



# JANUARY 2010

January 2010

HAPPY NEW YEAR!

## A MESSAGE FROM OUR PRESIDENT . . .

I hope everyone had wonderful Holidays, spent with family and friends.

As I gaze out the window at the freshly fallen snow, with no footprints or tracks, I think back on this past year (2009), and all the accomplishments and footprints the Fort Myers Chapter has made. Then I think about what footprints we will be leaving throughout this coming year.

Do you have your mind set on what accomplishments you would like to make this year? Your goals set?

We have a new year— a year of new beginnings, whether it's striving to become a Member of Excellence, helping the Chapter to become a Chapter of Excellence, achieving your CPS or CAP, or if on a more personal side, to be a healthier new you. Whatever your goals may be, let's make our footprints strong and bold so they will make a lasting difference.

You know, as I am looking at the soft white snow, I'm thinking our dragonflies would make very beautiful "snow angels!" So, let's shake that 'snow' (or sand, or what-

ever it may be) off our wings (I know it sounds pretty funny, snow in Florida), and get buzzing again to accomplish all the goals that our Chapter set for the 2009-2010 year.

Happy New Year to All!

Dianne Reed  
IAAP Fort Myers Chapter  
President, 2009-2010



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### Special points of interest:

- Due to the holidays, some regular features are missing from this newsletter. They will resume next month.
- Win a chance for free registration to Division! See page 2.
- New membership application and dues increase. See page 2.
- Career Development Opportunities. See page 3.



### Birthdays

Barbara Reher      January 2  
Shannalee Small    January 25

### Anniversaries

Karan Pepin            5 years  
Elsie Sambrato        5 years  
Karla Stento            1 year  
Deborah Owen         1 year

## Win Registration to Division!

The Bartow and Lakeland Chapters of IAAP are offering a chance to get your registration for the Florida Division Annual meeting PAID for you – a \$175 value! We have tickets for only \$5 each, no limit on how many you may purchase, and the winner will have their registration fee paid by the Bartow and Lakeland Chapters. Sorry, no 'cash' value—proceeds applied to Conference registration only.

### A Message from Headquarters

In an effort to simplify, we have combined the U.S./Canada membership application, the outside U.S./Canada membership application and reinstatement application into one multipurpose form. If you don't receive this form automatically, the new form can be found at [http://www.iaap-hq.org/join/2010\\_MemberApp\\_FI.pdf](http://www.iaap-hq.org/join/2010_MemberApp_FI.pdf). (You will need to cut and paste this link into your browser.)

Pursuant to the passage of a bylaws amendment by the delegates at the 2009 International Education Forum and Annual Meeting, effective January 1, 2010 annual dues, payable in U.S. funds, will be submitted based on classification of membership as follows:

	1	2	
Professional Member	83	103	1. Any member who resides in the United States, its territories, Puerto Rico, the Virgin Islands of the United States, or Canada.
Professional-Merited Member	47	67	
Student Member	50	70	2. Any member who resides outside the United States, its territories, Puerto Rico, the Virgin Islands of the United States, or Canada.
Associate Member	180	200	

Feel free to e-mail Peggy Poole CPS, Membership Chairperson at [poolecps@aol.com](mailto:poolecps@aol.com), if you have any questions.

### Member Tidbits . . .

- Judy West (pictured) is a member of the Estero Fire Wives Club. These ladies help the families of their firefighters. And doesn't she make a fantastic Mrs. Clause?
- **Vickie Lane** CPS/CAP has been published! Vickie contributed her story regarding her victory against breast cancer. Becoming a writer was one of Vickie's life dreams. The book, titled *Life Choice: Navigating Difficult Paths*, is due out January 31, 2010. Please go to [lifechoicesbook.com](http://lifechoicesbook.com) for more information on this inspirational book.



### Grammarphobic!

*The solution to your grammar fears*

**THE SILENT SCREAM:** *The Exclamation Point (!)*

~ Excerpted by Ann Kirby CPS/  
CAP from: Woe Is I by Patricia  
T. O'Conner ~

The exclamation point is like the horn on your car – use it only when you have to.

A chorus of exclamation points says two things about your writing: First, you're not confident that what you're saying is important, so you need bells and whistles to get attention. Second, you don't know a

really startling idea when you see one.

When you do use an exclamation point, remember this:

Use it alone (don't add a comma afterward): *"Holy cow!" said Phil.*

And keep your voice down.



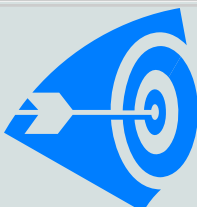
### Upcoming Events!

- January 12 Fort Myers Chapter Monthly Meeting (Topic: Jumpstart Your Success in 2010)
- January 28 Fort Myers Chapter Board Meeting
- February 6 Progressive Dinner (Ft. Myers Chapter event - call/email Peggy Poole CPS for information)
- February 9 Fort Myers Chapter Monthly Meeting (Topic: Life Planning for your 20's to your 100's)

### What Is It?



### Career Development Opportunities



- If you know of anyone over 55 looking for employment that needs to update their skills, the Dr. Piper Center has immediate openings in their classes for Computer & Job Search Skills. Please contact Cheryl Holland or Dawn Ziegler at 239-332-5346. The January meeting of the Lee County Human Services Information Network is still being scheduled and details will be sent out as soon as they are finalized. This January marks the beginning of the Network's seventh year.
- Florida Gulf Coast University offers a wide variety of classes and seminars through their Continuing Education Department. Check them out at <http://www.fgcu.edu/ced/>.



