

July 2021

Volume 7, Issue 3

Communications Team

- Cindy Lynk
- Deanna Saragosa
- Pat Kelly

Member Spotlight by Deanna Saragosa



#DJs50thYear

In 2019 I started thinking about my 50th birthday coming up in 2021. Being a single gal, I decided to start planning my own party. I had planned to rent a private suite at Target Field in Minneapolis and invite family and friends to come celebrate and watch a Twins baseball game with me. But then 2020 happened and with all the uncertainty I had to change my plans.

At first, I was going to not turn 50 in 2021 and instead turn 50 in 2022. Which sounded great to me! But I decided I can't deny my 50th because 50 is denied to so many. Age is a privilege, not a right. I

ultimately decided that if I couldn't bring family and friends to me to watch baseball, I would go to them! And in March, I embarked on an MLB stadium tour.

Players of the game: My son Jordan who works at the airport and gets me Delta flight benefits. My travel buddies are my daughter Casey, and my friend T, who also has flight benefits, who I'll refer to as the Yankee Fan. Family and friends around the country. My MLB Passport book that has all 30 MLB stadiums and each stadium has their own passport stamp. And of course, me, a lifelong Dodger fan.

The warm up: March 27th was my first trip. Casey and I went to Arizona to watch Angels vs. Padres in spring training. We visited cousins I haven't seen for decades! We took a plane ride in my cousin's plane and Casey even took the yoke and flew us around Phoenix. We went 4-wheeling in the desert and relaxed by her pool and watched March Madness on TV.

Leading off: April 2nd was my 50th! Casey and I drove to Denver to watch the home opening series, Rockies vs. Dodgers. It was the first-time baseball fans were allowed back into the stadium and the energy with fans were high! We saw the games get

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Kudo's to the Fargo Office Staff

The Fargo Office staff chipped in for a United Way of Cass-Clay *Home for Good Basket*. The baskets are given to individuals and families that are transitioning out of homelessness. The baskets contain much needed personal and household essentials that

make a family's place feel like home; safe and stable.

Read about Sharla and her family after receiving a *home for good basket* of hope.

[United Way Cass-Clay](#)



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Special Points of Interest

- Joe Hall will be presenting on Service Dog Facts for our July Lunch n' Learn. Join us July 15th at noon via Teams.
- ND IAWP's fall conference will be held at the Comfort Inn in Bismarck on September 16 & 17. More information coming soon.



Break time and reading rejuvenates your mind; so take a break, and read *The Pulse* today!

President's Coffee Chat by Brenda Cornell

I hope everyone is enjoying their summer.

It is actually nice to be able to go some place again. With that in mind, we are moving forward in planning an IAWP in-person conference in Bismarck on September 16 & 17. We will keep you posted as we determine the details.

I recently attended the Back to the 50's Car Show in Falcon Heights, MN (State Fair Grounds). It was great to catch up with some friends that we have not seen for a couple of years and enjoyed beautiful weather. There were 10,631 cars registered

for the event. Must be "64 and older. The fairgrounds are packed with gorgeous cars.



Keep in mind we have volunteer opportunities available within our membership and are still looking to get our members engaged. Our annual meeting will be held at the end of the conference, so plan on attending. Hope to see you there.

5 Ways to Practice the Art of Positivity

Diana Reid | Power of Positivity | January 22, 2014

It can be laborious for me to stay positive at times, especially when things take a slight turn away from how we imagine our plans should turn out. But what really matters is staying positive most of the time, not letting the fears of what 'might' happen control you into getting worked up and stressed out. Incorporating positivity into your life has many benefits some you probably didn't even know about!

For me when I was younger (late teens, early twenties) you could say I was a positive thinking person to the point where people used to ask me whenever a crisis occurred, what are you going to do? Aren't you worried?

I always stayed positive and knew the outcome would be ok, but as I got older this wasn't the case with more responsibilities to take on at

work and home and becoming uncertain about my future my fears took over leaving me not knowing what to do until I remembered how I used to deal with this kind of circumstances.

