



Flower City  
Chapter/  
International  
Association of  
Administrative  
Professionals

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# The Blossom Times



February 2011

## President's Message

Pam Johnson, CPS/CAP

We are already well into 2011. No doubt, some of you made resolutions or created goals you wanted to reach this year. I hope each of you reaches those goals and that IAAP/Flower City Chapter is one of them!

February brings us Valentines Day and Super Bowl Sunday; hopefully both events are wonderful for you!

Please utilize our Flower City Chapter IAAP website or even IAAP Headquarters website; they are both filled with great information, tips and programs of interest.

**Check out the upcoming IAAP events for 2011. In July we have the EFAM in Montreal, Canada (bring your passport!) and the Fall Conference in San Diego, CA (dates TBD)!**

We have some great programs coming up that you do not want to miss. Let this be the year you embrace Flower City Chapter and utilize all it has to offer you; it is your chapter, your membership! Get up, get out and get involved; we need you!

Pam



## Flower City Chapter News

Send your Roster changes (e.g., home address, e-mail, phone numbers, retirements, birthday, etc.) to Secretary **Kyra Sheehan** (contact information is on page 10). Or send her the sheet on page 15 of the *FCC Handbook*.

**Tarie Vince** recently traveled to Atlanta to attend Learn 2 Earn meetings.

**Kyra Sheehan** went with her husband on a familiarization trip to Florida to check out various venues. She is planning Pike Company's annual board meeting.

**Mia Roan** had a birthday on February 1.



If your birthday has been omitted from our birthday listing, contact **Kyra Sheehan**, Secretary/Roster, so she can update our records.

**Marilyn Nickerson** is off to Telluride for a ski vacation with the girls the end of February.

## New York State Division News



Syracuse,  
New York

*"Attitude is a little thing that makes a big difference."*

Winston Churchill

The 59th IAAP New York State Division's Annual Meeting will be held from Friday, May 20 through Sunday, May 22, 2011 in Syracuse, New York and is themed **"Positive Attitudes: Endless Possibilities."** This year's event is hosted by the NYS Division Board of Directors and chaired by Linda S. Yates, CPS, Capital District Chapter.

Trips & Tours will be held on Thursday, May 19. A tour of the Matilda Joslyn Gage House in Fayetteville along with a dinner are being planned. Ms. Gage, of equal importance to Susan B. Anthony and Elizabeth Cady Stanton, is all but unknown today. She is one of the most radical, far-sighted and articulate early feminists and was deliberately written out of history after her death in 1898 by an increasingly conservative suffrage movement. You'll have to attend if you want to know more than this tantalizing paragraph can hold.

Lodging for the 59th Annual Meeting will be at The Maplewood Inn in Liverpool (just north of the City of Syracuse). The room rate for this year is \$89/night with a reservation deadline of April 19. Contact the hotel at: 315-451-1511. Be sure to reference Reservation #1709 or NYSD Annual Meeting to get the discounted rate.

Should you want to leave the driving to someone else, Amtrak is offering a 10% discount for travelers to Syracuse, NY. Make sure to note Reference Code—X90E-916 when booking your seat. The train station is not very far from The Maplewood Inn and right across from Carousel Mall.

Detailed event information will be available in the near future. Linda can be contacted at 518-427-8405 or [Yates.linda39@yahoo.com](mailto:Yates.linda39@yahoo.com).

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## IAAP International News



The **2011 International Education Forum & Annual Meeting (EFAM)** will truly be international this year as Montreal, Canada is the location. The July 24-27 event will offer more than 50 education workshops focusing on topics from management skills to leadership development.

Online registration will open the first week of April 2011. Hotel reservations for EFAM are open now. Questions? Contact IAAP HQ via email: [meetings@iaap-hq.org](mailto:meetings@iaap-hq.org).

Passports are required for travel to Canada.

The **CPS and CAP** deadline to sign up for the May exams is February 15. The CPS

and CAP exams are based on the premise that an administrative professional should have basic knowledge of office systems, technology, office administration, and management, and know how to apply the principles of good human relations and communications.

Part 4 of the CAP exam is administered on Friday afternoon. Parts 1-3 of the CPS and CAP exams are administered on Saturday.

The deadline date for the May 6-7 exams is February 15; the deadline to sign up for the November 4-5 exams is August 15. Go to [www.iaap-hq.org/certification](http://www.iaap-hq.org/certification) for more information.

