

Dolphin Tales



OFFICER'S CORNER

CPS Exam Study Group is On

Written by: Karla Villeneuve, CPS
IAAP Galveston County Secretary and
Education/Certification Chairperson

Our chapter's study group is up and going strong. We started last week with the first chapter of the Management book and are hunkering down to study as many chapters as we can for the CPS exam. We have a couple of people who are studying for the May exam and one studying for the November exam. I believe this is a wonderful way to study if you have been out of school for a while. It is way better than trying to study by yourself. I've tried it and it didn't work for me.

The group meets on Wednesday nights at 6:15 p.m. We meet in one of the conference rooms at the League City Land Management Office. This is the same building as Amegy Bank in League City, 305 E. Main Street on the corner of Houston Avenue and FM 518 (Main Street).

So you may ask yourself, what are the benefits of giving up your Wednesday nights?

Benefits of a Study Group

Person leading the study group has already taken the exam (and hopefully passed it!)

Valuable information on how & what to study
Camaraderie you'll gain
You are not alone

Probably the best benefit is the friendships you gain. So, think about joining our study group. Who knows you could pass all three parts of the exam and be our next member with their certification.

April 2010

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Mary Contreras pins new member Beverly Cherry

Bob Scott making us laugh at our Seminar on March 6th!!



Lisa Romero with guest speaker Dale Osberg from Avery

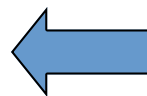
Lynne Purdue & Joyce Crow— Excellence Among Us!!!!



Galveston County Chapter members at the March 6th Seminar!!!!



OPPORTUNITIES:



The CPS/CAP Society is collecting cards in support of Cards for Cancer Day! If you would like bring your cards to the April 1st meeting Janine will get them to the CPS/CAP Society

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.



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.

Up Coming Events

Up Coming Events

Monthly Chapter Meetings

Kelly's Restaurant, Texas City

5:30 pm to 8:00 pm

April 1, 2010

Five Legal Tips for Estate Planning Peace of Mind presented by **Barbara Epperson, Attorney at Law** (1 recert)

Nomination of Chapter Officers

April 10, 2010

GARAGE SALE !! Bobbie Guyton's house

7:00 am set up / 8:00 am sales start

May 6, 2010

Enhancing Your Career Through Mentoring presented by Renee Pearcy CPS/CAP (1 recert)

Election of Chapter Officers

June 3, 2010

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

Installation of Officers

Save the Date

Save the Date

T/L Division Meeting

Amarillo, TX

May 14-16, 2010

www.tldivisioniaap@yahoo.com

APW Brkfst / Woodlands Area Chapter

Woodlands Water Way

April 20, 2010

www.iaap-wac.org

Capital Chapter Seminar

Austin, TX

April 20, 2010

www.iaap-austin.org

City of Houston Annual Admin Prof Conf

George R. Brown Conv Ctr

May 12, 2010

For Info Contact:

Debra.pruitt@cityofhouston.net

The Seven Women Project Book Launch Party!!!

Junior League

1811 Briar Oaks Lane

April 29, 2010

www.karenmccullough.com



Congratulations from March 2010 GCC Meeting

Good of the Order:

Thanks to Lynn Maida for redoing our Chapter of Excellence Banner

Rhonda Driver recertified!

Congrats to Kathy French who's daughter passed the Indiana Boards to be a registered nurse!

If you want to support Teresa Ramirez in the Relay for Life go to: www.relaygalveston.com and make a donation!

Name Tag Contest Winners:

Janet Kidd won a Sonic Gift Card!!



Door Prizes:

Door Prize winners were: Debra Grounds-Sanders, Kelly Henson, Lynne Purdue and Teresa Ramirez!



Recognize Excellence Among Us:

Joyce Crow pinned Lynne Purdue

Committee Descriptions & Openings for 2010/2011

Written by Annette Barham CPS/CAP

IAAP Galveston County President-Elect

Just wanted to keep the chapter abreast of how we are doing on getting committee chairs and committee members. I truly appreciate all the members that have stepped up and agreed to either chair or be a member of our committees. Every committee is very important to our chapter. There are still several committees that do not have a chairperson and several that do not have any committee members. I am still looking to fill all the committees before June 2010.

I thought I would let you know what each committee does for our chapter and our members. Here are the descriptions for each committee and who is on the committee. Please read them and decide if one of them sounds appealing to you and maybe you want to join that committee. Let me know and I will add you to the list.

