



January 2015

## Message From Your President

During this time of year, I like most people, turn to reflecting on the past year and all that has happened both the good and the not so good. Career Days had an excellent amount of exhibitors, but not as many students. As a chapter we lost a few members in October that will be missed, but we've gained Jaysa with the SCE, Elisabeth with AKT and Christine with Selectemp. Christine with Selectemp is no longer with Selectemp but hopefully they'll be sending a different lady to join us. Charlie, Mary's daughter, although she's like a daughter to all of us, had a beautiful baby boy Michael on December 17th.

There was a lot of fun and laughter as we celebrated the Christmas season with our annual Bunko party, cookie exchange and food collection for the food bank. Thank you to Chick and Tricia for organizing the delicious food and this fun activity. The extra turkey and fixings were donated to the Union Gospel Mission and they really appreciated the food during this holiday time of year. We all had such a great time getting to visit with each other during this fun evening!!

On January 21st we'll be having Kim from the Chamber come and talk to us briefly about the Chamber and our own Senator Kim Thatcher will be speaking to us about upcoming items coming soon before the legislature. Senator Thatcher is always so interesting and so informative to listen to, so I hope everyone can make it.



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 Lingle  
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

### DIRECTORS:

Mary Price	Carter & Company
Jeanna Fox	Surety Solutions
Robyn Guzman	Anchor Insurance
Amanda Forkner	Turner Construction

### WEBSITE

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

# In This Issue

- Message From Your President 1
- Board Officers 1
- Member Spotlight 2
- Meeting Schedule 3
- Members News 3 & 5
- Meeting Notice 4
- Recap of Last Meeting 5
- Food For Thought 6
- Contact Information 7
- Committees 8
- Flyers and Misc. Info

# Upcoming Events

## January General Meeting

**Kim Thatcher**  
**State Senator**  
**Kim Leighty**  
**Chamber of**  
**Commerce**

January 21, 2015 5:30 PM

## Save The Date!

Coast Retreat  
 February 27- March 1  
 Hallmark Inn  
 Newport , Oregon

### MEMBER SPOTLIGHT

# Elisabeth Shinn

AKT, LLP



I spent most of my growing up years in Phoenix, Oregon with my parents, older brother, and two younger sisters. After high school I moved to Salem to attend Corban University and study accounting and finance. During my final year in school and for about a year after graduation I worked as the accounting manager of a shoring rental company. During my time there I worked closely with one of the partners of the CPA firm AKT LLP, eventually deciding to switch to public accounting and join AKT. I've worked at AKT since 2011 as a member of our construction niche and am currently an audit manager. I obtained my CPA in January 2013 and became a Certified Construction Industry Financial

Professional earlier this year. Our firm mission is "Helping our clients achieve their goals" and I strive to do so by providing accounting and financial statement services and internal control reviews to my construction clients of all types and sizes. I also serve on the board of directors for Salem Hospital's Walton House.

I enjoy reading, hiking, skiing, good wine, and spending time with my friends and family.



Family picture (from left: sister Emily, sister-in-law Whitney, brother Nathan, myself, sister Kendra. Front: parents Muriel and Nate).

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

**STANDING RULE #5:**

Where a chapter believes that extending reduced rate membership for multiple Corporate Members would expand awareness of NAWIC's professional development opportunities and encourage the advancement of women within these businesses, the Chapter may extend discounted memberships to accomplish this goal. (2/09)

*To understand this Standing Rule we need to know the definition of a Corporate membership. This is a transferable membership. This membership is open to companies that wish to designate a woman employee, who would otherwise meet the criteria for Active Membership, to represent the company. The company holding the membership may change its designated representative at any time. The company must buy one corporate chapter membership for each representative. Each eligible Corporate Member shall be entitled to vote, to hold office and shall be a member of National and an affiliated Chapter.*

*Standing Rule #5 allows individual chapters to offer a discounted rate for multiple members from the same company.*

