



# NAWIC

December 2014

## Message From Your President

It's hard to believe 2014 is almost over. As I reflect over the past year I'm amazed at how much I miss the relaxing visits with friends and family. Everyone is so busy that there never seems to be enough time to just visit with people anymore. I used to spend a lot of time with my best friend growing up sitting on our bedroom floors eating popcorn, talking and playing board games. At our meetings please take the time to visit with those around you and get to know them.

This month we will be having our Christmas bunko party at the Sadowski's office. It promises to be so much fun. We'll be having our goodie exchange so remember to bring a goodie and the recipe to share. Also, bring a container so you can take some goodies home with you. There will be the traditional holiday turkey dinner too. Please remember to bring some non-perishable items to be taken to the Marion-Polk food bank. I know Chick has put a lot of effort putting together the bunko items and I know Tricia has been putting together the delicious food. Thank you to both of you for all your work, it promises to be a fun and enjoyable evening for everyone. It'll also be an opportunity to meet some of our former members and to hear their stories about NAWIC.

In January we're hoping to be able to have our own Kim Thatcher come to speak to us about upcoming items coming soon before the legislature. Keep watching for further details.

Merry Christmas and Happy New Year!!

*Nancy Lingle*

Salem Chapter #198 President



*As material for the construction of our building, I pledge the agility of my hands, the ability of my mind, and the integrity of my heart.*

### **PRESIDENT**

**Nancy Carter**

**Capitol City Door**

### **VICE PRESIDENT**

**Tricia Mosier**

**White Oak Construction**

### **TREASURER**

**Dawn Killough**

**Rich Duncan Construction**

### **SECRETARY**

**Jaysa Nesbitt**

**Salem Contractors Exchange**

### **PAST-PRESIDENT**

**Kay Evans**

**Salem Contractors Exchange**

### **WEBSITE**

Visit our website at

[nawicsalem.com](http://nawicsalem.com)

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MEMBER SPOTLIGHT

# Tricia Mosier

White Oak Construction

Tricia began her career in the construction industry in 1989 as a Project Coordinator with Prizio & Prizio, a Fountain Valley, CA General Contractor. In 1991 she accepted a job as Office Manager for Salem Road and Driveway and moved to Oregon. In 1992, Tricia joined NAWIC where she served on the Board of Directors, as Vice President and President. In 1996 she left the construction industry until in 2002, when she became part of the team at White Oak Construction. She rejoined NAWIC in 2011.



Her involvement in NAWIC has been significant. Currently she serves the organization as Vice President, having just completed 2 terms as Treasurer. She has been recognized with the honor of WIC of the Year and has attended a number of Regional and National events on behalf of the organization. Some of her additional NAWIC activities include involvement on the Coast Retreat Committee, Appreciation Night Committee and attendance at APC Suquamish and Eugene, and AMEC Chicago, Dallas, Denver & Bellevue.

Tricia has a very large extended family in Oklahoma, Texas and Arkansas, with the most significant member being her son, James who lives here in Oregon. She is dog lover and is welcomed home each day by her two Boston Terriers, Bunnie and Bruzer, who have both attended NAWIC Coast retreats.

She loves to create anything and you can often find her engaged in crafts like scrapbooking, jewelry making, quilting, and embroidery. She also enjoys building water features and koi ponds and gardening.

# Upcoming Events

**December General Meeting**

BUNCO!

Turkey Dinner From Adams Ribs  
RSVP to Chick or Nancy

December 17, 2014 5:30 PM



## Rules are meant for Governing. Staying On Top of Our Chapter.

**STANDING RULE #4:** Any member accepting Chapter funds to attend any Association function shall prepare a report to be either published or distributed within forty-five (45) days following the event. The report shall be attached to the appropriate chapter minutes.

*We try to pay at least one member to attend to bring back educational / professional development information for the chapter members who could not attend. The purpose of this rule is to explain the method of distribution and also make sure the report is submitted in a timely manner*

*Any member reimbursed for a regional or national meeting should submit a report that is detailed, includes any handouts or links to documents provided by the presenter(s), and should cover the entire event (opening to adjournment).*

I am so thankful ... I am unable to come up with only one thing. Family tops the list, then there's friends, health, work. Life is good 😊 Linda

This Thanksgiving I am thankful for my family. Cliché? Yes, but oh so true. They are a constant source of support and unconditional love without which I could not function.

