



January Message 2011

I trust everyone had a joyous holiday season and your celebrations were merry and full of family and friends and memories. In my family we celebrate Christmas and each year brings another tradition that builds memories. A couple of years ago we started making sprinkle cookies in honor of Grandma W (my mother-in-law), sugar cookies with sprinkles were one of the things she really wanted when we visited her during her last Christmas with us. Each year we now make sprinkle cookies for Grandma W and they go on the plate for the cookies for Santa. This year I started a new tradition, in honor of those who are no longer with us, we placed ornaments they gave me (or the kids) in a prominent place on the tree. In 2010 I lost two very dear people to me, my Grandmother who was 95 and a friend I have known for over 37 years (we started pre-kindergarten together many, many years ago!). While unwrapping the ornaments I came across one my Grandmother gave me when I was a baby and one my friend gave me in 1977. We also found ornaments that my mother-in-law gave the kids that last Christmas we were with her. All were placed on the tree and we were able to share the holidays with them, although they are no longer with us physically. These are memories I hope my children will share with their families long into the future.

Memories are key to our well-being. Good memories boost your spirit, give you that little extra something to make it through hard times or just the end of the day. Even bad memories can be good, they remind to not do something that could cause harm. And even sad memories can turn into something good. My mom and I had some great laughs while unwrapping those ornaments about some of the crazier things my friend and I had done when we were young (like trying to dry our shoes on the grill over a campfire and melting the nylon laces together!). Some of my best memories involve family and that includes my ARMA family. Family isn't just those we are related to, it's those that touch our lives and leave a meaningful impression on them. Family can include neighbors, friends, your children's friends (we have one of Rebecca's friends over so often she seems like a cousin!), even co-workers or ARMA associates can become part of your extended family. There are many individuals in my chapter who have been there through thick and thin, weddings, births, etc. and shared in those events in my life and I have shared in their lives as well. These are memories that I will cherish and I appreciate all those that have taken a part in them. So to everyone I want to say thank you for the memories, for helping my well-being and wishing you a memory filled 2011. And I hope you all will take the time in 2011 to thank those that have become part of your family and wish them a happy and healthy 2011.

Ok, now for GNW Region business! In 2011, the Region will be holding a joint meeting! What does this mean? It means that every chapter in the region will be able to attend a meeting at the same time in their home city! There is a planning committee meeting now to discuss the details for the topic and exactly how the meeting will be distributed to chapter members. We are really looking forward to this opportunity and hope it will serve as a jumping point for many more to come. Please keep an eye out for announcements and plan to attend your chapter meeting for this event.

Jennifer Winkler
GNW Region Coordinator