

NAPM-Utah Good News

Summer Social: June 17th 2006, contact Steve Cherecwich

Satellite Seminar:

The next Satellite Seminar will be "Buying Travel, Energy and Other Services." Thursday, June 8th is the date. Mark your calendars to attend.

Election

I want to express my personal thanks to everyone who ran for office. For the past few years, NAPM-Utah did not have a full slate of candidates which was a disservice to its membership.

This year, however, the membership responded to the request for the candidates, and the ballot was full.

Congratulations to Patti Pittman-Past President, Jeff Palmer- President, Julia Tumanuvao-Vice President/President Elect, Marge Taylor-Secretary, Lynn Weight-Treasurer, and Board Members: Alan Anderson, Lee Childress, and Jerilyn Midthun

I want to thank my committee members Bert Holtfeltz, and John Carpenter, for their assistance in obtaining candidates, preparing the ballot, counting the ballots, and making sure that the election ran according to NAPM-Utah bylaws.

It is not an exaggeration to report that positions were decided by one vote.

I'm sure that the successful candidates will serve NAPM-Utah well. There are still a few vacancies in our committees, and anyone who wants to serve will be welcomed.

Lets all work together to make great things happen again for NAPM-Utah. We have been a premiere affiliate in the past, and we can again assume that leadership role.

Sincerely,

Cheryl Ransom

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Affiliated with:



**institute for
supply management**

President's Message

I would like to thank the members for their support. It has been my privilege to serve this organization for the past year.

I have been very impressed with the board members that I was able to work with. These people have served with determination and hard work, and they have the best interest in mind, of promoting our profession.

This year we were able to become financially stronger. We had a few more fund raiser. Thank-you members, for supporting our Vendor Fair, in conjunction with our March dinner meeting.

We are having our all-day seminar, "Lean Purchasing" this Friday, and while we hoped for a larger turn out, we did alright and made a little money on that also. The summer social will be tied in with our last fund raiser – our golf outing.

Our board members have worked hard to keep the roster current, to watch the budgets, and to find new ways to give exposure to other organizations and our community.

We will continue to be mindful of the changes in our chosen fields, and to provide meaningful tools and information. I have confidence in Jeff and the new team that will lead us next year.

Again, Thank-you so very much for your support,

Sincerely,

Patti Pittman C.P.M.



Vice President's Message

I was very impressed with the level of commitment and competence of the candidates from last months voting.

I am especially appreciative of hard working volunteers who continue to do more than is asked of them.

I have seen much good this past year in striving for excellence. If anyone is wishing to serve or continue to serve, please let me know for next year.

There are many new faces coming into our ranks, as new members, please take time to welcome them into our association.

Thank-you for a Great Year!

Warm regards,

Jeff Palmer, C.P.M.



Message from the Pro-D

Hello All!

I'm going to take this moment to explain how our wonderful summer social will be working. This June 17th, bright and early in the morning, we will be having a golf tournament at West Ridge golf course in West Valley!

The event will begin at 7:00 a.m. with registration and a continental buffet to fill your stomach. At 7:30, we all climb in our carts and proceed to run around chasing a small white ball over some very beautiful landscape. I'm serious here! I'm not a great golfer...I'm not even a good golfer. I just like to view the scenery, and take a nice relaxing drive through the woods and enjoy some sunshine.

Because of people like me, this golf tournament is a shotgun scramble. That means everyone is in a team of four people – those four people, all tee off at the same time. The team looks where all four shots landed and decides which one is best. The remaining three team members pick up their ball, and go to where their best shot landed. All four people then shoot from that position, and so on down the course.

We will use the registration forms to try and pair up the beginners with some pros, so that every team has a good mix of people. (If you have a spouse or someone you ***must*** play on the same team with, please let me know in the registration form.

Shotgun means that everyone starts at the same time – so the first group of 4 starts on hole #1, the second group starts on hole #2, etc. You still play all 18 holes, so if you start on hole #13, then you'd finish on hole #12.

Because of certain legal restrictions, however, we must charge each person attending the tournament. The cost will be \$45, and that will gain you the breakfast, greens fees, a cart, prizes for the winning teams, and more! We have some of our suppliers sponsoring the prizes for: first, second and third place, a long drive contest, and closest-to-the-pin contest.

After the tournament, around 1:00 we take a hop skip and a jump down the road to a delicious lunch at the park. We will have a few fun activities there, as well! The luncheon cost is a paltry \$5 per person.

Please fill out the attached registration form and get it to me so that I can sign you up. We only have 70 spaces, so please sign up quickly! All are invited – spouses, children, dogs, cats, and even Jimmy the Gerbil. (But how he'd putt, I have no clue).

