



Flower City
Chapter/
International
Association of
Administrative
Professionals

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January 2011

President's Message

Pam Johnson, CPS/CAP

**"January is here,
with eyes that keenly glow,
A frost-mailed warrior
Striding a shadowy steed of snow."
Edgar Fawcett**

Happy New Year! I hope Santa was very good to all of you.

I am looking forward to the New Year and all that it has to offer us. Why not make your New Year's resolution to get more involved in your chapter, bring guests and attend more meetings!

Reminders: Please continue to save your box tops and bring them to the monthly meeting for our collection box. A small collection can will be at each meeting as well for those wishing to donate spare change to our Retirement Trust Fund (RTF).

Please take a moment to visit our Flower City Chapter IAAP Website or even IAAP Headquarters Website; they are both filled with great information, tips and programs of interest.

The Officers and Board are looking forward to a great year in 2011 and as always, our "door" is open for anything that we can help you with.

Thank you for your continued support!

Pam



Flower City Chapter News

FUNDRAISING:

Place your orders with **Rebecca L. Wight**, Ways & Means Chair, for:

- **Deedee Desserts**, a wonderfully quick and great tasting cheesecake mix for only \$5/packet with \$2 for the Chapter, and
- **Cartons of Candy** are available to be taken and sold. FCC makes about \$23 on every carton sold.

There are many ways to support your IAAP Chapter.

Carol Wilkinson, CPS has retired from Monroe Community College.

Ann C. May, CPS was honored at the December Membership Milestone Recognition with a standing ovation for her 55 years of IAAP membership.



New York State Division News

As a Chapter has committee chairs, so does NYS Division. Here is a list of the 2010-2011 chairs in case you need their assistance or want to contact them:

Annual Meeting—2011

Linda Yates, CPS, Capital District

Bylaws & Standing Rules

Stacey Thomas, CPS, Capital District

Certification Services

Lorraine Engenito, CPS/CAP, Queens County Chapter

Membership & New Chapter Development

Karen Thompson, CPS, Buffalo Chapter

Newsletters

Audra Stempel, DMAL
Gail Canterbury, CPS, DMAL

Nominations

Rhonda Ackley, CPS/CAP, Flower City Chapter

Parliamentary Advisor

Susan L. Cordier, Elmira-Corning Chapter

Programs & Education

Susan C. Bauer, CPS, Queens County Chapter

Retirement Trust Foundation

Helene Catalano, CAP, Buffalo Chapter

Scholarship

Evelyn Mietlowski, CPS/CAP, Buffalo Chapter

Strategic Planning

Beatrice T. Williams, Brooklyn Chapter

Student Chapters

Marie Miles, CPS/CAP, Capital District



IAAP International News

The **2011 Bounce Back - Bounce Higher-Spring Conference** is happening March 6-9, 2011 at the Hyatt Regency Hotel Tampa, FL. Tough economic times are easing. However, today's business environment has shifted to a new normal. Find out how to thrive! For additional information check out International's website: <http://www.iaap-hq.org/events>

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. On line registration will open the first week of April 2011. Questions? Contact IAAP HQ via e-mail: meetings@iaap-hq.org. Hotel reservations for Montreal are now open. Information is available on the Hotels & Transportation page of IAAP's website.

Passports are required for travel to Canada. For more information on passports, please visit these links:

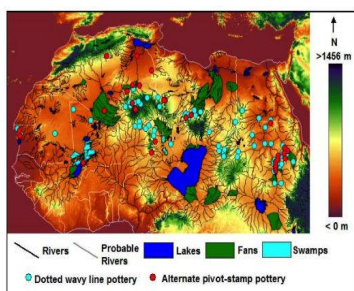
http://travel.state.gov/passport/passport_1738.html



Civic, Public and World Affairs

Fish swam the Sahara, bolstering out of Africa theory

Finding could shed light on how humans made their way from continent



Supporting Fig. 14. Late Pleistocene and Early Holocene palaeo-hydrology of the Sahara (~11-8 ka) with the spatial distribution of dotted wavy line and alternate pivot-stamp pottery plotted (from Ref. 70).

Nick Drake

A map of what the Sahara was like 8,000 to 11,000 years ago, revealing rivers, lakes, swamps and fan-shaped deposits where rivers emptied out. The dots indicate where various kinds of pottery were found.

By Charles Q. Choi

Fish may have once swum across the Sahara, a finding that could shed light on how humanity made its way out of Africa, researchers said.

