

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

**Special points of interest:**

Occupied Wall Street,  
Seen From  
Abroad.....3

The Debate  
Room.....4

The Admin Profes-  
sion.....5

Other Chapters.....6

The Leadership Solu-  
tion.....7

Life Articles.....9

Dinner/Meeting Regis-  
tration Form.....11

**Inside this issue:**

Birthdays 1

IAAP HQ News 2

NYSD News 2

FCC Leadership 10

Health Corner 12

December newsletter  
deadline —  
December 15, 2011.  
Please send all articles  
to the Editor.

# The Blossom Times



## NOVEMBER 2011

### President's Message

Pam Johnson, CPS/CAP

*November woods are bare and still;  
November days are clear and bright;  
Each noon burns up the morning's chill,  
The morning's snow is gone by night.*

Our 2011-2012 year is moving fast. We've had two meetings with two great speakers! We are working on our membership retaining and gaining! Why not bring a friend or co-worker as a guest and share with them the best kept organizational secret in Rochester.

Have you heard the news? The Research and Educational Foundation has scholarships for the 2012 EFAM. The program helps cover the cost of attendance for temporarily unemployed admins or those who have never been to EFAM before. This effort is part of the foundation's commitment to helping admins reach and maintain their professional edge. The call for scholarship applications opened on October 1 and they

will be accepted through January 31, 2012. You can read all about it on the IAAP website's new [R&E section](#).

We are working hard on our succession plan and we need you! If you are interested in a leadership position and need more information, please let your officers or board members know. Remember we need a President and Treasurer to be a viable chapter. Each one of you has a leader in you; why not share it with your peers in an environment of continual encouragement!

Hope to see all of you real soon at our next Chapter meeting! Until then stay safe and work well!

Pam



### Flower City Chapter News

**Members having a November birthday are:**

Lynn Stull November 2  
Ann C. May, CPS November 18



**Donette Loehr, CPS** was recently named an Administrator in the Department of Orthopaedics and Rehabilitation at the University of Rochester Medical Center.

**Jeanette Wojtas** is a member of the Irondequoit Art Club and coordinator of their December 6 - 16 Arts & Crafts Show and Sale being held at the Irondequoit Evans Library (Cooper/Titus Roads). Contact Jeanette for show hours.

**Membership Committee** is looking for a few new members. Specifically 7 new members, 2 non-renewing, and 5 new associate members. An incentive program is being developed to help you bring some friends to chapter meetings. Stay tuned for details.

## New York State Division News



### NYSD Scholarship Fund

The Jane M. Klausman, CPS, CPP-T, PRP Scholarship is offered each year by the New York State Division of IAAP.

The scholarship is open to high school seniors enrolling in an appropriately accredited college, business school or university or a student currently enrolled. The student must enroll (or be enrolled) in

a degree or diploma-granting program in the field of administrative/office technology or business education.

The amount of the scholarship is designated by the New York State Division Board of Directors. More information will be available in early 2012.

## Certification

### Upcoming Changes



IAAP's Certification Program will be changing effective November 2011. In an attempt to answer as many questions as possible, they've developed a question & answer sheet. Go to <http://www.iaap-hq.org/certification/changes-faq>.

We're excited about the upcoming changes, and we hope that you will be too. IAAP's goal, as always, is to maintain a vibrant program that's marketable to the professional community. These changes will help us achieve a much simpler system of expansion with an un-

derstandable and easier to explain certification program.

If you still have questions after reviewing the Q&A sheet, email [certification@iaap-hq.org](mailto:certification@iaap-hq.org).

Please see the following links:

[Exam Application](#)

[CAP Exam Guide](#)

[Org. Mgmt. Specialty Exam Guide](#)

[Job Function & Employer Statement](#)

## IAAP International News



The **2012 Spring Conference** will be held March 4-7, 2012 in **Las Vegas, NV**. Take care of your first step to register for the 2012 Spring Conference and book your hotel room now for only \$129 per night plus tax, at Harrah's at the heart of the Strip and within minutes of McCarran International Airport.

Whether you're traveling on the Las Vegas monorail or their free shuttle that takes you to all the Las Vegas resorts, getting around during your stay is easy!

### Nominations for International Office or Retirement Trust Foundation Trustee

On September 30, 2011 Mary Ramsay-Drow, CPS/CAP, Chairman of the Committee on Nominations, sent out an email to all members asking for applications noting that the Call for Nominations forms and materials can be found on the IAAP web community document library ([www.iaap-hq.org](http://www.iaap-hq.org)). Applications must be received by IAAP by email no later than 5:00pm CST on January 15, 2012.

