

OIT CONNECTION



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In the future, we will add names to photos so that we can get to know each other better. Thank you goes to everyone who contributed, especially Karen Knox ,Chris Osgood, and Natasha Moiseenko who assisted with editing. This is **truly** a work in progress.

CIO CORNER

Welcome to our first issue of the OIT Newsletter, the OIT Connection. I would like to thank Kelly and many others for creating this; I hope that you find it informative and interesting, and I look forward to many of you contributing articles of interest to the newsletter.

We have so many interesting and challenging things happening.

As you know, we have made several organizational changes over the past couple of months; changes that, I believe, will help us deliver better services to our Agency customers and our citizens. We, like any large IT organization, face multiple challenges and opportunities; we have over 100 projects on the plate, we are in the midst of a data center move, we just moved our administrative office, and we face the current industry challenges with the advent of mobile devices, cloud computing, big data, and the heightened need for robust risk management. To help face these challenges we have –

- ⇒ Selected Doug Birgfeld to head the revised PMO and to adjust our methodology approach, both of which are critical for project delivery and organizational evolution
- ⇒ Selected Paul Sandlin to become Associate CIO, to lead us in our daily operational support of Agencies and in our critical projects
- ⇒ Selected Sandy Saunders to lead our Technical Business Consultants function, which is the critical function of working with our clients on their needs, direction, and strategy
- ⇒ And, to strengthen our risk management area, Victor Chakravarty has hired a new Security Officer, Dan Durgin, who has an extensive background in cyber security for large organizations. Within the Infrastructure side of OIT we continue to evolve as our customer base becomes more reliant on technology to meet their mission and to fill the gaps caused by reduced head counts and budgets.
- ⇒ We continue to evaluate our strategies going forward and are always looking for ways to improve our service delivery model.
- ⇒ In the coming months we will evaluate numerous options such as cloud services to include Infrastructure as an Option (IAAS) and Software as an Option (SAAS).
- ⇒ We have learned a great deal about ourselves as an organization as we are in the process of relocating our data center from the Edison Drive Operations Center (EDOC) to the Sewall Street Data Center (SSDC). The importance of OIT teamwork, planning and communications is essential to a successful operation.

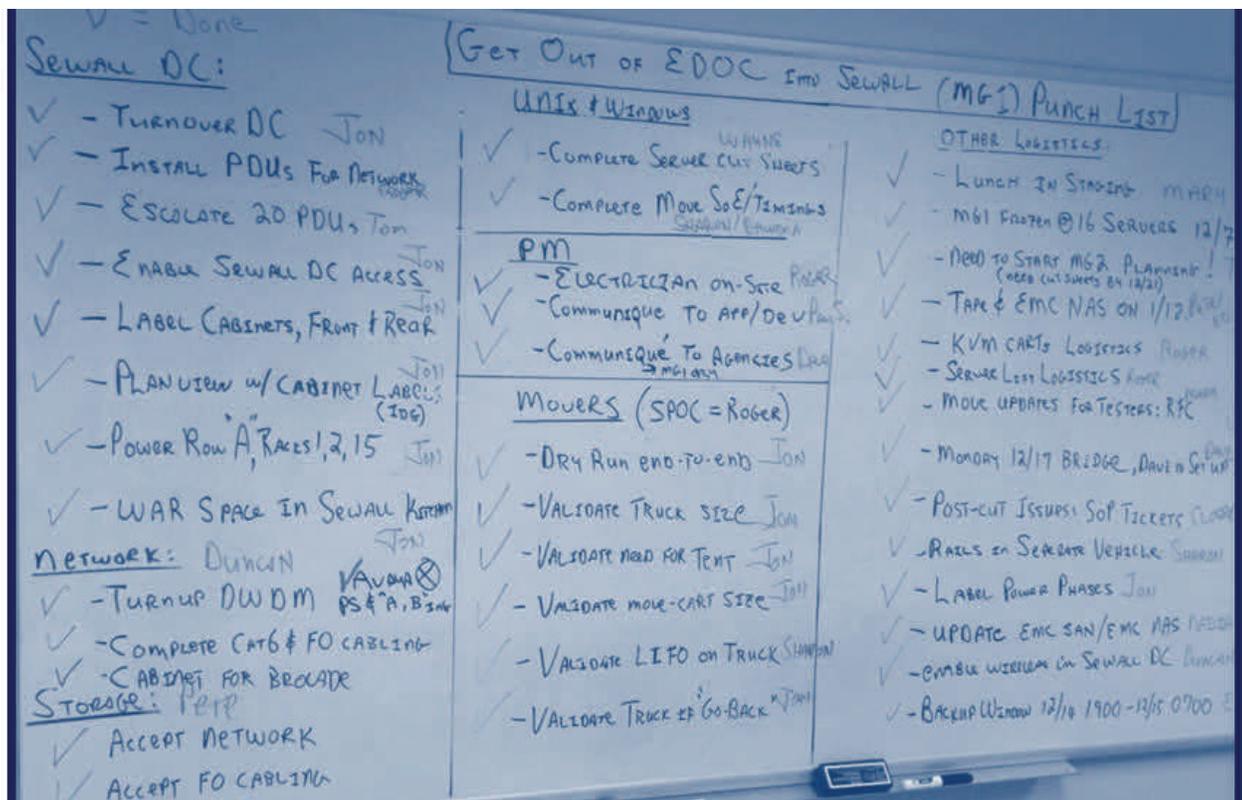
These changes are not the end but the beginning; we will continue to evolve based on our customer and industry needs, and technology trends. We have multiple areas still to address – things like disaster recovery, the evolution to big data, and strategic directions such as Business Process Management (BPM).

