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## upcoming shows:

*Managing your SAP Projects 2011*

*Reporting & Analytics 2011*

*Outsourcing in your SAP Environment 2011*

Nov 2 - 4  
Las Vegas, NV

## follow Titan:



## Partner Corner

by Chrissie Wootton

It's summertime in Texas! ...and you know what that means...flip flops are floppin', temperatures are poppin', shades are shading and the pool is the coolest place to be!

I know, I know - you are looking forward to some witty intro to this month's Titan Consulting Newsletter and while I should be telling you about our upcoming fall trade show schedule, all I can think about is how to apply just the right amount of sun tan lotion to avoid the lobster red burn I have perfected over the years.

I don't know about you, but summer is a tough time to stay focused on working inside, when there is so much going on outside. School is out, everyone is talking about vacations, beaches, lake houses, boats, grills, gardens and (my personal favorite) ice cream. The other day I could have sworn I heard Nic say, "I have a major frozen Bon Bon need."...it turns out he claims he was talking about a client with several ABAP needs, so it must be the heat getting to me.

Speaking of cooling off the Heat...Dirk and the Dallas Mavs did and so can you too! Here are a few survival tips to keep you cool and focused this summer:

- Hydrate...Hydrate...Hydrate! Be sure and drink ample amounts of water and sports drinks with electrolytes during the summer months, particularly if you are outside for extended periods of time.
- Freeze bottles of water. When you head out for activities take the frozen bottle with you. As the ice melts you will have cold water with you all the time.
- Wear light-weight, loose-fitting clothing in light colors...good excuse to go shopping!
- SPF 30 is the minimum protection to avoid sunspots and dangerous sun burn. Be sure and have a friend apply to areas that are hard to reach!!
- Fans, even when used in air conditioned spaces, can help you maintain cooler body temperatures, plus they are a great background hum for afternoon naps!
- Be particularly mindful of children under the age of 15, as overheating and dehydration is the most common summertime injury for them. Keep a stash of popsicles available!
- Don't forget your pets during the summer months. They need lots of clean, fresh water and at least a shady place to escape the sun. For my dog Mia it happens to be the living room couch. She likes the thermostat on 72!!

Even though the heat can get to you, unlike winter, you never hear people say, "Man I'm glad summer's finally over!"...probably because we are all - children and adults alike - thankful for the summer breaks! Here's hoping yours is safe, fun and filled with sunny memories. Until next time, stay cool!



## Consultant Profile

**Name:** Patrick Carroll  
**Home town:** St. Louis, Missouri  
**Family:** Wife: Gayle - 29 years and counting! Daughters: Julie - 26 (Grandaughter: Haley), Robin - 24 (Grandson: Patrick), Kathleen - 15, and Jessica - 11.  
**Years consulting:** 16 Years (12 years SAP)

**Area of SAP expertise:** Change, Communication, and Education.

**Interesting fact about yourself:** Can leap tall buildings in a single bound.

**Favorites Quotes:**

“If you think you can do a thing or think you can't do a thing, you're right.”

– *Henry Ford*

“We have to continually be jumping off cliffs and developing our wings on the way down”

– *Kurt Vonnegut*

**Hobbies:** Boating, Camping, and Fishing.

**Favorite moment at work:** First day on every project.

**Favorite consulting tip:** We are all responsible for my own happiness! Find ways to enjoy every day. We spend the majority of our days on the job, so stop living for the weekend and live for every day!

**Name one thing you can't live without:** Can't be a consultant without my laptop!



## Healthy Living Tip

While many people start a weight loss regimen at New Year's, summer is also a great time to begin a diet. Extra sunlight increases your natural serotonin levels, which can reduce your need to eat. With the warmer weather and longer days, it is easier to find the time to exercise. You'll also have access to lots of fresh fruits and vegetables, making it easier to eat healthy.

## Effectively Communicating in Five Steps

Being able to communicate effectively is key to maintaining good relationships at home and at work. Consider these five ways to improve your communication skills.

1. Listen as much as you talk.

Communication involves more than just talking. Of course, when you are talking, the other person is listening. If you stop listening while focusing on what you are going to say next, you break down this loop and make the conversation less effective. Focus on what the other person is saying. If you have trouble doing this, try mirroring their statements before you launch into your own. For example, you can reply, "You are saying that we need to have a schedule for taking out the trash" instead of just jumping in with reasons why the idea won't work.

