



THE CHARTER

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TwinCities West Chapter of IAAP
Educational Forum & Chapter Meeting
Thursday, November 11, 2010 / 5:30 – 8:00 p.m.
Radisson Hotel and Conference Center, 3131 Campus Drive
Plymouth, MN 55441 (763.559.6600)



Special Guest Speaker: Betty Liedtke

Where Do Diamonds Come From? A Lump of Coal and a Lot of Pressure!

A disaster can strike anyone at any time. From accidents and illnesses to loss of jobs or loss of loved ones, the devastating events and personal setbacks in our lives can defeat us – or they can become our greatest strengths. Learn techniques and strategies that can give you the power, the confidence, and the skills to transform tragedy into triumph. You will build strength and resilience – not *in spite* of your difficulties, but *because* of them. This interactive program will help you to:

- * Process and neutralize negative emotions
- * Loosen the grip of pain or panic through humor and exaggeration
- * Find positive points in even the most negative situations
- * Recognize thoughts and behaviors that are hurting you, and trade them in for ones that will help you
- * Develop new attitudes and perspectives regarding your situation
- * Transform feelings of helplessness into personal power
- * Turn weakness into strength, and failure into success
- * Become a hero to yourself and others

Betty Liedtke is an award-winning writer, a professional speaker, a Certified Dream Coach®, and the founder and CEO of Find Your Buried Treasure, LLC. Her mission is helping people to recognize and value gifts and talents they don't even realize they have, and helping them to discover ways to use these gifts to enrich themselves and the world. She is one of 40 female entrepreneurs from across the United States and Canada to be featured in the recently released book, *Fearless Women, Fearless Wisdom*. She is also working on a motivational memoir entitled, *Speed Bumps—How a Timid Driver Discovered the Journey of Her Life*.

Betty is a survivor of breast cancer and of severe heart damage from chemotherapy. The lessons she learned during those experiences more than 30 years ago have helped to shape the person she is today, and provide the basis of her program, "Where Do Diamonds Come From? A Lump of Coal and a Lot of Pressure."



CREW

THE CHARTER

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Captain's Corner by Yvette Kanzler, CAP

Hello Chapter Members!
Can you believe it is already
November? I cannot. Wow!
Where has the time gone. I
hope all of you had a
wonderful Halloween and
didn't eat too much candy. I
would love to hear what
everyone dressed up as or
did for Halloween. I went to
my first Halloween party in
about 30 years. It was
great fun. I was dressed as
Vampira and did my hair like
Elvira....remember that
song....laughing!



Also in October was the MN-
ND-SD Division Fall
Conference. We were up at

Sugar Lake Lodge in Grand
Rapids, Minnesota. It was a
beautiful resort. If you were
at the fall conference you
know that we received a lot
of great information on the
social media, networking
and how to blog. The
speakers were excellent
and very informative. I
know that I enjoyed them
very much.

Our November program is
coming up on November 11,
2010. Ironically enough our
meeting is on Veteran's
Day. So, I would like to take
this opportunity to "thank"
our members that have
served in the Armed Forces
for all of their time and
effort to protect our great
nation. Thank you for your
service.

A few reminders, the CPS/
CAP exam is coming up on
November 5 - 6, so wish
your fellow IAAP / Non-IAAP
members luck in taking this
exam. The Metro Lakes

Council (MLC) Holiday party
is also coming up. I sent
information out regarding
this event a couple of weeks
ago. I am hopeful to see
many of you there. We will
also be hosting our own
holiday party. There will be
more information coming on
that as well.

I wish all of you a great
November and will see you
at the next board or chapter
meeting!



Employment Connection

If you are interested in receiving
a copy of job postings sent to
our chapter, please contact me
at genistacrider@comcast.net.
Be sure to include the email
address you want postings sent
to. Once your name is on the
list, you will automatically
receive any employment-
related emails that I receive.
This is a handy network for
people actively seeking
employment or just "keeping
their eyes open."

Likewise, if you know of any
openings or have a job posting
you would like to share with
other IAAP members, please let
me know and I will route only to
those interested.

If you are a chapter member,
your name will remain on this
routing list until you ask to have
it removed. If you are a
nonmember, your name will
remain on the list for a two-
month "trial membership"

period. Please note that the
number of routings varies
depending on what I receive.
Sometimes I don't have anything
to share for several weeks and
other times, I will send out a few
a day. The more postings I
receive, the more you will
receive!

Genista Crider



Here's how you can get paid to eat and help the TwinCities West Chapter too!

Food Perspectives is an independent testing company headquartered in Plymouth that provides food product manufacturers with the ability to test the strength of their products with consumers before being offered on the market.

Women and men between the ages of 18-65 (who do not work for a marketing, market research or food company) who live in the 612, 651, 763, or 952 area codes may sign up to participate.

Food Perspectives will call or email you to qualify you for 3-5 taste tests per year; day and evening times are offered in over a dozen sites across the metro area.

You will receive a check in the amount of \$30 or more on the spot when you have completed the test, and the chapter is sent \$10.

NEW! Food Perspectives now offers taste tests for people *with* certain dietary restrictions, including gluten-free diets, vegetarians, organic food users, and/or diabetics.

Family members, friends, and coworkers can participate on behalf of TC West by signing up on the web at fpitesters.com selecting *Organization* as the classification and entering IAAP TwinCities West.

Taste Food. Get Paid.
Customer Care 763-354-2776
www.fpitesters.com

Ways & Means Committee Spotlight

by DJ Herbert

The Ways and Means committee is responsible for developing and researching fundraisers for our chapter which go directly back into our chapter to help fund program enhancements and high quality speakers. It is because of the support of our members purchasing items that allows us to continue to provide these opportunities for our chapter.

