

**FLOWER CITY
CHAPTER/
INTERNATIONAL
ASSOCIATION OF
ADMINISTRATIVE
PROFESSIONALS**

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The Blossom Times



JANUARY 2012

President's Message

Pam Johnson, CAP-OM

Did you know ... on January 1, 1892 Ellis Island in New York Harbor opened? Over 20 million new arrivals to America were processed until its closing in 1954.

Happy New Year!! I trust each of you had a blessed, safe and happy holiday season! Now back to business.

We have gotten a few new members, thanks to our member "recruiters." Welcome new members! We continue to work on succession planning for the chapter. If you are interested in any leadership role or helping a committee, please contact me or any board members/officers. To get something you never had you have to do something you never did!! So get involved in your chapter.

By the way, our chapter meetings will con-

tinue to be at the Airport Marriott at least through June 2012.

Remember to utilize the IAAP Headquarters website (www.iaap-hq.org) and take advantage of the various Webinars and Podcasts offered; it is a great resource conveniently located at your fingertips.

I am looking forward to seeing you all on February 1 (with no snow storms) at the Airport Marriott. Please bring a friend or co-worker and introduce them to all that Flower City Chapter has to offer.

Pam



Flower City Chapter News

Members having a January birthday:

Michele J. Wemett	January 2
Lynn A. Fitzak, CAP-OM	January 5
Theresa A. Rhoads	January 10
Nicole Donald (OfficeTeam)	January 21



Members having an Anniversary in January:

Keriann Esley	1 year
Patricia A. Monigle	3 years
Michele J. Wemett	14 years



New Member:

Linda Hickey, Monroe Community College, sponsored by Sandy Warren

Thank you for renewing your membership!

Ruth Barone, CAP	Erika Sollie, CAP-OM
Mary Lou Basile (AS-RIT)	
Maria Karras	Mary Wilsey (AS-FLCC)
Faith Lanson	
Theresa A. Rhoads	
Kyra Sheehan	AS = Associate
Anna Senko	Member

Thanks to **Lynn Stull** for putting FCC on LinkedIn. Check us out!!

New York State Division News



When You Leap You Soar, When You Soar You Become Remarkable... NYSD's 60th Annual Meeting starting Friday, May 18 to Sunday, May 20, 2012 in NYC. More details soon.

New York State Division (NYSD) has been doing a lot of **behind the scenes work**.

Most recently the Bylaws and Standing Rules Committee, chaired by **Stacey E. Thomas**, CAP-OM, Capital District Chapter, submitted revised bylaws and rules to IAAP Headquarters for review.

The Annual Meeting Committee, chaired by **Lisa Grant-Lynch**, Greater Bronx Chapter and **Jeanine Scaccio**, New York City Chapter, reworked the contract after their site visit and the call for nominations went

out from the Committee on Nominations chaired by **Irene Bedell**, Queens County Chapter.

That's not a lot of visible work but a lot of hours verifying line for line, comparing documents, and late nights spent by committee chairmen and officers alike to get the work done.

NYSD's Membership chairman, **Kathy Whitlock**, CAP-OM, DMAL, has been working hard to gather up IMALs and DMALs to encourage them to join chapters or create their own.

You are encouraged to support NYSD by serving on a committee next year. It will enhance your skills and help you on the road to Remarkable.

IAAP International News



Administrative Professional Skills Benchmarking Survey: Insights from IAAP Members 2011

By Ray Weikal
IAAP Communications Specialist

Over the next several issues, various sections from the survey will be reported.

Introduction

In 2011, members of the IAAP were asked to participate in a benchmarking survey designed to gather current data on job titles, key responsibilities, average salaries, job satisfaction, technology usage, training needs and other key issues relating to today's administrative professionals. A total of 3,376 members submitted their survey answers, a seven percent increase over the 2009 survey.

Key Findings

Administrative professionals continue to face real challenges as a result of the Great Recession. In 2005, IAAP started

noting a significant increase in its members' job responsibilities.

