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What Have You Done For Me Lately?

Alan Guinn, Dean of Graduate Studies
Rushmore University



Remember the song by that title? It was popular several years ago, and was simply asking a question which, today, management and leadership theorists and practitioners ask of others on a regular basis.

Often, we look to others to do something for us when we could actually be doing it for ourselves. Nowhere is this more applicable than two key areas impacting on almost every Rushmore student— 1) studies and 2) work.

Take, for example, your vocation—that job that you do everyday. Do you take it for granted? Do you find that some days you just don't want to be there? Have you ever looked at other jobs and thought to yourself, "I wonder how I could get into a position like that one?"

The answer to that challenge lies within you. You are the one that has to make the change, and you are the one who must initiate the process of change. Change is one of those topics that every Management Professor on Faculty at Rushmore will tell you are easy to teach, but often difficult to implement.

As Managing Director of a Consultancy, my clients often tell me, "I can't make that change you're seeking. It's not a change I feel comfortable in making." Many changes that should be made for the betterment of the business or the venture simply don't get made. Don't be afraid of change. Embrace it. Learn from it. "Be" the change. Don't let fear of the unknown or the inability to make a decision be your reasons for not making change when change is warranted or mandated.

We've added a section to this month's *The Rushmore Worldwide News* which highlights grants available, awards for which you may qualify, or positions which might be open to you. Read the postings carefully and if you qualify, feel free to apply—but whatever, don't be "afraid to change."

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When It All Comes Down To: Who Do You Know?

By Dr. Dan Hill, PhD
Rushmore University Alumnus

Dr. Dan Hill, PhD—Rushmore 2008—has recently published his first book, entitled Who Do You Know? We asked Dr. Hill to comment on his book and share his thoughts about the concept of Who Do You Know.

Dr. Hill is a Director at SpecTraining Pty, Ltd, in Australia.

Approaching a broad concept such as '*Who do you know*' made it likely that I would get caught up in philosophical arguments about religion, family and politics. In an effort to remain as impartial as permitted under the auspices of the PC principle™, I have made remarks that confront some people and placate others; such is the irony of a publicly available text on the subject of understanding others.

Indeed the subject is a very personal one. Concepts and ideas put forth in this book are intended to be broad enough to be inclusive yet confronting to readers who value their opinions. I show respect for your intelligence by choosing not to water down the subjects that require decisive action. I mention that religion, in its extremes, is harmful to effective communication; as is any extreme belief or behaviour. Proponents of extremism will take offense to such a statement and, while I completely understand their perspective, again I choose to respect your intelligence over the so called politically correct mentality proposed by mass media.

You and I can not live in a world where everybody is right. You'd be aware that some people believe things that you could not possibly agree with. To act out some form of retribution towards those people is itself an extremist approach and obviously not conducive to civility. "Who do you know?", and specifically the principles discussed within it, puts forth a balanced approach to communication where the goal in each circumstance is to uphold the value, integrity and inclusivity of those engaging in such.

All people, no matter where they are on their journey through life, have the right to be who they are – whether we like it or not. To effect positive change we must first start with ourselves. Changing the world starts one word at a time; one action at a time; one thought at a time. As Mahatma Ghandi upheld; by aligning our words, actions and thoughts towards being better communicators and better people, we stand a good chance of developing a better world.

I wish you all the best in your search for greater understanding.

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Grants and Educational Opportunities

Employment Opportunities
The World Bank

Link:

<http://web.worldbank.org/WBSITE/EXTERNAL/EXTHRJOBS/0,,contentMDK:20522507~menuPK:64262360~pagePK:64262408~piPK:64262191~theSitePK:1058433,00.html>

Furnished via Weekly News from The World Bank

Research Fellowship Program - Wildlife Conservation Society (WCS)

The Research Fellowship Program (RFP) is administered by Wildlife Conservation Society (WCS)-International Conservation's Training and Capacity Building Program and jointly funded by the BP Conservation Programme. The RFP is a small grants program designed to build capacity for the next generation of conservationists through supporting individual field research projects that have a clear application to the conservation of threatened wildlife and wildlife habitat. The program seeks projects that are based on sound and innovative conservation science and that encourage practices in conservation that can contribute to sustainable development.

Deadline: March 15, 2009

For more information please visit
<http://www.wcs.org/international/rfp/rfpapplication>

ADB - Japan Scholarship

The Asian Development Bank (ADB) - Japan Scholarship Program (JSP) was established in April 1988 with financing from the Government of Japan.

