

**TUCSON PROFESSIONAL ORGANIZERS
GENERAL MEETING MINUTES
January 2010**

The general meeting of Tucson Professional Organizers was called to order at 5:00pm on Tuesday January 19, 2010 at Ronald McDonald House by Sue Zepeda.

PRESENT:

MaryLynn St.Germaine, Jill Janis, Sue Zepeda, Jennifer Phelps, Susan Fagotti, Janet Munson, Ori Parnaby, Julie Christen, Sheila McCurdy, Carolyn Sanger

APPROVAL OF MINUTES:

Ori moved to approve the November 2009 minutes; MaryLynn seconded the motion. The minutes of the previous meeting were unanimously approved as distributed.

OLD BUSINESS:

GO month updates

Final amount raised at Shredathon - \$1,196

Congratulations, Nannette, for a job well done organizing this event!

NEW BUSINESS:

Nominations for Board Positions

Nominated (all nominations were accepted by the nominees)

President	no vote necessary, MaryLynn already in place
President-elect	Ori
Secretary	Jill
Treasurer	Carolyn
Publicity	Nannette
Member-at-large	Janet Munson

It falls to Wanda, as Immediate past president, to send out an email to all members -

- * informing them of the nominations already made
- * asking for any other nominations - additional nominations are welcome!
- * providing a complete list of current members

At the February meeting there will be a final call for nominations and then we will vote.

Jill will let Wanda know what is required (per Bylaws Sect 2, Paragraph C)

Ori will send Wanda a complete and current list of members.

SPEAKER:

Melissa McGee, Ph.D.- Stress Management

This was an interesting discussion which covered:

Symptoms of stress

Techniques for stress reduction

Time savers

“The Human Wellness Model” (5 areas in which we need to stay healthy)

How does spiritual health affect stress prevention, reduction, remedy?

“The Four Elements of Spiritual Health”

Group activity -
ways to prevent and remedy stress in all five (inter-related) aspects of the Human
Wellness Model

MEETING WAS ADJOURNED at 6:30pm by Sue Zepeda

REMINDER:

DATES OF ALL GENERAL MEETINGS IN 2010 -
(Meetings are at Ronald McDonald House, starting at 5:00pm)

February 16 Nominations and elections
March 16 Speaker, Harold Langer, Merrill-Lynch -
Organizing Financial Papers
April 20 Roundtable discussion - to be announced
May 18 Speaker, possibly Michelle Diaz (our web mistress) -
Interpreting our stats, etc.
June 15 (this meeting will have to be at another location, to be announced)
July (no meeting)
August 17
September 21
October 19
November 16
December (no meeting - party / date & location to be announced)

MINUTES SUBMITTED BY: Jill Janis, Secretary