

NAREOP

President’s Message



Sarah Tierce, CEOE
NAREOP President, 2022-2023

One of the things I like best about NAREOP is continuing our education through the many conference workshops, professional development opportunities and virtual summits that happen throughout the year. I love the continued learning and networking aspects of conference and am looking forward to seeing my NAEOP and NAREOP “family” in Omaha, Nebraska in July!

Registration for conference is now open. All the information you need regarding conference registration and hotel reservations is available on the NAEOP website, naeop.org. Please use the portal on the website to make your hotel reservations. It is the best method to reserve rooms and receive the special conference room rate, not calling the hotel directly. If you need a room closer to the elevator, this information can be noted on the reservation form.

NAREOP Executive Board Meeting will be held Monday evening, 7/17/23 from 7:30-9:00 pm. The Annual Meeting is scheduled for Tuesday morning, 7/18/23 beginning at 8:00 am. Light refreshments will be served. Following this meeting is the Installation of Officers for 2023-2024. Sharon Lucas, CEOE from North Carolina is slated to lead NAREOP and will be fabulous!

Nominations for officers were recently held for the positions of President Elect, Vice President and Secretary. We are still looking for a Vice President candidate. If you are interested in this position, please contact Committee Chairman Becky Shipley at beckyorr2013@gmail.com. We need you!

A big thanks to members of the Nominating Committee. This is not an easy committee to be on, but it is vitally necessary. I’d love to see one of you on the slate of candidates! Please contact me or Becky if you are interested.



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Networking

There's no denying that meeting new people can feel uncomfortable. However, if you can face your fears, you'll be amazed by the connections you can make with co-workers, old friends, and yes, even strangers.

Here are 4 reasons why networking is important to your career development:

1. Networking contributes to your social well-being
2. Networking leads to the exchange of ideas.
3. Networking helps you meet people at all professional levels.
4. Networking boosts your professional confidence.

Networking contributes to your social well-being

Networking can increase [your social well-being](#) and help you develop lifelong friends. You might be focused on the professional aspect of networking. However, many friendships have started in the workplace or at professional functions.

Networking isn't just about taking — it's also about giving, which makes it fertile ground for friendship. Having more people in your life can help you [meet your new best friend](#) and increase your overall happiness.

Why is networking important? Besides the social benefits, building relationships can be the key to making huge strides in your career path.

Even if you aren't looking for a job right now, networking can bring interesting and relevant opportunities your way, especially for women.

A personal or LinkedIn connection may reach out about a role that's perfect for you. They could also ask for your help to pursue a passion project. When people know what you're interested in, they can help you find opportunities that you may have otherwise missed. You might even find your next mentor or business partner through networking.

Networking leads to the exchange of ideas

New ideas can keep you growing professionally and trying new things. Hearing what other people are doing at their companies can also inspire you to [bring new techniques or skills to your job](#). Whether you work for a small business or a large corporation, your fresh ideas can help you stand out and succeed in your current role.

Discussing your work with new connections offers a unique perspective. It also enhances motivation and [creative thinking](#). Having an industry mentor or connection outside your company is a valuable asset.

If you're feeling stuck on a project, [a brainstorming session](#) with someone in your network can help get the gears turning. For example, if you're a small business owner, sharing your struggle with fellow business owners can help you problem-solve faster. This exchange of information is at the heart of networking.

Networking helps you meet people at various professional levels

Accessing higher-ups can be difficult in some organizations. This is where networking can introduce you to more experienced professionals. The opportunity to access their wisdom and career advice is key to your future growth. These connections present new [opportunities for mentorship](#) and career development. This is why networking is so important. It also empowers you to share your skills. Professional networking with a co-worker who you admire can lead you to find a new mentor. It just takes a quick coffee or small talk at industry and networking events.

Networking - continued

Networking helps you meet people at various professional levels - continued

Knowing people of various professional levels can also expose you to a wider variety of job opportunities. Once you develop a relationship with someone, you may be able to leverage their connections to get a foot in the door for a new role. This is why networking is so important.

Networking can make you more confident Professional

Networking is an exercise in confidence, especially for people who are shy or introverted. That's part of why so many people avoid it. However, once you find yourself discussing your shared interests with a new friend, you'll see that networking isn't so bad.

