

From the President

Dear Members,

Can you believe it is almost August? Where has the year gone? Calendar year that is.

It is just the beginning of our fiscal year and an exciting, busy one it will be. Your new chapter Vice President, Connie Weddell, has shared with me some of her ideas for programs this year, and I'm so excited I want to have all of the programs right now. I'm like a little kid in a candy store. Give me more, more, more. We had such wonderful programs last year that I didn't think we could do it two years in a row, but I was wrong. Connie is up for the challenge. Watch the newsletter and our website over the next couple of months to see what is in store for us.

The other thing Connie and I have been working on this month is committee guidelines. We have so many new members that want to be involved, but aren't sure what to do next, so our plan is to give our members concrete information about how each committee works. This has been a lot of work, but so rewarding and exciting. Watch this issue of The Tulsan for details on our August event, where we will roll out this information that we have been putting together. This event will be exciting, fun and educational. Everyone in the chapter is encouraged to attend.

I also met with our new Membership Chair, Regina Thompson, and all I can say is WOW! Regina brings a lot of sales and marketing experience to the table and she has some wonderful ideas. She is ready to hit the ground running. Her next step is to meet with her committee and plan their year. We can all look forward to some new, innovative ideas to come out of this committee.

Well, I head off to Minneapolis on July

26 for the International Education Forum and Annual Meeting. It would be nice if there were other members of Tulsa Chapter going, but I know everyone is very busy right now. When I return I will be equipped with more tools to help Tulsa Chapter continue its path toward excellence. Through the Power of Commitment (the new slogan this year), Tulsa Chapter will not only survive, we will thrive. If you haven't already, please read the bylaw amendments and let me know your thoughts. This is your organization and I am representing you when I cast my vote in Minneapolis.

Remember, we will not have a Board meeting in July. Our next Board meeting will be August 25, at NGL Supply, Inc. You are all encouraged to attend.

Enjoy the rest of your summer and try to stay cool. Go back to your childhood and when you hear that ice cream truck rolling down your street, grab some change, then run as fast as you can out your front door to stop it before it gets away. Buy a Popsicle, sit down on the curb, and let it melt all over you while you eat it. Yum. To be a kid again....

Jolene Yowell CPS
Tulsa Chapter President

"The most powerful weapon on earth is the human soul on fire".

Ferdinand Foch





IAAP Tulsa Chapter

Join us!
Aug 6

Leadership Development / Committee Training Seminar

Who: All Tulsa Chapter members

When: August 6, 2009 @ 5:45p

Where: Billy Sims Bar-B-Que
5213 S. Sheridan Rd
The Farm Shopping Center

This is going to be a very exciting event that you won't want to miss!

We highly encourage **everyone** to attend, particularly committee chairs and members, both past and current.

But even if you aren't on a committee, this will be a great opportunity to **enhance your leadership development skills!**

Recertification points have been requested.

RSVP TO JOLENE YOWELL: jjowell@ngl-supply.com



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Staying young and happy key to life

By [HARVEY MACKAY United Feature Syndicate](#)

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Submitted by *Connie Weddell*

Youth, it has been said, is wasted on the young — a travesty if that was true. Fortunately, having a youthful attitude is possible at any age, just as being an old foggy can start at a very young age. Here are some ideas to help you stay young at heart:

Keep only cheerful, positive friends. You can pick your friends, and I like to choose those who are positive and people who challenge me. Negative people see the difficulty in every opportunity, while positive people see the opportunity in every difficulty.

Keep learning. I think Henry Ford put it best when he said, "Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young."

Enjoy the simple things. Don't forget to take time to enjoy the things that you like to do. You have to have a good balance.

Laugh often. Starting your day with a good laugh, or at least a big smile, is as beneficial to your health as it is to your mood. It relaxes tensions, changes attitude and increases the body's natural painkillers. And it has no bad side effects.

Stay in shape. Exercise is good for your mind as well as your body. Studies show that healthy employees have decreased absenteeism, better performance and improved morale. I've always felt that a healthy workforce is a productive workforce. The human body is the only machine that wears out faster if it is not used.

Cherish your health. There is nothing more important than your health. If you're healthy, do what you can to preserve it. If your health is unstable, fix it.

Be happy. You are responsible for your own happiness. We sometimes convince ourselves that life will be better after we get a better job, make more money, get married, have a baby, or buy a bigger house. Yet those events may not make any difference. Happiness starts in your head.