## Civic, Public and World Affairs

### Occupied Wall Street, Seen From Abroad

By Anne-Marie Slaughter

The American mainstream media is gradually beginning to pay attention to the Occupy Wall Street movement and its spinoffs springing up in Atlanta, Chicago, Boston and Seattle. But from the very beginning the movement has attracted extensive coverage from Al Jazeera and other Middle Eastern news outlets and Twitter users — probably because they recognize the forces that are reshaping politics across their region.

Indeed, the twin drivers of America's nascent protest movement against the financial sector are injustice and invisibility, the very grievances that drove the Arab Spring. They are not setting themselves on fire as Mr. Bouazizi did in Tunisia. But after electing a president who ran on the theme of hope and change, these Americans feel betrayed. The only change they are seeing is a tiny percentage of rich Americans getting richer while they are getting poorer. That is the injustice.

The invisibility is even worse. Human dignity is about being recognized, listened to, and acknowledged as an individual human being with an irreducible moral worth. But at a time when one in six Americans live in poverty and virtually all of our social indicators are worse than at any time since the Great Depression, the political system is locked in partisan paralysis. They are not being heard, so increasingly they will make themselves seen. And given unemployment rates, millions of Americans have nothing better to do with their time.

If we have learned anything from watching the Arab Spring over the past nine months, it should be that efforts to ridicule, ignore and block these kinds of protests only fuel them further. The only effective response is a political response, of a nature and magnitude that convinces protesters on the streets that they can in fact secure the change they seek within, rather than outside, the system. The news anchors and political commentators who scoff at the Occupy Wall Street marchers' lack of direction or articulated demands only make them madder and more determined.

Moreover, it's not hard to discern a political

agenda taking shape. If the Tea Party is obsessed with debt and hence the size of government, the "99 Percent" movement is focused on problems that depend as much on the state of our political system as on any specific government policies. In the words of one protester interviewed in San Francisco, "We don't have a government for 'we the people' anymore."

Our political system is skewed to extremes by primaries and beholden to donors at every subsequent stage. Neither Democratic nor Republican candidates can win without the support of the wealthiest one percent. The result is a government that does not actually represent the majority of the American people.

Proposals abound for universal voter registration, and Oregon's vote-by-mail system resulted in over 80 percent voter turnout in the last presidential election. There are also proposals for proportional representation schemes, electing our presidents by popular vote, amending the constitution to bar private money from Federal elections, and ending the filibuster in Congress. The common theme of all these proposals is simple: each citizen should get a vote that counts as much as the vote of every other citizen. The deeper point is that our economic system will work for all Americans only when our political system works for all Americans.

In the past month, it has been odd to read Twitter and blog posts from the Middle East taking the Wall Street protests far more seriously than anyone here has. My reflexive response was to explain that they didn't understand our politics: after all that is what citizens of other countries tell Americans when we opine oh-so-knowingly about their politics.

But in this case, I am beginning to suspect that people abroad with long experience of disenfranchisement and trampling of their dignity may in fact understand the fissures in our society better than we do ourselves.

**Source:** Excerpts from *The New York Times*, The Opinion Pages, <http://www.nytimes.com/2011/10/06/opinion/occupied-wall-street-seen-from-abroad.html> 10/26/11 See Editor for full article.



## The Debate Room: English Means Business



The international language — the *lingua franca* for doing business — should continue to be English. Pro or con?

### Pro: Yes, Warts and All

By Maury Peiperl, IMD

International companies and international commerce generally imply a fundamental need for people to communicate across the globe, at least at a basic verbal and written level. Translation and multilingual communication are important, but unless there is one common language that everyone doing global business can speak, the complexity makes it unwieldy for cross-border businesses to function. Multilingual companies, as well as those that use something other than the de facto global language, will always find it difficult to compete with — and will incur higher transactions costs than — those that use a single cross-border language.

We can argue about the merits of the situation, but English already is the language of international commerce. This is not likely to change any time soon. The situation may not be optimal, especially if English is not your strongest language. I admit to having been astonishingly lucky in my choice of birthplace, but using English makes sense.

It was an accident of timing that English happened to be the language of the dominant economic world power when globalization reached a critical growth point. It's done and it's working. Even if there exists a better solution (Esperanto didn't get far), it could never be put in place at this stage in a practical way without a world war or a new dominant power. For its part, China shows far more interest in teaching hundreds of millions of people to speak English than in advancing Mandarin or Cantonese as a global language.

