

The Power Source

PLUGGING INTO PROFESSIONALISM

NOVEMBER 2007

From The President's Pen ... Annie Jackson

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Inside this Issue:



International Association of
Administrative Professionals®

This is a wonderful time of year. Summer is over! The hot, hot temperatures are gone, fall is upon us and it feels great. Fall is a time of good weather. The trees begin to change colors, bringing a beautiful array of different colored foliage, which eventually drops off into our yards. It also brings cooler temperatures, and, as it progresses, we begin to put away summer clothes and bring out warm sweaters. It's a time to reflect on the things that are most important to us.



November has been a busy month for us. We, of course, launched our first fundraiser of the year in October which ended last week. We raffled a 4.6 digital picture frame. I want to thank all of you who sold tickets and made this event a successful one. The winner of the raffle was Seth Blocker of Financial Planning & Analysis, Georgia Power Company. Luana Owens sold the winning ticket. We were able to clear a profit of \$527.50. The funds from our fundraiser go toward providing lunches and educational programs for our monthly meetings.

We are also wrapping up our Community Service project "Dress for Success" Atlanta Accessory Drive. Some of you have donated items and there's still time to get your donations together. Accessories such as handbags, shoes, scarves, hose, etc. are most needed. Communication is forthcoming regarding delivery of these items. Remember to contact Donna Goodman at 241 and Sharon Mosteller at 30 Allen Plaza.

We also continue to contribute to the Community Welcome House. Doris Cook is our contact and has received donations from many of you. Thank you for your continued support of this ongoing project.

(Continued on page 4)

EDITOR'S NOTEBOOK:



Hello all,

Turkey time has come upon us very quickly. This means that before we know it 2008 will be here. Just remember that the Holidays are for looking back and reflecting on family, friends and fun. Remember that no day is promised to us and every day that we are Blessed to open up our eyes is a Day to Give Thanks. Life is too short to sweat the small stuff. Nothing is Perfect and No one is Perfect. Once we all realize this the better things will be. Trouble comes into our lives and prayerfully it is only a temporary inconvenience. That's why we must Enjoy this life that we have on a daily basis, so that when trouble does come we can have good things to smile about while we are going through.



Enjoy this Thanksgiving to the fullest, even if you will be experiencing this holiday alone. We can always find things to be Thankful for. Don't eat too much on Thanksgiving because Christmas is right around the corner with lots more of eating to be accomplished before 2008.

Remember Life is worth living each and every day. Problems that we may encounter are only temporary. Lets make sure that we do not make permanent decisions regarding temporary issues. Those storms do eventually blow away. I hope that I have encouraged or at least inspired someone to Live Life to the fullest everyday.

Kim Strickland

NOVEMBER 2007

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18	19	20	21	22	23	24
25	26	27	28	29	30	

UPCOMING EVENTS - NOVEMBER 2007

- 11/5 - Conference Direct 5th Annual Client Appreciation Lunch
- 11/7 - GPC IAAP Board Mtg.
- 11/14 - GPC IAAP Membership Appreciation Chapter Mtg.
- 11/14 - GPC IAAP Contest drawing for the Digital Photo Frame
- 11/22 - Turkey Day



MEMBERSHIP APPRECIATION MEETING

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Georgia Power Chapter IAAP had a Membership Appreciation chapter meeting in November. The turnout was great and the members truly enjoyed themselves. The speakers were fabulous and we had a lot of fun and some really good food. 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. Our Chapter needs your support, not only in your membership dues and renewals, but in your presence and voice. Those who were not able to attend this fun filled meeting, U were truly missed. This meeting was to say “We Appreciate U” !

We really do.

Kim Strickland

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

November marked our Annual Member Appreciation celebration. We appreciate all of the members who were able to attend this fun event. Vicki Church and Kimberly White of VIPGift.com were our speakers. They introduced the Georgia Power program to VIPGift.com. Please check out the website and see what a great program this is. Kimberly Harris, Administrative Assistant in the SCS Legal Department was also our speaker. Kimberly gave an overview of safety awareness tips that we should take notice of not only at this time of the year, but any time. She recommends being aware of your surroundings at all times.

Many of you have heard of the Avery Dennison Award. Each chapter can submit an application to be considered for the 2008 Avery Great Results Chapter and Division Achievement Award. Five chapters and one Division have a chance to win cash prizes up to \$3,000. The Georgia Power Chapter Board of Directors has decided to nominate our chapter for this award. The application deadline is February 8, 2008. Needless to say, we will be working on this application in the coming months ahead. We will keep you posted.

Again, many thanks to all of you who assist us with our ongoing initiatives and let us all remember our men and women who are serving our country.



Annie Jackson

GPC IAAP CONTEST WINNER

**The Winner
of our
Digital Photo Frame
Contest**



Seth Blocker

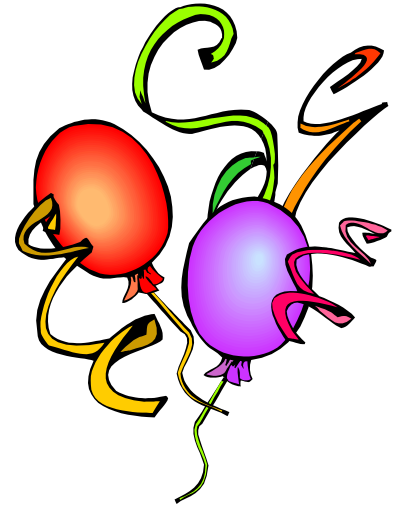
Thank you to everyone that participated in this contest, by either selling or purchasing tickets for this contest. Your support has helped to make this contest a Success. SMILE

HAPPY BIRTHDAY...

