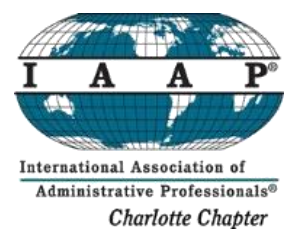




CHARLOTTE CONNECTIONS



CHARLOTTE CHAPTER - INTERNATIONAL ASSOCIATION OF ADMINISTRATIVE PROFESSIONALS®

February 2012, Issue 41

Editor: Kathy Stewart, CAP-OM

President's Message ...

HAPPY VALENTINE'S DAY!!

This is the month in which we reaffirm our love for that special person in our lives. This year, as you all know, I have a special reason to take advantage of such an occasion. I want to thank each one of you for your well wishes and your prayers for Leland's recovery. I am proud to say that we have finally made it through the roughest two months of our lives. He still has a ways to go before he's back to 100%, but we are excited for the progress he has made.



There are other things happening this month besides Valentine's Day. The North Carolina Division Leadership and Education Forum is scheduled for February 24-25 in Raleigh. You don't want to miss the first Division event this year, so get your registration completed and mailed. Talk to other chapter members and find a roommate and a car pool. There should be no shortage of either. I am so excited to be getting back into circulation and am looking forward to seeing everyone there. NCD President-elect Simmons has a great weekend lined up, with great speakers and I'm sure a fantastic evening of entertainment. Our chapter will have a Ways & Means table and will need members to take turns manning it. Hopefully, we will sell all the remaining Terry Lynn nuts and our "Nut Lady" can have her house and car back ... FINALLY.

Another thing I want you to all be thinking about is the upcoming election. That's right, they're just around the corner. I want to encourage everyone, especially our newer members, to read or reread the Bylaws & Standing Rules officer and director duties. In doing so, you will find an area that interests you and when the Nominations Committee members begin to solicit candidates, you'll be ready to say yes. Serving your fellow members is one of the more rewarding things you can do during your IAAP career. It allows you to grow in ways you never thought possible, and as you grow, so grows your Chapter. *(continued on page two)*

Inside

- Running for a Cure 2
- We Need YOU!! 2
- Biggest Loser Corner 2
- Charlotte Chapter Bylaws and Standing Rules Director 3
- Four Gifts in the New Year 4
- Nat'l African Am. History Month .. 5
- Chapter, Division Boards and Chapter meeting information 6

January/February Celebrations

January Birthdays

Ann Metcalf	1
Ronda Dwyer	3
Patricia McCaskill, CAP	16

January IAAP Anniversaries

Jimmie Stroud, CAP	1987
Karen Roth, CAP-OM	2005
Michelle Davis	2008
Vickie Olson	2008
Lori Westneat, CAP-OM	2009
Maryann Losier	2011



February Birthdays

Martha Patterson-Kirby	4
------------------------	---

February IAAP Anniversaries

Kathy Stewart, CAP-OM	1992
Durene Brown	1999
Cindy Slagle	2001
Sherry Meacham	2002
Nancy Ceriello, CAP-OM	2006

President's Message continued ...

I would like to thank, once again, all those members who volunteered to complete the terms of secretary and newsletter editor. Please make sure you are ready to answer the call when it comes and take that opportunity to serve. Join me in congratulating our new secretary, Maryann Losier, and our new Charlotte Connections editor, Kathy Stewart CAP-OM. Thank you both for serving the membership in these capacities.

Finally, remember those special people in your life this month and for the rest of 2012. We never need a special occasion to tell them we love them, because every time we say "I love you" the occasion becomes special. Go buy that special valentine, have that special dinner and enjoy the beauty of loving and of being loved.

Until next month, remember we are always ...

ADVANCING PROFESSIONALISM WHILE MAKING THE LEAP TO GREATNESS!



