

# LIFE LINE

Volume 2 Issue 2

October 2013

## Life Happens By Leslie Smith

Happy Fall greetings to one and all. Wow, I have no earthly idea how time went by so quickly since our July Conference and the graduation of Class 7. It seems like we were all together just "a couple" of weeks ago.

Time is such a funny thing. It seems to pass so slowly when I'm in the Dentist chair, but zooms by when I'm trying to complete 10 projects by 5:00pm. I think John Lennon had it right when he said "Life is what happens to you, when you're making other plans." I think that's good food for thought. Life is going to happen to us even if we try to plan out every detail.

When life seems to spiral out of control, I just have to remind myself of one of Diane's lessons...See life as a challenge and something that should be enjoyable. Our lives often move in directions we never anticipated, but trust that the unscheduled events of our lives are a form of spiritual direction.

So I ask myself did time get away from me or did life just happen? Maybe a little of both, but life is going to happen while we are making plans. I think sometimes we all need to just get out and live life. Here's to letting life happen. Hope you enjoy this edition.

## LIFE'S BRAGS

**Gay Shaffer—Plano PD—Class 1**  
Promoted to Assistant Chief of Police April 2013

**Kelle Hall—Highland Park DPS—Class 2**  
2012 Civilian of the Year

**Leslie Smith—Little Elm PD—Class 2**  
Promoted to Deputy Chief October 2013

**Tandi Dean—TCDJ—Class 3**  
Hayden Scott Dean born August 13, 2013 at 2:59pm. 7lbs and 21 inches

**Bernie Trujillo—Southern Methodist PD—Class 4**  
Promoted June 2013 to Lieutenant

**Pam Starr—Dallas PD—Class 5**  
Promoted to Lieutenant August 2013

**Susan Clifton—Pasadena PD—Class 6**  
Promoted July 2013 to Assistant Chief

**Jessica Robledo—Austin PD—Class 7**  
Promoted to Assistant Chief

**Courtney Mize—TDCJ—Class 3**  
Promoted to Lieutenant March 2013

**Lindsey Miller-Fulshear PD—Class 3**  
Promoted October 2012 to Patrol Sergeant



## LIFE

Leadership Inventory for  
Female Executives

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**Oct 28-Nov 1, 2013**  
Leadership Inventory for  
Female Executives (LIFE)

**Dec 2-5, 2013**  
New Supervisor Course  
**March 17-21, 2014**  
Leadership Inventory for  
Female Executives (LIFE)

**Send stories, brags  
and ideas to  
lsmith@littleelm.org**



The entire Command Staff of the Harris County Sheriff's Office went pink for the month of October to support the fight against breast cancer. Major Debra Schmidt (Class 6) is pinning this year's pink badge on Sheriff Adrian Garcia.

## FACEBOOK *By Sue Stewart-Taylor*

Hello L.I.F.E.rs!!!! For those of you who were not able to attend the conference, first and foremost we missed you! No, I mean we really missed you! Second, we decided we needed a way to keep in contact with each other and for each cohort to get to know other L.I.F.E.rs, so we set up a Facebook page. The group is a closed group so not just anyone can join or see comments. Some of you may not be Facebook friendly and that is perfectly fine, because you will still receive the newsletter, Lifeline. The Facebook page will be available for new members as they come through the course. The group is called **L.I.F.E Sisters**. Please look us up and request to join the group and one of the Administrators will add you. Please join us on Facebook for support, asking whatever random question you can think of, talking about families, friends, and even some work every now and again!

## Living the B+ Life By Tara Mohr @ www.taramohr.com

I've started to notice a phenomenon that I call the B+ life. In the B+ life, things are good but not great. All the right life elements are in place: good job, good friends, people you love. The checklist items are checked. The problem is, something feels off. Life feels like it is happening in black and white, rather than in full color. Something in you keeps asking, "Is this all there is?"

The first B+ life I noticed was mine. I had a job that I enjoyed, a great marriage, a lovely home, and wonderful friends. I had good health and good relationships with family. But I had a subtle, very uncomfortable sense that I was not living my right life.

I don't think of the alternative to the B+ life as an A+ one, because that implies perfection, or life as a test to ace, which is really the opposite of what I'm talking about. I think of the alternative to the B+ life as a life that you know you will conclude with a sense of, "Yes, I was really here. I really did it. I lived, I experienced, I created, I had impact." It's a life that is regularly move-you-to-tears poignant, that feels graced with joy.