I think this is an exciting time and transformational time to be involved in technology, the changes this will bring, and I believe that we have the talent and drive to continue to move the State of Maine ahead. I thank you for your work to date, and I look forward to our continued journey.

We will further discuss our organization, and our journey, at an upcoming all-hands meeting.

Jim

THE DATA CENTER MOVE



Great job and many thanks to everyone in OIT who was involved and worked on this project to achieve one of the “greatest milestones” and a “historical event” for the Office of Information Technology, and to better service the agencies and the citizens of Maine.



First Server Out ...



**AND THERE ARE JUST SOME THINGS WE DON'T NEED
TO TALK ABOUT EVER AGAIN...**

We learned and built new friendships—we found ways to do things never done before, we achieved the impossible...

We learned that...



Can you identify the people in the data center move photos?

...the movers will put the servers into the respective transportation containers.

Here is how:

Step 1

Put the box on the dolly.

Step 2

Put the servers in the box.

Step 3

Wheel the dolly out.

And that we have...
Fearless
Leadership!



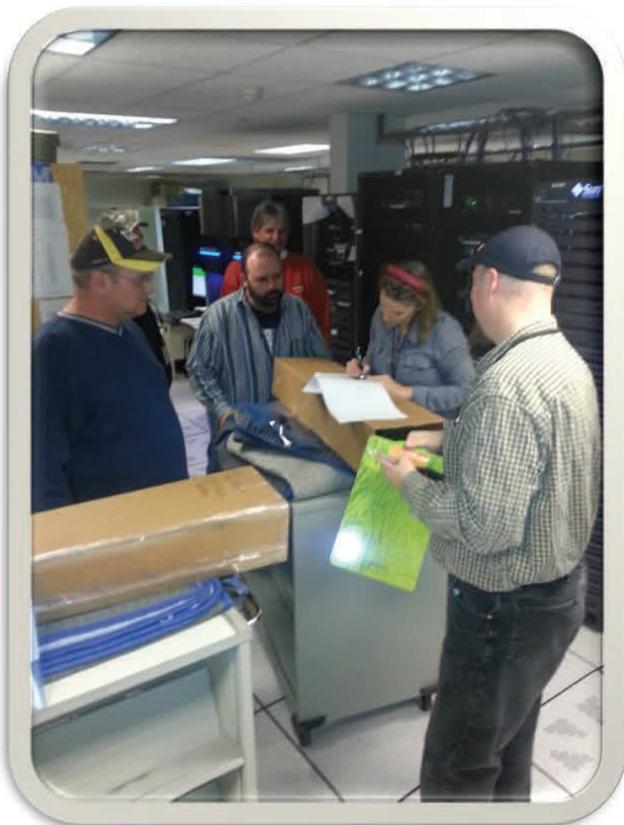
More Lessons Learned: OIT

- Freeze application changes Thursday - Monday for major moves.
- >2 hour testing timeframe = “passive acceptance.”
- Check out with the team (Wayne/Mary/Nadia).
- Label servers on outside of pads.
- Procedure turning over servers to movers: Servers rolled out of DC wrapped and on carts, movers receive carts and place wrapped servers in respective transportation container.

Lessons Learned: App Dev

- Application resource should send update summary, not forwarded emails.
- Verify testing correct URL's in RFC.
- Application resources need to be prepared.
- Send issues as screen shot.
- DOT App Dev testing:

Most Important Lesson Learned: TEAMWORK is Powerful and FUN!



