Hoping this 4th of July brought some cherished time spent with loved ones on this day when in 1776, the Continental Congress of the thirteen colonies formally adopted the Declaration of Independence, which had been written largely by Thomas Jefferson. Though the vote for actual independence took place on July 2nd, from then on, the 4th became the day that was celebrated as the birth of American independence. Thought I would share just a few facts about our independent nation with you all.

We had a wonderful evening during our July 11th General Membership Meeting with Ms. Tinnah Medina, AIA, LEED, AP, Associate Vice President of Facilities Management at CSU Fresno. She shared with us some insight into the design and construction of the New Student Union at Fresno State, as well as future plans for the design and construction of a new Central Plant at the campus. It was exciting to hear how the campus is progressing within their major and minor capital projects for both new and renovations of existing facilities.

Please join us on Thursday, August 8th, for our August General Membership Meeting featuring Ms. Kerri Donis, Fire Chief of the Fresno Fire Department. Fire Chief Donis’ topic will be a focus on the promotion of women in this industry. If you would like to hear about this exciting program, please feel free to contact Yolanda Santos at www.nawicfresno.org to make your reservation for this evening.

Thank you,

Janelle Romo – President, Fresno Chapter 108
So, this is now August! Hope everyone celebrated Independence Day with family and friends. In our neighborhood, we got together with a BBQ, which included homemade ice cream during our fireworks celebration.

Carolyn (the Miss America without a crown) provided a docent tour of the Fresno Chaffee Zoo for Miss California contestants, that included them holding an Indigo Snake and Giraffe feeding.

Elena and Josie enjoyed Hamilton: An American Musical at the SHN Orpheum Theatre in San Francisco. Heard it is an awesome play! Will have to get the details from them.

Paula is busy since De Young Properties was selected as the builder of the HGTV’s reboot of Extreme Makeover: Home Edition for a deserving Fresno County family. It has been a while since they have visited our area – so stay tuned and we will have a front row seat!

Asha attended the Fresno County Women’s Chamber of Commerce monthly Member Connect gathering at La Boulangerie de France. Take a look at the beautiful flower on her shirt. It sure does brighten things up.

Streak Lightning Elena, congratulating Momma Louise’s first place age-group finish in the Christmas in July 5K run event at Christmas Tree Lane. Glad to see us all getting involved in community affairs.

Teri and John were vacationing in Spring Valley, the Gold Rush Loop, hoping to strike it rich. Not that they would even think about sharing with us – well, maybe they might if they found lots and lots of GOLD!

Today, I am recovering after having 9 Oakdale Water Polo players, 2 Oakdale coaches and a Master Water Polo player staying at our home last night. Guess I had forgotten how much food 15-16 year old boys can eat, how much energy they have (we had several 1 minute boxing matches in the front yard lit only by the street light and their phone lights), how they don’t like to go to bed until the wee small hours of the night, after getting up for a “midnight” snack, and how they don’t like to get up in the morning. It was an absolute blast though, to have them all at our home - I would not change it at all. They are headed to Orange County for the Water Polo Jr. Olympics which is being held Friday through Tuesday.

Hope you all have fun with the rest of your summer. Be careful, as schools are starting in August and the kids will be on the streets.
Chapter Members’ Activities
The importance of volunteering

BY HARVEY MACKAY

Albert Einstein believed that “only a life lived for others is worth living.” I believe that is one of his most significant observations. And I couldn’t agree more.

While most of us can’t pretend to compete with Einstein’s contributions to society, we all have the capacity to do some real good for others. My father counseled me that a full 25 percent of my time should be devoted to volunteering. I have worked hard to follow his advice.

So, here’s my occasional plug for the importance and benefits of volunteering your time and talents for whatever cause, organization, community or individual you choose. I am certain you can find a worthy opportunity.

First and foremost, you can make a difference. Your individual skills, your dedication, your determination — all are gifts that keep on giving if you share them. A nonprofit needs accounting help, a city garden would welcome an experienced weed-puller, a struggling student could use help with reading. There are plenty of ways to put your abilities to good use.

Sharing your strengths has a built-in benefit for you too: It’s a great way to enhance your current talents and master new skills. My friend volunteers to coach basketball for a team of 10-year-olds. She played the game throughout high school and college, and enjoys working with kids. They think it’s cool that she can shoot three-pointers.

“Guarding these little hotshots is a better workout than I get at the gym,” she jokes. And she claims she has improved her defensive skills by teaching the kids the proper way to guard someone without committing a foul.

Another offshoot of volunteering is the positive energy you spread and receive. Back to my basketball coach friend, the kids and parents are so grateful that she makes the time to work with them. She maintains that what she learns from the kids are valuable life lessons. Win-win all around.

Not everyone has the time or the desire to make a long-term volunteer commitment, but that doesn’t stop them from helping when they can. A number of local churches and companies in my city organize individuals and groups to pack nutritious meals for starving children around the world. It takes just a few hours, and can be a one-time event or a regularly scheduled time slot. Training is provided, so forget that excuse!

One of my favorite volunteer days occurs every December in Minnesota when I ring bells for the Salvation Army. Three hours of frigid fun — usually on one of the coldest days of the year — but when I hear about where the money goes, I get all warm and cozy. Try it sometime!

