

MoTIMES



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A DIVISION OF THE PNN - THE POSITIVE NEWS NETWORK

JUNE 13, 2008

A Warm Mo's Welcome

Please welcome Jamie Vassallo, V.P. of Purchasing for Mo's Restaurants. Jamie has spent his entire career in the restaurant industry. He has been on both sides of the purchasing process. For 16 years he has ran Johnny V's Classic Cafe in West Allis and prior to that he was a Sales Representative for U.S. Foods for 4 years. Jamie has been hired as the V.P. of Purchasing to purchase food and solve issues that arise with purchasing. He will also assist with the development of new restaurants by purchasing small wares and equipment, as well as equipment maintenance.

Jamie and his wife Ryann have two daughters, Anna, 2 and Isabella, 8 months. Jamie is excited to join the GRS team and looks forward to growing our business. Please give Jamie a warm welcome to the Mo's family.

HAPPY BIRTHDAY

Mo's...A Place for Steaks (Mke)

Ashley Robel - 6/13

Prospero Beltran - 6/14

Mo's...A Place for Steaks (Indy)

Christian Pina - 6/19

Mo's Irish Pub (Tosa)

Antonio Fernandez - 6/13

Carrie Curry - 6/15

Crystal Boeshaar - 6/18

Ryan Buenning - 6/20

Mo's Irish Pub (Noblesville)

Tracie McCrary - 6/16

Jorge Fuentes - 6/17

Amanda Bergman - 6/20

Monsoon Wok & Lounge

Patricia Gil Bautista - 6/16

QUOTE OF THE WEEK

The Model "T" Why "T"?

Because Ford had gone through A-S before being successful in producing and marketing the "T".



#1 in Sales Growth Monsoon Wok & Lounge (Hou)

+60.7%

Congrats to Tristan, Tramell, Rosanna, Alfonso and the whole team!

HAPPY ANNIVERSARY

9 Years in Business

Mo's...A Place for Steaks (Milwaukee)

6 Years of Service

Mary Kay Reuhl

Mo's...A Place for Steaks (Mke)

3 Years of Service

Dan Wycklendt

Mo's...A Place for Steaks (Mke)

1 Year of Service

Kim Palmer

GRS, LLC

Nicole Albrecht

Mo's Irish Pub (Tosa)

Gustavo Reyes

Monsoon Wok & Lounge

Christina Avakian

Mo's Irish Pub (Mke)

Alexandra Palus

Mo's Irish Pub (Tosa)



#2 in Sales Growth Mo's...A Place for Steaks (Indy)

+46.9%

Congrats Jeremiah, Lisa, P K, Barry, Chris and the whole team!

Core Value #1 - Competitiveness

Satisfied Customers

Comments from Online Customer Satisfaction Surveys

Mo's Irish Pub (Mke)

Date: 6-3-08 Server: Jaime G

The live music was awesome. The food was great. The atmosphere was awesome!

Mo's...A Place for Steaks (Mke)

Date: 6-6-08 Server: Can't remember

I enjoyed the 2nd waitress we had. The first took the entrée order and that was it. The next came back and talked with us explained things to us, I wish I remembered her name...she has great customer service.

Mo's Irish Pub (Mke)

Date: 5-29-08 Server: Dawn

The bartenders were quick to take my order and then followed by serving my order in a even faster manner. I ate the appetizer Shalaylee and it was delicious. I was also thinking of eating the Shepherd's Pie; which is another delicious plate.

Mo's Irish Pub (Tosa)

Date: 6-6-08 Server: Nora

Nora was very friendly. She greeted us promptly with a smile. She recommended we try the Sampler platter since it was our first time here which ended up being delicious. Throughout our meal she checked on us and always made sure our drinks were full. The food was delicious. Nora was very nice and professional. We both enjoyed the atmosphere of the restaurant.

Mo's Irish Pub (Mke)

Date: 5-30-08 Server: Amanda

Downtown dining week made it very busy, yet we still received great service (not to mention the food was great.) Great service, great food, great price.