[Read the full article here.](#)

"The first hour of the morning is the rudder of the day." ~ Henry Ward Beecher

The Most Beautiful Small Towns in Every State

Hadley Mendelsohn, Brie Dyas, Dara Ladd | Town & Country | June 16, 2021

Congratulations to the residents of Garrison for being recognized as one of the most beautiful small towns in this country.

Garrison comes to life in the summer, when anglers and their families make their trips to enjoy the "Walleye Capital of the



World." Life here is all about simple pleasures: Fishing, movies at the charming KOTA theater. But, the town dazzles in the winter — Garrison's the official "Christmas Capital of North Dakota." The most magical event is the annual [Dickens Village Festival](#), when

entire town turns into a Victorian community right out of a Dickens work. Read about the other beautiful small towns [here](#).

It's Not (Completely) What You Think: Five "New Age" Management Techniques

Posted on 06/01/2021 by Laura Stack | theproductivitypro.com

"To thrive in this new age of hyper-change and growing uncertainty, it is now imperative to learn a new competency - how to accurately anticipate the future." - Dan Burrus, author, business advisor, and futurist

When many people hear the term "New Age," we think of crystals, magic mushrooms, and alternative spirituality. But when applied to business practices, the term takes on a different meaning. Oh, there's some of the esoteric in New Age business; but as it typically does, the business community has extracted only what seems to work. It's more of a New Age of productivity than a new type of

lifestyle. Practitioners of New Age management techniques have chosen logical practices for treating their human resources as, well, more *human*. Let's take a look at a few, starting with the obvious.

Meditation. Many Westerners have misguided ideas about meditation. Stripped of mysticism, it's simply a way to relax and clear your mind - a welcome exercise for a desk-bound worker. This allows you better access to the creative and subconscious parts of your mind. If you come up with a new idea or insight during the process,

that's a bonus - and you may end up with more dividends than you expect. It worked for Henry Ford's famous idea man, whom Ford's efficiency expert disapproved of until Ford pointed out that the man's ideas had saved him millions. I won't teach you how to meditate here; you can find hundreds of resources that do so on the Internet, depending on your intention (it's not just all about not thinking). When I first tried deep breathing for meditation, I couldn't stop my mind from going over my to-do list, so now I pray instead to keep my mind focused.

[Read the full article here.](#)

June Quarterly Gift Card Winners

Congratulations to Carol Yantzer and Marlys Morgenstern. They were our two lucky quarterly \$25 gift card winners. Carol chose to support Real Deals in Bismarck and Marlys chose Tellmann's Market in New Salem.

The quarterly drawing was conceived as a way to support our members and our local businesses; no big box stores. With

input from the members, we compiled a list of local businesses in each of the communities that our members reside. Winners are then provided the list for their community and get to select the business that they want to support.

The businesses that we have purchased gift cards from have been very appreciative of our chapter's support for

the small businesses in our state. As a workforce development organization it is very important to support both the employees and employers.



Retiree Corner by Merlin Beto, Retiree from Wahpeton CSO

The following information is taken from *The Complete Guide to Roth IRA's*. I found these facts to be interesting and wanted to share.

While it seems that every week a new study or survey is released that emphasizes how woefully unprepared Americans are, other research suggests that the retirement outlook may not be as bleak as it seems - both in Americans' attitudes and in the action they're taking.

Here are some fun facts:

- Six out of 10 workers say they feel confident or somewhat confident about being able to enjoy the kind of retirement they want.
- 57% of workers say saving for retirement is their top financial priority.
- 62% of workers expect their standard of living to stay the same or increase in retirement.
- More than one-third of households owned an individual retirement account (IRA) in 2019.
- Of the households that made contributions to an IRA, 43% contributed to traditional IRAs, while 44% contributed to Roth IRAs, and 13% contributed to more than one type of IRA.

#DJs50thYear

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delayed due to a cat running onto the field and water delay due to the water fountain behind center field getting turned on.

Rounding 1st: In May, the Yankee fan and I went to Arlington, Texas to watch Rangers vs. Yankees. We took a behind the scenes tour of the Ranger stadium and Dallas Cowboy stadium. It rained most of the time we were there so there wasn't much else.