The 2011 survey suggests that trend may have transitioned into a new normal. At the same time, however, administrative professionals report a high level of satisfaction with their work and employers.

There's evidence that compensation rates stunted by the economy may be on the mend. Certainly, being an administrative professional has proven to be an economically steady career choice over the last two decades.

And there's reason to believe that administrative professionals will be vital for corporations and organizations well into the foreseeable future. Admins remain the pulse of the office.

Civic, Public and World Affairs

Gerald Celente: Top 12 Trends 2012

Hold onto your hat, your wallet, and your wits. After a tumultuous 2011 in which many of the trends we had forecast became headline news around the world, we are now forewarning of an even more tumultuous year to come.

While it would give us great pleasure to forecast a 2012 of joy and prosperity — all brought about by the wisdom and benevolence of our fearless leaders — since we are not running for office or looking to profit by gulling the people, we tell it as we see it in our **12 Top Trends 2012**.

One megatrend looms on the near horizon. And we forecast that when it strikes, it will be a shock felt around the world. Hyperbole it's not! Our research has revealed that at the very highest levels of government this megatrend has been seriously discussed. Read on:

1. **Economic Martial Law:** Given the current economic and geopolitical conditions, the central banks and world governments already have plans in place to declare economic martial law ... with the possibility of military martial law to follow.
2. **Battlefield America:** With a stroke of the Presidential pen, language was removed from an earlier version of the National Defense Authorization Act, granting the President authority to act as judge, jury and executioner. Citizens, welcome to "Battlefield America."
3. **Invasion of the Occtupy:** 15 years ago, Gerald Celente predicted in his book, *Trends 2000* that prolonged protests would hit Wall Street in the early years of the new millennium and would spread nationwide. The "Occtupy" is now upon us, and it is like nothing history has ever witnessed.
4. **Climax Time:** The financial house of cards is collapsing, and in 2012 many of the long-simmering socioeconomic and geopolitical trends that Celente has accurately forecast will come to a climax. Some will arrive with a big bang and others less dramatically ... but no less consequentially. Are you prepared? And what's next for the world?
5. **Technocrat Takeover:** "Democracy is Dead; Long Live the Technocrat!" A pair of

lightning-quick financial coup d'états in Greece and Italy have installed two unelected figures as head of state. No one yet in the mainstream media is calling this merger of state and corporate powers by its proper name: Fascism, nor are they calling these "technocrats" by their proper name: Bankers! Can a rudderless ship be saved because a technocrat is at the helm?

6. **Repatriate! Repatriate!** It took a small, but financially and politically powerful group to sell the world on globalization, and it will take a large, committed and coordinated citizens' movement to "un-sell" it. "Repatriate! Repatriate!" will pit the creative instincts of a multitude of individuals against the repressive monopoly of the multinationals.
7. **Secession Obsession:** Winds of political change are blowing from Tunisia to Russia and everywhere in between, opening a window of opportunity through which previously unimaginable political options may now be considered: radical decentralization, Internet-based direct democracy, secession, and even the peaceful dissolution of nations, offering the possibility for a new world "disorder."
8. **Safe Havens:** As the sign of imminent economic and social collapse become more pronounced, legions of New Millennium survivalists are, or will be, thinking about looking for methods and ways to escape the resulting turmoil. Those "on-trend" have already taken measure to implement Gerald Celente's 3 G's: Gold, Guns and a Getaway plan. Where to go? What to do? Top Trends 2012 will guide the way.
9. **Big Brother Internet:** The coming year will be the beginning of the end of Internet Freedom: A battle between the governments and the people. Governments will propose legislation for a new "authentication technology," requiring Internet users to present the equivalent of a driver's license and/or bill of health to navigate cyberspace. For the general population it will represent yet another curtailing of freedom and level of government control.

Continued on page 5...



