



November 2010
Volume 1, Issue 3

IAAP Ottawa West Words



Lest we forget

November 11th

2010-2011 Executive and Team Leaders

President - Laurie-Jean Smith
President-Elect - vacant
Vice-President - Doreen McDougall
Secretary - vacant
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 - Julie Anne Henry
Registration - Antonella Couse



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

I read an article recently that talked about the number of minutes in a year/day. There are 525,600 minutes in a year, 1,440 minutes in a day. If you average 8 hrs of sleep a day (we can dream), 8 hrs at work (again we can dream) for a total of 960 minutes. That leaves 480 hrs a day to work with. Attending an IAAP Chapter meeting would be about on average 180 minutes. That still leaves an additional 300 minutes in the day for all the other stuff we need to get done. Out of that remaining number, I am hoping you can find the time to at least take 15 minutes totally devoted to you. Try mediating or just sitting quietly to re-energize. You will be the better person for it. Try it, you might enjoy it. You can send submissions to bjmorin@hydroottawa.com or speak to me at our monthly meetings.

Message from the President - Laurie-Jean Smith

November has arrived, we've already had our first snowfall, and the stores are stocking their shelves with Christmas items! What was to be a very busy month has lightened up a little with a postponement of the Ontario Division Education Forum (ODEF) that was to be this weekend, and the cancellation of my family trip to Montreal on the next. Suddenly I have some "free time"! Maybe I should tackle some of the items on my "To Do List"? Or maybe I'll do some Christmas shopping instead!

In our IAAP lives, November is Retirement Trust Foundation (RTF) Month, and I encourage you to go the HQ website (www.iaap-hq.org) to learn more about this topic. It has more relevance to Canadians now than it did a few years ago, so it's worth a look. There will also be some information about the Foundation and their work at our Chapter Meeting.

Our Chapter Meeting this month (November 17) will also be our "Information Night", and all members

are encouraged to attend and bring along a friend or two where they will be introduced to the benefits of joining IAAP. This is our membership drive event for the year, and our Chapter needs to keep growing to stay healthy and to continue to be interesting and beneficial to us and our careers. Ann Max is our Speaker this month and has many years of human resource management and organizational administration. She will help us get ready for the holidays, get organized at home - in the office - and probably for life in general, with valuable tips and humour!

November 11th is Remembrance Day. On this day we remember those who fought in the wars and especially the many who gave their lives so that we could enjoy the freedoms that we have today. So at 11:00 am, if you aren't attending a service, please stop whatever you are doing and give a minute or two of silence, in thankful prayer to our veterans and fallen heroes.

Individual highlights:

From desk of Editor	1
Message from President	1
Baby News	2
Courtesy Corner	2
November Meeting - Info night	2
Welcome to Pembroke Students	3
Vacant Board positions	3
Tips and Tricks	4
Ontario Division Update	5
Who can resist Chocolate?	5
Origin of "In Flanders Fields"	5
Keeping it Real	8

We're on the Web!

Check us out:

www.iaap-ottawawest.org



Baby News!



IAAP Ottawa West Chapter 50 / 50 Fundraiser

Melanie Murphy and Jaime-Lynn Sheridan are EXPECTING! Both moms have enthusiastically agreed to support this Chapter fundraising contest!

Guess the correct birth date and birth weight (lbs and ounces) and Win!
\$1.00 for each guess

If square is shared between 2 or more players the winnings will be split evenly between winners

Winner is defined as having guessed the correct date and closest to the correct weight without going over



Support your Chapter and enter more than once!

Contact Doreen McDougall, Vice-President, dmcdougall@ottawahospital.on.ca

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

Condolence card:
Oct. - L. McQuirter - father-in-law



November Meeting - Information Night - Bring a potential member or friend to the meeting.

