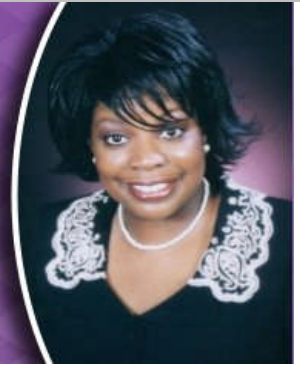


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Empowerment Now for Growing Future Leaders! You.

***"Empowering People, Building
Communities and Changing Lives"***

***On-Line NEWSLETTER
August 2009— Issue # 8***

Please consider the Environment before printing this newsletter & Recycle.

"Tribute for Women's Equality: With Liberty and Justice for All"

Women's Equality Day Celebrated August 20, 2009.

Wow! Amen and to God Be the Glory that's all I can say for the month of July. It was an empowering – busy and fun month for me. I traveled to New York, Georgia, Washington D.C., and Colorado. It was an amazing time in History as the NAACP Celebrated 100 years in existence as the oldest Civil Rights Organization. The celebrity list of who is who, is too long to list. However, the civil rights pacesetters and many who were historical "first" including our President Barack Obama were in New York City for this great event. Later, in this newsletter you will see some of the great minds I tapped into for a brief moment and photos. My travel to Washington, D.C. and Colorado was associated with my Board of Directors responsibilities with Christian Services Charities and Neighbor To Nations. Work, Fellowship and Fun all in one! I experienced an amazing trip to Colorado Springs, revisiting after Twenty-nine years after attending my Officer Candidate School selection board at Fort Carson, in Colorado Springs.

Well, my daughter and I completed her college enrollment process and she will start college in a few weeks. My son is doing volunteer work at one of the best hospitals in the county in the Cardiology Department. He is starting his senior high school year in a couple of weeks. To all the young men and women associates of the center and mentees, welcome back! Let's get busy we want all of you to excel this academic year. To all my friends that I shared time with during the month of July – whether in person or by phone – I appreciate your friendship and I love you all.

My advice as a life coach for you this month is that relationships are important. If you want good friends- be one; if you want your children to spend time with you – spend time with them if it means putting them on your calendar too. Love all – even when you don't feel loved and love your enemies as well. Most of all put God first in all that you do and it will be alright. For the next Five weeks one of my friends and I are facilitating the

“Purpose Driven Life” by Rick Warren, as part of Living Stones Bible Academy. Yes, most of us have “read” this book. My challenge to you is pick it up again and read for understanding and apply the principles to your life. I thank my Pastor, Rev. D.Lavel Crawford for giving me the opportunity to serve and empower others through ministry.

ATIC & MG Center for Excellence & MGAA Consulting specializes in providing services that will enhance your everyday life using the holistic approach. Growing the individual and the family unit in the dimensions of physical, mental, spiritual, economical, and financial. Embracing knowledge is a key to wisdom and wisdom is the key to understanding. So, get knowledge and wisdom and in all your getting – get understanding and seek to be understood.

It is my intent to use the newsletter as a tool to provide empowerment to the readers. To inspire, encourage and propel you to do something different from what you did yesterday. Yes, a change has come and it begins with you. Start living the dreams of your life today. Thanks, for sharing this newsletter with a friend.

Amicittia (Cita) Maloon-Gibson

President/CEO

Email: officeassistance@citagibson.com

In This Issue

- ***Feature Article: Interview with Board of Director, President of CSC***
- ***How Reading Can Change Your Life, Author: Vin Miller***
- ***Coaching for Success***
- ***Upcoming Events***
- ***Believe in Yourself and Achieve: Events***
- ***Job Opportunities and Tips***
- ***Contact the Information***

1. Featured Article: An Interview with the President and Chairman of the Board

Farrell J. Chiles

Title: President and Chairman of the Board

Organization: Christian Service Charities (CSC)

Location: Annandale, Virginia

Age: 60



Power Positions: Served as Chairman of the Board of Directors of the National Organization of Blacks In Government from 2002-2006. Currently serves on the board of directors of Neighbor to Nation and as its President in 2008. He is the

Vice President for Resource Development and on the Board of Directors of the Tuskegee Airmen Scholarship Foundation.

