

January 2022

Volume 8, Issue 1

Communications Team

- Cindy Lynk
- Deanna Saragosa
- Pat Kelly

Member Spotlight by Deanna Saragosa



Carla Beehler is our IAWP Member Spotlight this quarter. Carla has been with IAWP for as long as she has been with Job Service, 38 years! She is the head of Applicant Services and she is the WIOA lead.

Carla and her husband Brad have been married almost 34 years. They have three kids, Josh, Jon, and Courtney and two grandkids, Jonah and Rory. Josh is an accountant and a newlywed. Jon is a financial advisor and is married with two kids. Their daughter, Courtney is an administrative assistant. They

have a dog, Bailey who is a 14-year old beagle.

Carla and her husband enjoy traveling all around the U.S. They like spending time at their timeshare in Florida. Brad is an attorney and travels all around the U.S. for work and Carla likes to join him any chance she gets. They love exploring the cities, visiting museums, and learning about the history. They are both avid UND Fighting Hawk fans and take full advantage of their season tickets for basketball, football,

and of course hockey!

When Carla has extra time, she likes to read murder mystery books like James Patterson, she likes to bead and make jewelry and also work on crafting projects using her Cricut.

Workforce Professional Development Program Jason Sutheimer

If anyone knows me well, they know I am a life-long learner and enjoy learning about almost anything and everything. One such learning opportunity which has been talked about numerous times has been the IAWP Workforce Professional Development Program (WPDP). In reviewing the

WPDP I saw the program had 4 courses which included the History of the Workforce Systems, Labor Market Information, Business and Job Seekers, and Unemployment Insurance. Each of these courses had 4 units which needed to be completed. When considering this as a potential learning option, I

was very skeptical of what the program would cover, what I could learn knowing we just completed the job analysis project, and how beneficial it would be to the work required of me on a daily basis. I was also cautious about the commitment knowing I already have a busy schedule

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Special Points of Interest

- Congratulations to Jason Sutheimer. He has successfully completed the IAWP Workforce Professional Development Program.
- Congratulations to Carla Beehler and Deanna Saragosa. They were our quarterly \$25 gift card winners.



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

President's Coffee Chat by Jason Sutheimer

Dear ND IAWP Members:

I am honored to serve as the 2022 ND IAWP President and hope you will join me in the work ahead as we promote membership and workforce development opportunities throughout the State. I want to thank 2020 & 2021 board members who lead and sustained this organization during a period of uncertainty. Their extensive contributions to IAWP should be recognized by everyone. These members include:

- President– Brenda Cornell
- Past President – Tammy Barstad
- Secretary –Cindy Lynk
- Treasurer – Tammy Barstad
- Webmaster – Nathan Kimball
- West Area Regional Representative– Barry Glum

- Central Area Regional Representative – Elaine Wentz
- East Area Regional Representative – Becky Lankow
- Retiree Representative – Merlin Beto

As we transition with the 2022 board, I hope we can continue the work these individuals have done to make IAWP a successful and recognized organization throughout Job Service and North Dakota. I look forward to working with the 2022 board which includes the following members:

- President Elect – Chad Howard
- Past President – Brenda Cornell
- Secretary –Cindy Lynk
- Treasurer – DJ Saragosa
- Webmaster – Nathan Kimball
- West Area Regional Representative – Susan Ogurek

- Central Area Regional Representative – Lena Trondson
- East Area Regional Representative – Becky Lankow
- Retiree Representative – Barry Glum

Looking at this list, I am excited to see the amazing individuals who so graciously volunteered their time and talents to this amazing organization. I hope you share this excitement and will reach out to these board members with questions and ideas so we can continue to promote activities and opportunities to benefit all of our members.

Sincerely,
Jason Sutheimer, SPHR, SHRM-SCP
ND IAWP President

Message from the Outgoing President By Brenda Cornell

Happy Holidays to all!

2021 saw many changes and I am sure 2022 will not disappoint. We were able to hold our 2021 IAWP Conference in person this year and hope we can continue. We have welcomed several new members to our organization and hope that trend continues also.

We have had excellent member involvement this year. I believe it was the first year in several that we had a full ballot for our election. We welcome new officers in January. I will be moving to

Past-President and welcome Jason Sutheimer to the President position and Chad Howard to President-elect. We will be in great hands with their future leadership.

I want to give a shout out to Bryan Klipfel, as he supported our organization during his tenure. Thank you, Bryan. We will miss you, but totally understand your moving to be the Executive Director of only *one* organization. We will miss you.

I hope each of you have a wonderful holiday season and can spend some time with family and friends. Take some time and relax and enjoy the season.

Welcome Jason Sutheimer to the President position and Chad Howard to President-elect.

Breath Mastery

Breathmastery.com | Blog | 2021-12-04

Stress around the holidays and just dealing with change and/or our busy lifestyles can be difficult. The book Just Breathe written by Dan Brule and his podcasts offer an excellent resource to overcome those challenges and moving forward. ~ Amy Bosch

Breath Mastery Blog 12/4/21

[Developing Awareness and Aligning with Nature](#) by Breath Mastery Admin

I love it when people tell me that their breath changes whenever they put their attention on it.

For most people, when they put their attention on the breath, in that moment their breath behaves differently. This is normal, and it proves that you are human!

All great teachers have said that our deepest work is on the level of consciousness, and breathwork is a perfect way to awaken, deepen, refine, purify, and expand our consciousness. Our normal everyday mode of consciousness disturbs our nature. And so we need to develop a different quality of awareness.

Another good source: [Wellness Force](#)

When we put our attention on the breath, it reacts to us.