## Civic, Public and World Affairs

### *Excerpts from...Davos:* **Global Governance in a Changing World**

By Kenneth Roth  
Executive director of Human Rights Watch

This year's World Economic Forum meeting in Davos is focusing on the challenges of global governance. Are international institutions capable of addressing today's problems in light of recent shifts in global power? What will these institutions look like when emerging powers such as Brazil, India and South Africa have a seat at the table?

Recent elections to the United Nations Security Council give us a glimpse of the future. For the next year Brazil, India and South Africa will all sit on the 15-member council, and all three aspire to become permanent members. How will they conduct themselves? Of particular interest to me, will they join efforts to defend human rights? There is reason for both hope and apprehension.

All three are genuine democracies with constitutions that guarantee basic rights. That would suggest sympathy toward others facing deprivation of their rights. Unfortunately, when it comes to their foreign policies, the three governments are often skeptical or even hostile to enforcing human rights. At first blush this is surprising, because even though these governments are sometimes criticized for their human rights records, all three benefited in the past from the attention of the international human rights movement – to fight apartheid in South Africa, military dictatorship in Brazil, and colonialism in India.

When it comes to the Security Council, one reason sometimes cited for these governments' wariness toward enforcing human rights is the unrepresentative nature of the council. Reflecting power relations when the UN was founded after World War II, perma-

nent seats and veto power are held by Britain, China, France, Russia and the United States. Other governments understandably want these privileges reallocated to better reflect the modern order. Until then, they advocate a narrow view of the council's powers in favor of more representative bodies of the UN, such as the General Assembly or the Human Rights Council. And in any event, Brazil, India and South Africa have not consistently supported human rights enforcement even in the General Assembly and Human Rights Council.

So why are these emerging powers not doing more to defend human rights abroad? The foreign policies of all three governments still sometimes seem informed by a vision of the world that sees human rights as an "imperialist" endeavor even when the beneficiaries are ordinary people in the global South. That view stems from the Cold War, when many proponents of human rights were Western governments, and the often-selective support called into question their intent. Many members of the non-aligned movement in that era tended to identify with Southern leaders, no matter how repressive, instead of their victims.

The challenge now is to shed light on how these three governments develop their foreign policies. Domestic audiences in these countries often pay little attention to foreign policy concerns. But when foreign policies have been subjected to public scrutiny, they have tended to move in a more pro-human rights direction, given the difficulty of justifying significant discrepancies between values espoused at home and abroad.

*Continued on page 7...*





## We ALL Have to Walk The Talk

Here's a perspective from *Walking The Talk Together* that is a good reminder for us all: Don't know about you, but the more we read the newspaper or watch the evening news, the more we find that a lot of people are just plain shirking responsibility. From public officials who abuse their power, to "deadbeat" parents who financially and emotionally abandon their kids, a growing number of "grown-ups" seem to be looking for a free ride on the road of non-responsibility. When that happens, we all see and feel the results firsthand...and they're not positive at all.

Fortunately, most of the folks we work with do a pretty decent job of accepting and meeting the responsibilities that come with growing older and with the choices made along the way. But let's face it, we are human—we all occasionally pass the buck, dodge the duty, and transfer some of our share of the load to others. And that's pretty much what we end up doing at work if we allow ourselves to assume that following organizational values and goals is exclusively the job of

"the people in charge" — or any other group for that matter.

Sure, **leaders** are supposed to take the **lead** and set the example...top management has a big responsibility for practicing what the organization preaches. But that responsibility extends to managers, supervisors, team leaders, and individual contributors as well. Just as civil laws are intended for more than only lawmakers, religious principles apply to more than just religious leaders, and family rules are meant for more than just parents, so it is with workplace values and principles. They're relevant for more than just executives; they're *everyone's responsibility*—yours and ours.

Steve Ventura

**Source:** WALKTHETALK.COM®- Resources for Personal and Professional Success Performance Systems Corporation, 1100 Parker Sq Suite 250, Flower Mound, TX 75028\*

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## Upcoming Events—2010-2011



### February

2 Chapter Dinner/Meeting  
Marriott—CANCELLED

### March

9 Chapter Dinner/Meeting  
Marriott **\*\*NOTE DATE CHANGE\*\***

### April

6 Chapter Dinner/Meeting  
Marriott  
30 Administrative Professionals  
Week Seminar (APW)

### May

4 Chapter Dinner/Meeting  
Marriott  
20-22 NYS Division Annual Meeting  
Syracuse, NY

### June

1 Chapter Dinner/Meeting  
Marriott

### July

24-27 IAAP Education Forum and  
Annual Meeting (EFAM),  
Montreal, Quebec/Canada

## Social Security fund will be drained by 2037

By Stephen Ohlemacher,  
Associated Press

Social Security's finances are getting worse as the economy struggles to recover and millions of baby boomers stand at the brink of retirement. New congressional projections show Social Security running deficits every year until its trust funds are eventually drained in about 2037.

