

MOCAP NEWS YOU CAN USE!!!!

October 2019 SGMP MOCAP NEWSLETTER



Our Mission

The Missouri State Capital (MOCAP) Chapter of the Society of Government Meeting Professionals (SGMP) strives to enhance and promote the expertise of government meeting professionals, to improve the quality of, and promote the cost effectiveness of government meetings.

Our Sponsors



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Chapter committees liaisons and chairs

<u>Programs Committee</u>	Chairperson—Martha Morgner
Board Liaison -Tina Dillon	<u>Awards & Honors Committee</u>
Chairperson -	Board Liaison—Terra Crane
<u>Hospitality Committee</u>	Chairperson—Donnetta Iven
Board Liaison - Lance Utley	<u>Membership</u>
Chairperson -	Board Liaison - Tina Dillon
<u>Communications Committee</u>	Chairperson - Ramona Huckstep
Board Liaison—Lorie Jaegers	<u>MO Event Summit</u>
Chairperson -Jim Jirik and Maurine Hill	Co-Board Liaison - Melissa Adams
<u>Holiday Extravaganza Committee</u>	Co-Board Liaison - Lorie Jaegers
Board Liaison—Terra Crane	Co-Board Liaison - Tina Dillon
HE Chairperson -Lagina Fitzpatrick	<u>Scholarship Committee</u>
SA Chairperson—Brenda Buschjost	Board Liaison—Melissa Adams
<u>Nominations & Elections Committee</u>	
Board Liaison—Maurine Hill	
<u>Charity/ Fundraising</u>	
Board Liaison—Jim Jirik	

President's Report



Season's Greetings, MOCAP! On November 8, 2019, SGMP MOCAP held its annual holiday fundraising event. Thank you once again to each of you who took the time out of your busy holiday schedules to attend this year's party! We had a great turn-out. Special thanks to our members Stephanie Bommel and Lagina Fitzpatrick, and the staff at Margaritaville Lake Resort for hosting and helping us make this event such a success! From the beautiful Holiday décor at Margaritaville Lake Resort to the fabulous food, the Holiday Extravaganza was wonderful, as always! Shout outs to Terra Crane and her team of hard working committee members who put together such a fabulous event! Special thanks also to Brenda Buschjost for chairing the silent auction committee! Thank you to Jim Jirik with his first time at auctioneering! Kudos to all of you, as together we raised over \$4000 in proceeds! Look for additional information regarding the success of the event in the December Newsletter. It was so much fun! Our last monthly educational meeting of the year will be on the 12th of December at the American Legion. Dr. Lyn Rossey will be speaking on "The Mindfulness Method for Relieving Stress". Everyone can benefit from this so mark your calendars and join us in December to learn how to live your life more fully and joyfully!

Looking ahead to next year, the SGMP National Education Conference will be held the third week of May, on the 19th-21st, in our own home state of Missouri in St. Louis! I hope you are planning to go! The National Scholarship Application is available now with a December 6th deadline so don't miss out on applying for a full scholarship to attend this top of the line conference!

Don't forget to be a Super Saver in 2020! Enjoy a discount when you pay in advance to attend MOCAP's 2020 Educational Meetings! Feel free to contact me should you have questions!

With Sincere Thanks,

Melissa Adams
SGMP MOCAP Chapter President

Played Away in Margaritaville
by
Lela Kosteck Bunch

The MOCAP Chapter kicked off the holidays early this year on Nov. 8 with the annual holiday extravaganza and silent auction. Even though it was November, the theme was a mixture of the winter holidays and summer fun, Margaritaville-style! A special thanks to Laurie Williams who coordinated the theme on our invitations.

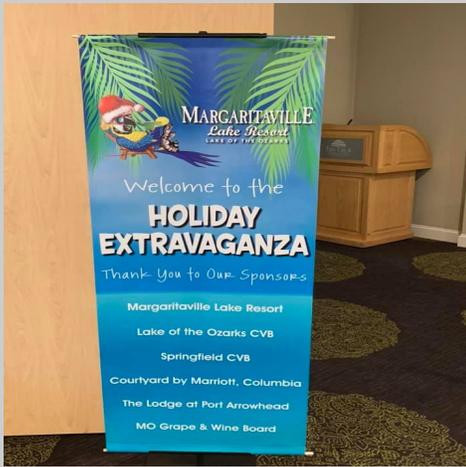
Our host for the evening was our very own Stephanie Bommel and her team at the newly branded Margaritaville Lake of the Ozarks. We blew out our flip flops, stepped on a pop top, cruised back to Margaritaville, and had a great time! The extravaganza was well attended by approximately 70 members and guests. It was great to see familiar faces, as well as some new and retired members enjoying the start of the holiday season.

