



## GRC News Flash Volume 1, Issue 1 January 2010

**President's Corner**  
By Linda Martin

Hope you have recuperated from all the holiday excitement and started the New Year on a wonderful note.

### **It is time to apply for the May CPS and CAP exams.**

The dates for the next exam are May 7 for Part 4 of the CAP exam and May 8 for Parts 1-3 of the CPS and CAP exams. Select international sites will administer the exams May 6 and 7. **Feb. 15** is the deadline for applications and fees **to be received** at the IAAP headquarters office. Don't miss the deadline!

New candidates should apply using the forms in the *Certification Application Packet*, which can be found on the IAAP website at <http://www.iaap-hq.org/prodev/certification/CertAppPacket.pdf>.

The Rancho Cordova Chapter is starting up their next study groups for CPS and CAP and has been kind enough to invite us to join them. So if you are interested, let me know ASAP. Because they are starting their groups early (they learned the downside of waiting too long to start), and if you are interested, you have enough time to test for your CAP, and not have to do the two-step approach they did: CPS first, then CAP.



GRC "Stars" are making headway in their quest to achieve the minimum 8 of the 11 criteria to earn a **Member of Excellence** award. So far, Kathleen Smith, Theresa Souza, and I are in a dead heat with each meeting six criteria – so only two more points away from meeting our goal. The rest of you can do it, too ... it's possible because the *Power is Within You*...

Gooooo North Chapters!

*Linda S. Martin*  
*IAAP Greater Roseville Chapter President, 2009-2010*  
*Power of Commitment ... Power Within You!*

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### **Next Meeting**

Be sure to join us at our next meeting at Cattlemen's in Rocklin on the third Wednesday of the month, **February 17, 2010**. Karri Grant / Stylist, Image & Wardrobe Consulting, will present, "Dress for the Job You Want, Not the Job You Hold." If you don't receive your Evite by Feb. 8, please contact Kathleen Smith, Vice President, at [kittyk@surewest.net](mailto:kittyk@surewest.net).



## Leadership Forum is For You

There was a GREAT turnout at the Jan. 23<sup>rd</sup> Leadership Forum. The meeting was held at the Hilton in Pleasanton, location of this year's IAAP Annual Educational Forum (AEF) and 58th Annual California Division Meeting (CDM), June 11-13, 2010. We had a tour of the facility and were very pleased with the hotel and its amenities.

Many inspiring ideas were shared as common problems like fundraising and membership were discussed. The next Leadership Forum will be held in Tracy on Sat., Mar. 20. It is open to all, not just to those who are an officer or chair person. So consider yourself invited and mark your calendar to Save the Date.

### Week #17: People to Have on Your Team

by Meggin McIntosh, Ph.D. | The Ph.D. of Productivity™



It takes a village to raise a child and apparently, it takes a village (a team) for most professionals in today's world to function in a peacefully productive way. Consider which of the following people you need to get lined up for your team.

1. **Significant other.** Do you have a significant other and if so, is he/she a part of your team?
2. **Accountant.** Maybe you only need this person for a few hours a year, but it's worth knowing you have one on your team.
3. **Legal advisor.** If you had to call an attorney, do you have one on your team or would you be frantically hunting through the yellow pages?
4. **Coach.** Hire a life coach. This person is always in your corner and will push and challenge you in ways that you can't push and challenge yourself.
5. **MasterMind group** or accountability partners. Do you have one or two trusted people with whom you can think great thoughts, plan big dreams, explore fabulous ideas?
6. **Friend(s).** You don't need thousands, but you need at least one real friend on your team.
7. **Assistant or virtual assistant.** For even a few hours each week or month, is there an assistant you can call on to come to your aid (either in person or "virtually")?
8. **Someone you can call on quickly for work-related items.** In a crunch, you have someone you can depend on for answers, help, listening, or whatever else you might need.
9. **Someone you can call on quickly for family-related issues.** Whatever family issues you are part of (parent, child, caregiver, pet owner, or all of these), do you have a person who can lend a hand, an ear, or a shoulder when you need it? In some cases you should pay for this assistance. Your helper will be more likely to say "yes" in the future if s/he was paid last time you needed help.
10. **Computer guru.** In today's world, if your computer hardware or software isn't working, you are in big, big trouble. You need to have someone (a professional) on your team. It's worth what you pay to have someone who is ready, willing, and able to help in a crisis (be it a crisis or a CRISIS).

Just consider adding one of these that you currently don't have, and see the difference it makes - in your productivity and peace of mind (which is essential if you're going to be productive).

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## 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 research numbers should stop us in our greasy, sedentary tracks.

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. Think about it: the morning news, reruns of Oprah after work, CSI Miami, maybe a half hour of the Food Channel, highlights of a favorite football team's mistakes and then an another hour of news hoping the boredom of the banal stories will make us comatose.

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 over-turned 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!

[www.execenrichment.com](http://www.execenrichment.com)  
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**Remember Someone Special on Feb. 14, 2010  
(Valentine’s Day)**



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**Your GRC Board of Directors**

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