



MICROTIME

Issue 4

The Georgia Society for Histotechnology

Summer 2016

HISTOPALOOZA 2016

Thank you for making HISTOPALOOZA 2016 successful!

The Georgia Society for Histotechnology is committed to providing continued education, strengthened communication and career promotion. Our annual symposiums are major contributions to our purpose. Your perennial attendance and support of HISTOPALOOZA is critical to maintaining our purpose. Thank You for taking your valuable time to help promote, and improve our field.

Election Years

During an election year, any active member in good standing, registered prior to January 15th of the election year, or December 31st of the prior year, will automatically receive an electronic ballot via email. Active members in good standing registered after January 15th will have access to printable ballots through the GSH website.

Membership

The Georgia Society for Histotechnology (GSH) is one of few state societies with no dues or fees. Anyone practicing or studying our specialty of Histotechnology, in the state of Georgia, is welcome to apply for membership. All memberships will expire on December 31st of the active membership year.

Registering

Annual registration is required to maintain active membership status. Registration opens January 1st of each year, and shall remain open the entire year. Registration can be completed on line by visiting our website. Paper registration forms can also be provided upon request. When completing registration forms please print clearly and accurately.

GSH Represents

GSH will be well represented by two delegates, Shirley Powell and Janet Hobbs along with our president, Michael Bourgeois at the NSH Symposium in Long Beach. We wish you a wonderful trip and look forward to a report for the next issue of *Microtime!*



In this Issue:

- President's Letter
- GSH Awards
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HistoConvention.org



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Billie L. Swisher Lifetime Achievement Award	Vinnie Della Speranza	Dako	Alexandra Cordahi
President's Award	Cindy Baranowski	ThermoFisher	Alan Cole

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Letter from the President



Dear GSH Members,

You Did It! In April, we had a fun and successful HISTOPALOOZA at Lake Lanier Islands. In full appreciation of our society's commitment to education, communication, and promotion, many of us donned our optional flip-flops and enjoyed some comfortable and inspiring workshops. We dawdled through the rows of vendors, collecting priceless schwa and product information. Then headed to the beach, for deep (scientific) discussions under the full moon. Thank you, for making this past HISTOPALOOZA the best possible learning experience available.

Let's Do It Again! It is now official, The Georgia Society for Histotechnology will return to Lake Lanier Island's Legacy Lodge on **April 21 through April 23, 2017** with an attempt to improve upon an already incredible experience. Rooms are now available for HISTOPALOOZA 2017.

What's Next? Janet Hobbs, Shirley Powell, and I, will represent GSH at the NSH House of Delegates meeting in Long Beach, California. For a list of topics to be discussed and voted on, join NSH's "The Block" and search for the House of Delegates agenda. "The Block" is a Histotechnology focused forum for NSH members.

Gratitude Abound! Many thanks to our most recent past officers who served our society honorably for two full terms. What great role models!

Thank you for your continued support and membership.

Sincerely,

Michael D. Bourgeois, HT (ASCP)

GSH President

Nominations/Elections

A huge THANK YOU to all the GSH members who participated in the first-ever online GSH election in 2016!!! This was a big step forward for in our efforts to bring the society into the digital age.

One of the things we learned in setting up the online voting roster is that annual GSH membership renewals need to take place in the final months of a year, instead of at the beginning of the next year. This is necessary to allow time for the membership roster to be updated, finalized and downloaded into the online voting site. Please watch for the new date for membership renewals for 2017.

GSH appreciates your support and participation as we update our processes.

Cindy Baranowski, Nominations/Elections Chair

Education



South Carolina Society
of Histotechnology
SCSHT Fall Meeting 2016
October 7-9 2016.
Litchfield Beach and Golf Resort
Pawley's Island, SC



NSH Annual Symposium/Convention
September 16-21, 2016
Long Beach Convention & Entertainment Center
Long Beach, California



North Carolina Society
Of Histotechnology
NCSH Spring Meeting 2017
Mar 23-25, 2017
Wilmington Hilton Riverside
Wilmington, NC



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Individuals who allow their certification to lapse for ten or more years will be required to retake and pass the certification examination in order to reinstate their certification. Certifications initially awarded in 2004 in the categories below, expired in 2007 if the holder did not complete the CMP. If their certification is not reinstated before the month of expiration in 2017, they will be required to retake and pass the certification examination to be reinstated.