Don't stress out. You can't escape stress, but you can avoid creating unnecessary stress. You just need to find a stress reliever. If the stress just won't go away, then you have to make some changes in your life that might be more stressful in the short-term but healthier in the long run.

Don't take guilt trips. Rather, take a trip to some location and escape. I remember a story about the worry tree. At night, an accountant would go home from work and place all his worries on a tree in his front yard. The next morning, he would pick up those worries on his way to work and they weren't as heavy the next day.

Visualize yourself as youthful and with endless energy. I learned years ago that visualization is the most powerful means of attaining personal goals. Visionary people can achieve whatever they want by determining a plan to attain it and expecting positive results. It doesn't do the planning, and it doesn't anticipate the obstacles. It gives you a real idea of what is possible, if only you want it enough. Vision is not so much what you think as how you think. If you can visualize it, you can make it happen.

Mackay's Moral: If you want to stay youthful, stay useful.

From Jan Snyder: **Have you heard of LuckyPotluck.com? One of my coworkers used to organize a meal at the office. Quite handy!**

<http://www.luckypotluck.com/cgi-bin/display/index.pl>



Omega Chapter

Jane M. Dunning, who served as Tulsa Chapter's first president from 1966-1968, passed away Sunday, July 19, 2009 in St. Charles, MO. She was born October 22, 1917 in Big Cabin, OK to the late Robert L and Ruby (Cass) Martin. Mrs. Dunning was longtime member of the Methodist Church and Eastern Star. She retired from FHA-HUD as a Loan Servicer. Those surviving her include one daughter, Janine (Dunning) Rolph and her husband, Martin W. of St. Charles, Mo, one son, Frank Martin Dunning and his wife, Sandra L. of Hulbert, OK; four grandchildren, Kristen Dunning, Martin "Marty" Rolph, Natalie Rolph and Sydney Dunning. Services were held Wednesday July 22 at the Freeman Harris Funeral Home Chapel.



2009-2010 Tulsa Chapter Officers

President.....Jolene Yowell CPS

Vice President.....Connie Weddell

SecretaryJamie Ward CPS/CAP

TreasurerMichele Dodson

So many worksheets, so little space...

Have you ever had an Excel workbook with multiple sheets, those sheets having names other than the proverbial Sheet1, Sheet2, and Sheet3? Many companies keep business data in various workbooks, where tabs are corresponding to months, from January to December:



Rather quickly, you get to the point where you no longer can see all the tabs in one view. Of course, you can use the built-in tabs navigation buttons, and go the next, previous, first, or last sheet, but wouldn't it be great if there was a way to see all the sheets and be able to click on the one you want to work on?

