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Partner Corner by Chrissie Wootton

The season of spring symbolizes new life. It's a time of year with sunnier days, fresh rains, budding trees, and the first garden blooms, and we, as people, feel more pep in our step. Even if you haven't escaped the snow quite yet, change is in the air. Spring is also a great time to create or reaffirm your personal vision for health and well being. So gather your family and friends and head outdoors to enjoy the many activities that springtime has to offer.



We hope you enjoy our newsletter and the wonderful articles our consultants have contributed for this release. It was great to read about what some of us do in our free time outside of the consulting world. If you are interested in contributing an article, we would greatly appreciate it, as well as our readers.

One more note...Gig 'Em to the Texas A&M Women's Basketball Team for beating the Irish and winning the National Championship!

Frisco Family Services

Titan was once again a proud sponsor at the annual Frisco Family Services Gala 2011 that was held on March 5th in Frisco, Texas. All money raised at the event goes towards raising awareness and provide funding for families and individuals during their greatest time of need. Frisco Family Services provides meals, social services, adult education, emergency assistance, and much more to those in need.

To learn more about Frisco Family Services, please visit their website:

www.friscocenter.org



Left: Warren & Jill Norris
Top: Kent & Mardee Lamb

Consultant Profile

Name: Devon Winters

Home town: Southlake, Texas

Family: Married to Angela Winters 14 years with four children. Nick 12, Jordan 12, Amelia 10 and Anna Britton 2.

Years consulting: 16 years SAP consulting.

Area of SAP expertise: Order-to-Cash business function. Technically that translates to mostly ECC SD, CRM, and related functionality.

Interesting fact about yourself: My brother was born on the same day, same hour, same minute, one year later.

Favorites:

- **Movies:** Anything funny. Adam Sandler is probably the best.
- **Books:** Business books.
- **TV Show:** Sports and American Idol.
- **Food:** Mexican food or grilling out.
- **Vacation Spot:** Hawaii and Colorado.
- **Sport:** Baseball
- **Band:** I like lots of music, especially the Chilli Peppers.



- **Websites:** www.linkedin.com, www.titanconsulting.net, and www.sdn.sap.com.

Hobbies: Anything outside, especially golf, biking, hiking, swimming, and playing with the kids.

Favorite moment at work: Probably just the spare time getting to know my co-workers.

Favorite consulting tip: Focus on your strengths, and have fun!

Name one thing you can't live without: Not sure, maybe Mexican food.

Healthy Living Tip

According to studies, people who are able to enjoy the green spaces outdoors show lower levels of stress than those who are stuck inside each day. In fact, in one study, 71% of people who took a walk outdoors reported a lower level of stress after the walk, while 72% of those who stayed indoors said they had a higher level of stress. So, if you are having a stressful day the best thing you can do is take some time to get outside and take a walk.

Falling Uphill by Kevin DeSousa

It was Dec 5th, 2009, and I was at a Christmas breakfast with my Bible study group when I agreed to join some of the church members about doing the *Rim 2 Rim and*

Back Again Adventure in April of 2010. This adventure hike is a non-stop 50 mile hike, with 5 miles of elevation changes from the South Rim of the Grand Canyon down to the bottom of the river canyon then to the North Rim and then retracing our footsteps back

to the South Rim. My real adventure began months before the actual hike. This is not a hike that you just decide to do without training, so I began my strict training plan immediately. Now, being a traveling consultant actually really helped my training schedule since most of my training was high-cardio stair climbing workouts. So each morning, as my project team colleagues slept peacefully in their Las Vegas hotel room beds, I was up at 4:00 am so I could climb up and down the stairwells at the Marriott Hotel for 2 hours each morning. Weekends and Fridays after work were no exception, and I usually went to the shopping mall near my home (Mall of Georgia) to climb a flight of stairs 33 steps high - up and down for 2 hours. The looks I received from the shoppers were interesting as I dripped sweat all over the stairs, and I



Falling Uphill *continued from page 2*

am not sure the maintenance staff liked me either. I additionally did some weight training a couple of days a week, because I knew I would be carrying a significant amount of weight for the food and water necessary over the 24+ hours. I would have preferred to have done some long-distance running to prepare for the hike but years of playing sports in my younger days has left my knees in poor shape and thus I cannot run anymore. My plans were to keep this pace up until a week before the hike; however a month before the trip, two impactful things changed: I got the flu which grounded me for a week and I changed jobs, which meant a whole new travel schedule and, in turn, caused me to lighten up on my workouts. They say your sins eventually catch up to you, and as you will read further I paid for it for 4 grueling hours on the hike out of the canyon.

