

January 2023

Volume 9, Issue 1

Communications Team

- Cindy Lynk
- Deanna Saragosa
- Pat Kelly

## Member Spotlight by Deanna Saragosa



Our member spotlight this quarter is Becky Aman. This is Becky's first year with IAWP. She attended the annual conference which she describes as extremely valuable, and she wishes her entire team could have attended. She was happy to share a lot of what she learned during her team meetings. Becky started with Job Service as an UI Support Services Manager in October of 2020.

In November Becky and her staff participated in the Missouri Valley Walk a Mile in my Shoes. Her and her staff met at United Way Emergency Shelter and walked for a mile, met new people and

collaborated with the community on how they can better serve the homeless and the Emergency shelter. "What an eye opener" she said. Previously she held jobs with Lowes as a Secret Shopper and Fabricators Unlimited as a customer rep.

Becky loves to play competitive softball in the summer where she plays 3<sup>rd</sup> base in the upper division. In the winter she also plays competitive volleyball. She loves to read and go to the movies. She likes to participate in 5k's and the Medieval Rush.

Becky and her significant other, Josh, have 1 daughter, Katie who recently turned 9 years old. Katie is in the Girl Scouts and Becky enjoys being involved with her. They like to spend a lot of time outdoors. Becky and her family like to camp, boat and hike. They recently added a new member to their family. A charcoal Labrador puppy named Misty!

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### Special Points of Interest

- Looking for committee members for 2023. If you are interested in serving on a committee, please contact a board member.

## Member Recruitment Underway

Thanks to Mike Deisz, former JSND Executive Director and longtime IAWP member, we have a complimentary 2023 membership to give away. New members are asked to have their applications in by February 6, 2023 and one lucky person will receive their first year free. Applications can be sent to Cindy Lynk, Chad

Howard or Jason Sutheimer. Now is the time to talk up the benefits of being an IAWP member and encourage your non-member co-workers to join. Since President Howard sent the information to all JSND staff, we have three new members already. Please join me in welcoming:

- Jaime Lawler - Central Office
- Funwi Basil Nebane - Fargo
- Catherine Bauer - Williston





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

## President's Coffee Chat by Chad Howard

As we surpass joyous holidays, I look forward to serving in the new year as President of the North Dakota Chapter of the International Association of Workforce Professionals. My goals for NDIAWP are to strengthen program numbers. This includes new membership growth, increased finances through expanded fundraising campaigns, and extra learning and volunteering opportunities.

I have enjoyed serving as Board Member and Conference Planning Committee Member since joining JSND in the Operations Department over two years ago. I see this position of President as expanding my leadership role in the ND Chapter of IAWP.

Thank you to all the current and retired members of NDIAWP for your continued support and participation and to all those considering joining NDIAWP, we would welcome you with open arms.



## Past-President's Message by Jason Sutheimer

Happy Holidays to you and yours!!

As we move towards the end of 2022 it's once again time to reflect where we have been and look forward to where the upcoming year will take us. When reflecting on 2022, I am reminded of all the amazing things this organization does for our members. For such a minimal fee we have been able to provide multiple learning opportunities such as brown bag lunches and paying for each member's

national dues, conducted fun activities for members monthly, and provided a fantastic fall conference for members.

These things are not easy to plan and without our amazing board we would not be able to do these activities. Therefore, I cannot stress enough how amazing the individuals who are involved in leading this organization are on a daily basis. They have made my year as President memorable, and I cannot thank these

individuals enough for an amazing experience. In addition, I want to thank you as a member of this organization. Without you, this organization is not sustainable.

Although I am moving into a new role as Past President, I have excitement for the future as I know Chad and Shenille will continue our past success and will work tirelessly with you to ensure the future success of ND IAWP.

## Creating a Culture of Support and Well-being Mental Health America

With Walgreens' support, Mental Health America (MHA) created its first-ever Workplace Mental Health Toolkit: Creating a Culture of Support and Well-being to help organizations develop the foundation for a mentally healthy workplace. The toolkit also prepares employers for MHA's Bell Seal for Workplace Mental Health 2023-23 application cycle, which is now open!