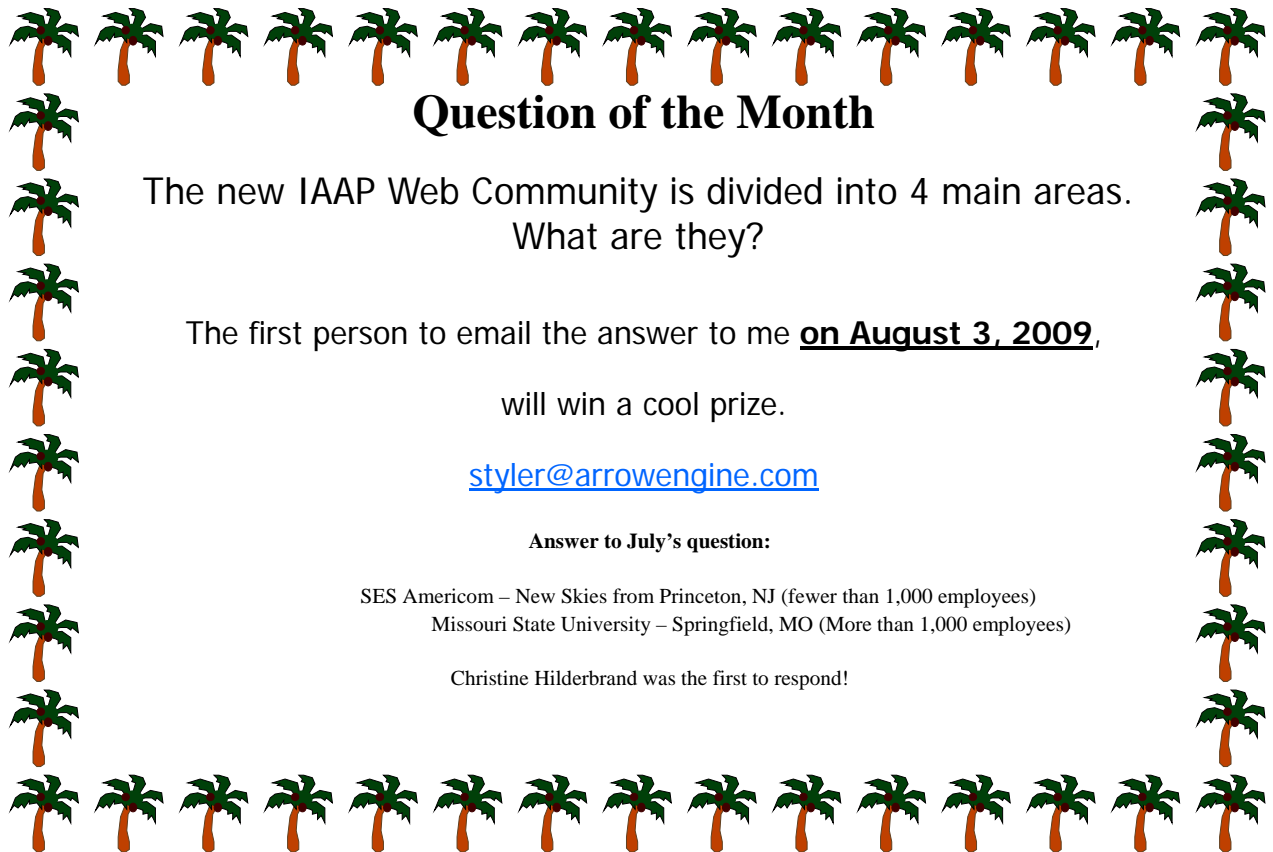
Well, there is one, and it has been there since early versions of Excel. Simply right-click the tabs navigation buttons and a floating list of all the worksheets in the workbook will appear. It is especially useful when sheet names are long. It's a great way to navigate complex spreadsheets.

Submitted by Janis Snyder



Learn to speak the boss's language

Earn the mantle of “too valuable to lose” by speaking the same language as your boss. For example, executive coach Mariette Edwards tells *The Wall Street Journal*, “An analytical [type boss] will take exception to someone who presents an idea without data to support it. A people person will be offended in the absence of regular communication.” Know your manager's style—and adjust your own to meet it. *Submitted by Connie Weddell*



Question of the Month

The new IAAP Web Community is divided into 4 main areas.
What are they?

The first person to email the answer to me on August 3, 2009,
will win a cool prize.

styler@arrowengine.com

Answer to July's question:

SES Americom – New Skies from Princeton, NJ (fewer than 1,000 employees)
Missouri State University – Springfield, MO (More than 1,000 employees)

Christine Hilderbrand was the first to respond!

TULSA CHAPTER IAAP MEETING MINUTES

July 2, 2009

The July meeting was held in the meeting room of Furr's Cafeteria in the Farm Shopping Center at 51st and Sheridan. President, Jolene Yowell CPS called the meeting to order at 5:45 pm. The Tulsa Chapter officers were introduced: President, Jolene Yowell CPS; Vice President, Connie Weddell; Secretary, Jamie Ward CPS/CAP; and Parliamentary Advisor, Christine Hilderbrand CPS/CAP. Treasurer, Michele Dodson was not present.

Sandy Tabio was introduced as a Tulsa Chapter member serving as Vice President of the A-O Division board.

Guests were introduced and they included Jodi Taylor with Warren Place, Sunny Phillips with Cherokee Nation Entertainment and Beki Darnell, Member at Large.

Our special guest speaker for the evening was Rachel Wagner who spoke on "Global Business Etiquette". Ms. Wagner is an etiquette trainer and she shared with us the importance of being informed of proper business etiquette when doing business with internationals. Research is essential.

Business Meeting

The minutes of the June, 2009 Tulsa Chapter meeting were printed in the Tulsan. No one noted any additions or corrections to the minutes so they were approved as printed.

