

# The Power Source

PLUGGING INTO PROFESSIONALISM

DECEMBER 2007

From The President's Pen ... Annie Jackson

**Inside this Issue:**

Editor's Notebook	2
Schedule of Events	2
Holiday Luncheon	3
Membership Benefits	4
President's Pen Cont.	5
Monthly Fit Tip	5
Switch to Health	6
Switch to Health Cont.	7
Happy Birthday	8
Websites of Interest	8
Member News	9
Division & International	10
Board of Directors	10

**Inside this Issue:**



Dear Georgia Power Chapter Members,



It's so hard to believe that 2007 is coming to an end. I feel we've just started our IAAP year. I've started my holiday projects at home and it's very obvious to me that I'm going to run out of time before they're finished.

Speaking of time, I want to be sure and convey to you how much I appreciate your time, support and your hard work as members of this chapter. We survive and continue to move forward because of the time you commit to our organization. We have some talented members and members who are giving of themselves to help make this chapter a success.

Our December meeting was such a fun event. We had Philip and Gail Ross of Bright Futures Atlanta. Philip and Gail brought so much excitement with them and you should have seen their faces light up as they shared information about the Bright Futures organization. They are doing great things with this group and we were delighted to help them with their holiday project by creating ornaments and wrapping gifts for the group. Members in attendance really had a great time and there were many door prizes given away. Sharon Mosteller CPS/CAP won the 50/50 raffle as well. Let me say again, thank you for your time in helping such a great organization. Small contributions can create big smiles and warm hearts. Don't forget to check out the pictures of the meeting sent out earlier.

(Continued on page 5)

EDITOR'S NOTEBOOK:



Hello all,

Many of you may have heard about the Candy Cane Story. I think that it's a great story to share especially during the Christmas Holiday. I hope that you Enjoy it!



A candy maker from Indianapolis invented the candy cane as a special gift for Jesus. Not any candy would do.

The candy maker started with a white candy that stood for the purity of the Lord. It had to be hard candy, because the church is built on solid rock and God's promises are a firm foundation.

It would be formed in the shape of a shepherd's staff, and if you turned it upside-down, you would see the letter "J" to remind us that Jesus is at the heart of Christmas.

It would be flavored with peppermint to symbolize the spices which were gifts from the wise men.

The white stripes would symbolize the virgin birth and the sinless nature of Christ.

Three small red stripes would represent the whipping Jesus suffered on His way to the cross.

One large red stripe would remind us of the cost of our salvation, the blood Jesus shed as payment for our sins.

Even as we celebrate the joyous birth of Jesus, the candy cane serves as a visual reminder of the greatest gift that Jesus would give to us when he gave his life and died on the cross.

-- Author Unknown

*Kim Strickland*

DECEMBER 2007

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

UPCOMING EVENTS - DECEMBER 2007

- 12/5 - GPC IAAP Board Mtg.
- 12/12 - GPC IAAP Chapter Mtg. - Holiday Luncheon
- 12/24 - Christmas Eve
- 12/25 - Christmas Day
- 12/31 - New Year's Eve



# GPC IAAP CHAPTER'S HOLIDAY LUNCHEON

H  
o  
l  
i  
d  
a  
y

Georgia Power Chapter IAAP had a Holiday Luncheon Chapter meeting in December. Those that came out really had a great time. We had Philip and Gail Ross of Bright Futures Atlanta with us again this Christmas Season. We had a Blast giving back to the community. We know that it is hard for everyone to make every meeting, but I encourage you to try and make as many chapter meetings as you possibly can. In 2008 Challenge yourselves to attend every possible meeting that you can. It will definitely be a win-win for you.

Kim Strickland

L  
u  
n  
c  
h  
e  
o  
n



## ANOTHER BENEFIT OF MEMBERSHIP TO IAAP

# TELEFLORA DISCOUNT



IAAP has signed an agreement with Teleflora LLC to unveil a new benefit designed specifically for you. IAAP members can experience the Teleflora difference and save 20%\* on all flower orders.

All bouquets are hand-arranged and delivered by a local florist. Same day delivery is available on all products and no flowers are ever shipped in a box.

IAAP members living in the U.S. and Canada can order via the special website ([www.iaap.flowerclub.com](http://www.iaap.flowerclub.com)) or by telephone (1-800-457-2996). International members can receive the discount via the telephone only.

Please visit the [Teleflora site](#) for additional information or contact Joy Johnston at [jjohnston@iaap-hq.org](mailto:jjohnston@iaap-hq.org).

\*Prices shown on the Teleflora website for IAAP members include the discount. Applicable sales tax and delivery fees will be added at checkout.