Our team meets in person, by email or via conference call at least once per month. During these meetings we share our ideas on new ways to raise money for the chapter. This year we are continuing our annual fundraiser of Terri Lynn, which is a company that sells nuts and candies and we have started a new fundraiser which features many different varieties of coffee, loose leaf tea, and hot cocoa. We will continue to research various companies for new and exciting fundraisers.

We are always looking for new members to join our committee and we encourage our members to share their thoughts and ideas for fundraising ideas. Please feel free to contact me with your comments or suggestions.



First Mates Notes

by Genista Crider

Hello Chapter Members!

Fall is officially here. It is only a matter of time before we are talking about the holidays and snow.

I had the opportunity to attend the fall divisional conference in Grand Rapids, Minnesota in October. As always, I had a great time and learned a lot. The weekend focused on social media and how to make it work for you. On Friday we got to hear Pamela Muldoon speak. She helped us learn how to make our network stronger through LinkedIn. My biggest take away from what she spoke about was that my LinkedIn profile is just a different form of a resume. She was hilarious! I am excited to have her in my network now.

Our speaker on Saturday kept us on our toes. Robin Getman spoke to us on "Is Your Net-Working (When Your Computer Isn't)". She taught me that networking is not as scary as we think it is. It is really just a conversation between people who want to help each other in some way.

The whole weekend was great! I hope that if you have not been to a division conference, you will consider going to the next one in May.

Have a great fall and I hope to see you all at the next chapter or board meeting.



**November
Anniversaries**

Chris Rittmann
22 Years

Janice Paulson, CPS/CAP
10 Years

Rita Dahlke
9 Years

Kathy Hinchler, CPS/CAP
5 Years

Kaye Penfield
5 Years

Gayle Petrie, CPS
5 Years

Patricia Romanko
5 Years

Vicki Orwick
5 Years

Thank you to our 2010-11 Sponsor



If we missed your birthday or anniversary, we apologize and ask that you enter your info into the "Members Only" area of our website for inclusion in the future issues of "The Charter."

**November
Anniversaries Cont.**

Robbie Douglas
1 Year

Gail Marie
1 Year

**November
Birthdays**

- 1 Jen Koller, CPS
- 22 Bonnie Martin, CPS/CAP
- 28 Jo Tynen, CPS/CAP
- 29 Rosanna Hudgins, CAP

Upcoming Voyages

November 4, 2010

TwinCitiesWest Board Meeting
Location: Lunds in Plymouth
Time: 5:30 p.m.

November 11, 2010

TwinCities West Chapter Meeting
Location: Radisson in Plymouth
Time: 5:30 p.m.

December 1, 2010

TwinCitiesWest Board Meeting
Location: Lunds in Plymouth
Time: 5:30 p.m.

December 2, 2010

Metro Lakes Council Holiday Social
Location: Double Tree Hotel, Minneapolis
Time: 5:30 p.m.

December 9, 2010

TwinCitiesWest Chapter Meeting
Location: Radisson in Plymouth
Time: 5:30 p.m.



If you are interested in joining a committee, please join at any time! Please contact the committee chair or Chapter President, Yvette Kanzler, CAP.

Annual Impact Event – Katie Feldman, CAP
Members: Yvette Kanzler, CAP, Genista Crider, Rosanna Hudgins, CAP, Katrina Carlson, CPS, Kaye Park, CAP, Jennifer Fuller, Kris Swedberg, CAP, Bonnie Martin

ACFCAP Committee – Kaye Park CAP
Members: Ron Park, Genista Crider

Bylaws & Standing Rules – Genista Crider

Certification - Kris Jones, CAP
Members: Kris Swedberg, CAP

Community Service – Open
Members: Genista Crider, Ruth Fernandez

Historian - Open

Hospitality & Registration – Dawn Staycoff
Members: Kim Stuber, Jennifer Fuller, Sharon D’Souza

Membership – Kris Swedberg, CAP
Members: Amy Lemieux, Janet Herder, CPS, Kaye Park, CAP

Newsletter - Need Editor
Proofreaders - Janice Paulson, CPS/CAP, Michelle Van Stone, CAP, Kaye Park, CAP, Genista Crider

Nominating – Katie Feldman, CAP
Members – Open

Programs & Education - Ruth Fernandez
Members—Kathy Hinchler, CPS, Kaye Park, CAP, Rosanna Hudgins, CAP

Public Relations – Open
Members: Kim Stuber

Retirement and Research - Kathy Hinchler, CPS/CAP
Members: Open

Sunshine - Gayle Petrie, CPS, Katrina Carlson, CPS
Members: Open

Ways & Means - DJ Herbert
Members: Katrina Carlson, CPS, Dawn Staycoff, Janice Paulson, CPS/CAP

Website - Rosanna Hudgins, CAP

Do you have extra “OfficePro” magazines?

The hospitality committee needs your old IAAP “OfficePro” magazines. We have plans to give them to guests who attend our programs. Please contact Genista Crider at genistacrider@comcast.net

Submissions to “The Charter”

News items and article submissions are welcome from members. Send submissions and/or story ideas to *TwinCities* West IAAP editor, Genista Crider at genistacrider@comcast.net

TwinCities West “No Show” Policy

Just a reminder that “no shows” will be billed for the monthly fee unless canceled prior to the reservation deadline stated on the reservation RSVP (usually the Friday prior to the meeting).

We understand that “life happens”... especially in our line of work! Sometimes registrants are not able to make it at the last minute. However, the hotel still requires payment for your meal, whether or not you are there. For this reason, we must collect from you if you are unable to attend at the last minute. (You will receive a receipt upon request if needed for tax or expense reimbursement purposes.)

Your help and understanding is truly appreciated. If you have any questions, please contact any board member.