The treasurer's report was received and filed for audit. Members wishing to review it were encouraged to contact Jolene Yowell or Michele Dodson.

Annual Meeting

Jolene Yowell gave a brief delegate report from Annual Meeting. We had 53 attendees at the seminar on Friday. There were 78 registrants at the Annual Meeting; every chapter was represented. Tulsa Chapter won several awards given at the banquet on Saturday evening. The new officers of the A-O Division are Marsha Bryan CPS/CAP, President; Cheryl Cook CPS/CAP, President Elect; Sandy Tabio, Vice President; Teresa Tidwell CAP, Secretary; and Donna Nerio, Treasurer.

Business Meeting Continued

Jolene Yowell will be the Tulsa Chapter delegate to the Education Forum and Annual Meeting in Minneapolis, MN on July 26-29. The process of sending the delegate as instructed or uninstructed was explained. Ann Hammack moved that Jolene Yowell, the Tulsa Chapter delegate, be sent uninstructed. The motion was seconded. There was no discussion following the motion. The "ayes" carried the motion; Jolene Yowell will be sent uninstructed.

No other Tulsa Chapter members indicated that they would be attending the Education Forum and Annual Meeting in Minneapolis.

The proposed international bylaw amendments were e-mailed to Chapter members for their review. There was a brief time for discussion and questions regarding the proposed amendments. Chapter members were encouraged to let Jolene Yowell know their thoughts on the amendments so that she would have some information to draw from as she casts her votes at the Annual Meeting in Minneapolis.

Shirley Schellhorn CPS gave an update on the search for a new location for Tulsa Chapter meetings. Here are some of the locations that have been considered:

TiAmo's - \$24.00/person - considered too expensive
Marie Callendar's - we'd have to guarantee \$100 in food purchases to be able to use the private room without an additional charge.

Tulsa Marriott - nice room and set up - would cost about \$15/each.

Embassy Suites - Nice meeting space and food - we would have to guarantee at least 20 people for dinner each meeting night. Shirley is going to talk to them to see if they will reduce the number of "guaranteed" attendees to 15.

Nothing has been decided yet but we are continuing to look for a rea-

sonably priced restaurant or hotel that will give us a private meeting space and a professional atmosphere.

We still need a chair for the Ways and Means committee.

Announcements

A poll of members present was taken to see who would be interested in sitting for the CPS or CAP exams. Connie Weddell and Jenny Flores indicated that they would like to take the exam in either November or May.

Division officers are setting up their scheduled visits to the Chapters in the Division. Tulsa Chapter decided to extend an invitation to have them come join us for our Impact Meeting in October. A-O Division President, Marsha Bryan CPS/CAP is our Board contact this year.

The A-O Division Board has set the date for the 2009 Education Leadership Conference. It will be held on Saturday, August 22 at the Hampton Inn in Van Buren, AR. A block of rooms have been reserved at a rate of \$95/night. There is no registration fee for A-O Division members and the Division will reimburse half of the hotel room cost for Friday night, up to \$47 plus tax. Members planning to attend are encouraged to let Jolene know so carpool opportunities could be arranged.

There will be no Tulsa Chapter meeting in the month of August. This will give the new committees a chance to meet and do their planning for the year. Committees will meet at Billy Sims BBQ restaurant at the Farm Shopping Center on August 6 at 5:45 pm.

Ann Hammack and Debra Bishop presented the door prizes.

April Birthdays

Dana Fugate - July 16

Christine Hilderbrand CPS/CAP - July 18

Joan Wirt CPS - July 21

Dates to Remember

July 26-29 - International Education Forum and Annual Meeting in Minneapolis, MN.

August 6 - Committees meet at Billy Sims in the Farm Shopping Center

August 15 is the deadline to register for the November CPS/CAP exam.

Meetings

The next Board meeting will be August 25 at NGL Supply, Inc. starting at 5:45 pm.

The next Chapter meeting will be Thursday, September 3, 2009 at a meeting location yet to be determined. Dinner and networking begin at 5:15 and the meeting will begin at 5:45 pm.

There being no further business, the meeting was adjourned at 7:52 pm.

Submitted by Jamie Ward CPS/CAP, Secretary

Reviewed by Jolene Yowell CPS, President

***The next deadline for submission of
articles for the newsletter is
August 15, 2009.
styler@arrowengine.com***