



The IT Newsletter is a teambuilding and social experience in itself.

What is Team Building?

Google defines Team building as “an ongoing process that helps a work group evolve into a cohesive unit. The team members not only share expectations for accomplishing group tasks, but trust and support one another and respect one another's individual differences.”

In order for our tight-knit group to accomplish overall company goals

we all have to share a common ground and understanding of one another and our respective job roles. The uniqueness that we all bring to the table is essential for completing major projects and one's career development. Team building also incorporates fun activities that help introduce new employees to an established team. It also gives us a great excuse to roll-up our sleeves and get social!

Know the saying “all work and no play”? Well, get to know your teammates with some social interactions that make coming to work a great experience; a “home” away from home!

Think about it, you spend eight-hours a day at work, another eight-hours sleeping; isn't it about time to put the “team” back in teamwork?

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Upcoming Events

Your Planning Committee is hard at work thinking of creative and motivating ways to make work more enjoyable. Consider us that mid-day cup of coffee there to pick you up when you need it!

Last month we sponsored an ice-cream social that was a huge success and raffled off some great prizes. Once again let's congratulate Adrian, Beza, Janese, and Daniel M. for winning the raffle! From that successful event and all your participation (and raffle sales) we are proud to invite all of you to our next team building event August 12, at 12pm – the BBQ “CookIT”. The Planning Committee will be preparing for this event and want to thank everyone in advance for their participation – your presence goes a long way and contributes to the success of such activities. Be sure to check your inbox for the invite!

In other news: We will be adding a suggestion/idea box near the copy machines for folks to submit any cool activities, events, or team building ideas. We know some folks do not have the time to join the committee full-time but that doesn't mean you can't help us come up with some cool things to do. But if you ever have time, stop in on one of our meetings which take place every other Friday!

Did you know: Being part of the planning committee is a teambuilding activity in itself – *plus it's a great excuse to get away from your desk and be social!*



Fred's Family and Friends Redwood Camping Trip

Live well, laugh often, love always

Before I met my wife, I wasn't really the “camping type.” The extent of my experience was a couple of summer camps in teepees and some RV camping. Camping for me seemed like something you do as a kid; I never had the interest as an adult until now. It is funny to think of all the fun I missed out on because of my preconceived notions about camping in general; now I am eager to plan and explore new places to camp, find new games and activities to play and so much more!

Day 1:

And my favorite part of camping? The food.

Being in nature and stargazing rank near the top too. But for me, it's about packing the cooler and looking forward to meals shared around a fire. Simple food, but filling and satisfying. I've found that you don't need a ton of expensive gear – just a few important camp cooking essentials.

Fred's Redwood camping trip continues..

Night 1:

After setting up our campsite, changing into dry clothes and making ourselves a well-deserved adventure-time cocktail, it was time to tell ghost stories around the camp fire!

For me, this was the staple camp activity (besides roasting marshmallows of course!) and this was going to be some fun; enjoy this sneak peak!

‘A feller I heard about spotted the monster early one evening as he was walking along the lake. He tried to shoot it with his rifle. The man was a crack shot, but not one of his bullets touched that monster. It scared the heck out of him and he high tailed it home faster than you can say Jack Robinson. Left his rifle behind him and claimed the monster ate it.

...sometimes, when the monster has been quiet for a while, people start saying it is gone for good. Some folks even dredge up that old tale that says how Pecos Bill heard about the Bear Lake monster and bet some cowpokes that he could wrestle that monster until it said uncle.

According to them folks, the fight lasted for days and created a hurricane around Bear Lake. Finally, Bill flung that there monster over his shoulder and it flew so far it went plumb around the world and landed in Loch Ness, where it lives to this day.”