The cradle of humanity lies south of the Sahara, which begs the questions as to how our species made its way past it. The Sahara is the largest hot desert in the world, and would seem a major barrier for any humans striving to migrate off the continent.

Scientists have often focused on the Nile Valley as the corridor by which humans left Africa. However, considerable research efforts have failed to uncover evidence for its consistent use by people leaving the continent, and precisely how watery it has been over time is controversial.

Now it turns out the Sahara might not have been quite as impassable as once thought—not only for humanity, but for fish as well. “Fish appeared to have swam across the Sa-

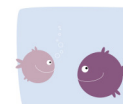
hara during its last wet phase sometime between 10,000 and 6,000 years ago,” researcher Nick Drake, a geographer at King’s College London, told *LiveScience*. “The Sahara is not a barrier to the migrations of animals and people. Thus it is possible — likely? — that early modern humans did so, and this could explain how we got out of Africa.”

Using satellite imagery and digital maps of the landscape, the researchers found the Sahara was once covered by a dense network of rivers, lakes and inland deltas. This large waterway channeled water and animals into and across the Sahara during wet, “green” times. In their analysis, Drake and his colleagues found evidence that many creatures, including aquatic ones, dispersed across the Sahara recently. Indeed, more animals may have once crossed over the Sahara than over the Nile corridor, the researchers said — only nine animal species that occupy the Nile corridor today are also found both north and south of the Sahara.

If fish could have crossed the Sahara, it hard to imagine that humans didn’t. Analysis of African languages and artifacts suggest that ancient waterways recently affected how humans occupied the Sahara. However, further research into the past of the Sahara could prove difficult and even dangerous, he noted. Some of the Saharan countries the researchers would like to visit in order to analyze the genetics of fish populations or date the ages of ancient shores “are deemed to be too dangerous to visit due to terrorist activity or civil war,” Drake said.

The scientists detailed their findings online Dec. 27 in the journal *Proceedings of the National Academy of Sciences*.

Source: Excerpts msnbc.com, *LiveScience*, updated 12/29/10 10:24:20 AM



Ratchet-Up Your Optimism



Research shows that optimistic salespeople outsell their competition by 37%. Optimists live, on average, two years longer than pessimists. The body's ability to fight diseases — such as cancer and AIDS — is unmistakably linked to a patient's level of positive thinking. And businesses thrive when people can “see” tomorrow as better than today because they are making it better.

Leaders who set a positive tone, praise progress, and do not waste their efforts assigning blame when they can be finding

solutions, will find team members eager to tackle even the toughest challenges.

Steve Ventura

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



Upcoming Events—2010-2011

January

NO CHAPTER MEETING

February

**2 Chapter Dinner/Meeting
Marriott**

March

**2 Chapter Dinner/Meeting
Marriott**

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**



Roster

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*.

The Graying Work Force

By
Sherisse Pham

*The author's father,
Linh Pham, 73, on the job.*

My 73-year-old father is retired, sort of. He works as a greeter in a grocery store in Calgary, Alberta, juggling shifts at work with caring for my young niece, who stays with my parents after school until my sister finishes work. You've likely seen someone like him in action — an elderly man or woman who says hello when you walk in, steers you to the right aisle and wishes you good day on your way out.

My dad, who puts in about 20 hours a week, stands on his feet for hours and sometimes works late shifts until midnight. Every now and then, he deals with shoplifters trying to sneak past his post. And yet he says this is the best job he's ever had.

Until recently, working after retirement sounded like an oxymoron. Aren't those years supposed to be devoted to volunteering, traveling and visiting grandchildren? But a recent report by the Families and Work Institute and Boston College's Sloan Center on Aging and Work found that a growing number of people continue to work for pay following their official "retirements." And while they may be motivated by money, many like my father are finding their late-life jobs unexpectedly fulfilling.

Older workers expect they have to, and they want to, extend their labor force participation," said Marcie Pitt-Catsoupes, director of the center and the study's co-author. In fact, 75 percent of the participants over age 50 in the center's study said they expect to have jobs after they "retire." Already, roughly a quarter of older workers switch occupations after age 50, according to Richard Johnson, a senior fellow at the Urban Institute in Washington, D.C.

The federal Department of Labor estimates that between 2006 and 2016, the number of workers over age 55 will rise 36.5 percent. That increase will create the grayest labor force since the government began tracking this data, Mr. Johnson said.