Elisabeth A. Shinn, CPA, CCIFP

More Giving Thanks on Page 5.....

## Dates to Remember

December 2 Board Meeting  
December 12 Mary Price's Birthday  
December 17 Bunco  
December 31 Jeanna Fox's Birthday

January 2 Robin Guzman's Birthday  
January 4 Robin Guzman's Anniversary  
January 6 Board Meeting  
January 8 Nancy Lingle's Birthday  
January 14 Tricia Mosier's Birthday  
January 21 General Meeting

April 30-May 2 Forum Anchorage AK  
Sept 2-5 AMEC 2015 Nashville TN

## Giving Thanks!

My husband, my health, the ability to travel, and our freedom. Vickie

\*NO SURGERIES THIS YEAR!!!!!!!!!!!! Whoop Whoop! 😊 \*My family and friends \*My job Lori

Family, friends, meaningful work, freedom Dawn

I'm thankful for my job, my family and especially my mom being in remission 😊 Jeanna

I am so thankful for my family and friends. I am thankful for my health and the health of family and friends. We are so lucky to have so much in our lives. When I think about those who are less fortunate than we are, it makes me want to give more and share more with others. We only have one life on this earth and I hope that each of us makes the best of it each day.

I am thankful for the roses so we can take time to smell them and enjoy the important things in life. Spend time with family and friends because they are what is important. Be happy for who we are not what we are not or what we don't have. We are very blessed and I am thankful that I know some amazing women that I call friends and those are my NAWIC ladies!!! Susan

*I am thankful for having an opportunity to Gain New Connections with people, while being able to communicate and learn from one another.*

*I am thankful for the companionship that my animals give freely. Also for Good, no Great friends! I would be Lost in this world without them! Jaysa*

# NAWIC CHRISTMAS BUNKO PARTY



**DECEMBER 17, 2014**  
**AG SADOWSKI COMPANY**  
**1605 Liberty St. SE**  
**SALEM, OR**  
**SOCIAL: 5:30 PM**  
**DINNER: 6:00 PM**



**Whole Smoked Turkey**  
**Old fashion bread stuffing**  
**Mashed potatoes with gravy**  
**Green Bean Casserole**  
**Cranberry sauce**  
**Fresh Baked Rolls**

**Please RSVP by December 10, 2014 to  
to Chick or Nancy**

**Don't forget to bring your CANNED FOOD DONATION!!!**  
**Bring your favorite treat or cookie along with copies of your recipe for the**  
**COOKIE EXCHANGE!**

\*Payment can be made online at [nawicsalem.com](http://nawicsalem.com)

# November Meeting Recap

Called to Order: 5:45 PM

Pledges: NAWIC & Pledge of Allegiance

Members Attending: Chick Sadowski, Linda Almendinger, Dawn Killough, Elisabeth Shinn, Jeanna Fox, Kay Evans, Tricia Mosier, Nancy Lingle, Mary Price, Charlie Rice, Christine Rode

Speaker: TJ Sullivan from Huggins Insurance talked about why Health Care costs are skyrocketing and the things we need to address to change the situation. Such as older people paying more and getting medicare a little later in life.

Christine Rode from Select-temp was initiated, Dawn Killough and Linda Almendinger performed the initiation and Linda will be her big sister.

There was not a Treasurer's Report or Secretary's Minutes from the previous months.

Nancy reported on the Poinsettia Fundraiser: There were 164 Poinsettias, 45 wreaths, 11 swags, and 6 candy canes. It was about the same as last year. Way to go ladies.

Linda will be working with Jeanna to set up hosting a Chamber Greeters. We should get a list of Chamber Greeters and lunches and start getting volunteers to go to some of the activities.

Dawn has some new informative flyers from NAWIC National and passed them out.

Membership Drive Luncheon was a success, we would like to get the Salem City Manager to speak.

Chick talked about Construction Career Days: It will held May 12, we have 3 schools already that said they were coming.

We are asking Dan Wellert to give the Safety Talk and Todd Carter agreed to be the main speaker. Kay can put a \*Save the Date\* in the Exchange Newsletter.

