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WOMEN OF THE YAMHILL VALLEY

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On the cover: Compilation of all the wonderful women showcased inside this publication.



Spring is in the air, and I have been reflecting on women and their countless contributions the world over -- women we know and love; women who have taught and influenced us; women who tend the land and prepare foods that nourish us and bring us together; women who are forging new paths and climbing to new heights.

More women are in leadership roles than ever before. Empowered women go on to empower others – so encourage the women around you. Make them feel special and strong. Encourage the women in your life to speak up and make sure they know the value of their opinions so they are never afraid to use their voice. Today, our near-universal access to the web has created the ability for all of us to easily express ourselves to a broader

audience than ever before. This is a great opportunity for us all, but negativity has become such a big problem. We need to shut down negativity. Be uplifting by taking a stance against negative comments on line, at the office or wherever you go. Don't be afraid to shut down negativity directly and honestly.

While it's important to share your own story, it's just as important to listen and play a role in giving other women a voice. We must all work together to empower one another. Working as a positive and powerful team, we'll make things move.

I encourage you to lift up the women in your lives!

BARBARA BOYER

Farmer, Business owner, Natural Resource Wonk



Caitlin Sticka

FOUNDER
EXECUTIVE DIRECTOR

With Courage

withcourage.org
105 NE 3rd St, Ste B, McMinnville
503.218.3703

With Courage founder and executive director Caitlin Sticka has a very personal reason for knowing how much breast cancer patients need support: She's a two-time breast cancer survivor herself.

"I was so blessed to have tremendous support from family, friends and our local community that I wanted to give back," said Sticka, who started With Courage six years ago to "connect with our local breast cancer patients to provide courage and comfort during a very scary and unknown time."

Her own experience with cancer helps her provide peer-to-peer relatable support. As executive director, she also plans and oversees fundraisers, coordinates financial assistance and takes care of operational duties. With Courage works closely with two other local nonprofits: the See Ya Later Foundation's Seeds of Hope program and Willamette Valley Cancer Foundation. Together, they are "the Common Cause Crew."

Caitlin moved to McMinnville in 2002 to attend Linfield College where she got her BA in Elementary Education. She has been married to her husband Ryan for 11 years and they live with their two daughters ages 7 & 9 in Carlton. Sticka loves spending time with her family and friends, traveling, playing card games, enjoying our amazing local restaurants and searching for a good deal at the thrift store.

DID WE MISS YOU?

Contact us today to be included in next year's *Women of the Yamhill Valley*

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Chelsey Nichol

OWNER

Type A Press

typeapress.com
628 NE 4th St, McMinnville, OR
971.237.1400

"I have always loved paper and ink," Chelsey Nichol says. Chelsey's family business is printing. In 2010 she started her personal business, Type A Press, a letterpress printing operation.

Her letterpress business was born from her family business. "We had a letterpress sitting in our warehouse for decades, and I always thought it would be neat to learn to use it," Chelsey says.

She built her skills, and discovered a gift for setting type. Chelsey and her press produce custom pieces of art in the form of letterpress greeting cards, invitations and business cards—anything with paper and ink. That love of paper and ink includes consuming as well as producing. As a youngster, she wanted to be a book editor or own a bookstore. As an adult, she reads whenever she can.

Type A Press has now expanded with a gift and clothing line inspired by Chelsey's love of her hometown. The products are designed locally and printed by Chelsey and her husband Brent.



Amy Wark

DMD
DENTIST

Wark Dental Group

AmyWarkDMD.com
2177 NW Second St, McMinnville
503.472.2125

Amy Wark, DMD, is a graduate of McMinnville High School, where she was a three-sport athlete and recent inductee to the McMinnville High School Sports Hall of Fame. She did her undergraduate studies in biology while playing varsity basketball at Whitworth College in Spokane, Washington. She graduated magna cum laude in 1995 and headed to Portland to attend the School of Dentistry at Oregon Health Sciences University.

Upon finishing her studies at OHSU in 1999, Dr. Wark completed a one-year residency in general dentistry while serving with the Air Force in Dayton, Ohio. It was there that she rounded out her education by learning specialized surgical procedures involving extractions and gingival health. Dr. Wark spent the remainder of her military career in England, and then returned home to join and eventually buy her father's practice. Dr. Wark and her husband, who also manages the practice, spend their free time playing pickleball and enjoying their three children's activities ranging from basketball to whatever sport is in season.

Providing creative workspaces for hard-working Women in Yamhill Valley.

Left to Right: Jackie Haldorson (Just Honest Bookkeeping), Tina Hoover (GT Productions), Karla Erovick (KE Media), Casey Hostetler (Alt Coworking), Seana Camden (Realty One Group), Angie Redford (Redford Financial Group, Inc.).

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Lisa Pool

LAC
LICENSED
ACUPUNCTURIST

Blue SkyAcupuncture

blueskywellness.com
330 SE Baker St, McMinnville
503.474.7446

Lisa Pool, LAc chose Acupuncture as a career because she is dedicated to increasing quality of life and improving her patient's ability to live their lives to the fullest. Pain often keeps people from doing the things they love, and in some cases, prevents people from being able to do the work they need to support their families. In order to help her patients with pain, Lisa specializes in the treatment of: neck pain, low back pain, shoulder pain (including frozen shoulder), hip pain, foot pain (including plantar fasciitis), knee pain, hand pain, headaches, migraines and pain from chronic conditions like arthritis and Fibromyalgia.

Lisa also has a special interest in: fertility enhancement, kidney disease, digestive disorders (Chron's, Ulcerative Cholit, IBS), Diabetes, Hormone Balancing, Menopause, Auto-immune disease and support for stress, anxiety and depression. She supports whole body wellness with Acupuncture, Chinese Herbal Formulas and Nutrition support. Lisa also believes in collaborative and integrative medicine and works with a variety of practitioners to help you meet your wellness goals! Most insurance is accepted, including from a Motor Vehicle Accident. No referral is necessary!



