



## Fredericksburg IAAP Lantern



November 2011

[www.fredericksburgiaap.org](http://www.fredericksburgiaap.org)

Issue No. 12

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### MONTHLY MEETING-Monday, November 28, 2011

Lone Star Restaurant  
2051 Plank Road  
Fredericksburg, VA 22401  
540-374-1565  
6:30 pm

Presentation on Mentoring.

A single grateful thought toward  
heaven is the most complete prayer.  
- Gotthold Lessing



Word of the month  
**Gratitude**



Fredericksburg Chapter  
PO Box 4072  
Fredericksburg, VA 22402-4072

**FREDERICKSBURG  
CHAPTER IAAP  
2011-2012  
COMMITTEE CHAIRS**

**Administrative Professionals'  
Week**

Kathy Wall

**Bylaws and Standing Rules**

Mary Maynard

**Certification**

Suzanne McKissick CAP

**Community Service**

Susan Young

**Education/Program**

Kathy Wall

**Membership**

Libby Blosser CAP

**Ways and Means**

Darlene Jett

Kay McOsker

**Sunshine**

Kay McOsker

**Student Chapter**

Libby Blosser CAP

**RTF**

MJ Surina CAP

**Website**

Kay McOsker

**Newsletter**

Suzanne McKissick CAP

**Historian**

Suzanne McKissick CAP

If you would like to help on any of these committees, please contact a board member.

**Fredericksburg Chapter IAAP  
Board of Directors  
2010-2011**

President: Maureen Chapman

Email: fmchapman@comcast.net

Vice President: Kathy Wall

Email: Kathryn.j.wall@mwhc.com

Co-Secretaries: Darlene Jett and

Email: darlenejett@hotmail.com

Kay McOsker

Email: mco@co.henrico.va.us

Treasurer: Judy Sloan

Email: jsloan@teleinc.com



When we choose not to focus on what is missing from our lives but are grateful for the abundance that's present....we experience heaven on earth.

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## From the President:

Can you believe Monday is Halloween already? Time has certainly flown since our new calendar year began in July. This year more stringent guidelines are in place for the Division, Chapter and Member of Excellence Awards. Our Program Chairwoman, Kathy Wall, has been working diligently to set up programs that will benefit us all. Kathy will be working with all the Committee Chairs to assist them in doing the best possible job in handling their Committee Responsibilities.

Information was presented at the last meeting by Susan Young on the two most suggested community service organizations that could use our help. They are Hope House and the Fredericksburg Community Food Bank. I am sure most of you have heard the many stories about food banks running out of food and money to provide needed support to their communities. This has hit close to home with the unexpected closing of the ACTS Food Bank in Dumfries. No one should ever go hungry in this country. The Chapter has a motion on the floor from Monday's meeting to support the Fredericksburg Food Bank with a \$500.00 donation. Since we did not have a quorum at Monday's meeting, you will be receiving an email asking for your vote on this motion. Please respond as soon as possible.

We have a second motion on the floor to provide support in the amount of \$500.00 to Hope House. The Hope House Board of Directors and staff remains dedicated to providing a safe haven for homeless mothers and their children in the Rappahannock Region who seek to turn their lives around and become independent and self-sufficient citizens. We support their efforts by providing the necessary life-skills in a structured environment that will enable them to gain and sustain employment. Sustainable employment is the only means of successfully gaining and maintaining permanent housing. Again, please respond to the request for your vote for this important community service.

With the coming of the holiday season, we all need to take care of us, don't over commit to too many functions, too much cooking, and worrying ourselves to death over whether or not that we can satisfy everyone. Give yourself permission to ask for help when you need it. Give yourself permission to relax. One of the biggest issues for some is spending so much money on trying to provide the perfect holiday season, but then you have to pay for it for the next year. Children are smarter than you think, and can understand that sometimes, we just cannot provide everything their hearts desire. Why not try making some gifts with your children and family this year. You all may have more fun than you think. Do you have a neighbor or friend who doesn't have family or friends to spend their holiday with? Why not send a card, bake a plate of cookies or invite them to dinner.

We will be meeting again as a group in both November and December. Please check our chapter website and make a note in your calendars to attend. **WE WOULD LOVE TO SEE YOU!!!!!!!!!!!!**

Maureen Chapman

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## 2011-2012 Chapter Meeting Dates

September 12	Board Mtg
September 26	Membership Mtg
October 10	Board Mtg
October 24	Membership Mtg
November 14	Board Mtg
November 28	Membership Mtg
December 12	Christmas Social (short membership/board mtg if necessary)
January 9	Board Mtg
January 23	Membership Mtg
February 13	Board Mtg
February 27	Membership Mtg
March 12	Board Mtg
March 26	Membership Mtg
April 9	Board Mtg
April 23	Membership Mtg
May 14	Board Mtg
May 21	Membership Mtg- Election of Officers
June 11	Board Mtg
June 25	Membership Mtg

