

EAST COAST EXCELLENCE

VOLUME 1, ISSUE 4 DECEMBER 8, 2009

WISHING YOU ALL A VERY MERRY CHRISTMAS AND A MOST PROSPEROUS AND HAPPY NEW YEAR!



It's hard to believe the middle of December is here already and Christmas is less than 2 weeks away! Many people are right into the hustle and bustle of Christmas shopping, decorating, etc. The chapter held its annual Christmas Social at Jungle Jims on Topsail Road on December 7th and was enjoyed by those in attendance! Thanks to everyone for bringing non-perishable food items for the Food Bank.

We've already had three chapter meetings with great speakers. Some of my New Year wishes for the chapter include

working on increasing our membership, increasing attendance at meetings, planning another successful AP Day and striving for Chapter of Excellence, etc. I hope you all plan to attend our next chapter meeting on January 11, 2010.

On behalf of our Executive, I would like to wish you and yours a Very Merry Christmas and a Most Prosperous and Happy New Year!

Sincerely,

*Bernadette Fifield,
President
East Coast
Admins Chapter,
IAAP*



CHRISTMAS JOY BY RALPH MARSDEN



The joy of Christmas is, at the heart of it, the joy of life. On Christmas Day we celebrate the gift of life. The brightly colored packages and their contents are mere tokens. The love in which they are given is what brings them their meaning.

And so too with the precious gift of life. The outward appearances and material manifestations are not what really count. They will all too soon rust and fade and crumble. What will last is the love we give, and the love we live, in each mo-

ment, in each day, as the years go by.

On a day such as this we have the golden opportunity to remember that, to stop and to sense the reality of what life is truly all about. We remember all over again how good it is to live with love and giving at the top of our list of priorities.

And that in itself is a most wonderful and precious gift, with the power to last a lifetime and beyond.

SPECIAL POINTS OF INTEREST:

January 11, 2010

Educational Session: Internet Communications

February 8, 2010

Health and Well Being with

Lucy O'Driscoll

March 8, 2010

Walter Batten

Newfoundland Archivist

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OLD NICK AND SAINT NICK

OLD SATAN on a Christmas eve went forth
to tempt and to deceive.

So on the housetops snowy white he lingered
through the starry night

Until there chanced to come that way old
Santa in his jolly sleigh.

"Halt!" shrieked the Fiend until in fear the
Saint reined in his restless deer,

And Satan, further to confound him, seized
him at wrists and shins and bound him,

Possessed himself of Santa's pack, and
whipped the prong-horned steeds snick-
snack.

"Ha, ha!" he howled, "these gifts shall be
distributed, as we shall see,

That all the world shall feel dismay and none
rejoice on Christmas Day."

So Satan, in the Saint's disguise, slid nimbly
down the sooty flues.

At every home he left a prize meant most to
anger and confuse.

Beside the Gambler's soft repose a pious
book of hymns he dropped,

And in the Pastor's saintly hose a pack of
greasy cards he popped.

He gave the Anarchist a bomb, he dowered
the rich with needless riches,

Gave lavish gifts to naughty Tom while docile
Dick got naught but switches.

A phonograph of pleasant tone to deaf old
Grandpa Smith he carried,

And gave the spinster sour and lone por-
traits of men she might have married.

Beside the Infant's cot he thrust a work enti-
tled "Famous Battles"

And wise Professor Dryasdust received
some woolly lambs and rattles.

"Aha!" cried Satan when 'twas done, "Good
morrow, gentlemen and ladies!"

Then chuckling at his demon fun he drove
his reindeer down to Hades.

Now good old Santa, when he found his
hands and feet securely bound,

Bethought him of a magic word which oft at
Christmas he had heard.

So o'er the roofs of snow and ice he shouted
"Merry Christmas!" thrice

And all the world, when it awoke, beholding the
Satanic joke,

Responded with a Yuletide will and felt the
Christmas spirit still.

The Rich Man, when he saw his gift, resolved the
poor man to uplift,

The Infant, when he chanced to look at that pro-
foundly weighted book,

Smiled softly, opened wide his eyes and said:
"Twill help me to be wise."

The Anarchist renounced his bomb, and even
naughty, wanton Tom

Divided all his presents rich with docile Dick who
got the switch.

The Gambler thought the hymns sublime and
was converted in due time.

And when the Pastor saw the pack of cards that
dropped from Satan's sack

He said: "'Tis Christian to forgive—Let us be
merry while we live.

Thus Santa Claus had won his case and put Sir
Satan in his place.

MORAL.

Though Christmas blessings oft misfit,

The Saint is not to blame for it.

The thankful heart frost cannot shrivel—

Let's praise the Day and shame the Devil!

Source:

Christmastide,

St. John's, Newfoundland,

December 1907



CREATE A POWERPOINT CHRISTMAS WISH

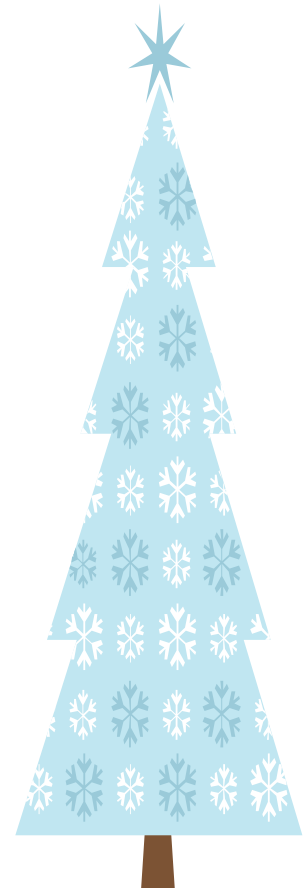
Presentations done in PowerPoint is one of the most frequently used Applications of Microsoft. But with a little bit of time and creative flare, you can create a fun Christmas card using Power Point and send it by email to friends and family.