Tayleena Gloss

NLP COACH

Transformational Coaching with Tayleena

nlpcoachtayleena.com
330 SE Baker St., McMinnville
503.474.8627

As an Neuro-Linguistic Programming (NLP) coach, Tayleena Gloss helps people release their emotional baggage, the beliefs that limit them and other problems in their lives.

"The best part of my job is seeing people light up, make life-changing decisions, and relax after having let go a lifetime of baggage," said Gloss, the owner of Transformational Coaching with Tayleena.

Gloss was born in Alaska and has lived in Oregon since she was 5. She was inspired to start doing NLP coaching after seeing a fellow entrepreneur gain confidence and clarity and start moving forward. "Who doesn't want that?" she asked herself, then decided to learn to offer the same benefits for herself and others.

The best training is experience itself, she said. In addition, she attended the Iheal Institute in Salt Lake City, Utah, to become a Master Practitioner of NLP, Time Line Therapy and Hypnotherapy. In the future, she hopes to train others to do this life-changing work.

Gloss and her husband live in Amity. She has two grown daughters. She loves spending time with her family. She enjoys kayaking, zip lining and whitewater rafting. She also enjoys reading both educational books and fantasy novels.



Dr. Anna Gerlach

ORTHODONTIST

Henson Orthodontics

Hensonortho.com
1915 NE Baker St., McMinnville
503.472.7121

Dr. Anna Gerlach loves to make people smile – not just through her pleasant interactions with them, but also with her skills as an orthodontist. At Henson Orthodontics in McMinnville, she diagnoses and develops treatment plans for orthodontic issues. Best of all, she said, she works with her patients to create beautiful smiles. Gerlach enjoyed visiting the dentist as a child. In high school, she realized she should pursue a dental career.

She graduated from Oregon State University and the Oregon Health Science University dental school. She did her orthodontic residency at the University of Tennessee Health Science Center. Certified by the American Board of Orthodontics, Gerlach is a member of the American Association of Orthodontists and the Alpha Omega Study Club in Yamhill County.

She joined Henson Orthodontics in 2020. Throughout her career, she plans to "strive to provide the highest quality care for my patients, learn new techniques and treatment modalities, and give back to the community." She and her husband, Dr. Eric Gerlach, a general dentist in McMinnville, live in Carlton with their sons, who are 2 years old and 6 months old. Family and faith are the most important parts of her life, she said. She enjoys spending time outdoors, trying her hand at baking and learning to garden.



Julie Siepmann

CLINICAL SERVICES DIRECTOR &
LEAD FORENSIC INTERVIEWER

Juliette's House

julietteshouse.org
1075 SW Cedarwood Ave, McMinnville
503.435.1550

Since first becoming trained as a forensic interviewer 23 years ago, Julie has become a fierce advocate for children in Yamhill County. As the clinical services director and lead forensic interviewer at Juliette's House, Julie works with a compassionate and dedicated team to help children share their experiences. She and the team connect families with trauma-focused mental health services, as well as other resources. Julie is the primary handler for Juliette's House facility dog, MacDougal, who provides comfort to children at the time of their evaluations.

Julie is a licensed clinical social worker who brings a strong background in mental health to her work at Juliette's House, having provided counseling for children and families in a community mental health setting and in private practice. She is an active member of the Yamhill County Multidisciplinary Child Abuse Team.

A native of McMinnville, she maintains balance in her life by spending time with her husband, David, her other dogs, and her horse. She also enjoys keeping up with her adult daughters, Hannah and Emma.



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Beth Caster

PRINCIPAL BROKER

Keller Williams Portland Premiere
Keller Williams Realty

bethcaster.kw.com
220 NE 7th St, McMinnville
971.241.2509

When Beth Caster discovered the Yamhill Valley in the early 1990s, she fell in love with the rich assortment of vibrant communities that populate this picturesque corner of Oregon. In the 28 years that she's called McMinnville home, Beth has made it her mission to share her affection for the people, products and property that make this area so special.

"I love what I do!" says Beth. "I can't wait to get up in the morning and go to work each day!"

Beth is a full-time, full-service REALTOR® who uses her infectious enthusiasm for this area to showcase some of the valley's outstanding properties, both large and small. Possessed of a deeply-rooted commitment to excellent customer service, she goes out of her way to give her clients what they need. "I am always available when my clients need me," says Beth.

A naturally creative and energetic person, Beth knows the field of real estate is the perfect fit for her. "I love that, in the course of any day, I can go from showing a modest home in town to a luxury home on acreage that has spectacular views of the valley," she says. According to Beth, no two days are ever alike, no two deals are ever alike and no customers are ever alike. "It is a constant opportunity to learn, grow and create possibilities every day," she says.

Beth has a unique outlook when it comes to things local — a perspective that can benefit her clients. "Prior to becoming a REALTOR®, I was a retail store owner, an artist and a freelance writer," she says. Beth's popular wine column ran in the News-Register for years. Today, Beth focuses most of her inventive energy on her work but she still tries to make time to create. "I am an avid knitter and fiber enthusiast," she says. Beth is the recipient of the 2022 McMinnville Downtown Association Rose Marie Caughran Volunteer of the Year Award.

Beth maintains offices at 220 NE 7th St. in McMinnville. She can be reached via telephone at 971-241-2509 or by email at beth@bethcaster.com.