You could say I've spent the past couple of years facing fears and leaving B+, and now, part of my work is helping other people do the same. If you know that your life - or a part of your life - is hanging out in the grays of B+, here's what you can do to bring it back into full color:

**Forge A Unique Path:** Leaving B+ means leaving the herd. The life that will bring *you* huge meaning and fulfillment probably doesn't look like the life your buddies or family members are leading. What really brings you joy? What matters most to you? What are your loves and longings?

**Do Your Right Work:** Your right work is the work you feel called to do, the contribution you feel called to make. I don't know anyone who is feeling thrilled and jazzed about life who is not also focused on a making a particular, inspired contribution to the world. Your real work can happen through your job, or outside of it.

**Reclaim Your Joys.** In leaving my B+ life, I came to terms with the fact that the things I really loved when I was five were, for the most part, the things that were going to make me happy as an adult. It's almost laughably simple. Then we make it complicated. Those things you loved years ago matter. Reclaim them.

**Lean Into the Questions:** Usually, leaving B+ (or B- or C- etc.) lives comes with uncomfortable and unanswered questions about what we want, what the future will hold, and how to make change in the midst of our responsibilities. As much as you can, see the questions as sources of meaning in themselves—rather than as obstacles to get over. When we see them this way, answers have a soft, welcoming place in which to emerge.

**Let Fear Be Your Companion:** Doing all of this will evoke fear. In fact it can often feel like lighting a fear bonfire underneath your booty.

There is no going after our right life without doing lots of things that will scare the heck out of us. I've come to think of it like this: I'm driving along the road of my life, and fear is the annoying guy leaning out of the minivan in the lane next to me, every step of the way. He's not in my car, and he's not in my way. He's just there, my distracting travelling companion.

I've also learned that it is possible to develop fear callouses, a kind of beneficial accustomed-ness to fear. We can get in the habit of feeling afraid every day and still making the phone call, telling the difficult truth, taking the risk. Our little egos get bopped around all the time as things work out well or not. We recover and, good news: the recovery time gets shorter and shorter as we keep choosing action alongside the fear.

Create your unique path. Do your real work. Reclaim your joys. Lean into the questions, and let fear be your travelling companion. There really is something on the other side of the B+ life. It's beautiful, and much more fun. It is waiting for you.

## DPS Mounted Patrol by Leslie Smith

DPS Lieutenant Micki Scheffler (Class 2) had a really good excuse for missing the Annual Life Conference back in July as she was putting everything together for her new Mounted Patrol Unit. Micki and one of her Corporals attended an eight week course put on by the Houston Mounted Patrol.

The program is set with a one-year pilot program but is expected to be permanent. As of July there was not anything on the DPS website yet, but the program has been approved by the DPS Colonel. Here's what Micki had to say about the process:

*"I was selected because I've ridden horses in the past. The school is very rigorous, as well, and requires a high level of fitness, so the Commander felt that I would be the best selection for completing the class. I chose a corporal to attend the class, as well, due to his knowledge of horses. We expect to be riding horses in the Capitol area by the time football season arrives. "*

*"I love animals, so it's right up my alley. I'm resisting the temptation to put some on my property, because I also love to travel, and it's hard enough with my two dogs. I got my diving license after our LIFE class and went to Honduras, and I've been "off to dive" ever since. I have trips coming up in Cozumel and Belize. Next year, I hope to dive the Great Barrier Reef in Australia, home of the great white sharks. I would have never got this done if it wasn't for LIFE telling me to get a life..."*

Words well spoken and serve as a reminder to all of us that sometimes we need to Go get a life and then let Life happen. Check out Micki's graduation photos on Page 5.



# **Strong Women. Strong Community.**



## **Are you APD Strong? Bring your strengths to the Austin Police Department**

**Join us for a Women in Law Enforcement  
Recruiting Event**

**Saturday, October 19, 2013 • 10 a.m.-1 p.m.  
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**Career Paths and  
Promotion Opportunities**

**Recruiting and Training**

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**[apdrecruiting.org](http://apdrecruiting.org)  
512.974.4211**



**Please email [recruiting@austintexas.gov](mailto:recruiting@austintexas.gov) if you plan to attend.**



# LIFE

## Class 7

**July 29, 2013 to August 2, 2013**

**Congratulations**



**First Annual  
LIFE  
Conference  
July 24, 2013 to July 26, 2013**