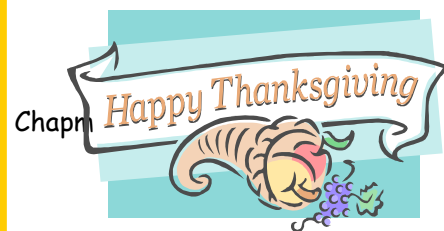
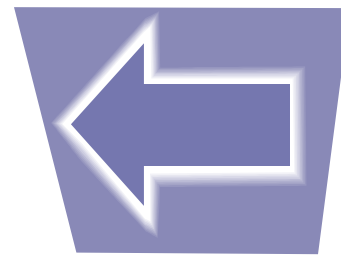
### Installation of Officers

At this point, all meetings will be held at Lone Star. Everyone is welcome to come to the board meetings as well as the membership meetings.

## IMPORTANT DATES

Next Newsletter  
deadline— November 28, 2011

If you have any articles or suggestions, please send them to [smckissick@cox.net](mailto:smckissick@cox.net). This is your newsletter, and we would like to make it fun and full of useful information. So if you have articles, quotes, recipes, games, inspirations, news, or committee updates, please email them to me.



## UPCOMING EVENTS

March 4-7, 2012—Spring Conference  
 April 22-31, 2012—Administrative Professionals Week  
 June 29-30, 2012—Annual Meeting, Lynchburg, VA  
 July 22-25, 2012—EFAM

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## MEMBERSHIP COMMITTEE NEWS

Membership is the lifeblood of any organization. I continue to scan the new member listings sent to me by IAAP and follow-up with letters and phone calls; however, I need your help. All of us need to educate folks at our various workplaces and community organizations about the benefits of IAAP. Please join me in seeking out new members as we continue to provide incentives to retain current membership.

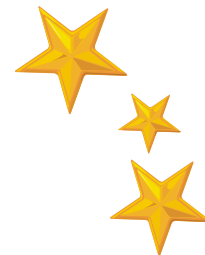
Libby Blosser, CAP  
Membership Chair

## Gratitude

U A P V A E U Y M I K B P G D  
 G F P Z P H S H N N J L N R R  
 N P W P P P D I A D E E D A A  
 I J W X R O O H A A K K W T G  
 V H I G E E T N S R D R H E E  
 I G R A C E C I U J P A G F R  
 G M F C I M N I V M N T O U A  
 S X M P A G E Q A K V B S L S  
 K V M K T C T Y F T P A V N Q  
 N S K B I Q I U E D E G Y X L  
 A C K N O W L E D G E M E N T  
 H E B D N N D G E T U B I R T  
 T Y S S E N D E T B E D N I H  
 F V O S R E C O G N I T I O N  
 M B S U W J U X N F F V F Z O



**HAPPY BIRTHDAY!**  
**November**  
 Marie Grant-Thomas 15th



ACKNOWLEDGEMENT  
 GRACE  
 PLEASING  
 REGARD  
 THANKSGIVING

APPRECIATE  
 GRATEFUL  
 PRAISE  
 THANK  
 TRIBUTE

APPRECIATION  
 INDEBTEDNESS  
 RECOGNITION  
 THANKFULNESS  
 YOU

**HAPPY IAAP ANNIVERSARY**  
**November**  
 Maureen Chapman - 1994  
 Jennifer Childs—2010

*Gratitude is not only the greatest of all virtues, but the parent of all others.*  
 Marcus Tullius Cicero  
 Roman statesman, lawyer, political theorist, and philosopher, generally perceived as one of the most versatile minds of ancient Rome

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Susan Young at the October 8 PDS in Williamsburg.



This is Susan presenting her "Passion for Hospice"



Mary Maynard receiving her President's pin from Maureen Chapman.

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### Mountain Story

"A son and his father were walking on the mountains.  
Suddenly, his son falls, hurts himself and screams: "AAAhhhhhhhhhhh!!!"  
To his surprise, he hears the voice repeating, somewhere in the mountain:

"AAAhhhhhhhhhhh!!!"

Curious, he yells: "Who are you?"

He receives the answer: "Who are you?"

And then he screams to the mountain: "I admire you!"

The voice answers: "I admire you!"

Angered at the response, he screams: "Coward!"

He receives the answer: "Coward!"

He looks to his father and asks: "What's going on?"

The father smiles and says: "My son, pay attention."

Again the man screams: "You are a champion!"

The voice answers: "You are a champion!"

The boy is surprised, but does not understand.

Then the father explains: "People call this ECHO, but really this is LIFE.

It gives you back everything you say or do.

Our life is simply a reflection of our actions.

If you want more love in the world, [create](#) more love in your heart.

If you want more competence in your team, improve your competence.

This relationship applies to everything, in all aspects of life;

Life will give you back everything you have given to it."

**YOUR LIFE IS NOT A COINCIDENCE. IT'S A REFLECTION OF YOU!"**

-- Unknown Author

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