Call Beth today or check out some of her outstanding listings at bethcaster.kw.com



Grace Garcia

PRESIDENT

Muchas Gracias

muchasgraciasrestaurant.com
220 NE 12th St, McMinnville
503.434.6367

Grace Garcia has worked in the commercial food industry most of her life. Her wealth of experience can be seen -- and tasted -- at Muchas Gracias Mexican Restaurant in McMinnville, where she is president.

Garcia and her sons, Christian Garcia and Memo Garcia, along with her grandson Tony are dedicated to providing not only award-winning food, but also great service to hungry diners. They care for their customers greatly, she said.

Along with their team of talented cooks and servers, Garcia and her family have built Muchas Gracias into McMinnville's favorite Mexican food outlet. Their 24/7 drive through, as well as their indoor seating area, is always busy.

The restaurant is known for big portions at affordable prices. In addition, customers say they love the freshness of the ingredients and the authentic flavors of everything from breakfast burritos to lunch and dinners specials featuring carnitas, grilled marinated pork and more.

The famous "Oregon Burrito," with steak and potatoes, is a fan favorite, as is the aptly named Gordito Burrito, a giant bathed in tasty sauce. And customers love grilled chicken, enchilada sauce and chicken tamales, all of which are made from Garcia's own special recipes.

No wonder Muchas Gracias has earned "Best of Mac" honors for more than 10 years.

Garcia was born in San Luis Potosi, Mexico, which she calls a "picturesque, historic town." She grew up in Mexico City.

She attended San Diego City College in Southern California. Gifted with a head for business as well as food service, she is a member of the Hispanic Chamber of Commerce.

She lives in McMinnville with her family, where she is close to her mother, children and beloved grandson. She enjoys visiting museums, attending concerts and exploring Oregon's outdoor areas.

Garcia also believes in giving back to her community. She has helped with programs to provide food to needy people and been involved with charitable events and organizations, such as the Willamette Valley Cancer Foundation.

She said she dreams of being able to bring happiness to children who are hospitalized by providing magic and pets for them to cuddle.

She supports school activities, as well. Her restaurant at 12th and Baker streets, not far from McMinnville High School, offers discounts to students and teachers with ID and to seniors, too.

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Jen Feero

REAL ESTATE BROKER

Willamette West Realtors

708 N Baker St, McMinnville
503.560.2144

Jen Feero knows her passion for life in the Yamhill Valley makes her a perfect ambassador for people interested in moving here. After all, Jen's own love for the area is why she lives in the valley. As a real estate broker at McMinnville's Willamette West Realtors, Jen puts her enthusiasm for local life to work for clients as they buy and sell property throughout the valley. Along with Stacy Martin, a fellow Willamette West broker, Jen can help buyers and sellers achieve their dreams.

A Yamhill Valley native, Jen considers herself lucky to be a part of this amazing community which is always changing, growing and giving. Jen knows the dining, shopping, art, education and agricultural opportunities offered in the area are appealing to people from all over.

A graduate of the University of Oregon, Jen is active in the local community — she was deeply honored to be named McMinnville's Outstanding Junior Citizen in 2018. In her spare time, Jen enjoys reading, gardening and spending time with her dogs.



Stacy Martin

REAL ESTATE BROKER

Willamette West Realtors

708 N Baker St, McMinnville
503.560.2144

As a person who lives here, plays here, works here and raises a family here, Stacy Martin is uniquely positioned to share her passion for the Yamhill Valley with others. A real estate broker at McMinnville's Willamette West Realtors, Stacy does just that as she shepherds her clients through the process of buying and selling local properties. It is this special connection to the local community that allows Stacy to give every client top-notch service.

Along with fellow Willamette West broker Jen Feero, Stacy helps find the perfect fit for a client's needs and wants. Nothing pleases Stacy more than helping a client achieve his or her dreams of home ownership!

A lifelong resident of the Yamhill Valley, Stacy is a graduate of Western Oregon University and Portland State University. A former educator, Stacy is active in community events and enjoys local restaurants and shops. In her spare time she likes to enjoy nature, try new recipes and listen to music.



Heidi Davis

OWNER OF THE
LARSON HOUSE

GENERAL MANAGER
OF CARLTON CORNERS

Larson House and Carlton Corners

LarsonHouseYamhill.com | CarltonCorners.com
240 N Third St, Carlton
503.789.2291

Heidi Davis had wanted to own a restaurant since she was a youngster, especially if she could own one with her father, Mike Larson, and moreso if it was called "The Larson House."

Now her dream has come true: The pizzeria they opened in 2020 is called just that.

In addition to owning The Larson House in Yamhill, Davis is general manager of her dad's restaurant, Carlton Corners, where she's worked since 2016. She also is a director on the Carlton Business Association.

The best thing about her jobs: people, Davis said. She loves the employees and the customers at both sites.

"I think it makes it even better being in a small community because we build such strong relationships with our regulars," said Davis, a Rex Putnam High graduate who has college classes and leadership and management courses under her belt. "I feel very connected to my community."

Davis lives in Carlton with her husband, Jordan, and five fur babies. A music lover, Davis enjoys singing and is learning to play piano. She and her husband also enjoy travel and adventures.



Peggy Cummings

INTERNATIONAL EQUESTRIAN
CLINICIAN AND AUTHOR

School of Connected Riding

connectedriding.com
Info@connectedriding.com
360.981.2807

Peggy Cummings has loved riding horses since she was a child in Central America. Today, through the School of Connected Riding, which she developed, she says her "passion is empowering riders to synchronize with their horses."

Cummings was born in San Salvador, El Salvador. Her mother was an American ambassador; her father an Englishman. At 14, she enrolled in a U.S. boarding school, choosing it for its well-established riding program. She started her own training program after earning a Horsemaster's Teaching Certificate from Potomac Horse Center. Always hungry for knowledge, she invited some of the most innovative clinicians of the time to visit her Maine barn.

