

ANGEL FOOD MAY 2010 SPECIALS

MAY SPECIAL A \$23.00

6.5 lb. Assorted Meat Grill Box

- 1.5 lb. Bone-In New York Strip Steaks (2 x 12 oz.)
- 2 lb. Baby Back Ribs
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Mild Italian Sausage with Cheese

MAY SPECIAL B \$22.00

4 lb. Steak Box

- 4 lb. Sirloin Strip Steaks (8 x 8 oz.)

MAY SPECIAL C \$19.00

12 ct. Gourmet-Flavored Chicken Breast Box

- 4 Mesquite Chicken Breast (6 oz. ea.)
- 4 B-B-Q Chicken Breast (6 oz. ea.)
- 4 Italian Chicken Breast (6 oz. ea.)

MAY SPECIAL D \$35.00

4 x 4 Family Meals

(4 complete meals with all you need to feed a family of 4.)

Beef Tips and Gravy – 1.5 lb. Beef Tips and Gravy, 1 lb. Egg Noodles, 1 lb. Vegetable Blend (zucchini, carrots, Italian beans and cauliflower)

Split Whole Chicken – 3 lb. (avg.) Whole Split Chicken, 1 lb. Stir Fry with Vegetables, 1 lb. Green Beans

Choice Roast Beef – 1.5 lb. Choice Roast Beef, 1.5 lb. Potato Medley, 1 lb. Green Beans

Baby Back Ribs – 2 lb. Baby Back Ribs, 1 lb. Corn, 1 lb. Green Beans.

MAY SPECIAL E \$22.00

Premium Fresh Fruit and Veggie Box

- 1 head Cello Lettuce
- 1 head Sleeved Romaine Lettuce
- 1 lb. bag Fresh California Carrots
- (1) 6 oz. pack Radishes
- 1 Red Onion
- (1) 5 oz. bag Fresh Gourmet Salad Croutons
- 1 (16 oz.) Salad Dressing
- 3 lb. bag Idaho Potatoes
- 2 lb. bag Jazz Apples
- 3 lb. bag Oranges
- 1 Package Roma Tomatoes
- 6. California Lemons

You Must Bring A Large Box To Pick Up Your Food

All food not picked up by distribution day will be donated.

Angel Food Ministries Reserves the Right To Substitute Any Of The Above Items Due to Availability, Cost and Quality
We Accept Food Stamps-(EBT)

Four Principles of Peacemaking

Go to Higher Ground

See conflict as an opportunity

- See conflict as an opportunity to grow and serve
- Clarify and live out your highest values and beliefs
- Treat Others the same way you'd like them to treat you

Get Real About Yourself

Take responsibility for your contribution to a conflict

- Overlook minor offenses
- Check your heart for idols (desires turned into demands)
- Confess humbly and thoroughly (The Seven A's)

Gently Engage Others

Help others see how they have contributed to a conflict

- Keep the circle as small as possible
- Listen carefully to really understand
- Offer respectful and constructive correction

Get Together on Lasting Solutions

Strengthen relationships through genuine reconciliation and agreement

- Forgive others the same way you want to be forgiven (Four Promises)
- Resolve material issues by looking out for the interests of others
- Get help if necessary (PAUSE)

The Seven A's of Confession

- **Address everyone involved** (*All those whom you affected*)
- **Avoid if, but, and maybe** (*Do not try to excuse your wrongs*)
- **Admit specifically** (*Both attitudes and actions*)
- **Acknowledge the hurt** (*Express sorrow for hurting someone*)
- **Accept the consequences** (*Such as correcting gossip*)
- **Alter your behavior** (*Change your attitudes and actions*)
- **Ask for forgiveness**

The Four Promises of Forgiveness

- I will not dwell on this incident
- I will not bring this incident up and use it against you.
- I will not talk to others about this incident.
- I will not allow this incident to stand between us or hinder our personal relationship.

The Pause Principle of Negotiation

- **Prepare**
- **Affirm** relationships
- **Understand** interests
- **Search** for creative solutions
- **Evaluate** options objectively and reasonably

STAYING ON TOP OF CONFLICT



Conflict Resolution

Training & Assistance

Peacemaker Ministries provides training and assistance to organizations seeking to work through conflict within simple guidelines that provide a smooth process.

For information visit

www.peacemaker.net or contact:

David Schlachter

Peacemaker Ministries

Vice President

406-256-1583 ext 105

dschlachter@peacemaker.net

NOTE: The OKC Chapter will take a summer break during the months of June and July, but will return on August 11 for a Summer Symposium. See last page for more details on this event that is recommended for 1 CPE in ethics.

OK ETHICS EVENTS (TULSA CHAPTER)

"Management and Ethics in a Web 2.0 World & Beyond"

presented by Asher Adelman. Founder of eBossWatch.com

Thursday, May 27

The changes brought on by the internet revolution continue to redefine many aspects of our lives, both on the job and at home. The introduction of Web 2.0 technologies marks the beginning of a new phase in the evolution of the workplace that will have broad implications on how managers interact with their employees. Asher Adelman, a great workplace entrepreneur, will share some of these major trends and will discuss how blogs, social networking, and even Google will impact ethical dilemmas, define workplace relations, and alter the boss-employee relationship. His presentation will examine the threats that companies will encounter if they fail to recognize and adjust to these seismic changes. Asher will also explore innovative workplace branding strategies that will help companies and managers prepare for these impending changes, gain a competitive advantage in their markets, and ensure the loyalty of their employees, customers, and shareholders.