November has been chosen by the Ottawa West Chapter to be an Information Night for anyone interested in becoming a member of the IAAP. A special meeting rate has been set for guests of \$25.00. Our speaker for the evening is Ann Max. If you

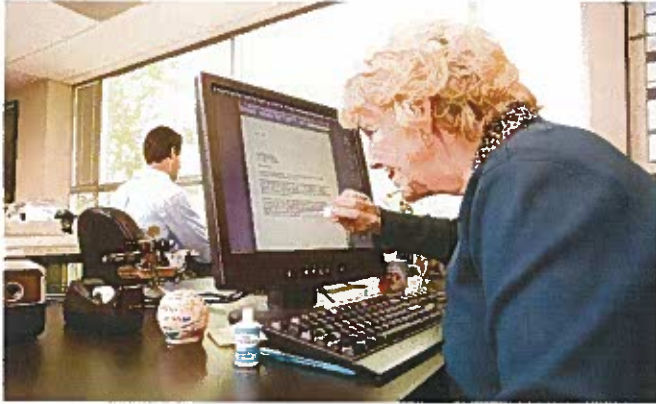
have never heard Ann before this is a great opportunity to see a dynamic speaker. Anne's topic is entitled "Deck the Hall wii Motzoh Balls". Helping in surviving the holidays and enjoying them with valuable tips and tricks. Register with lmcquirter@firstair.ca by noon on November 12th - don't miss it.



Ann Max

"If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them." - Henry David Thoreau

"Your imagination is your preview of life's coming attractions." - Albert Einstein



As soon as this happens - retire with dignity

Reminder - if you register for a chapter meeting and are a no show you will be invoiced

(Your chapter is responsible to pay the venue for the number of quests confirmed)



Welcome to Pembroke Students



The Ottawa West Chapter is pleased to welcome the members of the Algonquin-Pembroke Student Chapter. Wendy Burton, a member of the Ottawa West Chapter, is the Algonquin College Pembroke Student Advisor. We certainly hope that Wendy and members of the student chapter will have the opportunity to attend some of

the Ottawa West Chapter meetings over the course of the year. Melanie Lambert, Ottawa West Chapter member and the Ontario Division Secretary has had an opportunity to speak to the Pembroke students recently and was impressed with their enthusiasm. We wish them good luck in their studies.



Vacant Positions - The Board needs your help

There are currently two vacant positions on the board which require a volunteer or volunteers to step forward. Below is a description of the duties:

President-Elect - The President-Elect is the Presidents "Shadow" and right-hand person and succeeds automatically to the office of President. In the absence of the President the President-Elect would serve as the presiding officer at the Chapter meetings or meetings of the Board of Directors. In the event that

there is a vacancy in the office of President the President-Elect will succeed to the office for the unexpired term.

Secretary - The Secretary will be responsible for the minutes of all Chapter and Board meetings. (*this can be a shared position*)

In order for the chapter to continue in upcoming years we require a President-Elect as the current President term expires at the end of June 2011. Take the time now to volunteer and you can learn the ropes and gain the experience of the existing incumbent. Contact our Nominations Chair Mel Lambert Melanie.Lambert@nrc-cnrc.gc.ca

Food for Thought
"If you think you are too small to have an impact try going to sleep with a mosquito in your room."

Great Truths That Adults Have Learned:

- Raising teenagers is like nailing jelly to a tree
- Winkles don't hurt
- Families are like fudge....mostly sweet, with a few nuts
- Today's mighty oak is just yesterday's nut that held its ground.....
- Laughing is good exercise. It's like jogging on the inside
- Middle age is when you choose your cereal for the fiber, not the toy....

● ● ● Tips and Tricks

Excel Tip;

To round a number to millions with the thousands shown as a decimal:

1. Press Ctrl+1 to open the Format Cells dialog box.
2. Select the Number tab, and from Category, select Custom.
3. In the Type box, enter the following Custom Formatting syntax:
#,##0.0,, ;[Red](#,##0.0,,);- ;

Result:

- Original number: 5,645,625
- The displaying formatted number: 5.6

Note from Editor: "If you have some tips or tricks/shortcuts to share - drop me a quick e-mail"

bjmorin@hydroottawa.com



Best Shortcut keys in Word:

Ctrl+X, Ctrl+C, Ctrl+V = Cut, Copy and Paste respectively. These work in virtually every Windows program. Learn them, use them, save LOTS of time and mousing around in the Edit menu.

Ctrl+B = Apply Bold. Highlight text then click Ctrl+B...voila insto-bold.

Ctrl+I = Apply Italic. Same idea as adding bold, except it adds italic instead.