Eventually, pain caused her to quit studying. To conquer her discomfort, she developed her own unique riding and training method and was able to ride with complete freedom again. Her Connected Riding program blends what she's learned from people and from horses themselves. As she teaches across the U.S. and worldwide, her students learn biomechanical and mental techniques so they can move in harmony with their horses. Cummings also creates educational materials for riders, mentors riding instructors and supervises the development of Connected Riding horses.

She enjoys cooking, gardening and, of course, riding.

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Cami Nyquist
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Cami Nyquist

EXECUTIVE DIRECTOR

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503.474.4725

When Cami Nyquist founded Swedemom.com 23 years ago, she planned to run a global web-based business. She has succeeded; in fact, Swedemom.com was selected by eBay as a top, values-driven seller for their 25th anniversary.

But she also has found ways to enrich the community in which she grew up by adding a charitable arm, Swedemom Center of Giving, which was named 2020 Workforce Partner of the Year by the McMinnville Economic Development Partnership. She also helped found and grow MacHub.

"To be known by your community makes integrity all the more important," she said. "Having the support of my community is tremendous, and I realize I couldn't do any of this without that support."

Nyquist graduated from Mac High in 1981, went on to North Park University in Chicago, then finished a bachelor's degree in communications in 1985 at the University of Oregon. Entrepreneurial by nature, she has been a marketplace platform developer since 1999.

"I try to live my brand: it's about simplicity, compassion and caring," she said. "Wherever I am, I will be encouraging people to come together and help each other out." She enjoys music, being outdoors and identifying plants and animals.



Jessica Ingles

STACKER OPERATOR

Hampton Lumber Willamina Division

1000 SW Willamina Creek Road, Willamina
503.876.2322

Jessica Ingles said she has learned a great deal since she joined Hampton Lumber seven years ago. She said she appreciates the opportunities that Hampton provides by giving employees the ability to cross train for multiple positions and continue to learn and grow in the industry.

Ingles started doing clean-up at the mill. She became a bin chaser, then was put on spark watch, learning more about how the mill operates with each different job.

Three years ago, she moved up to a Quad Mill stacker operator position.

The Quad Mill produces the rough lumber dimensions 2x4 to 2x12, up to 28'. As a stacker operator, she runs a machine that layers the lumber into units. Those units are then ready to be transported to the planer for final processing.

In addition to her positions, she has served on the Safety Committee for two years. The committee helps create a safer environment for employees, vendors and visitors, she said.

Ingles has lived in Sheridan for 12 years. In her spare time, she enjoys travel, camping, fishing, baking, cooking and gardening.

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Em·pow·er·ment: The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights

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Susan Cook
COACHING TO CONNECTION



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With years of classical training, riding, teaching and research, Peggy Cummings - founder, author and international clinician - has developed the Connected Riding methods and created her international School of Connected Riding.

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INFO@CONNECTEDRIDING.COM • WWW.CONNECTEDRIDING.COM



Tiffany Best

SENIOR ESCROW OFFICER

Ticor Title Company

tiffany.best@ticortitle.com
1215 NE Baker St, McMinnville
503.472.6101

Tiffany Best's local roots and ties are deep: The 42-year-old Senior Escrow Officer was raised in Lafayette. She went on to graduate from McMinnville High School, and from there it was on to Western Oregon University to study business management.

"After college, I knew that I wanted a professional office job," she said. It was an easy call to go for Western Title, now Ticor Title, where she has worked for 20 years, closing real estate and loan transactions for Yamhill County and surrounding areas in the Willamette Valley. The favorite part of her job? "My co-workers," she says proudly.

Tiffany and her husband Jay make their home in McMinnville with two daughters ages 14 and 16. Along with cooking and gardening, she is also active in the McMinnville Lions Club, and she's a committed fan of the Portland Trailblazers and OSU football and baseball.



Jade Bachmeier

SALES EXECUTIVE

Ticor Title Company

jade.bachmeier@ticortitle.com
1215 NE Baker St, McMinnville | 971.312.1452
115 N College St, Ste 2, Newberg | 503.542.1400

For Jade Bachmeier, the best part of her job is all the wonderful people she meets and works with. Jade loves building new relationships around the community and helping her Real Estate Agents and Lenders succeed.

As a sales executive for Ticor Title in McMinnville, Jade is there for her clients to help them build and grow their business. Whether helping Realtors and Lenders with their marketing or making sure everything is going smoothly in the office, Jade is eager to see her clients and colleagues have the most productive experience possible in the world of Title and Escrow.

After graduating from Amity High School, Jade attended Chemeketa Community College. A native of the charming town of Amity, she has family all over the Willamette Valley. Jade is a member of the Yamhill County Association of Realtors (YCAR) and the McMinnville Area Chamber of Commerce (MACC).

When she's not busy at work, you might find Jade spending time with her corgis (Jim and Olive) and taking them on hikes and new adventures with her fiancé.



Kim Dunckel

BRANCH MANAGER
SR. ESCROW OFFICER

Ticor Title Company

teamkind@ticortitle.com
1215 NE Baker St, McMinnville
503.472.6101

Kim began her escrow career in June of 2004, learning about every aspect of the escrow process from the ground up. During her career in the real estate industry, she has handled thousands of real estate transactions with a wide range of types from simple to complex. She has the knowledge to handle difficult transactions and has the people skills to work closely with you and your clients. Kim strives to make every client feel comfortable and at ease during the escrow process.

Kim has made her home in McMinnville since 1993, where she and her husband have raised their children, enjoy beach trips and camp together. She's from a real estate family, which is where her interest in the profession was sparked. "They encouraged me to give it a try," she says, "and I have been in the industry ever since."