This year alone, Social Security is projected to collect \$45 billion less in payroll taxes than it pays out in retirement, disability and survivor benefits, the nonpartisan Congressional Budget Office (CBO) said Wednesday. That figure swells to \$130 billion when a new one-year cut in payroll taxes is included, though Congress has promised to repay any lost revenue from the tax cut.

The massive retirement program has been feeling the effects of a struggling economy for several years. The program first went into deficit last year, but the CBO said at the time that Social Security would post surpluses for a few more years before permanently slipping into deficits in 2016. The outlook has grown bleaker as the nation struggles to recover from the worst economic crises since Social Security was enacted during the Great Depression.

The deficits add a sense of urgency to efforts to improve Social Security's finances. For much of the past 30 years, Social Security has run big surpluses, which the government has borrowed to spend on other programs. Now that Social Security is running deficits, the federal government will have to find money elsewhere to help pay for retirement, disability and survivor benefits.

A debt commission appointed by President Barack Obama has recommended a series of changes to improve Social Security's finances, including a gradual increase in the

full retirement age, lower cost-of-living increases and a gradual increase in the threshold on the amount of income subject to the Social Security payroll tax.

More than 54 million people receive retirement, disability or survivor benefits from Social Security. Monthly payments average \$1,076. The program has been supported by a 6.2 percent payroll tax paid by both workers and employers. In December, Congress passed a one-year tax cut for workers, to 4.2 percent. The lost revenue is to be repaid to Social Security from general revenue funds, meaning it will add to the growing national debt.

Social Security has built up a \$2.5 trillion surplus since the retirement program was last overhauled in the 1980s. Benefits will be safe until that money runs out. That is projected to happen in 2037—unless Congress acts in the meantime. At that point, Social Security would collect enough in payroll taxes to pay out about 78 percent of benefits, according to the Social Security Administration.

The \$2.5 trillion surplus, however, has been borrowed over the years by the federal government and spent on other programs. In return, the Treasury Department has issued bonds to Social Security, guaranteeing repayment with interest.

"It's an IOU that is backed by Treasury bonds and the faith and credit of the United States government," said Sen. Bernie Sanders, I-Vt. As you well know, in the history of this country, the United States has never defaulted on one penny owed to a creditor."

Source of Excerpts: <http://www.msn.com/id/41293592> 2/1/2011



## Horoscope Hang-Up: Earth Rotation Changes Zodiac Signs

By Megan Friedman



If you're the type of person who relies on mysterious-sounding locations of stars to determine your personality and outcome in life, get ready to be shocked. The field of astrology, which is concerned with horoscopes and the like, felt a major disruption from astronomers, who are concerned with actual stars and planets. The astronomers from the Minnesota Planetarium Society found that because of the moon's gravitational pull on Earth, the alignment of the stars was pushed by about a month.

"When [astrologers] say that the sun is in Pisces, it's really not in Pisces," noted Parke Kunkle, a member of the group's board. Your astrological sign is determined by the position of the sun on the day you were born, so that means everything you thought you knew about your horoscope is wrong.

It turns out that astrology has had issues from its inception. (Aside from the fact that it tries to link personality traits with *positions of the stars*.) Ancient Babylo-

ans had 13 constellations, but wanted only 12, so threw out Ophiuchus, the snake holder. Libra didn't even enter the picture until the era of Julius Caesar.

According to the Minnesota Planetarium Society, here is where the real signs of the Zodiac should fall. Get ready for your world to change forever.

**Capricorn:** Jan. 20–Feb. 16

**Aquarius:** Feb. 16–March 11

**Pisces:** March 11–April 18

**Aries:** April 18–May 13

**Taurus:** May 13–June 21

**Gemini:** June 21–July 20

**Cancer:** July 20–Aug. 10

**Leo:** Aug. 10–Sept. 16

**Virgo:** Sept. 16–Oct. 30

**Libra:** Oct. 30–Nov. 23

**Ophiuchus:** Nov. 29–Dec. 17

(Yep, this one is new)

**Sagittarius:** Dec. 17–Jan. 20

**Source:** <http://newsfeed.time.com/?s=horoscope&x=10&y=10>  
2/1/2011

## Dawning of the Year of the Rabbit

By Sharon Lem, Toronto Sun



Hundreds of millions of Chinese families around the globe will be raising a glass to ring in the Chinese new year at midnight Wednesday [February 3]. The event will unleash the Year of the Rabbit, putting an end to a ferocious Year of the Tiger.