1. Create a Power Point Presentation with one or two slides.
2. Add your Christmas Message changing the

font, type or style.

3. Add animated clipart. Microsoft Office Online offers lots of animations that can easily be added.
4. Add family photos.
5. Remember to change the back ground color to something that is appropriate.
6. Add a music clip—that always makes it so much more fun to receive.

7. Save it as an HTML file—that way, anyone can open it—the recipient need not have Microsoft PowerPoint.



YOU ARE A CHRISTMAS CAKE

- 1 cup of butter of faith to make life run smoothly
- 1 cup of sugar – life needs it sweetness
- 5 eggs to make it light – this is a prayer, which uplifts.
- ½ pound of nuts – humour. Nuts to crack like good humour – be sure they are clean.
- ¼ cherries – colour the cake like music on a dull morning.
- 1 pound of raisins are old friends, always a delight.
- 1 pound of currants are new friends, always interesting.
- ¼ teaspoon of allspice puts tang in it like initiative.
- ¼ teaspoon of cinnamon is ambition.
- 2 teaspoons of baking powder to make it rise. This is the Holy Spirit.
- ½ cup of pure fresh whole milk- the perfect food which is the Word of God.
- ½ teaspoon of salt called Wisdom
- 3 cups of flour – sifted fine to fold the whole cake together – Love blends all life into one.

Mix all well together and bake in a slow oven of experience. When well done, allow to cool. Add frosting to surround it with beauty. Add red candles to light for all to see; then slice the cake and share it with others.

Source: The Treasury of Newfoundland Dishes, 1958

IAAP WEB COMMUNITY—Start Your Blog in 2010

A Blog (a contraction of the work Web Log) is a type of website maintained by an individual with regular entries of commentary, descriptions of events or other material such as graphics and video. As a member of IAAP Web Community you have available to you the ability



to create you own blog. Her is how:

1. Login in to IAAP-HQ.org.
2. Click on the Network Tab to access your profile.
3. Under the My Blog heading (left) click on Manage Your Blog link.
4. Click on the New Blog

(green plus symbol) on the right hand side of the screen.

5. Enter your title, text, etc. Make sure you proofread.
6. Select Okay.

Check out some of the other Blogs and you will soon find a way that you can contribute to the new IAAP Web Community.

NEW IAAP WEB COMMUNITY

Be sure to visit the new IAAP Web Community to begin networking with other IAAP members. Also check out our groups on Facebook and LinkedIn:



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WE'RE ON THE WEB!

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POWER
of
Commitment
East Coast Admins Chapter



*Turning Jobs
Into Careers*

Mission and Values Statement

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

Values

Integrity: We demonstrate this cornerstone of our profession through honesty, accountability and high ethical standards.

Respect: We create respect within our profession and association through listening, understanding and acknowledging member feedback.

Adaptability: We ensure the success of our association by embracing positive change and by nurturing diversity, creativity and visionary thinking.

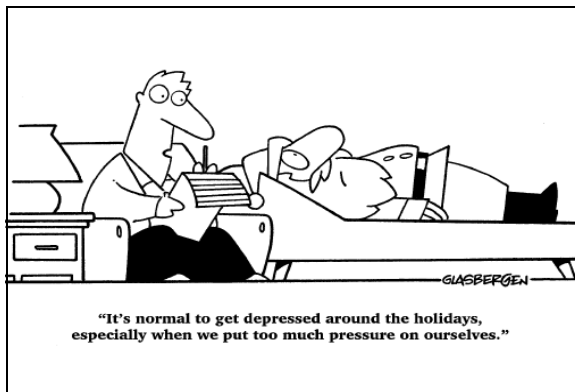
Communication: We cultivate and maintain excellence by remaining approachable at all levels, communicating opening and building strong relationships.

Commitment: We are steadfast in our goals to develop learning opportunities for career-minded administrative professionals and to strengthen efficiency and effectiveness.

Seeking your contributions. If you have a article, announcement or knowledge you want to share, please forward to jam@nl.rogers.com.

KEEP YOUR SANITY CLAUSE

Create a humor first aid kit. In case of emergency, whether it's a burnt Tofu-turkey offering or just the usual holiday blues, it's best to have a plan. Collect things that will help you laugh when the chips are down—bubbles, kazoos, jingle dog-collars, reindeer antlers, holiday punch balls, etc. Include some fun movies, such as Home Alone, The Santa Clause, The Muppets' Christmas Carol (a personal favorite of my family) or Christmas Vacation. Lighten up your expectations. Striving for a holiday perfection can take the fun out of everything. So accept your shortcomings and use them for a chuckle.



GREAT WEB SITE LINKS

www.northpole.org

www.ChristmasLore.com

www.merrychristmas.com

www.aboutchristmascrafts.com

www.christmas.xeweb.comm