Parasol 1 & 2 were decorated with a bright and shiny Christmas tree and a bar reminiscent of the beach. Red Santa Claus trousers filled with holiday candy marked each place setting and served as a personal souvenir of the event. These were provided by Lagina Fitzpatrick and her team at the Lake CVB along with holiday centerpieces sponsored by Lorie Jaegers at the Courtyard by Marriott, Columbia.

The evening kicked off with delicious appetizers, followed by a live auction. Jim Jirik served as auctioneer with his two elves, Maureen Hill and Lee Bunch helping him to spot bidders. Lagina and her team had created auction paddles with Jimmy Buffett's picture in a Santa hat to add to the fun. If you weren't lucky enough to snatch up a live auction item, there was still the very popular spirit tree and centerpiece raffles. Next came the silent auction, coordinated by Brenda Buschjost, with the closing of approximately 50 silent auction items and gift baskets. Due to weather constraints, the "Margaritas on the Beach" after party, scheduled for the lakefront, had to be relocated to the Parasol rooms. Nevertheless, the Margaritas tasted just as good!

Money raised from the night's events goes toward chapter member scholarships for the SGMP National Education Conference, which will be held in St. Louis this year May 19-21. If you haven't already done so, be sure to apply for a national scholarship. If you don't receive a scholarship from the national organization, you can still apply for a chapter scholarship. But remember, you must apply for the national scholarship in order to be eligible to apply for the chapter scholarship.

Everyone had a great evening of holiday festivities and merriment. Of course, we couldn't do this without our great sponsors. Thank you to Margaritaville Lake of the Ozarks, Lake the Ozarks CVB, Springfield CVB, the Courtyard by Marriott, Columbia, and the Lodge at Port Arrowhead.



Holiday Extravaganza

2019

Margaritaville

November 8, 2019



Organize Your Weekly Schedule

Using These 4 Time Blocks

FOCUS BLOCKS

LENGTH: 90–120 MINUTE

Use when you're especially creative, inspired, and able to do high-level work that requires focus.

SOCIAL BLOCKS

LENGTH: 90–120 MINUTE

Use when you're primed and energetically in the right space to meet other people.

ADMIN BLOCKS

LENGTH: 30–60 MINUTE

Use when you're not in the zone to do the work that requires heavy lifting but there are still other types of work you can do effectively.

RECOVERY BLOCKS

LENGTH: VARIABLE

Use for activities that recharge you, such as exercise, meditation, self-care, and intentional idling.

PERSONAL DEVELOPMENT PLAN TEMPLATE

WHAT IS MY CURRENT STATE?

What are my strengths?

1: _____

2: _____

What are my weaknesses?

1: _____

2: _____

What are the common feedbacks that I receive from others?

1: _____

2: _____

What other performance indicators can I notice?

1: _____

2: _____

Strengths

Weaknesses

Feedback

Performance Indicators

Focus Area Priority

1: _____

2: _____

WHAT IS MY DESIRED STATE?

What do I hope?

1. Describe what you can do and your knowledge level?

2: _____?

3: _____?

Why do I want to achieve that? What does it give me?

Why do I want it?

1: _____?

2: _____?

3: _____?

HOW DO I GET THERE? WHAT IS NEEDED?

What must I improve/learn/experience to achieve the desired state?

1.

2.

3.

What are the possible resources to learn/experience/improve?

1.

2.

3.

Resources

SET TIMELINE

Set a timeline for meeting your short term, medium and long term goals. Use a calendar or chart for effective time management. Schedule your time in weeks. Set milestones in between short term goals if you feel the need to.

Top 5 Challenges in the Meetings Industry

1. Budget Restrictions

Meeting planners cited rising costs -- especially concerning food and beverage -- with no comparable increase in budgets as one of their biggest hurdles. And despite a strong economy, many survey respondents reported [budget cuts](#).

According to the survey, planners suggested that the inability to obtain adequate funding reflected a lack of understanding of the profound changes in the meetings industry that demanded more investment. The needs of attendees are very different today, and lean toward requiring a high degree of technical services, greater engagement and more entertaining activities -- requirements that are difficult to meet on a tight budget.

2. Lack of Time

Time pressures impact every business and organization, but some concerns have particular ramifications for the meetings industry.

- Virtually all survey responders cited a lack of time and identified challenges with far-reaching consequences;

Hoteliers and planners noted that they often lacked the time to keep up with [technical developments](#);

- Respondents worried that the overwhelming details of day-to-day work left little time for long-term planning; and

And the top time waster? Too many unnecessary e-mails.