TIME MANAGEMENT TIP

Make the meeting short! Most managers say that at least one-half of their meeting time is wasted. That averages out to 5 hours per week, 250 hours per year for each person involved. Wow! Make it a goal to cut your meeting time in half. If people are prepared before they arrive, most meetings could be accomplished in half the time.

Cottrell, David and Mark C. Layton. 175 Ways to Get More Done in Less Time. Dallas: Cornerstone Leadership Institute, 2004.



MILWAUKEE

Brewers vs. Twins

June 13, 7:05 p.m., Miller Park

Brewers vs. Twins

June 14, 6:05 p.m., Miller Park

Brewers vs. Twins

June 15, 1:05 p.m., Miller Park

Father's Day - June 15th

Mo's...A Place for Steaks Open 4-8 pm

Brewers vs. Blue Jays

June 17, 7:05 p.m., Miller Park

Brewers vs. Blue Jays

June 18, 7:05 p.m., Miller Park

Brewers vs. Blue Jays

June 19, 1:05 p.m., Miller Park

American Association of Family and Consumer Sciences;

June 19 - 22, Midwest Airlines Center

HOUSTON

Astros vs. Yankees

June 13, 7:05 p.m., Minute Maid Park

Astros vs. Yankees

June 14, 6:05 p.m., Minute Maid Park

Astros vs. Yankees

June 15, 1:05 p.m., Minute Maid Park

Jonny Lang with Dave Barnes

June 19, Verizon Wireless Theater

Indianapolis

IN vs. KY All-Star Game

June 13, 6:00 & 8:00 p.m., Conseco

Indiana Fever vs. San Antonio

June 15, 6:00 p.m., Conseco

Indiana Fever vs. New York

June 18, 7:00 p.m., Conseco

Noblesville

Jack Johnson

June 13, 7:00 p.m., Verizon Wireless

Rascall Flatts

June 14, 7:00 p.m., Verizon Wireless

Attitude: Your Choice, Your Chance

In aviation, the word "attitude" is a term that refers to the angle that the plane meets the wind, if the wings are level with the horizon and whether the aircraft is climbing or descending. The pilot who fails to take responsibility for the attitude of his or her aircraft is in serious trouble. And likewise, any leader who fails to control his or her thoughts and take responsibility for their attitude runs a similar risk.

As a manager, you not only set the pace for your team, but you're responsible for setting the tone as well. For better or worse, the leader's attitude is contagious and permeates throughout their organization. Positive, upbeat companies are always led by positive, upbeat managers.

While we're not always able to control our circumstances, we can and must control how we respond to life's difficulties, setbacks and challenges. We have a choice about how our day is going to be.

How often do you talk to yourself and what do you say? Research in the field of psychology indicates that the average person maintains an ongoing mental dialog, or "self-talk," of between 150 to 300 words per minute. Unfortunately, not all of these thoughts are positive. In fact, it has been estimated that of the thousands of thoughts we have each day, approximately 40 percent of them tend to be negative and self-critical in nature.

Most of us are generally unaware of this negative background chatter, let alone its sabotaging effect on our emotional state, performance and well-being.

"Watch your thoughts, for they become words. Choose your words, for they become actions. Understand your actions, for they become habits. Study your habits, for they will become your character. Develop your character, for it becomes your destiny." —Anonymous

Earl Nightingale, cofounder of the Nightingale-Conant Corp., concluded that life's "strangest secret" is that you become what you think about all day long. If you want to know where your predominant thoughts lie and what you believe, look at

what you're experiencing in your life. Your thoughts are creative by nature and express themselves through your emotions, which in turn, drive your actions. Everything you say both positive and negative is in fact an affirmation and reflects your belief.

Whatever you think, feel or say about your life today is the scaffolding that builds the events you will experience in the future.

Affirmation and Positive Self-Talk

William Shakespeare said, "nothing is good or bad, but thinking makes it so." The first step in the process of changing your belief system is to monitor your thoughts and the next step is to control them through the power of choice. Once you become conscious of the critical aspects of your internal dialogue, you can choose to reframe your negative thoughts by substituting affirmative statements.

World-class athletes understand the value of affirmation and recognize the impact of their mental preparation on their physical performance. They use the power of positive affirmation to reduce anxiety and increase their expectation of achievement. To be of maximum benefit an affirmation must be simple, encouraging and stated in the present tense.

