



Bring it on! No Excuses!

2010-2011 Executive and Team Leaders

- President - Laurie-Jean Smith
- President-Elect - vacant
- Vice-President - Doreen McDougall
- Secretary - Shirley Houston
- Treasurer - Shelley Wong

- By-laws - Melanie Lambert
- Certification - Barb Snyder
- Courtesy - Melanie Murphy
- Historian - Joan Smith
- Membership - Shirley Houston
- Nominations - Melanie Lambert
- Newsletter - B.J. Morin
- Program - Vacant
- Registration - Antonella Couse



From the desk of the Editor - B.J. Morin

I did a quick search to see what is up and coming as far as events in Ottawa during the month of May - I found at least 50 different events, ranging from the Ottawa National Women's Show (April 30-May 1st), Bon Jovi (May 3rd), Mother's Day (May 8th), Spring Awakening (May 13-15th), Spring Garage Sale - Metcalfe (May 13-14th), Dreams take flight Bingo night (May 18th), Dollars for Dogs fundraising walk (May 29th) and one that I will be participating in "Steps for Life" (May 1st) to only name a few. No reason to sit still and not get out and enjoy everything that our great City and neighbours have to offer; even if you just get out and work in your garden and enjoy the Victoria Day holiday long weekend. Just do it - no excuses!

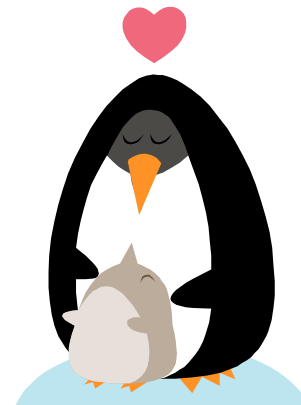
You can send submissions to bjmorin@hydroottawa.com or speak to me at our monthly meetings.

Message from the President - Laurie-Jean Smith

Spring has sprung, the grass has riz, I wonder where de birdies iz? The birds are on the wing. Don't be absoid, de wings are on de bird!

I know it's a silly rhyme, but it's one I can't help but recite every Spring. We need the rain to wash away the dirty snow & wake up the vegetation, but I love to see the sunshine too and to see and hear all the birds busy with nest building & courting their mates. May will be another busy month with IAAP events: Forum for Administrative Excellence (May 3), our Canada District Conference (May 12-14), and our Chapter Silent Auction (May 18). There is still time to drop off items that can be used in this year's fundraiser. It's an "open" meeting to bring your friends and co-workers to, an evening of dining and friendly competition to get that special item or two (or three, etc.)! On a personal front, our family will be celebrating a couple of milestones: our

25th Anniversary and my Mother's 80th Birthday - big party planned for that one in Montréal! In closing, I hope everyone received some recognition for Admin Day - the Mayor's AP Week Proclamation will be on display at the May meeting for everyone to see. (see page 4 for picture) Happy Mother's Day to everyone who is a mother and/or has one!



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We're on the Web!

Check us out:

www.iaap-ottawawest.org



Chapter Fundraising News



Come one, come all!! Silent Auction at May 18th meeting



Just a reminder that “OUR” silent auction takes place on Wednesday, May 18th and we would like to have as many items available for the auction as possible. We would like to encourage everyone to try and bring something to make it an interesting evening. If you would prefer to bring bake goods, please let Judy Skoczylas, Lianna McQuirter or Melanie Lambert know and we will put that on the list so all you have to do is bring it on May 18th.

We would also like to encourage you to ask your employers if they have a few items they might like to donate to the cause (nothing is too big or too small). Most of all we would like to see everyone out at this fun meeting and hope you will invite family or friends to enjoy the evening with you.

Just some of the items that are available are:

- Ottawa Senator jersey, caps, portfolio and more
- Wind up emergency tool
- Jewelry pieces
- Garden lanterns
- Candles
- Two hours dog training
- Tartan kilt
- Training DVD's
- Various candles
- Gift baskets
- Baked goods
- And many more.....