Executive Interview – July 19, 2009.

Thoughts on Leadership

Amicitia Maloon-Gibson, Host Empowerment Voice

Gibson: How did you become President of Christian Service Charities?

Mr. Chiles: In 2005 I attended a Regional workshop sponsored by the National Combined Federal Campaign Committee of which I was a member and met a gentleman from one of the member non-profits of Christian Service Charities. He later emailed me and asked if I would consider joining the board of Christian Service Charities. I did a Google on the organization, called a couple of people in my network for their advice, and I then accepted the offer. At that time, the Board was comprised of 33% African Americans and another 40% had a military background. Both were a good fit for me. I became a member of the board in 2006. In 2007, I served as the Board Secretary and was elected President in 2008 and re-elected in 2009.

Gibson: What kind of learning curve did you have?

Mr. Chiles: I was very fortunate to have the opportunity to work with Angela F. Williams who was the CSC President during my first two years on the Board. Angela is the senior vice president and general counsel of the YMCA of the USA. Also on the Board was Will Gunn, currently the General Counsel for the Veterans Administration. Retired Air Force Lieutenant General Bruce Fister, Executive Director of Officers' Christian Fellowship was the Board Vice President during my first two years on the Board and also during my first year as Board President. These outstanding leaders and others on the Board contributed to my success – first as a board member – and then as Board President. They served as advisors, role models, and mentors. They graciously shared information on the organization's and board's history, culture, and operating methods. I can honestly say that my experience on CSC Board is a wonderful learning experience.

Gibson: What makes your leadership style different from others?

Mr. Chiles: Leadership is the ability to successfully influence others. Thus, the ability to observe and listen to others is very important. Having good interpersonal skills and relating to others is another aspect of leadership. In the end, it's people that makes or breaks leaders and their willingness to go on the journey. So my leadership style takes on a variation of themes, depending on the people and the culture of the organization. In the end, I'm successful if I can influence others to make the best decisions, whether I'm president of the organization or a member of the organization.

Gibson: How do you spell Success?

Mr. Chiles: I have background in the corporate, military, and non-profit worlds. In each, I have found that successful leaders have clearly stated missions, goals and objectives. I have always used that formula. Know the mission and then align your goals with the mission to move the organization forward. During my first year as President, we established a task force to develop a five-year strategic plan. My second year, we're positioning the organization to become the third largest federation (in pledges) in the Combined Federal Campaign. In 2010, the Board will transition into the John Carver's Policy Governance model. Making progress, achieving our desired results, and meeting the expectations of our constituents is how I spell success.

Gibson: What recommendations do you have for others?

Mr. Chiles: Become involved in something larger than yourself. Find a non-profit or community organization to become a part of. Read about leadership principles and styles. Study successful leaders. Take on leadership roles at work, in church, and in other activities. Make a difference. Accept the challenge to lead.

Gibson: What's next?

Mr. Chiles: I have a passion for the Tuskegee Airmen. I am currently on the Tuskegee Airmen Scholarship Foundation and enjoy working to continue the Tuskegee Airmen Legacy by providing scholarships to our young future leaders. Other non-profit organizations have approached me about serving on their boards, but I still have some goals I want to achieve with the boards that I currently serve on. What's next? - The future. I'm looking forward to the journey.

Gibson: Thank-you Mr. Chiles for taking the time to interview for Empowerment Voice today. I wish you much success in your future endeavors.

How Reading Can Change Your Life

by Vin Miller



Despite the overwhelming feeling that comes along with the need or desire to learn a new skill or make an important decision, there's almost always someone we can learn from who has overcome the same challenge. Between books, video, and the internet, we have more access to useful information than ever, but few of us take nearly as much advantage of it as we could.

Almost everything we do in life requires the knowledge of how to do it and this is especially the case when pursuing an important goal. As such, getting what we want out of life often requires a genuine commitment to learning.