A 26-year industry veteran, Kim tracks the latest policies and technology to keep up with the fast-paced market. She understands that every transaction is unique, and loves the feeling of successfully completing a deal that is particularly complex.



Cyndy Willis

ESCROW OFFICER

Ticor Title Company

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1215 NE Baker St, McMinnville
503.472.6101

For Ticor Title Escrow officer Cyndy Willis, McMinnville and the Yamhill Valley aren't just a market, it is where she calls home, where she grew up in and has raised her family. She has worked for Ticor Title for 19 years performing numerous jobs, including front desk, recording, clearing title, assisting and now an Escrow officer. McMinnville is where Cyndy and her husband (Dwayne) have raised their two daughters, now 23 and 21. Stephanie, the oldest, graduated from Linfield University 2021 and is now living in Spain teaching English. Melainie, the youngest, finished two years at Chemeketa Community College and in January 2022 started her career at Oregon State Credit Union.

Cyndy, a dog-lover, has 4 dogs, Junior who's 12, Zeke 6, Oakley 2 and Riley who is just 10 months. She and her family enjoy camping, boating, kayaking, paddleboarding, hiking and anything outdoors. She loves to stay active inside and outdoors to stay in shape, and she does! She participates in McMinnville CrossFit and has also competed in triathlons, sprints and a half ironman. She loves wine tasting with family and friends. Cyndy has been in the industry more than two decades and her favorite part of the job is the people she works with, both co-workers and clients. Where does she see herself 20 years from now? "Retired, and living in Central Oregon, Idaho or Montana with her husband," she says.



Mary Jane Hendrix

SENIOR ESCROW OFFICER
BRANCH MANAGER

Ticor Title Company

maryjane.hendrix@ticortitle.com
115 N College St, Suite 2, Newberg
503.542.1400

Mary Jane Hendrix enjoys working with numbers and with the challenges of escrow, a key part of the property buying process. But what she loves most is people -- both her clients and her coworkers. As senior escrow officer/branch manager of Ticor Title in Newberg, Mary Jane reviews closing statements and disclosures for compliance; coordinates files to ensure scheduled loan closures; and prepares and examines escrow documents according to strict state closing guidelines. She didn't know what "escrow" was when she started working as a secretary for a title company at age 20. She considers herself blessed that her manager and coworkers believed in her and trained her in every aspect of the business.

More than 36 years later, Mary Jane is adept at every facet of the escrow business. It's her dream job. She loves helping people, as well. Mary Jane loves living in Wine Country, where she has made lifelong friends and feels respected as a professional woman by homeowners, buyers new to the area and others in the real estate industry.



Leslie Zook

DIRECTOR OF
SALES & MARKETING

Ticor Title Company

leslie.zook@ticortitle.com
McMinnville and Newberg
503.586.8548

Leslie Zook is a McMinnville girl, born and raised! She thoroughly adores our local communities! She enjoys a bite at one of the amazing local restaurants, sipping local world-renowned wine and serving in one of the many outstanding local non-profits.

Ten years into her career with Ticor Title, she can say she LOVES her job! She is now working as the Director of Sales & Marketing for Ticor Mid-Valley operations. She works alongside the sales team by coaching, training, and providing marketing support. After spending the last nine years helping local real estate professionals grow their business, she now has the privilege of aiding her fellow team members to grow and succeed in their careers within Ticor Title.

Leslie also owns Flourish Events & Design, a local wedding and event planning business, and serves as Secretary for the well-known "See Ya Later" Foundation. When she's not working or volunteering, Leslie enjoys traveling, cooking, and creating fun memories with her family.

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Casey Hostetler

OWNER

Alt Coworking

altcoworking.com
609 NE Third St., McMinnville
503.583.2605

Alt Coworking founder and owner Casey Hostetler enjoys her company's members – small business owners who share the common workspace. She loves helping them grow their businesses by making connections and expanding their knowledge.

"I've had two members hire new employees since they joined Alt Coworking," said Hostetler, who started the unique company in 2021. "This is exactly what Alt is here for!"

Hostetler, a 2010 McMinnville High School graduate, also enjoys putting on fun and informative events for members and the public. It's another thing she likes about her job.

Born in California and raised in McMinnville, Hostetler received a degree in management from George Fox University in 2013 and a master's in business administration from GFU the following year.

Long ago, she realized her grandpa, Merlin Bowman, was pretty well-connected in the community. Today, his example helps her understand how to bring people together, whether for work or for community activities with the McMinnville Area Chamber of Commerce, for which she is an ambassador, or the Rotary Club of Newberg Early Birds, for which she will be President in 2022-2023.

At Alt Coworking, Hostetler provides "creative, flexible and collaborative workspace for small business owners and professionals."

The business grew out of her frustration of working at home and meeting clients in coffee shops or other spaces. Sometimes her laptop would die; sometimes the place was too loud or crowded for conducting business.

She needed a more professional space that was affordable for a small business owner. "Why not share office space with others?" she wondered.

The result, Alt Coworking, offers a variety of sizes and types of work spaces with shared meeting rooms, break rooms and other common spaces.

Now, each day is different for the Alt Coworking owner. Sometimes she's doing graphic design or working on community newsletters; other days are filled with meetings or events.

Hostetler is skilled in marketing, graphic design, website development, logos and branding, videography and product photography.

When she's not in the office, she might be working on a Chamber or Rotary event. "Or drinking wine," she said.

Hostetler lives in Newberg with her husband of 8 ½ years, David Hostetler. Her biggest supporter, he helps her improve her rational thinking and keeps her grounded.

In 2017-18, she and her husband took a 14-month road trip across the 48 contiguous states and beyond.

She loved it, but she returned home knowing, "there's nothing quite like Oregon Wine Country!"