Bring a friend, co-worker or neighbor. Pre-viewing starts at 5:30 p.m. Come for Dinner with a little extra and the Silent Auction. (Payments for items purchased by cash or cheque only)



Courtesy Corner

Ottawa West Chapter member Melanie Murphy is this years Courtesy Chair. If you have anyone in the chapter you would like to have the chapter acknowledge, please let Melanie know. For example, birth, death, thankyou to a member etc are just a few of the things as a chapter we would acknowledge. Contact Melanie at m_moore@rogers.com

Food for Thought

“Why is a package sent by land carrier called a shipment, while a package sent by ship is called cargo?”

Do not follow where the path may lead. Go instead where there is no path and leave a trail.

Harold R. McAlindon

Need to change your address with IAAP - log into www.iaap-hq.org and update your profile. If you don't have one set up it is simple to do.

Also don't forget to check out the Ottawa West site as well www.iaap-ottawawest.org



Tips and Tricks - Word 2007

Like previous versions of Word, Word 2007 features ScreenTips. When you hold your mouse over a button, the name of the button appears. Additionally, Word displays a brief description of the button.

ScreenTips are designed to make your work in Word easier. They're especially helpful to those who are new to Word. But, advanced users may find ScreenTips annoying.

If you don't like the ScreenTips feature, you can disable it. Or, you can opt to have Word simply display a button's name without a description. To change ScreenTips settings in Word, follow these steps:

1. Click the Office button

2. Select Word Options

3. Open the Popular section

4. Locate the drop-down box labeled ScreenTip style

5. To disable Screen Tips entirely, select **Don't show Screen Tips**

6. To disable button descriptions only, select **Don't show feature descriptions in ScreenTips**

If you later decide you would like to see ScreenTips, repeat the above steps and select **Show feature descriptions in ScreenTips**.



3rd Annual Forum on Administrative Excellence May 3, 2011

The agenda is being completed for the forum. Keynote speaker to include Rhonda Scarf. Sessions will include:

- Management skills for admin professionals
- Working and communicating as part of a team
- Improving your memory
- Managing your work
- Life balance
- Effective business writing
- Improving productivity with new software tools/tips/tricks.

Check it out at www.pmctraining.com



Dates to remember

May 3, 2011 - Forum on Administrative Excellence - Ottawa, ON

May 6-7, 2011 - CPS and CAP exams

May 12-15, 2011 - CDC Moncton New Brunswick

July 24-27, 2011 - International Education Forum and Annual Meeting - Montreal QC



RAFFLE TICKETS STILL AVAILABLE FOR CDC (Canada District Conference):



WIN!!!

Garmin® nüvi® 1350T GPS with Lifetime Map Upgrades Bundle

Draw to be held at CDC in Moncton, NB

May 2011 Tickets - 1 for \$5, 3 for \$10

See: Melanie Lambert for tickets

For a \$10.00 donation, IAAP members will have a chance to win a BlackBerry® Torch 9800. Even better, a \$20.00 donation will give you three chances to win.

This draw will raise funds for the Retirement Trust Fund and the draw will be made during the 2011 Canada Divisions Conference in Moncton, NB.

Tickets are available for IAAP members, family and friends.

The BlackBerry® Torch 9800 was donated by Research in Motion (RIM)

For tickets, please contact Lina Veglia, Canadian Representative on the RTF Committee, veglial@cambridge.ca 519-740-4517, Ext. 4620



If you wish to purchase any of the above tickets, you can also contact, Ottawa West Chapter Member Melanie Lambert

Administrative Professionals Week

City of Ottawa Proclamation



On Wednesday, April 27th, 2011, HALO Administrative Assistant, Hélène Sinclair received the proclamation from Mayor Jim Watson declaring April 24th - 30th, 2011 as Administrative Professionals' Week in Ottawa. The proclamation was given to the Ottawa and Ottawa West Chapters of the International Association of Administrative Professionals (IAAP). From left to right with Mayor Jim Watson, Adèle Conn (President-Elect, Ottawa Chapter), Hélène Sinclair (President, Ottawa Chapter), Laurie-Jean Smith (President, Ottawa West Chapter), Danielle Pensa (Webmaster, Ottawa Chapter) and Leslie Robinson (Vice-President, Ottawa Chapter).



Finding Great Speakers - Not at all a Game of Whac-a-Mole!

Have you ever played Whac-a-Mole?