If Knowledge is Power, then Books are a Blessing

Many scientists and other types of researchers spend much of their lives chasing down the answer to a single question. If we had to go through this much effort every time we were faced with a significant challenge, chances are that we wouldn't accomplish much. Fortunately, many of the worlds most intelligent people share their many years of wisdom in books that cost less than what most people earn in a single hour.

This is a tremendous opportunity for personal advancement. No matter what you want to learn or accomplish, there's most likely a variety of

excellent books and other resources that will help you do it. Furthermore, reading will introduce you to new ideas that may change the direction of your life and open the door to fulfilling experiences that you wouldn't have considered otherwise. The fact that more people don't take advantage of this is a mystery to me.

How Reading has Changed My Life

I've always had an inquisitive mind and a need for logical answers. Despite this, I wasn't always the avid reader and learner that I am today. Reading has provided me with an advanced level of knowledge on a variety of topics including fitness, tennis, software development, website development, reef aquariums, personal development, blogging, and obviously health. Some of these topics represent my deepest interests, and without the knowledge I gained from reading, I wouldn't be getting half the fulfillment from them. In fact, if I had taken more of an interest in reading and learning earlier in my life, I'm sure I'd be well ahead of where I am today.

Clearly, the most significant impact that reading has had on my life is in regard to my health. I spent more than a decade pushing through life exhausted, irritable, and withdrawn and had a long list of symptoms that I unfortunately rationalized as normal. After finally complaining to a doctor about one of my more annoying symptoms and subsequently discovering I had a major susceptibility to hypoglycemia, I read a book about it, and by doing so, had a revelation that I'll never forget. Nearly every complaint I had was listed in this book as a symptom of [low blood sugar](#) and I suddenly recognized my potential to experience life in a much more vibrant and happy manner than I ever thought possible.

Although I didn't realize it back then, hypoglycemia was the least of my worries and was merely a symptom of larger underlying problems. However, it made me realize that I had some health issues to address and it ignited a passion within me to learn everything I could and make myself as healthy as possible. Since then, I have literally transformed my health, and in turn, my life. Without the initiative to pick up a book and start learning, I may have never realized this opportunity for improvement, and without the persistence to continue learning, I could very well still be pushing through life exhausted. The only regret I have is that I didn't do it sooner.

Transcending the Mainstream

Although it's easy to assume mainstream information to be the most effective and logical information available, this is often far from the case. Unfortunately, money and political influence have a lot more to do with the spread of information than it's credibility or usefulness. As such, some of the best answers to the most significant questions and problems are only accessible to those who are willing to search for them, and reading books is one of the best ways to do it.

Even before I started learning about natural health, I always had an intuitive feeling that the [symptom chasing](#) approach of modern medicine was flawed in a fundamental way. My intuition turned out to be right and reading helped me understand why conventional medicine wasn't doing much for me. It also helped me to further realize the significant need to take responsibility for my health and continue learning which is what enabled me to do much more for my health than the variety of doctors and specialists who I had sought for help.

Start Building a Better Life

As valuable as I consider reading to be, it's worthless unless you take action. One of the reasons why I think that people don't get as much benefit from books as they could is because they don't do anything with the information that they learn. If you're motivated to find the answers you need to improve your life, start reading and take action! To help you get started, here are [some of the books in my library](#) that have left a lasting impression on me.

2. Coaching for Success

“Coaching: Focus For Success” For Women & Men

As we live in a world of uncertainty and fast pace changing rapidly as we breathe. The importance of have a successful career is not an option by an absolute necessity. Therefore, we plan for a flexible, diversified and continuous learning environment in a world that is constantly downsizing.

Yes, at times it is overwhelming with all the information and technology available and you feel unfocused and confused. A term coined into several categories called Stress, Burnout and Superwoman/man Syndrome. You just cannot begin to see clearly by yourself—thus you are out of focus. Everyone needs help sometimes and you may be all that and a bag of chips, but you definitely cannot Coach yourself.

The 21st century and the Baby Boomer's now retiring are beginning to live the dreams of their lives and embrace the thing or passion they believe they were placed on this earth to do. There variations of Professional and Personal development services available to help you thrive in your first, second or third career: A Career Coach is an investment for success in your life.