The Debate Room: Employee Engagement Trumps Pay Hikes



Ultimately, it's morale and a sense of belonging — rather than increased salaries and other perks — that foster employee retention. Pro or con?

Pro: Workers Need Deeper Connections

By Anne Berkowitch, SelectMinds

Major U.S. companies are on track to pay their employees a projected \$140 billion this year — a record high (and 20% more than 2007 payouts). As the market rebounds, businesses will do what it takes to retain their top talent. However, more money does not guarantee happier employees or increased employee loyalty.

Businesses must take a strategic approach to employee relations to come out on the winning side of the talent wars. Hundreds of studies have shown that employee engagement directly drives productivity and employee retention. According to an October 2009 Midland HR survey, however, a majority of organizations do not understand how to engage their employees.

Today's employees, particularly the Millennials (aged 24-32), who within five years will make up 60% of the workforce, value open communication, meaningful work,

and connection to their company more than they do high salaries, as reported in the 2009 10th annual Deloitte Best Company to Work For survey. Employees who feel valued and engaged with what's going on in their companies are far more likely to stay longer than disengaged, slightly higher-paid employees; the income effect wears off over months of discontent.

Fortunately for companies, online social networking technologies provide forums for employees to communicate with one another, as well as gain greater insight into what colleagues are doing and talking about. Employees are increasingly assessing potential employers on their culture and work environments and whether they offer these kinds of technologies. Those who invest in (two-way) employee communications and encourage open discussion will be the companies who will attract and retain top talent.

As we anticipate the next wave of talent wars, it is crucial that businesses deploy the best strategies to retain top talent and remember that this has more to do with employee engagement levels and less with bonuses and pay raises.

Continued on page 8...

Upcoming Events: 2011-2012



January

NO DINNER/MEETING

February

1 Chapter Dinner/Meeting
Rochester Airport Marriott

March

7 Chapter Dinner/Meeting
Rochester Airport Marriott

April

4 Chapter Dinner/Meeting
Rochester Airport Marriott

May

2 Chapter Dinner/Meeting
Rochester Airport Marriott

June

6 Annual Meeting/Election
Installation/Dinner
Rochester Airport Marriott

The Admin Profession

Have you seen these?

You may have seen what look like goofy, square bar codes anywhere from posters to catalogs to web sites. These graphics are called **QR codes**.

A QR code (abbreviated from Quick Response code) is a type of matrix barcode (or two-dimensional code) first designed for the automotive industry.

More recently, the system has become popular outside of the industry due to its fast readability and comparatively large storage capacity. The code consists of black modules arranged in a square pattern on a white background.

The information encoded can be made up of four standardized kinds ("modes") of data (numeric, alphanumeric, byte/binary, Kanji) or by supported extensions of virtually any kind of data.

To use a QR code, simply download a QR code-reading app for your phone and use it to scan the code.

Scanning a QR code with a smartphone automatically loads content from the web, such as a webpage, video or app. QR codes storing addresses and Uniform Resource Locators (URLs) may appear in magazines, on signs, on buses, on business cards, or on almost any object about which users might need information. The technology has seen frequent use in the United States; QR usage is growing fastest in Canada and Hong Kong.

Malicious QR codes combined with a permissive reader can put a computer's contents and user's privacy at risk. They are easily created and may be affixed over legitimate QR codes.

Sources: *MoneyWhys*, Vanguard Institutional Investor Group, p. 5 (102011) retirement-plans.Vanguard.com, 800-523-1188; http://en.wikipedia.org/wiki/QR_code 122911

Continued from page 3...