Whac-A-Mole is an arcade game with five holes in its top and a large, soft, black mallet. Each hole contains a single plastic mole and the machinery necessary to move it up and down. Once the game starts, the moles will begin to pop up from their holes at random. The object of the game is to force the moles back into their holes by hitting them directly on the head with the mallet. It's pretty tricky to hit the moles before they go back down into their holes.

Some people think finding great speakers is like playing a game of Whac-a-Mole - you never know whether you're ever going to hit it on the head and find a great speaker. Sounds really tough doesn't it? However, finding great speakers is a lot easier than you think!

Start by thinking about it from the speaker's point of view! Speakers need new connections all the time in order to drum up new speaking opportunities. Although a speaker is in the business to charge money for speaking they will *always* take on a number of free speaking opportunities if it helps them make a connection that leads to an opportunity that pays money. And YES, I said *always*. I have never had a speaker turn me down! IAAP is a group of administrators, many of whom look for professional speakers for their companies. What speaker can resist the opportunity to speak to a room full of people who could be their next paying connection? It really is win-win for both IAAP and the speaker!

Here's a snapshot of my efforts to find speakers for the 2011-2012 IAAP membership year:

Finding Topics. Funny enough, this is not the first place I started, although it was the first place I *thought* I had to start. However, trying to come up with new topics that have not been heard before, or that have a new twist on an old idea was too daunting for me. So I decided to go a different route:

Finding Speakers. I decided that if I could find great speakers first, the topics would

come from the speakers themselves. A light bulb went on! This actually works! I took two different avenues to find the speakers:

LinkedIn. You may already be familiar with LinkedIn, which is a networking tool used to find connections to industry experts, business partners and jobs. My LinkedIn account just happens to have professional speakers that I've talked to at IAAP events or from booking speakers at work. The thing about professional speakers is that they know other professional speakers so having a speaker in my LinkedIn list helped me find other speakers. The speakers list their topics on their profile so all I had to do was pick something suitable and send an email. The Program Chair is given the email template so I didn't even have to create the email myself! I found five different speakers this way. Not one turned me down!

Canadian Association of Professional Speakers (CAPS). This professional association for speakers (www.professionalspeakers.org) has profiles of speakers from all across Canada. I just searched for CAPS Ottawa Chapter members. It can be pretty scary looking at how much some of these folks charge for speaking engagements but again, it's amazing how many say yes. Take a look at the list sometime and you'll find that Ottawa West has had many of the listed speakers at Chapter meetings. I have two speakers booked from CAPS so far and emails out to another three today. Each speaker profile has topics listed so you can just choose the topics from the speaker's own list.

Et voila! Within days, a list of speakers and topics with just a few emails. I'd like to say I worked tirelessly for months on this, but you won't tell on me now will you?

Submitted by: Danielle Graham



The Uncivil Workplace

Recently, politics have hit an all-time low. There's been a lot of slugging below the belt, name calling, and in general, incivility and unprecedented rudeness. Well, it appears that the Senate Chamber (USA) isn't the only place that is exhibiting childish and hurtful behavior. We're also getting plenty in the workplace. Co-workers scream at each other, bosses throw tantrums and objects at employees, customers rant and rave and rile help desks, e-mail messages BITE (yes, I meant the caps). What's the deal? Why are people less in control of their emotions and more willing to display behaviors in the office that their moms would have spanked them for at home? Here are some underlying causes.

* Society in general has gone low-brow. From fast food to "dress" jeans to UGGs as a fashion statement, today's world would make Auntie Jane turn over in her grave.

* The workplace has become less formal. Casual dress, first-name-basis, a flattened organizational chart, all lead to a more relaxed and less-restrained office.

* The Millennials have been taught that they are equal to any and all authority figures ("What's that?" they say). We're one big dysfunctional family where everyone has a vote and an opinion.

* We're all stressed up and nowhere to go. Most of us are doing the jobs of several people (who were downsized earlier), with a quicker turnaround time and more accountability. Is it any wonder we're constantly on edge?

* Like Tyson chickens, we're jammed in together and bombarded with stimuli. Cubes have replaced offices (great way to save money, as the story goes), iPhones reggae each new call, e-mail are heralded by an annoying ping, cell phone conversations are broadcast throughout the office, yells over a modular wall have replaced the intercom.

