

THE FLATIRONS



Volume 54, Issue 3

October 2009

BOULDER CHAPTER — #321110

MARK YOUR CALENDARS FOR OUR OCTOBER MEETING!

What? Networking	5:30 p.m.
Call-to-Order & Program	6:00 p.m.
Dinner	6:45 p.m.
Adjournment	8:00 p.m.

When? Thursday, October 15, 2009

Where? Magnolias Restaurant

SE Corner of 95th & Arapahoe Road
1381 Forest Park Circle, Lafayette
303-665-3080

Cost: \$13 - Buffet (cash/check to Chapter)

RSVP: By Wednesday, October 14
to Vicky Judish at 303-449-3902 or
vicky.judish@comcast.net

REMINDER: Any member with a dinner reservation (including a permanent reservation) who does not cancel the reservations by the deadline date is required to pay for the meal.

Chapter Announcement

It is with deep regret that we announce Reina Chavez, President of the Boulder Chapter has resigned from the Office of President and has transferred to the Denver Chapter, citing family and professional demands.

In accordance to the Boulder Chapter Bylaws, Linda Singer, Vice President and Program Chair, will assume the responsibilities of the President.

As the Vice President's position has opened up, and keeping in mind that programs have already been set and scheduled through April of 2010, we are looking for a volunteer to step in and fill the Vice President's position and continue coordinating the Program Schedule. Please contact any one of the Board Members if you wish to volunteer for this position for the remainder of the 2009-2010 term.

We wish Reina all the best in her future endeavors with the Denver Chapter and extend out thanks for her role – even if slight – as this year's President and her ever present enthusiasm as Vice President in the 2008/2009 year.

October Programming - Dr. DeClutter

The 10 Keys to Stop Procrastinating

If it weren't for the last minute, nothing would get done

- Do you have a To Do List that just never gets To Done?
- Does procrastination affect your peace of mind and limit your choices?
- Is "tomorrow" a favorite word in too many sentences at the end of the day?

**CSP or CAP holders will receive
one recertification credit from IAAP
(must attend entire program)**

Dr. DeClutter shows how to:

Identify habits, routines and patterns of procrastination

Realize the negative payoffs for "putting it off" until later, affecting health, wealth and happiness

Use the 10 Keys to Stop Procrastinating

Identify the 3 Areas of Life Distractions

Use 5 Techniques to Stop Waiting

Identify and develop health and effective time and self-management patterns

If this is your first program on procrastination, or if it's time to revisit the keys to get back into your life, it's always a good time to stop putting you life and joy on hold!

Kim, "Dr. DeClutter", will keep you thinking, laughing and realizing that there are many simple ways around putting off life and responsibility, and gaining freedom and peace of mind.

Admin's Corner - Hot Tips and Tricks To Make Your Life Easier

Why Does My Computer Take So Long to Boot Up?

By Timothy Jay

Are you in front of that computer monitor staring at the hour glass icon that has been up on your screen for five minutes? You have to check your e-mail before you go to work, but your computer is taking forever to boot. You keep asking yourself in frustration, "Why does my computer take so long to boot up?" With knowledge of why this happens, you can easily prevent it and make booting up as easy as waking up yourself ... well that may vary. Regardless of your hard drive size, RAM, or whatever, there is usually one main issue that causes your computer to boot slow.

When you install a new program, it likes to believe it is important so it puts itself in your start up folder. This makes it turn on when your computer starts up. When you get several of these, Windows is so over burdened with programs that it is super slow.

First and foremost, you must go into the Start Menu, select Run, type in "msconfig" (without the quotes), which will bring up the System Utility Configuration. Select the Start-up Tab and deselect any programs that aren't needed upon start-up. If you are unsure about a certain program, then leave it. This will greatly enhance your boot up speed as your computer is not struggling to get multiple programs started before the desktop screen even appears.