Networking events are actually a great place to practice your confidence, even if you're an introvert. Put yourself out there and speak about what matters to you. Developing new relationships helps you foster newfound confidence in your professional capabilities.

It can also help you gain confidence when it comes to social networking. Learning to face your fears in order to further your career can make meeting new friends less intimidating.

Source: <https://www.betterup.com/blog/networking>

Scholarships

Do you have a grandchild or great-grandchild graduating from high school this year? If so, NAREOP is excited to offer scholarships to help them achieve their dream of going to college.

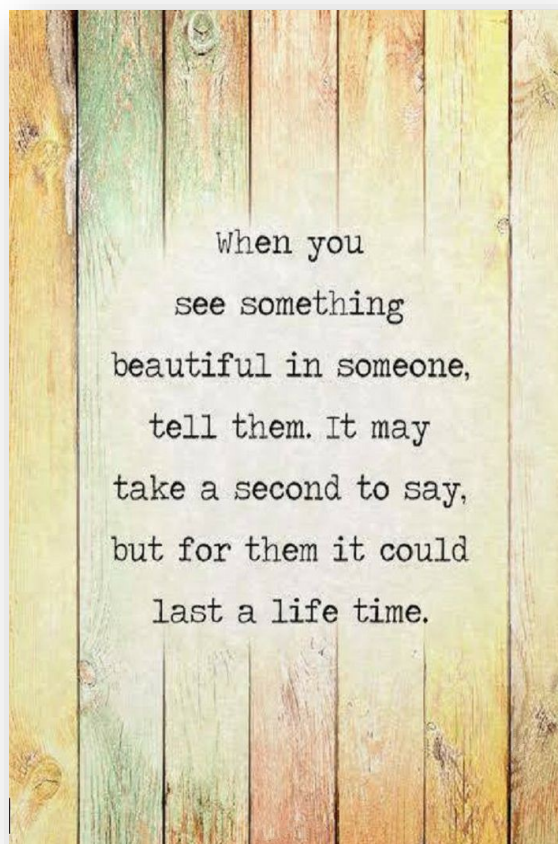


Linda Rush, CEOE Scholarship Co-Chairman is accepting scholarship applications for the 2023-2024 educational year.

Deadline to submit applications is April 1, 2023.

The application can be found on the NAREOP website (naeop.org/about/nareop). Remember: the application must be complete and submitted on time to be considered for a scholarship. It would be beneficial to have someone review the application to insure every necessary part of the application has been completed or is enclosed.

Good luck!





Please keep these NAREOP and NAREOP members in your thoughts and prayers.

Michele Newton, CEOE NAREOP member. She is undergoing several health issues.

Susie Martinez, CEOE NAREOP member. Susie suffered a minor stroke last week, and is doing well.

Marie Freeman, CEOE, NAREOP North Central Director, lost her brother suddenly.

Katherine Reichley, CEOE, NAREOP Northeast Director, lost her mother this past Saturday.



Our thoughts are with those that have lost loved ones or who are recovering from illness. If you know of someone that has lost a loved one or is ill, please contact me at satierce@yahoo.com.

Call for Elections - Reminder

It's now time to submit your name for consideration for the NAREOP Executive Board. Positions open for nominations are:

- President-Elect
- Vice President
- Secretary

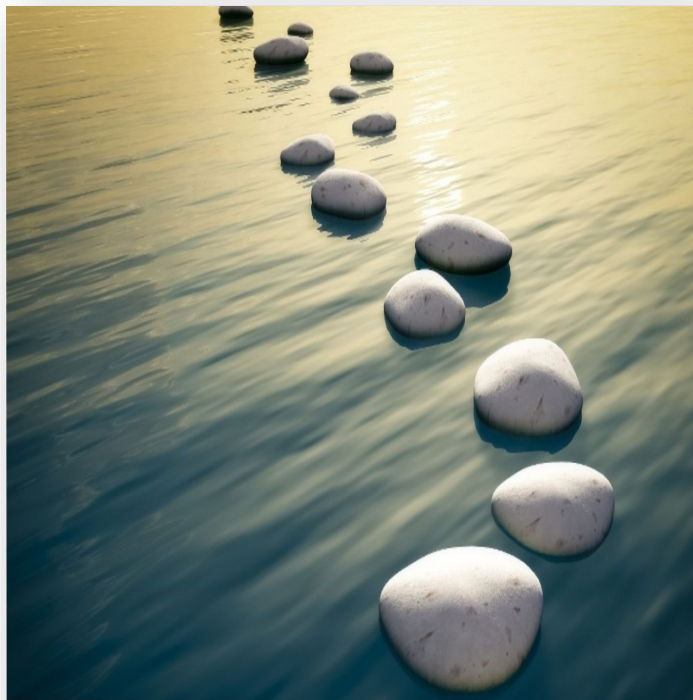
Becky Shipley, CEOE is Chairman of the Nominations and Elections Committee and would love to hear from you! Please email her at beckyorr2013@gmail.com.