Karla Erovick

OWNER

KE Media

karlaerovick.com
609 NE Third St., Suite 110, McMinnville
415.609.1117

KE Media owner Karla Erovick enjoys helping clients authentically tell their story in their marketing and social media.

She helps with marketing strategies and content, consults with wineries and women-owned business, and trains staff to use social media effectively to attract customers.

"I love helping my clients get to the heart of their message and share it in a way that can't help but resonate with their ideal customers," she said. Erovick has been working in her industry for more than 20 years. She started her own business 8 years ago.

She is a member of the McMinnville Area Chamber of Commerce and Women to Women Network. She co-hosts a Women's Wine & Networking Club.

Born in Salem, Erovick earned a bachelor's of science degree in fashion merchandising from Oregon State University. While working in the design and construction industry in San Francisco, she received her LEED AP designation.

She said she likes to make the world a better place through volunteering and partnering with organizations in which she most admires. Erovick lives in McMinnville with her cat. She enjoys yoga, hiking, visiting the beach and learning about wine and wineries. She recently took up painting.



Angie Redford

FINANCIAL ADVISOR

Redford Financial Group

planmember.com/aredford
609 NE Third St., McMinnville
503.472.4595

What Angie Redford likes best about being a financial advisor is "helping people retire successfully and stay retired".

"Planning for retirement can be one of life's biggest challenges," she said. She advises people to start early by making savings and investing a top priority, and to work with a knowledgeable advisor. "That's where I come in," she said.

Redford works with all kinds of clients who work for both profit and non-profit organizations, as well as the self-employed. Some start their planning while they are still working; others wait until nearing retirement or are already retired before they begin.

She helps clients develop a retirement strategy that will provide a guaranteed retirement income that will last for a lifetime. That strategy includes Social Security benefits. To help navigate that "minefield," Redford offers frequent free educational Social Security seminars called "Maximizing Social Security."

Redford loves working in her own business which she has owned for over 30 years. Managing the business and advising clients keeps her very busy.

Redford was born in Seattle. She spent six years as a missionary teacher before moving to McMinnville. She is married with three grown children and four grandchildren.



Seana Cantu-Camden

REALTOR

REALTY ONE GROUP PRESTIGE

HomesSoldbySeana.com
609 NE 3rd St., McMinnville
503.857.3268

"People first, houses second" is the motto of Realtor Seana Cantu-Camden, who enjoys helping other people realize their dreams and goals for buying or selling properties.

She became a Realtor in 2017 after working at other jobs. A friend who also was a real estate broker told her she would be great at selling real estate.

Her friend was right. "I appreciate both the practical and intuitive components of home buying and selling," Cantu-Camden said. "How a home feels is just as important as how a home looks."

Her training in energy work helps her match clients with the right homes. "There is an unspoken conversation that happens between structure, land and people that I have learned to tap into," she explained.

Cantu-Camden moved to McMinnville in 2013. She enjoys the networking opportunities here, as well as the chance to be surrounded by like-minded people at her workplace, Alt Coworking.

She is a member of the McMinnville Chamber of Commerce and a student of LightSong School of 21st Century Shamanism and Energy Medicine.

Cantu-Camden lives in McMinnville with her two sons, two dogs and a cat. They enjoy getting outside.



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Susan Cook

MC
MASTER OF COUNSELING

Coaching to Connection

Susan@coachingtoconnection.com
McMinnville, Oregon
360.981.2817

Susan Cook is passionate about coaching women to take time for themselves and tap into their unmet needs, activate their potential and lead more authentic lives. Trained in counseling psychology, she has accumulated a lifetime of experience in a variety of settings: private practice counseling, educational consulting in public schools and training salespeople in a Fortune 500 company. She now runs Coaching to Connection in addition to an international education company, School of Connected Riding.

Cook offers one-on-one and group coaching for women. She is taking new clients and forming new groups for empowerment workshops in the US and Germany. "Women of all ages and cultures share many of the same challenges and desires to step into more of who they truly are, rather than being someone others expected them to be," she said.

A native of Detroit, Michigan, Cook earned a master's degree in counseling from Arizona State University. She moved to McMinnville in 2014 from Poulsbo, Washington. She loves the amenities and small-business spirit here. "I appreciate the openness, diversity and support of LGBTQ and other minorities in Yamhill County," she added.

Cook enjoys hiking, outdoor living and traveling and working internationally.



Kathleen (Kathy) Bernards

CPA
CERTIFIED PUBLIC ACCOUNTANT

Bernards, CPA

bcpa-mac.com
441 NW Hill Rd, McMinnville
503.472.2179

Kathy Bernards had a desire to work in a profession where she could make a difference in the lives of people in her community. Since public accountants help individuals and businesses be good stewards of their hard-earned assets, the career fit for Kathy was perfect. As the sole owner of a firm that employs other para-professionals, Kathy enjoys watching them carve their own niches of service to the community.

Kathy most appreciates the interaction she has with clients in very personal matters – the opportunity to help clients discern what is really important, then chart a path to reach those goals. She enjoys helping people discover that philanthropy can make a big difference in their communities while reducing tax liability. Her firm also provides attestation, tax planning, and retirement planning services to businesses.

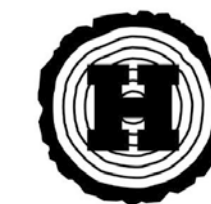
Kathy earned her degree at Linfield College and has worked as a CPA in McMinnville since 1976. Married for 47 years, she and her husband have three adult children. Kathy serves on various community boards and committees and participates in church and community choirs.