Gray or not, my father strongly believes working keeps you healthy. He also believes the routine helps him sleep better. "Workers who change jobs at older ages say they are more likely to enjoy the new job than the old job," Mr. Johnson said. Of workers over age 65, more than 90 percent say they enjoy their jobs — a higher proportion than among young people he noted. Of course, most people work at older ages because they need the income.

More than half the retirement workers in the Sloan study said they wanted to earn enough to live more comfortably when they really retire.

Source: 12/8/2010 Excerpts from <http://newoldage.blogs.nytimes.com/2010/11/30/the-graying-workforce>



Member Birthdays in January

Donna C. Clookey	January 5
Nicole Donald	January 21
Lynn A. Fitzak	January 5
Theresa A. Rhoads	January 10
Michele J. Wemett	January 2

Note: If your birthday was omitted from our list, contact Kyra Sheehan, Secretary/Roster, to update our records.



Think More Protein, Fewer Carbs to Maintain Weight Loss

Excerpts from **5 Ways to be more effective at maintaining weight loss**

By Deborah Kotz



It's a sad, well-worn fact that 90 percent of folks who lose weight fail to keep the pounds off. That abysmal success rate has left nutritionists scrambling to figure out how to help dieters maintain their weight loss without feeling like they have to stay on a "diet" in perpetuity. Well, a new study published in the *New England Journal of Medicine* may provide a template for post-dieters to follow. It turns out, those who fill their plates with more protein and fewer processed carbohydrates are better able to maintain their weight loss than those who eat a similar number of calories but shun protein for pasta, bagels, and bread. Processed carbs, often packed with sugar and white flour, fall into the category of high-glycemic index foods because they cause a rapid spike in blood sugar levels, which promotes the storage of body fat. "The results indicate that even a modest increase in dietary protein or a modest reduction in glycemic-index values was sufficient to minimize weight regain and promote further weight loss in obese patients after a successful weight-loss diet," write the Danish study authors.

These findings aren't so surprising to Tracy Cherry, a registered dietitian and clinical nutrition specialist at the University of Rochester Medical Center, given how differently the body handles protein and carbohydrates. While carbohydrates cause blood sugar spikes, protein doesn't have this effect, so it's not as likely to increase body fat when consumed in reasonable amounts. Low-glycemic index, unprocessed carbohydrates, which are digested more slowly due to their fiber

content, tend to cause more modest blood sugar surges, which explains why they're better at promoting weight maintenance than are high-glycemic carbs. Still, Cherry says she's encouraged by the news: "We know a lot about what it takes to lose weight initially but not a lot about keeping weight off," she says. "I can take this study and provide meal plans for my patients."

If you've recently lost weight, here's what Cherry recommends:

- **Make changes you can stick with.** Include a serving of lean protein with every meal and snack to help keep your blood sugar levels steady and to keep you feeling fuller longer.
- **Think whole foods.** "Foods in boxes tend to be processed, so you're better off choosing [single]-ingredient foods like fruits, vegetables, skim milk, and fish."
- **Read the labels of packaged foods.** No question, that frozen dinner sometimes is a necessity, but some versions are better than others. Amy's, Kashi, Morningstar Farm, and Boca tend to offer less-processed, high-fiber meal options.
- **Identify your weight-maintenance pitfalls.** "You should basically be eating the same kinds of foods that you were eating when you were losing weight to keep the pounds off," says Cherry, while occasionally allowing yourself those non-diet favorites.

Continued on page 7...

Save Money on Clothes

Looking to save dough on duds? Better be ready to act fast

By Jeanne Lee—Chris Lyons

Buy fast at flash sales

The hottest trend in clothing discounts is an online flash sale. Flash-sale bargains usually last 24 to 72 hours, so you have to act fast. AT eBay's new Fashion Vault, as well as at popular flash-sale sites such as Gilt.com, EditorsCloset.com, and RueLaLa.com you join for free and find deals of 30 to 70 percent off. The catch: Rarely do you get your money back if you're not happy - just a credit toward a future purchase. You can, however, sometimes save more by bringing in new members.. Gilt.com, for example offers a \$25 credit for every person you persuade to sign up and make a purchase.

Cash in those dusty gift cards.

If you have a gift card for a store you never visit, sell it on a site such as Swapagift.com or PlasticJungle.com. This way, you can get cash for that unused \$100 Dave and Buster's card that you won in a charity raffle. These sites will buy your unwanted cards for 60 to 90 percent of the remaining balance, as long as it's worth at least \$25.

