



North Texas

ACCP

THE ASSOCIATION OF CONTINUITY PROFESSIONALS
 Everything we do professionally and as an organization is dedicated to protecting lives, safeguarding businesses and fostering community resiliency.



President's Comments

Hello North Texas compatriots and Happy Belated Thanksgiving! As our year

draws to a close, this is a good time to reflect on past events and look at the year ahead.

We've had great sessions and activities this year thanks to our board members, particularly our Programs Director, Susan Dobbs! Several of us took a day trip down to College Station in May for a tour of the Brayton Fire & Emergency Training Facility as well as the Rentsys Recovery Center. The Dallas Federal Reserve hosted one of our meetings and delivered a great presentation on BC at a macro-depository institution. In between, we heard about and discussed Risk and Vendor Management, Incident Response, selecting BC software, program measurement and even DR and Backup myths. We want to continue to deliver worthwhile content and involve our members in discussions and roundtables. Please reach out to me or one of our board members

with ideas about what you would like to see. I would also like to repeat my request for Spotlight speakers. This does not have to be a formal presentation with materials or slides. Five minutes is all we ask to introduce yourself to your fellow BC practitioners.

Looking ahead, your board is looking at changing things up in 2017 to accommodate some of the great feedback we received

from the members survey earlier this year. Just some of the things we're looking at for the upcoming year include:

- **New Locations!?!** We know some of your work in far-flung parts of the metroplex and find it difficult to make it to our venues in Irving and Dallas. We hope to provide more options to meet you face-to-face.
- **Webinar!** We plan on hosting at least one virtual meeting in 2017 so be on the lookout for details!

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NORTH TEXAS ACP CHAPTER MEETINGS

Meetings are generally held the first Tuesday of every month from 12:00 noon to 2:30 pm. The location varies, so check the Chapter Newsletter or Web Site for location information.

Next Meeting

Date----- Tuesday, December 6, 2016
Time----- 11:30 am ← **Note early start time!**
Location----- Texas de Brazil
15101 Addison Road
Addison, TX 75001
[Link to Map](#)
Info----- Space is limited so you *must* RSVP! Parking is somewhat limited, so arrive early or carpool.

Meeting Agenda

<u>Topic</u>	<u>Speaker</u>
Lunch and Visit	Everyone
Door Prizes.....	Mark Armour

2016 Meeting Schedule and Locations

Schedule and location are subject to change!

December 6 Holiday Luncheon
January 10, 2017 Boy Scouts of America

Check [here](#) for current topic, speaker and meeting location

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Chapter Recognitions

Join us in offering a big Texas
welcome to our new chapter
members:

Kyle Drake

Jackie James

Karie Lardon

Timothy Price

Diane Scott

Huyen Ton



North Texas ACP Meeting Highlights

November, 2016

Our November meeting started off with a spotlight from Jacob Holly with the Federal Reserve Bank, Dallas. He took us through some of his career highlights: leading a “counter fire” mission in the Army, DR planning for Bank of America, and currently managing end-to-end crisis, business continuity and DR testing/continuity at the Federal Reserve Bank.

Peter Komarkowski, with Vital Media Security was our featured speaker. His topic was DR and Backup Myths. Peter is a veteran of the industry and provided some great insight on the subject. Some myths you may already know, such as “it can’t happen here” or “we’ve never had a disaster before.” He introduced Edward Murphy, a U.S. Air Force engineer, who in 1947 during rocket-sled experiments made the observation that ‘what could go wrong will go wrong.’ Edward is the creator of “Murphy’s Law.” Peter’s guidance and observations on cloud vs. tape backup solutions were particularly insightful. He discussed the 3-2-1 of backups: 3 copies of data, stored in 2 locations, with at least one copy stored offsite.

