



TRI-VALLEY EXECUTIVE'S ASSOCIATION

P.O. Box 985 ♦ PLEASANTON CA 94566

PHONE & FAX 485-1394 ♦
www.trivalleyexecs.com

NOVEMBER 2, 2006

NEXT WEEK:

The next regular meeting of the Tri-Valley Executives' Association will be held on Thursday, **November 9**, at Vic's All-Star Kitchen at 7:00am.

The GREETERS will be **Pam Meyer** of Design Works LTD. and **Manny Martin** of Amador Valley Property Management.

Marilyn Lewis of Aweigh-to-Go Travel will give the VALUE.

The CLASSIFICATION will be presented by **Marco Lindsey** of Transworld Systems.

MEETING SCHEDULE:

The Holidays are nearly upon us. Please check out the attached Meeting Schedule and write down the weeks that we will not be meeting at Vic's: 11/23, 12/7, 12/21 and 12/28.

Please note that there will be no morning meeting the day of the Holiday Party at Harvey's house (details to come), and also note that the gift exchange is at Vic's at our normal meeting time.

If you'd like to get on the schedule to do your Classification in the first quarter, please call or e-mail Cristin.

NOVEMBER ANNIVERSARIES:

Brian Richards, Complete Business Systems – 2 years

Larry Brumm, Real Estate Appraiser – 2 years

PERFECT ATTENDANCE RAFFLE:

Congratulations **Jan Batcheller, Manny Martin, Pam Meyer, Joey Minahan** and **Norma Vorhies!**

The five of you all had perfect attendance in the third quarter and will participate in a special raffle for a \$25 TVEA gift certificate at the meeting on November 9 (must be present to win!)

FIVE LEVELS OF COMMUNICATION:

By Jim Moog, Marriage & Family Therapist

1. **CLICHE LEVEL** – “hi”, “hello”, “how are you?”
 2. **FACT LEVEL** – “I'm a MFT”, “I am Italian”, “I wear glasses to read”, “I took my suits to Harvey's today”
 3. **THOUGHTS, JUDGEMENTS, OPINIONS, IDEAS** – “I think that the majority of the group enjoyed or benefited from our last meeting”, “I believe it is part of my responsibility as a therapist to share helpful and sound information to the community whenever I am able”, “It's my opinion, that life is not just to be 'heavens waiting room', but that we are here to make a difference”, “What if it was a requirement for all of us to swap lives with someone else in the world for 30 days, someone who has a completely different lifestyle? I think it would change us for the good!”
 4. **FEELINGS** – Glad, Sad, Mad, and Afraid are the basic emotions, all of the words we use for feeling words come these four emotions. It is so important for us to share our feelings and have them heard by someone else.
 5. **PEAK LEVEL** – This is the level of understanding and connecting. The more thoughts and feelings are shared, the more peaks a relationship will have, and therefore you will have more sex (puzzled?...you should' a been there!)
-