10. **Direct vs. Faux Democracy:** In every corner of the world, a restive populace has made it clear that it's disgusted with "politics as usual" and is looking for change. Government, in all its forms – democracy, autocracy, monarchy, socialism, communism – just isn't working. The only viable solution is to take the vote out of the hands of party politicians and institute Direct Democracy. If the Swiss can do it, why can't anyone else?
11. **Alternative Energy 2012:** Even under the cloud of Fukushima, the harnessing of nuclear power is being reinvigorated by a fuel that is significantly safer than uranium and by the introduction of small modular, portable reactors that reduce costs and construction time. In addition, there are dozens of projects underway that explore the possibility of creating cleaner, competitively priced liquid fuels distilled from natural sources. Plan to start saying goodbye to conventional liquid fuels!
12. **Going Out in Style:** In the bleak terrain of 2012 and beyond, "Affordable sophistication" will direct and inspire products, fashion, music, the fine arts and entertainment at all levels. US businesses would be wise to wake up and tap into the dormant desire for old time quality and the America that was.



*Gerald Celente is founder and director of The Trends Research Institute, author of **Trends 2000** and **Trend Tracking** (Warner Books), and publisher of **The Trends Journal**. He has been forecasting trends since 1980, and recently called "The Collapse of '09."*

Source: <http://lewrockwell.com/celente/celente90.1.html> 1/3/2012

Other Chapters: Phoenix, AZ



Serving the Central Phoenix area is the Valley of the Sun Chapter (VOTS), established in 1946. They are part of the Arizona-Nevada-New Mexico Division in the Southwest District. Current president is Mary Dinneen.

VOTS is very tech-savvy and is found on Facebook, Twitter and LinkedIn along with their excellent website: www.valleyofthesunchapter-iaap.org.

Their 10 monthly meetings are held at various restaurants on the second Mon-

day of the month. December's meeting celebrates their Community Service Champion "Angels on Patrol," that supports families in crisis and youth who have either been abused or neglected and/or whose caregivers are facing extreme financial hardship. Additionally, this chapter does an Adopt-A-Street cleanup in various months.

VOTS has a full officer slate with only eight committee chairs in 2011-12, down from 14 in 2010-11.

OfficeTeam Survey: Most Workers Don't Want Their Boss's Job



New Research from OfficeTeam indicates few workers today are angling for the top spot. More than three-quarters (76 percent) of employees polled said they have no interest in having their manager's position. In addition, nearly two-thirds (65 percent) believe they couldn't do a better job than their boss.

The survey of workers was developed by OfficeTeam, a leading staffing service specializing in the placement of highly skilled administrative professionals. It was conducted by an independent research firm and is based on telephone interviews with 431 workers, 18 years of age or older and employed in office environments.

The survey also revealed that more workers between the ages of 18 and 34 wanted their manager's position (35 percent) than those in other age groups.

"Many aspects of management involve making difficult, sometimes unpopular decisions, and not everyone is comfortable in this role," said Robert Hosking, executive director of OfficeTeam. "Being a strong individual contributor does not necessarily equate to being an effective leader. The most successful bosses excel at motivating others to achieve great results."

OfficeTeam identifies seven traits potential leaders possess:

1. **Integrity.** The best managers foster trust among employees by placing ethics first.
2. **Sound judgment.** Top supervisors can be counted on to make tough decisions based on logic and rationale.
3. **Diplomacy.** Handling challenging situations with tact and discretion is a must. Effective managers don't take all the credit for results – they consistently acknowledge individual and team contributions.
4. **Adaptability.** It's essential that leaders be able to think on their feet. They should be innovative while also encouraging team members to develop creative solutions.
5. **Strong communication.** To motivate and guide employees, influential managers freely share their vision with others.
6. **Good listening skills.** Successful bosses realize they don't have all the answers and seek input from colleagues.
7. **Influence.** Great managers build strong networks within the organization to gain support for their ideas.

