

Mid-Atlantic Area News



Dates To Remember

July 9-12, 2012

NAEOP Annual Conference and Institute

Costa Mesa, California

Theme:

“West Coast Swings”

~

November 1-2, 2012

Mid-Atlantic Professional

Development Days

Alexandria, Virginia

~

July 21-26, 2013

NAEOP Annual Conference and Institute

Alexandria, Virginia

Autumn has arrived with new opportunities.

I trust your 2011-2012 school year has started off well in spite of an east coast earthquake and a hurricane. Please remember our members who may still be recovering from both events.

President Allie Matthews introduced her theme, “*Seeing The Best In You Emerge*,” at the NAEOP Annual Conference and Institute in Charleston, South Carolina. As the new Mid-Atlantic Area Director, I learned so much more about how NAEOP functions, and I witnessed the best emerge from many members during the board meetings, sessions and other events I attended. NAEOP is truly fortunate to have so many amazing, dedicated people to serve in various capacities.

Membership in NAEOP, our state and local affiliates provide many opportunities for

personal and professional growth. When we take advantage of all they offer, we can see the best in each of us emerge. May it be one of our goals this year to become better personally and professionally?

We are all very busy, but let us take opportunities to encourage our co-workers, family members and friends. A word of gratitude or praise can go a long way in helping others realize their potential.

I had the opportunity to attend the Mid-Atlantic Professional Development Days hosted by the Maryland AEOP, October 20-21. The sessions were packed with good, useful information, and as always, it was a pleasure to visit with many of our members. Thank you Maryland AEOP.

Are you making plans

to attend the 2012 NAEOP Annual Conference and Institute in Costa Mesa, California, July 9-12, 2012? The theme, “*West Coast Swings*,” promises to be exciting and interesting. Conference Chairman, Becky Shipley, and her Core Committee are diligently working to make it a great experience.

We will all have an opportunity to work together as our Mid-Atlantic Area hosts the 2013 NAEOP Annual Conference and Institute in Alexandria, Virginia, July 21-26, 2013. Donna Lazar (SC) and Sibyl Hoover (DE) are co-chairmen for the conference, and Laura Nossel (MD) and Lisa Elmore (NC) will serve as co-chairmen for the Institute.

Please be prepared to help if you can. Many volunteers will be needed for a successful conference.

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Who would you like to see in the spotlight?

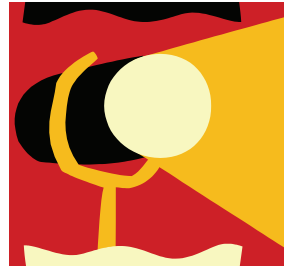


Virginia members with their state trademark hats at the Mid-Atlantic Area meeting, July 2011. Could one of these members be featured in our spotlight?

A suggestion has been made to “spotlight” some of our members from each Mid-Atlantic state in our newsletters. It would serve as a way for us to know each other better. What do you think? Who would you like to have in the spotlight?

The person could be one of your state officers or any Mid-Atlantic Area member you would like to see introduced to our area.

The person spotlighted could be someone we would celebrate with for receiving a special honor or recognition. Maybe it could be someone who has just



completed their PSP requirements. Now, that is worth sharing and celebrating!

Do you know an educational office professional who is mentoring a student or who does other volunteer work? That person could be someone who would inspire us to do the same or something similar.

This suggestion could be fun and informative, and it would just take a small amount of time to “spotlight” someone from your group.

Of course, a picture would be needed along with their information.

And please, as a courtesy to the person, be sure you have their permission to put them in the spotlight.



May we get to know you?



Share your ideas and news for our Mid-Atlantic Website

The possibility of a Mid-Atlantic website in lieu of a quarterly newsletter was discussed at the Mid-Atlantic meeting on October 20, during the Professional Development Days in Maryland. Jill Averyhart, South Carolina AEOP Webmaster, provided information about the website host South Carolina uses. It was decided to further

investigate the possibility. NAEOP President Allie Matthews, President-Elect Lola Young, and Executive Director Angela Meyer have asked that I pursue the idea and meet with other area directors, at the January Board meeting, to further explore this idea. The website would be linked to the Mid-Atlantic page at the NAEOP website. The website could provide up-to-date information and be an excellent tool of communication.

Volunteers are needed from each state affiliate to provide information about their group’s activities and upcoming events. You may have other information that would be of interest to our Mid-Atlantic Area members. Communication will be a key to the success of our website. It should be beneficial and informative for all our Mid-Atlantic members. Please let Chris Whitmire know if you are interested.

“The idea is to write it so that people hear it and it slides through the brain and goes straight to the heart.”

...Maya Angelou



A reminder for our Mid-Atlantic Area members

Mid-Atlantic Area members are encouraged to take advantage of the Mid-Atlantic Area Scholarship. This is an undergraduate program scholarship available for children or grandchildren of active, life, or retired members of the National Association of Educational Office Professionals residing or working in the Mid-Atlantic Area. Application forms for

the scholarship are available from the Mid-Atlantic Director, State Association Presidents, and Mid-Atlantic NAEOP affiliate associations. Forms must be postmarked March 31. To qualify, the applicant must have a high school diploma or equivalent, or be enrolled in an accredited college or university. They must complete the required application and provide

biographical information including an essay on future plans, an official transcript (high school graduating senior or equivalent, or transcript of work completed at a college or university), and three letters of recommendation. The Scholarship Committee elected at the Annual NAEOP Mid-Atlantic Area Meeting will select the winners. Applicants will be notified by July 1.