* Multi-tasking is de rigueur. We work in increments of mere minutes before we're distracted, interrupted, and/or

sidetracked.

* There's little or no consequence for bad behavior. Behaving poorly has become accepted and is in fact ratcheting up and getting more outrageous.

So, what can you do to bring a bit of civility back into your workspace? Here are a few tips.

1. Be the penultimate professional. Become the role model for appropriate behavior.
2. Don't reply in kind. Refuse to engage in rude and discourteous behavior, no matter how your co-workers act. As things escalate, call for a time out until tempers cool; remain the voice of reason through deep breathing exercises and counting to ten before you react.
3. Ignore bad behavior and reward good behavior. Whatever you give attention to will be repeated. Make sure it's what you want to see happen in the future.
4. Share information on developing positive attitudes, using effective conflict resolution skills, building a cohesive work team. *OfficePro* and the IAAP web communities are good resources. Give others the skills they need to better handle troublesome situations.
5. De-stress the work environment. Identify the trip wires and defuse them before an explosion happens.
6. Realize that the 2011 and beyond workplace requires collaborative outcomes and that burning bridges won't spark a future career.

It isn't fun or productive to work in an uncivil environment. Understand the causes and be proactive in addressing them. We're all tiring of oafish behavior. It's time to cross the aisle, join hands, and sing in unison... If the politicians can give it a try, surely we can too!

Susan Fenner PhD
IAAP Staff



"I Don't Know How to Tell You This, But ..."

Breaking Bad News to Your Boss

Most of us don't bother to tell our bosses about the minor glitches that are part of the average workday. But every now and then, something happens that the boss just has to know about, like a major mistake or missed deadline. Even if you and your manager are on good terms, there are some conversations you simply don't want to have.

While you may be tempted to conceal the problem until it blows over or gets resolved, it's better to be direct. Here are some right and wrong ways to deliver upsetting news to your manager:

DO deliver the message yourself. If possible, arrange a face-to-face meeting to explain what has happened. This will allow for a faster, easier exchange of information and show that you take the situation seriously.

DON'T drag your feet. As upsetting or difficult as the news may be, it will be better in the end if you tell your manager

right away. The last thing you want is for him or her to hear it through the grapevine or be the last to know.

DO offer solutions. Before you present bad news to your manager, think about potential ways to correct the problem. When you meet with the boss, discuss with him or her steps you have already taken and share your ideas for reaching a successful resolution.

DON'T pass the buck. Address the issue at hand without passing blame or pointing the finger at others. If the situation is due to an oversight or error on your part, admit your role immediately and accept responsibility.

DO be honest. Be upfront about the scope of the situation, especially when the best solution will be costly in terms of time or money. It's never a good idea to downplay the seriousness of a problem or withhold information in the hopes that the boss will be less upset.

OfficeTeam is the world's leading staffing service specializing in the placement of highly skilled administrative and office support professionals. The company has more than 320 locations worldwide, and offers online job search services at www.officeteam.com.



Writing Tip: Avoiding Latin Abbreviations

While very useful as a kind of shorthand device in personal notes and even informal email, Latin abbreviations such as "e.g.," "i.e.," and "etc" are more often a hindrance than a help in more formal documents. A sentence that employs these abbreviations can be confusing or vague to a reader.

For one thing, a great deal of confusion surrounds the use of "e.g." and "i.e." They are not interchangeable, having totally different meanings. If you do use them, use

them correctly. Better still, avoid using them, replacing them with their English equivalents.

Cite examples without "e.g."

In formal documents, avoid the practice of placing an example in parentheses along with the abbreviation "e.g." Parenthetical comments in general tend to fragment a sentence. When citing examples, in particular, the example looks like an afterthought, an idea tossed into the

sentence as a secondary notion. This is unfortunate because readers often bestow a lot of importance to the example as a helpful clarification of a complicated concept.

It is better to give an example its own sentence, after the sentence that advances the concept, as in the following passage.

Example

A telephone company can boost traffic on its subscriber lines in various ways. **A digital subscriber line (DSL), for example,** allows both analog voice calls and digital Internet access across the same residential telephone line simultaneously.