Election Results and YOUR 2017 Board of Directors

By Mark Armour

Believe it or not, the US Presidential Election wasn't the only thing going on in October and November. We also held an election for the ACP North Texas Chapter Board. The votes are in and it was a landslide! Most of our board members are coming back in 2017 but we'll have a few new faces. I am proud to say I will be returning next year as your president and I thank all of you who voted for granting me the privilege of serving you once again. I would like to congratulate the following:

- **Wendy Nelson** is returning as our Secretary.
- **Phyllis MacLachlan** will be taking over as Treasurer.
- **Susan Dobbs** will come back as Chapter Programs Director.
- **Tim Prewitt** is coming back as our Director of Membership.
- **Carol DeLatte** will be taking over as our Director of Education.
- **Mark Poussard** will continue as our Chapter's Web Master.
- I would also like to introduce our new Director of Information: **Allan Schmidt**.

Lastly, I'd like to thank our outgoing (in more ways than one) Treasurer, **Mark Weidner** as well as **Jim Kinsman** who is stepping down as Director of Education. Both were great members of the team in 2016 and I appreciate all they've done for the chapter.

Career Corner

Committed to helping our members increase professional knowledge, improve marketable skills, and add value to our industry and community.

Please send Career Corner topic ideas or suggestions to Jim Kinsman.



One Habit All Successful Business Leaders Have

By Jeff Popoff, Ladders Guest Contributor

Every professional knows health and success go hand-in-hand.

Did you know there is a secret career strategy hiding in plain sight? Great business leaders routinely put it at the top of their list.

Consider the following:

- **Larry Ellison**, founder of Oracle and ranked as the fifth wealthiest person on Earth, follows a disciplined gym routine to maintain his strength and stamina.
- **Elon Musk**, co-founder of PayPal and founder of Tesla and SpaceX, works out regularly and plays sports like tennis and swimming.
- **Tim Cook, CEO of Apple Inc.**, is known to be a fitness freak and loves cycling, hiking, and hits the gym on a regular basis.

Clearly health plays a key role in the success of these business leaders. Why is this the case? And how can you leverage this knowledge to gain an edge in your career? Consider the following reasons and strategies:

Productivity

Richard Branson, founder of Virgin Group, said that working out gives him at least four extra hours every day to be productive. On the flip side, 77 percent of all employee productivity losses are health related, according to this [study](#).

Tip: [Research](#) shows that productivity falls sharply after a 50-hour work-week, and falls off a cliff after 55 hours—so much so that someone who puts in 70 hours produces nothing more with those extra 15 hours. Reinvest those non-productive office hours into your health by shifting your mindset and habits.

Leadership Strength

Your personal brand and health go hand-in-hand when it comes to professional image. Did you know that men worry more about their appearance than their jobs? (according to a recent [TODAY/AOL](#)).

A [study](#) in the Journal of Labor Research found workers who exercise regularly earn 9 percent more on average than employees who don't work out. Even those who work out just one to three times a week see a slight earning advantage over their sedentary peers, who make slightly more than 5 percent in additional pay.

Tip: It pays to make fitness a part of your personal brand. Think of working out as giving your career a raise.

Travel Stamina

Increased success in your career often means increased business travel. Early morning flights and evening client dinners disrupt

normal sleeping, eating, and exercise routines. Many tired executives struggle with stress eating on the road.

Tip: Healthy road warriors travel with energy bars to forgo airport food, and develop simple bodyweight routines they can do in their hotel rooms.

Networking

In the not so distant past, savvy career climbers knew how to network with senior executives over a cigarette or a drink. Times have changed, and now a smart way to network is at the gym or playing sports. Workplace wellness challenges are becoming more popular because they are fun and also promote lots of networking and camaraderie.

Tip: Consider [peda-conferencing](#). Mark Zuckerberg (FaceBook) and Jack Dorsey (Twitter) are believers in walking meetings.

Appearance Bias

Although unfair, experts concluded that a person's appearance can affect the outcome of one's job search and potential for advancement in the workplace. Obese workers (those who have a BMI of more than 30) are paid less.

For obese women, they are paid on average \$8,666 less annually than their counterparts. For men the difference is smaller, at \$4,772 a year, according to a [George Washington University study](#).