State of Maine technicians worked for months planning each and every move, working out every little detail, reviewing and re-reviewing to ensure accuracy. The weekend of January 19th was the most critical of all the moves, packing up and relocating our main storage device, which houses the data we all use every day to do our jobs and service the citizens of the State of Maine. It would take over 200 systems off line for the 20 hours it would take for the relocation, along with some file shares and print services. Below is one technician's view of how this very complicated relocation unfolded.....Sharon Horn



The House Warming Party – by Lynn Muffett



Yes it was a big day for the guest of honor (SAN). He was moving to his new home, and all across town hosts and guest were demanding a visit from him. Everyone had to be carded and identified before they could even get close to what was happening at all these events (ADLDS , Juniper and RSA). Our guest of honor did start out a little cold, and even though he wasn't really happy with the chauffeur, he warmed up eventually to all the happenings. Although his power was a bit slow, he soon picked up speed when all his connections were standing by and ready (Fiber from Dana) and soon he started communicating with all his old friends. I think he was a bit tired from being pushed around so much though, as he got a little hot under the collar near the end. They brought in someone to help cool him off quickly (Roger), and he seemed to settle down in no time.

I'm not sure what happened at the Oracle RAC party. We heard briefly that the brothers were having an issue. I don't know if someone took their keys away, whether they had to call the cops or just brought someone in to reunite them (network). I'm guessing they are back to normal now although perhaps a bit tired like many who were out late.

Back across town in the elite ProdB neighborhood, things were starting to pick up steam after a needed rest. One host was so bad that his guests just stopped talking. You couldn't coax a thing out of them (no network). Seems those three guests must have been dissatisfied with the party atmosphere they were presented with. So, someone was brought in to take that host to the woodshed to set him straight (Lori). First she sent the three guests to another party (moved them to a new host), and then a reprimand was given (host rebooted) with demands of an apology to the guests who did return and everyone started talking again.

Now there were some lost souls in the PROD A and DEV neighborhoods....seems a few just lost their way (wonder what they were serving)...We were sure that one of those lost souls was well protected as he'd put on 76 layers early in the day (5:00am shutdown and patches). But he must have gotten lost out on the ice so someone had to straighten him out and set him on the right path (he had been disconnected and then the network had to be readded)...Numerous others stragglers had the same issue but they were soon all rounded up, set on the right path and told to go home as the party was over (Craig). The news (CSN) reported everyone had safely arrived at their destinations.

So all in all, most hosts and guests behaved. You know it only takes a few that can ruin your night. Everyone managed to be hospitable overall, and no one really got out of control. It was one heck of a long day! **Welcome to your new home SAN.**



Welcome to the Network Connection—featuring employees from OIT

Name: **Wayne Gallant**

Job position in OIT: **Director, Network and Communication Services**

What is your “hometown” or place of birth? **New Jersey**

If you could ride a bus from Maine to California who would you select to ride in the seat beside you (can be deceased, living or yet to live) and why? **Bill Gates. To hear the history of Microsoft, what he sees as its future, how technology will evolve and what are the goals of his philanthropic organizations.**

What is your favorite food? **Mexican; don't be shy with the spices.**

What is your most favorite activity or event to do in the winter? **Walking on a frozen lake and waiting for summer to return.**

Do you have a valuable or cost saving tip to share that can help save money, make someone safer, or save time? **Bring a healthy lunch to work; saves money as well.**

What is your favorite hobby or your favorite sport? **Boating**

Which famous person do you admire and why are they important to you, or in your view, to society in general? **Bill Gates; on account of harnessing the power of the personal computer to change the way we interact with technology.**

What is your pet-peeve? **Parking, what's the big deal?**

Who is your favorite actress or actor and why? **Tom Hanks; he has long career as an actor that now includes directing and producing. His movies include many well-known and successful ones such as Big, Apollo 13, Forest Gump and Saving Private Ryan as well as a number of less successful endeavors.**

If a wizard gave you three wishes, and one wish was to be an animal, which one would you be and why? **Golden Retriever; what is there not to like about a Golden Retriever.**

Welcome to the Network Connection—featuring employees from OIT

Name: **Russell Poulin**

Job position in OIT: **Computer Programmer**

What is your “hometown” or place of birth? **Oceanside, California**

If you could ride a bus from Maine to California who would you select to ride in the seat beside you (can be deceased, living or yet to live) and why? **Albert Einstein because he was such a deep thinker. I would love to know what inspired his great theories, specifically.**

What is your favorite food? **Breakfast pizza and bacon pizza with a lot of cheese.**

What is your most favorite activity or event to do in the winter? **Play in the snow while it’s snowing – cross country skiing, sledding, and snow shoeing.**

Do you have a valuable or cost saving tip to share that can help save money, make someone safer, or save time? **Be kind to everyone you meet. It may not save you money, make someone safer, or save time but it will make you feel great!**

What is your favorite hobby or your favorite sport? **My favorite hobby is to sing in a choir or anytime it’s appropriate.**