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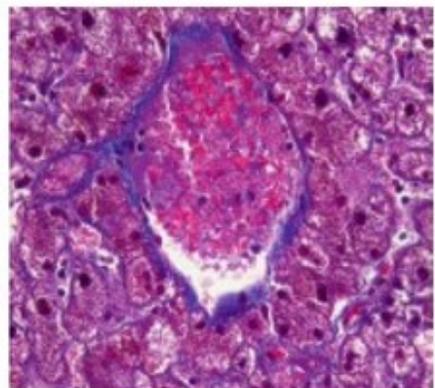
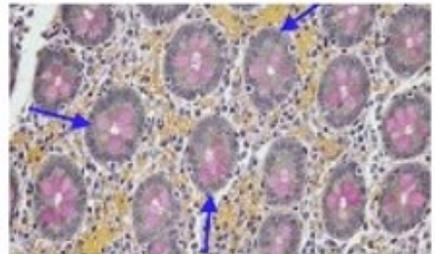
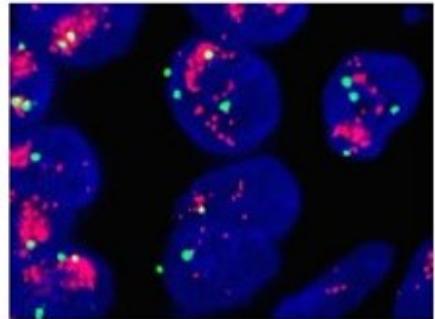
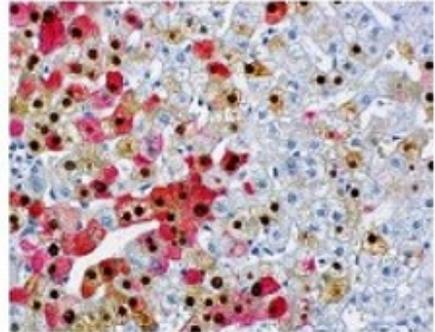
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- Liver Biopsies: Anatomy and Histological Considerations
- Microtomy of Paraffin Embedded Tissue
- Special Stains: Carbohydrates
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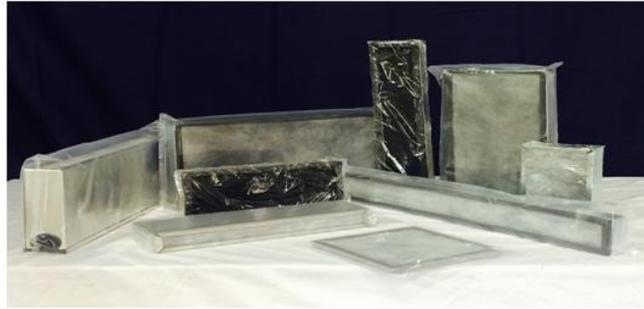
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How to Utilize the Power of Gratitude at Work

Harness the power of “thanks” and step up your gratitude game

By Kate Zabriskie



If you're grateful but don't take the time to tell anyone, does it count? Maybe, but it's a bit like clapping with one hand. You know you're doing it, but does anyone else? Probably not. When shown appropriately, gratitude has tremendous power. At a minimum, it will keep you from appearing like an ungrateful and uncouth toad. On the other end of the spectrum, well-expressed thanks can open doors, solidify relationships, and change careers. The key to giving and getting with gratitude is knowing who to thank, when to thank them, and how to do it.

Who to Thank

Thank up; thank down; thank out; and thank around.

Thank up. When bosses take the time to support you, provide you with an opportunity, or include you in something to which you're not usually privy—thank them. Chances are, the next time they are deciding to whom they will extend an invitation, your name will appear higher on the list than it might have had you failed to recognize an earlier kindness.

Thank down. Maybe your team stayed late to finish a project. Perhaps someone put forth extra effort to create a presentation. Perhaps an employee who has had a hard time meeting expectations finally does so. If you want those types of activities to continue to occur on any kind of regular basis, you need to recognize them.