Part 6:

# IAA *Phitness*

Greetings and Get Ready, My Fellow *Phitness* Phans:

My December goal was successful and my new outfit looks great! I've two months of completed goals under my belt and I'm ready for #3. We all know that January is the norm for setting new goals and resolutions and blah, blah, blah...I have never been successful at setting and keeping any New Year's resolutions. If you're the type that can and do keep your resolutions then a **BIG CONGRATULATIONS** to you! Keeping resolutions is something you should be very proud of. . . .IF, on the other hand, you're closer to my side of the fence with the grandiose goals and visions that never come...do not fret...there are vast opportunities for us to make a goal and stick to them (*remember, small goals turn into big goals*). So, if you succeed best at small, weekly or daily goals - set them and claim your victories! IF bigger, longer goals work best for you, by all means, tackle them head on! Just coming out of all the hol-eat-ing days, I know ultimately a big goal is due; however, in order for me to keep sight of my end goal, I will be using the 'short sprint' approach I call mini-goals.

So far, this year's mini-goals will include: trying vegetarian meals, running a 5K, finding an exercise routine that I can stick with, taking yoga classes, and eating at least one salad every week oh, and learning sign language (*I know this last one isn't health related but it's always something I've wanted to do*). I am excited about this new year and can't wait to look back and see everything positive that I've accomplished within it's 12 months!

I challenge each of you to do one thing each month that is solely and selfishly for you whether it's sitting quietly for 20 minutes or shopping for 2 hours - we all deserve it! Now, come on, let's get on with our best year EVER!

Take a minute and fill in the blank and think about it at least once a day.

...there's no time like the present to get started on \_\_\_\_\_ (insert your own word(s) here).



My January Goal is: To eat vegetarian meals for 7 days in a row.

My reward *should be* a BigMac but will really be: A **guilt-free** day of no housework.

## Mini Challenge... of the Month

Begin in a calm space that is quiet. Grounding is one of the fundamentals in meditation. The technique entails sitting comfortably with your shoes off and your feet on the ground. Rest your hands in your lap and close your eyes. Visualize yourself outdoors, seated on a tree stump with roots that connect with your spine. The roots burrow to the center of the earth, joining you to the planet. Exhale and release tension through the roots. Try to let thoughts and worries drift away with the tension. Inhale and visualize the sun warming you, generating a sense of well-being. Try this for a minute or two at a time and build up to longer sessions.

## Did you know... of the Month

There are many benefits to snacking in between meals. Many people think adding extra food to their day will widen their waistlines, but actually, that is far from the truth. By eating five mini-meals a day--two of them being snacks--you will actually rev up your metabolism and stabilize your blood sugar. This prevents pigging-out come dinner time. Eating meals every 3-4 hours throughout the day will keep your energy up for every day activities or a great workout. In fact, snacking can help you lose or maintain your weight. **In order to reap these great benefits, the right choice of snacks must be made.**

## Gadget... of the Month

ReUsies™ are a re-usable alternative to sandwich/snack bags, each one has the potential to eliminate hundreds of plastic bags. ReUsies™ are 100% cotton lined with leak-resistant nylon and are secured with Velcro® closures. ReUsies™ can be machine washed and dried, and washed in the dishwasher

Reusies.com



Next Issue: February, 2010  
 Editor: Christina Dorn

Submit articles to:  
 dornchris@yahoo.com  
 Deadline: January 20, 2010

Look us up on the Web!

[www.iaap-ftmyers.com](http://www.iaap-ftmyers.com)

[www.iaap-floridadivision.org](http://www.iaap-floridadivision.org)

[www.iaap-hq.org](http://www.iaap-hq.org)

Answer to What Is It



**CHAPTER INFORMATION**

Fort Myers Chapter 2009-2010 Board Members

President

Dianne Reed

President-Elect

Ann Kirby CPS/CAP

Recording Secretary

Karen Royal

Corresponding Secretary

Karen Distelrath CPS/CAP

Treasurer

Christina Dorn

Director

Vickie Lane CPS/CAP

Chapter Meetings

2nd Tuesday of each month  
 Hilton Garden Inn  
 Corner College Parkway &  
 Summerlin Rd.

5:30 pm      Networking  
 6:00 pm      Dinner\*  
 7:00 pm      Meeting

\*Dinner optional (reservations  
 required). Cost is \$17 for hot  
 meals; \$15 for salads.

Board Meetings

3rd Thursday of each month.  
 All members welcome.  
 5:30 pm

Pitman Hartenstein &  
 Associates, Inc.  
 12701 World Plaza Lane  
 Suite 80  
 Fort Myers, FL 33907

For 2010 . . . The Law of the Garbage Truck

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us.

My taxi driver just smiled and waved at the guy. And I mean, he was really friendly. So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!' This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck.' He explained that many people are like garbage trucks—they run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

So...Love the people who treat you right. Pray for the ones who don't. Life is ten percent what you make it and ninety percent how you take it!