

# Dolphin Tales

## OFFICER'S CORNER

Hello Chapter Members,

Wow! The end of my year is already here, and it has passed faster than I expected. I want to thank each of you for the opportunity to lead our chapter and all the help and encouragement I have been given. I have learned much and grown personally and I thank each chapter member for your part this year!

I read something recently about leaving a legacy for your family. It made me think about what kind of legacy I am leaving our chapter. I hope I will be remembered as a positive leader; a leader who cared and encouraged. I have told you the importance IAAP has made in my life and career in hopes that you take advantage of the opportunities this organization and chapter offers. Just networking with wonderful people leads to new friends and help you can rely on through all the different talents and knowledge these new contacts have. I appreciate each of you!

We have accomplished a number of things this year. We have had successful fundraisers and had fun working them together. We have given back to the community in service projects. We presented a fantastic seminar many people benefited from. We held a great Impact Meeting and an informative New Member Orientation. You are all such awesome members!

We have earned the Chapter of Excellence again this year. At T/L Annual Meeting, our chapter won the certificate for the most percentage of attendees for our size chapter. Congratulations go to Annette! We ask her to apply for DEMOTY of the year and we are so proud that she had the distinguishing honor of placing in the top four! I have earned the President's Award and the Member of Excellence again. There is still time and I encourage each of you to apply for the Member of Excellence.

The theme this year was Power of Commitment and our Chapter members have earned that title. We want to carry commitment forward with our new officers. Congratulations to Annette as we offer her our support and her slate of officers, including Rhonda, Karla, Cathy and Georgina. Again, thanks to all of you great members who have volunteered to step into Chairs and for those committee members. Our great chapter will continue to grow and help us all further in all areas of our lives.

Thank you all,

Janine Cmaidalka, CPS/CAP

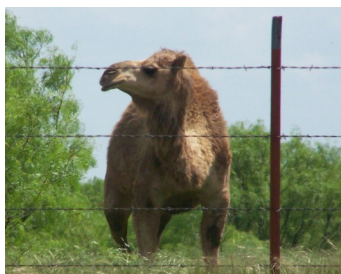


**Janine Cmaidalka**  
**CPS/CAP**  
**GCC President**

June 2010

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I'm not sure what the G/C attendees did at T/L—but they saw this camel between Park & Electra and the gorgeous rock is The Light House rock at Palo Duro Canyon!!!

Karla Villeneuve, Annette Barham, Renee Percy & Georgina Eastmond at T/L



Karla Villeneuve and Georgina Eastmond at T/L (I'm sure that is a soft drink in their glasses)



Back Row: Janine Cmaidalka, Renee Percy, Bobbie Guyton, Georgina Eastmond, Janet Kidd

Front Row: Karla Villeneuve and Annette Barham Dressed up and looking pretty at T/L!!!



Lynne Purdue presenting Renee Percy with the Award of Excellence!!!!



Working the garage sale—making us money!!



### Let's Face It!

Did you know that our chapter now has a FaceBook Page? If you answered no, please look us up and join the group and help to spread the word! It is set up so that anyone can post to it and offers a great opportunity to share upcoming events, job opportunities, kudos, etc. We'll be looking for you there! Here is the direct link to our FaceBook Group Page.



## Up Coming Events

### Up Coming Events

#### Monthly Chapter Meetings

Kelly's Restaurant, Texas City

5:30 pm to 8:00 pm

#### June 3, 2010

Succession Planning presented by  
Michelle Spradley (T/L Board)  
(1 recert)

Installation of Officers

#### July 1, 2010

Monthly Chapter Meeting

#### August 5, 2010

Monthly Chapter Meeting

## Save the Date

### Save the Date

#### 2010 Educational Forum and Annual Meeting

July 18-21

Boston, Mass.

#### IAAP Clear Lake / NASA Annual Seminar

Thursday, September 30, 2010

<http://medctr.iaap-hq.org/IAAPHQ/MedicalCenter>

(Click meetings & Events Tabs)

6 recertification points



## Congratulations from MAY 2010 GCC Meeting

### Good of the Order:

Congrats to Rhonda Driver—her granddaughter is an International model for GAP!

Congrats to Debbie Grounds-Sanders—her grandbaby Macy turned 2!!!

Way to Go!! Karla Villeneuve and Rhonda Driver received their Member of Excellence!



### Door Prizes:

The big winners for door prizes were Annette Barham,

Rhonda Driver, Lisa Romero, and Pam Stout!!!

### Recognize Excellence Among Us:

Lynne Purdue CPS/CAP

recognized Renee Pearcy CPS/CAP



# SKIN CANCER

Submitted by Teresa Ramirez

I was privileged to participate at Galveston's Relay For Life event on April 30, 2010.

Our team's mission statement was Skin Cancer. As summer approaches, I would like to share this important information.