Kudos to **Lucy Miller** for her participation in two Charlotte events:



5K Great Prostate Cancer Challenge – September 2011

First event of its kind in North Carolina, with funds raised supporting research, education and free testing. *(Lucy's team: her boss Joe Barbee, Lucy, her son Seth and daughter-in-law Carmen)*



The Susan G. Komen Race for the Cure – October 2011

Lucy (r) with Dr. Nicole Abinanti, Director of Women's Imaging, Presbyterian Hospital, Charlotte



WE NEED YOU



... to make our **March Recruitment Meeting** a success! Our guest speaker for the event is **Nicole Greer, PPCC**, whose topic is "Creative Fusion: The Art and Practice of Receiving Results." Be sure to mark **March 12** on your calendars and plan to attend our Charlotte Chapter/Member Recruitment Meeting. Your Board is asking each of you to please commit to introducing one friend, co-worker or family member to the opportunities your membership in IAAP offers, both personally and professionally, by inviting them to join us on March 12. Carolyn Waddell, Chapter Membership Director, will share more information with us at the February 13 Chapter meeting. For more information about our speaker, check out her website:

www.thevibrantcoach.com. **HOPE TO SEE YOU MARCH 12!**



CONGRATULATIONS to our Biggest Loser Season I (*July 1 – December 1, 2011*)

winner: third place - **Debbie Holcomb**, second place - **Joyce Leatherwood, CAP-OM**, and our first place winner - **Lucy Miller!**

Charlotte Chapter Members ... Please note that it is NOT too late to register for Season II of the Chapter's Biggest Loser Team! If your New Year's Resolution included getting healthier, this is one step to help you accomplish it! Our Season I Team members lost a combined total of 186 pounds in five months, and hope to continue the momentum started in 2011. Season II will run through June 1, with the season's winners and results announced at our June Chapter meeting. For more information, please contact Team Coach Kathy Stewart, CAP-OM: 704.332.0263 or kathy.stewart@goodwillsp.org.

Join the Team now and start seeing results in time for your summer travels!



Charlotte Chapter Director of Bylaws and Standing Rules – Amber Smith

Hello and happy February to all. I am currently serving as Director of Bylaws and Standing Rules, and it is a pleasure to serve our chapter!

Your Board has completed work on editing the bylaws and standing rules – and let me tell you, that was no easy task. By the time we finished we had sweat dripping down our faces, our eyes had crossed, and we had mastered the fine art of compromise. There is something refreshing and invigorating about working with a group of your peers for a common cause. We made grammatical corrections, clarified verbiage, and improved sentence structure. There were no significant changes made to alter the intent of the bylaws, so it will not be necessary to send our changes to division for approval. I will be sending the edited bylaws to you soon, and I encourage you to read the document and to share your comments with me. For those of you that are new to the chapter, the bylaws and standing rules are the documents that define how we conduct business and establish consistency in the way the chapter is run. I would like to take the opportunity to remind you that you have a standing invitation to attend the regular meetings of the Board of Directors.

This is an ideal time to consider serving your chapter as an officer or a director for the upcoming year. The duties of the officers, the description of the Board of Directors and a list of our directorships are located in the bylaws. A candidate for the office of president-elect shall have served as an officer or director of this chapter for one full year prior to nomination so, if you aspire to someday serve as chapter president, you may want to think about how you would like to begin your journey to the presidency.

Since February has been nationally designated as Heart Month and February 14th is Valentine's Day, the day when we celebrate love and affection, take time during this month to take care of your heart. Your heart is an amazing organ. It continuously pumps nutrient-rich blood and oxygen throughout your body to sustain life. This fist-sized powerhouse beats (expands and contracts) 100,000 times per day, pumping five or six quarts of blood each minute, or about 2,000 gallons per day. Amazingly, our heart has the ability to soar, overflow, leap, burn, and break. It can be joyful, happy, kind, sweet, light, and loving. Your heart has tremendous capacity to love. We love our family, our pets, our friends, our jobs, food, songs, movies, and places.

But above all else we must remember to love ourselves. Let us remember the wise words of Confucius ...

"Wherever you go, go with all your heart."