“Education is knowing where to go to find out what you need to know, and its knowing how to use the information you get.”
...William Feather,
US Author



NAEOP Area Competition Announced

NAEOP areas have been offered a challenge. The Southwest Area is issuing a challenge to the other seven NAEOP areas!

Ready for a change? Ready to kick it up a notch in your NAEOP Area? How about a bunch of change?

Start collecting your quarters, dimes, nickels and pennies and bring them to the 2012 NAEOP Annual Conference and Institute in Costa Mesa, California. (Bills also welcome!) Deposit them in your area’s jar at the 2012

Conference in Special Projects or the Hospitality Room. The area with the largest amount in their jar wins 1/2 of the total funds received in all jars. The remaining 1/2 goes to the 2012 Conference expenses.



Mid-Atlantic Area Members serving on 2011-2012 NAEOP Standing Committees & Advisory Council

Congratulations to Mid-Atlantic Area Members elected at the 2011 NAEOP Conference and Institute, Advisory Council Meeting and Area Meeting to serve on NAEOP Standing Committees. Thank you for your willingness to serve.

- ◆ Affiliations & Advisory Council Cassie Nelson, CEOE (SC)
- ◆ Awards Angela McDowell, CEOE (SC)
- ◆ By-Laws Robyn Bumbry, CEOE (VA)
- ◆ Long Range Planning Myra Patterson, CEOE (VA)
- ◆ Membership Geral Collins, CEOE (VA)
- ◆ Nominations & Elections Veronica Waddey, CEOE (VA)
- ◆ Professional Development Karen Franklin (VA)
- ◆ Professional Standards Program Tanya White, CEOE (VA)
- ◆ Public Relations & Publications Jill Averyhart, CEOE (SC)
- ◆ Scholarships Gale Quinsay (VA)
- ◆ Special Projects Linda Honeycutt (SC)



**National Association of Educational
Office Professionals
Mid-Atlantic Area
Delaware, District of Columbia, Europe,
Maryland, North Carolina, South Carolina,
Virginia and West Virginia**

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“The mission of the National Association of Educational Office Professionals (NAEOP), the only national professional association for educational office personnel, is to provide professional growth opportunities, leadership, and service for employees in education through a specifically-designed certification program, quality training, a network for sharing information and ideas, recognition of achievements and fellowship.”

NAEOP IS ON THE WEB



www.naeop.org

Health Tip: Holiday Diet

If after Thanksgiving you feel somewhat defeated by your diet, it's no reason to wait until New Year's Day to start over. It is possible (and important) to maintain a healthy and nutritious diet through the holidays, while still enjoying all of the feasts and festivities.

A study by the *New England Journal of Medicine* found that most people gained about one pound between Thanksgiving and New Year's Day. Although it doesn't seem like much, the problem is that we often don't lose that pound and they accumulate over the years. In addition, high stress during the holidays can lead to increased food or alcohol intake, and can have serious long-term health consequences. Try some of the following tips to maintain a healthy diet during the holiday season:

During the week, distance yourself from office goodies. The further away you are from treats, the less you will eat. Stash healthy alternatives at your desk.

Avoid eating late at night. Allow your body to rest and repair itself and balance blood sugar. Often times holiday parties cause us to eat later than we should. On most days, try to follow the “7pm rule” and cut out late night snacks.

Make a Plan & Stick to It. Having a plan will help keep you in control, so try writing down on a piece of paper the number of hors d'oeuvres you'll have that night. Decide ahead of time whether or not you'll have dessert, and how many bites you'll have.

Live healthy the day of a holiday party. A good strategy is to have something to eat before you go to the event, so that you're not gobbling your way through the dessert table. A cup of soup can be very filling, and acts as a perfect healthy deterrent for overindulging. Drink plenty of water and make time for exercise before the party.

Find a party buddy. Recruit an ally who shares your goal for a healthy holiday. Share your plan with them and hold each other accountable when you are tempted to have a second dessert!

Help yourself to the healthy hors d'oeuvres. Give yourself permission to fill up on veggies, healthy proteins and fats. Use this as an opportunity to consume some of your recommended five daily servings of fruits and vegetables.

Lighten up your favorite dishes. There are lots of ways to prepare holiday foods with less fat and salt. Mash cooked sweet potatoes with orange juice instead of butter. Roast vegetables, such as squash and carrots to bring out their natural flavor. Make a black bean dip flavored with lime juice and cilantro instead of salt.

Converse! As humans, we tend to nonverbally mimic behavior. So if you're standing around the chip dish and one friend starts munching, you may have an overwhelming desire to munch too. To help avoid the chip dish, keep your mouth busy by using this time to chat with friends and family. Seek additional support if you feel you are overindulging in unhealthy food or alcohol to alleviate stress.

Special thanks to Laura Nossel, CEOE, Maryland,
for her submission of this information.



**Make healthy choices
during the upcoming
holiday season.**