2. Don't multitask.

In our over-connected world, it is tempting to check messages, surf the Internet, or even watch television when someone is trying to talk to you. To improve your communication, keep your multitasking to a minimum. Turn off the television and radio, put down the phone, and walk away from the computer.

3. Clarify often.

If you are confused by what the other person is saying, don't just forge ahead with the conversation. State that you need more information or clarification before jumping to conclusions. Ask questions if you need to or restate some of the other person's arguments.

4. Watch body language.

Instead of being a passive listener, watch for clues in body language to try to further understand. Someone who is frustrated or bored will often convey this using body language clues. Also watch yourself. You may find that you are displaying body language or a tone that goes against what you are trying to convey.

5. Handle those difficult situations.

If you find that your discussion is accelerating into an attack or is getting heated, it may be best to take a short break. Respond more slowly with some extra thought and look for common ground to get back on track.

## Hot Travel Spots for Summer

The American Society of Travel Agents (ASTA) recently released a survey naming the most popular international vacations for this summer. For the eighth consecutive year, London, Rome, Paris, and Cancun remained at the top of the list. Next were Punta Cana, Dublin, Barcelona, Venice, Sydney, and Istanbul. While Americans are heading to tried and true vacation destinations such as Mexico and Europe, the inclusion of Australia and Turkey show that many are interested in experiencing new cultures and regions of the world.

On the home front, Orlando and Las Vegas remain on the top for the ninth year in a row. Rounding out the top ten were Los Angeles, San Francisco, New York City, Miami, San Diego, Washington, D.C., Honolulu, and Seattle. Destinations that offer family-friendly activities and exciting attractions remain perennial favorites for families wanting to relax and get away from it all.



## Camping the Great Outdoors

Many people don't go camping because they are intimidated by the need to purchase equipment and learn how to use it all. But it is not difficult and shouldn't be a reason to forgo the joys of camping with your family. These tips will help you on your way to enjoying the great outdoors.

**Start with the tent.**

You should have a good tent, a tarp to place under your tent, and a hammer to get your stakes into the ground. Before heading out on your first camping trip, pitch your tent in your backyard. You might even want to spend the night in it to get you and your family used to it and to work out any kinks with set up and break down. This is particularly helpful for families with smaller children who might be frightened by the idea of sleeping outside. Once your tent is up for the first time, seal each seam with a waterproof sealer to help keep the rain out.

**Make your bed.**

Get sleeping bags that are rated for the type of weather you will encounter. If you are heading to a higher elevation, be aware that nights can sometimes be downright chilly. If you are camping in a warm locale, you may not need a sleeping bag rated for lower temperatures, which can save you money. If you are uncomfortable sleeping on the ground, invest in a sleep pad or even an air mattress. Don't forget the pillows too.

**Prepare for camp cooking.**

You don't need fancy equipment to cook a great meal at your campsite. A stove with propane fuel and a few pots will do just fine. You should try out your stove in your backyard before using it at your campsite. Pack cold food in a durable cooler and don't forget the matches. Bring some comforts of home by packing a cutting board, a good knife, aluminum foil, paper towels, a few cooking utensils, a dish pan, and some dish towels.

**Don't forget the details.**

There are some items you won't want to forget. These include sunscreen and insect repellent, a camp lantern or a couple of flashlights, a first aid kit, trash bags, hand wipes, lots of drinks, and of course, your camera. You may also want to bring a small pad of paper and a pen to jot down things you want to bring on your next trip. Each family packs differently and it may take a couple of trips to really know what you need to bring and what you can leave behind.



## May Birthdays

Karthick Mandava	1
Brian Fiegel	2
Bob Ketchum	3
Freda Schappe	4
Venkat Gogineni	6
Richard Gudenkauf	7
Ramani Thinakaran	10
Leonard Jesse	11
Tony Salvetti	12
Joseph Cunningham	18
Darrell Oakes	18
Jeffery Hollinger	22
Mubeen Siddique	24
Uday Chamarthi	25
Javid Lateef	26
Chrissie Wootton	29
Miltos Tzimourtas	30
Georg Von Braunschweig	30

## June Birthdays

Ola Oladutemu	5
Jason Calcutt	6
Kamlesh Chhabria	8
Jennifer Fisher	8
Benjamin Chang	9
Jim Hughes	9
Kris Bland	12
Beth Goad	12
James Howard	12
Tony Dickens	13
Mukul Saini	14
Barbara Sisneros	20
JoEddy Busby	23
Elaine DuPuy	23
Ron Franklin	23
Max Martin	23
Brian Skelton	23
Bradley Cunningham	24
Debbie Powers	24
Ronnie Queen	26
Hilda Thurston	29



## Exercising Safely in Warmer Weather

If you enjoy exercising outdoors, there is no reason to give it up when the weatherman is predicting a heat wave. You do, however, have to take some precautions. Follow these guidelines when exercising this summer.

