



"The Strait Facts"
Prince Edward Island Chapter Newsletter
February 2006
 Email: IAAP@pei.eastlink.ca

In this issue:

History of Valentine's Day..1
 Theme Ideas.....2
 Birthday Wishes.....2
 Committee Updates.....3
 Mark Your Calendar.....3
 Welcome.....4
 Grammar Points.....4
 A Hug.....5

The **deadline** for the March issue of "The Strait Facts" is **February 28th**. Please submit your articles, photos, tidbits etc. to the Newsletter Committee.



The History of Valentine's Day

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday? The history of Valentine's Day -- and its patron saint -- is shrouded in mystery. But we do know that February has long been a month of romance. St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred.

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men -- his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured.

According to one legend, Valentine actually sent the first 'valentine' greeting himself. While in prison, it is believed that Valentine fell in love with a young girl -- who may have been his jailor's daughter -- who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.



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Nominations (TBA – Feb. '06)

Theme Ideas Handbook Info.

"Motivation tools for the workplace".

Need a Theme for Your Next Meeting or Conference? Here's a Downloadable Resource.

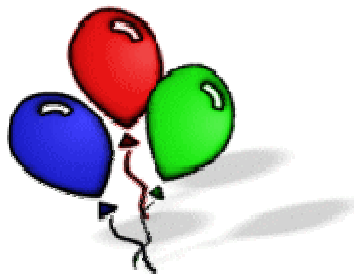
Check out this new-for-2006 "Theme Ideas Handbook," which contains more than 600 theme ideas, as well as "how to" information and worksheets. It's available for immediate download and use for *any* meeting, conference, event, or occasion.

It was designed to overcome the problems and headaches of staff limitations, tight deadlines, limited budgets, and creative dry spells when it comes to creating themes.

Here's a small sample of the themes you'll find:

- T.E.A.M. = Together Everyone Achieves More
- Teamwork in Action
- Brown Bag Briefing
- "Tell Someone They're Doing a Great Job" Day
- They Said It Couldn't Be Done
- Delight the Customer
- T.O.P.S. – Total Organization Promoting Service
- Treating Customers Right
- Triple Threat

To get the "Theme Ideas Handbook," visit
<http://www.bizmotivation.com/themes.htm>



Birthday wishes are being sent out to:

- Judy Gallant
(Feb. 14th)



"The Strait Facts"

Prince Edward Island Chapter Newsletter

February 2006

Membership Committee

Anyone interested in helping out with the Membership Committee, please phone Colleen at 566-4007 (days), 569-3311 (evenings), email chatcher@pei.cancer.ca I would love to get together and do some brainstorming around recruiting new members.

Colleen Hatcher, Chair
Membership Committee



Fundraising Committee

Congrats to Debbie McKie the winner of the Bountiful Basket. We raised **\$490.00** for IAAP on PEI. Many thanks from Judy Gallant, Chair of the Fundraising Committee to those who sold tickets as well as fundraising Committee members Doreen Foster, Donna MacLean and Adele Gillis for their invaluable aid in planning this initiative.

Judy Gallant, Chair
Fundraising Committee



Certification Update

Behind the scenes five of our members have been meeting regularly preparing to write the CPS Exam on May 6th. I think I speak for all study group

participants when I say this is a bit of work, but it will no doubt be well worth our efforts. As the old saying goes "*Anything worth having - is worth working for*".

For those of you who are wondering - the material covered is quite in-depth. Yet, each one of us has been able to draw on and relate much of it to our own work experience. The study guides are very helpful and have been an excellent resource. Our group sessions do generate lots of discussion and laughs, but most importantly we are all learning from each other.

We have now secured a testing here in Charlottetown and one of our members, June Harper has very generously agreed to proctor this exam. Our application packages are being finalized and will be in the mail well before the February 15 deadline.

For now, our study group will continue to pave the way for those of you who may be planning to prepare for the next round of exams. If this is something you may be thinking about, but need more information feel free to contact me or visit the IAAP website.