Next Month's meeting – Will be held at AG Sadowski Offices, we will have a cookie exchange, food drive and play Bunco.

Future meetings:

January – Kim from the Chamber would like to discuss Benefits of being a member of the Chamber 5-10 minutes. We would also like to get Kim Thatcher.

February – Paula Barran

March – WIC Week

April – Stuff Bags for Career Days

May – NAWIC Appreciation Night

Adjourn: 7:45 p.m.

Birthday Auction: None

## More Giving Thanks!

I am thankful for all the right things that happened in 2014 ! I have been fortunate

and blessed to move to the wonderful city of Salem, Oregon. Making people happy and finding job opportunities for those in need makes me feel a part of the recession recovery.

The recession for many states was a difficult, strenuous time for many – watching as company's begin to build again, people start new careers, regain self-confidence and mend challenges as they/we come out of the recession has been something I am thankful for this year.

I am thankful for beginning the journey to good health as I enjoyed the beautiful hikes I have taken around Oregon since I moved here in January, I am thankful for the loving home, caring family, good/loyal friends while beginning new friendships...

Christine

## FOOD FOR THOUGHT

*“Simplicity is ultimately a matter of focus.” — Ann Voskamp*

Our world has become a constant feed of information, noise, and entertainment. Our phones live not just in our pockets, but in front of our eyes. The influence of the Internet and its constant stream of information is accessible from nearly corner of our world. Breaking news breaks into our day at breakneck speed. And we are fed messages relentlessly from advertisements on nearly every flat surface. Each distraction enters our mind with one goal: Gain control of our attention and resources. As a result, we live distracted lives and our ability to focus, create, and accomplish suffers significantly. It is increasingly clear that distractions are not going away on their own. Instead, the responsibility is ours to live attentive, intentional lives in a world of distraction. This is a goal we must continue to seek.

**To live life with less distraction, consider implementing one or more of these 10 unconventional habits:**

1. **Turn off smart phone notifications.** Our smart phones have quickly become one of the greatest sources of distraction in our lives. The average person now **checks their mobile phone 150 times every day** (just short of every 6 waking minutes). To limit the distractive nature of your smart phone, turn off all nonessential notifications (Email, Facebook, Twitter, Games, etc.) as a default setting. As a result, you will be able to check your apps on your schedule at appropriate times throughout the day.
2. **Read/Answer email only twice each day.** When we keep our email client open all day, we surrender our attention to the most recent bidder rather than the most important. The sooner we realize this, the sooner we understand why the habit of checking email only twice/day is promoted over and over again by some of the most productive people in our world today (**Michael Hyatt, Scott Belsky, Leo Babauta**). Schedule your email processing. You will feel the benefits immediately as the habit instantly limits incoming distraction.
3. **Complete 1-2 minute projects immediately.** Our lives and minds are often cluttered and distracted by the many unfinished projects around us (unanswered email, household chores, financial responsibilities). Fortunately, many of these projects can be completed in far less time than we think. To live with less distraction, if a project can be completed in less than 2 minutes, adopt a **“one-minute-rule” mentality**.
4. **Remove physical clutter.** Unnecessary clutter is a significant form of visual distraction. Consider this: everything in our eyesight subtly pulls at our attention at least a little. And the more we remove, the **less visual stress** and distraction we experience. Clear **your desk**, your walls, **your counters**, and your home of unneeded possessions. You’ll be surprised at your newfound ability to focus.

To be continued in January 2015.

# Contact Information

<b>PRESIDENT</b>	Nancy Lingle	Capitol City Door	ncarter@capitolcitydoorinc.com
<b>VICE PRESIDENT</b>	Tricia Mosier	White Oak Construction	Triciamosier@whiteoakconstruction.net
<b>TREASURER</b>	Dawn Killough	Rich Duncan Construction	dawn@richduncanconstruction.com
<b>SECRETARY</b>	Jaysa Nesbitt	Salem Contractors Exchange	jaysa@sceonline.org
<b>PAST-PRESIDENT</b>	Kay Evans	Salem Contractors Exchange	kay@sceonline.org
<b>DIRECTORS:</b>			
	Mary Price	Carter & Company	junque4mary@gmail.com
	Jeanna Fox	Surety Solutions	jeanna@suretysolutionsllc.com
	Robyn Guzman	Anchor Insurance & Surety	rguzman@anchorias.com
	Amanda Forkner	Turner Construction	aforkner@tcco.com