Top 3: things to do this weekend Aug. 8th and 9th 2015

1. 2015 Summer Model Train Show & Open House | San Leandro
2. “Jack of All Trades” Indie Craft & Antique Market | Jack London Square
3. 2015 Aloha Poly Fest: Polynesian Music, Dance & Food | Golden Gate Park

Company News

- **Call Center go-live Jan. 4th**
 - *Special thanks to our hard working teams that made the transition as smooth as possible; your efforts are appreciated!*
- **Next Board of Governors Meeting Dec. 14th at 12pm**
 - *The first half of the meeting is open to the public – so if you are interested in joining please do so.*
- **GOLDS SW Implementation**
 - *The countdown begins and the official word is only 23 days to go!*
- **ICD-10 go-live Oct. 1st**
 - *The countdown begins and the official word is only 55 days to go!*
- **Disaster Recovery go-live Oct. 30th**
 - *The countdown begins and the official word is only 84 days to go!*



Team Activities of the Month

Team Building Game #12: Mad Lib Mission Statement

Take your company's mission statement(s) and turn them into the popular Mad Lib game. To do this, remove key nouns, verbs, and adjectives. Create a worksheet in which the removed words are shown as a blank line with instructions on what kind of word is needed.

In groups of two, have one team member ask for the correct type of word and the other team member supply the word. Or, if you do not want to break the team into groups, ask the team as a whole to supply one word at a time. Once there are enough words, read the mission statement back. It will sound silly. Continue reading at www.itsmonica.com

Joke of the Month

How to get a day off work

**please don't try this in the office*

Woman: I can make the boss give me the day off.

Man: And how would you do that?

Woman: "Just wait and see." She then hangs upside-down from the ceiling.

Boss comes in: What are you doing?

Woman: I'm a light bulb.

Boss: You've been working so much that you've gone crazy. I think you need to take the day off.

The man starts to follow her and the boss says: Where are you going?

The man says: I'm going home, too. I can't work in the dark.

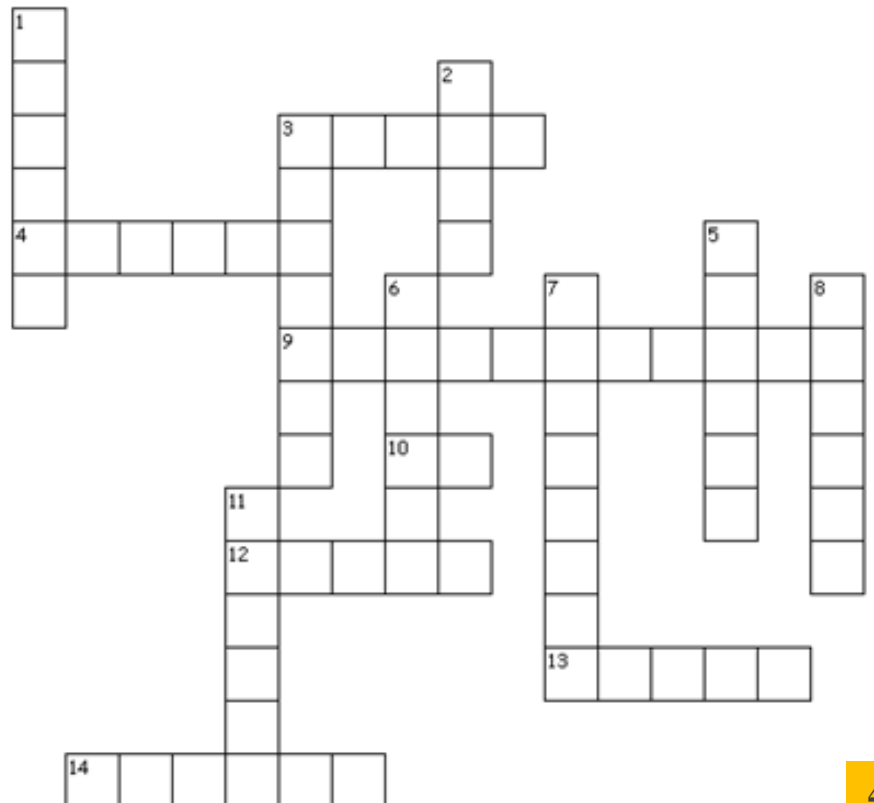
Crossword

Across

3. TrackIt Master.
4. August teambuilding event.
9. September 1st go-live.
10. More than one.
12. MS Software.
13. Yewel's preferred instant message app.
14. Planning Committee Member.

Down

1. The note taker.
2. A set of values of qualitative and quantitative variables.
3. A person whose trade is cutting up meat.
5. Applications motto for continuous improvements (Japanese saying).
6. Won first prize at the raffle.
7. Invented the CD.
8. Prefers to talk in codes.
11. Thinks sleep is over-rated.



**Answers in the next issue*