

High School /Career & Technical Education Council Newsletter

National Association of Educational Office Professionals

Susan Kerrigan, Council Chairman

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Meet Your Council Committee Members

Are you interested in serving on your Council Committee? Attending the HS/CTE Council Breakfast at National Conference affords you the chance to sign on as a committee member. It's never too late to join in. If you are interested in helping please contact your committee chairman.

Committee members:

Annette Ambrosino (WY)
Susan Belliston (ID)
Gloria Boykins (LA)
Vanessa Brown (MS)
Charla Callahan (SD)
Sheri McGraw (WA)
Diane Moore (TX)
Cassie Nelson (SC)
Debi Wheeler (WY)

Becky O'Riley (MO)
Carol Reed (NE)
Phyllis Robe (NE)
Donita Smith (OH)
Mary Beth Smith (OH)
Veronica Waddey (VA)
Susan Kerrigan, Chairman
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Recruiting and Retaining Members – Keeping Active And Involving Others



**Becky O'Riley, MO
Enjoying her first NAEOP
Conference**

Bell Ringer Assignment:

(How would you answer these questions? Send your responses to me for future publication)

Have you ever had a meltdown at work? If so, what happened and how would you handle it differently next time? Have you ever seen a co-worker close to a meltdown and helped them out? What advise did you give them and how did it turn out?

What have you done lately to increase

membership? This is a question we should all be asking ourselves. Are you an active 3-D member? We can each do our part to encourage membership in our local, state and national associations. When you attend meetings do you take back information to share with your co-workers?

One way to start spreading the word about what we do is to offer to write a review or article after returning from your state and national meetings. It is easy to share copies of handouts and give an overview of the sessions you attend at conferences. By sharing this information with your local association members you help to encourage others to join in and become active members too.

Did you miss someone you usually see at the last conference you

attended? Why not give them a call, drop them a note or send them an email. Share what went on and be sure to give them information on upcoming events. Your contact may be just the thing it takes to encourage them to attend the next event or renew their membership.

Are there new office professionals in your district or office? Be sure to invite them to your next local meeting. Share information about your associations and ask if they would be interested in finding out more. Be sure to keep them informed of upcoming events and ask them to attend with you. Be sure to introduce new employees to other members and ask the others to also share their experiences. Each one may have something different to say about what it is they feel they get out of belonging to their professional associations.

Be sure to share website addresses and encourage questions.



Stress – Everyone's Enemy

Miracle Stress Herbs

Stave Off Stress Headaches With Lavender!

Keep lavender flowers in rooms where you want to relax. Or use the oil on a cotton ball & sniff for headaches/stress or add a few drops to your bath.

Calm Down With Basil!

Sprinkle it on your food, or simply smell the fresh or dried leaves to reduce stress.

Sleep Like A Baby With Jasmine!

Keep a vase of jasmine on your nightstand, or dab some jasmine lotion or oil on a cotton ball and put it underneath your pillow.

Feel More Energized With Peppermint!

Just sniff some fresh mint, or drink some peppermint tea.

Boost Your Health With Oregano!

Just sprinkle it on foods like pizza, pasta, even soups and sauces.

Stop Anxiety With Rosemary!

Put a sachet filled with dried or fresh rosemary near your child's desk or around your desk at work.

Beat Tension With Thyme!

Keep thyme in your kitchen and add to foods, or steep the leaves in boiling water for 10 minutes and drink as tea.

Ultimate Chocolate Chip Cookies

¼ c butter flavor Crisco shortening
 1 -1/4 c firmly packed light brown sugar
 2 TBS milk
 1 TBS vanilla
 1 egg
 1-3/4 c all-purpose flour
 1 tsp salt
 ¾ tsp baking soda
 1 c semi-sweet chocolate chips
 1 c coarsely chopped pecans (optional)

1. Heat oven to 375 degrees F
2. Combine butter flavor Crisco, brown sugar, milk, and vanilla in a large bowl. Beat at medium speed until well blended. Beat egg into creamed mixture.
3. Combine flour, salt, and baking soda. Mix into creamed mixture just until blended. Stir in chocolate chips and pecans.
4. Drop rounded TBS of dough 3 inches apart onto ungreased baking sheet. Bake at 375 degrees for 8-10 minutes for chewy cookies, or 11-13 minutes for crisp cookies. DO NOT OVERBAKE

Makes about 3 dozen cookies.

*If nuts are omitted add an additional ½ cup semisweet chocolate chips.

Let cookies cool and put in container, to kept the soft add a piece of bread to the container. If you don't want your cookies to spread out, sprinkle flour on the bottom of the cookie sheet.

If you would like to share your favorite recipe email it to me and I will add it to the next newsletter:

sue.kerrigan@icps.k12.mo.us

Exercise – Seven facts you may not know about.

1. Exercise Can Curb Your Risk of Cancer

Physical activity is central to reducing your risk of cancer. There are two ways that regular exercise can potentially do that. It can indirectly lower your risk by keeping off excess weight, or it can work directly on cancer risks. With respect to colon cancer, the direct effect is very well documented. Studies show that even light to moderate regular activity is associated with lower risk compared with inactivity. In contrast, it may take more than brisk walking or other moderate activity to lower the risk of breast cancer. It may never be too late to start your exercise program. The American Cancer Association now recommends at least 30 minutes of moderate-to-vigorous physical activity at least five-days a week.

2. Exercise Creates New Brain Cells

We know that older adults on average perform slower and less accurately on cognitive tests than younger people. Aerobic exercise increased the supply of a protein called brain-derived neurotrophic factor, or BDNF, which protects

brain neurons and promotes the growth of new nerve cells and synapses that are related to learning and memory.

3. Exercise Boots Insulin Sensitivity

One of the most consistent effects of both aerobic and strength training is that they improve insulin sensitivity. Insulin is a hormone that allows blood sugar to enter the body's cells, where it's stored or used as fuel. However, as we age or when we put on weight, our bodies don't respond as well to insulin and can become insensitive, or resistant, to the hormone. Insulin resistance increases the risk of heart disease and, if blood sugar levels keep rising, type 2 diabetes.

4. Creatine Helps Build Muscle

Weight or resistance training by itself strengthens muscles and bone, but there's a safe and easy way to increase the benefits even more. Creatine is a compound that makes energy available to muscles during times of high demand. The liver and kidneys make about two grams of creatine every day, but creatine is also sold over the counter as a powder and in pills. If you have more in your muscle you can lift heavier weights more intensely and longer. Creatine also seems to turn on muscle-building genes, which direct muscle proteins to grow.

5. Sitting Can Kill You

People who sit for the majority of their day have much higher mortality rates than people who don't, even if they're physically active during another part of the day. Stand up, walk around, do anything like that to encourage blood flow and increase the muscle activity in the lower limbs.

6. You're Never Too Old to Build Muscle

Dozens of studies have documented that you can build up your muscles and increase your strength with resistance or weight training no matter how old you are.

7. Exercise Prevents Visceral Fat Gain

All of us gain visceral fat as we get older unless we do something about it. Visceral fat, which accumulates around the organs deep inside the belly, is linked to insulin resistance, heart disease, and diabetes. Subcutaneous fat, which lies closer to the skin, is not as harmful. Many studies have shown that aerobic exercise will reduce visceral fat as long as you keep on doing it. Dieting can also help you lose visceral fat, but most of this reverts back to normal within a year because people quit dieting and go back to what they were doing before.

Meet Your Council Chairman:

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