The next weekend I met up with a lifelong friend and we went to watch San Francisco Giants vs. Dodgers. It was great catching up with her in person. We went off-roading in the mountains and relaxed by her pool. Oracle Park is, and probably will remain, the best view! I purposely bought nosebleed seats so we could see the bay on a gorgeous afternoon. From there I flew solo back to Texas but this time to Houston to watch the Astros vs. Dodgers.

Rounding 2nd: In June, the Yankee fan and I went to Georgia on a Sunday to watch the Braves vs. Dodgers. Atlanta probably had the best outside stadium fun with a plaza surrounding the park with sports bars,

restaurants, and playgrounds for the kids. Monday, we flew to Pittsburgh vs. Dodgers. Pittsburgh was surprisingly a gorgeous city. A large city but with a small-town feel. From Pittsburgh we flew to Minneapolis on Wednesday to watch Twins vs. Yankees.

Later in June, I went to San Diego for a Padres vs. Dodgers game. I stayed with my cousin and enjoyed the beach, visiting and relaxing by her pool. That was my first time watching a sold-out game. The rivalry is hot! The big highlight was she surprised me by having Petco Park display a banner that read "Happy 50th birthday Deanna Saragosa #DJs50thYear". This hashtag is what I have been using on Facebook when posting pictures about my year. You can go to Facebook and search #DJs50thYear to see more pictures!

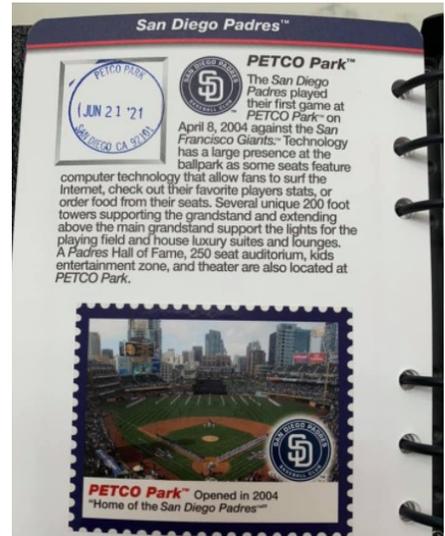
Next up: Follow the Dodgers away schedule and I'll most likely be there, a couple more Yankee games and I must get to my beloved Dodger Stadium!



On my 50th birthday in Denver, CO 4/2/21



Oracle Park San Francisco, CA 5/22/21



MLB Passport Stamp San Diego, CA 6/21/21

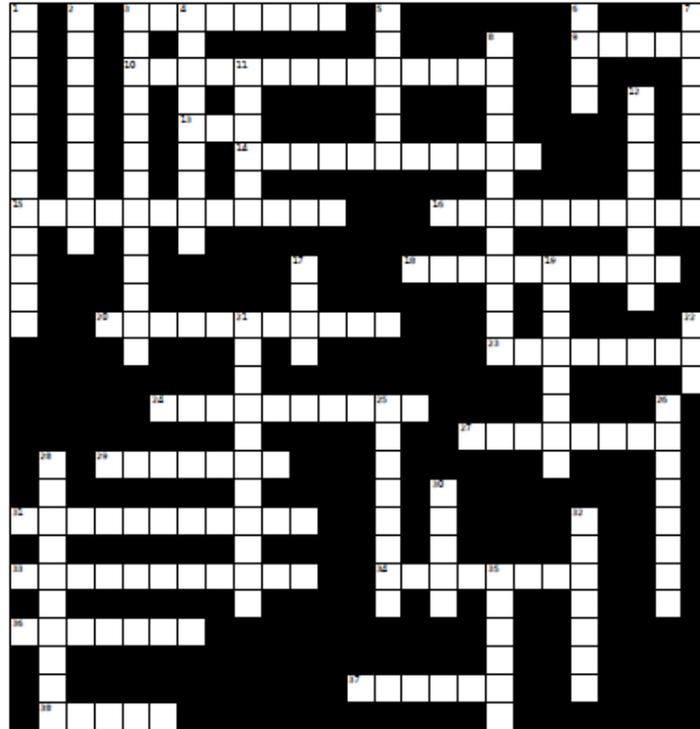
June 24th was National Work from Home Day. Cindy Balsano, in UI, created this fun crossword puzzle for an activity in the central office and I thought I would share it with you. Enjoy!