I am no fan of international business English. It may be dominant in North America, but it is hardly a language reflective of Europe, let alone Asia. It doesn't really represent a bridging of cultures (unless you go back to the Saxons and Gauls). Still, it is relatively simple, having few cases and bearing a pronunciation scheme that pretty much follows the letters as you read them. This makes it appropriate, if not ideal, for what it has become. Although it may be as painful at times to native speakers as it is challenging to non-speakers, the simple international version of English (usually) works. It has no apostrophes, limited...

*Continued on page 8...*

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## Upcoming Events: 2011-2012



### December

7 Holiday Boutique/Dinner/Meeting  
Rochester Airport Marriott

### 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 Dinner/Elections/  
Installation  
Rochester Airport Marriott

## The Admin Profession

### Dash

The dash (two hyphens on the computer, no space in between) is used for emphasis or a sudden interruption in thought. The dash should be used sparingly because the words enclosed in the dashes are strongly emphasized.

*'They started the project last week – but this is not your concern.'*

### Hyphen

Use a hyphen to tie two or more words together when they describe the word immediately following.

*'first-class mail' 'speed-building device'*

Use a hyphen to join a numbered figure and its unit of measurement.

*'40-hour week' '13-cent stamp'*

Certain expressions are spelled with a hyphen.

*'ex-senator' 'President-elect'*

**Source:** Kinech, L. **Quick Punctuation Reference**, (1998) DDC Publishing, NYC 800-528-3862

### Are You on this Buzzwords Bandwagon?

Solutions.

This is one of the favored business buzzwords today. You see it in everything from ads and press releases to... well...newsletters. And it's a great word when it actually says something.

Consider this example: *"We've designed the XYZ Facilitator, a scalable solution to meet your needs."* What does this tell you?

Not much because the writer hasn't tied the solution to the reader's specific needs. Anything can be a solution to something else which is probably why the writer kept this vague, hoping to cover all the possibilities rather than targeting just a few.

But when you detail the how and why of the solution, you're giving it meaning and power.

The next time you offer a solution, explain in plain English the why, the how, and the benefits.

**Source:** *The Admin Advisor*

([www.adminadvisor.com/ME2/Sites/dirmod.asp?10/26/11](http://www.adminadvisor.com/ME2/Sites/dirmod.asp?10/26/11)) (Adapted from "The most overused word in technical marketing," by Wendy Gibson, on MarketingProfs.com)



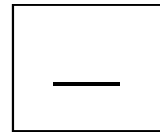
### Skype

Now Skype is part of Microsoft. This will enable more people to connect in more ways that transform and enhance their lives.

Skype is for doing things together whenever you're apart. Skype's text, voice and video make it simple to share experiences with the people that matter to you, wherever they are.

Windows, Mac, Android, iPhone, iPad or TV – Skype works with them all. Download Skype for free and you'll be all set up in a few minutes.

**Source:** <http://www.microsoft.com/en-us/skype>



### Stamp Price Increase

By Jim Wang

Want to get a 2% return on an investment in just one day? Buy a Forever Stamp from the Post Office on January 21, 2012 and mail something on January 22 (well, on the 23rd because the 22nd is a Sunday). On January 22, the post office is set to increase the price of a first class letter stamp from 44 cents to 45 cents.

**Source:** <http://www.bargaineering.com/articles/stamp-price-increase-jan-22-2012.html>



## Other Chapters: Springfield Metro, MO



While surfing the IAAP Web Community I found this vibrant and interesting chapter – Springfield Metro Chapter or SMC.

SMC has monthly chapter meetings in non-hotel environments and monthly board meetings at a member's company. In December they have a Christmas potluck meeting.

One of the three speakers at their half-day Fall Seminar (with three recertification points) is Dr. Cal LeMon, president of Executive Enrichment, Inc., a corporate education and consulting company. (NOTE: our newsletter contains items from his monthly online journal.)

For Ways & Means, the Springfield Metro Chapter sells pecans and candles. Their VP just rolled out a member incentive in September where earned tickets for chapter tasks and activities will be put into a drawing for an awesome prize at their June Metro Awards.

SMC has presence on Facebook, the IAAP Web Community, as well as their own SMC website. They also have an online lending library 'SMC Library on Library Things.'

SMC was chartered in 2007 with 28 members and currently has 57 members and one student chapter with another in the works. Additionally they sponsored a professional chapter in Branson, MO in 2010.