Ctrl+Y = Repeat the last action. Say you just added a row to a table. Click Ctrl+Y and add another one. Keep doing it and add a whole bunch of them.

Ctrl+spacebar = remove all local formatting. If text looks weird, it could be because you accidently added something. It's also good consistency. You can make sure that the only formatting you're applying is the stuff you've set up in your styles.

Shft+F3 = Toggles case. If you know people who type in all upper case, you have my permission to rip the Caps Lock key off their keyboard. In the meantime, use Shift+F3 to switch case from UPPER, lower, and Initial Caps.

Ctrl+Home, Ctrl+End = Move to the top and bottom of a document, respectively.



Ontario Division Update - Melanie Lambert

The Ontario Division Education Forum (ODF) scheduled for Nov5-6, has been cancelled and will be rescheduled for the Spring - Stay tuned for further information as it develops.

As a result the chocolate basket which the chapter was donating as a silent auction will now become a raffle prize for the chapter. Thank you to all who donated to the basket.

RAFFLE TICKETS 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



Who can resist Chocolate?



As a result of ODF being cancelled we now have a chocolate themed gift basket that we are going to raffle off to members. Tickets will be available at the November 17th and December 8th meetings at a cost of \$5.00 each. This would make a great christmas gift for someone. You don't have to be at the meetings to win or purchase a

chance to win. Contact Laurie-Jean if you can't make the meeting and wish to purchase tickets. Draw will take place at the December chapter meeting.

laurie-jean.smith@blood.ca



Origin of "In Flanders Fields"

Each November, Poppies blossom on the lapels and collars of over half of Canada's entire population. Since 1921, the Poppy has stood as a symbol of Remembrance, our visual pledge to never forget all those Canadians who have fallen in war and military operations. The Poppy also stands internationally as a "symbol of collective reminiscence", as other countries have also adopted its image to

honour those who have paid the ultimate sacrifice.

This significance of the Poppy can be traced to international origins.

The association of the Poppy to those who had been killed in war has existed since the Napoleonic Wars in the 19th century, over 110 years before being adopted in Canada. There exists a record from that time of how thickly

Poppies grew over the graves of soldiers in the area of Flanders, France. This early connection between the Poppy and battlefield deaths described how fields that were barren before the battles exploded with the blood-red flowers after the fighting ended.

Just prior to the First World War, few Poppies grew in Flanders. During the tremendous bombardments of that war, the chalk soils

became rich in lime from rubble, allowing "popaver rhoes" to thrive. When the war ended, the lime was quickly absorbed and the Poppy began to disappear again.

The person who was responsible more than any McCrae's "In Flanders Fields" remains to this day one of the most memorable war poems ever written. It is a lasting legacy of the terrible battle in the Ypres salient in the spring of 1915. Here is the story of the making of that poem:

Although he had been a doctor for years and had served in the South African War, it was impossible to get used to the suffering, the screams, and the blood here, and Major John McCrae had seen and heard enough in his dressing station to last him a lifetime.

As a surgeon attached to the 1st Field Artillery Brigade, Major McCrae, who had joined the McGill faculty in 1900 after graduating from the University of Toronto, had spent seventeen days treating injured men -- Canadians, British, Indians, French, and Germans -- in the Ypres salient.

It had been an ordeal that he had hardly thought possible. McCrae later wrote of it:

"I wish I could embody on paper some of the varied sensations of that

other for the adoption of the Poppy as a symbol of Remembrance in Canada and the Commonwealth was Lieutenant-Colonel John McCrae, a Canadian Medical Officer during the First World War.

seventeen days...
Seventeen days of Hades!
At the end of the first day if anyone had told us we had to spend seventeen days there, we would have folded our hands and said it could not have been done."

One death particularly affected McCrae. A young friend and former student, Lieut. Alexis Helmer of Ottawa, had been killed by a shell burst on 2 May 1915. Lieutenant Helmer was buried later that day in the little cemetery outside McCrae's dressing station, and McCrae had performed the funeral ceremony in the absence of the chaplain.

The next day, sitting on the back of an ambulance parked near the dressing station beside the Canal de l'Yser, just a few hundred yards north of Ypres, McCrae vented his anguish by composing a poem. The major was no stranger to writing, having authored several medical texts besides dabbling in poetry.