It aims to provide an opportunity for well-qualified citizens of ADB's developing member countries to pursue postgraduate studies in economics, management, science and technology, and other development-related fields at participating academic institutions in the Asian and Pacific Region.

Upon completion of their study programs, scholars are expected to contribute to the economic and social development of their home countries.

The ADB-JSP enrolls about 300 students annually in 20 academic institutions located in 10 countries within the Region.

The ADB-JSP provides full scholarships for one to two years.

Deadline: Send applications for scholarships at least six months prior to the planned time that you wish to commence studies.

Read more at <http://www.adb.org/JSP/default.asp>

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World Bank Winter Internship Program 2008

The application period for the Internship Program 2008 will begin on September 1, 2008.

The Internship Program is open to students who are nationals of the Bank's member countries and attracts a large number of highly qualified candidates. The goal of this Internship Program is to offer successful candidates an opportunity to improve their skills as well as the experience of working in an international environment. Interns generally find the experience to be rewarding and interesting.

To be eligible for the Internship Program, candidates must possess an undergraduate degree and already be enrolled in a full-time graduate study program (pursuing a Master's degree or PhD with plans to return to school in a full-time capacity). Generally, successful candidates have completed their first year of graduate studies or are already into their PhD programs.

This Program typically seeks candidates in the following fields: economics, finance, human development (public health, education, nutrition, population), social science (anthropology, sociology), agriculture, environment, private sector development, as well as other related fields. Fluency in English is required. Prior relevant work experience, computing skills, as well as knowledge of languages such as French, Spanish, Russian, Arabic, Portuguese, and Chinese are advantageous.

The Bank pays an hourly salary to all Interns and, where applicable, provides an allowance towards travel expenses. Interns are responsible for their own living accommodations. Most positions are located in Washington, DC (some positions are offered in country offices) and are a minimum of four weeks in duration.

The application period for the Winter Program is September 1 - October 31 each year.

For more information please visit <http://go.worldbank.org/52CJYRFP20>

Critical Ecosystems Partnership Fund

The Critical Ecosystem Partnership Fund (CEPF) is designed to safeguard Earth's biologically richest and most threatened regions known as biodiversity hotspots. CEPF is a joint initiative of Conservation International, l'Agence Française de Développement, the Global Environment Facility, the government of Japan, the John D. and Catherine T. MacArthur Foundation, and the World Bank.

A fundamental purpose of CEPF is to engage community groups, nongovernmental organizations (NGOs), academic institutions and private enterprises, in biodiversity conservation in the hotspots. CEPF promotes working alliances among diverse groups, combining unique capacities and reducing duplication of efforts for a comprehensive, coordinated approach to conservation. The program focuses on biological areas rather than political boundaries and examines conservation threats on a hotspot-level basis. CEPF targets transboundary cooperation in areas of high importance for biodiversity conservation that straddle national borders, or in areas where a regional approach will be more effective than a national approach.

Each project must support one of the first three strategic directions in the CEPF

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investment strategy for Indo-Burma to be eligible for funding (Bird Life is already implementing the fourth strategic direction). The investment strategy and strategic directions for Indochina are summarized earlier in this document, and available in full at

http://www.cepf.net/xp/cepf/static/pdfs/Final.IndoBurma_Indochina.EP.pdf
(PDF 2.5MB)

Further information is available at: <http://www.birdlifeindochina.org/cepf> or <http://www.cepf.net/xp/cepf/apply/index.xml> and <http://www.birdlifeindochina.org/>

AWARD: 2009 ST Andrews Prize for the Environment - Call For Entries

\$125,000 US DOLLARS IN CASH PRIZES

Aimed at helping ordinary people find solutions to environmental problems, The St Andrews Prize for the Environment is an initiative by the University of St Andrews in Scotland and the international integrated energy company, ConocoPhillips. The Prize recognizes significant contributions to environmental conservation and since its launch in 1998 has attracted entries from more than 50 countries each year on diverse topics including: sustainable development in the Amazon rainforest, urban regeneration, recycling, health and water issues, and renewable energy.

Applications are invited from individuals, multi-disciplinary teams or community groups for the 2009 annual prize, consisting of an award of \$75,000 USD for the winner and \$25,000 USD for each of the two runners-up.

Closing date for entries is 31 October, 2008.

Visit the St. Andrews Prize Website www.thestandrewsprize.com for further information

Global Green Energy Awards

The Ashden Awards for Sustainable Energy are seeking inspirational and innovative local sustainable energy projects based in countries with developing economies.