In this toolkit, employer leadership,

human resources, people managers, and workers can develop or improve upon existing workplace policies that uplift workers, ensure that they feel valued and heard, and improve the overall culture of well-being within an organization in the following ways:

- Cultivate supportive people managers
- Develop an employee-driven mental health strategy
- Build an impactful mental health

- employee resource group
- Provide and educate employees about benefits
- Provide support for a healthy life-work blend

[Download the Mental Health Workbook](#)

# Starting the New Year

by Deanna Saragosa

Happy New Year!

I'm not sure what kind of routines you have for the new year, for me, I have a couple. One is to go through ALL my paid subscriptions and really re-evaluate if I need them or not. App subscriptions such as fitness, games, audible, kindle prime. If I see something that I use all the time and love then I'll keep it, otherwise, I cancel. Even if it's something I use fairly regularly like audible and kindle prime but I have 5 physical books, 10 kindle books I haven't read yet, and I have 7 audio books I still haven't listened to. I know I can always re-subscribe anytime I want. I also go through my streaming entertainment subscriptions. Some are trial versions like HULU, Showtime or ESPN that I

only needed to access for a tv series I really wanted to watch or the baseball playoffs in hopes my Dodgers will win that title! Zap! gone. Amazing how those little \$7.99, \$12.99, \$4.99's add up! It's one of the things I love to declutter come the new year.

Another thing I like to do is back up my Facebook account. I don't post much on other social media sites so I don't know if there is a backup feature. I do post pictures of my travels and experiences on Facebook to share with family and friends and it also serves like a scrapbook for me. Yes, I do have all pictures backed up in three places (iCloud, Amazon photos, and my laptop) but there is something about the

actual post that means a lot to me and should I lose my account due to a hacker or other reasons, I have my backup. You can choose to backup whatever you'd like. Pictures, posts, FB friends, which year(s). I do it once a year but you can do it twice a year or even monthly. It just depends on your preference. Rather than post the steps here, I will give this link you can go to if you are interested. It also briefly touches on how to add security to prevent hackers.

<https://kellylaramore.com/2018/08/backup-your-facebook-account/>

**Remember to backup your accounts**

# Hashtags Aren't Just Fun Phrases

by Deanna Saragosa

Take advantage of hashtags when posting. For instance, I used #DJs50thYear when posting about the year I turned 50 in 2021. I set my security to public so you can check out how it works but usually it's set so only my FB friends can see.

In the Search Bar of Facebook, search #DJs50thYear and you'll see what I

mean. It's a fun way to organize certain things. I also have a hashtag #TheWorldAccordingToCasey, which is only for FB Friends to see. My daughter used to say such funny things and when I'd post them I'd use that hashtag. So now when I want to have a good laugh, I can type in the hashtag and there they are! It's good to get a little creative and

specific because if you use something like #GoodTimes, you'll get over 4 million hits. If you search #DJs50thYear, you'll get a lot of posts, but they are only things I've posted, or until someone named DJ turns 50 and decides to hashtag her 50th year.



## Retiree Corner

by Elaine Wentz, Retiree from Central Office

For those of you who do not know me, I am Elaine Wentz, your retiree representative on the IAWP Board. It is my "job" to be the liaison between the retirees and the organization. Please feel free to contact me anytime at [egwentz@bis.midco.net](mailto:egwentz@bis.midco.net). I'm usually

checking emails unless I get pulled into something consuming. This week I have been working with someone who may be a distant relative in the state of Washington. It's been quite a ride. You may find this trivia about me interesting: I write with my left hand and use a

scissor with my right hand; I shoot guns with my right hand and use a screwdriver with the left. Either I am ambidextrous or confused. Happy New Year!

# A Trip to Asheville, NC ~ in October 2022

By Becky Lankow

Nine years ago, I reconnected with 5 of my 'besties' from high school through the magic of Facebook. Our friendship started in kindergarten, where we learned all about life! We are now scattered from Granger, IN to Moorhead, MN with families and careers. In the last nine years we have toured Chicago, watched the eclipse in Stillwater drinking wine by the river, gambled in Minneapolis, browsed all the cool shops in Alexandria, and relaxed at the lake. It has been a blessing to share our friendships again.