## The Bread Man

By Lynn Stull, FCC Member



Listening to a presentation by The Bread Man (aka Chet Fery), is refreshing and a heartwarming antidote to the stress and pressures in our daily lives. Since our time is valuable I honestly wondered if attending his presentation was a wise decision, but I left thinking it was well worth it. I really enjoyed his thought provoking true tales of kindness affecting the lives of people.

Chet Fery grew up on the east side of Buffalo, NY (Kaisertown), had a career in education that expanded over 33 years and is now retired. His story began 10 years ago in pursuit of the perfect pizza. His family soon tired of pizza four times a week and was encouraged to switch to bread making. Soon this amateur bread baker was making 8-12 loaves of bread per week. Then he noticed the connection everyone seemed to have when they were receiving bread.

Now he travels Western New York giving talks on small acts of kindness and how a small gesture (giving free loaves of bread) can make such a big difference in our lives and the lives of people we touch.

You may have seen Chet Fery at the Public Market giving away bread. His "free bread project" has given away over 10,000 loaves of bread to family, friends, colleagues and strangers. Through his hobby he has created hundreds of stories that will touch your heart and stimulate your soul.

'Bread Time Stories' is currently online but Chet is in the process of finishing "The Book" that will inspire, instruct, motivate and also take you much further. Each story is accompanied by a bread recipe that will make two loaves of bread, one for the baker and one to share with a relative, friend colleague or stranger.

A quote directly from his website is a great strategy for life: *"Let's change the world one loaf of bread at a time, one random act of kindness at a time."*

Check out his website at: <http://breadtimestoriesandmore.com/>

## The Leadership Solution

### How to Achieve Success ...Together

Effective teams understand that teamwork is a behavioral issue. Team members recognize that their success is inextricably linked with one another and they act accordingly. And so must you!

But there are effective teams and there are "FIVE STAR" teams — the best of the best. What separates them?

The answer is COMMITMENT.

More precisely, it's five commitments. And they are:

1. Be Committed to...EACH OTHER
2. Be Committed to...THE MISSION
3. Be Committed to...THE CUSTOMER
4. Be Committed to...RESOLVING CONFLICTS
5. Be Committed to...THE DETAILS



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

Ventura, S., Correia-Templin, M., **FIVE STAR TEAMWORK: How To Achieve Success...TOGETHER**, Walk The Talk (Publisher).

## November

November is the 11th month of the year in the Julian and Gregorian Calendars and one of four months with a length of 30 days.

November retained its name (from the Latin "novem" meaning "nine") when January and February were added to the Roman calendar.

November's birthstones are the topaz and the citrine. Its birth flower is the chrysanthemum. The Zodiac signs for those born in

this month are Scorpio and Sagittarius, depending on which day you were born.

November is Native American Heritage Month, Pancreatic Cancer Awareness Month, COPD Awareness Month, Alzheimer's Disease Awareness Month, and National Pomegranate Month in the U.S.

**Source:** <http://en.wikipedia.org/wiki/November> 10/14/11



*Continued from page 8...*

poorer in the long run. We need to preserve and cherish language diversity and say "no" to always using a common language.

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

*Opinions and conclusions expressed in the Debate Room do not necessarily reflect the view of Bloomberg Businessweek, Businessweek.com, or Bloomberg LP.*

**Source:** [http://www.businessweek.com/debateroom/archives/2011/05/english\\_means\\_business.html](http://www.businessweek.com/debateroom/archives/2011/05/english_means_business.html) 6/28/11





*Continued from page 4...*

punctuation, interchangeable homophone spellings, an extremely limited vocabulary that's often misused (see [www.english.com](http://www.english.com) for an extensive collection of examples), little color, and less feeling. It's serviceable and essential.

Even as a kind of lowest common denominator, the English of international business marks a further step forward in a global cultural evolution that has been picking up pace along with cross-border flows of goods, money, and information over the last few decades. For nearly all global enterprises, wherever they are based – and even for tourists, wherever they go – English is the language of international contact. It may be a crude way to bring the business world together, but it's a start.

### **Con: Non, Nee, Nej, Nein!**

By Karsten Jonsen, IMD

Non-native English speakers and companies should not be language-submissive. Linguistic diversity is worth fighting for.