Looking forward to seeing you there!



Steve Cherecwich

Article from the Communication Chair Cheryl Ransom

I was at my doctor's office last week and picked up a magazine "***It's Your Life.***" The headlines were: "can it be a mistake that 'stressed' is desserts' spelled backwards?" "Those who jump off a Paris bridge are in Seine?" "A chicken crossing the road is poultry in motion."

The article by Phyllis St. John said that someday, your doctor might write a prescription which says: Take time to laugh more often. Medical studies indicate that laughter might be the best medicine. Endorphins, the body's natural pain killer, are increased and levels of epinephrine, the stress hormone, are suppressed. The first study on laughter as medicine is credited to Norman Cousins, who wrote the book *Anatomy of an Illness*.

Physicians and comedians have known for centuries that laughter can decrease the power of disease. Research has shown that the use of humor causes physiological effects in the immune system, including an increase in number and activity of T cells and natural killer cells which attack viruses, foreign cells and cancer cells.

Laughter can fight stress and depression and can help fight other infections. Did you know that 20 seconds of hard he hawing gives the heart the same workout as three minutes of hard rowing.

Hospitals today encourage patients to laugh. There are humor rooms, comedy carts full of costumes and gag props, comedy channels and DVDs, and visits from clowns. Pediatricians and psychiatrists bring entertainers in to help treat children, and adults undergoing painful procedures. You can feel healthier with a daily dose of humor and laughter. Look for funny things that happen during the day. Share them with co-workers and friends. Write down the stories you'd like to remember.

What makes you laugh? Doing something silly, reading a humorous book, watching a sitcom? Spend more time doing the things that make you laugh. Surround yourself with funny people. Develop your own sense of humor. Use humor in situations, with every chance you get. Take a class or activity that evolves around humor and laughter.

Clip cartoons, comics, and pictures that make you laugh. Put them where you can see them, and when you are feeling a little down, look at them. Bring your family or friends together and play a game that makes everyone laugh. Go to the library and check out their selection of comedians on tape. Instead of road rage, try laughter. Take some funny photos of family and friends and put them on display in your home or office. They're sure to bring a smile on your face.

Those of you who know me know that I love to surround myself with positive people. I try to add a dose of humor in my NAPM-Utah activities. I'd like to propose a toast to NAPM-Utah's next year: Here's to the Endorphins!

CHERYL O. RANSOM, C.P.M., A.P.P.

Board of Directors

A FEW MORE THOUGHTS FROM DR. STEPHEN R. COVEY'S

“THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE”

HABIT II - BEGIN WITH THE END IN MIND

The habit of vision, and The habit of personal leadership.

A quote from "Alice's Adventures in Wonderland" Alice asks, "Would you tell me please which way I ought to go from here?" "That depends a good deal on where you want to get to," said the Cat. "I don't much care where..." said Alice. "Then it doesn't matter which way you go" said the Cat. When I first saw this show, I wondered why the cat did not tell Alice which way to go. Since then, I have learned that life is full of Cheshire cats of one type or another.

As we go through life we will eventually end up somewhere. We can drift with the wind as a dandelion seed, or float in the water as a piece of driftwood, and let life take us where ever it will. On the other hand, we can do as a butterfly in the air or as a duck on the water and go where we want to go. The difference is that the butterfly has a plan, the duck has a plan, and both work hard to overcome the forces of wind or water to get where they want to go.

Our lives are a little more demanding than just overcoming the wind or water. In order for us to succeed we must have a plan of what we want and a detailed step by step plan of how to get there. We must create a mental plan with all of the details of a blue print before we begin.

Once we have a plan or blue print and all of the pieces fit together, it is time to put the plan into action. Without action our plan is worthless. If the duck does not swim, even though it knows where it wants to go, it is no more successful than a piece of driftwood.

Dr. Covey says that we should create a "Personal Mission Statement" that is based on guiding principles:

- Who are you?
- What do you stand for?
- When is said and done, what will be your legacy?
- What is your personal constitution?

The result of a well defined mission statement will be:

- A clear definition of desired results.
- A greater sense of meaning and purpose.
- Criteria for deciding what is or is not important.
- Improved outcomes.

Create and live by your personal mission statement. A personal mission statement is like a constitution by which you make all decisions to guide your life. Highly effective people shape their own future. They do not let the culture they were reared in, people, or circumstances, determine their future.

A mission statement defines our purpose in life. Words like honesty, integrity, respect, duty, loyalty, hard work, and obedience can be part of a mission statement. On your tombstone, your birth date and death date will be separated by a dash, that dash represents your mission statement.