(In the above sentences, the writer gives the cited example an importance equal to that of the concept advanced in the previous sentence. The reader can easily relate the concept in the first sentence to the concrete instance in the second.)

We can cite brief examples in the same sentence containing the concept, yet still avoiding the invasive use of parentheses and the unclear meaning of the "e.g.," as in this sentence: With ISDN, multiple digital devices, **such as a telephone, computer, and a fax machine,** can use the subscriber line simultaneously.

Define terms without "i.e."

The abbreviation "i.e." stands for the Latin phrase "id est," which means "that is." Therefore, it does not cite examples; it defines terms. The English phrases "in other words" or "that is" are preferable alternatives to the invasive use of a parenthetical comment with the often confused "i.e."

Examples

DSL, that is, a technology for sending and receiving high-speed Internet traffic over a telephone line, is in wide use today.

(In the above example, we did not need to resort to a parenthetical comment to define the term DSL. The sentence flows

more smoothly than it would have with the use of "i.e." and the parentheses. We could even dispense with the "that is" entirely, since the definition is implied, as below.)

DSL, a technology for sending and receiving high-speed Internet traffic over a telephone line, is in wide use today.

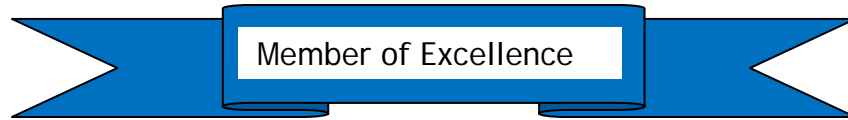
Write lists without "etc"

The abbreviation "etc" stands for the Latin phrase "et cetera," which means literally "and the rest." The use of this abbreviation in sentences often makes a reader wonder what the "rest" actually entails.

Examples

Not this...	But this...
<p>You can connect the following equipment to this type of line: computer, digital telephone, etc.</p> <p>(What exactly does the writer mean by "equipment"? The reader can only guess because the "etc." is so vague.)</p>	<p>You can connect the following equipment to this type of line: computer, digital telephone, and other digital subscriber devices.</p> <p>(In this example, we replace the "etc." with a category that narrows the meaning. The reader can now understand the specific type of devices referred to.)</p>

Compliments to WordTask for the tips and they invite readers to subscribe at www.wordtask.com.



Deadline for Online Submissions is 11:59pm Central Time on June 30, 2011

Chapter and Member of Excellence

- Completed forms to be received by June 30, 2011

THE IAAP PATHWAYS TO EXCELLENCE RECOGNITION PROGRAM is designed to raise your value as a career-minded administrative professional by becoming a Member of Excellence, a

Chapter of Excellence or a Division of Excellence.

A **Member of Excellence** will receive a certificate (first four years), Pathways to Excellence certificate cover, and Member of Excellence pin (the fifth year).

A **Member of Excellence** will attain a minimum of 8 of the following 11 criteria:

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 (any combination)
10. Recruit at least one new member
11. Integrate IAAP membership and involvement into annual performance plan or review

You can fill this in easily on-line - try the following link

<http://pathways.iaap-hq.org/IAAPHQ/Pathways/Programs/MemberofExcellence/MemberofExcellenceinfo/Default.aspx>

Editor note: Shelley Wong, Ottawa West Chapter member submitted her Member of Excellence form in April 2011. Have you completed yours yet?



Focus

“Schedule your priorities. Don’t prioritize your schedule.” -Stephen Covey

Once you know what you want out of life and you have made the decision that you are going to Make It Happen, no matter what, then the one thing that will accelerate your progress exponentially is focus. Not to be confused with drive, will power, exertion, or force, which are all related to the amount of effort you put something, focus refers to doing the right things effectively.

