

Member Insider

Volume 5 - Issue 1

January 2012



New Women in HVACR President



As we move into a new year, Women in HVACR elects Patti Ellingson, Director of Wholesale Development at RemTec International, the 2012 President to succeed Nita Brooks,

Business Solutions Development Manager at National Comfort Institute, who will move to the Immediate Past President position on the executive board. "I look forward to a new and exciting year as the 2012 Women in HVACR President. We have a wonderful team of women who continue to dedicate their time and talents to our board and I look forward to serving with each and every exceptional woman as we continue to grow the organization in 2012".

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Join us at the
AHREXPO In Chicago



Booth # 6491

Are You Interested in helping us in the WHVACR Booth at the AHR EXPO January 23rd-25th in Chicago IL at the McCormick Center

Email us at womeninhvacr@gmail.com

We hope to see you there!



Making New Year's Resolutions

New Year's resolutions are nothing more than setting goals; something we all should be doing on a daily basis! The beginning of the year is a perfect time to reflect on your goals and start some new ones.



Focus on Positive Behavior

When setting goals, it is important to remember to make them focused on positive actions. For example, instead of a goal to just "lose weight", make your goal to start an exercise plan, start healthy eating, join a gym, etc. You will be more likely to follow through and change the behavior that will influence the end result.

Create a Storyboard

For those of you who were able to join us at the Women in HVACR National Conference this year, you participated in a great start to creating your goals... by starting a Storyboard. A storyboard is simply a visual tool to start to see the end result you want and create a path for getting there.

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Meet your 2012 Executive Board

President



Patti Ellingson
RemTec International

Vice- President



Ruth Ann Davis
Williams Furnace

Immediate Past President



Nita Brooks
National Comfort Institute

Treasurer



Karen Riffice
Amalgamated Services, Inc.

Co-Treasurer



Leslie Titcomb
Harvey W Hottel Inc.

Secretary



Donna Graham
Southwire

Additional Board Members

Dana Anaman, NATE
Kathy Corr, NATE
Karla Leskovsky, Emerson
Marjorie McAllister, Five Two One & CPS
Leslie Peckham, Warm Thoughts Communication
Alyssa Peluso, DuroDyne
Tammy Smith, Halco Plumbing & Heating

Advisory Board Members

Gwen Hostnik, National Comfort Institute
Ruth King, HVAC Channel TV
Adrienne Breedlove, MCAA Inc.
Barbara Keil, Keil Heating and Air Conditioning
Kimberly O'Neil Batham, Honeywell

**Call and Tell Us What Being an
Empowered Woman
Means to You and win a Member Spotlight feature in our
Newsletter**

Just call [248-724-9791](tel:248-724-9791), and leave your message. It's that simple.



Congratulations to



Kimberly Hubert of Baker Distributing

Watch for her Spotlight in next month's newsletter

Our Mission: Women in HVACR exists to improve the lives of our members by providing professional avenues to connect with other women growing their careers in the HVACR industry. We empower women to succeed through networking opportunities, mentoring and education.

Upcoming Industry Events

AHREXPO

January 23-25
Chicago, IL

ACCA

March 5-8
Las Vegas, NV

HVAC Excellence

March 18-20
Las Vegas, NV

MCAA

March 18-22
Orlando, FL

Be Reflective

A January Personal Challenge

To be a reflecting person is to be spiritually rich. It is to acknowledge that there is room for growth and change in our lives, and that there is something to be gained by all of our experiences. The reflective mind sees the possibilities in life and searches for new meaning and ways to do things- especially when something isn't working the way we are already going about it. I would like to share how simple it is to become more reflective and how you can see solutions to problems more clearly by doing so.



The key element is learning to quiet your mind. "If you are anything like me this is almost next to impossible, however, it can be done." Think of taking the noise away and softening the busy chatter in your mind. This can come through quiet time spent exercising, meditating, through prayer, or any activity which is quiet time spent alone. As soon as you open your reflective mind and quiet down, the answers or growth you are searching for will begin to flow.

What is in it for you to be a more reflective person you ask? A lot!

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Come Network with Us

Join us after the AHR EXPO Show

Tuesday, January 24th

6:00 p.m. – 7:30 p.m.

For Cocktail Hour at Eno (inside the Intercontinental Hotel)



Meet and Greet other inspiring women and industry professionals.

Your New Women in HVACR President *(Continued from Page 1)*

Patti Ellingson has been an active member of Woman in HVACR for 5 years, serving on the Board for the past 3 and is the Director of Wholesale Distribution for, [RemTec International](#).

Patti has an extensive background in sales, business development and marketing within the HVACR industry since 1993. Currently she heads up RemTec International's newest Wholesale Division featuring the Refrigerant Buy Back and Recovery Program that focuses on creating partnerships with HARDI wholesale/distributors and their customers to buy back and reclaim R-22 and other refrigerants. "We pay cash for your used CFCs"

Through a defined vision, she has produced successful market tactics resulting in profitable growth for her partners within the industry. Her ability to motivate others through goals, challenges and coaching have contributed to her proven sales record. Patti earned her degree in Human Resource Management with a minor in Marketing from Saint Leo University (1993). She is active in the HVACR industry as a member of HARDI, Women in HVACR, AHRI, ACCA, and the USGBC. She is focused on the issues of environmentally beneficial "green" solutions, indoor air quality and energy efficiency within the industry.