Deadline: 21 October 2008

http://www.ashdenawards.org/int_awards

FELLOWSHIP: Vavilov-Frankel Fellowships for 2008

The Vavilov-Frankel Fellowships Fund aims to encourage the conservation and use of plant genetic resources in developing countries by awarding Fellowships to outstanding young researchers to carry out relevant innovative research at an advanced research institute outside their own country for a period of between three months and one year.

The Fellowships are supported by the Grains Research and Development Corporation (GRDC), Australia and Pioneer Hi-Bred International, Inc., United States, a DuPont Company. The closing date for this year's Fellowships is 9 November 2008. The age limit of 35 is applied strictly on these Fellowships.

For further information, please visit www.biodiversityinternational.org

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Call for Proposal: Strengthening ICT4D Research Capacity in Asia (SIRCA) Programme

The SIRCA Programme seeks to identify future research leaders and to facilitate their development through the support of research grants. The awards are intended to ensure capacities to conduct research in the area of Information and Communications Technology for Development (ICT4D or ICTD) are built in Asia. This applies particularly to emerging researchers based in Asia who are relatively new to ICTD research and interested in undertaking theoretically-based and methodologically rigorous research. Additionally, these applicants would benefit from concerted capacity building exercises including a mentorship arrangement. In particular, the program promotes broad-based high-quality multidisciplinary research in ICT development, e-services, new media use and social impact, and policy for the benefit and advancement of individuals, organizations, nation and society.

Applicants must register online with their name, project title, email address and country of research by 29th September 2008.

Proposals must be received via email by 13th October 2008.

Visit the following web page for additional information
<http://www.ntu.edu.sg/sci/sirc/sirca/>

Film Contest to Highlight Social Dimensions of Climate Change

Vulnerability Exposed: Social Dimensions of Climate Change is a competition of 2-5 minute documentaries that highlight the social aspects of climate change as experienced and/or observed by the film-makers. This short-documentary contest is a follow-up to our landmark March 2008 International Workshop on the Social Dimensions of Climate Change (read the story about the Workshop). We hope to receive submissions which creatively showcase the implications of climate change for conflict, migration, urban space, rural institutions, drylands, social policy, indigenous peoples, gender, governance, forests and/or human rights.

There are two award categories: 1) Social Dimensions of Climate Change Award (general category) and 2) Young Voices of Climate Change Award (youth category). The general category is open to everyone; the youth category is open to entries submitted by filmmakers who are under 24 years old. Award winners will be chosen through a combination of public voting and a judging panel. The film with the most public votes in each theme category will receive honorable mention.

The Award Winners will receive an all expenses paid trip to Washington, DC for a screening of their film and will have the opportunity to attend a series of networking and learning events organized by the Social Development Department of the World Bank in December, 2008.

The submission period ends 11:59pm (US ET) on Friday, October 24, 2008.

Visit the following web page for additional information
<http://go.worldbank.org/7492037IG0>.

Fellowship, Scholarship and Funding Opportunities Furnished via VDIC.

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Rushmore Student Paper: Patent Reference

Received from Jukka Reinholm, and also posted on the Rushmore Blog.

You may like to know that one of my Rushmore Papers has been used as a reference for a US Patent.

[see: www.patentstorm.us/patents/7340359.html]

It's nice to have been mentioned together with such well-known "quality-gurus" and engineers like Dr Edwards W. Demming and Dr. Dimitri B. Kececioglu!!!

"I'm proud to be a Rushmore Alumnus."

Best Regards,

Jukka Reinholm
Managing Director

What the world needs is more geniuses with
humility, there are so few of us left.

Oscar Levant
1906-1972

Some Quietude in Your Life

"Let us be silent, that we may hear the whispers of the gods." - Ralph Waldo Emerson

I woke up at 4 a.m. this morning to the sound of silence. An absolute still household, despite there being six kids and a wife all at home. And while I love my family to death, this time of tranquility is one of absolute bliss for me. I enjoyed my coffee, read a bit, got some writing done.

Then I headed out for an early morning 5 a.m. run in pure silence, without an iPod, busy traffic, or the busy-ness of humanity to disturb my peace. There was a full-to-nearly-bursting orange moon lighting the sky, the hush of the

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nearby ocean, and an inky blackness surrounding me, my running, and my thoughts.

This time of quietude is not only one of my favorite parts of my day, but has become an essential part of the day. It soothes the soul, quiets my inner beast, brings out the goodness in me, and allows me to hear myself.

