

SEPTEMBER 2010

AMPs NEWSLETTER

ASSOCIATION OF MEETING PROFESSIONALS

AMPs Annual Meeting

Tuesday • September 14, 2010

Hosted by: The Ronald Reagan Building and International Trade Center

Co-Sponsored by: Hershey Meetings, Graves Show Productions & Rick's Wine & Gourmet

- Where: Ronald Reagan Building and International Trade Center — The Pavillion Room
1300 Pennsylvania Avenue
Washington, DC 20004
- Parking: Attendees will receive a discounted parking rate of \$10.
- Metro: Federal Triangle (Blue and Orange lines).
- When: September 14, 2010
Registration: 5:30 - 6:00 pm
Program: 6:00 - 7:15 pm
Reception: 7:15 - 8:00 pm
- Program: **Let's Make A Toast to Our Award Winners with the Top 100 Beers in the World!**

How much do you know about beer? Join us as we learn a few things from The Beermudgeon, Jon Brandt, with a beer tasting after the awards presentation. This program will help you learn more about what you should know before selecting beverages for your next meeting. In addition to the do's and do not's of beer selection, we will be sampling 3 tasty selections from Beer Advocate's Top 100 Beers in the World.



AMPs MEMBERS: FREE

(If you register by 5:00 pm on Friday, September 10th; \$10.00 onsite.)

NON-MEMBER PLANNERS: \$35 in advance or onsite

NON-MEMBER SUPPLIERS: \$35 in advance; \$55 onsite

NON-MEMBER STUDENTS: \$25 in advance or onsite

How do I register?

AMPs is proud to have **The Multisoft Group** as our online registration provider and sponsor! To register, members and non-members must visit www.ampsweb.org and click on "Register Here" to use our online registration system. First time users will need to set up a "New User" account. Return users will be able to login simply by entering their last name and e-mail.

**Your membership is verified by your last name and email address. If you have a new email address that you have updated with AMPs, please change it in your personal contact record with The MultiSoft Group once signing in with your old email.*

Please Note: We will no longer accept registrations via email to amps@courtesyassoc.com. You must register online via www.ampsweb.org.

Do I have my registration confirmation?

Once you have registered for the meeting, be sure to print your registration confirmation and bring it with you to the meeting; having it is always a great back-up plan. If you did not receive your registration confirmation, contact amps@courtesyassoc.com.

Cancellations: Don't be counted as a NO-SHOW! To cancel your registration, please contact the Registrar at amps@courtesyassoc.com no later than 5:00 pm on the Friday before the meeting. All no-shows will incur a \$10 fee.

FROM THE CHAIR



As the closing stages of summer fast approach and our year is coming to an end, I'd like to say thank you to the Board for their support, the Committee Chairs for their effort, all the wonderful volunteers at our monthly meetings, golf tournament and special events, and the Courtesy Staff for their day-to-day management of AMPs.

This may sound a tad clichéd from the Master-Card commercials, but being Chair of AMPs has been a priceless experience for me. AMPs has provided me the opportunity to observe, interact, and learn from some of the greatest leaders in our profession. Like many of you, I owe some of my professional success to my connections and contacts gained through my membership.

The best take-away for me is all the friends I've made and the support I received over the years. AMPs will remain very special to me, and I want nothing but the best for organization and all the great people. Keep up the good work!

Congratulation to the incoming Board of Directors! I know Cameron Curtis will guide AMPs as an even greater value for meeting professionals in the Washington area.

Thank you to the AMPs membership for making it an outstanding and fulfilling year for me. It's been a magnificent ride.

Grazi!