Take these steps to focus effectively:

1. Clarify your goals in terms of daily actions and next steps.
2. Review your goals twice daily, morning and night, and ask yourself, “What can I do today to get one step closer to this goal?”
3. Daily review
 - Process the notes you have taken that day into action items.
 - What was effective and not effective?
 - How did you spend your time? Was that in line with your goals?
 - What decisions did you make with food, exercise, sleep, friends, etc.? Was that in line with your goals?
4. Weekly review
 - Review your calendar from the week before and note any loose ends and follow up items.
 - Review calendar items and question if they helped you move towards your goal.
 - Look at the week ahead and see what you need to start preparing.
 - Look at your “Someday/Maybe” list and see if there are any items you would like to try to take on in the coming week.
 - Review all of your task lists.
5. Quarterly planning retreat. Take one day every three months and review the last three months, plan the next three months, and take

stock of your life. Are you going where you want to be going? If not, what changes do you need to make? Plug this date in your calendar and make it a sacred ritual.

This probably seems like an awful lot of reviewing and planning. What about the doing? Most people are caught up in the doing and think that if they wake up earlier and go to sleep later and do do do more more more they will be more productive. There is a better way my friends.

What is most important changes everyday and changes throughout the day. It is only by having a clear understanding of your overarching goals, values, and a vision of the bigger picture that you can make the right decisions at the right time.

Block just a few hours a day at least for execution of your tasks and you will be amazed at how much you can get done in a little time with proper planning and proper review.

Do this:

- Create daily habits to start with the most important things first.
- Disconnect from the internet when you are doing offline tasks.
- When you are on the internet, A.K.A. the black hole of shiny links and one-more videos, keep a reminder to stay on task. I use a label-maker label on my monitor that says “are you on task?”
- Use a goal tracker to track each day that you take action on your goals. Shoot for 25 days out of 30 to take action to move forward on your goals.
- Know the 80/20 rule. 80% of your results come from 20% of your activity. What is that 20%? Find the 20%, double your efforts there, and eliminate as much of the 80%, the less effective tasks.

When you have taken control of your planning and time management, you will feel peaceful and productive. The results may surprise you!

For more articles from Majeed, go to www.majeedm.com.



Ontario District Education Forum - Markham, March 2011- attendee report

I was fortunate enough to attend the Ontario Division Education Forum which was held at the end of March in Markham, Ontario. The day was so very well organized and the venue was perfect.

The day started off with Sharron Buttler CPS/CAP giving a presentation regarding By-Laws and procedures for attending board and annual meetings. The 90 minute presentation went by so quickly, that I was glad that Sharron provided her presentation in hardcopy so I could review it at my own leisure.

The second presenter was a woman by the name of Nahla Kor. Her presentation was regarding Positive Psychology. There is a real shift to learn more about what really makes people happy and how to go about creating positive experiences that sustain longer term joy that have nothing to do with status, money or power. Nahla's enthusiasm and passion for

leading highly informative and creative sessions made this an "I'm glad I was there" presentation.

Many of you may remember Marc Merulla from Team Building Ottawa (he was a guest speaker last year at the September 2010 meeting). Marc lead everyone at the ODEF through a series of magic tricks, puzzles and card games teaching us all about the importance of teamwork and exploring and understanding what makes a team successful. The session was interactive with a fun-factor that promoted learning and the long-term retention of valuable information.

The day went by too fast and seemed too short, but the information gained was invaluable and the friendships formed were instant and will be long-lasting.

Submitted by: Shelley Wong

Spring Cleaning

- S**pruce up your work area with fresh flowers
- P**urge files; clean up computer files
- R**earrange furniture
- I**nform you team of new concepts
- N**egotiate your work load
- G**ather information on new office products

- C**luster similar tasks and office supplies
- L**ose unproductive habits
- E**ngage in an attitude renewal
- A**nalyze current work flow
- N**eatens your work area and department
- I**dentify barriers to increased productivity
- N**ever give up on good ideas
- G**radually organize and straighten all cabinets and drawers



Ottawa West Chapter Members Anniversaries

May 2011

Dawn Maynard - 1 Year
Bev Bonner - 9 Years
Barb Snyder CPS/CAP - 10 Years

Congratulations!

Mother's Day History (May 8, 2011)

The majority of countries that celebrate [Mother's Day](#) do so on the second Sunday of May. On this day, it is common for Mothers to be lavished with presents and special attention from their families, friends and loved ones.

But it wasn't always this way...

