a book about something you know little about, television, attending events related to a culture or music you're not familiar with, experimenting on your own and more. If it's been a little while since you took that time to explore something new, make a promise to yourself to jump back in and set a date by which you'll do so.

Choosing high-quality, reliable sources when you are seeking to gain solid knowledge about a topic is important. You don't want to rely on hearsay or unbalanced sources, as they tend to be unreliable. Some things you might consider when evaluating quality are date of publication (in many fields, knowledge is constantly changing; while some information is timeless); the author's/publisher's affiliations, credentials and general reputation; and the author's reputation for being complete, accurate and objective (i.e., not just giving a subjective, biased or one-sided view). A quick guide can be found at <http://www.library.cornell.edu/olinuris/ref/research/skill26.htm#LinkAuthor> and at <http://libweb.uoregon.edu/guides/findarticles/credibility.html> . A user-friendly tutorial on evaluating Web sources is at <http://www.virtualchase.com/quality> ; though it's designed for legal professionals, it has information that will be helpful to others. If you want to dig really deep on the quality issue, visit <http://iaidq.org/main/fundamentals-what-is-iq.shtml> . You can even take a college course on this subject.

Mediation Training

IUPUI Human Resources is once again offering the *IUPUI Mediation Training* program. It is scheduled for Wednesday through Friday, July 21-23 and Wednesday/Thursday, August 25-26. If you are someone who would like to improve his/her skill in addressing conflicts and communication challenges among individuals, consider participating in this program. FMI, visit <http://www.hra.iupui.edu/hra/training/workshops1.asp> .

Attention Faculty – Potential Uses of iPad in the Classroom

The iPad's small size, touch-screen interface and ability to run thousands of programs suggest the possibility for engaging teaching and learning applications. Information sessions will be held at the IUPUI Center for Teaching and Learning on July 8, 2010 @ 10:00 a.m. and July 12, 2010 @ 2:00 p.m. (the 7/12 session will repeat information presented in the 7/8 session). Attend one of these sessions to learn more about the iPad and possible use of the device in your discipline as well as the application process to be part of a Faculty Learning Community on this topic. Register for the Thursday, July 8, info session at <http://ctl.iupui.edu/Events/eventsRegistration.asp?id=2006>. Register for the Monday, July 12, info session at <http://ctl.iupui.edu/events/eventsRegistration.asp?id=2007>.

Scholarships

Scholarship applications for low-income women with children are due by July 15th to the Patsy Mink Foundation. FMI - <http://www.patsyminkfoundation.org/edsupport.html>.

Indianapolis franchisees of Penn Station Subs are offering new scholarships. To be eligible to apply you must be a resident of Indiana, planning to attend an Indiana college or university and have a high school GPA of 3.0 or higher. FMI - <http://www.pennstationindy.com/psischolarship.php>.

Notes

If someone forwarded this Work/Life e-newsletter to you, you picked it up via the Web or link or received a paper copy and want to subscribe to receive online, just send a note to mstimmin@iupui.edu.

Note: In order to provide as many good resources as possible to participants, we will often acquire speakers and informational pieces from a variety of sources and will list Web sites of various companies/organizations. We do not necessarily endorse the persons/companies/organizations whose information we use or whose Web sites we list (though we have done some basic research to try to ferret out reputable organizations, of course). The information we provide is not intended to be advice, simply information. Be a wise consumer and do the appropriate research before using the goods/services/information of any of these companies/organizations/sites.

Maggie Stimming M.A., CWPM
Work/Life Effectiveness
IUPUI Human Resources Administration
620 Union Dr., Suite 340
Indianapolis, IN 46260 - 5168

Ph: 317-274-5466
Fax: 317-274-5481