Once you have done this, you can try deleting old programs that you don't use any more by going to your Control Panel and selecting Add/Remove Programs.

Lastly, once you have done all of this, run a Disk Defragmenter to put all of the files that naturally get spread out over time back together. To do this, right click on My Computer, Properties, Tools, Defragment. Restart and notice the amazing change in boot-up speed.

If you are still experiencing problems and are still asking, "Why Does My Computer Take So Long to Boot Up?" then I would go a step further and run a virus scan on your computer to make sure that there are no malicious files present.

The truth is that there are few programs that make this process extremely easy for you and do a much better job if you are willing to spend a little bit of money for them. Learn why your computer is so slow to boot up by visiting <http://squidoo.com/how-to-clean-up-your-computer>. Read the reviews and see what can work for you.

Good luck!

2009-2010 Boulder Chapter Officers

President

Linda Singer
myshadowkc@railstop.com

Vice President

Open

Secretary

Patti Lovato
plovato@ball.com
303-939-6676

Treasurer

Vicky Judish
vicky.judish@comcast.net
303-499-3902

Parliamentarian

Joyce Teter PRP
Jteter2@aol.com
303-776-2793

**National Boss Day
Is 10/16/09**

Ways & Means

Winner of the September Ways & Means drawing for the Monthly "Gift Bag Surprise" was Lucy Trujillo.

Lucy will provide the October "Gift Bag Surprise".

Yoplait "Pink" Lids

Vicky Judish is collecting the Yoplait pink lids for their "Save the Lids to Save Lives" program. Yoplait donates 10 cents to The Cure for every lid turned in. Members can bring the lids to the October, November and December meetings. Vicky needs to submit the lids by December 31st.



Directory Updates

Take a moment to review your information listed in the **Boulder Chapter Directory**. If you have updates and/or changes, let Robin Trader CPS/CAP know. If you are new, send your information to Robin at: Robin_Trader@comcast.net

Boulder Chapter Programs for 2009 - 2010

August 20

Vi McNew's 50th Yr with IAAP Celebration

December 17

Holiday Celebration and Chair Massages

April 22

"Go Green with Avery" / APW

September 17

Toastmasters with Mary Mirable

January 21

Memory Training With Kurt Venekamp
(1 recert point)

May 20

Nominations / Election of 2010/2011 Officers

October 15

Dr. DeClutter
(1 recert point)

February 18

Text Doctor
(recert point pending)

June 17

Installations of the 2010/2011 Officers

November 19

CABi Clothing Showcase

March 18

Certified Meeting Planner Program

Whenever you are asked if you can do a job, tell 'em "Certainly, I can!" Then get busy and find out how to do it.

Theodore Roosevelt

CWM Division Officers

Margaret Hartl - President

Rim Rock Chapter, Billings, MT
Liaison to: Cutting Edge Chapter

Leticia "Tish" Neff - President-elect

Book Cliff Chapter, Grand Junction, CO
Liaison to: Book Cliff / Old West / Rim Rock Chapters

Eileen Verosko CPS - Vice President

Pikes Peak Chapter, Colorado Springs, CO
Liaison to: Boulder and Denver Chapters

Judy Smith CPS/CAP - Secretary

Old West Chapter, Cheyenne, WY
Liaison to: HP Northern Colorado / Mountain View / Union Colony Chapters