FROM THE PRESIDENT'S PEN (CONT'D FROM PAGE 1)

Please join us in January for our meeting on Taxes. Ms. Larisa Humphrey of Abundant Return Tax Service will share with us among other things, information regarding tax deductions. Ms. Humphrey has been in business for almost 17 yrs. She was previously a WSB Channel 2 Expert and was also featured in a segment for the Clark Howard Show. She currently has around 3,000 Clients (all over the U. S. and the world.) She is currently writing a book entitled, "Pay Yourself Instead of Uncle Sam!" This promises to be an informative meeting. So don't miss it! A meeting notice will be distributed in the near future.

I wish for each of you a fun time with family and friends and a holiday season filled with joy and peace.

Happy Holiday!

*Annie Jackson*

Annie Jackson

President, Georgia Power Chapter



Monthly Fit Tip.....**Five Foods to Eliminate From Your Diet!**



**Don't make your commitment to eating right and getting healthy harder than it needs to be. Clear out these five temptations from your kitchen before the munchies strike!**

1. **Fried frozen:** Fried shrimp, French fries, fish sticks, onion rings, and the like. Even if you "bake" them, it's too late — they're already fried!
2. **Frozen fat:** Pizza and similar frozen foods loaded with cheese, meat, and fats.
3. **Snack attack:** Crackers, potato chips, and tortilla chips. Most of these are fried, and even the low-fat versions pack a lot of empty calories!
4. **Sweets:** Cookies, candies, and cakes — even the nonfat ones — contain no vitamins or minerals. If you can't stay away from them, don't keep them on hand!
5. **Artery cloggers:** Sausage, bacon, and other fatty red meats.

# SWITCH TO HEALTH WELLNESS PROGRAMS

## Pursuing Wellness

Melissa Boston CPS  
2008 Fleet Safety Committee Member

## What is Wellness?



**Wellness is a Lifestyle,  
Not a one time event.**

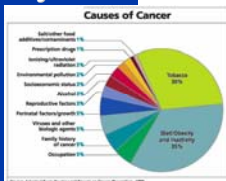
### Why Wellness?

- 70% of the causes of disease and death are related to modifiable lifestyle behaviors (CDC 2002)

- Approximately 33% of all U.S. deaths (about 800,000/year) can be attributed to three health-damaging behaviors
  - Poor eating habits
  - Lack of physical activity
  - Tobacco Use

## Obesity and Increased Cancer Mortality Risk

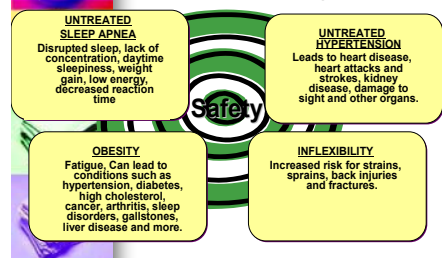
Poor diet, obesity, and physical inactivity may be responsible for one out of every three cancer deaths, and nearly 50% of all cancer cases.



### Why Wellness?

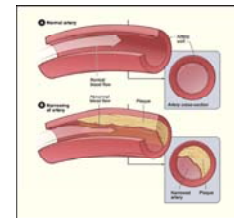
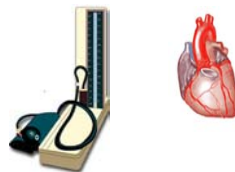
- 70% of the causes of disease and death are related to modifiable lifestyle behaviors (CDC 2002)
- Health Risks are predictors of the quality and duration of life
- Health Legacy for our children
- Correlation between health risks and safety performance

### Impact of health conditions on Safety



### Wellness: What can I do?

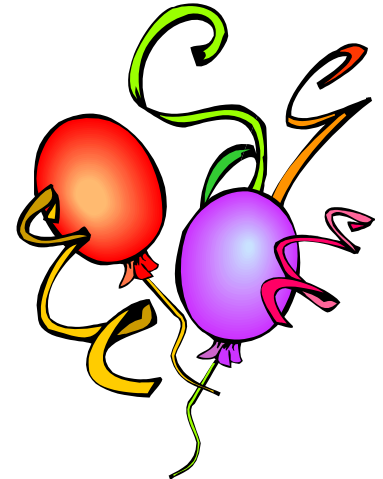
- Lifestyle Behaviors**
  - Nutrition, Exercise, Weight, Tobacco, Stress, Attitude
- Screenings**
  - PSA, Mammogram, Colonoscopy
  - BP, Cholesterol, Glucose