Source: *The Magazine AARP* (Sept/Oct 2010) p. 72, 9/3/10; aarp.org/magazine

...Continued from page 6

- **Don't worry about high-glycemic carrots and pineapple.** There are certain fruits and vegetables that can cause quick spikes in blood sugar (carrots, pineapple baked potatoes, watermelon) if you eat them in large amounts in one sitting. But most of us eat them in small quantities along with other foods, says Cherry, which dampens their effect; plus they're

Keeping Up with Kin Online

Social-media Sites Connect the Generations

Who says you can choose your friends but not your family? Many older Americans are finding that family are friends: 62 percent of folks 50 and up who use Facebook, LinkedIn, MySpace, Twitter, and similar sites are connected to their children online, 36 percent have linked to their grandkids, and 73 percent have linked to other relatives, a recent AARP survey* found. In fact, half first learned about social media from a family member, most often one of their children.

Sites favored by the 26.6 million Americans 50+ who network online:

Facebook (news feed)	92%
MySpace	16%
LinkedIn	15%
Twitter	9%
Something else	9%

Source: *The Magazine AARP* (Jan/Feb 2011) p. 72; aarp.org/magazine

*See the complete report, "Social Media and Technology Use Among Adults 50+," at aarp.org/socialmediasurvey.



packed with nutrients that our body needs. So enjoy that slice of watermelon or those carrot slices dipped in hummus!



Source: <http://health.usnews.com/health-news/diet-fitness/diet/articles/2010/11/24/think-more-prot....12/1/2010>



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

President: Pam Johnson, CPS/CAP	760-8554 (w)
Vice President: Rhonda Ackley, CPS/CAP	546-7220 X7260 (w)
Secretary: Kyra Sheehan	271-5256 (w)
Treasurer: Donette Loehr, CPS	275-5167 (w)

BOARD MEMBERS

Tarie Vinci (2009-2011)	678-3225 (w)
Sue Case, CPS/CAP (2010-2011)	272-2611 (w)
Kiesha Everett, CPS (2010-2012)	546-7220 X5501 (w)
Rebecca Wight (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 – **Available**
 Ways and Means (“Fun”raising) – [Rebecca Wight](#)
 Website – [Sue Case, CPS/CAP](#)

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Flower City Chapter Meeting

Wednesday, February 2, 2011

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

“Financial Independence For Every Stage of a Woman’s Life”



- Establishing goals/budget
- Handling two big concerns
- Guarding against risk
- Preserving retirement



Presenter:

*Amanda J. Neubauer,
Financial Advisor, Met Life*

Recertification Point Awarded

AGENDA

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

DINNER FARE

Salad — Mixed greens and fresh vegetables with balsamic vinaigrette
Entrée — Bistro Chicken Breast on spinach with mozzarella, roasted tomato sauce and orzo
Vegetarian — Cheese Ravioli
Dessert — Seasonal fruit crisp

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>



REGISTRATION FORM

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

Cost: \$25.00 Members & Students; **\$27 AFTER 1/24/2011 \$27.00 Guests – Dinner & Program

Reservation Deadline: January 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
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January 15



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Bianca M. Constance

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President
Jennie E. Barchet, CPS/CAP

PASSION & PURPOSE

FLOWER CITY CHAPTER

*“My idea of
rebooting is kicking
somebody in the butt
twice”*

Maxine

*Yelling It Like It Is—a Fine
Whine With the Queen of
Attitude, (2001), Hallmark
Books, Working Noon Till
Five, pg 81*

Health Corner

What your feet are trying to tell you

*“Sole-ful” way to spot health problems
from head to toe!*



You can uncover signs of a hidden medical condition just by taking a good look at your feet. For example...

- Squeeze one of your toes until it turns white — and see how long it takes to regain its normal color. If the color doesn't return within a few seconds, you may have impaired blood flow, which could mean blocked arteries in other areas of your body.
- Check your soles and between your toes for abnormal moles. These often-overlooked areas get very little sun exposure, yet they can hide a melanoma tumor.

- If your feet are oversensitive to touch — it may be a sign of hyperreflexia — an early indicator of Parkinson's disease or multiple sclerosis.
- Numb or painful feet can be a red flag for the damaged blood vessels and nerves that can occur with diabetes or peripheral arterial disease (a circulatory problem that causes reduced blood flow to your limbs.)

If you discover anything suspicious, see your doctor immediately!



Source: Bottom Line HEALTH, Special Issue/
Winter 2010, p. 2