Finally, the day before the hike arrived, and I traveled with Michael to Phoenix on the 3 hour drive to the South Rim. The other three members of our group - Ray, Will and Rachel - had already left a few days earlier to get acclimated to the altitude. We arrived and settled in after a high-carb dinner of pasta and then early to bed since we were planning on beginning the hike at 3:00 am in the morning. We were prepared for all types of weather because we expected the weather to change 30-40 degrees from the tops of the canyon to the bottom of the canyon. What we were not expecting was for the weather to be wet, snowy and below freezing. The plan was for Ray, Michael and I to travel the full *Rim 2 Rim* and back, and Will and Rachel to only do half the trip - Rim to River and back. Ray was our designated leader since he was the only one to have done this previously.

The five of us headed out at 3:00 am - headlamps on our heads and packs full of food, water and safety supplies. On the descent we tried to avoid the snow, ice patches and puddles of melting snow, but I think we all ended up getting our feet wet since it was snowing on us as we were hiking. Our first casualty happened one hour into the trip where 50 year old Ray felt sick and decided that he should return back since he knew he would not be able to make the trip. So, the four of us continued descending into the canyon. The views from within the canyon are simply amazing as sunlight breaks over the top of the rim. It amazing to me that so many people visit the Grand Canyon every year but only 1% of them ever hike into it. We made excellent time and hit the bottom of the canyon at 10:00 am even though we took a wrong turn and ended up on a trail that added 6 miles to the hike. After a short, early lunch break, the 20-something group of Will and Rachel started their return back to the South Rim and 32 year old Michael and 47 year old me continued to push toward the North Rim. Our second casualty hap-

pened somewhere over the next 6 miles as we lost out SPOT satellite transmitter, which allowed our friends to track us on the internet, but more importantly had our emergency beacon in case we needed to summon Search and Rescue. All we had now for safety was a satellite radio which only worked in certain spots of the canyon. After hiking a few more miles, we ran into the obstacle that stopped us cold: a 10 foot wide and at least 2 feet deep river with a 12 foot waterfall very near from where we were supposed to cross. This stream was expected to be a trickle, but, because of the rainy, snowy weather, the stream was more of a river. We knew we could cross the river in daylight; however we knew that we would have to cross the river again in the middle of the night with only our headlamps, and any missed step would have taken us over the waterfall.

Discouraged that we could not continue on when we had already traveled so far, with only 6 miles to the North Rim we began return trip to the South Rim. We returned to the canyon river, and here is where I made my third mistake of agreeing with Michael to sit and rest for 45 minutes. We continued hiking at a decent speed through the sandy trails, across a couple of bridges and Devil's Corkscrew (perfectly named because the devil makes you pay for all your sins and mistakes). With about 4 miles of hard climbing ahead we agreed that we would split up so each could go at their own pace. Needless to say, I was the slower one, and the last 4 miles took me 4 hours to complete. Once again my sins of not training hard enough and taking a break on the hike caused me to cramp up where I could only walk about 25 yards before I had to stretch out my legs. All in all, I finished the 38 mile trip in about 19.5 hrs with no regrets about the hike, but a desire to return - better prepared - to one day complete the full 50 mile trip.



Some inspiration from Beth...

I always wanted to be one of those people that love to exercise. You know the type - you drive by them jogging in the street when it's snowing. That can only be love! I always worked out a few times a week, but I never looked forward to it because I was always so tired and out of breath. Just the thought of quitting smoking made me want a cigarette. I was never proud to be a smoker because I know it's not healthy, but - at the recommendation of a friend - I tried hypnosis.



In a deep state of relaxation, a very powerful idea was introduced to me - what if I just started living my life as if I'd never smoked? I wouldn't focus on what I was missing or on the guilt of what I'd done to my lungs - I'd just start over. I didn't smoke at all after that, just like I didn't drink gin or eat bugs. I had never considered this approach, and it wasn't always easy, but it worked. I then started to realize other aspects of my life I could apply this to, and it was then that I was able to adjust my perspective on exercising.

I stopped thinking about exercise as a way to lose weight, but as a way to gain strength instead. Now I work out as often as I can because I look *forward* to it. I registered for my first 5K run this summer. To build my endurance, I've been jogging, weightlifting, boxing, biking, and skiing. This week I also started swimming lessons. Changing it up makes it more fun for me. I've been a non-smoker for 8 months, and now I am one of those people who love to exercise, but you still won't catch me jogging in the snow!

Mark Whitted is getting fit with the family...

My sons, Duncan and Christopher, have been practicing taekwondo since their grandparents gave them each a package of lessons as a Christmas gift in 2007. They have both been 1st degree black belts since August 2009. In November 2008, I decided that joining them would be fun and good exercise. I was correct on both counts! I have really increased my strength, stamina, and flexibility. We are all learning great leadership lessons as well. Now we all three participate in local Texas tournaments and an international tournament in Little Rock, and Duncan and I compete in national tournaments in Orlando and Las Vegas. I will be testing for my 1st degree black belt in June.