Committee	Chair	Members
Administrative Professional Event - shall plan and coordinate all activities during Administrative Professionals' Week.	Need Chair	Need Members
Administrative Professional of the Year Committee - shall be comprised of the last five Chapter APs. This committee shall select the current AP, the criteria for selection is who the committee agrees has provided outstanding service to the chapter.	To be determined by Admin of the Year	Bobbie Guyton CPS/CAP Janine Cmaidalka CPS/CAP Renee Pearcy CPS/CAP Kristi Keel CPS/CAP Rhonda Driver CPS/CAP
Arrangements - Responsible for selecting a site and menu, provide decorations, invitations, etc., as necessary for all Chapter functions.	Need Chair	Need Members
Bylaws and Standing Rules Committee shall: <ul style="list-style-type: none">• Maintain conformity in Chapter Bylaws and Standing Rules with the International and Division Bylaws and Standing Rules.• Edit and/or correlate all proposed amendments to these Bylaws and Standing Rules and submit together with the committee's recommendations and reasons for the recommendations to the Board of Directors.• Propose amendments to these Bylaws and Standing Rules.• Submit Chapter Bylaws and Standing Rules and/or adopted amendments thereto, the Division Bylaws and Standing Rules Committee for review.• Assist the Board of Directors in preparing and submitting amendments to the Division and International Bylaws and Standing Rules.	Karla Villeneuve CPS	Bobbie Guyton CPS/CAP



Committee Descriptions & Openings for 2010 / 2011 Cont'd ...

Committee	Chair	Members
<p>Education - CPS - CAP Committee shall stimulate interest and encourage participation in the CPS & CAP programs, keep Chapter members apprised of the latest secretarial techniques, and plan educational study sessions and programs for the membership. This committee will also be responsible for maintaining and distribution of educational material with the Virtual Library.</p>	Karla Villeneuve CPS	Mary Contreras
<p>Executive Event Committee - shall plan and coordinate all activities for an event that honors Boss' Day. This event is held in place of the October monthly meeting. This committee also secures and coordinates the essays for "Executive of the Year" award.</p>	Need Chair	Teresa Ramirez Kelly Henson Janine Cmaidalka CPS/CAP
<p>Programs Committee shall plan special functions and educational programs for Chapter meetings.</p>	Kelly Henson	Renee Pearcy CPS/CAP Rhonda Driver CPS/CAP Lisa Romero
<p>Pictorial Directory Committee shall obtain photos and information on each chapter member and make copies available at monthly meetings for inclusion in members' pictorial directories. Provide each new member with a pictorial directory.</p>	Need Chair	Need Members
<p>Nominations Committee shall:</p> <ol style="list-style-type: none"> 1. Review the qualifications of all candidates for office. 2. Submit to the members a slate of one or more candidates for each office at the March meeting. 	Chris Romair CPS/CAP	Need Members
<p>Newsletter (Bulletin) Committee shall have as its primary responsibility the publication of Galveston County Chapter News to include Chapter, Division and International news items. Chapter officer reports, approved original articles by members, authorized committee releases, and other items as approved by the Board of Directors.</p>	Need Chair	Need Members
<p>Membership Committee - shall seek ways to maintain and increase membership in the Chapter. Responsible for installing new members at monthly meetings and coordinating the annual Impact Meeting. Membership / Impact Meetings—New & Retention</p>	Renee Pearcy CPS/CAP	Rhonda Driver CPS/CAP
<p>Hospitality Committee - shall greet members and guests at planned events.</p>	Rikki Killebrew	Teresa Ramirez Janet Kidd

Committee Descriptions & Openings for 2010/2011—Cont'd . . .

Committee	Chair	Members
Retirement Center Trust Committee shall promote interest in IAAP retirement centers and devise and promote projects to raise funds for the IAAP Retirement Centers Trust Fund.	Mary Contreras	Need Members
Publicity/Historian Committee shall coordinate with local newspapers to advertise upcoming events and publish newsworthy activities of the Chapter.	Georgina Eastmond CPS/CAP	Need Members
Scholarship Committee shall award scholarship money as budgeted by the Chapter. The committee shall work with local educational institutions and set criteria to select deserving students interested in an administrative professional career. Such awards may be given to recipients at the discretion of the Committee and with the approval of the Board of Directors.	Need Chair	Need Members
Seminar Committee shall plan and coordinate all activities in conjunction with the presentation of an educational seminar.	Need Chair	Deborah Sanders CPS/CAP Lisa Romero Janine Cmaidalka CPS/CAP
Ways & Means Committee shall seek ways to generate funds needed to operate activities of the Chapter.	Need Chair	Need Members
Website Committee shall design and maintain all aspects of the Chapter Website and compile, publish, and make available to Chapter members by September 1, information including Chapter roster, calendar of events, and any other pertinent data.	Rhonda Driver CPS/CAP	Renee Percy CPS/CAP

Recycling Do's and Don'ts

- 1) **DO** recycle paper with staples, clips or spirals intact—the metal will be filtered out by machines later. **DON'T** include paper with food stains (think pizza boxes) as they can contaminate a load.
 - 2) **DON'T** forget to remove bottle caps. They are made of a different kind of plastic and can mess up a whole batch. **DO** return plastic bags to stores.
 - 3) **DO** rinse out bottles, jars and cans; throw away caps. **DON'T** worry about labels—they will burn off. **DO** include washed pie tins and foil, metal bottle caps, wire coat hangers, and scrap metal.
-

The Story of Easter . . .



Easter is a time of springtime festivals. In Christian countries Easter is celebrated as the religious holiday commemorating the resurrection of Jesus Christ, the son of God. But the celebrations of Easter have many customs and legends that are pagan in origin and have nothing to do with Christianity.