## Skin cancer is the most common cancer in the world!

With more than 13 million cases diagnosed annually. One of every three cancers diagnosed is a skin cancer, and up to 65,161 people die every year from skin cancer. The incidence of melanoma continues to rise at a rate faster than that of any of the seven most common cancers. Each year in the U.S. there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon. Almost 9,000 people die from melanoma in the U.S. every year. Ninety percent of melanoma skin cancers are associated with exposure to ultraviolet radiation from the sun. A person's risk for skin cancer doubles if he or she has had five or more sunburns. Just one blistering sunburn in childhood more than doubles a Caucasian's chances of developing melanoma later in life.

## What is skin cancer?

There are 2 main types of skin cancer. Keratinocyte cancers (basal and squamous cell skin cancers) and melanomas.

**Basal and Squamous** cell skin cancers are the most common cancers of the skin. They develop from cells called keratinocytes, the most common cells in the skin.

**Melanomas** are cancers that develop from melanocytes, the cells that make the

brown pigment that gives skin its color.

## What are some causes of skin cancer?

Skin cancers are one result of getting too much sun, but there are other effects as well. The short-term results of unprotected exposure to UV rays are sunburn and tanning, which are signs of skin damage. Long-term exposure can cause prematurely aged skin, wrinkles, loss of skin elasticity, dark patches (age spots or liver spots) and pre-cancerous skin changes (such as dry, scaly, rough patches called actinic keratoses).

## AVOID THE DANGER WITH THESE PREVENTATIVE MEASURES:

### Cover Up – Slip, Slop, Slap and Wrap

**Slip** on a shirt

**Slop** on sunscreen with an SPF factor of 15 or higher

**Slap** on a hat

**Wrap** on sunglasses to protect the eyes and sensitive skin area

Avoid tanning beds and sunlamps; they can be a risk factor.

Get your skin checked by your doctor.

The incidence of skin cancer can be dramatically reduced through education, behavior modification, and early detection. For more information call your local American Cancer Society or dial 1-800-ACS-2345.

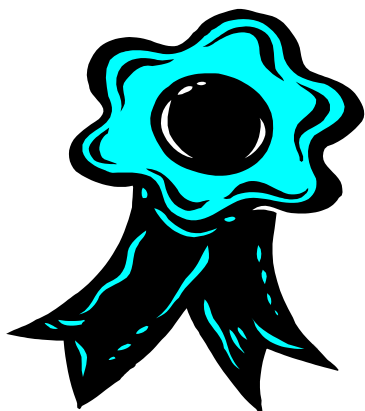
Be safe this summer so you can enjoy many future summers.



## Member of Excellence:

Submitted by Rhonda Driver

1. Be a current CPS and/or CAP holder
2. Sign the online Member of Excellence Commitment agreement
3. Actively participate in the IAAP web community forum discussions or submit an article for an IAAP publication (chapter, division, or international level)
4. Attend non-IAAP professional educational workshops, seminars and conferences
5. Hold a degree, certificate or equivalent (a minimum one year in length) from an accredited college or earn a Microsoft certification
6. Pay membership dues on or before anniversary date
7. Serve as a chapter, division, or international officer, committee chair, or committee member, or serve as an RTF Trustee, or serve on a Student Chapter advisory board or the school's advisory board for the office administration program
8. Conduct a public presentation, program or training
9. Attend a minimum of eight chapter, division or international sponsored meetings, programs or events
10. Recruit a least one new member
11. Integrate IAAP membership and involvement into annual performance plan or review



## CONGRATULATIONS!!

Renee Percy CPS/CAP—Thank you for running for division office—you inspire us all with your determination! Thank you!!!

Annette Barham CPS/CAP—Applied for DMOTY and placed in the top 4—Way to Go!! Thank you for representing GCC!

Janine Cmaidalka CPS/CAP—Earned the President's Award—We are proud of you! Thanks.

Galveston County Chapter—Earned the Chapter of Excellence Award for 2009/2010!!!!

Galveston County Chapter—Had the highest percentage of attendees at the T/L Meeting for a chapter of our size! Way to go T/L attendees!



## CONGRATULATIONS !!!

### 2009—2010 “Members of Excellence”

D. Annette Barham CPS/CAP  
 Janine Cmaidalka CPS/CAP  
 Rhonda J. Driver CPS/CAP  
 Catherine K. French CPS/CAP  
 Janet Kidd CPS/CAP  
 Lynn M. Wyatt Maida CPS/CAP  
 Tina Renee Percy CPS/CAP  
 Pam Stout CPS/CAP  
 Karla Villeneuve CPS

## T/L Annual Division Meeting Submitted by Bobbie Guyton CPS/CAP

I had an opportunity to attend my first Texas Louisiana (T/L) Division Annual Meeting. This year's meeting was held in Amarillo, May 14—16, 2010. While I must admit, I didn't pack appropriately (44-70 degrees), the information I obtained and the people I met were well worth the temperature modification. I couldn't believe I didn't Google the weather prior to packing. I'm usually very organized, maybe a little to the extreme, when it comes to trip planning; after all, that's the majority of what I do in my current job.