Mark and his sons are in a taekwondo organization that is in association with the ATA (American Taekwondo Association). For more information, please visit:

<http://ataonline.com/taekwondo/>



Mark Vasinda is biking for a good cause...

As some of you may already know, Mark Vasinda owns a Harley and can usually be seen driving it to and from work. These days you are more likely to see him riding 20 miles each way on his Trek road bike and also going out for another ride during lunch. Mark is an avid cyclist and is gearing up for some serious rides...for fun and for charity.

Mark will be participating in the Sam's Club MS 150 at the end of this month. This 150 mile bike ride will help raise funds that will go to the National Multiple Sclerosis Society. To make a contribution to this organization or to learn more [click here](#).

Later this summer, Mark will also ride in the Collin County Classic (75 miles) and the Hotter Than Hell (100 miles). Way to go Mark!

Jason Barker runs to stay fit...

Everyone knows how hard it is to find time to work out and stay in shape. Jason is a busy guy with a wife and 3 boys (ages 11, 8 and 2), and he coaches his two oldest son's football teams on the side. In his spare time, Jason likes to stay in shape by running...as in running marathons! He has run several marathons and half marathons. In March he completed the Rock 'n' Roll Dallas Half Marathon with an impressive time. Keep it up Jason!



Neil Mendal, Tom Cavitt & Jason Barker

Kevin Kirkland is a powerlifter...

Some people say they feel like they carry the weight of the world on their shoulders, and some people can literally carry hundreds of pounds. Kevin Kirkland is a weight lifter with an impressive track record at the competitive level! Here are just a few highlights:

- He holds an elite total (which is the highest level) in powerlifting in the 198 lb. equipped weight division.
- His lifts equipped are: 650 lbs. squat, 501 lbs. bench press, and 650 lbs. deadlift.
**The equipped division allows the use of a lifting suit. You can use a squat suit, bench shirt, and deadlifting suit.
- Kevin holds a master total, which is one level under elite, in powerlifting in the raw division.
- His lifts raw are: 500 lbs. squat, 365 lbs. bench press, and 600 lbs. deadlift.
**The raw division only allows you to use a belt.

Kevin has only competed in one raw weight lifting meet and plans to pursue the raw weight lifting until he earns the elite status there as well. [Click here](#) to see Kevin deadlift 600 lbs. raw at his last meet.

Better Health in One Minute

- Improving your health doesn't need to take long. There are some things you can do in about a minute that will make you and your family safer and feeling better.
- Check your posture: Make sure that you are sitting correctly when at a desk. Your knees should not be bent more than 90 degrees and your back should be straight.
- Cut your salt: Instead of adding extra salt to your food, sprinkle on some herbs and spices.
- Give your mood a boost: If you have been feeling stressed, take time to lighten up. Going out to dinner with friends, catching a funny movie, or going away for a weekend can release brain chemicals that make you feel better.



- Take off the weight: A heavy purse, computer bag, or backpack can be bad for your back and shoulders. Lighten the load by removing any unnecessary items.
- Get new shoes: If your running or workout shoes are more than a year old, you may need to upgrade. Do this to help prevent problems with your heels and feet.
- Turn off the TV: Watching television right before bed can lead to sleep problems. Instead of watching TV in bed, turn it off and listen to some relaxing music before you go to bed.
- Put on the sunscreen: Take time each day to put some sunscreen on before heading out. Even just driving to work can be enough sun time to cause long-term damage.

March Birthdays

Soren Detering	1
Mike Lanman	3
Keith Riley	8
Mickie Dell	16
Heiner Egloff	16
Chris Holland	16
Toyin Bello	17
Tom McCormack	17
Sushant Bharadwaj	18
Dan Gill	20
Padma Madabushi	25
Tom Wilhelm	27

April Birthdays

Shawn Mahone	1
Randy Puetz	1
Srinivas Tammishetti	1
Diana Wetmore	1
Yan Dudey	3
Douglas Powell	3
Shekhar Jayakar	9
Alex Filatov	12
Lee Francis	12
Anabella Gonzalez	14
Mike Hayes	14
Bob Carmichael	15
Mathew Arakal	17
Mehruf Meherali	17
Verol Thompson	17
James Lorenzana	20
Nico Groenewald	23
Helena Mejias-Todd	24
Zaki Sharabash	26
Mark Tomazin	27
Nitin Nabar	30



Spring Shows

Here are a few pictures from the Financials, HR, and GRC conference that took place in Las Vegas last month. The attendance was up from the previous year and it was overall a great show. Pictured here are also some of our lucky winners of the iTunes gift cards and iPad we gave away.

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