National Work From Home Day Crossword Puzzle



Brought to you by EAT at Job Service, Bismarck, ND



ACROSS

- 3 Vast computer network, people search this often
- 9 System of sending messages, phishing may occur
- 10 Business meeting type uses TEAMS
- 13 Writing device uses ink
- 14 Providing equal access to participation, involvement
- 15 Self-government, freedom
- 16 Electrical device for listening that goes over or in the ears
- 18 Two words, time when you stop working to eat OR clean, exercise, walk the dog, etc.
- 20 The natural world, doing my part saving it with less emissions
- 23 Plan for carrying out a process, more flexible at home and can be ahead of it
- 24 Human engineering involving placement of work items
- 27 Type of fuel, save on this while working remotely
- 29 Travel distance between work and home, currently zero
- 31 Action of carrying out an action, task or function; most jobs have yearly reviews on this
- 33 Two words, small adhesive pieces of paper, most often all over computer screens
- 34 Physical activity, training to improve health
- 36 Harmony of design and proportion, as in better work-life
- 37 Room, space or building where business is conducted
- 38 Natural sweetener used in coffee, tea and sweets



DOWN

- 1 The state of producing something, studies prove improved working from home
- 2 Secret words or phrases to gain access to something, have to change them for security
- 3 Stops the continuous progress off, fewer of these
- 4 Apparatus for transmission of sound or speech
- 5 Mental or emotional strain, less of this with no traffic or rushing around
- 6 Furniture that provides a writing surface
- 7 Comfortable slip-on footwear generally worn at home
- 8 Two words, enables use of computer by means of network connection
- 11 Can be heard in the background of a call wanting to be "let outside"
- 12 Registers the days and months, usually 12 months
- 17 Indefinite continued progress of existence, flies by
- 19 Lavatory, restroom, and completely private at home
- 21 Circumstances that make it possible to do something, comes knocking
- 22 Leafy drink, alternative to coffee
- 25 Programmable electronic device used for data
- 26 Set of keys arranged in tiers for typing
- 28 Comfortable garment usually worn on legs and has drawstring
- 30 Humorous images that are spread by the internet, these keep coworkers laughing
- 32 Act of coming together for a conference, don't forget to mute your mic
- 35 Bean beverage, provides much needed caffeine boost



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Member Benefits At-A-Glance

- ◆ Conferences
- ◆ Education
- ◆ Networking
- ◆ Professional Development/Recognition
- ◆ Publications/Newsletters
- ◆ Learning Tree (funds for training and personal or professional development)

Board of Directors

- Brenda Cornell, President
- VACANT, President-elect
- Cindy Lynk, Treasurer (temp)
- Cindy Lynk, Exec Secretary
- Barry Glum, West Area Representative
- Becky Lankow, East Area Representative
- Elaine Wentz, Central Representative
- Merlin Beto, Retiree Representative
- Nathan Kimball, Webmaster
- VACANT, Past President

Our Mission

The North Dakota Chapter of the International Association of Workforce Professionals (IAWP) is dedicated to providing networking and professional development opportunities for members to seek solutions to workforce issues.

Our Vision

To provide educational and training opportunities for our membership, to enhance the workforce development profession and to ensure the success of our respective agencies/organizations.

\$\$ Learning Tree Funds Available \$\$

The learning tree committee has funds available for educational and professional development. Remember, educational funds are available to members and their families. Applications are available on our website



<http://www.iawpnd.com/learning-tree.html>

Committees

Communications:

Cindy Lynk, Deanna Saragosa, Pat Kelly

Conference:

Barry Glum, Chad Howard, Brenda Cornell

Membership:

Tammy Barstad, Dusty Hillebrand

Retirement:

Merlin Beto

Learning Tree:

Elaine Wentz, Mary Houdek, Nathan Kimball

Training:

Becky Lankow, Marlys Morgenstern,
Danica Chaput