Annemarie Selvitelli
AWCI

AMPs Staff/Contact Information

Association of Meeting Professionals

2025 M Street, NW • Suite 800 • Washington, DC 20036
Tel: 202.973.8686 • Fax: 202.973.8722
AMPs@courtesyassoc.com • www.AMPsweb.org

Executive Director

Regina Mohr, CMP

Association Coordinator

Kelly Ruest

Meetings Coordinator

C.J. Stermer

Golf Tournament and Membership Coordinator

Caroline Stainback

AMPs Board Members 2010-2011

Chair

Cameron Curtis

Association of American Medical Colleges
202.828.0981 ccurtis@aamc.org

Vice Chair

Laura Weaver, CMP

Society of American Florists
703.836.8700 lweaver@safnow.org

Treasurer

Russell McKinnon, MAM, CAE

International Theos Foundation
703.765.0887 russ.mckinnon@verizon.net

Secretary

Angela Rios, CMP

Experient
703.525.8333, ext. 3328 Angela.Rios@experient-inc.com

Immediate Past Chair

Annemarie Selvitelli

Association of the Wall and Ceiling Industry
703.538.1608 selvitelli@awci.org

Ryan Barth

Indianapolis Convention & Visitors Association
703.684.4876 rbarth@visitindy.com

Steve Beamer

Conference Direct
703.897.0229 steve.beamer@conferencedirect.com

Shannon Burke, CMP

NACAC
703.299.6813 sburke@nacacnet.org

Jennifer Howie

Noble House Hotels & Resorts
425.636.5678 jhowie@noblehousehotels.com

Alyssa Kolat, CMP

National Association of Federal Credit Unions
703.842.2228 akolat@nafcu.org

Helen Mesfin, CMP

New Orleans Metropolitan CVB
202.269.2020 hmesfin@neworleanscvb.com

Maria Vogel, CMP

Meeting Management Services, Inc.
202.624.1781 mariav@meetingmgmt.com

Alisha Waid, CMP

Associated Luxury Hotels International
202.887.7027 awaid@alhi.com

Newsletter Design & Layout

Romain G. Falloux • El Vikingo Design, Inc.

240.398.3600 • www.elvikingo.com

©Copyright 2010 Association of Meeting Professionals
No part of this newsletter may be reproduced, photocopied, or copied in handwritten format without the express written permission of the Association of Meeting Professionals. Violations are subject to prosecution under federal copyright laws.

CONTENTS + SEPTEMBER 2010

- 4**.....Summer BBQ Recap | Community Service Update
- 5**.....Finding “Me” Time

AMPs Committee Chairs 2010-2011

Awards

Ryan Barth • Indianapolis CVA
703.684.4876
rbarth@visitindy.com

Alyssa Kolat, CMP • NAFCU
703.842.2228
akolat@nafcu.org

Community Services

Karen Staples • Visit Spokane
202.289.2593
kstaples@visitspokane.com

Jill Oxendine-Medley • The Madison
202.587.2693
joxendine@loewshotels.com

Golf

Beth Bushman • Orlando CVB
540.720.0333
beth.bushman@orlandocvb.com

Jennifer Howie • Noble House Hotels and Resorts
425.636.5678
jhowie@noblehousehotels.com

Laura Weaver, CMP • Society of American Florists
703.836.8700
lweaver@safnow.org

Investment

Tom Dozier • National Auto Auction Association
301.696.0400
dozier@naaa.com

Membership-Hospitality

Judi Havill • On-Site Productions, Inc.
703.329.4538
Judi.havill@on-siteproductions.com

Maggie Kohne • Powell Kohne Associates
703.278.8058
maggie@powellkohneassociates.com

Scott Williamson, CHSP, CMP • Conference Direct
703.237.4591
scott.williamson@conferencedirect.com

Newsletter

Kristin Goen, CMP • El Vikingo Design, Inc.
301.602.4873
kristin@elvikingo.com

Nominations

Kim Lord • Anaheim/Orange County CVB
703.719.7684
klord@anaheimoc.org

Programs

Michelle Licht • National Press Club
202.662.7502
mlicht@press.org

Lisbeth Rafferty • Brookings Institute
202.797.4391
lrafferty@brookings.edu

Public Relations

Vanessa Petty • Council of Chief State School Officers
202.664.0010
Vpetty0228@gmail.com

Larissa Tishevskaya • Peabody Hotel Group
703.286.5019
Larissa.tishevskaya@peabodyhotels.com