Thank out. Customers, colleagues, and suppliers will support you if they feel you acknowledge their efforts. If you want to grow and build your network and workplace support system, those are the people you must cultivate. Doesn't it make sense to nurture the relationships you have with them?

(Continued on next page)

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(Gratitude Continued)

Thank around. Do you take the time to thank your office’s cleaning staff? Have you done anything to appreciate the cafeteria’s cashier? How about the security guard? A lot of people forget those individuals, and they shouldn’t. After all, chances are nobody would miss the CEO if he or she were absent for few days. Try that with the janitorial staff—not a pretty thought.

When to Thank

The world would be kinder and gentler place if people displayed more grace. Can you imagine how your workplace would function if everyone expressed sincere gratitude at least once an hour? Motivated, appreciated, and valued are some possibilities that come to mind. When you think about it, once an hour may be a bit much at first, but it is not a bad goal to work toward. And as with most activities, the more you do it, the easier it will become. But be warned: you must choose well. Recognizing people inappropriately is worse than not recognizing them at all.

For example, ask any kid how much a certificate, award, or trophy received for some trivial activity meant to him. If you don’t already know, the answer is a whole lot of “zero.” Kids are not stupid, and neither are the big people they turn into.

Gratitude should feel real and be relevant. If either one of those elements is missing, your “thank you” will most likely seem hollow.

How to Thank

The words “thank you” are an adequate choice for acknowledging common courtesies shown to you. However, when people go beyond the basics, your recognition should as well. By following a few simple guidelines, you can quickly and easily step up your gratitude game.

Get specific. Focus on a detail, and your “thank you” will mean more. For instance, “*The lemon muffins you made and brought into the office today were some of the best I’ve ever had. The glaze was amazing. You were so thoughtful to share them with us.*” That’s a whole lot better than “*Thanks for the muffins.*”

Get personal. Share with others how what they’ve done meant something to you, and your thanks will both seem and be more sincere. With a little thought, you can connect feelings to the most mundane topics. For example, “*John, I wanted to tell you how much I enjoyed and appreciated your presentation this afternoon. I’ve struggled with using PowerPoint animations and have never been able to get them to look professional. I learned a lot from watching what you did. You have real talent.*”

(Continued next page)

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(Gratitude Continued)

Great creative. Ironically, the phrase “thank you” hinders most people’s ability to express gratitude effectively. Avoid using the phrase at the start of your sentences, and you’ll find you are more imaginative. For instance, “*Thank you for allowing me to attend today’s meeting. I appreciate the opportunity to be included in the decision-making process.*” That’s okay, but consider the following: “*I learned a lot about the decision-making process at this meeting. I never understood how the committee system worked until today. It was real eye opener. I appreciate you allowing me to attend.*” Choice number two is stronger and it doesn’t use the words “thank you.”

Get to your keyboard. Email is appropriate when a verbal “thank you” seems a bit inadequate or is not possible. Although you don’t want to fill people’s inboxes with unnecessary messages, recognize that for most folks, it is a pleasure to receive an occasional note of appreciation among the usual dreck. Start typing.

Get out your stationery. If you really want to show your thanks, think “old school.” These days, handwritten notes are few and far between, so when you take the time to craft one, it won’t go unnoticed. Write at least three sentences using your best penmanship, focus on a detail, and tell your recipients how what they’ve done for you has made a difference.

So there you have it: the who, what, and how of a good “thank you.” And at this point, if you are still reading, I sincerely appreciate your taking the time to consider these ideas. As you might imagine, it’s great to feel as if what you have to say might be useful to someone. You’ve made my day. Thank you!