December Quarterly Gift Card Winners

Congratulations to Carla Beehler and Deanna Saragosa. They were our two lucky quarterly \$25 gift card winners. Carla chose to support Widman's Candy Shop in Grand Forks and Deanna chose Dunn Brother's Coffee in Bismarck.

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

First and foremost, I want to say, "it's been an honor to represent the retired members of our IAWP chapter." It has been a pleasure serving on the Board with such a dedicated group of individuals. I am grateful to have had this opportunity! Thanks, too, goes out to Barry for agreeing to remain on the Board as our Retiree Rep.

Sitting here, thinking about what to write, I found myself reminiscing about the first "IAPES" conference I attended...in 1991! Since then, I have made so many lasting friendships. It's those friendships that inspired me to continue my membership for 30 years. I hope all of you have the opportunity to one day run for Retiree Rep of the IAWP ND Chapter.



New Member Welcome

Please welcome Samantha Harrison as our new IAWP member this quarter. Sam is from Fort Worth, Texas. After earning her degree in public health a couple of years ago, she moved to North Dakota to begin working in the Department of Health for emergency medical services for children. On December 15th she began

working for Job Service and joined IAWP the same day. Sam works in the Central Office for workforce programs. Sam has two German Shepherds named Martha and Einstein.

Welcome Sam!



IAWP Calendar of Events 2022

January

Winter Social Event	Bingo Social Event - date to be announced	\$10 for each winner and \$25 for Blackout winner (Bingo)
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February

Brown Bag Lunch n' Learn	Speaker, topic and date to be announced	
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March

Spring Fun Giveaway	Prize drawing - Two lucky winners will have their name drawn for a prize	2 @ \$25/each
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April

Spring Social Event	Social Event to be announced	One \$25 winner from game participants
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May

Brown Bag Lunch n' Learn	Speaker, topic and date to be announced	
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June

Summer Fun Giveaway	Prize drawing - Two lucky winners will have their name drawn for a prize	2 @ \$25/each
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Commerce Begins Project to Make North Dakota a National Leader

Posted on 11/29/21 | www.workforce.nd.gov

Commerce begins project to make North Dakota a national leader in talent attraction innovation and action

The North Dakota Department of Commerce recently completed a tour across North Dakota with representatives from RoleCall, a talent consultation company, to kick off a statewide talent attraction project.

Commerce partnered with RoleCall to address the state's workforce needs by assisting in making North Dakota a national leader in talent attraction innovation and action. The partnership

and project strategy are an anomaly among the many other ways states have approached talent attraction.

“As of October 2021, North Dakota's unemployment rate is 2.3% with over 30,000 open jobs,” Commerce Workforce Director Katie Ralston said. “We know that even after everyone who is currently unemployed starts working again, we will still have thousands of jobs available. Using RoleCall to build infrastructure behind the scenes to make sure that prospective talent has a ‘Path to Yes’ is vital to helping North Dakota grow and prosper.”

Read the entire release [here](#).

For more information on RoleCall visit their website [here](#).

Great cities need great people.

Workforce Professional Development Program *continued*

Jason Sutheimer

(Continued from page 1)

with work, teaching, and children. Therefore, I wasn't even sure how I'd get through the program, given each module required reading a study guide and taking a test. However, I decided to jump in feet first and made the commitment to get this accomplished with the help of the ND IAWP Learning Tree funding. (Thank you by the way!! If you don't know about the Learning Tree funding, please feel free to ask one of our board members.)

Upon starting the 1st WPDP module, I

realized the benefit of the program immediately. The module started with a historical review of workforce development as we know it today. This review started in the 1400s in Nuremberg, Germany and continued to cover the programs we currently operate today at JSND. Having this history along with an in-depth description of why programs were developed, what was the intent of the programs, and how each of these programs operate has been very beneficial in understanding what and why we do things the way we do at JSND. Being I probably have had more

exposure to our operations than most employees, I was still impressed with the information I learned through the program. I also found that each module took just under 2 hours to complete (noting that I'm a very slow reader). So, the time requirement wasn't too extensive.

Given the time commitment and the length of the program, I would encourage anyone to apply for and take advantage of this great learning opportunity provided by IAWP. I know you will be surprised by how much you learn!!

Kudo's to the Central Office Staff

In conjunction with the COSE hat, mitten and scarf drive, the central office staff held a collection of hats, mittens, and scarves as well as food for the Community Action Agency. They managed to fill four large boxes of food and three boxes of winter gear.

The UI Admin and Records Management staff displayed a “giving tree” and collected gifts for Carrie's Kids. Staff had the option of taking a paper ornament to fill a specific gift request or could bring in gender neutral sweatshirts, hygiene kits, or gift cards to Manga Books or Barnes and Noble. In

all, 45 kids received Christmas gifts they wouldn't have received otherwise.

The generosity of JSND staff is always amazing.

Thank you!!



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We're on the Web!
iawpnd.com

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

- Jason Sutheimer, President
- Chad Howard, President-elect
- Deanna Saragosa, Treasurer
- Cindy Lynk, Exec Secretary
- Susan Ogurek, West Area Representative
- Becky Lankow, East Area Representative
- Lena Trondson, Central Representative
- Barry Glum, Retiree Representative
- Nathan Kimball, Webmaster
- Brenda Cornell, 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:

Barry Glum

Learning Tree:

Susan Ogurek, Elaine Wentz, Mary Houdek,
Nathan Kimball

Training:

Becky Lankow, Marlys Morgenstern,
Danica Chaput, Susan Ogurek