Career Executive Coaching is a service provided by an experienced executive coach who is professionally trained and contracted outside of your organization, and whose exclusive position is to provide the client with development opportunities.

Coaches were commission uniquely to those experiencing challenges or in lack of focus and not thriving. Coaching has a greater acceptance, ask any successful manger, ceo or leader. Organizations recognize that people want change and can out grow where they are rapidly. Investment in a coach assigned to you positions you for career options and acceleration.

Take your FREE Coaching assessment on-line and see if we are a fit for partners and if you are "Coachable". Visit our website and check out our Empowerment tools at www.citaqibson.com.

The Empowerment Doctor

Amicitia (Cita) Maloon-Gibson

3. Upcoming Events

Save the Dates:

Join Amicitia and friends as they host a National Book Tour and Women's Conference in Orlando, FL on October 3, 2009 at the Gaylor Palm and Resort. Register Early at www.pwnbooks.com and see you there!

The book tour & conference will appear in five (5) locations, feature the PWN authors, showcase all 17 books in the PWN library series, and the African American library series along with dynamic speakers and inspiring workshops.

Conference topics include:

- "Leaders of Tomorrow: Strategies for Personal Empowerment"
- "The Superwoman Syndrome: How to Live a More Simple & Peaceful Life"
- "Self-Marketing: Personal Brand & Image"
- "The Power to Change: Building Self-Worth"
- "Charting Your Map! Living the Life of Your Dreams"
- "You Are What You Think! Overcoming Negativism"

Register today: www.pwnbooks.com. See you soon!

Los Angeles/Orange County, CA
Orlando, FL

September 12, 2009
October 3, 2009

Amicitia (Cita) Maloon-Gibson, is a Workshop Presenter at Blacks in Government, National Conference. Topic: Got Options: "Making the Leap – Backup Your Back," Baltimore, Maryland August 25 & 26, 2009. Visit www.bignet.org for additional information. See you soon!

4. Recent Events

NAACP 100th Centennial Event New York City, NY. July 2009..



***Yes I can and yes I did!
Yes You Can And Yes You Will!***

Empowerment Moments for you!

Other Photos of Friends and the NAACP 100th Centennial & National Conference



***Jeff ("Cousin Jeff") Johnson from Black Entertainment Television (BET)
and Amicitia (Cita) Maloon-Gibson, ATIC & MG Center For Excellence &
MGAA***



Advocates for Education and Social Justice.



The Honorable Judge Greg Mathis and Amicitia (Cita) Maloon-Gibson, CEO MGCFE. Judge Mathis was seeking election for one of the National Board of Directors positions in NAACP.

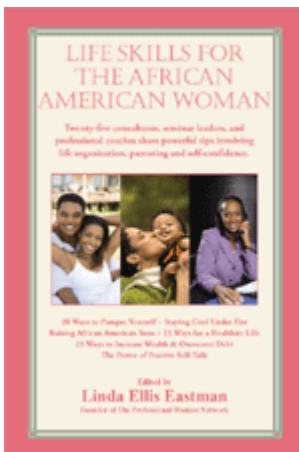


Coach Cita and the Up and Rising Young Stars from NAACP New York State Chapter. These young ladies were volunteers during the convention and wanted to pose and capture a photo moment with the Empowerment Doc

Visit www.citagibson.com and check out additional photos from this event and others.

5. Empowerment Tools Events

New Release Coming Soon! January 2010: "Stepping Stones to Success" Strategies for Mastering Business, Life and Relationships.



New Release: Available Now!

10% Discount through July 31, 2009

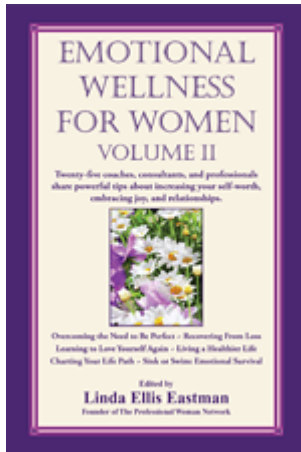
Life Skills for the African American Woman

Co-Author Amicitia Maloon-Gibson

20 Ways to Pamper Yourself ~ Staying Cool Under Fire Raising African American Sons ~ 15 Ways for a Healthier Life, 5 Ways to Increase Wealth & Overcome Debt The Power of Positive Self-

Talk.