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— Julie Siepmann,
Clinical Services Director &
Lead Forensic Interviewer



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Brandie Briggs-Koch

LIFESTYLE DIRECTOR

Vineyard Heights Assisted Living and Retirement Cottages

activities@vineyardheightsassistedliving.com
345 SW Hill Road, McMinnville
503.435.1000

As Lifestyle Director at Vineyard Heights Assisted Living and Retirement Cottages, Brandi Briggs-Koch works with all the residents, helping them remain active and interested in their daily lives. "The best part of my job is getting to see the residents smiling and be part of helping them feel good about themselves every day," she said.

She loves physical, spiritual and mental well-being, and wants Vineyard Heights' residents to enjoy that well-being, as well. With that in mind, she plans, organizes and leads meaningful activities for them every day.

Brandie, 44, joined the Vineyard Heights team in February. "I am blessed to be part of their lives and to have 60 sets of grandparents," she said. "It is truly an honor to have the career I do."

Born in San Francisco, she is in the third generation of her family to be raised in Carlton. She raised her children, Andrew, 26, and Amaya, 21, in the area, too.

Outside work, she enjoys spending time with her family, including her husband, Matthew, and fur baby, August.

She loves hiking, rock collecting, fishing, camping and exploring the Pacific Northwest.



Julie Rea

TTRS CRM MANAGER

Provoking Hope

provokinghope.com
213 NE 10th St, McMinnville
971.261.2259

Julie Rea, TTRS Certified Recovery Mentor manager at Provoking Hope, has a great deal of empathy for the people with whom the non-profit organization works.

Like them, she struggled with addiction, finding recovery after 33 years. She's been clean and sober for 14 years come July.

In 2014, staff at Provoking Hope suggested she take the CRM training. She became a mentor in the organization's recovery houses for seven years and was coordinator for a year. Now, as a manager, she is responsible for scheduling, employee evaluations, supporting the management team and helping CRMs facilitate recovery houses.

"I've received a lot of support from women in the addiction field since starting this job," she said. "I am incredibly grateful for their encouragement."

She is affiliated with the Mental Health and Addiction Certification Board of Oregon and the Association for Addiction Professionals.

Born in California, Rea moved a lot over the years before ending up in Turner, where she graduated from Cascade Union High School in 1979.

She lives in Sheridan with her husband, Jeff, whom she married in 1979. She enjoys spending time with their two sons, five grandchildren and fur baby. She likes cooking, taking photos, traveling and making music videos and slide shows.



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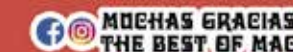
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Lexi Fields

OFFICE MANAGER

Morris Carpet Cleaning

morriscleaning.com
1405 SE Lafayette Ave, Ste E, McMinnville
503.472.3889

Customer service comes naturally to Lexi Fields, office manager for Morris Carpet Cleaning of Oregon in McMinnville.

Fields is able to talk to anyone and make each person feel heard. "She's very personable, very happy and makes everyone's day a good one," said Kim Morris, who co-owns the company with her husband, Mike.

In addition to interacting with customers, the office manager is responsible for scheduling, ordering and many other office responsibilities which keeps the office running smoothly.

Fields has a background in the hospitality industry. She spent four years at The 411 Eatery before it closed; that's where she met the Morris's. Then she worked for Fjelland Floors briefly before joining Morris Carpet Cleaning.

Fields also has a passion for learning, which serves her well as she grows in her job at Morris Carpet Cleaning and in the McMinnville business community.

She believes in giving back to her community, as well. She volunteers with the local nonprofit With Courage, which helps families affected by breast cancer; she's creating a family tradition by recruiting her eldest daughter to volunteer as well.

Fields is the mother of two girls, Vayda and Ofelia. She loves spending time with her family, hiking at the Oregon Coast, scrapbooking and cooking.



Kim Morris

PRINCIPAL DESIGNER

Morris Design Inc

morrisinteriordesign.com
1405 SE Lafayette Ave, Ste E, McMinnville
971.241.3846

A native of McMinnville, Kim is part of the local community owning multiple businesses and being part of local non-profits.

Kim is co-owner of Morris Carpet Cleaning that was founded in 1988 with her husband of 42 years Mike Morris. In 2004 Kim decided to go to college to pursue a degree in Interior Design, graduating in 2008. Opening Morris Design, Inc. 14 years ago has been a fun and rewarding career. Morris Design offers both residential and commercial design services in Yamhill County. Appreciation of design and architecture are a given, with Mid-Century Modern being her own personal favorite. Kim is part of Northwest Society of Interior Designers having served as both President and Treasurer in the past.

Kim adores her family: two grandchildren Mikalynn & Jaxon from daughter Katie and her husband Mike. She is grateful that they live just down the street and gets to see them often.

Giving back is part of the philosophy that Kim has for herself and her companies. She is currently in her second term of President for local non-profit With Courage. It's something she is passionate about and dedicates a lot of time to. See Ya Later, Habitat for Humanity and youth sports are some other organizations that see regular support.



Teresa Smith

VICE PRESIDENT
COMMERCIAL LOAN OFFICER

Citizens Bank

citizensbank.com
455 NE Baker St, McMinnville
503.474.9441

Teresa Smith knows the value of a strong local economy. As vice president and commercial loan officer at Citizens Bank in McMinnville, Teresa enjoys helping people make their dreams become reality by creating successful businesses. Teresa's greatest reward is seeing her clients grow and achieve success.

Teresa grew up in McMinnville and has over 40 years of banking experience. She tries to make the borrowing experience as painless as possible as she coaches individuals through the process. Teresa is also President of Community Home Builders that assists low to moderate income families build their own homes. In the 30 years as President they have assisted over 260 families achieve home ownership throughout Yamhill County. In addition she is the secretary for the McMinnville Noon Rotary, Vice President for McMinnville Industrial Promotions, Inc, Treasurer of McMinnville Economic Development Partnership, a member of the Yamhill Chapter of Women for Agriculture and was named McMinnville's Woman of the Year in 2020.