You should acclimate your body to increases in temperature gradually. Cut back on your regular routine and then gradually increase the amount of exercise you do over the next few weeks. It is not safe to exercise during extreme heat and/or humidity. Try to avoid the hottest part of the day, generally from 10:00 a.m. to 3:00 p.m.

Wear light colored, loose fitting, cotton clothing. Wear a hat and use sunscreen to protect you from sunburn. Be very aware of the dangers of dehydration. You should drink plenty of water before, during, and after exercise in warm weather. Your body can lose up to a quart of water an hour. It is possible to over-hydrate, so don't overload your body on fluids. But you will need about one to two cups of fluid every 20 to 30 minutes of exercise, depending on the heat and your level of activity.

If you begin to feel weak, dizzy, or nauseous, you may have the first signs of heat exhaustion. You may also get a headache, notice that sweating stops, or feel overheated. At the first sign of any of these symptoms, stop exercising, move to a cooler location, and drink some water. If the symptoms persist, see a doctor immediately.

## Summer Salads

Summer is no time to heat up your kitchen with a hot meal cooked in your oven. Instead lighten things up and cool everyone down with a one-bowl meal. It is easy to make a main dish out of your side salad by adding some protein and jazzing it up. Here are some ideas to get make a meal out of your vegetables.

### Thai Beef Salad

In a large bowl, combine 2 chopped green onions, 1 cup chopped cilantro, 1 cup mint leaves, 1 cup lime juice, 1/3 cup fish sauce, 1 tablespoon sweet chili sauce, and 1/2 cup sugar. Whisk until well blended. Add 1 pound of thinly sliced, grilled flank steak and let sit in the refrigerator for at least one hour. Remove bowl from refrigerator and add one head of lettuce, torn into bite-sized pieces, one diced cucumber, and one pint of cherry tomatoes. Toss and serve immediately.

### BLT Salad

In a large bowl, whisk together 1/2 cup mayonnaise, 2 tablespoons red wine vinegar, 1/4 cup finely chopped fresh basil, and salt and pepper to taste. To the bowl, add one head of romaine lettuce, torn into bite-sized pieces, one pint cherry tomatoes, 2 cups of croutons, and one pound of cooked, crumbled bacon. Toss and serve immediately.

### Antipasti Pasta Salad

Cook and drain one large box of rotini or ziti pasta. In a large bowl, combine pasta with 3/4 cup pesto sauce. Cut into bite-sized pieces each of the following: 1/2 pound steamed asparagus, one jar roasted red peppers, one small jar artichoke hearts, two cups fresh mozzarella, a few fresh basil leaves, and 1/2 pound dry salami. Add this to the bowl and toss well. This may be refrigerated overnight before serving.

## True Stories from the Field

Baseball is not only full of action, suspense, and fun--it is also a sport where humor and wit find a home. These tales are true accounts of baseball related fun.