Which famous person do you admire and why are they important to you, or in your view, to society in general? **Mother Teresa because she was the perfect example on how to follow Christ’s teachings.**

Name: **Varun Dubbaka**

Job position in OIT: **Contract Developer, DAFS/OIT/DHHS**

What is your “hometown” or place of birth? **Hyderabad, A.P., India**

If you could ride a bus from Maine to California who would you select to ride in the seat beside you (can be deceased, living or yet to live) and why? **I would like to go with Sra as she is a very close friend of mine and I never get bored spending time with her.**

What is your favorite food? **Chicken Biryani (Indian Cuisine)**

What is your most favorite activity or event to do in the winter? **Skiing/snowboarding**

Do you have a valuable or cost saving tip to share that can help save money, make someone safer, or save time? **Be diligent about turning off lights before you leave. If you spend one minute turning off lights before a two hour trip, that’s the equivalent of earning \$50 an hour. That’s some impressive savings, particularly if you do it before longer trips. The key is to use less energy, particularly when you’re not using the device**

What is your favorite hobby or your favorite sport? **Racquetball.**

Which famous person do you admire and why are they important to you, or in your view, to society in general? **I admire Warren Buffet for his adherence to the value investing philosophy and for his personal frugality despite his immense wealth. His principals are very valuable to me for better financial management and his advice for the young generation helps to build financial stable society.**

Welcome to the Network Connection—featuring employees from OIT

Name: **Sheldon Bird** Preferred Nickname (if any) _____

Job position in OIT: **Technology Business Consultant, DHHS**

What is your “hometown” or place of birth? **Camden, NJ, but only long enough to catch polio. Grew up in Stow, Massachusetts, but I’ve been in Maine since 1975. Every time I leave here, I remember why I came here.**

If you could ride a bus from Maine to California who would you select to ride in the seat beside you (can be deceased, living or yet to live) and why? **I’d like to spend a long time with Franklin Delano Roosevelt. I’d like to know more inside information about how the White House managed World War II. I’d like to know what, from his background and experience, caused him to create and fight for the New Deal, and what message he would like today’s America to hear.**

What is your favorite food? **Ethnic – Thai, Japanese including Sushi, good Mexican, good Italian, Indian.**

What is your most favorite activity or event to do in the winter? **I sing and play music a lot. The anticipation, practice, and performances make the time fly. I make the longest month, March, go by way too fast by maple sugaring.**

Do you have a valuable or cost saving tip to share that can help save money, make someone safer, or save time? **Learn how a car works. If you have any mechanical aptitude, you can learn a lot from a \$15 repair manual. Remember, the person who fixes your car probably has only a mediocre high school education. When that Check Engine light comes on, don’t ignore it. You can buy a code reader for under \$100, plug it in under your dash, read the problem, and Google it. Sometimes it’s a \$10 or \$40 sensor you can change yourself. Learn how to change your disc brake pads – easy. I’ve paid for my tools ten times over at least, and I figure I’m earning at least \$80 an hour when I fix my or my wife’s car.**

What is your favorite hobby or your favorite sport? **I love to be on the salt water, any way I can,**

Which famous person do you admire and why are they important to you, or in your view, to society in general? **See #1. In a very dark time, Roosevelt came forward with a radical, never-tried agenda, and by sheer political will, made it happen. We need such a leader now.**

What is your pet peeve? **People in the services business who don’t keep in mind why they are there.**

Who is your favorite actress or actor and why? **Meryl Streep can be anybody, as opposed to actors like Tom Cruise or Kevin Costner, who can only be themselves.**

Learn even more about Sheldon check out these links!

http://www.pressherald.com/life/go/concert-celebrates-true-meaning-of-christmas_2013-01-03.html I’m the guy with the red shirt and glasses on the right, singing low bass.

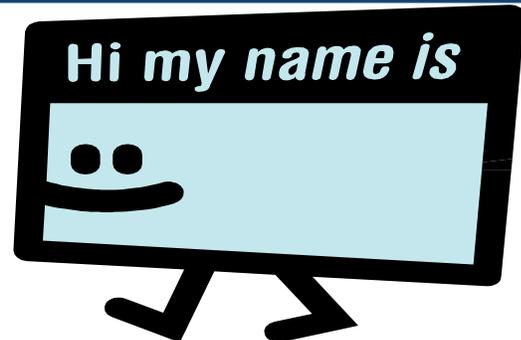
I’m also the geezer playing bass and singing Jackson Browne here: <https://www.youtube.com/watch?v=xwkgAPdhp80> and in this concept video https://www.youtube.com/watch?v=fomllr8U_RY

Welcome to the Network Connection—featuring employees from OIT

Name: **Bob Witham** Preferred Nickname (if any) **Bob**

Job position in OIT: **Information Systems Security Analyst (aka. The Security Guy)**

Yeah...that is BOB the BADGE MAN to you!