Membership - Reminder

Do you know of anyone who will be retiring this year? Please remind them to notify Taylor Moore at National Association of Educational Office Professionals, staff@naeop.org, (316) 942-4822 of their status change. This will ensure they are correctly identified and will receive the appropriate information like the monthly newsletter you're reading right now! Help us communicate better with our members and future members.



One More Step



Don't worry if you're moving slowly,
It takes time
To climb a hill.
One more step, however hard,
Is better than
Just standing
Still.

A little pause, (upon reflection)
Can be useful,
That is true.
But saying that, don't lose direction,
Stick to what's
In front of you.

The staircase of life's challenges,
Can never be
Leapt up in one,
Success will come with steps each day,
So let's keep calm,
And carry
On!

Source: davidspoems.co.uk

Recipe - Bacon Spinach Breakfast Casserole



Ingredients

- 8 slices center-cut bacon, chopped
- ½ cup finely diced shallots
- 5-ounce package baby spinach
- 8 ounces shredded Gruyère cheese, 2 cups total
- 12 large eggs
- 1 cup nonfat milk
- ½ teaspoon kosher salt
- Freshly ground black pepper, to taste

Instructions

Preheat oven to 350 degrees F. Spray a 9" x 13" casserole dish with cooking spray and set aside.

In a large skillet, cook the bacon over medium heat until cooked through. Using a slotted spoon, transfer the bacon to a paper towel lined plate.

Remove and discard all but 2 tablespoons of the bacon grease then add the shallots.

Sauté the shallots until fragrant and they start to brown on the edges, about 2 minutes.

Add half the spinach and toss to mix with the shallots then add the rest and toss again.

Cook, stirring and tossing for about 3 minutes, until spinach is wilted. Remove the pan from heat and set aside.

In a large bowl, whisk the eggs.

Set aside 1 cup of the cheese then add the remainder to the eggs. Add the milk, salt, pepper, cooked spinach mixture and bacon then mix to thoroughly combine.

Pour egg mixture into the prepared dish then sprinkle remaining cheese evenly over the top.

Bake for 35 minutes, then switch the oven to broil and cook an additional 2-3 minutes, until browned.

Allow to cool for 10 minutes then cut into 8 pieces and serve immediately.

Annual Conference



Another reminder to get your reservations in for the 2023 NAEOP Annual Conference in Omaha, Nebraska!

As I stated in my President's Message, please use the special portal on the NAEOP website to make your hotel reservations. This will ensure the special room rate of \$149.00++ is applied to your account.

The Executive Board will meet Monday evening, July 17 for our annual board meeting. Tuesday morning, July 18 will be our Annual Meeting from 8:00-10:00 am. Light refreshments will be served, as our meeting is followed by Area Meeting brunches at 10:30 a.m.

Also, please be sure to check the box stating you will attend the Annual Meeting. This is important so that 1. we know you are coming, and 2. we can get an accurate count for the breakfast snacks, coffee and hot tea.

There are so many great breakout sessions to choose from this year! Don't forget the five sessions designed especially for retirees:

- Home Fit – staying in your home as you age, a speaker from AARP
- Brain Health – speaker from AARP

- Health Benefits of Laughter – Debbie Wade will design this breakout and tailor it for retirees
- Getting the most of your cell phone – we're looking to see if we can do one session on iPhone and one for Android
- Cybersecurity – this is for everyone, but it was something the retirees had requested

These sessions are geared toward retirees, although anyone can attend. This is the same for any other session that catches your attention, so feel free to go to any of the fabulous subjects Mary Guest and Marie Freeman have found for all members.

I'm looking forward to seeing you in Omaha!