## Divine Region 9 Contacts:

**Director** Sarah Webb sarah@millerssheetmetal.com

### Committee Chairs:

**Membership** Ellie Cooper elliecooper@edgecs.com

**PR/Marketing** Larissa Arbelovsky larbelovsky@ur.com

**PEP** Jeanna Fox jeanna@suretysolutionsllc.com

**Safety** Jackie Lacktorin Jackie.Lacktorin@veca.com

**WIC Week** Brenda Smith bsmith@paynewest.com

**Mentorship** Carol Eisenlohr ceisenlohr@legendhomes.com

**NEF** Lori Barrick lori@mjmgrand.net

**Block Kids** Cathy Hall Cathy.hall@safarielectric.com

**CAD Drafting** Erin Holmes eholmes@cachraninc.com

## SALEM NAWIC NEWS

Please send all articles and content recommendations for this chapter to Kay by the 25th of each month.

## WEBSITE

Visit our website at [nawicsalem.com](http://nawicsalem.com)

## FACEBOOK

Connect with us on Facebook at <https://www.facebook.com/groups/nawicsalem198>

## MAILING ADDRESS

Salem chapter NAWIC #198  
P.O. Box 15137  
Salem, OR 97309

## National Officers

**President** Sandy K. Field CBT, CIT sfield@hgiosa.com

**President Elect** Riki F. Lovejoy CBT, CIT rlovejoy@rfl-consulting.com

**Vice President** Connie M Leipard CIT cleipard@aol.com

**Secretary** Amy Berg CBT, CIT Aberg.nawic@yahoo.com

**Treasurer** Stephanie K. Crane CIT stephaniec@mjharris.com

**Immediate Past** Yasmine A. Branden CCA

yasmine.branden@neilkelly.com

# NAWIC SALEM CHAPTER COMMITTEES

## 2014-2015

### **BUDGET: Director: Jeanna**

**Ways & Means:** Dawn

**Poinsettia Sales:** Nancy, Tricia

Responsible for ordering Poinsettias from Egan Gardens and distributing them in December.

**Birthday Auction:** Chick, Jaysa

Conducts birthday auction at our membership meetings.

**Contractors Exchange Banquet:** Dawn, Jaysa

**Audit:** (3 Needed) Nancy, Susan, Chick

Audits the chapter finances quarterly.

**Budget:** Nancy, Dawn, Vickie, Tricia

Responsible for designing a budget for the year.

### **MEMBERSHIP: Chairman: Dawn Killough      Director: Mary**

**Membership/Public Relations/Marketing:** Robin, Amanda, Linda, Tricia

Responsible for promoting membership; sending NAWIC information & registration packets to prospective members.

Sends press releases to various publications regarding Chapter activities.

**Social Media/Website:** Tricia, Dawn

**Newsletter:** Kay, Vickie

### **PROGRAMS, EDUCATION AND PROJECTS (PEP): Director: Amanda**

**Legislative Awareness:** Dorothy

**Scholarship:** Dorothy, Amanda, Elisabeth

Advertise, promote and select Scholarship Recipients.

**Career Days:** \*Susan, Nancy, Jeanna, Amanda, Chick, Dawn, Mary, Kay Elisabeth

Helps in the planning and participates in Career Days.

**Block Kids:**

**WIC Week (March 1st-7th):** Dawn, Vickie, Amanda

Responsible for planning events for the Chapter during WIC Week, which is the first week of March every year. This includes preparing a commitment form, tracking activities during the week, and preparing a recap form after the week.

### **SPECIAL COMMITTEES: Director: Robin**

**Secret Pal:** Vickie

**By Laws:** Robin, Nancy

Responsible for keeping our chapter standing rules and policies and national bylaws current.

**Historian:** Linda, Robin

**Coast Retreat:** Tricia, Nancy, Chick

Plans Coast Retreat, a two day event that includes Chapters from our Region. Plans Chapter event in years not hosting.

**NAWIC Appreciation Night:** Chick, Nancy

Plans the NAWIC Appreciation Night event to honor our bosses, usually held in the spring.