A musician friend plays his guitar at a memory care facility a couple times a month. In return, he has made many new friends, from residents to caregivers to family members.

“1 will never be good enough to be on a national tour,” he says, “but this audience makes me feel like Eric Clapton!”

Community events are often begging for help. What better way to network with your neighbors and local businesses than to lend a hand? I’ve made lifelong friends through my civic involvement — including several who became good customers! And for the record, I’ve done business with many people I would never have met otherwise.

While prospecting for business was not my goal when I signed up to volunteer, it was a pleasant result. As I worked with other volunteers, we developed friendships and trusting relationships that transferred over to our professional lives. And whom do you think I call for help when another volunteer opportunity arises?

If you are still unsure about getting involved in a volunteer effort, consider this. Studies show that there are benefits to your physical and mental health, as well as your self-esteem. It’s good for your brain to explore new activities and challenges. Doing for others can change your perspective and open up new ways of approaching problems.

Bottom line: Volunteering presents opportunities to showcase your talents, meet new people, master new skills, spread joy and have fun, all while making a difference in other people’s lives.

If there’s one lesson I’ve learned through my volunteer life, it is that I should expect nothing in return. When I do something for another person or organization, I do it because I can. And that makes me the luckiest person in the world.

Mackay’s moral:
When you help someone else, you also help yourself.

Harvey Mackay is the author of the New York Times best-seller “Swim With the Sharks Without Being Eaten Alive.” He can be reached through his website, www.harveymackay.com, by emailing harvey@mackay.com or by writing him at Mackay Mitchell Envelope Co., 2100 Elm St. SE, Minneapolis, MN 55414.

Q1 — Don’t be so quick to change your doorknobs to brushed nickel, etc., as a certain type of doorknob disinfects themselves. It’s called the oligodynamic effect: the ions in the metal have a toxic effect on spores, fungi, viruses and other germs.

What is the type of doorknob? (Answer on Page 10)

Q2 — Before central heating existed, parties were held as a way to get firewood from neighbors. Guests brought fire wood for fireplaces as a gift.

What were the parties called (Answer on Page 10)
Committees

Audit: Pauline McIntosh, CCA, CIT, Carolyn Mooradian, CCA, CIT & Deanna Spencer
Block Kids: Pat Krueger, Eileen Martin, Jamie Ohanesian, Donna Marie Shepherd & Deanna Spencer
Bylaws: Marilyn Camin, CIT & Deanna Spencer
CAD Competition: TBD
Christmas Party: Pauline McIntosh CCA, CIT, Carolyn Mooradian, CCA, CIT, Pat Krueger & Eileen Martin
Committee Coordinator: Donna Marie Shepherd
Corporate Sponsors: Donna Marie Shepherd
Finance/Budget: Janelle Romo, Marilyn Camin, CIT, Carolyn Mooradian, CCA, CIT & Donna Marie Shepherd
Flower/Poinsettia Sales: Pauline McIntosh CCA, CIT, Carolyn Mooradian, CCA, CIT & Pat Krueger
Industry Liaison: Janelle Romo
Innovation: TBD
Member/Future Leader of the Year: Janelle Romo, Pat Krueger, Donna Marie Shepherd, Teri Sherron & Caryn Wiser
Membership: Donna Marie Shepherd
Membership Roster & Handbook: Carolyn Mooradian, CCA, CIT
Mentoring: Janelle Romo
Newsletter: Pauline McIntosh, CCA, CIT
Nominating: Yolanda Santos, Teri Sherron & Deanna Spencer
PNW Fall Conference: Teri Sherron, Marilyn Camin, CIT, Pauline McIntosh, CCA, CIT, Carolyn Mooradian, CCA, CIT, Janelle Romo, Donna Marie Shepherd & Deanna Spencer
Professional Development & Education (PD&E)/Speakers: TBD
Recognition Dinner: Elena Nuño & Janelle Romo
Reservations: Yolanda Santos
Safety & Health: TBD
Scholarship: Marilyn Camin, CIT
Social Media, PR & Marketing: Elena Nuño & Janelle Romo
Spring Luncheon: Donna Marie Shepherd, Jamie Ohanesian & Caryn Wiser
Sunshine: Carolyn Mooradian, CCA, CIT
Website: Elena Nuño
WIC Week: Janelle Romo & Donna Marie Shepherd

Please contact committee chairs if you are interested in joining any of these committees.

Chapter Plan Ahead

Thu., August 8 — General Membership Meeting
Speaker: Kerri L. Donis, Fire Chief
Overview of the City of Fresno Fire Department.

Wed., August 21 - Sat., August 24 — 2019 Annual Conference
Atlanta, GA ~ Marriott Marquis
More details to follow.

Thu., September 12 — General Membership Meeting
Program: Installation of 2019-2020 Board of Directors

Fri., October 25 - Sat., October 26 — PNW Fall Conference 2019
Reno, NV ~ Eldorado Hotel
More details to follow.

YouTube Video Links

SAVE THE DATE

2019 PACIFIC NORTHWEST REGION ANNUAL FALL CONFERENCE

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Chapter News
Please send all articles and content recommendations to Pauline McIntosh by the 20th of each month.

Pub Quiz Answer
A1 — Brass Doorknobs
A2 — Housewarming Parties