November 2007



- 11/16 Sandi Fisher
- 11/19 Darlene Worley CPS/CAP
- 11/20 Lynn Conway
- 11/23 Shanda Bond CPS
- 11/23 Bernita Lewis
- 11/27 Anita Sisson
- 11/28 Kimberlie Francis
- 11/29 Pamela Bishop



[http://](#)

WEBSITES OF INTEREST

[http://](#)

Some websites that we need to look at for the Holidays

Frugality

www.cheapskatemonthly.com

Top 2007 Gifts for Kids

www.holidays.about.com/od/giftsforkids/Gifts_for_Kids.htm

Holiday Shopping Safety Tips

www.crime.about.com/od/prevent/qt/tips_shopping.htm

Free Credit Reports

www.annualcreditreport.com

Meaning of Christmas

www.en.wikipedia.org/wiki/Christmas

www.cbn.com/SpiritualLife/Devotions/Noebel_MeaningofChristmas.aspx

**"No duty is more urgent than that of giving thanks." -
[The Church Mouse]**

ENJOY YOUR TIME

Time Waits for No One

The Holidays have come and will soon be gone.

Take time to Enjoy them and those that are close to you!



MONTHLY FIT TIP.....HOW TO BEAT HOLIDAY STRESS



Eat Right - It's not surprising that the average weight gain between Thanksgiving and New Year's Day is 6 to 12 pounds.

The holiday season is stressful enough without eating all of the wrong foods. At this time of the year people tend to eat more because they are going out more. Try and limit the amount of calories you consume at a party or holiday meal. Have plenty of lower-fat, lower calorie choices available such as raw vegetables and pret-

zels with fat-free yogurt-based dips or salsa-based dips. Offer fruit along with other desserts for a fat-free choice. Plan at least one healthy meal as a family everyday. And when visiting the mall, don't overdose on too many goodies.

Take Time to Laugh - Laughter is still the best medicine, and it is a very good way to beat holiday stress. Take time to read the comics, watch a funny movie or video or even write your own jokes. Humor is contagious, too, and when people see you laughing

you are actually doing your part to help beat their stress as well.

Don't let this holiday season be a time of stress and unhappiness for you.

Embrace the positive aspects of the season, keep the right attitude and always remember to wear a smile on your face. When you do these things, your holidays will be merrier. . .

For a complete list please go to:

<http://www.mdchoice.com/pt/riddle/holidaystress.asp>

"We can always find something to be thankful for, no matter what may be the burden of our wants, or the special subject of our petitions." -

[Albert Barnes]

FOOD FOR THOUGHT

**Ten Good Reasons to Attend Chapter Functions—
Even When You Might Have Something Else to Do**

1. You *are* important to the chapter; your absence *will* be felt.
2. It's vital to support your teammates. You might need them to support *your* ventures in the future.
3. You never know when and where opportunity will be knocking. Don't ever assume, "There's nothing in this for me." You'll be wrong more often than you'll be right.
4. Like weddings and funerals, there are times when your presence is essential for relationship building. It's almost guaranteed—you *will* be glad you made the effort!
5. You'll never convince potential members of the value of IAAP membership if your own chapter members don't value IAAP activities.
6. Like nuclear energy, the maximum production of energy requires a certain critical mass. We owe it to our fellow members to participate.
7. Joining IAAP at the chapter level is a commitment to the group. The more chapter members you have who show this commitment, the less chance any one person will be shouldering an unfair or unreasonable burden of this involvement.
8. If your employer is supporting your membership, you owe it to him/her to get a full return on the investment. Your employer *will* see the difference when you're active and involved.
9. Even the same seminar topic or chapter committee project will be "new" when presented with another viewpoint or while working with a different team. Also, you may be primed for a new epiphany because of your new life experiences or enhanced receptivity.
10. If the chapter event or meeting is not fun or beneficial, why is your chapter doing it anyway? Voice your concerns and give good suggestions *before* the chapter is committed to a course of action. Create — don't just critique.

Source: An "oldie-but-goodie" from past issue of an international newsletter from your HQ staff

Submitted by Doris Cook CPS

MEMBER NEWS...

CONGRATULATIONS:**Antoinette Brown**

I pray that all is well with you on this beautiful day. I wanted to share with you some really exciting news. I GOT MARRIED this weekend. Yes! It is so. I know it is a shock to some, but God has truly blessed and I am so very grateful. Good things WILL come to those who wait. Please be in prayer for me and my new hubby. We were planning to have a ceremony in March, but his job situation turned around for him quickly here in the Atlanta area so here we are. We are planning something special in the very near future so that our family and friends can come and share with us in our new found joy.

Thanks for all of the encouragement that so many of you have given. Keep us in your prayers. God bless each of you.

KEEP IN YOUR THOUGHTS & PRAYERS :**Gloria Jackson**

Gloria Jackson's mother passed away on November 4th. Please Keep her and family in your thoughts & prayers as they mourn the loss of her precious mother.

Angela Hosch

Angela Hosch's son Trey was in the hospital with kidney failure. He made it home right before Thanksgiving Day. Please lift them up as they go through this emotional time. Also join in their prayers for healing for Trey.

Kimberly Strickland

Kim's dad was diagnosed with Prostate issues. He has undergone surgery and is reportedly doing much better. Please keep him "Bob" in your prayers as he continues to recover.

Please bring your Nickels to all Chapter Mtgs.

The winner of our November Chapter Meeting Retirement Trust Foundation (RTF) 50/50 raffle was Sharon Moore of the Georgia Power Chapter. Her share was \$26.00. You could be the next "winner", So bring your dollars to the next meeting. Good luck from your RTF Chair

Theda Gardner CPS

We're on the Web!

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

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Please submit any articles or information for the December issue by December 5th.

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.

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2007-2008

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Division News:

- For more Division news, go to www.iaap-georgia.org



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International News:

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