Andrea Latine CPS - Treasurer

Denver Chapter, Denver, CO
Liaison to: Denver Downtown and Pikes Peak Chapters

Debbie Brown CPS/CAP/RP - Parliamentarian

Denver Downtown Chapter, Denver, CO

2010 CWM Division Annual Meeting

June 4 & 5, 2010

Cheyenne, WY

Janine Riemersma CPS/CAP

2009- 2010 International Secretary

will be our International

Representative

2009 - 2010 IAAP Board of Directors

President

Susan Shamali CPS/CAP

President Elect

Mary Ramsay-Drow CPS/CAP

Vice President

Tamra Goodall CPS/CAP

Secretary

Janine Riemersma CPS/CAP

Treasurer

Karlena Rannals CPS/CAP

Northeast District Director

Judith Yannarelli CPS/CAP

Northwest District Director

Valerie King CPS/CAP

Great Lakes District Director

Wendy Melby CPS/CAP

Southeast District Director

Virginia Boyd CPS/CAP

Southwest District Director

Antoinette Smith CPS/CAP

Affiliate Representative

Jennifer Hinkson CMP

Canada District Director

Sharron Buttler CPS/CAP

Retirement Trust Foundation Trustees

Chairman

Kathryne Hampton CPS/CAP

IAAP International President

Susan Shamali CPS/CAP

IAAP International Treasurer

Karlena Rannals CPS/CAP

Secretary

Patricia D. Row CPS/CAP

RTFC Liaison

Kelly A. Reggio CAP

RTFC Liaison

Lynda Boulay CPS/CAP

Membership Renovations - We have a few changes!

Following are a few renovations that are ready to be launched by Headquarters:

Electronic Membership Packets: Beginning in September, new members will receive their membership packets electronically.

Automatic Receipts: Beginning 9/21/09, automatic receipts will be sent to members within 24-48 hrs after processing the membership dues payment. The receipt will be in PDF format and it will be sent to the member's preferred e-mail on file.

Membership Cards: Membership cards will no longer be produced and sent from IAAP Headquarters. IAAP is looking at some options for chapters to produce cards for their members.

Membership Application Redesign: The membership applications are being redesigned and updated to reflect the dues increase that takes effect January 1, 2010.

The discontinuation of the membership cards and the development of automatic receipts are based on member surveys conducted to ensure that IAAP is meeting its members' needs. Questions concerning membership can be directed to: membership@iaap-hq.org

10 Keys to Stop Procrastinating

Learn how to jumpstart your TO DOs to get them TO DONE!



Stop the madness...
it's time to take charge of your
time, energy and mind
with...

Kim Wolinski, MSW
Aka "Dr. DeClutter" CSI Colorado
Professional Organizer & Life Coach

IAAP Boulder Chapter
October 15, 2009

GOT PROCRASTINATION?

Do you have a To Do List that just never gets To Done? Does procrastination affect your peace of mind and limit your choices? Learn the 10 Keys and the focused techniques to get past procrastinating in all 3 areas of life distractions (inner, outer and other). Use 5 techniques to stop "waiting." Bring your questions about your incomplete tasks and projects, decisions and choices waylaid and organizing and decluttering frustrations on hold, and get answers that will help you feel refreshed and happier.

"I can't believe how long I've put off doing what needed to be done. Thank you SO much Kim for being so caring, compassionate and calm with me as we went through my years of clutter, paper and past. I can now see my floor and desk top again! AND I can again enjoy my closets, drawers, basement and bedrooms! What joy! Plus... you are so fun to be with too. I'm telling everyone!"
~ Carmen, Boulder, CO

Kim is well known nationally for her fast, fabulous and fun "hands-on" organizing services. She will do the work, help you do the work, and give you professional guidelines, ideas and tips to move you past procrastination and keep you organized for life in miraculous time!

Speaker/Author/Life Coach
Kim has a Masters in Social Work, is an international speaker, author and life coach; corporate, conference, convention and club.

Get ongoing support with organizing articles and information, subscribe to Dr. DeClutter's free newsletter: www.drdeclutter.com, or email kim@drdeclutter.com today!

IAAP Coupon
Worth up to \$75.00!

Call for a **FREE 20 minute telephone consultation.**
~~A \$25.00 value~~

1 FREE HOUR
Schedule a declutter appointment (3 hours or more) and get one (1) Free hour! (One free after 3) ~~A \$50.00 value~~

Call "Dr. DeClutter!" today to get organized!
303.485.9280

Good for 45 days from event.