Source: OFFICETEAM, www.iaap-hq.org/
OfficeTeam www.officeteam.com

The Leadership Solution

Live Your Life Like It Matters

Here are some powerful tips to help you and others to *Live Your Life Like It Matters*:

- Choose to be enthusiastic at work today. If you encounter anyone who is being critical or negative, spread some sunshine their way. Your enthusiasm can positively affect others. Misery might love company, but enthusiasm is contagious! Help others catch it!
- Challenge yourself to “raise the bar.” Set personal goals to improve your job and the interactions that are a part of your daily routine. Compete against YOU—don’t compare yourself with others or wait for some else to elevate your performance.
- At the end of the each day, or project, or week, replay your performance. Take an inventory of what you did well and what you can do better. Learn from your successes and from those

things you didn’t handle that well. As you consider all your activities, where do you see potential areas of improvement? Truly effective people wear an invisible sign that reads...



UNDER CONSTRUCTION:

Working to be better today than yesterday – and better tomorrow than today!

Today’s Leadership Solution is from *180 Ways to Live Your Life Like It Matters* by Scott V. Black, Walk The Talk (Publisher). <http://www.walkthetalk.com/the-greenhouse-bookstore/leadership-development-digital-books> 12/30/11

Source: Leadership & Personal Development Center with Steve Ventura; Walk The Talk.com, 1100 Parker Sq., Ste 250, Flower Mound, TX 75028

January

January is the first month of the year in the Julian and Gregorian calendars and one of seven months with the length of 31 days. The first day of the month is known as New Year’s Day. It is, on average, the coldest month of the year within most of the Northern Hemisphere (where it is the second month of winter).

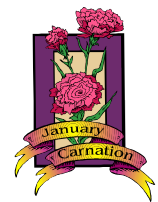
January is named after Janus (Ianuarius), the god of the doorway; the name has its beginnings in Roman mythology, coming from the Latin word for door (*ianua*) — January is the door to the year. Traditionally, the original Roman calendar consisted of 10 months, totaling 304 days, winter being considered a monthless period. Around 713 BC, the semi-mythical successor of Romulus, King Numa Pompilius, is supposed to have added on the months of January and February, allowing the calendar to equal a standard lunar year (365 days).

Beginning in the 16th century, European countries began officially making January 1 the start of the New Year once again — sometimes called *Circumcision Style* because this was the date of the Feast of the Circumcision, being the seventh day after December 25.

Historical names for January include its original Roman designation, Ianuarius, the Saxon term Wulf-monath (meaning wolf month) and Charlemagne’s designation Wintarmanoth (winter/cold month).

January’s birthstone is the garnet which represents constancy. Its birth flower is the cottage pink *Dianthus caryophyllus* or galanthus.

Source: <http://en.wikipedia.org/wiki/January> 12/30/11





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Con: Cash Is Still King

By Hema Krishnan, Xavier University

It is wishful thinking to imagine that companies can retain highly talented employees by fostering an atmosphere of employee engagement. Open any popular business magazine or peruse research from academia, and you will come across articles in which authors bemoan that employee engagement levels have fallen drastically over the years. This tough economic climate only compounds the problem with highly talented employees jumping ship at the first opportunity to seek greener pastures in other firms.

Money always talks, and not just in this tough economy, for a multitude of reasons. The chief reason is our capitalist ideology, which rewards risk takers, treats loyalty between employee and employee with disdain, and confers prestige and power upon top earners.

Second, staying on in the same firm, especially when one is highly talented, can be construed as a sign of weakness.

Third, in today's global economy, there is a dearth of talent, especially in the areas of operations, finance, law and engineering.

Such employees can be easily wooed by rival firms that offer a higher compensation. This malaise has spread to emerging economies as well, where multinationals are willing to pay top dollars to entice talent.

Fourth, the trust between employers and employees has been long damaged and this recession has only served to hasten its demise. Witness the downsizing that has plagued Corporate America during the past decade. In their obsession with meeting the quarterly earnings dictated by Wall Street, firms have tossed out their employees. There is little wonder then that money beckons talented employees.

WHAT DO YOU THINK? Send your comments to the editor to be published next month.

Opinions and conclusions expressed in the BusinessWeek Debate Room do not necessarily reflect the view of BusinessWeek, Businessweek.com, or The McGraw-Hill Companies.