By repeating an affirmation over and over again it becomes embedded in the subconscious mind.

Do affirmations really work and can they propel a person to greatness? As a teenager beginning his boxing career in Louisville, Ken., Cassius Clay would frequently affirm, "I am the greatest of all time!" While many considered him boastful and few took this 89-pound, 12-year-old seriously, Muhammad Ali used the power of affirmation to become the greatest boxer of all time and arguably the most recognizable sports figure in the world.

Henry Ford was right when he said, "Whether you think you can or think you can't—you're right." Your belief system, like your computer, doesn't judge what you input; it simply accepts it as the truth. The key to cultivating and maintaining a posi-

tive mental attitude is to use your power of choice and take control of your thinking. It's a challenging task to develop a calm, focused mind, but well worth the effort.

Action Plan

Here are some suggestions to help you have a good day every day.

1. Establish the habit of getting up early.
2. Upon rising, read or listen to something positive and inspirational. Clinical studies indicate that our mind is most receptive to suggestion during the first 15 minutes upon awakening.

Here are some books that will help you start your day off on the right foot:

[How I Raised Myself From Failure to Success in Selling](#)
by Frank Bettger

[The Magic Of Believing](#)
by Claude M. Bristol

[You'll See It When You Believe It](#)
by Dr. Wayne W. Dyer

[The Power Of Positive Thinking](#)
by Dr. Norman Vincent Peale

[Think and Grow Rich](#)
by Dr. Napoleon Hill

[Psycho-Cybernetics](#)
by Dr. Maxwell Maltz

3. Take a few moments to consider the upcoming activities of your day. Visualize events flowing. See people accept your ideas and your day unfolding in a harmonious and productive way. This is a good time to verbalize your affirmations.
4. Take time for some physical exercise.
5. At a convenient time, take a 10-minute mental break to relax and replenish your energy.

Article by John Boe

Saturday, August 16, 2008

Take a Step with Mo's Irish Pub in the Fight Against Arthritis



Get Ready to Lace Up those Sneakers!

As the weather warms up, it's time once again for the Milwaukee and Wauwatosa pubs to get ready for the Arthritis Foundation's annual Run/Walk to Irish Fest and Pub Challenge. Over 30 area pubs compete in the Pub Challenge each year. Points are earned by selling shamrocks and recruiting team members to join our run/walk team (1 team member = 5 points; 1 shamrock = 1 point.) This year will be Mo's Irish Pub's 5th consecutive year competing in the Pub Challenge. With a motivated staff ready to sell shamrocks and recruit team members, Mo's Irish Pub expects to prevail as the Pub Challenge Champion for the for the 5th straight year. The downtown Milwaukee staff said they are committed to recruiting at least 2 team members per person. As an extra incentive to sell shamrocks and raise money for the Arthritis Foundation of Wisconsin, Operating Partners Jeremy Pust and Mark Antczak will award prizes to their staff members selling the most shamrocks.

ALL Mo's Restaurants employees are strongly encouraged to join Mo's Restaurants Founder and the Arthritis Foundation's Run/Walk to Irish Fest's Honorary Chair, Johnny V, along with 1,500+ of your friends and co-workers in support of the Arthritis Foundation by adopting shamrocks, recruiting team members and participating in the run/walk that will take place along Milwaukee's beautiful lakefront on Saturday, August 16, 2008 at 10:30 a.m.

To register, please visit www.MosIrishPub.com and click on the link to join our team or request an entry by e-mailing jennifer@mosrestaurants.com.

Arthritis Foundations Run/Walk to Irish Fest

Date:
Saturday, August 16

Time:
10:30 a.m.

Place:
Henry Maier Festival Park
Downtown Milwaukee

Registration Fee:
Adults: \$20 / Children: \$12

Added Value:
Receive FREE admission into Irish Fest (until 3 p.m. on race day) and an official T-shirt

Incentive Program:
Beat Johnny V and receive a \$10 Mo's coupon!

The Race to Sell Shamrocks begins Monday, June 16th