UPCOMING EVENTS FOCUSED ON INTEGRITY AT WORK (Not affiliated with OK Ethics)

Today, OK Ethics will honor Tom Hill, the Founder of the Character First Institute. Over the past six years, we have been inspired by our friendship with the Character



First Institute. Leaders with that organization provided the wisdom and insight for OK Ethics' Guiding Principles. To learn more about the Character First Institute, please contact Steven Menzel at (405) 815-0001, ext. 371 or email him at smenzel@characterfirst.com. Visit their website at <http://www.characterfirst.com/>.



The Character Council of Central Oklahoma is a separate organization dedicated to promoting character in the Oklahoma City area. Each month, they host a luncheon highlighting one of the 49 character traits developed by the Character First Institute. Cost is \$10 and reservations may be made by contacting them at (405) 526-0001. Upcoming events are scheduled for April 22 and May 27.

OK ETHICS VISION:

To be recognized as a statewide and national forum for promoting business ethics.



OK ETHICS™

Oklahoma Business Ethics Consortium Summer Symposium

Recommended for 1 CPE in Ethics

August 11, 2010; 11:30–1:00

Cost for members = \$20; Cost for non-members = \$35

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|  | <p>Ethics in Work and Life ~ Living a Life Worth Living</p> <p>Michael Crawford, CPA <i>Chairman Emeritus of Crawford & Associates, P.C.</i></p> <p>Moral behavior is not just the application of professional ethics in our work environment but also provides the overriding framework of our everyday life. This presentation is an entertaining, informative, and interactive discussion of the inter-relationship of values, ethics and behavior, including discussing an individual's ethical development, recognizing your own ethical orientation, responding to ethical dilemmas, and living by a basic set of ethical guidelines.</p> |  | <p>Boundaries at the Workplace Reclaim your personal life while achieving greater professional success!</p> <p>Dr. Scott Harris <i>Director</i></p> <p><i>Oklahoma Baptist University Graduate School</i></p> <p>Our aim should be to live life well, not just climb the ladder of success. This seminar will address how appropriate boundaries at work actually lead to greater success in the workplace while protecting our most important measurement of a life well-lived - our relationships with the people we care for most.</p> |
|  | <p>Swimming Naked</p> <p>Donna Miller <i>Partner, Executive Resource Center</i></p> <p>Encore Presentation—Back by popular demand!</p> <p>Examining periods of economic recession and the impact these have had on organizations in the past, Donna Miller of Executive Resource Center, LLC will facilitate an interactive program designed to help strengthen ethical decision-making skills and insights required for tough times. Drawing from the popular Price Pritchett booklet, "The Ethics of Excellence", this program will be highly interactive and fast-paced.</p> |  | <p>Ethics and Economics</p> <p>Dr. Steven Agee <i>Professor of Economics and Director</i> <i>Meinders School of Business,</i> <i>Oklahoma City University</i></p> <p>As Chairman of the Oklahoma City Branch Board of the Federal Reserve Bank of Kansas City for 2009 and again in 2010, Dr. Agee understands the ethical issues involved in economic downturns and upswings. He is President and COO of Agee Energy, LLC and is the immediate past-Chairman of the Oklahoma Energy Resources Board.</p> |
|  | <p>The Key to Good Morale on a Team</p> <p>Steven Menzel <i>Director,</i></p> <p><i>Character First! Business Development</i></p> <ul style="list-style-type: none"> • Example—Nothing is more powerful or destructive • Transparency—Not perfection but excellence • Sowing & Reaping—Why are we surprised? • Relationships—You can't avoid them • Communications—Where has it gone? • Encouragement—The missing link |  | <p>Criminal Intent</p> <p>Doug Cash, MBA, CFE, CFI, CFCI <i>Manager, Eide Bailly</i></p> <p>With over 27 years of experience investigating white collar crime, including embezzlement, money laundering, identity theft and theft by misrepresentation, Doug Cash knows the vulnerability that businesses face. This discussion will focus on warning signs that signal misconduct is occurring in the workplace.</p> |
|  | <p>Conflict, Ethics and R-E-S-P-E-C-T <i>How to disagree without being disagreeable</i></p> <p>Gayla Sherry <i>President, Gayla R. Sherry Associates, Inc.</i></p> <p>Conflict resolution and ethics? This is not a common association of terms, but conflict resolution can be effective and should be a part of ethical behavior. This session will provide insight about how to effectively identify conflict and resolve it before it escalates into extremes, such as formal complaints, litigation and even violence. The foundation for all conflict resolution is respect, which along with effective communication and resolution processes, yields positive results for teamwork and the bottom line.</p> |  | <p>Resolving Everyday Conflicts</p> <p>David Schlachter <i>Vice President, Peacemaker Ministries</i></p> <p>Conflict surrounds us. Workplace conflict impacts our home life and our family conflicts impact our workplace. In this session David will introduce biblically-based principles used in conflict resolution, which focus on resolving the material issue of the conflict, while helping the individuals preserve and restore their relationship for a lasting solution. We will also look at how those principles can be taught and implemented throughout your organization, to benefit your employees at work and at home.</p> |

Stay Tuned for Additional Sessions.

Register for one of these small-group, lunch sessions at www.okethics.org or call 405-889-0498.