Source: http://www.businessweek.com/debateroom/archives/2010/12/employee_engagement_trumps_pay...



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"Have you organized an event like this before?" I asked. "Can you actually get the participants? Why don't you test the demand first?" When none materialized, I realized I'd saved myself nearly half a week's work — in futile conference calls — by insisting the event had to be "real" before we invested in it. As Eric Ries points out in his new book *The Lean Startup*, developing the best code or building, the best product in the world is meaningless if your customers don't end up wanting it. Instead, test early and often to ensure you're not wasting your time. What ideas should

you test before you've gone too far?

Eliminating these five activities is likely to save me hundreds of hours next year — time I can spend expanding my business and doing things that matter. What are you going to stop doing? And how are you going to leverage all that extra time?

Source: http://blogs.hbr.org/cs/2011/12/five_things_you_should_stop_do.html 12/27/11

Life Articles

Five Things You Should Stop Doing in 2012

By Dorie Clark, Harvard Business Review

I recently got back from a month's vacation — the longest I've ever taken, and a shocking indulgence for an American. Earlier this summer I was still fretting about how to pull off two weeks unplugged. The distance, though, helped me hone in on what's actually important to my professional career — and which make-work activities merely provide the illusion of progress. Inspired by HBR blogger Peter Bregman's idea of creating a "to ignore" list, here are the activities I'm going to stop cold turkey in 2012 — and perhaps you should, too.

1. **Responding Like a Trained Monkey.** Every productivity expert in the world will tell you to check email at periodic intervals — say every 90 minutes — rather than click "refresh" like a Pavlovian mutt. Of course, almost no one listens, because studies have shown email's "variable interval reinforcement schedule" is basically a slot machine for your brain. But spending a month away — and only checking email weekly — showed me how little really requires immediate response. In fact, nothing. A 90 minute wait won't kill anyone and will allow you to accomplish something substantive during your workday.
2. **Mindless Traditions.** I recently invited a friend to a prime networking event. "Can I play it by ear?" she asked. "This is my last weekend to get holiday cards out and I haven't mailed a single one. It is causing stress!" In the moment, not fulfilling an "obligation" (like sending holiday cards) can make you feel guilty. But if you're in search of professional advancement, is a holiday card (buried among the deluge) going to make a difference? If you want to connect, do something unusual — get in touch at a different time of year, or give your contacts a personal call, or even better, meet up face-to-face. You have to ask if your business traditions are generating the results you want.

3. **Reading Annoying Things.** I have nearly a dozen newspaper and magazine subscriptions, the result of alluring specials (\$10 for an entire year!) and the compulsion not to miss out on crucial information. But after detoxing for a month, I was able to reflect on which publications actually refreshed me — and which felt like a duty. *The New Yorker*, even though it's not a business publication, broadens my perspective and is a genuine pleasure to read. The pretentious tech publication with crazy layouts and too-small print? Not so much. I'm weeding out and paring down to literary essentials. What subscriptions can you get rid of?
4. **Work That's Not Worth It.** Early in my career, I was thrilled to win a five-year, quarter-million dollar contract. That is, until the reality set in that it was a government contract, filled with ridiculous reporting mechanisms, low reimbursement rates and administrative complexities that sucked the joy and profit out of the work. When budget cuts rolled around and my contract got whacked, it turned out to be a blessing. These days, I'm eschewing any engagement, public or private, that looks like more trouble than it's worth.
5. **Making Things More Complicated Than They Should Be.** A while back, a colleague approached me with an idea. She wanted me to be a part of a professional development event she was organizing in her city, featuring several speakers and consultants. She recommended biweekly check-in calls for the next eight months, leading up to the event.



Continued on page 8...

