



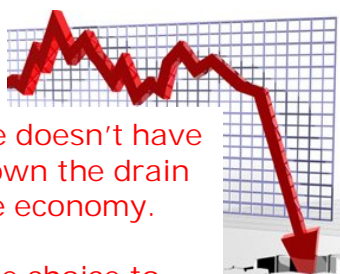
ALUMNEWS

LINKS

[www.ptk.org](http://www.ptk.org)

Our website: [www.ptkalumni.com](http://www.ptkalumni.com)

Contact us at: [nvcaraa@gmail.com](mailto:nvcaraa@gmail.com)



Your life doesn't have to go down the drain with the economy.

Make the choice to change your life; take action.

### Tune Up Your Personal skills

- o Think before you speak
- o Be cooperative
- o Enhance creativity
- o Practice diligence
- o Show enthusiasm
- o Be positive
- o Be well organized
- o Work Safely
- o Learn to (read) people
- o Be social but not always center stage
- o Remain stable during stress situations
- o Work during work hours
- o Aspire and take action
- o Avoid negative bandwagon
- o Know the difference between "urgent" and "timely"
- o Examine your assumptions
- o Don't take people for granted
- o Healthy habits
- o Steadfast integrity, honesty, and loyalty
- o Check your sources and motivations
- o Serve others

See you there!

2010 Regional Convention

Clarion/Mansion Inn Hotel

Sacramento, CA

March 5-6, 2010

Problems are there to be faced and overcome. You cannot achieve anything with an easy life. Helen Keller was the first deaf and blind person to gain a University degree. She wrote: ***"Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved."***

DR. Mercola: How can you change your attitude toward the adversity that you face? Try these steps:

- \* Confront the problem. Do not avoid it.
- \* Deliberately take a positive attitude and write down some benefits or advantages of the situation.
- \* Visualize how you will feel when you overcome this obstacle.
- \* Develop an action plan for how to tackle it.
- \* Smile and get to work.
- \* Do not become defeatist or depressed. Chose your attitude, and win.
- \* It's not how you start; it's how you finish.

Help YOUR NCRAA

Collect items for International Honors

Bring items to the Regional Convention

The Alumni board will get them to Chapman College

Check our website for details

### ALUMNI PRESIDENT'S CORNER

Hello Fellow Members~

What a difference a year makes! Your NCRAA Board has been busy this past year. We have accomplished many of our goals most of which were to implement systems within our Association for the purpose of stabilizing our business practices. We established regular monthly meetings (teleconferences or face-to-face meetings); started this wonderful newsletter; were able to get the NCRAA website up and running (please check it out) and completed bylaw revisions, just to name a few... Yes, we have been busy and I want to thank each and every one of my fellow Board members for their commitment to our goals. We have been very fortunate to have a dedicated group of people who were willing to work hard to get our foundational systems in place. We will be saying good-bye to a few of them, and I for one will miss their assistance and hope they will continue to be on-going resources for our organization.

If any of you would like to become a member of the 2010 NCRAA Board of Directors, please go to our website and fill out our candidate questionnaire, copy and paste to an email and send it to us. We will also be taking nominations at the Regional Convention, March 5-6, 2010 before our Annual Meeting. I hope to see you there...

*Once a Kappan, Always a Kappan!!*

~Jesse Lyn