Spiritual Origin of Mothers Day

Only recently dubbed "Mother's Day," the highly traditional practice of honoring of Motherhood is rooted in antiquity, and past rites typically had strong symbolic and spiritual overtones; societies tended to celebrate Goddesses and symbols rather than actual Mothers. In fact, the personal, human touch to Mother's Day is a relatively new phenomenon. The maternal objects of adoration ranged from mythological female deities to the Christian Church itself. Only in the past few centuries did celebrations of Motherhood develop a decidedly human focus.

Goddess Isis - Early Egyptian Roots

One of the earliest historical records of a society celebrating a Mother deity can be found among the ancient Egyptians, who held an annual festival to honor [the goddess Isis](#), who was commonly regarded as the Mother of the pharaohs. So the story goes, after Isis' brother-husband Osiris was slain and dismembered in 13 pieces by their jealous brother Seth, Isis re-assembled Osiris' body and used it to impregnate herself. She then gave birth to Horus, whom she was forced to

hide amongst the reeds lest he be slaughtered by Seth. Horus grew up and defeated Seth, and then became the first ruler of a unified Egypt. Thus Isis earned her stature as the Mother of the pharaohs.

Cybele - Ancient Roman Celebration

The festival of Isis was also celebrated by the Romans who used the event to commemorate an important battle and mark the beginning of Winter. Despite being an imported deity, Isis held a place at the Roman temple, and her festival—which lasted for three days—was regaled by mostly-female dancers, musicians and singers.

Yet the Roman root of Mother's Day is perhaps more precisely found in the celebration of the [Phrygian goddess Cybele](#), or Magna Mater (Great Mother).

Cybele stems from the Greek Goddess Rhea, who was the Mother of most of the major deities including Zeus. Rhea was therefore celebrated as a mother goddess, and the festival took place around the time of the Vernal Equinox.

European Celebration - Celebrating Lent & Mother Church

A later incarnation of a holiday to honor Motherhood came from Europe. It fell on the fourth Sunday Lent (the 40 days of fasting preceding Easter Sunday). Early Christians initially used the day to honor the church in which they were baptized, which they knew as

their “Mother Church.” This place of worship would be decorated with jewels, flowers and other offerings.

Family Gatherings With Mom

In the 1600's a clerical decree in England broadened the celebration to include real Mothers, referring to the day as Mothering Day. Mothering Day became an especially compassionate holiday toward the working classes of England. During this Lenten Sunday, servants and trade workers were allowed to travel back to their towns of origin to visit their families. Mothering Day also provided a one-day reprieve from the fasting and penance of Lent so that families across England could enjoy a family feast—Mother was the guest of honor. Mothers were presented with cakes and flowers, as well as a visit from their beloved and distant children.

History of American celebration

When the first English settlers came to America, they discontinued the tradition of Mothering Day. While the British holiday would live on, the American Mother's Day would be invented—with an entirely new history—centuries later. One explanation for the settlers' discontinuation of Mothering Day was that they just didn't have time; they lived under harsh conditions and were forced to work long hours in order to survive. Another possibility, however, is that Mothering Day conflicted with their Puritan ideals. Fleeing England to practice a more conservative Christianity without being persecuted, the pilgrims ignored the more secular holidays, focusing instead on a no-frills devotion to God. For example, even holidays such as Christmas and Easter were much more somber occasions for the pilgrims, usually taking place in a Church that was stripped of all extraneous ornamentation.

Other Countries & Regions Celebrating Mother's Day

- **Asia** - Many Asian countries that celebrate Mother's Day tend to draw heavily from the United States' tradition.
- **Australia** - The Australian Mother's Day is similar to that of the United States, in which families visit each other and dinners. In addition to flowers, cards, jewelry and

chocolates, it is customary for Australians to exchange perfume and teas on Mother's Day.