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 2011-2012



OFFICERS

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Committee Chairs 2011-2012



Arrangements – [Tarie Vinci](#)
The Blossom Times Newsletter – [Marilyn H. Nickerson](#) & [Lynn Stull](#)
Bylaws & Standing Rules – [Cheryl Mart](#)
Certifications (CPS/CAP) – [Nancy Shairer, CAP](#)
Community Service – [Keisha Everett, CAP](#) & [Barbara Snaith](#)
Historical – [Erika Sollie, CAP-OM](#)
Membership – [Marilyn H. Nickerson](#) & [Sue Case, CAP-OM](#)
Nominations – [Marilyn H. Nickerson](#)
Programs & Workshops – [Barbara Snaith](#)
Scholarship – [Sue Case, CAP-OM](#) & [Keisha Everett, CAP](#)
Website – [Sue Case, CAP-OM](#)

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Flower City Chapter Meeting
Wednesday, February 1, 2012

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

The Scoop on Motherhood and TV News

Presenter: Ginny Ryan , Anchor
13WHAM-TV



Ginny Ryan has had 25 years of doing what she always wanted to do, where she wanted to do it – at 13WHAM-TV. She anchors 13WHAM-TV News at five, ten and eleven o'clock and is an award winning reporter. A native of Rochester, Ginny grew up in Gates and graduated from Cardinal Mooney High School and Buffalo State College. Two days after graduation, her career began as a reporter at WENY-TV in Elmira, New York. She was hired as a reporter by 13WHAM-TV in 1987. Previously she anchored the morning and noon newscasts before doing the five, ten and eleven o'clock news. Ginny is married and has been a mother of two children for 20 years.

AGENDA

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

DINNER FARE

Field green salad – Artisan rolls & butter

- Entrée** – Chicken chardonnay sautéed in seasoned wine sauce, served with jasmine rice & seasonal vegetables
- Vegetarian** – Cheese Tortellini with artichoke hearts, mushroom sin a pesto cream sauce, served with vegetables
- Dessert** – Seasonal fruit crisp

For information, please call Tarie Vinci (585) 678-3225 (w)

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

REGISTRATION FORM

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

****Dinner Costs:** \$25.00 Members & Students; **\$27 AFTER 1/25/2012**

Guests: \$27.00 – Dinner & Program / \$5.00 - Program Only

Reservation Deadline: January 25, 2012**

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

Name: _____ Phone: _____

Company: _____ Email: _____

Member: [] CAP ____ CAP-OM ____ Guest: [] Dinner & Program [] Program Only

Meal Notes: [] Vegetarian Entrée [] Fruit Cup Dessert

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

FLOWER CITY
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"A smile is the shortest distance between two people."

Victor Borge

Goodman, J., (1995) *Laffirmations: 1,001 Ways to Add Humor to Your Life and Work*, Health Communications Inc., Deerfield Beach, FL, pg 3

Health Corner

**Did you know...
...the human belly button is loaded
with bacteria?**

The Belly Button Biodiversity project, which is making a serious contribution to the understanding of microbial diversity, has found 1,400 strains of bacteria in 95 belly buttons analyzed.

*Jiri Hulcr, PhD, postdoctoral researcher, department of biology, North Carolina State University, Raleigh, and leader of a study reported in **New Scientist**.*



Source: *Bottom Line PERSONAL*, 33(1) p. 9; Prevention, 33 E. Minor St., Emmanus, PA 18098, www.Prevention.com

**Did you know...
...strokes among younger Americans
are increasing?**

Stroke hospitalizations have declined among seniors, but they rose by 51% for men ages 35-44 and 29% for women ages 35-44. Reason: Risk factors such as obesity, diabetes and hypertension, have increased among younger Americans.

Mary George, MD, medical officer, division of heart disease and stroke prevention, Centers for Disease Control and Prevention Atlanta. www.cdc.gov



Source: *Bottom Line PERSONAL*, 33(1) p. 9; Prevention, 33 E. Minor St., Emmanus, PA 18098, www.Prevention.com