This year we made our furthest trip to Asheville, NC. This was a totally new destination for me. Our biggest highlight was the tour of Biltmore Estate. Construction of George Vanderbilt's 250-room French Renaissance château began in 1889. Completed in 1895, the finished home contains more than four acres of floor space, including 35 bedrooms, 43 bathrooms, and 65 fireplaces.



It was amazing to see that in the late 1880's, the house was fully supplied with running water, bathrooms, electricity, and elevators. It has a bowling alley, swimming pool and workout room in the lower level, which also included living quarters for the many staff that were employed. Decorating for Christmas was happening when we were there mid-October with more than 100 decorated Christmas trees throughout the chateau. The beautiful gardens cover acres and include 250 varieties of roses. We also toured the Biltmore Winery which was established in 1985. We all did a 'sampling'!

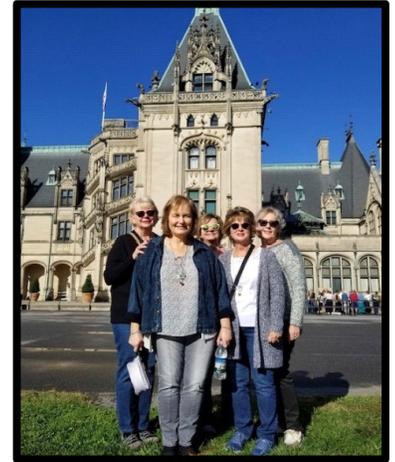


In 1898, George married Edith Stuyvesant Dresser in Paris. Cornelia – George and Edith's only child, was born in 1900. Cornelia and her husband, John Cecil opened the Biltmore Home to the public to generate income to preserve the estate in 1930.



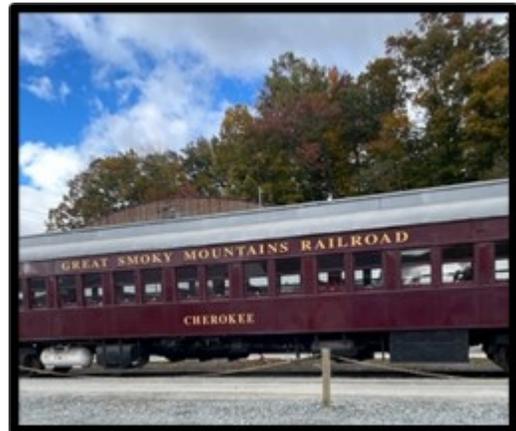
1963

Biltmore is officially nominated as a National Historic Landmark.



Another highlight was our drive on Blue Ridge Parkway. The autumn colors were glorious!

We also experienced a scenic tour out of Bryson City, NC on The Great Smokey Mountains Railroad. This ride took us to Dillsboro to enjoy a meal and shopping. We would have all enjoyed it more if we would have chosen the luxury trip that served dinner and beverages. It was rather chilly that day.



So, if you have been thinking about connecting with friends from your past, my advice is to "do it". We enjoy our time together to reminisce and catch up on all the years that have passed. But what I've found most amazing is the sense of trust we still have with each other. And after many years of being apart, to share our lives and that we all turned out pretty good! ❤️ Can't wait to start planning our next adventure!

*"Old friends remind me that loyalty really does exist!"*





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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)

## 2023 Board of Directors

- Chad Howard, President
- Shenille Lillejord, President-elect
- Erin Pringle, Treasurer
- Cindy Lynk, Exec Secretary
- Susan Ogurek, West Area Representative
- Becky Lankow, East Area Representative
- Lena Trondson, Central Representative
- Elaine Wentz, Retiree Representative
- Nathan Kimball, Webmaster
- Jason Sutheimer, 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>

## 2023 Committees

### Communications:

Cindy Lynk, Deanna Saragosa, Pat Kelly

### Conference:

### Membership:

Tammy Barstad, Dusty Hillebrand

### Retirement:

Elaine Wentz

### Learning Tree:

Susan Ogurek, Elaine Wentz, Mary Houdek,  
Nathan Kimball

### Training:

Becky Lankow, Mike Deisz, Susan Ogurek,  
Lena Trondson