Tip: Besides being unhealthy, extra weight could be costing you money in your career. Many companies offer financial wellness incentives including discounts on health insurance, subsidized weight management programs, and health coaching.

Like other great business leaders, now you that know how health can be an effective career strategy. Being healthy can give you an extra edge in these five areas of your professional life, **and** it will make your personal life more enjoyable as well.

Reference

Jeff Popoff is a successful executive who has served as Vice President in a Fortune 500 company as well as several Silicon Valley startups. He is a LinkedIn Top 25 Executive Health Coach and a Contributor to the Men's Health Network. "One Habit All Successful Business Leaders Have". theladders.com (date not posted). Article located at: <https://www.theladders.com/career-advice/a-secret-career-strategy-hiding-in-plain-sight/>

Did You Know?

We distribute door prizes (aka Trinkets & Treasures) at our annual holiday luncheon. What are Trinkets & Treasures? Anything from your company with your logo on it – donated of course, so we don't have to purchase it in order to give it away! The more donations the better because that way more chapter members leave the event with a souvenir. If your company can donate to the cause, please email [Maureen Bleuler](#) with a description of the donation. There is no minimum number of items to donate. We ask that each person bring their donation(s) to the head table upon arrival. Gift wrap or gift sacks are appreciated, but not mandatory.

President's Comments *continued from Page 1*

- **Social event!** Many of you have expressed support for an after-work networking event and we plan on delivering.

Remember that there are a number of ways to find out what we have planned:

- Our web site: <http://northtx.acp-international.com>
- Join our LinkedIn Group for the latest updates and job opportunities: <https://www.linkedin.com/groups/2670621>
- Our monthly newsletter
- Follow us on Twitter: @Northtxacp

We have a fantastic board and I look forward to their return in 2017, plus a couple of new faces. As we continue to look ahead, I want to remind each and every one of you that this is YOUR association. The board and I are here to deliver for YOU. This means we need your engagement and feedback. Without it, we end up making most of the decisions based on what we would like to see or find of interest. This is NOT how it should be. Please be an active participant in this great association and I promise to make it work for you.

Thank you, as always, for your membership and support. Have a safe and happy holiday season!

Mark



Association of Continuity Professionals
North Texas Chapter
<http://northtx.acp-international.com/>

Training Opportunities

DRI International (DRII)

BACLE 2000 – Business Continuity (\$2,650)

- San Antonio: December 5-9, 2016
- Dallas: March 27-31, 2017
- Dallas: July 24-28, 2017
- San Antonio: December 4-8, 2017

Other courses can be found at:

<https://drii.org/education/education.php>

ACP Business Continuity Summit & Leadership Conference (held in conjunction with DRI2017)

Dates: February 26-27, 2017

Location: Golden Nugget Hotel, Las Vegas, Nevada

Cost: TBD

<https://www.acp-international.com/professional-development/conference>

DRI2017

Dates: February 26-27, 2017

Location: Golden Nugget Hotel, Las Vegas, Nevada

Cost: \$1,195 until December 31, 2016

\$1,295 after December 31, 2016

<http://driconference.org/>

DRJ Spring World

Dates: March 26-29, 2017

Location: Disney's Coronado Springs Resort, Orlando, Florida

Cost: \$1,195 until January 26, 2017

\$1,295 until February 27, 2017

\$1,395 until March 26, 2017

<http://www.drj.com/springworld/>

DRJ Fall World

Dates: September 17-20, 2017

Location: JW Marriott Phoenix Desert Ridge Resort & Spa City, Phoenix, AZ

Cost: TBD

Continuity Insights 2017 Management Conference

Dates: April 24-26, 2017

Location: Marriott Denver City Center, Denver, CO

Cost: TBD

<http://www.cimanagementconference.com/>

The Disaster Conferences

Dates: TBD

Location: TBD

Cost: TBD

<http://www.disasterconferences.org/>