It's suppose to be a year in which international relations and politics will be front and center. Previous rabbit years marked the end of the Vietnam War and the time when Mikhail Gorbachev introduced Glasnost in the former Soviet Union. Rabbit years also marked the first successful kidney transplant and the invention of the iron lung.

The Chinese zodiac passes in 12-year cycles, with each year symbolized by an animal. Each year is believed to have an influence on lives, destiny and character of each person born in that year.

According to legend, 12 animals went to Buddha's deathbed to pay their respect and the years took their names according to the order of their arrival. Anyone born in 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999 or after Feb. 3 fall under the rabbit sign.

**Source:** <http://www.torontosun.com/news/toroandgta/2011/02/01/17114826.html>  
2/1/2011

## LinkedIn's Top 10 Overused Resume Phrases

By Mark Milian, CNN

(CNN) — With national unemployment at 9.8 percent the unemployed must make their job applications stand out. However, peppering resumes with tired or empty buzzwords probably isn't the recipe for becoming a standout job candidate.

LinkedIn, the social networking site for professionals, has compiled a list of the 10 most overused terms and phrases within the profiles of its 85 million members. "We wanted to reveal insights that help professionals make better choices about how to position themselves online," DJ Patil, LinkedIn's lead data analyst, said in a statement. Job seekers may want to

search through their resumes and cover letters and reconsider using any instances of these words: *Extensive experience, innovative, motivated, results-oriented, dynamic, proven track record, team player, fast-paced, problem solver and entrepreneurial.*



Jessica Holbrook Hernandez, president of Florida-based Great Resumes Fast, recently compiled her own list of throw-away phrases. She says she cringes when coming across things like "great communication skills" or "attention to detail."

Source: <http://www.cnn.com/> 1/17/2010

## 10 Weird Things I Freeze to Save Money

**You might be surprised at the things you can keep in the freezer.**

It's official: I've become my grandmother. I realized it the other morning when I opened the door to our freezer. That icy vault was packed to the brim. But — in the finest tradition of my Grandma Yeager — it wasn't filled so much with leftovers, like you'd find in most household freezers. You see, my Grams had a few deep frozen secrets. She knew about weird stuff; weird stuff you can deep-six in the freezer and maybe save some money in the process.

*Candles, batteries, plant seeds, cheap booze, wine cubes, plastic soda bottles filled with water, wooden voodoo mask, pantyhose, some actual food, and laundry.*



And you wonder why I have issues?

Jeff Yeager is the author of the book *The Ultimate Cheapskate's Road Map to True Riches*. His website is [www.UltimateCheapskate.com](http://www.UltimateCheapskate.com)

Source: <http://lifestyle.msn.com/> your-life/bigger-picture/article 12/22/2010

...Continued from page 3

For example, under heightened scrutiny, Brazil went from abstaining on a critical resolution about North Korea to supporting it, South Africa overcame initial reluctance to defend gay rights and softened its opposition to international justice, and India played a more constructive role on Iran. Human Rights Watch is encouraging more such scrutiny in all three countries.

The world is changing rapidly, and emerging powers deserve a seat at the table of institutions of global governance. But with that new global role should come responsibility to global norms, including human rights.



Source: <http://www.huffingtonpost.com/> kenneth-roth/davos-global 2/1/2011



## IAAP Mission

Enhancing the success of career-minded administrative professionals by providing opportunities for growth through education, community building and leadership development.



## Flower City Chapter Leadership 2010-2011

### OFFICERS

<b>President:</b> <a href="#">Pam Johnson, CPS/CAP</a>	760-8554 (w)
<b>Vice President:</b> <a href="#">Rhonda Ackley, CPS/CAP</a>	546-7220 X7260 (w)
<b>Secretary:</b> <a href="#">Kyra Sheehan</a>	271-5256 (w)
<b>Treasurer:</b> <a href="#">Donette Loehr, CPS</a>	275-5167 (w)

### BOARD MEMBERS

<a href="#">Tarie Vinci</a> (2009-2011)	678-3225 (w)
<a href="#">Sue Case, CPS/CAP</a> (2010-2011)	272-2611 (W)
<a href="#">Kiesha Everett, CPS</a> (2010-2012)	546-7220 X5501 (w)
<a href="#">Rebecca Wight</a> (2010-2012)	338-5536 (w)