English as a common business language makes for an easy choice. Much like most doctrines that celebrate homogeneity, the one-company-one-people-one-language-fits-all cultural mentality seems easy. The economy-minded reasoning of today suggests that this will happen increasingly in multinational companies. A common language facilitates socialization processes, communication, and team building. Social identity theory suggests that language barriers set boundaries with many unwanted consequences. Moreover, the alternatives to a single common language are costly and cumbersome. So this is a no-brainer, right? Not quite.

Before making sweeping conclusions about English as *lingua franca*, we need to consider some inevitable downsides.

1. The status of English as a defector

lingua of business. This “choice” is historically determined by the colonial, economic, and technological power of English-speaking countries in recent centuries. English as the dominant language in IT and the general Internet is reinforcing this just as English is spreading via film, television, and music. As a consequence, other languages are disappearing faster than ever, which makes language preservation important around the globe as a part of maintaining cultural diversity.

2. A common language gives people the illusion of communicating effectively and sharing the same context and interpretation, even when this may not be the case. The same words can mean different things in different local settings, and different pronunciations or strong accents can make communication more difficult than it seems. Depending on who's speaking to whom, it isn't necessarily a common language.
3. Standardization suppresses the national, regional, or ethnic identity supported by non-dominant languages. Napoleon did it. Franco did it. The EU may soon do it. Today, people who speak English as another tongue automatically ascend to a position of power, creating a language-based status hierarchy, with non-native English speakers feeling excluded and devalued. At some companies, ideas and content are disregarded or ridiculed when not phrased in Ivy League English.
4. Languages are cues that activate different and important culture-specific frames. This means that different thinking styles that relate to languages will not surface in one-fits-all culture, and organizations will lose out on broader-based ideas and perspectives.

The assumed gains in efficiency from relying on any common language at multinational companies come at a price. It may make us richer in the short term, but

*Continued on page 7...*

## Life Articles

### Comfort Zone Can Be A Danger Zone

By Leslie Rose McDonald  
President, Pathfinders CTS, Inc.

A very successful business professional admitted that he had been resisting the way that technology had impacted his profession. His rationale was that he was accomplished and recognized in his field and that there were a lot of people who are using technology applications to do his kind of work who are not nearly as knowledgeable as he. While this might be true, this was still a rationale — an excuse for not getting out of his comfort zone and learning a new way to apply his seasoned knowledge.

In another situation, a recently downsized professional admitted that she had been “too comfortable” at her job and that having her position eliminated was the “kick in the pants” that she probably needed to pursue something more challenging. She was very competent in her work, and she was paid well for it. Daily requirements were something that she admitted she could do in her sleep. But her position was comfortable, and the company was comfortable, and so she stayed — even when she knew she was capable of contributing much more.

In years gone by, the worst that would happen by staying in your comfort zone was having a boring but predictable job day in and day out, year after year until retirement. Today, however, keeping yourself in the comfort zone can have a much greater consequence, from being passed by for a promotion, up to losing your job.

Jack Canfield, co-author of the phenomenally successful *Chicken Soup for the Soul* book series, has a quote that is worthy of consideration. It goes like this: *“Winners are those people who make a habit of doing the things losers are uncomfortable doing.”*

Think about the people you admire and respect for their accomplishments or achievements. In almost all cases, these people chose to put themselves in a situation or po-

sition that was decidedly uncomfortable. They embraced the opportunity for the rewards that come with stretching and challenging yourself. They know that comfort breeds not only boredom but mediocrity as well.



In career considerations there are many ways that people keep themselves in the comfort zone, missing out on many wonderful opportunities and benefits. How many of the following “out of the comfort zone” situations have you avoided to continue the illusion of feeling safe and comfortable?



**Networking:** A necessary part of a healthy career is developing and maintaining relationships through networking. But there are many people who are uncomfortable seeking out these new relationships, so they stay within their existing circle of folks that they already know.



**Being assertive:** It is sometimes uncomfortable initiating a conversation that challenges someone else. But this is frequently necessary in order to address issues that need resolution. Rather than let things fester, you can get out of your comfort zone and put the issue out for an honest discussion. Temporary discomfort may be rewarded with the comfort that comes from having the issue resolved.

**Learning a new skill:** Whether it is technology or another set of skills, some people will resist learning. For some this is lack of motivation. For others, learning a new skill means being less-than-competent until it is practiced and mastered. There is discomfort in not being competent and masterful at what you do, and so to stay in the comfort of existing competency you might avoid learning the new skills.