What is your “hometown” or place of birth? **Medway, Maine. At home at our farm on the banks of the East Branch of the Penobscot river.**

If you could ride a bus from Maine to California who would you select to ride in the seat beside you (can be deceased, living or yet to live) and why? **My great great great grandfather. He changed his name from Ira Witham Gott to Ira Witham around 1816. Rumor has it he was born in England and adopted by a Gott family here in Maine. I have no record of him before that date. Was Witham his birth family’s name? How did he come to America? Who were his parents, grandparents, brothers, sisters? I’d just like to get the old curmudgeon to fill in the gaps for me.**

What is your favorite food? **kopūstų sriuba (Cabbage Soup), kluskes (kind of a dumpling), keilbasa (we make our own from a Lithuanian recipe handed down over the years). All Lithuanian foods.**

What is your most favorite activity or event to do in the winter? **I don’t have a favorite unless you count trudging through the snow from my vehicle to get into the office. Possibly a snowball fight with the grandkids, but they are too far away. Just ain’t the same over Skype you know.**

Do you have a valuable or cost saving tip to share that can help save money, make someone safer, or save time? **Always remember to bring you badge to work. It is faster getting through the doors.**

What is your favorite hobby or your favorite sport? **Probably online gaming.**

Which famous person do you admire and why are they important to you, or in your view, to society in general? **Orsen Wells. Great actor. I loved his style. I’d like to think I have the same acting ability, but it would be a reach.**



What is your pet-peeve? **People who forget their badge at home and then expect me to make an exception to the rules for them.**

Who is your favorite actress or actor and why? **Orsen Wells, though Anthony Hopkins is a really close second. I just like their style. They don’t seem to be acting. They are just being.**

If a wizard gave you three wishes, and one wish was to be an animal, which one would you be and why? **My cat. She is really spoiled. Gets fed by people. Poops in a box in the bedroom and someone else cleans it up. Sleeps all day. What a life!**

Welcome to the Network Connection—Featuring Employees from OIT

Name: **Carol Stover**

Job position in OIT: **Computer Programmer**

What is your “hometown” or place of birth? **Boothbay Region**

If you could ride a bus from Maine to California who would you select to ride in the seat beside you (can be deceased, living or yet to live) and why? **My grandniece, because she will notice the important things about the trip.**

What is your favorite food? **Chocolate and lobster, not together though.**

What is your most favorite activity or event to do in the winter? **Genealogical Research**

Do you have a valuable or cost saving tip to share that can help save money, make someone safer, or save time? **Place more value on people, not things.**

What is your favorite hobby or your favorite sport? **Canine Agility**

Which famous person do you admire and why are they important to you, or in your view, to society in general? **Jonas Salk., developed the polio vaccine to which the baby boomers in ,particularly, owe a great deal of debt..**

What is your pet-peeve? **People the hear but don’t listen.**

Who is your favorite actress or actor and why?

Lucille Ball,, actress, comedian, smart business woman.

If a wizard gave you three wishes, and one wish was to be an animal, which one would you be and why? **Tiger, a non-prey animal..**



Name: **Alysha Begin**

Job position in OIT: **Computer Programmer**

What is your “hometown” or place of birth **Water-ville**

If you could ride a bus from Maine to California who would you select to ride in the seat beside you (can be deceased, living or yet to live) and why? **Fiancée**

What is your favorite food? **Spaghetti**

What is your most favorite activity or event to do in the winter? **Benefit Dances**

Do you have a valuable or cost saving tip to share that can help save money, make someone safer, or save time?

What is your favorite hobby or your favorite sport ? **Racing, Hockey, Football**

Which famous person do you admire and why are they important to you, or in your view, to society in general?

What is your pet-peeve?

Who is your favorite actress or actor and why?

If a wizard gave you three wishes, and one wish was to be an animal, which one would you be and why?

Bird...they have a beautiful song and can fly away when they want too.