The benefits of a personal mission statement:

- It clarifies what is important to you.
- It provides focus.
- It helps you design your life instead of having it designed for you.

- It guides your day-to-day decisions.
- It gives you a greater sense of meaning and purpose.

A GOOD MISSION STATEMENT SHOULD MEET FOUR NEEDS OR REQUIREMENTS.

#1 A mission statement is timeless.

- Not goal oriented
- Not driven by strategies
- Is defined by the principles we live by

#2 A mission statement deals with ends and means.

- The ends are what we are about.
- The means are how we implement our principles, our constitution.

#3 A mission statement includes growth. We need:

- To learn
- To develop
- To have talents identified
- To be used
- To be recognized when used

#4 A mission statement fills the need for spiritual meaning.

- To leave a legacy that your life matters
- That you make a difference
- That you add value

The principles you live by will define your life. Your actions must be consistent with your principles. Your actions need to be guided by your mission statement. It seems to me that in creating a mission statement, you are defining the way you would like to live, and then you use that statement to define your every action.

Mental creation precedes physical creation. All things are created twice. FIRST is the mental creation or plan. SECOND is the physical creation or work. Highly effective people clearly see the outcome they want in every area of life before they act.

WITH THE END IN MIND YOU ARE READY TO BEGIN

A personal mission statement is a statement of your purpose and meaning in life.

- It is put into action by the fire within
- It is the test of our meaning

Habit 2 - Begin with the End In Mind
The Habit of Vision
The Habit of [Personal](#) Leadership

Lynn weight



RSVP

For May 11, 2006 meetings
Attention: Steven Cherecwich
Pro-D Chair
NAPM-Utah

Please R.S.V.P. no later than 3:00 p.m. on **May, 5, 2006**.

Company _____

Name(s) Attending	Member	Guest	Pro-D Workshop (4:30)	Dinner (5:30)
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please remember that the association currently pays for the meal at one monthly meeting for Regular and Lifetime Members. In order to spend our association dues wisely, we rely on your RSVP to provide an accurate meal count to the hotel.
 (For Guest registrations, please check web for details).

RSVP by any of the following:

Online: <http://www.napmutah.org>
E-Mail: napm@us.usana.com
Fax: (801)954-7566
Phone: (801)954-7989

Mail: Steven Cherecwich
 USANA Health Services
 3838 W. Parkway Blvd
 Salt Lake City, Utah 84120

MISSION

NAPM-Utah serves as a center of excellence in the development of supply management.

VISION

The National Association of Purchasing Management-Utah will be recognized as a center of excellence in establishing, and promoting best-in-class professional standards of competency, ethics, education, and certification for its members. We value and seek a diverse membership, and there are no barriers to full participation in the association.

Central Utah Branch Coordinator: Susan Mass

Hello from Utah County,

***** Thank you** to all members and 2006-2007 candidates who attended, spoke, and voted at the NAPM-Utah luncheon on April 5th. There were 44 in attendance.

The candidates did an excellent job of introducing themselves and sharing what skills, interests, and life experiences they bring to NAPM-Utah.

We missed those who could not attend, and hope you will join us for the tour of Mity-Lite on May 10th.

***** Congratulations** to our members at Tahitian Noni International.

At the April Dinner meeting, Jeff Palmer presented two certificates to be given to our members at Tahitian Noni International. One is for the Highest Number in Attendance (14) from Sep'05 through Feb'06. The other is for the Most New Members (9) for the 2005-06 year. We will present these certificates before our plant tour on May 10th.

***** Welcome** to new NAPM-Utah members in Utah County: Jorge Altamirano of Wing Enterprises; Kristy Tingler of Novell, Inc.; Anita Jensen and Tina Nelson of Alcoa, Inc.; Rada Burnett and Marion Shirley of Neways, Int'l.; Megan Lowe and Amber Willard of Tahitian Noni Int'l.

***** Good Job** - Kent Miller of Smith MegaDiamond, Inc. for earning your A.P.P.; Curt Carver of Kitco, Inc. for passing all 4 Module Exams this year. Congratulations to both of you!!

A photographer is needed for our luncheons next year. If you have a digital camera and wouldn't mind taking some photos for the NAPM-Utah website, please let me know.

Thank you for your support of NAPM-Utah!



Sincerely,
Susan Maass, A.P.P.
Central Utah Branch Coordinator

NAPM-Utah County Central Utah Branch
 Wed. Lunch Meeting - 4/12/2006
 12:00 at Ruby River in Provo

Susan Maass welcomed everyone.