# HAPPY BIRTHDAY...

## December 2007



- |                        |                        |
|------------------------|------------------------|
| 12/1 Wanna Philpot     | 12/17 Dianne Jordan    |
| 12/3 Ellen Spiceland   | 12/17 Gail Warren      |
| 12/5 Janet Thurston    | 12/19 Shirley Smith    |
| 12/8 Mary Ellen Cannon | 12/20 Janice Ross      |
| 12/9 Pat Burseson      | 12/27 Diana Hodges CPS |
| 12/11 Debra Cartledge  | 12/31 Doris Cook CPS   |

<http://>

### WEBSITES OF INTEREST

<http://>

#### Top 10 Websites of 2007 according to TIME

Rank	Name/URL	Category	Avg. Rating	Total Votes
1	Mozy.com	Web Services	90	10,486
2	StumbleUpon.com	Social Networks	87	8,787
3	Last.fm	Audio & Video	84	6,345
4	Weebly.com	Web Services	82	5,985
5	Etsy.com	Arts & Leisure	80	8,655
6	Wotartist.com	Arts & Leisure	77	4,496
7	Fatsecret.com	Social Networks	75	2,386
8	Netvibes.com	Web Services	74	2,616
9	Chow.com	Arts & Leisure	74	2,480
10	OhDon'tForget.com	Web Services	74	2,153

**I have always thought of Christmas as a good time; a kind, forgiving, generous, pleasant time; a time when men and women seem to open their hearts freely, and so I say, God bless Christmas! -**

**Charles Dickens**

## MEMBER NEWS...

**CONGRATULATIONS:****KEEP IN YOUR THOUGHTS & PRAYERS :****Shuntrela Rogers-Gillion CPS/CAP**

As of 11:28 a.m. on 11/30/07, Demetrius and Shuntrela became the proud parents of a little baby boy named David. David weighed in at 3lbs and 8 oz. and was delivered by cesarean. Shuntrela and baby are both recovering , and doing well. The baby will stay in the hospital for the next six weeks. Let 's all continue to keep Shuntrela and her family in our thoughts and prayers.

**Everyone**

During this Christmas Season, let's remember to keep our family and friends, America, the homeless and less fortunate, and let's not forget our Soldiers, in our thoughts and prayers.

The winner of our December Chapter Meeting Retirement Trust Foundation (RTF) 50/50 raffle was Sharon Mosteller CPS/CAP of the Georgia Power Chapter. You could be the next "winner", So bring your dollars to the next meeting. Good luck from your RTF Chair

Theda Gardner CPS

# Please bring your Nickels to all Chapter Mtgs.

**Love came down at Christmas; love all lovely, love divine; love was born at Christmas, stars and angels gave the sign. -**

**Christina G. Rossetti**

# We're on the Web!

<http://www.IAAP-GPC.org>

## KIM STRICKLAND, EDITOR

Georgia Power  
760 Ralph McGill Blvd.  
Atlanta, GA 30312  
Phone: 404-572-7654  
Fax: 404-572-7692  
Email: [kystrick@southernco.com](mailto:kystrick@southernco.com)

Please submit any articles or information for the January/February issue by January 10th.

**IAAP Vision: To inspire and equip all administrative professionals to attain excellence.**

### Chapter Purpose:

To network with other professionals; and to assist members in professional growth, office technology and developing administrative skills, while providing tools and information necessary to become effective contributors in the workplace.

## Board of Directors

2007-2008

### Officers

Annie Jackson  
President

Donna Goodman  
President Elect

Kerri Gibson CPS/CAP  
Vice President

Susan Williams CPS/CAP  
Corresponding Secretary

Verna Arnold  
Recording Secretary

Shuntrela Rogers-Gillion CPS/CAP  
Treasurer

Mary Ellen Cannon  
Honorary Director

### Committee Chairs

Bylaws & Standing Rules  
Sheilda Hayes CPS

CPS/Education  
Joyce Camp CPS

Historian  
Sharon Mosteller CPS/CAP

Communications/Information  
Doris Cook CPS

Membership  
Antoinette Brown

Newsletter  
Kimberly Strickland

Program/Seminar  
Angela Hosch

RTF  
Theda Gardner CPS

Scrapbook  
Luana Owens

Ways & Means  
Felicia Stevenson  
Kellie Hand Co-Chair

Webpage  
Anita Sisson

## DIVISION & INTERNATIONAL NEWS



IAAP Georgia Division President  
Linda Dillon CPS/CAP

### Division News:

- For more Division news, go to [www.iaap-georgia.org](http://www.iaap-georgia.org)



IAAP International President  
Judy McCoy CPS/CAP

### International News:

- For more International news, go to [www.iaap-hq.org](http://www.iaap-hq.org)