Having a time of stillness in your life can be similarly wonderful, if you don't have it already. Let's take a look at some ways to find quietude in your life and see how the sound of silence can allow your thoughts to emerge.

Now, I should note that you don't need to be an early riser to find a time of silence during your day. It's one of the options (as I'll talk about below), but it's only one option among many.

Rise early. If your day is so busy that you just can't find the time to be alone and to have stillness and silence, getting up a bit earlier can be a good solution for some people. It's not for everyone — some people hate getting up early. I used to be one of those, but in recent years I've discovered a love for the early morning hours. [Here's how to wake earlier](#) if you want to do that.

Late nights. If you're not into early mornings, late nights can be just as peaceful, when everyone's asleep. Turn off the TV and get away from the computer. Find other ways to spend this golden time, in quiet.

Get out into nature. Sometimes households and offices can be a bit noisy and chaotic. To escape the noise, get out into nature as much as possible. Find a park or a trail in some woods. Go to the beach or a pond or a lake or a river — water is one of my favorite ways of finding peace in nature. Pay close attention to everything around you, instead of blocking it all out.

Meditation. Many of you aren't into meditation, and I totally get that — for years I dismissed it as “new agey” and not worthy of serious attention. But it doesn't have to be anything complicated or difficult to understand. Try this very simple meditation: close your eyes (after reading the rest of this paragraph) and pay attention to your breathing. Notice your breath as it enters your body, and again as it goes out. Your mind will probably stray — that's OK. Just pay attention to these thoughts, let them go without forcing them out, and gently return your attention to your breathing. Keep doing this for a minute or so. Gradually increase the time you do this as you practice. It's nice to get into a comfortable position, but not so comfortable you fall asleep!

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Exercise. As I mentioned at the beginning of this post, exercise is one of my favorite things to do during my time of silence. It can be anything: running, walking, biking, swimming, strength training, rowing. This exertion of energy helps release stress and gets the blood flowing to your brain — giving you some of the best thinking you'll do all day.

Take a break and take a walk. Every hour or two, take a break from working. Get away from the computer, and stretch. Then take a walk, to get the blood flowing. It's fine to just walk around your office or building, but if you can get outside into the sunlight (or rain, as the case may be) and fresh air (or less-than-fresh air, as the case may also be), I find that to be helpful. Sure, it might not be all that quiet if you're out in a busy street, but it's better than being cooped up all day.

Yoga. I will admit that I'm not into yoga, but I know some people who swear by it. I've tried it and enjoyed it, but it's just not my thing. That said, I think it's worth a try and it can be a great quiet-time exercise.


Reading. One of my all-time favorite quiet-time activities! I love curling up with a good book and a cup of coffee when all is quiet, and losing myself inside the magical world of fiction. If you haven't been reading as much as you'd like, finding some quiet time in the morning (or evening) can be a great way to work reading into your routine.

Journaling. There's something therapeutic about writing in a journal, and if you make it a daily habit, it can be one of the best things you do all day. It gives you a way to reflect on your life, on the things you've been doing and the things you want to do. It records your life so you can look back on it later. And it brings clarity to your thoughts in a way you might not find without writing. Blogging can be a great form of journaling.

Bathing. I don't get a chance to do this enough, but I love to take a nice long bath. That might not seem very manly, but I don't care. It's relaxing and enjoyable. **Calgon, take me away!**

Massage. If you can afford it, it's nice to go and get a paid massage now and then — Eva and I had numerous massages during our trip to Thailand, and they were wonderful. Quiet, relaxing, oh so pleasurable. Of course, you can do this the cheap (more positive term: frugal) way by exchanging massages with your significant other on, say, alternating days. Use massage oil and candles and relaxing music to create a great atmosphere.

Museums, art galleries, libraries, gardens. If you live in a city, it can be hard to find zones of quietude. But they do exist. When I lived in San Francisco, for example, some of my favorite quiet places (besides parks



and the beach) were the city's libraries, museums, galleries, and private gardens. Find those places in your city and use them as oases.

For those with kids. Many of these things can be difficult if you have kids to take care of — trust me, with six kids, I know the feeling. Some suggestions: take advantage of the early mornings or late evenings when they're sleeping; exchange quiet times with your significant other so that one watches the kids while the other relaxes or exercises; trade kid-watching duty with a friend or relative; pay a babysitter for a short time each day; or find activities for your kids to do while you get your quiet time.

www.zenhabits.net **Posted on 14 September 2008**