**Source:** Adapted from the author’s column, previously published in the Syracuse Post Standard Pathfinders CTS, Inc.  
[www.TrustedCoach.com](http://www.TrustedCoach.com)

## 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

**President:** [Pam Johnson, CPS/CAP](#) 760-8554 (w)  
**Secretary:** [Kyra Sheehan](#) 271-5256 (w)  
**Treasurer:** [Donette Loehr, CPS](#) 275-5167 (w)

### BOARD MEMBERS

[Ann Gilbert](#) (2011-2013) 292-3440 (w)  
[Barbara Snaith](#) (2011-2013) 273-1261 (W)  
[Kiesha Everett, CPS](#) (2010-2012) 546-7220 X5501 (w)

### EX-OFFICIO

Marilyn H. Nickerson, Immediate Past President 276-3205 (w)  
 Cheryl Mart 682-4660 (h)

## 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, CPS](#)  
**Community Service** – [Keisha Everett, CPS](#) & [Barbara Snaith](#)  
**Historical** – [Erika Sollie, CPS/CAP](#)  
**Membership** – [Marilyn H. Nickerson](#) & [Sue Case, CPS/CAP](#)  
**Nominations** – [Marilyn H. Nickerson](#)  
**Programs & Workshops** – [Barbara Snaith](#)  
**Scholarship** – [Sue Case, CPS/CAP](#) & [Keisha Everett, CPS](#)  
**Website** – [Sue Case, CPS/CAP](#)

## Registered Trademarks



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### Flower City Chapter Meeting Wednesday, December 7, 2011

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

## Holiday Boutique

This annual social event is a fundraiser for the chapter as well as recognizing those members who have supported this chapter for many (some many many) years. Come join the fun, shopping and socialize with other chapter members. Cheers!

**Vendors:** Longaberger Baskets, Mary Kay Cosmetics, Celebrating Home, Tastefully Simple, Dove Chocolates, 31 Gifts, Pampered Chef, and SKC Treasurers

**Chinese Auction:** Buy lots of tickets and choose gifts you want to win!

#### AGENDA



5:15 – 5:45pm Shopping      5:45 – 6:45pm Dinner  
6:45 – 7:45pm Recognitions      7:45 – 8:30pm Shopping



#### DINNER FARE

##### Seasonal Soup

**Entrée** - Chicken Chardonnay sautéed in seasonal wine sauce. Served with jasmine rice and vegetables

**Vegetarian** - Roasted Garlic Pasta tossed with artichoke hearts, white beans, spinach, roma tomatoes, olive oil and parmesan

**Dessert** - Holiday cookies

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

**\*\*Dinner Costs: \$25.00 Members & Students; \$27 AFTER 11/30/2011**

Guests: \$27.00 - Dinner

**Reservation Deadline: November 26, 2011\*\***

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

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

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

Member: [ ] CAP \_\_\_\_\_ Guest: [ ] Dinner & Program \_\_\_\_\_ /Program Only

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

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

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*“ Shared laughter creates a  
bond of friendship. When  
people laugh together, they  
cease to be young and old,  
teacher and pupil, worker and  
boss. They become a single  
group of human  
beings..”*

W. Lee Grant

Goodman, J., (1995) *Laffirma-  
tions: 1,001 Ways to Add Humor  
to Your Life and Work*, Health  
Communications Inc., Deerfield  
Beach, FL, pg 360

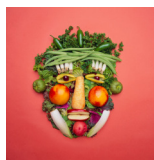
## Health Corner

### Foods You Don't Need to Buy in Organic Form

**Avocados** have a thick, inedible skin — wash the peel before cutting into an avocado to get rid of pesticide residue.

**Eggs** have no higher contaminant levels whether factory farmed or organic.

**Spices** are used in small quantities, so the risk of nonorganic is minimal.



**Source:** *Bottom Line PERSONAL*, 32(20) p. 16; *Health*, 2100 Lakeshore Dr. Birmingham, AL 35209 [www.Health.com](http://www.Health.com)

### Pepper Helps You Burn More Calories

*Recent finding:* People who ate about one-half teaspoon of cayenne pepper in foods had higher core body temperatures and burned more calories than people who did not eat cayenne pepper. Being able to taste the pepper in the foods results in greater appetite suppression and boosted energy...and the effects were greater in people who did not regularly eat spicy foods.



**Source:** *Bottom Line PERSONAL*, 32(20) p. 16; Mary-Jon Ludy, PhD, researcher, and Richard Mattes, PhD, distinguished professor of nutrition science, department of nutrition science, Purdue University, W. Lafayette, IN, and coauthors of a study published in *Physiology & Behavior*.