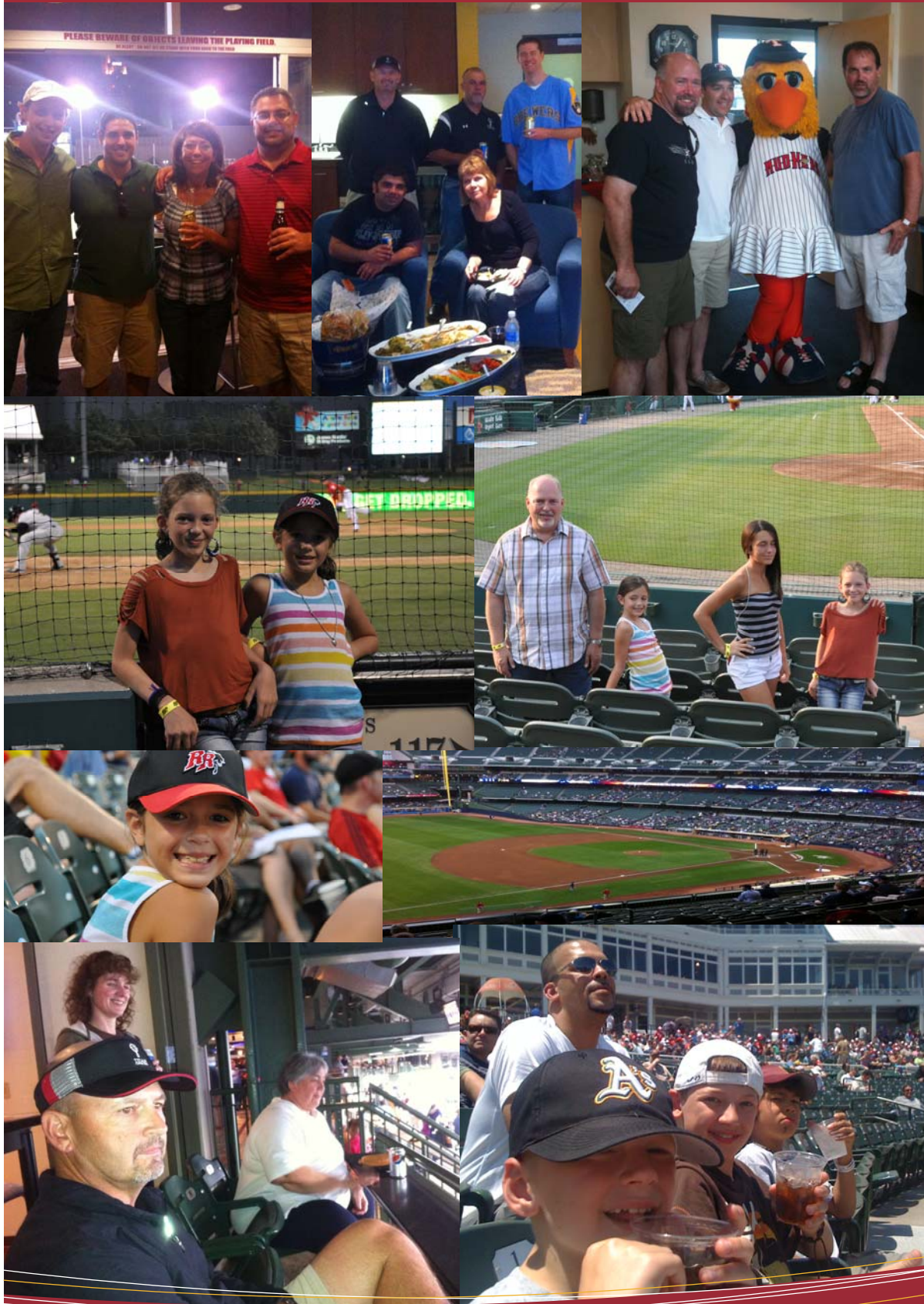
A reporter asked Alex Johnson about his two most recent seasons. "Last year, you hit two homers and this year you have seven. What's the difference?" Johnson replied, "Five."

Baltimore's Jim Palmer felt rebuffed by Boston manager Darrell Johnson after being snubbed from the All-Star game. When asked about his reaction and reports that he had called Johnson an idiot, Palmer stated, "I did not call Johnson an idiot. Someone else did and I just agreed."

Yankee Johnny Blanchard was distraught after learning he was being traded to Kansas City. His teammate, Mickey Mantle, tried to console him. "Don't take it so hard, John. Just think, in Kansas City, you're going to get a chance to play." Blanchard became more upset. "Heck, I can't play, Mick. That's why I'm crying."

Bob Gibson was watching teammate Curt Flood as Flood completed batting practice. "Way to hit the ball," commented Gibson. "If I could hit the ball that way, I'd take off my toeplate and retire from pitching." Flood smiled in appreciation of the comment. "In fact," continued Gibson, "if I hit the way you do, I think I'd also retire from baseball."





## Baseball Fun!

Here are some pictures of various baseball games that Titan has attended with clients, consultants, and families so far this season. They are from the Milwaukee Brewers, Toledo Mud Hens, and the Frisco RoughRiders games.

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