Special Events

Meredith Brown • Austin CVB
703.647.7506
mbrown@austintexas.org

Lauren Duffey • NACAC
703.299.6851
lduffey@nacacnet.org

Krista Lundberg • Foundation for the National Archives
202.357.6881
Krista.lundberg@nara.gov

SUMMER BBQ RECAP

Krista Lundberg, Foundation for the National Archives

Thank you to everyone who came out to support the 2010 Summer AMPs BBQ! More than 250 people gathered at Fort Hunt Park on June 22nd to enjoy the outdoor celebration. With planners and vendors from various D.C. organizations in attendance, guests were able to network with others while enjoying delicious food, participating in family activities and being entertained by Black Tie, one of D.C.'s hottest event bands.

A new feature to the 2010 AMPs BBQ was a raffle fundraiser, with a portion of the proceeds going to the Carpenter Shelter. Guests purchased raffle tickets for various prizes including hotel stays, American Airlines tickets, a Margaritaville blender, and restaurant gift certificates.

"This was my first time attending the AMPs BBQ, and it was so much fun!" says Akta Patel from Naylor CMG. "Black Tie kept the crowd entertained on such a hot day, and the proceeds from the raffle went to a great cause. If you have never attended the AMPs BBQ, I would highly recommend it, as I will be attending again."

The special events committee would again, like to thank all of the sponsors who helped make this event a huge success; Advantage Boston, The Peabody Orlando, Arth Capital Consulting, Nugget, T3 Expo, Atlantic City, Boston CVB, Leading Authorities, PMSI, and the Wyndham Hotel Group. This annual event could not have been made possible without them and their generous support. ■

AMPS – COMMUNITY SERVICE UPDATE

Another exciting year of volunteering and service is upon us! Taking a look back on the past couple of months, AMPs has been busy supporting the Carpenters' Shelter in several different ways.

AMPs served dinner at the Carpenters Shelter on July 29th. The evening was a great success as we served up a "BBQ" themed menu to about 50 shelter residents. A special thank you to Stephanie James for organizing the entrée donation from Red, Hot, and Blue. Thank you to the following committee members for coming out to help serve dinner: Annmarie Selvetelli, Brooke McGahey, Joan Greene, and Joyce Dohanian. Also, a special thank you to those who contributed items to the dinner: Alisha Waid and Summer Davey. If you are interested in volunteering or donating an entrée for future dinners, please contact committee co-chairs Karen Staples (kstaples@visitspokane.com) or Jill Oxendine (joxendine@loewshotels.com).

2010 Carpenter's Shelter Dinner Schedule

September 30th, 2010

December 30th, 2010

2011 Carpenter's Shelter Dinner Schedule

March 31st, 2011

June 30th, 2011

September, 29th, 2011

December 29th, 2011

Last year the AMPs board offered a challenge to the membership to match all 50/50 raffle contributions to support the Carpenters Shelter. After a great year of meetings and networking, the grand total was tallied and presented to the Carpenter's Shelter at the June BBQ. Lissette Bishins, Executive Director, and Jasmine Witcher, Director of Development and Strategic Alliances, for the Carpenters Shelter accepted the generous donation of over \$3,000 for the shelter at the BBQ.

AMPs members also helped the Carpenters Shelters send their youngest residents to camp by collected supplies at the June BBQ. Thank you to all of those who donated the dozens of items collected including suntan lotions, bug sprays, bathing suits, flip-flops, beach towels, pool toys, water bottles, and gift cards.

AMPs is a local association giving back to its community, it is part of a social responsibility many feel passionate about. Step up and be a part of our professional community while giving back to the community at large! We are always looking for new ideas and the volunteers to make them happen! For more information about the community service committee and how you can get involved, contact committee co-chairs Karen Staples (kstaples@visitspokane.com) or Jill Oxendine (joxendine@loewshotels.com)

Also, look for us at the next AMP's meeting we will be the ones standing in front of the large Carpenters Shelter Photo! ■

FINDING "ME" TIME!