- March Purchasing Month Supplier Fair was a success. Several members from Utah County attended. We hope more will attend next March.
- Recognition of officers present: Julie Anderson-Immediate Past President; Susan Shepherd-Treasurer; Shelley Black-Board Member; Julia Tumanuvao-Board Member & Utah Co. Name Badge Coordinator; Cheryl Ransom-Communication & Education Chair; Dominique Bird-Press Release Coordinator; Bert Holfeltz-Leadership Coordinator
- On each table there is a blue paper for reminding us if you have not received a Membership Certificate. Also please write your name if you forgot to sign in at the door, or if you have any questions about membership or certification, OR if you are not receiving the NAPM-Utah newsletter.
- Next month our luncheon will be a plant tour of Mity-Lite in Orem. Boxed lunches will be provided at the end of the tour. Details will follow by email and in the NAPM-Utah Newsletter.

Announcements:

- Shelley Black: Reminded us of the day seminar on "Lean Purchasing" by Michael Harding C.P.M., C.P.I.M. 8-5 on 4/28/06 at the Red Lion Hotel, cost \$350 (a \$247 savings off of his regular prices).
- Cheryl Ransom: - Satellite seminar 4/20/06 7:30-12:30 "Risk and Change Management: Surviving in a Dynamic Business Environment" \$25 for members, CPM points given.
- National's 91st annual International Supply Management Conference May 7-10 in Minneapolis, MN, if you would like to volunteer for ½ day, conference will compensate you for the conference, around \$1000 in fees. All you would need to pay for is the hotel and airfare, great savings. Steven Covey will be the Sat. morning speaker.
 - Write an article for the newsletter, 4 C.P.M. points given
 - A.P.P. Certification can still be achieved until 2/28/07, C.P.M. Modules 1 & 2 will help to achieve this.
 - Good News: Kent Miller received his A.P.P; Debra Watson passed Module 3, recognized she comes from Delta to our meetings; Curt Carver passed all 4 exams, has to wait for time to get C.P.M.
- Susan Maass welcomed all visitors... Jeff Palmer V.P.; Kyle Muir-BYU student; Janice Christensen-just got promoted, running for Board of Directors; Denyse Mills-Kitco expediter, Paul Ribbon, Dean Pope, and Roger Rice from MATC.
- Time turned over to Cheryl Ransom for introduction of the candidates. Cheryl told how to do write in nominees. Candidates given time to introduce themselves and tell of the positions they are running for.

Candidates are:

- | | |
|---------------------------|---|
| Immediate Past President: | Patti Pittman, C.P.M. |
| President: | Jeff Palmer, C.P.M. |
| Vice President: | Craig Calvert, C.P.M., and Julia Tumanuvao, A.P.P. |
| Secretary: | Roselle Miller, C.P.M. and Marge Taylor |
| Treasurer: | Cody Branz, C.P.M., and Lynn Weight, C.P.M. |
| Board of Directors: | Alan Anderson, C.P.M., Harvey Barnhard, Claudine Pererson, Lee Childress, Janice Christensen, Jerilyn Midthun, A.P.P. |

Time given for voting.

Susan thanked reminded everyone of the Mity-Lite plant tour next month.

Thanked everyone for coming, and the candidates.

See you all next month.

Meeting was adjourned at 12:52

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Patti Pittman, C.P.M.

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Jeff Palmer, C.P.M.

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Julie Anderson

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Craig Calvert

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Please contact Patti Pittman at (801) 728-1259 if you are interested in a volunteer position.



MAY NAPM LUNCHEON

Please join us at 11:45am on Wednesday, May 10th for a plant tour of:

Mity-Lite
1301 West 400 North
Orem, Utah
Ph 801-224-0589, dial 0

Mity Lite has buildings on both sides of 400 North. Please park at the 1301 building on the south side of 400 North. Please enter the lobby of that building and you will be given instructions on where to assemble for the tour.

Apple Spice Junction will provide boxed lunches at the end of the tour. Your choices are:

- 1) **Office Favorite**: Roast Beef/sliced turkey/ham/swiss cheese loaded up on freshly baked 13-grain bread, and pasta salad.
- 2) **Breast of Turkey**: Oven roasted, tender white turkey breast piled high on freshly baked honey wheat bread, and potato salad.

ALL served w/dill pickle/lettuce/tomato/dressing/sweet treat/mint/btld water.

Please **RSVP** by Friday, May 5th, to Jen Edvalson at MegaDiamond by email: jedvalson@smith.com, or by fax: 801-818-4551. Susan Maass will be out of town May 4th-8th.

COMPANY _____

MEMBERS _____

Office Favorite _____ Breast of Turkey _____