"This year my goal for the organization is to continue on the path of growth and education that we are on. With the exciting group of women we have on the board this year I know we will do great things."

*Contributed by Patti Ellingson,
WHVACR President*

Making New Year's Resolutions- *Continued from page 2*

Here are some tips for creating your own personal storyboard to help you reach your goals:

1. Start by gathering some magazines that have pictures of your dreams and goals. If losing weight is among those dreams, cut out pictures depicting a healthy life style. Cut out lots of pictures; you will sort through them later when putting them on your storyboard. Can't find a picture? Visit the internet and print one out.
2. Purchase a large piece of cardboard, foam or picture frame for your Storyboard.
Hint: Garage Sales are a great place for picking up old picture frames.
3. Start mapping out your goals using the pictures to tell your story... add text or clues that show the path that will take you to the end result you want. You want the visual message to be clear enough that anyone viewing your storyboard would be able to understand your goals and how you are going to reach them.
4. Be sure to include pictures of rewards or celebrations as you reach milestones along the way!
5. Make it colorful! You want to feel good every time you look at your storyboard.
6. Choose a place to post your storyboard that keeps your goal firmly in your mind on a daily basis.
7. Check your progress often. It is OK to add little hiccups along the way to your storyboard! This will keep you aware of the things that are keeping you from reaching your goals.
8. Keep it fun! Add your own personal comments and pictures along the way. After all, this is **Your Story!**

Have a wonderful 2012 filled full of happy stories of the goals you have reached!

Submitted by: Nita Brooks, WHVACR Immediate Past-President

"It doesn't matter where you are, you are nowhere compared to where you can go."—Bob Proctor

Be Reflective- Continued from page 4

The reflective person opens up her inner world and embarks on the greatest adventure that life has to offer- getting to know and understand oneself. The quality of being reflective best puts to use our gifts of female intuition and is the cornerstone to personal growth. It is exciting, empowering and incredibly liberating to realize that your own mind holds the lock and the key to your mental health and well-being. You can alter yourself, through personal reflection, to make your life better, thereby affecting everyone else positively. Being a reflective person will help you in all areas of your life, and is a quality of great humility. Every relationship you have benefits from your ability to step back from yourself, and from your courage to examine your own contributions to your problems.

I am sure you have heard it said, if you haven't said it a time or two yourself: Every story has at least two sides. A person who is not in a reflective state of mind lacks the ability to see her contribution to any given conflict. In fact, she is down-right difficult in relationships for this reason. She is not open to hearing any truth in what you may have to say, she is wrong, which makes communication a complete waste of time and energy.

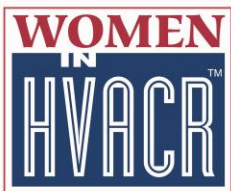
It is important to set aside some reflective time on a daily basis. This can be accomplished by spending time alone in quiet solitude. Even just 15 minutes at any point during the day can make a world of difference.

Nurture your reflective mind by questioning yourself at times when your mind is quiet. Be humble and ask your inner self if there are any insights or new ways of seeing things that can help you grow as a person or make your life a little easier or more effective. My guess is that you will be amazed at the doors that will open and the answers you will find.



*(From "Don't Sweat the Small Stuff for Women, by Kristine Carlson)
Submitted by Patti Ellingson, WHVACR President*

JOIN OUR TEAM



We are strong because of the time and effort put in by those willing to lead and share their knowledge with others. We invite you to contribute your expertise or ideas to one or more of our committees. If you're interested in serving in a position on the Board, or supporting one or more of the WHVACR committees please e-mail us at womaninhvacr@gmail.com



Follow Women in HVACR on Facebook, Twitter, LinkedIn and H-Talk!

WHVACR Educational Session at AHR Expo



For more information on this and other educational sessions during the AHR EXPO go to : www.ahrexpo.com

Tuesday: January 24, 2012

10am -12:00pm

Room S101-B

McCormick Place Chicago, IL

Title/Topic: The Destruction of ODS for Carbon Credits:
How to turn your used ozone depleting substances into cash

Guest Speakers: Tim Kearney- Vice President RemTec International



Session Summary:

Many studies have confirmed that there are significant business opportunities for destroying Ozone Depleting Substances (ODS) through the voluntary carbon market. ODS have very high global warming potential (GWP) so that their controlled and verified destruction has the ability to generate large volumes of carbon offset credits. These credits can then be sold into the voluntary carbon markets creating unique business opportunities. Because little ODS, such as air conditioning refrigerant, is currently being recovered at the end of the life of the equipment, the possibility of earning carbon credits presents a potentially unique financial incentive for the recovery and destruction of ODS which would otherwise be released to the atmosphere.

Simply stated, incentives are created for the businesses that are recovering the material and channeling it to authorized and audited destruction facilities. After destruction buyers pay for real and verifiable emission reductions resulting from the destruction of ODS saving many millions of tons of carbon equivalent emissions.