Welcome to the Network Connection—Featuring Employees from OIT

Name: **Christopher DeRaps** Nickname (if any) **__Chris**

Job position in OIT: **Computer Programmer for Data-hub.**

What is your “hometown” or place of birth? **Jefferson, born in Augusta.**

If you could ride a bus from Maine to California who would you select to ride in the seat beside you (can be deceased, living or yet to live) and why? **Thomas Jefferson. To talk about the founding of our great country.**

What is your favorite food? **Yes. :P**

What is your most favorite activity or event to do in the winter? **Play with the kiddo outdoors.**

Do you have a valuable or cost saving tip to share that can help save money, make someone safer, or save time? **Get more sleep.**

What is your favorite hobby or your favorite sport? **Mixed martial arts.**

Which famous person do you admire and why are they important to you, or in your view, to society in general? **Leonidas the Brave, King of Sparta. He was a leader who was out in front. He didn't ask anyone to do anything he wouldn't do, and was very outspoken about the greatness of his kingdom and their passion for patriotism.**

What is your pet-peeve? **Lying to make your point, and creating your own facts.**

Who is your favorite actress or actor and why? **Harrison Ford, or Shawn Connery. Would have to be both. They never played a role that I didn't believe. No matter what genre of film, they always seemed to embody their character.**

If a wizard gave you three wishes, and one wish was to be an animal, which one would you be and why? **A dog. Medium to large breed. For the faithfulness they display, their willingness to defend their “flock” from any threat regardless of the chance of success and their unfailing love.**

Name: **Susan Bowie** Nickname : **Sue**

Job position in OIT: **ISS Specialist II**

What is your “hometown” or place of birth? **Hometown-Grew up in Richmond, ME /POB Gardiner, ME**

If you could ride a bus from Maine to California who would you select to ride in the seat beside you (can be deceased, living or yet to live) and why? **My husband Darrell**

What is your favorite food? **Chicken Cordon Blue**

What is your most favorite activity or event to do in the winter? **Genealogy Research and go to my grandson's basketball games**

Do you have a valuable or cost saving tip to share that can help save money, make someone safer, or save time? **no**

What is your favorite hobby or your favorite sport? **Favorite hobby is genealogy and favorite sport is basketball**

Which famous person do you admire and why are they important to you, or in your view, to society in general?

What is your pet-peeve? **I have a problem with people who expect a free handout and not work for a living, sense of entitlement**

Who is your favorite actress or actor and why? **Sam Elliot-He was a tough guy in the movies who did not take any crap**

If a wizard gave you three wishes, and one wish was to be an animal, which one would you be and why? **Buffalo which is a symbol of strength and unity**



Welcome to the Network Connection—featuring employees from OIT

Name: **Christopher Osgood** Job position in OIT: **Programmer Analyst**

What is your “hometown” or place of birth? **Born in El Paso Texas and moved to South Casco Maine when I was 5 which is where I spent my childhood**

If you could ride a bus from Maine to California who would you select to ride in the seat beside you (can be deceased, living or yet to live) and why? **Barack Obama. I think of him as not just a leader, but a genuine human being who I would love to carry on a regular conversation with and get to know personally.**

What is your favorite food? **Salmon**

What is your most favorite activity or event to do in the winter? **I love to Snow Shoe and hike the many amazing trails available in this great state.**

Do you have a valuable or cost saving tip to share that can help save money, make someone safer, or save time? **I think the one thing that I would share would be to keep your eye on the end result and ‘Intend’ it to happen. Through this positive thinking, you will reduce stress that can halt or stall progress.**

What is your favorite hobby or your favorite sport? **Writer, Film Making, Poet, Software Developer, Video Gamer, video game designer, watching movies, listening to music, learning about history, Astronomy, painting and first and foremost being the best father and husband that I possibly can be.**

Which famous person do you admire and why are they important to you, or in your view, to society in general? **Steven King. He is a major inspiration to me. I admire his work ethic and intend to leave a body of work myself that stands the test of time in the writing world.**

What is your pet-peeve? **People who do not communicate 100 percent but expect me to figure out all of the unknowns that they choose to keep inside their heads.**

Who is your favorite actress or actor and why? **Tom Hanks would be the top, though I have so many favorite actors like Doug Bradley and Morgan Freeman etc... I like any actor or actress who truly becomes the character and makes you forget you are watching an actor.**

If a wizard gave you three wishes, and one wish was to be an animal, which one would you be and why? **A Dolphin would be my top choice. It is the most amazing creature on this planet that has a wisdom that has always astounded me .**

FUTURE INTERN!!**NEW STAFF!!**

Maci Dallis Chase was born on January 2nd
7 lbs 9 oz . She is the beautiful granddaughter of
Glammy & Glampy – Sandy & Dana Saunders
Mom and Dad— Riley and Ben Chase

OIT welcomes and extends congrats to new team members who will provide support to DHHS.

New staff:

Les Pelc joined the DHHS-ACES Application Development team as a System Team Leader. Les comes to us with 30+ years' experience with IBM.

Promotions:

Rhonda Day-Stevens was promoted from Programmer Analyst to Systems Analyst on the DHHS-ACES team.

Wayne Harmon was promoted from a Senior Programmer Analyst on the DHHS-ACES team to a Systems Team Leader on the DHHS-CSEME team.