Did You Know ♥♥♥

- ♥ The month of February was designated in ancient times as a month for purification before the commencement of Spring. Candlemas, on February 2, is in fact the midpoint of winter – halfway between the shortest day and the spring equinox. Traditionally, snowdrops (*right*) first bloom on this day, giving us hope and reminding us spring will come.
- ♥ February 3 is **National Wear Red Day**.
- ♥ February is: African American History Month, Chocolate Month, Creative Romance Month, Friendship Month, and Snack Food Month, among others!
- ♥ The 3rd week of February is **Random Acts of Kindness Week** ... seek opportunities to celebrate it!



Leaders need to be optimists. Their vision is beyond the present. - Rudy Giuliani

As we advance in life it becomes more and more difficult, but in fighting the difficulties the inmost strength of the heart is developed. - Vincent Van Gogh

Four Gifts to Give Yourself in the New Year

Dr. Cal LeMon



Sometimes the only person missing on your holiday gift list is ... you. So, here are four gift ideas for you, the person you know best.

The **first gift** is an all-expense-paid tour of your home/apartment to ... compile a list of “stuff.”

Is it not true that much of our lives have been spent following the right sales and “specials” to make sure we have the right “stuff”? The twelve-speed blender, lava lamp, leaf blower, George Foreman Panini Sandwich Grill and rented storage unit (to stuff all our stuff) are all, ultimately, going to end up strewn on a garage sale table to recoup pennies for all the years of collecting and storing ... “stuff.”

Are we comfortable etching our presence on the timeline of history with another truckload of perishable stuff dumped in a nameless landfill? Isn't it time in the new year to control our need to consume and then give away our ... stuff?

The **second gift** you can present yourself is a healthy plate of food and a sweaty towel. Who we are and what we ultimately accomplish in life is directly tied to our physical health. A regular exercise program of at least 30 minutes per day, four days a week, and a consistent low-fat-diet will provide both emotional and physical wellness.

The “normal” amount of body fat is 25-30% in women and 18-23% in men. The body fat index (BMI) is the weight of your body (in kilograms) divided by your height (in meters). Obesity is defined as a BMI of 30 and above.

So what's the problem with a BMI of 30 and higher? The main reason is insulin resistance. Insulin is necessary to move blood glucose (sugar) into the cells of muscle and fat. Fat cells are more insulin resistant therefore causing the pancreas to crank up production of insulin and, over a period of time, Type 2 diabetes develops. This condition starts the domino-effect beginning with high blood pressure, high cholesterol, stroke, heart attack, congestive heart failure, osteoarthritis and sleep apnea.

This second gift will add years of sunrises and smiles.

The **third gift** to you is quite simple ... wrap your index finger with a holiday bow and stretch it way out there to the television remote control and push “off.” Wow!

The average American is watching six and half hours of what the “tube” offers each day. The problem with television is its passivity. It is one-way communication that does it all for us. Between the plots, political “magic boards” and instant replays, there is not much for us to do but observe. Over time, observing sucks the life out of our brains and spirits.

Instead of going “cold TV turkey,” how about an initial gift of one TV-free-day each week? If you get into the discipline of this gift, be prepared, you may discover you and other people in your family have interesting ideas, feelings they have never expressed and entertainment value that cannot be matched by MTV.

The **final gift** is rent, lease or just choose a small child who will consent to be your life coach.

Children, preferably between the ages of 2 and 8, are experts on how to suck every last morsel out of a day. They will teach you how to organize through their “clubhouse construction” techniques using sofa cushions, old blankets and overturned chairs. Their skills in honest communication have been developed over months of telling adults “your breath stinks,” “I think you are sad” and asking “What happens when you die?”

These short people, accented with their diapers and dirty nails, are indispensable models of the innocence and hope. They have not become jaded and suspicious like many of us who have been riding the rails of recriminating routine. Their eyes spring open each day to what they know will be waiting wonder.

So, take your pick. Four presents are waiting for you to unwrap in the next twelve months! **So, be good to yourself and Happy New Year!**

Dr. Cal LeMon, President, Executive Enrichment®, is a corporate educator and organizational consultant who can be reached at 800-373-4040 or www.execenrichment.com.