3. Staying on top of Tech Trends

With [meetings industry tech](#) advancing constantly, staying current and knowledgeable of technology's impact on event productivity can be a job in and of itself. Realizing that millennial attendees are way ahead in technical knowledge can also put pressure on planners, and makes choosing event apps and carrying the weight of millennials' expectations very intimidating. According to survey results, planners suggest that even leadership within select organizations don't always seem to grasp how [technology](#) is revolutionizing the meetings experience today.

4. Lack of Creativity

Big brand hotels' corporate bureaucracy partially accounts for planners' demand for greater [creativity in the meeting process](#), and a far more flexible business environment. Larger hotel brands often have corporate policies that might place limits on pushing the boundaries of creating the ultimate meeting experiences. But planners can't ignore the need for innovation and original entertainment and content at events, [imaginative use of technology](#), effective team-building exercises, new experiences in even the most tried-and-true destinations, and diverse, sustainable and healthy food.

5. Increasing Complexity and Rising Costs of Food and Beverage

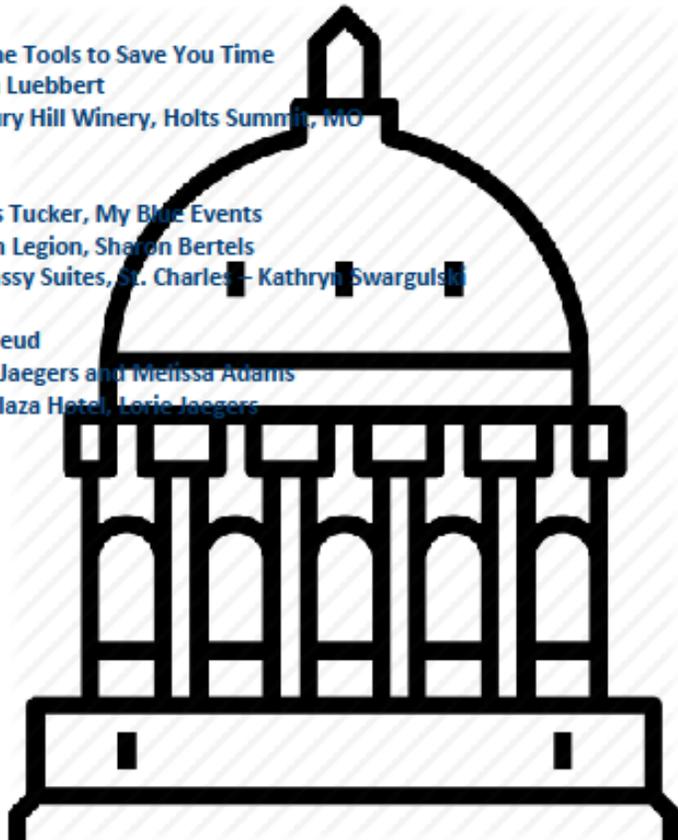
As the population becomes more diverse, [food preferences](#) and dietary requirements have become more complicated. Similarly, a heightened awareness of wellness and sustainability issues add to a mix that could become more problematic and costlier.

Paleo, keto, pescatarian, vegan and religious [dietary requests](#) are among the trends in conference dining in 2019. Respondents called for help managing management of food ordering to keep costs down and eliminate waste.



MOCAP Chapter Meetings & Events Schedule

- | | | |
|-----------------|-----------|--|
| November | 8 | Holiday Extravaganza
Location: Margaritaville Resort, Osage Beach, MO |
| December | 12 | Mindfulness Meditation as a Method of Relieving Stress
Speaker: Dr. Lynn Rossy, PH.D, Health Psychologist
Host: American Legion, Sharon Bertels
Sponsor: Courtyard by Marriott, Columbia, Laree Hutchinson
Bake Sale |
| January | 9 | Dealing with Difficult People
Speaker: Chad Stieferman, Advanced Tactical, LLC
Host: Capitol Plaza Hotel, Lorie Jaegers
Sponsor: Springfield CVB, Lisa Perez
Food drive |
| February | 13 | Apps and Online Tools to Save You Time
Speaker: Sarah Luebbert
Host: Canterbury Hill Winery, Holts Summit, MO
Sponsor: |
| March | 12 | Speaker: Travis Tucker, My Blue Events
Host: American Legion, Sharon Bertels
Sponsor: Embassy Suites, St. Charles – Kathryn Swargulski |
| April | 9 | SGMP Family Feud
Speaker: Lorie Jaegers and Melissa Adams
Host: Capitol Plaza Hotel, Lorie Jaegers
Sponsor: |



Planner / Supplier Profile



Name: Tony Spicci –Planner

Title: Resource Science Supervisor / Site Administrator

How long have you been in the industry?

I have been involved with meeting planning in some form for about 20 years. Over the years I have had the opportunity to plan conferences in about 25 different states.

How long have you been in SGMP?