Submitted by Rick Hayward

OIT INTERNSHIP AND MENTORING PROGRAM

The new OIT Intern/Mentoring Program is one step in the right direction to support the OIT mission and vision to help further drive the strategic workforce development plan on a much larger scale. This program is a small glimpse of the way we can utilize a creative and fiduciary responsible approach to address several workforce needs; gain new talent with innovative technology skills to work on projects, develop and train our existing workforce to become mentors and gain supervisory skills to enhance their own career paths, and at the same time, deliver quality service to our business partners/clients with a new approach to diversity in the workforce.

Our interns are trained through traditional college computer science programs, or have completed technical training certification programs with the intention to make a career transition to information technology. They join us with more than the basic technology skills.

We began the pilot study program in January 2013. We have 5 interns in place and two more to begin Feb/March.



Samantha Brissettee
Degree in English
Technical training from
National Guard program
to transition into technical



Chris Meier, May grad—
double major statistics and
MBA. Focusing on analysis
and technical project process
improvements. USM



Derek Mullens is a career switcher and is coming with core technical skills and desire to learn technology security to create a new broader career path.



Willam Schoen is Jr. at USM in the computer science program and a National Guard Member.



Bill Waterman has a BS in software engineering from Champlain College in VT, and attended the USM job fair to gain employment in Maine in technology.

Just for the HEALTH of IT!!

Make *moving more* a part of your new year at the Westside Wellness Center during their February Membership Drive!

Stop by during the month of February to enter in weekly drawings and register for a final grand prize drawing!

Come meet the Wellness Staff! Find out how to become a member!

- Tour the facility
- Enter fun raffles
- Bone Density testing on Thursday, February 14th 3-5:30 p.m. & Thursday, February 28th, 10:30-2 p.m.

Stop by on Thursday, February 28th between 8-10 am. & 2-3 p.m. to meet with a trainer. No appointment needed, for:

- Free blood pressure check
- Free fitness assessment
- Free BMI reading

To view and print the Membership Drive flyer, please use this link. <http://wellnessworksme.org/westside/>

Save Your Health: An unhappy marriage increases your chance of getting sick by 35 percent and shortens your life by 4 years. If fitness fanatics spent just 10 percent of their weekly exercise time working on their marriages instead of their bodies, they would get three times the health benefits.

NUTRITION

Order a Healthier Beer:

Have a Guinness. It looks heavy, but it's actually lower in calories than many watery light beers. There are only 149 calories in 14.9 ounces.



WEIGHT LOSS

Get Some—But Not Too Much—Sleep: Sleep for 8 hours. Sleeping only 5 or 6 hours makes you 69 percent more likely to gain weight; sleeping 9 to 10 increases your risk by 38 percent.

HEALTH

Declare an Info-Free Day:

Stress is never listed as a cause of death, but it can usually be implicated as an accomplice. One fresh way to control it is to cut off all outside news 1 day a week so you don't feel so STRESSED!!



Nutrition – Eat Dark Chocolate: cocoa is rich in flavonoids—the same healthy heart compounds found in red wine and green tea—Greek researchers found consuming 100 milligrams of flavonoids relaxes your blood vessels, improving bloodflow to the heart

Summary of OIT Health TIPS!!

So—there you have it...get rid of your spouse for safety measures, drink dark beer, party all night, take the next work day off to sleep and don't turn on the TV, but eat dark chocolate and drink red wine! You'll be just fine!

FEATURED ARTIST - LEADERSHIP LEARNED—BOB DYLAN

Bob Dylan has now released his 35th studio album, *Tempest*. Some Dylantologists say this might be a hint that *Tempest* is Dylan's last album as Shakespeare's last play was also "The Tempest". In a classic way, Dylan defused these rumors by stating, Shakespeare's play is "The Tempest," while his album is titled "Tempest."

I hope he keeps going. Bob Dylan has always been one of my favorite musicians, and with his 35th album just released, there are some practical leadership lessons to look at from his career. Some of the examples below are from how Dylan has managed his career, and others are some quotes from some of my favorite songs. I close out the post taking a step outside the workplace and talk about a song that has been on my mind a lot as of late, *Forever Young*.

Don't Be Afraid to Fail

In the song *Love Minus Zero, No Limit*, Dylan writes, "There is no success like failure, but failure's no success at all." As employers, employees, managers, we cannot be content with failure, but need to understand that there is always some lessons with [failed projects](#).

Don't Be Afraid to Take a Risk

Bob Dylan has taken dozens of risks throughout his career. He was supposed to continue the American-Folk tradition from Woody Guthrie and Pete Seeger, with his acoustic guitar and harmonica. When he took out his guitar and started playing "Like a Rolling Stone," everything changed, and Bob Dylan took his career in his own direction.

