



# Capital Event

March 2015  
Volume 12 Issue 3

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Sponsored by  
International Palms Orlando  
International Palms Resort Cocoa Beach  
The Shores Resort & Spa

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presented by Patty Ball Thomas

## President *Chris Schuh*



### ***PRESIDENT'S MESSAGE***

It is with great pleasure that I welcome the Florida Capital Chapter's incoming Board for 2015-2017. Their term will begin July 1, 2015. Please welcome;

- ❖ **President- Jason Zaborske**
- ❖ **First Vice President- Lydia Southwell**
- ❖ **Second Vice President- Ashley Mayo**
- ❖ **Secretary - Janet Chernoff**
- ❖ **Treasurer - Chris Capozzi**
- ❖ **Director-planners - Jennifer Anderson and Betty Homan-Bolick**
- ❖ **Director-suppliers - None at this time**

As our new Board contemplates taking the reins in July 2015 – I want to thank the current Officers and Board members for their incredible commitment and work in the past two years. Our Honors & Awards Banquet is scheduled for June, as usual. Our silent auction will be scheduled for August. As a member your involvement can result in an organization which will benefit you professionally.

Our thanks again to the March Sponsors: John Seegars of the International Palms Orlando, Stephen Rice International Palms Resort Cocoa Beach, Michelle Waddell, The Shores Resort & Spa. The event was outstanding and the food by Backwoods Bistro quite impressive.

Left to right; Stephen Rice, Michelle Waddell,  
John Seegars, and Amy Brown



***Time Management***  
***10 Tips on Time Management***  
**Presented by Patty Ball Thomas, Ph.D.**

Dr. Ball Thomas shared information on how to get the most from your day using prioritization, scheduling, goal setting. She discussed the process of planning and exercising conscious control over the amount of time spent on specific activities, especially to increase effectiveness, efficiency or productivity.



Left to right; Amy Brown, Patty Ball-Thomas, and Jennifer Anderson

***SGMP Florida Capital Chapter - April Meeting***

**Sponsored by Courtney Hinson of the Wyndham Garden Tallahassee Capital  
 1355 Apalachee Parkway, Tallahassee, FL 32301**

Tuesday, April 21, 5:30pm – 7:00pm

Wyndham Garden Tallahassee Capitol, 1355 Apalachee Parkway, Tallahassee, FL 32301

Program: Audio Visual

Presenter: Gabrielle K. Gabrielli, Ph.D. of Gabrielle Consulting, Inc. Core Competency Technology

**CHAPTER Board** - *Chris Schuh, President; Amy Brown, CGMP, Immediate Past President;*

*Ellen Slinger, CGMP, First Vice President; Betty Homan-Bolick, Second Vice President; Cheryl Faulk, Secretary; Chris Capozzi, Treasurer;*

*Directors: Dr. Gabrielle Gabrielli, Lydia Southwell*