- **Bahrain** - In Bahrain Mother's Day is called *Ruz-e Madar* and it coincides with the first day of spring, observed as March 21, as are the Mother's Day celebrations in Lebanon and the United Arab Emirates.
- **Belgium** - In the Dutch-speaking parts of Belgium the day is called *Moederdag*.
- **Canada** - Canada was one of the first nation's to pick up the US version of Mother's Day, making it a national holiday in 1909, one year later the United States did. The customs largely reflect those of its southern neighbor, although in Canada there seems to be an added emphasis on doing chores for the Mother and cooking her supper.
- **China** - While China's Mother's Day distinguishes itself little from the United States', it is interesting to note that most Chinese names begin with a character signifying Mother in honor of ones maternal heritage, helping explain the cultural compatibility of such a holiday, despite it's having been imported from the West.
- **Denmark** - In Denmark dining out to lunch is a popular Mother's Day pastime. The day is called *Mors Dag*.
- **Ethiopia** - Mother's Day in Ethiopia occurs in mid-fall when the rainy season ends. Called “Antrosht,” Ethiopians celebrate by making their way home when the weather clears for a large family meal and a three day long celebration. For the feast the children bring ingredients for a traditional hash recipe. The ingredients are divided along gender lines, with girls bringing butter, cheese, vegetables and spices while the boys bring a bull or lamb. The mother prepares the hash and hands it out to the family. After the meal a celebration takes place. The mothers and daughters ritually anoint themselves with butter on their faces and chests. They dance while the men sing songs in honor of family and heroes. This cycle of feasting and celebration lasts two or three days.
- **Finland** - In Finland Mother's Day is called *aidipayiva*. In the morning the family arises and takes a walk, picking the new flowers which bloom this time of year and making a bouquet for the mother. A particular flower called the *valkovuokko* is favored. This is a small white pungent flower. Back home

Mom presented with a decorated bouquet, while also being served breakfast in bed.

- **Hong Kong** - Hong Kong's holiday, called *mu quin jie*, is notable for its custom to pay honor to the parent of the Mother if she is deceased.
- **Italy** - The Italians celebrate *La Festa della Mamma* with a big feast and a cake made in the shape of a heart. Typically Italian schoolchildren will make something to bring home to their Mothers, and the family will take care of the chores for the day.
- **Norway** - The Norwegian *Morsdag* takes place on February's second Sunday.
- **Pakistan (and Saudi Arabia)** - The May 10 celebration of Motherhood in Saudi Arabia and Pakistan is called *Yaum ul-umm*. It is inspired by and modeled after the western tradition of Mother's Day in which all mothers are honored and given gifts. Celebrations and feasts are customary.
- **Saudi Arabia** - see Pakistan
- **Serbia** - Also occurring two weeks before Christmas, the Serbian Mother's Day tradition is quite similar to the Yugoslavian one. The Sunday prior to Mother's Day is commemorated by a ritual in which parents tie up their young ones until they promise to behave themselves. Retribution comes a week later when children bind their mother until she offers them candy and other treats. But it doesn't end on Mother's Day. The *following* Sunday it's the father's turn to be tied up until he promises some pricey gifts.
- **Singapore** - Singapore's Mother's Day places a heavy emphasis on marketing a wide variety of gifts including spa packages, vacuums, hampers, jewelry and other more traditional presents such as flowers.
- **South Africa** - South Africa celebrates Mother's Day on the first Sunday in May.
- **Sweden** - Sweden's Mother's Day, which takes place on the last Sunday in May, has a strong charitable focus: the Swedish Red Cross sells small plastic flowers leading up to the holiday, and the proceeds raised are given to poor mothers and their children.
- **Thailand** - Perhaps the most unique Asian Mother's Day holiday takes place in Thailand. The celebration coincides with the birthday of their beloved queen, Sirikit Kitayakara, who has reigned since 1950. Her birthday, and therefore Mother's Day, takes place on August 12.

When the United States congress approved Mother's Day in 1914, they designated it for the second Sunday in May, and required that the President proclaim the Holiday every year shortly prior to its commencement.

- The National Retail Foundation predicts Mother's Day is a \$14 Billion industry, offering demographic spend breakdowns.
- Google Trends shows a sharp spike in search traffic for Mother's Day on Mother's Day in the US and UK and the month leading up to it.
- Florists see their highest sales in May.
- US restaurants claim that it is the busiest day of the year.
- Long distance telephone calls also peak on this day.
- The US Postal Service experiences increased volume during the surrounding days.
- According to Hallmark, 96% of American consumers take part in shopping on Mother's Day, while retailers report it as the second highest gift giving day of the year behind Christmas.