I would like to share with you some important things I learned and hope you will find them as useful in your personal and professional life as I have. One of the speakers, Sharon Miner, former assistant to the late Senator Teel Bivins, presented "Staying the Course." To paraphrase, she shared her journey in which her dream was to be a politician since she was in the 8<sup>th</sup> grade or so. While she began college, she withdrew because of racial discrimination. She went on to marry, work a job she really didn't feel was her course and be a mother to her son. Her husband convinced her to resign because he knew they would survive. Sharon still had the dream to become a politician. She returned to school to fulfill her dream and the rest is history. Sharon reminded me of the things I often hear family and friends say, "you can do whatever you put your mind to." Noted below are some of the things Sharon shared with us.

There are no coincidences in life  
Power of words  
People are the key to success  
When obstacles come, go through them  
Persevere—push through so others can follow (this is not for yourself, but others)  
Days on this earth...are days on this earth (settle it)  
Find a way to help other people, it helps them, but grows you  
Help the community; you get to be the heart of someone else's dream

I really didn't understand what all the fuss about T/L was, but now I know! There were several other great speakers and so much positive motivation. I only hope you guys can see the value in this annual meeting and make every opportunity to attend next year (it's a little closer to home). Save the date, T/L Division Annual Meeting for 2011 will be held in Houston, at the Greenspoint Crown Plaza, May 13—15. The conference is entitled, "What's in Your Toolkit?"

***Hmmmm: Why do they put Braille on the drive-through bank machines?***

***One nice thing about egotists: They don't talk about other people!!!***

***If one synchronized swimmer drowns, do the rest drown too???***

Publication committee: Lee Ann Hendley (leeann.hendley@enbridge.com) and Lynne Purdue (lynne.purdue@centerpointenergy.com). The Galveston County Chapter Newsletter "Dolphin Tales" is a monthly publication. The deadline for submission of materials is the following Monday after the monthly chapter meeting each month.



## Thoughts & Ponderings . . .

### Texting while driving . . .

Did you know that if you text or email while driving you up your chances of a wreck by 23-fold?? Your reaction time is slowed by as much as 30%!!! Calling is safer, but pulling over or just not doing any of the above is the way to go!

Be safe out there!!!

### Relax to Remember . . .

All of our lives are out of control busy which makes us anxious and stops our brain from being able to take in new information—not to mention being able to remember anything!

A study at the University of Rochester found that taking regular deep breathes will help you remember more and retain what you are learning.

Walking and yoga also help to quiet your mind.

### Declutter your Life . . .

Sell it secondhand—Sell your slightly used (or maybe never used!) stuff to: Play It Again Sports, Plato's Closet, Music Go Round, Buffalo Exchange and GameStop

Sell it online—Just remember—no matter how much you don't like it—someone else will!! Sell it on amazon.com, ebay.com or craigslist.org!

Donate it—Receive a tax deduction (Right!!!) for donating stuff to goodwill.org or salvationarmyusa.org

Toss it—when all else fails—declutter

## Websites to Checkout . . .

[www.kitchenbug.com](http://www.kitchenbug.com)— Recipes created and tested by members, handy cooking instructions and networking

[www.cookstr.com](http://www.cookstr.com)—Recipes by top chefs, easy to search

[www.wouldhavesaid.com](http://www.wouldhavesaid.com)—Cute website for whatever unfinished business you might have!!! Get it off your chest!

## Health & Wealth . . .

### Want to keep your teeth healthy?

Fruit drinks, sodas and citrus juices have sugars and acids that eat away your tooth enamel. Stick with water, coffee or tea (without sugar, milk or lemon) if you want to keep those pearly whites healthy!

### Medicine Chest Must-Haves

The following two medicines can save your life while you are waiting for the ambulance:

Aspirin (325 mg, not baby) to chew on in case you or a guest has a heart attack

Liquid Benadryl—in case of a life-threatening allergic reaction

### Think about a ROTH IRA

Don't let the name fool you. Even though a Roth IRA was designed as a way to help you save for retirement, you don't have to use it that way. In fact, when it comes to Roth IRAs, you have a lot of choices -- even ones that aren't available with traditional IRA's. Ask about the benefits at your financial institute.



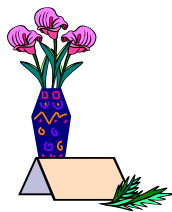
## *JAAP Anniversaries*

**Kathy Schwertner CPS June 2002**

**Lynn Wyatt Maida CPS/CAP July 1996**

**Linda Linquist July 2009**

**Beverly Zingrich July 2008**



## *JAAP Birthdays*

**Bobbie Guyton CPS/CAP June 13**

**Tina Pennington June 17**

**Teresa Ramirez June 17**

**Kathy Schwertner CPS June 21**

**Joyce Crow June 24**

**Margaret Cuellar July 3**

**Catherine French CPS/CAP July 15**

**Phraulene Deats July 19**

**Darlene Bordelon July 24**



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