Marilyn H. Nickerson & Cheryl Mart

Ex-Officio

## Committee Chairs 2010-2011



**Administrative Professionals Week (APW)** – [Rebecca Wight](#) & [Donette Loehr, CPS](#)  
**Arrangements** – [Tarie Vinci](#)  
**Blossom Times** – [Marilyn H. Nickerson](#)  
**Bylaws & Standing Rules** – [Cheryl Mart](#)  
**Certifications (CPS/CAP)** – Nancy Shairer, CPS  
**Community Service** – [Keisha Everett, CPS](#) & [Barbara Snaith](#)  
**Historical** – **Available**  
**Member of the Year (MOTY)** – **Available**  
**Membership** – [Sandy Warren](#)  
**Nominations** – [Marilyn H. Nickerson](#)  
**Programs & Workshops** – [Barbara Snaith](#)  
**Scholarship** – [Sue Case, CPS/CAP](#) & [Keisha Everett, CPS](#)  
**Ways and Means (“Fun”raising)** – [Rebecca Wight](#)  
**Website** – [Sue Case, CPS/CAP](#)

## Registered Trademarks



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# Flower City Chapter Meeting Wednesday, March 9, 2011

Airport Marriott, 1890 W. Ridge Rd. (Just off 390N at W. Ridge Rd.)

## BUILDING CONFIDENCE AND PRESENCE

### Donna Rawady, Executive Coach

Your professional presence and level of confidence can have a significant impact on your ability to be successful and influence others including co-workers, managers and/or business associates, as well as improving your leadership and communication skills.



Check out Donna's profile on LinkedIn :  
<http://www.linkedin.com/in/donnarawady>

*Awaiting Recertification Point*

#### AGENDA

5:15 – 5:45pm **Networking** 5:45 – 6:45pm **Dinner** 6:45 – 7:45pm  
Program 7:45 – 8:30pm **Business Meeting**

For information, please call Tarie Vinci (585) 678-3225 (h) or (585) 261-0603 (w)

P.O. Box 92512, Rochester, NY 14692-05412 - <http://www.iaap-flowercity.org>

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#### REGISTRATION FORM

Detach and return with check made payable to **Flower City Chapter, IAAP**

**\*\*Cost: \$25.00 Members & Students; \$27 AFTER 2/24/2011 \$27.00 Guests – Dinner & Program  
Reservation Deadline: February 24, 2011\*\***

Mail registration form along with payment to: Tarie Vinci, 72 Wyndham, Rd., Rochester, NY 14609

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Company: \_\_\_\_\_ Email: \_\_\_\_\_

Member:  CPS  CAP  Guest  Student:  Program Only

Meal Notes:  Vegetarian Entrée  Fruit Cup Dessert

**\* \*NO SHOWS WILL BE CHARGED unless cancelled by the reservation date.**



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Submit items for next  
newsletter by:  
March 15



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## PASSION & PURPOSE

FLOWER CITY CHAPTER

*"I'm not so much  
goofing off as imper-  
sonating upper man-  
agement."*

Maxine

*Yelling It Like It Is—a Fine  
Whine With the Queen of  
Attitude, (2001), Hallmark  
Books, Working Noon Till  
Five, pg 79*

## Health Corner

### Supermarket Smarts: The Healthiest Juices

The supermarket is full of fortified juices. Which ones live up to their promises...and which aren't worth the money?

#### Avoid Juices Fortified With...

- **Vitamins and Minerals:** Juice contains only 10% to 25% of the recommended daily values for vitamins and minerals, so don't give up your multi-vitamin.
- **Fiber:** Fiber added to juices often is in the form of a type of sugar called *maltodextrin*, which is absorbed poorly.
- **Glucosamine:** *Recent study:* Glucosamine in juice doesn't protect joints.
- **Antioxidants:** All juices naturally contain antioxidants (vitamins, such as C and E) that may strengthen your immune system, but there's no evidence that juices with added

antioxidants are better for you than regular juices.

#### Consider Juices With...

- **Omega-3s:** Eight fluid ounces of Tropicana Healthy Heart has 50 mg of omega-3 fatty acids—far less than in a serving of salmon but still beneficial for your heart.
- **Plant sterols:** In one study, two eight-ounce glasses a day of a plant sterol-fortified drink, such as Minute Maid Heart Wise orange juice, lowered cholesterol by 7%.



**Source:** *Nutrition Action Healthletter*, 1875 Connecticut Ave., NW, Washington, DC 2009  
[www.cspinet.org/BottomLine](http://www.cspinet.org/BottomLine) Personal, 30 (24), Dec. 15, 2010, p.14