In the nearby cemetery, McCrae could see the wild poppies that sprang up in the ditches in that part of Europe, and he spent twenty minutes of precious rest time



scribbling fifteen lines of verse in a notebook.

A young soldier watched him write it. Cyril Allinson, a twenty-two year old sergeant-major,

was delivering mail that day when he spotted McCrae. The major looked up as Allinson approached, then went on writing while the sergeant-major stood there quietly. "His face was very tired but calm as we wrote," Allinson recalled. "He looked around from time to time, his eyes straying to Helmer's grave."

When McCrae finished five minutes later, he took his mail from Allinson and, without saying a word, handed his pad to the young NCO. Allinson was moved by what he read:

"The poem was exactly an exact description of the scene in front of us both. He used the word blow in that line because the poppies actually were being blown that morning by a gentle east wind. It never occurred to me at that time that it would ever be published. It seemed to me just an exact description of the scene."

In fact, it was very nearly not published. Dissatisfied with it, McCrae tossed the poem away, but a fellow officer retrieved it and sent it to newspapers in

England. The Spectator, in London, rejected it, but Punch published it on 8 December 1915.

Source:
<http://www.arlingtoncemetery.net/flanders.htm>



*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

John McCrae



Great Truths about Growing Old

- Growing old is mandatory; growing up is optional.....
- Forget about health food. I need all the preservatives I can get.
- When you fall down, you wonder what else you can do while you're down there.
- You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- It's frustrating when you know all the answers but nobody bothers to ask you the questions....
- Time may be a great healer, but it's a lousy beautician
- Wisdom comes with age, but sometimes age comes alone.

KEEPING IT REAL

The Scenario

You walk into a store and hand the cashier a \$20 bill in exchange for some groceries. The cashier takes your note and looks at it, and then tells you, 'Sorry, I'll need another \$20. I think this one's a fake.'

Perhaps you'll blush, especially if there are other people in line, now beginning to give you subtle looks heavy in meaning. You might also feel confused because you thought your money was good. But if you had checked all your cash, immediately after accepting it from an ATM or some other person, you wouldn't be in this situation.

Did You Know?

According to the Royal Canadian Mounted Police (RCMP), criminals passed on \$3.4 million in fake money in 2009. Given that there's over \$50 billion worth of real cash in the wallets and tills of this nation, that may not seem like much. But consider this:

- Every fake bill you accept is money out of your pocket.
- When businesses lose money to fraud, the cost is often passed on to you, the consumer.
- Our bank notes are also national symbols. Keeping our cash supply real is a matter of pride.

Cash Tip

Older notes (ones without the metallic stripes) are less secure than newer ones. Only accept older bills if you know how to check them.

A Job for the Bank of Canada

The Bank of Canada is always working to improve the security features of our bills. In fact, the Bank will be releasing a new series

of polymer notes starting in 2011 to keep us all a few steps ahead of fraudsters. The Bank also works with retailers, the police, and your local banks to fight fake cash.

A Job for You Too

Don't forget to check your cash. Canada's most recent bills (the ones with metallic stripes) have security features you can touch and see in seconds. In the above scenario, a few seconds to check with just your eyes and fingers would have saved you valuable money. Those two senses work way better than any machine out there!

Here's how to check the security features in Canadian money:



Touch the raised ink on the bill.



Tilt the bill and look for colour changes in the metallic stripe and dashes.



Look through the bill by holding it up to the light, and check for a ghost image and puzzle number. The dashes form a solid line.

So what do you do if you suspect that someone's trying to hand you a fake bill? Refuse it and ask for another one.

What if you discover your cash is no good when trying to spend it? Unfortunately, the Bank of Canada will not exchange a phoney bill with a real one. That's how we make sure fraudsters aren't rewarded.

It's better to hand the suspect note to the local police. They'll send it to a special division of the RCMP to formally determine if it's fake or real. Real money will be returned to you. Whatever you decide to do, don't try to spend cash that you suspect is fake. It's a crime to knowingly do so.

Cash is a convenient way to pay for what you buy. Just remember to check all notes before accepting them, so we can keep our cash real. **S**

For more information and free training tools, contact:

bankofcanada.ca/en/banknotes
education@bankofcanada.ca
1 888 513-8212