Know What Paradise Means -In probably one of my favorite closing verses by Bob Dylan, *The Tale of Frankie Lee* and *Judas Priest* ends by Dylan writing:



*Well, the moral of the story
The moral of this song
Is simply that one should never be
Where one does not belong
So when you see your neighbor carryin' somethin'
Help him with his load
And don't go mistaking Paradise
For that home across the road*

At the workplace, Dylan is reminding us that we need to learn and understand how to keep ourselves happy, and if we focus on negativity in the workplace or dire situations, we will just not be happy in our [careers](#). Further, the song concludes with the lesson of being who you are, learning who you are as individual, and do your best to not end up with the wrong crowd or somewhere you do not belong. Over the years, this verse has shaped who I am as an individual.

<http://www.govloop.com/profiles/blogs/leadership-lessons-from-the-curious-case-of-bob-dylan>

Welcome Our New Employees and Those Promoted!

Jared Bailey	New Hire	ISSSII	12/3/2012
John Richards	New Hire	ISSSII	12/3/2012
Padma Balla	Promotion	Programmer Analyst	12/3/2012
David Poulin	Promotion	System Group Manager	12/3/2012
Jayadev Nutakki	Promotion	System Group Manager	12/3/2012
Charlotte Ellis	Promotion	Systems Team Leader	12/4/2012
Madavi Kotti	Transfer from Legislature	Senior Programmer Analyst	12/17/2012
Leslie Pelc	New Hire	System Team Leader	12/18/2012
Sandra Saunders	Promotion	PS Mgr. III - Director for the TBCs	12/24/2012
Heidi Stanley	Transfer	Office Associate I	12/31/2012
James Petrie	New Hire	Senior Programmer Analyst	12/31/2012
Stephen Pooler	New Hire	Tech Support Specialist	1/2/2013
Wayne Harmon	Promotion	Systems Team Leader	1/7/2013
Samantha Brissette	New Hire	Intern	1/7/2013
Christopher Meier	New Hire	Intern	1/7/2013
Derek Mullens	New Hire	Intern	1/7/2013
Rhonda Stevens	Promotion	Systems Analyst	1/9/2013
Paul Bizier	Promotion	Info Tech Consultant	1/21/2013
Bruce Boutet	New Hire	Programmer Analyst	1/22/2013
Scott McNeill	Promotion	Systems Analyst	1/28/2013
Michael Berryman	Promotion	Sr. ISSS	1/24/13
William Waterman	New Hire	Intern	1/28/13
William Shoen	New Hire	Intern	1/28/13
Banurekha Surendran	New Hire	Systems Analyst	2/6/13
Natasha Moiseenko	New Hire	Intern	2/13/13
Teresa Gordon	New Hire	Transfer	2/18/13
Mathew Keene	New Hire	Sr ISSS	2/25/13
Marcia Moore	Transfer from MRS	Programmer Analyst	3/4/13
Jamie Desrochers	New Hire	Intern	3/4/13



The **OIT Lunch and Learns** are designed to provide innovative and thought-provoking discussion on hot-button topics to enhance the ability for individuals to grow and develop in the workplace.

The **Lunch and Learns** provide networking opportunities and feature a diverse range of talented guest speaker(s) who are considered a subject matter experts in their field. Speakers may be from within State government, local business professionals, educators, or renowned technologists. Presentations allow for an informal roundtable setting and time is allowed for discussion and networking. Individuals who attend will have the opportunity to focus on accelerating the development and growth of their careers in the workplace or learn about topics that may extend beyond the workplace needs.

The **lunch and learn** sessions are designed to advance the understanding of our employees on a variety of workplace topics, highlight best practices, and offer a forum for professional networking. But most of all, the topics will be selected based on recommendations from employees. Topics may include industry best practices, the latest tools and trends, financial or will/estate planning, employee benefits, health/wellness, and interactive panel discussions.

FOR PLANNING PURPOSES



The **Lunch and Learns** will be held in 317 from 12:00-1:00. The dates are established. Please bring your own lunch. We may be coordinating a delivered pizza lunch for those who wish to pitch in at some of the sessions. More to follow on that idea.

Upcoming Dates:

Feb 19, March 13, April 9, May 9, June 11, July 9, August 13, Sept 10, Oct 8, Nov 12, Dec 10.

February 19th will feature a presentation from Provost Joe Szakas from UMA. More to follow.

To recommend a Lunch and Learn topic please contact one of the T&D sub team members, Bruce Flaherty, Chris Osgood, or Tom Wood. This lunch and learn team is a sub team of the Learning and Development Team being developed for OIT!

Optimize, Innovate, Talent (OIT) presents NEW series of Lunch and Learns!!