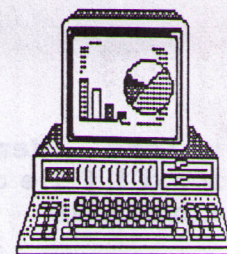


# IBM Mid-Range Computer Users Group



President: Max Thomas - 264-2501 Vice President: Steve Walker - 264-1442  
Secretary: Alan Judson - 763-6650 Treasurer: Dan True - 565-2483

## OCT. MEETING

At our October meeting Ms. Valerie Hale talked about stress.

Stress causes changes in our blood chemistry, ulcers, headaches, inattention and reduced effectiveness.

The stress we put on ourselves is the most damaging. We must realize that we cannot control events in the outside world. We must slow the process.

We tend to think we have to get it right, be perfect. We are a human being, a person, we make mistakes, we are not perfect, we can only do the best we can and leave the rest to others. We sometimes think that if we didn't do something just right, we are failures. This is black and white thinking, there is nothing in between. This is one way we put a lot of stress on ourselves. We must realize and remember that we cannot do it all. There are things that we cannot do perfectly.

Valerie indicated that how we view things that involve us has a lot to do with our stress level. She went on to explain ways in which we can manage conflict.

As humans we can reduce our stress level by getting regular and adequate amounts of sleep. It also helps to get some regular exercise. We can also learn simple but effective ways to relax.

If we are to be effective we must learn to manage and reduce our stress level.

## NOV. MEETING

Our November meeting will be held on **Thursday, Nov. 12th.**

The meeting has been moved because of Veteran's Day. Our speaker will be Mike Saville. Mike is a CE with IBM and he will be talking about preventive maintenance that we can do. Mike will also discuss the logs that we should be reviewing regularly and what we should be looking for in them.

A little preventive maintenance and time spent reviewing logs can go a long way toward helping us keep our systems running smoothly. The meeting will be held at the Murray City Office at 11:00am. Please be prompt.

## ANNOUNCEMENTS

The November MPA meeting will be held Wed. the 18th, at 6:00pm. sharp, at COMPHEALTH, Woodlands Plaza, Suite 300, 4021 South 700 East, Salt Lake City.

## REMINDERS

DUES WERE DUE SEPT. 1, 1992. If you have not yet paid your dues, please do so as soon as possible.

## TIPS

IBM has advised us that any customer who is planning to upgrade to V2R2 and has Memorex terminals should contact Memorex prior to trying to install V2R2. If you are using a Memorex terminal as your system console, the install will hang



unless Memorex has modified your terminals.

Do you have a copy of all of your system values? This would be v e r y g o o d documentation to have. You can print all of the system values by issuing the following command:

WRKSYSVAL \*ALL \*PRINT

HELP

Dan True ask about connecting a CD ROM drive through a token ring network. Anyone having information on how this can be done should contact Dan at 801-565-2483.

Bank of American Fork is looking for someone who has C installed on an AS/400. Please contact Alan Judson at 801-763-6650.

At our October meeting a question was ask about using a spreadsheet on the AS/400. Any of our members who have a spreadsheet package installed on their AS/400 should contact one of the officers. We would like to know how you like it and what comments and suggestions you would have.

Bill Rice from Chums in Hurricane is

looking for someone who would be interested in a reciprocal disaster recovery agreement. Bill has an E10 with 1GB of DASD. If you are interested or can help Bill out please give him a call.

UPCOMING CLASSES

The following class will be held in Salt Lake City.

PC Support/400 for the Implementer/User.  
Date: 12/8, 1 day,  
\$350/student. Course  
# EM358.