Edith Cardy, Chair
Certification Committee

Mark Your Calendar For Upcoming Events

- ✎ Please mark your calendars for **Wednesday, April 19th** for our Professional Day Workshop. June, Judy, Millie and Janet are working behind the scenes to get things organized for this great event. More details to follow soon.
- ✎ Canadian Divisions Conference "CAP it all in the Capital" May 18 – 20. Early bird registration to March 15th! Don't forget the CAPtivating Pre & Post Tours – to take advantage of the pre conference tours, book early. Discount air travel is available through WestJet (QC3360) and Air Canada (CV060450). For more information contact Co-ordinators from the Ottawa Chapter: Nicole Theriault (nicole.theriault@nrc.ca) or Kim Picard (kpocard@regionalgroup.com)



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Prince Edward Island Chapter Newsletter

February 2006

Education Meetings

(c =confirmed)

(meetings held at various locations)

- February 7:** "Crafting Your Career" (how to develop the perfect career portfolio) with Millie MacKenzie. c
- March 14:** Travel Talk – Expect the Unexpected with Beverly Gerg. c
- April 11:** "Rev up your CPU" (minor computer repairs).
- May 9:** Event Planning and Annual Meeting.
- June 3:** Retreat (Saturday morning).



Welcome

We extend a warm welcome to our newest member of IAAP – PEI Chapter. Linda Callaghan joined the University of Prince Edward Island in August, 2004 as Administrative Assistant to the Chief Development Officer, in Advancement Services and Executive Secretary to UPEI Board of Governors. Previously, Linda worked for the Canadian Broadcasting Corporation for 25 years, followed by two years in the private sector. Linda joined the CBC when she was 19 and progressed from an entry level

clerk to senior management. Her most extensive work experience is in human resources and finance. While at the CBC, Linda became an active volunteer in the Employee Assistance Program and was one of the co-founders of the award-winning program that still exists there today.

Linda is the mother of four children. She is currently a resident of Brackley where she lives with her two girls, Kaitlin and Micayla. Whenever Linda is not at the hockey rink or soccer field watching her two girls play, she enjoys movies, travel and reading.

Stay tuned for bios of other recent members who have joined our chapter.

IAAP Meeting Dates 2006

General meetings will be held on the 2nd Tuesday of each month (unless otherwise specified). Executive Committee and Chairs will meet on the last Wednesday of each month.

Please reserve the following dates in your calendars.

Month	General Meeting Dates	Executive Meeting Dates
February	7	22
March	14	29
April	11	26
May	9	31
June	3***	TBD

Note:

- June – no general meeting – a morning planning retreat scheduled for first Saturday in June.

Grammar Points

- A complete sentence contains at least one subject and one verb.
- Try to identify the verb in a sentence BEFORE you try to identify the subject.
- Any word that is part of a prepositional phrase CANNOT be the subject or the verb of a sentence.
- The verbs in a sentence include all the main verbs PLUS all the helping verbs.
- Any verb ending in "S" is singular.

- A compound sentence consists of at least two independent clauses joined together to form a single sentence.
- A compound sentence can be divided into two parts, each of which can be a separate sentence by itself.
- A clause that contains the subordinating conjunction is the dependent clause.
- Any dependent clause that is separated from its main clause by a period or semicolon is a fragment.
- Every sentence **MUST** contain at least one independent clause.
- A parenthetical expression **MUST BE** completely set off from the rest of the sentence by commas.
- If an expression is parenthetical, it can be removed from the sentence, and the remaining words will still be a complete sentence.
- If a phrase or clause adds additional information about a noun that has already been specifically identified that phrase or clause must be completely set off from the rest of the sentence by commas.
- Restrictive clauses are **NOT** set off by commas.
- Non-restrictive clauses must be completely set off from the rest of the sentence by commas.

Submitted by June Harper
IAAP Member – PEI Chapter
Holland College



A Hug

It's wondrous what a hug can do!
A hug can cheer you when you're blue
A hug can say "I love you so."
Or "Gee, I hate to see you go."
A hug is "Welcome back again."
And "Great to see you! Where have you been?"
A hug can soothe a small child's pain
And bring the rainbow after rain.
The Hug; there's no doubt about it
We scarcely can survive without it!
A hug delights and warms and charms
It must be why God gave us arms!

Author Unknown

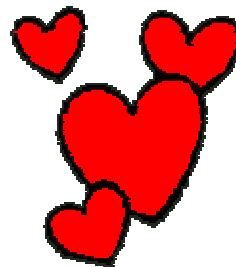
Hugging

Hugging is healthy; it helps our bodies' immune system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

Hugging is all natural. It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients, and 100% wholesome.

Hugging is practically perfect. There are no movable parts, no batteries to wear out, no periodic check-ups, low energy consumption, high energy yield, inflation proof, non-fattening, no monthly payments, no insurance requirements, theft proof, non-taxable, non-polluting, recyclable and, of course, fully returnable.

Cora Oswald
Farmington Hills, Michigan





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