**Dates to Remember**

- 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 14 Career Days Mtg 1:00 PM at Salem Heating
- January 21 General Meeting
- February 3 Board Meeting
- February 11 Career Day Mtg 1:00 PM at Salem Heating
- February 18 General Mtg Paula Barran Marijuana Legislation
- February 26 Kay Evans Birthday
- March 1-7 WIC Week
- March 3 Board Meeting
- March 6-7 Coast Retreat at Hallmark in Newport
- March 11 Career Day Mtg 1:00 PM at Salem Heating
- March 18 General Meeting Salem City Manager (Pending)
- April 2 Kay Evans' Anniversary
- April 7 Board Meeting
- April 10 Jaysa Nesbitt's Birthday
- April 11 Salem Contractors Exchange Awards Banquet
- April 15 General Meeting Career Bag Assembly -Salem Htg
- April 30 Nancy Lingle's Anniversary
- April 30-May 2 Forum Anchorage AK
- May NAWIC Appreciation Night
- June Election of Officers
- July-August Tours? Picnics?

Sept 2-5 AMEC 2015 Nashville TN

You never know when what your doing is making a difference...I went to a small business meeting the other day and the host after learning who I was went on and on about the Health Insurance Association and what a great idea it was and how its is benefiting so many people. Feed back is a great way to find out that what your doing is making a difference in your company and for others around you!

Kay Evans

# Salem NAWIC Chapter #198

## January General Meeting

**Kim Thatcher, State Senator**

will be speaking about  
upcoming legislation and its  
effect on the construction  
industry.



**Kim Leighty,**

**Salem Chamber of Commerce**

Will be speaking about the  
advantages of being a member of  
the Salem Chamber of Commerce

Dinner will be from Ramenichiban: Teriyaki Chicken

January 21, 2015 at Salem Contractors Exchange

2256 Judson St, Salem OR

Social 5:30 PM and Dinner/Meeting 6:00PM

\$20.00 for Members and repeat visitors.

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

# December Meeting Recap

# Bunko!

## January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b>	<b>2</b> Robin's Birthday	<b>3</b>
<b>4</b> Robin's Anniversary	<b>5</b>	<b>6</b> Board Meeting	<b>7</b>	<b>8</b> Nancy's Birthday	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Tricia's Birthday	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> General Meeting	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

## FOOD FOR THOUGHT

### 5-10 Unconventional Habits to Live Distraction-Less

The first 5 were in the December Newsletter

**6. Accept and accentuate your personal rhythms.** Discover the rhythms of your day to make the most of them. For example, I do my best creative work in the morning, afternoons work well for busy-work, and evenings are set aside for family—leaving late evenings for entertainment, rest, and guilt-free distraction. Accepting and understanding our natural rhythms to the day/week provides healthy motivation to remove distractions during our most productive parts of the day knowing there is opportunity later to indulge them

**7. Establish a healthy morning routine.** Henry Ward Beecher once said, *“The first hour is the rudder of the day.”* He was absolutely right. Begin your days on your terms apart from distraction. If possible, **wake first** in your household. Drink your coffee or tea or fix yourself a warm breakfast. Journal or read or just enjoy the silence. Develop a distraction-free morning routine. It will lay the foundation for a less-distracted day.

**8. Cancel cable / Unplug television.** It is difficult to argue against the distracting nature of our television. Researchers tell us the average American **watches 37-40 hours of television each week**. There is, of course, a solution to this madness: unplug your television completely. But if this step seems too drastic a stretch for your family, you’ll never regret the simple decision to cancel cable. Your calendar will thank you for the extra time available. Your wallet will thank you for the extra dollars. And you’ll quickly wonder why you didn’t do it sooner.

**9. Keep a to-do list.** One of the most helpful and practical pieces of advice I ever received about keeping focus is the simple solution of keeping a to-do list handy and current. No matter how hard you try to manage yourself, new responsibilities and opportunities will surface in your mind from internal and external sources. The opportunity to quickly write down the task allows it to be quickly discarded from your mind. I use **Clear** as a simple, easy-to-use opportunity list.

**10. Care less what other people think.** The value of your life is not measured by the number of likes your Facebook post receives or the number of positive comments on your blog post. Please understand, there is great value in humbly seeking opinion and appreciating the wise counsel of those who love you. But there is no value in wasting mental energy over the **negative criticism** of those who only value their own self-interests. Learn to recognize the difference. And stop living distracted over the opinion of people who don’t matter.

# 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.