About 4 years.

How has your membership helped you? Unfortunately, I have an appointment on a state committee that meets on the same day, so I am unable to attend SGMP meetings. However, I have benefitted greatly from the newsletters and other materials shared with members. I have also been able to attend a few affiliated events and I hope to get more active as my schedule allows.

Worst meeting/event mishap: I hosted a meeting in Keystone Colorado, elevation 9,200'. I warned everyone to hydrate and acclimate the first day or two. Unfortunately, a bunch of lowlanders decided to ignore that advice and found some fine bourbon and cigars the first night. The next day at the opening session about ¼ of the group was green and barely functioning.

Most notable meeting/event moment: I was running the annual meeting for one of my groups in St. Louis in September 2001 when the World Trade Center was attacked. I left the meeting that morning to deploy with Missouri Task Force 1 to NYC, but the group decided to continue the meeting. At the end of the meeting the group created car pools to get home as air service was suspended. Our group represents the 50 states, so it took quite an effort for some folks to get home. For all of us it was a conference like no other.

Hometown: I grew up in Greece, NY but I have lived in Columbia for over 25 years.

Where do you see yourself in ten years?

Hopefully I'll be retired from my real job and traveling the world. I would like to keep working but doing one of those fun jobs like taking care of the tigers in the zoo or guiding people around Disney World.

Interesting fact you would like people to know about you? I am a licensed pyrotechnician for J&M Displays and have been involved with over 100 firework displays in the Midwest. We shoot all the Miz-zou games, Missouri State Fair and 8 shows over the 4th of July including the Jefferson City display. If you ever need fireworks for your meeting, give me a call and I'll take care of you!

Membership Report

The October MMR report from SGMP shows the MOCAP chapter is holding strong with 37 planner members, 33 supplier members and 8 retired members totaling membership of 78.

Need to update your membership information?

It's as easy as logging on to www.sgmp.org. You can update your contact information, renew your membership and even ask for an invoice to be sent for payment. You can also download the membership change form.

October 1, 2019 Treasurer's Report

We are currently at a balance of \$13,097.06 plus we have a \$1002.99 CD .

CGMP

The Certified Government Meeting Professional designation ("CGMP") is designed for planners and suppliers whose work is governed by the rules and regulations of the federal government. Individuals who have earned their CGMP have obtained the highest designation available that is specifically for government meeting professionals.

Everyone who takes the course must be an SGMP member. You must be a member in good standing for six months to participate in a CGMP class and exam, but this requirement can be waived for new members with more than one year of experience in the hospitality industry. The \$595 registration fee includes the three-day training sessions, the CGMP manual and the exam that is administered on the morning of the fourth day. In order to sit for the exam, you must attend all three days of the course.

To register for any upcoming CGMP course, you must first log in to your SGMP account (in the left margin of this screen). Once logged in, please continue to "Your Account", and then click on "Events and Registrations". Links to upcoming courses will be listed on that page.

In order to register, you must be a current member. Sign in using the Member Login section at left, then open the course in the Upcoming Events area. Look for the link to register. Please check back for more information as it becomes available. All courses have limited registration space available. Payment is required in advance of the course. **In the event of a cancellation, collected fees will be applied to a future course registration.**

All registrants will be notified within 30 days of the course of the location of the course and exam. Questions about the CGMP course? Contact us at education@sgmp.org.

Upcoming Classes:

February 7-10, 2020 Please note this is a weekend class.

Marriott Wardman Park
2660 Woodley Road, NW
Washington, DC 20008

March 31 - April 3, 2020
Alexandria Hilton Mark Plaza
5000 Seminary Road
Alexandria, VA 22311
(703) 845-1010

May 16-19, 2020 pre-conference to the NEC
Marriott St. Louis Grand
800 Washington Avenue
St. Louis, MO 63101



Course Material & Fee

CGMP Class & Exam \$500

Required CGMP Manual \$95

2019-2020 SGMP MOCAP BOARD OF DIRECTORS



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Pinterest—SGMP MOCAP

National Website—www.sgmp.org



Advertise with SGMP—MOCAP

Our chapter newsletter is published twelve times a year and is sent to all MOCAP chapter members.

MOCAP offers advertising on our website or newsletter for \$200 each or for only \$350 suppliers can advertise in both, that's a great deal!

- Specifications for newsletter ads—high resolution PDF or Jpeg and can be business card size.
- Specifications for website—Company logo and link to Company website (needs to be a minimum of 200 pixels in width and either jpg, gif or photo available for scanning).

If you are interested in advertising in the MOCAP News You Can Use and/or on the MOCAP website, sgmpmocap.com, please contact Lorie Jaegers at ljaegers@kinseth.com or 573.443.8112.