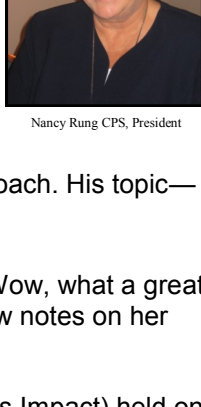




Notes from Nancy...

The weather has turned crispy and our AC's are off! I say that that is good news right there. Our IAAP year is off to a good start. We have two meetings under our belts and we've had two really good presentations. Our November speaker is well known in the speaking circuit and comes with excellent credentials. I am sure we'll enjoy Kirk Wilkinson, Author, Speaker, and Coach. His topic— "How to Stay Positive in Tough Times".



Nancy Rung CPS, President

Did you attend the October meeting? Wow, what a great program by Dr. Jan Northrup! See a few notes on her presentation below.

Our Growth Program (formerly known as Impact) held on October 27 went very well. Michelle Johnson CAP led a very able committee to a successful conclusion. 14 guests RSVP'd and 18 of our members attended to befriend and host our guests. Diane Wiese and Donna Ward of SRP were instrumental in finding the conference room for our use at SRP, and SRP generously donated light refreshments. Sheri Brogni CAP was the keynoter and did a stellar job of painting a dynamic picture of what IAAP membership is all about. Watch the next issue of this newsletter for information about the new members we gained from this effort.

And speaking of new members, welcome to Lee Cordilla who was a guest at our October chapter meeting!

Nancy Riley CPS, Denise Malavasi CPS/CAP and Marina Higdon are exploring ideas and feasibility of hosting an APW event in 2010. Right now our thought is to partner with Valley West and Valley of the Sun Chapters. There is still a lot of preliminary work to be done before a decision is made but I'm told it could be like old times to see the chapters working together for the good of all.

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Supercalifragilistic-expialadocious Kachina Fund Raiser!

ASU Gammage in Tempe, AZ will be presenting the Broadway version of Disney's *Mary Poppins* February 11-28, 2010.

Gammage's Executive Director, Colleen Jennings-Roggensack, has shown her support of the Kachina East Valley Chapter once again by donating two orchestra seats valued at \$80 each. This pair of tickets will be raffled at a drawing held in December.

For just \$10 (the price of two Starbucks coffees) you can buy a chance to win these two tickets. Please ask your friends, neighbors and families if they would like to see this acclaimed show.

The entry form can be found on our website at www.kachinachapter-iaap.org.

Kachina is selling poinsettias for \$8.99 each as a chapter fund-raiser. Orders must be turned in by the November chapter meeting and may be picked up at the December holiday social. See more info on the Kachina website.



GUESTS WELCOMED AT OUR OCTOBER MEETING!

We were pleased to welcome Lee Cordilla and Jessie Ferris, both from Avnet, along with Sandy Chismark CAP, Valley West Chapter and Margaret Lojas CAP, AZ-NV-NM Division President.

"USING RESILIENCE IN TIMES OF CHANGE, TRANSITION AND INNOVATION" by Dr. Jan Northrup.

She is an author, international speaker, trainer, and President of Management Training Systems Inc. Dr. Northrup created *The Promotable Woman: What Makes the Difference* video training program that was featured on PBS. Her latest books are *The Promotable Woman: Have We Come a Longway Baby?*, *Life's a Bitch and Then You Change Your Attitude*, *5 Secrets to Taming Life's Roller Coaster* and *Building Resilience, Speaking of Success and Rising to the Top*.

Five key elements of Resilience that Dr. Northrup talked about are:

- 1) Awareness (Knowing)
- 2) Perspective (Understanding)
- 3) Sense of Self (I can)
- 4) Resolution to Action (Doing)
- 5) Payoff (Resilience)

What is Resilience? Resilience, if we have it, can we lose it? If we don't have it, can we get it?

She noted that those who have mastered the art of resilience actively make mindful choices that keep them in control, embrace change and move forward in a positive direction in jobs, careers, relationships and life.

Dr. Northrup challenged us to understand and develop our personal resilience. Our homework was a daily "posture of excellence" activity which was to (1) create a positive cue word (e.g., elated, buoyant, delighted, happy, lighthearted, peaceful); (2) take time to focus on the cue word daily; and (3) when intruded upon by a negative thought, consciously stop the negative thought, repeat the cue word and experience the positive feeling. Attendees were also invited to email Dr. Northrup for instructions to experience a free on-line communications assessment.

IN RECOGNITION OF IAAP ANNIVERSARIES

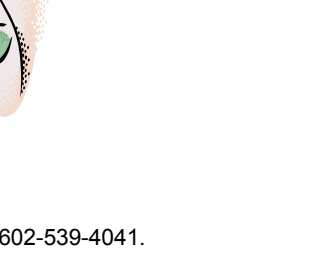
- 5 YEARS—CYNTHIA LEEDOM CAP
- 7 YEARS—SHERI BROGNI CAP
- 11 YEARS—SANDY CLOSE
- 19 YEARS—DENISE MALAVASI CAP
- 19 YEARS—DIANE WIESE
- 24 YEARS—DOROTHY GALVEZ CAP



REMINDER

Next chapter meeting is November 10. The program is "How to Stay Positive in Tough Times" presented by Kirk Wilkinson, Author, Speaker and Coach.

Visit the Chapter website for more information.



Happy November Birthday to Denise Malavasi

This newsletter is created by and for the members of Kachina-East Valley Chapter of the International Association of Administrative Professionals.

Questions or comments? E-mail us at pchase852@yahoo.com or call 602-539-4041.