Celebrating National African American History Month

Excerpts from this year's Presidential Proclamation:



During National African American History Month, we celebrate the rich legacy of African Americans and honor the remarkable contributions they have made to perfecting our Union.

This year's theme, "**Black Women in American Culture and History**," invites us to pay special tribute to the role African American women have played in shaping the character of our Nation -- often in the face of both racial and gender discrimination. As courageous visionaries who led the fight to end slavery and tenacious activists who fought to expand basic civil rights to all Americans, African

American women have long served as champions of social and political change. And from the literary giants who gave voice to their communities to the artists whose harmonies and brush strokes captured hardships and aspirations, African American women have forever enriched our cultural heritage. Today, we stand on the shoulders of countless African American women who shattered glass ceilings and advanced our common goals. In recognition of their legacy, let us honor their heroic and historic acts for years to come.

During National African American History Month, we pay tribute to the contributions of past generations and reaffirm our commitment to keeping the American dream alive for the next generation.

I, Barack Obama, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim February 2012 as National African American History Month.



Lillian Taylor (*past Chapter president and webmaster*) standing in front of the MLK Memorial in Washington, DC, a 30 foot sculpture of an American icon who changed America by inspiring millions to embrace peace, non-violence, justice and equality.

The Dream Continues...

"When your character is built on spiritual and moral foundation, your contagious way of life will influence millions."

- Anonymous, submitted by Lillian Taylor

Dr. Martin Luther King, Jr.
(1929-1968)



"Hate is too great a burden to bear. It injures the hater more than it injures the hated." - *Coretta Scott King*

"Do not call for black power or green power. Call for brain power." - *Barbara Jordan*

"God gives nothing to those who keep their arms crossed." - *African Proverb*

Charlotte Chapter Board of Directors

President

Dianne M. Hughes, CAP-OM

President-Elect

Lucy Miller

Vice-President

Ronda Dwyer

Secretary

Maryann Losier

Treasurer

Joyce Leatherwood, CAP-OM

Bylaws & Standing Rules Director

Amber Smith

Certification/Education Director

Vanessa Jones, CAP-OM

Community Service Director

Vicki Nobili

Hospitality Director

Shari Cannon

Marketing Director

Kathy Stewart, CAP-OM

Membership Director

Carolyn Waddell

Webmaster

Lillian Taylor

North Carolina Division Board of Directors

President

Sandra C. Stotesbury, CAP-OM
Land of the Sky Chapter

President-Elect

Angela Simmons, CAP
Raleigh Chapter

Vice-President

Vacant for 2011-2012

Secretary

James Edgar, CAP-OM
Charlotte Center City Chapter

Treasurer

Melissa H. Mincey, CAP-OM
Wilson Chapter

Bylaws & Standing Rules Director

Ronda Dwyer
Charlotte Chapter

Certification/Education Director

Faith A. Hill, CAP
Winston-Salem Chapter

Membership Director

Heather Buckelew
Cabarrus Chapter

NCD LEF – Feb 24-25, 2012 – Cary, NC

BE THERE!

Charlotte Chapter Meetings

When:

2nd Monday of the month
5:30-8:00 pm

Where:

Hilton Charlotte Executive Park
5624 Westpark Drive
Charlotte, NC 28217

The meeting cost is \$22, which includes:

5:30-6:00 Networking Session
6:00-6:30 Dinner
6:30-7:00 Speaker
7:30-8:00 Business Meeting

You may make your reservation to visit our next meeting by contacting Hospitality Director Shari Cannon at:

shari@iverx.com



We welcome your newsletter suggestions by the 15th of each month. For questions and/or submissions, please contact Kathy Stewart, CAP-OM at:

kathy.stewart@goodwillsp.org

Advancing Professionalism
while



IAAP Mission, Objectives, Purpose and Vision

IAAP's **mission** is to enhance the success of career-minded administrative professionals by providing opportunities for growth through education, community building and leadership development.

IAAP Core Values

Integrity ... Encouragement ... Leadership ... Loyalty
Professionalism ... Relevance ... Pride ... Connection
Individual Importance