



Spacecoast Technical Network

Rebuilding Our Community, One Person at a Time

Issue 2014 -#42
October 15, 2014

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[View Welcome Brochure](#)

10/17/14 Meeting This Week

Guest Speaker - Mike Ely

Michael Ely is the Principal Manager of MRKE Enterprises, LLC Michael lives in Titusville, Florida and has earned an MBA in Engineering. He is a disabled veteran and works to help other veterans as he is able.

He has been to several STN meetings and is looking forward to being the Guest Speaker for this week.

MRKE Enterprises, LLC was established in 2010, in Titusville, Florida and currently has three employees. The company has an annual revenue of \$180,000

Notice

Dear Friends @ STN,

It has been my good pleasure to be available to your group on a roughly monthly basis to offer blood pressure screenings. There has been a change in my schedule and I will no longer be working on Fridays. I will not be available for this screening any longer.

It has been a great opportunity to have this connection with the Community and the work that you are doing. May you continue to bless the unemployed men and women with the assistance and support you offer. May your work continue as long as God needs your services. Do not be disheartened or discouraged; there is a time and a season for every purpose.

God's grace and peace be yours in abundance,

Marie

Marie Hunsaker RN, BSN
Faith Community Nurse
St. Gabriel's Episcopal Church
nurse@stgabs.org
www.stgabs.org
321-362-0580

Open STN Volunteer Positions

The **Event Coordinator** position needs a new back-up .

The **Guest Speaker Coordinator** position needs a back up assistant.

**Volunteers are needed to help cook, serve and clean up
after the Friday morning STN Meetings!**

If anyone is interested in these opportunities, please contact:
[Herb McElrath](#) or [Patrick Pearce](#)

Upcoming Speakers

10/17 Mke Ely
10/24 TBD
10/31 Abby Kohut - Absolute Abby - "Linked In Guru"

If you are interested in presenting at an STN breakfast meeting, please call Martin McClellan, Speaker Coordinator at (321) 759-5955, or email at: litamartin@msn.com

Success Stories

Van Dannels has a new job with Avatar Technology supporting the Ground's KLXSII Flight Systems & Operations Integration (FS&OI) development effort

&

Gail Peek started a new position with Adecco/Ebay on Monday and had a great interview with Edward Jones in Cocoa Village.

Adecco/Ebay are still looking for more people to work either in the call center in Merritt Island or from home. They are hoping to hire another 1000 employees.

Congratulations!!!

If you have a Success Story that you would like to share with the group, please
[Contact](#) us!

Upcoming Events . . . October 2014

Oct 2014 [Goodwill Training Calendar](#)

10/15 **Business Development Focus Group - 6:00PM at Fairfield Inn**

10/17 Business Connection Luncheon - Titusville CoC - Pt. St. John Library

10/21 [RCC Brev Adult & Education North](#)

10/21 [Edward Jones Information Event](#)

10/25 [RCC No Brevard Historical Museum](#)

10/29 [Goodwill Job Center - Hiring Event](#)

10/31 [Abby Kohut- Linked In](#)

11/04 [Women Owned Business Expo](#)

If you have an upcoming event that may be of interest to our group, please

[CONTACT US!](#)

Weekly Article . . .

Sleep Deprivation, 5 tips to fight its effects!

Allright. Picture this:

It is 5AM, you can't fall asleep. You've been tossing in bed for the last 5 hours. You look at the time. Nah, it ain't happening. You know it will be another crap sleep deprived zombie day at work...

We have what you need to avoid feeling like death for the next 24 hours. Sleep deprivation, you goin' be kicked straight in the face!

1) Get up

It ain't gonna happen. The fact that you know what time it is and that you will be facing a day of feeling like crap is getting you nervous already and not allowing you to fall asleep. Time to face sleep deprivation.

If it is 3 hours before your normal waking time (e.g 7AM and it is over 4AM), get up. Go about your day as if it were 7AM. Shower with cold water preferably, shave, get your mane looking diesel, have breakfast and go. Turning up to work super early and getting the fresh urban early morning smell will wake you up. You will be able to go to work through empty streets and will soon feel clear minded (for the record, please do not drive if you do this, you will endanger yourself and others).

Staying in bed for longer to eventually pass out for 45 minutes before your alarm clock wakes you up is the worst you could be doing to yourself and the day ahead.

[Read More . . .](#)

Employment / Training Opportunities...

STN Discussion Forum Job Postings (Member Login Required)

JOB POSTINGS HAVE BEEN MOVED TO MEMBER WEBSITE!!!

JOIN STN NOW !!!

**The Spacecoast Technical Network Offers
Two Levels of Membership**

Associate Member - are seeking to re-establish their income stream. Many of our associate members have since moved on to new positions of employment. Some are starting their own business, while others have re-enrolled in an educational curriculum that will provide them with new skill sets and/or certificates for the next step in their career.

Business Support Member - offer the expertise and resources of their businesses to aid and assist the STN in its quest to strengthen the economic situation of the community. The support of the local business community is the key to the completion of all STN goals.

One Year Membership is just \$20. Contact [Herb McElrath](#), Director of Membership Services Via Email For More Information Or...

[Visit The STN Website](#)



About The Spacecoast Technical Network

The STN meets every Friday to network, share a meal, and learn from informative speakers.

The membership is over one hundred and growing weekly. STN is about securing Employment for its members, enhancing skill sets through Educational resources, and providing ongoing professional support and expertise for new and exciting Entrepreneurial efforts.

Networking begins at 8:00am. A hot breakfast is served at 8:30. Cost for the breakfast is \$4 per person. The Spacecoast Technical Network meets in the parish hall of St. Gabriel's Episcopal Church, located at 414 Pine St., Titusville.

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