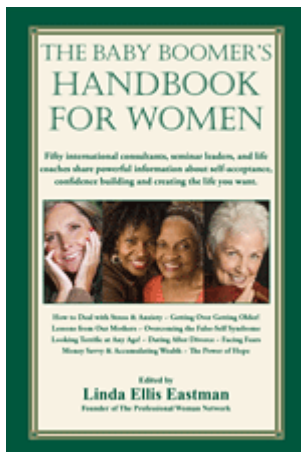
Buy at www.citagibson.com at Empowerment tools and get a Free autograph Copy of Joy Unspeakable a Spiritual Jambalaya with your order.



Emotional Wellness for Women Volume II Co-Author Amicitia Maloon-Gibson

Series on emotional wellness for women, powerful tips about living a peaceful life, forgiveness, and self-healing. Topics include **Emotions and the Aging Parent, Forgiving Self and Others, Charting Your Life Map, Living a Joyful Life, Overcoming Envy, Negativism vs. Positivism, and What are You Attracting** and Living a Healthier Life. \$19.95

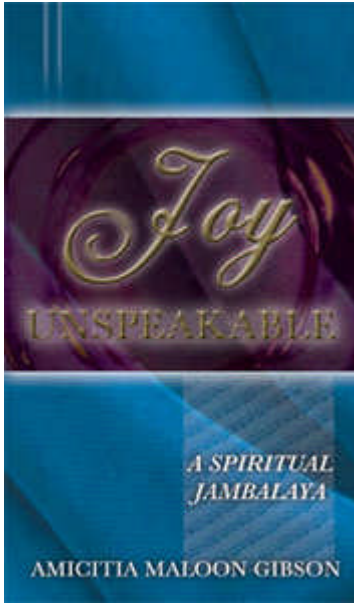
Buy at www.citagibson.com at Empowerment tools and get a Free autograph Copy of Joy Unspeakable a Spiritual Jambalaya with your order.



The Baby Boomer's Handbook For Women Co-Author Amicitia Maloon-Gibson

Series on How to Deal with Stress & Anxiety- **Getting Over Getting Older, Lessons from our Mothers, Leadership Lesson from a Father, Overcoming the False-Self Syndrome. Looking Terrific at Any Age, Dating After Divorce, Facing Fears Money Savvy & Accumulating Wealth, The Power of Hope.** \$19.95

Buy at www.citagibson.com at Empowerment tools and get a Free autograph Copy of Joy Unspeakable a Spiritual Jambalaya with your order.



Joy Unspeakable A Spiritual Jambalaya

A poetic journey and journal. Start positioning yourself to **Charting Your Life Map, Living a Joyful Life, What are You doing to help you experience the Joy of the Lord and Joy Unspeakable.** \$10.00

Buy at www.citagibson.com at Empowerment tools and get a Free autograph Copy of Joy Unspeakable a Spiritual Jambalaya with your order.

Sale Ends July 31, 2009.

6. Job Opportunities & Tips Contact Information

Rewired to Rehire! Are you really ready for the job market? Are you ready for Re-Entering the Workforce. Do you have the skills for the job that you are pursuing?

Check out Dr. Cita's Career Development Blogs at www.NAFE.org and at <http://www.myspace.com/amicitiamaloongibson>. Also at

<http://www.tangle.com/amicitiamaloongibson/blog/view/38082>. See the tips for getting ready to re-enter the workforce.

Check out Thousands of Job opportunities at www.fbi.gov, www.irs.gov, www.usajobs.opm.gov, www.dol.gov, www.cpol.army.mil, www.fbi.gov, www.cia.gov, www.va.gov, www.cdc.gov.

Contact:

ATIC & MG Center For Excellence & MGAA Consulting
www.citagibson.com (order products at Empowerment tools)
www.mgc4e.org

Email: officeassistance@citagibson.com

Office Hours: 9am-5pm Monday-Thursday

Office closed on all Federal Holidays

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