Amy Barnes, Inside & O.U.T. Fitness, LLC

Time, time, time... where does it go? Do you ever feel like you just don't know how you are going to fit one more thing into your day, let alone a workout? It is a common complaint! People often ask me about time management and how I do it being the mother of three, working and staying fit.

The answer is not only do I map out my days to include exercise breaks but I have also organized my life so I'm always ready to get up and get moving when the opportunity presents itself. I try to manage my days and not let my day manage me (although there will always be those days where life just takes over)!

I thought I would share a few of my favorite time saving tips with you, or I should say time MAKING tips.

- I like to teach my clients and friends to "bundle their busy-work" into one convenient time of day, like the lunch hour. By doing your bills and miscellaneous paperwork at your desk while you eat lunch, you can free up 20 or 30 min-

(Continued on next page)



Are you looking for something exciting and innovative?

The Multisoft Group offers a multitude of products and services all under ONE roof. Give us a call if you want to learn how we can simplify and expedite your registration, abstract and housing needs!

REGISTRATION SOLUTIONS

Our global online solutions are designed to enhance the online registration experience for you and your delegates

EXHIBITOR SOLUTIONS

Multisoft has an extensive suite of industry leading applications and solutions to enhance the experience for your exhibitors

HOUSING SOLUTIONS

Our housing solution that will reduce your attrition rates and streamline your process

ABSTRACT & SPEAKER MANAGEMENT

Multisoft offers one of the most user friendly abstract submission and grading solutions in the industry

ACCREDITATION SOLUTIONS

Our online accreditation solution will simplify and clarify your certification requirements making this process less time consuming

LEAD RETRIEVAL

We offer several different options including handheld 2D scanners, RFID readers PDA units and wireless blue tooth printers



THE **multisoft** GROUP

Our Solutions... Your Way!

tel: 1.888.777.6621 ext. 200 | www.themultisoftgroup.com | jgreenspoon@themultisoftgroup.com

Finding "Me" Time...

(Continued from previous page)

utes at the end of the day for exercise. I know that some experts have stated that you should focus on your food while eating, but if multitasking while you eat once in awhile allows you to fit in a workout that's time well spent!

- Take advantage of time-saving technology like online banking, bill paying, and post office services. A few less errands in the car is not only earth friendly but time friendly.
- Limit your time on the internet! How many times do you sit down to complete one email and a half hour later you are still on the computer looking at something completely off the subject? Schedule internet and email time and limit yourself to 15 or 30 minutes.
- Buy two pairs of workout shoes, one for the office and one for home, so you're literally always good to go. I even keep a pair in my car, just in case I find time when I'm on the road.
- Place a pile of clean workout clothes close to your bed so when that alarm goes off it is easy to get dressed and go. Spending 15 minutes looking for some clean running pants and matching socks is a waste of precious time in the am and might set you back so that a workout will no longer fit in.

- Piggyback a workout with your favorite never-miss activities like watching *Dancing With The Stars* or your mid-afternoon latte break. Walk on the treadmill while you catch up on TV programs or ride your bike to the coffee store to meet a friend.
- Have a standing appointment with a workout buddy. If it's an always-there, can't-miss appointment, you'll just do it. Besides, you would never stand up a friend, but you would definitely stand up yourself.
- Rather than sit for hours (and hours) at kids' sports practices, fit in a workout while you wait. I always do cardio walking during swim team practice in the summer. During my son's football practices, I run the track, even if he is embarrassed.
- Save yourself from the laundry. Try to only do it 2-3 days a week. Even with two kids... everyone in the family should have 5 shirts and 5 pairs of pants they like for the week. If there's anything they need, they'd better throw it in the hamper realize is may be a day or two till it's clean. This alone will save you hours.

Through such simple strategies, exercise becomes a part of the fabric of your life instead of something requiring a complete overhaul of your life plan. I couldn't have lost 350lbs without "ME" time!! ■

Good graphic design.
Specialized in conference
and meeting materials.
Fast turnarounds.

😊 El Vikingo Design, Inc.

el vikingo
DESIGN

Call (301.602.4873) or email Kristin Goen, CMP (kristin@elvikingo.com) to discuss your needs.