About the author

Kate Zabriskie is the president of Business Training Works, Inc., a Maryland-based talent development firm. She and her team help businesses establish customer service strategies and train their people to live up to what’s promised. For more information, visit www.businessstrainingworks.com

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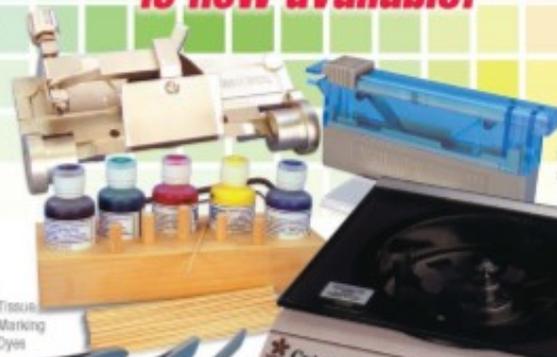
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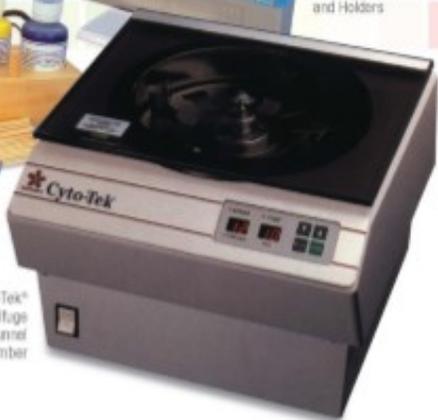
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WRITE THE EDITOR

WRITE THE EDITOR

This is your newsletter. So I pose the question to you, what would you like to see in your newsletter and or what would add value for you as a histotech/teacher/manager. What resources are you looking for, network opportunities, a managers corner, a GSH contact email directory? Please send your thoughts, comments and articles to:

Sandy at gshmicrotime@gmail.com

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MEET THE EDITOR

So, as I sit down to write this I'm thinking that I've come full circle—twice! I was introduced to histology after high school and worked for a pathologist for two summers in Montana. He had just finished med school and was training me! I look back and think-God Bless Him! He tried to convince me to go to a Histotechnologist program but I insisted I needed to go get my four year degree and so I did. I graduated from Montana State with a Bachelor of Arts in Speech Communications.

The next part of the journey took me to Denver where I was an editor with TV Guide Magazine working with editions and production. After four years, my husband Ron and I moved to Atlanta for his job and I was able to work at the TV Guide office here seven more years until the office closed. I then took a leap and decided to be a stay-at-home mom for the next 17 years with my sons, Stephen and Andrew. As my oldest son entered college and the younger not too far behind, I had been thinking what I would do when they were gone. Even I can only lunch so many days a week! I always loved working for the pathologist and valued the work of the histotech. So, with the support of my family and a couple of chemistry classes later, I entered the Darton Histotechnology program in 2010 in Albany, Ga. I was not connected with a lab so I rented a room in Albany and traveled down on Mondays and came back Thursday after my last lab. That lasted one semester. The second semester I was able to come back to Marietta and do my clinical at Wellstar Cobb Hospital, complete the online program, graduate in May 2011, then passed my HT in September. An exciting thing was going back to Montana to see the pathologist I had worked for those two summers. He had also given me a recommendation into the Darton program and we had stayed in touch. Due to health reasons, he was in a nursing home. When my husband, son and myself walked in to see him, his face lit up, but he also said, "Your not 18 anymore!" We all laughed and said "not so much!" He was a wonderful man! Circle number one, complete!

I worked at Wellstar Cobb for nearly three years with a wonderful group that taught me much. My next progression led me to Finan Templeton Dermatopathology where I have been for two years. I have had wonderful teachers along the way and I'm thankful for everything they have shared. It was here, at my current job, that I was asked to be the Microtime Editor, and with that circle number two is complete!

All the Best!

Sandy Richards
Microtime Editor

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MEMBERSHIP: Cindy Baranowski—GSHmembership@gmail.com

PUBLIC RELATIONS—Billie Zimmerman—gsh.pr.chair@gmail.com

HISTORIAN: gshhistorian@gmail.com

MICROTIME EDITOR: Sandy Richards— gshmicrotime@gmail.com

EDUCATION: Elizabeth Klar—gsheduc@gmail.com

AWARDS: Cindy Baranowski—gshnominations@gmail.com

NOMINATIONS –ELECTIONS—gshnominations@gmail.com

NSH CEU LIAISON: Janet Hobbs—gshceu@gmail.com

SYMPOSIUM REGISTRAR: Shirley Powell—gshregistrar@gmail.com

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