Scholars, accepting the derivation proposed by the 8th-century English scholar St. Bede, believe the name Easter is thought to come from the Scandinavian "*Ostra*" and the Teutonic "*Ostern*" or "*Eastre*," both Goddesses of mythology signifying spring and fertility whose festival was celebrated on the day of the vernal equinox.

Traditions associated with the festival survive in the Easter rabbit, a symbol of fertility, and in colored Easter eggs, originally painted with bright colors to represent the sunlight of spring, and used in Easter-egg rolling contests or given as gifts.

The Christian celebration of Easter embodies a number of converging traditions with emphasis on the relation of Easter to the Jewish festival of Passover, or Pesach, from which is derived Pasch, another name used by Europeans for Easter. Passover is an important feast in the Jewish calendar which is celebrated for 8 days and commemorates the flight and freedom of the Israelites from slavery in Egypt. The early Christians, many of whom were of Jewish origin, were brought up in the Hebrew tradition and regarded Easter as a new feature of the Passover festival, a commemoration of the advent of the Messiah as foretold by the prophets.

Easter is observed by the churches of the West on the first Sunday following the full moon that occurs on or following the spring equinox (March 21). So Easter became a "movable" feast which can occur as early as March 22 or as late as April 25. Christian churches in the East which were closer to the birthplace of the new religion and in which old traditions were strong, observe Easter according to the date of the Passover festival.

Easter is at the end of the Lenten season, which covers a forty-six-day period that begins on Ash Wednesday and ends with Easter. The Lenten season itself comprises forty days, as the six Sundays in Lent are not actually a part of Lent. Sundays are considered a commemoration of Easter Sunday and have always been excluded from the Lenten fast. The Lenten season is a period of penitence in preparation for the highest festival of the church year, Easter.

Holy Week, the last week of Lent, begins with the observance of Palm Sunday. Palm Sunday takes its name from Jesus' triumphal entry into Jerusalem where the crowds laid palms at his feet. Holy Thursday commemorates the Last Supper, which was held the evening before the Crucifixion. Friday in Holy Week is the anniversary of the Crucifixion, the day that Christ was crucified and died on the cross.

Holy week and the Lenten season end with Easter Sunday, the day of resurrection of Jesus Christ.

Reprinted from www.holidays.net





Thoughts & Ponderings . . .

Banish bad breath! According to Christine Wu, PhD, organizer of the International Society for Breath Odor Research, you can banish bad breath by drinking black or green tea. Green tea has high levels of catechins which “chemically bind to smelly breath and mask them”. For the best results drink your tea without sugar and swirl around in your mouth before swallowing.

Have some fun when you go to your final resting place!!! Lead your beneficiaries on a modern day treasure hunt for their inheritance. Stash your sentimental treasures in an ammo box and bury it. Give your beneficiaries the coordinates so they can plug into a GPS and let them search away!!! Of course – never bury anything really valuable!!!! Go to geocaching.com to learn more about this fun adventure!!!

You remember the childhood story about Pinocchio? The truth is that when someone is lying the cells that line the inside of the nose do swell and release histamine, which causes itching, so liars are more likely to touch or scratch their noses according to Alan Hirsch, MD, founder of the Smell & Taste Treatment and Research Foundation.

Websites to Checkout . . .

Foodsubs.com - If you like to cook and get confused sometimes – check out this website – it is the cook’s thesaurus!

Chowhound.com - An awesome website for those of us who love to eat, drink, and cook! Food-lovers worldwide gather here to swap expert tips about restaurants, foods, stores, and bars, as well as cooking, wine, beer, cookware!!

Health & Wealth . . .

For a healthier heart steer clear of traffic! RIGHT!! The engine and tire noise can spike stress hormone levels which raises your hypertension by 45 percent! Counteract that by eating more fruits and vegetables, and of course – exercise!

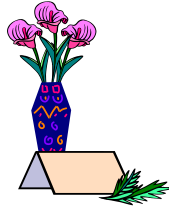
Great news for women with large thighs (at least 21 ½ inches around)!!! Fat tissue in the lower body makes more heart-protecting anti-inflammatory compounds than does fat in other areas.

Buy savings bonds! You are guaranteed to earn rates above inflation with the I-bonds. Check it out at publicdebt.treas.gov



JAAP Anniversaries

Darlene Bordelon April 2008
 Margaret Cuellar April 2004
 Beverly Cherry April 2009
 Maria Contreras April 2009
 Pat Fletchell April 2009
 Chris Torres April 2009



Phraulene Deats May 1954
 Catherine French May 2005
 Lee Ann Hendley May 1999
 Kelly Henson May 1997
 Renee Percy May 2004
 Georgina Eastmond May 2005

JAAP Birthdays

April 2010

Cheryl Aftoler April 8th
 Rikki Killebrew April 25th
 Lynne Purdue April 25th



May 2010

Janine Cmaidalka May 2nd
 Yvonne Hudson May 10th
 Janet Kidd May 2nd



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