Teresa and her husband, Duane have been married for 42 years and have two grown sons. When she's not serving her clients, Teresa loves spending time with her granddaughters, gardening or competing on her cutting horse.



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Sandy Willius

ASSISTANT VICE PRESIDENT &
COMMERCIAL LOAN OFFICER

Citizens Bank

swillius@citizensbank.com
455 NE Baker St, McMinnville
503.474.9441

Sandy Willius has a strong desire to help others and make a difference. She has found a perfect way to do that as assistant vice president and commercial loan officer at Citizens Bank. Her job entails building long-term relationships with customers, working with local businesses to help them succeed and providing customized lending solutions. She works with a variety of types of lending, including real estate, equipment and inventory loans as well as working capital lines of credit.

Sandy has more than 28 years in the banking industry, 11 of them at Citizens Bank. Her experience has given her great respect and admiration for business owners. Especially during the pandemic crisis, she has seen them give their all to keep their businesses running and to help the community. She is happy to be part of the amazing team at Citizens Bank. She admires how they collaborate to find financing solutions that help businesses grow.

Outside of work, Sandy is active in the McMinnville Kiwanis Club. She and her husband have a daughter and a son. Sandy enjoys spending time with her family and friends, and going to the beach.



Kerensa Bailey

OPERATIONS OFFICER

Citizens Bank

citizensEbank.com
455 NE Baker St, McMinnville
503.474.9441

Introducing Citizen Bank's new Operations Officer. Kerensa Bailey is a Yamhill County native and graduate of Yamhill Carlton High School. She started in banking in 2014 and joined Citizens in 2021. As Teller, New Accounts Representative and Loan Officer, Kerensa has enjoyed learning banking operations and developing relationships in the community. She finds joy in helping customers find the right solutions for their banking needs, doing so in both English and Spanish. Her new role in operations also gives scope for her love of research solving knotty problems.

Kerensa values being a part of a small community and knowing people by name wherever she goes. A McMinnville resident, she is part of the Mac Leadership 2022 group and the newest member of the McMinnville Garden Club. Financial literacy is important to Kerensa and she has volunteered with Junior Achievement and Financial Beginnings to bring financial education to school and underserved communities.

In addition to volunteering, Kerensa enjoys reading, classical music, kayaking quiet waters, studying languages and ballet.



Myriah Martin

OWNER

Alour (Inspirational Gifts & Artwork)

alour-gifts.com
221 NE Cows St, McMinnville
971.241.2235

An artist, hair stylist and business owner, Myriah Martin loves being creative – with a camera, a pencil or paintbrush, or scissors and color.

Myriah started her career in the hair industry 20 years ago at the suggestion of a friend. She enrolled in the Academy of Hair Design; owned Mya's, a salon, for 10 years; and now works out of Studio 221. "I feel very blessed to work in McMinnville with some of the best stylists and the most amazingly wonderful clients."

During the pandemic, Myriah took a two-month road trip with her dog. She learned about herself and took photos – especially "things that other people might not see."

Back home, she continued to pursue art by drawing. Her first sketch became the cover of her inspirational journal, which includes other drawings, self-discovery questions, affirmations and photos. She also creates paintings, offered through her website, and she's learning to make jewelry. Collage drawings and hair services are her favorite ways of being creative right now.

Myriah enjoys holistic healing practices and exercising in a variety of ways. She is inspired by being around happy, active, positive people.

With her dog by her side, she likes hiking, running and walking. Especially on nice days.



Caroline Strode

PT

PHYSICAL THERAPIST

**Therapeutic Associates
Ability Physical Therapy**
csummers@taipt.com
2191 NW 2nd St, Bldg 4, McMinnville
503.434.9594

As a physical therapist at Therapeutic Associates Ability Physical Therapy, Caroline Strode enjoys meeting community members and helping them heal. She wants them to be able to return to the activities they enjoy.

She said she appreciates being able to practice in McMinnville, where she has a opportunity to work with a variety of patients. They range from older people who are focusing on balance or recovering from falls, to young athletes who want to get back to their sports.

"I personally enjoy learning about neurological conditions and helping people navigate and return to daily activities after a life-changing event such as a stroke," she said.

Strode has a bachelor of science degree from the University of Missouri - Columbia, and a doctorate in physical therapy from George Fox University in Newberg.

She joined Therapeutic Associates Ability Physical Therapy in 2015 as an exercise specialist. After finishing her doctorate, she returned as a physical therapist in 2021.

Strode was born and raised in Missouri. She came to McMinnville in 2015.

She likes hiking around Oregon and meeting friends on Third Street for coffee. She and her husband also enjoy playing golf at Michelbook Country Club.



Natalia DiStefano-Hural

PHYSICAL THERAPIST ASSISTANT

**Therapeutic Associates
Ability Physical Therapy**
TherapeuticAssociates.com/AbilityPT
2191 NW Second St, Bldg 4, McMinnville
503.434.9594

Natalia DiStefano-Hural discovered her career when she was going through physical therapy and saw all kinds of people working hard to heal with the help of therapists. "That was my light bulb moment," she said. "I wanted to be a part of this world."

Today, she is a physical therapist assistant at Therapeutic Associates Ability Physical Therapy, in McMinnville, where she's worked for four years. Her job involves treating musculoskeletal injuries and dysfunctions through manual techniques and exercises.

Ability Physical Therapy has orthopedic, neurological and pelvic specialties. Like many other providers at Ability Physical Therapy, DiStefano-Hural is on course to becoming a pelvic health specialist.

She is pleased to be able to relate to patients on a personal level and loves watching people improve from their first day to their last.

DiStefano-Hural grew up on Bainbridge Island, Washington. She graduated in 2018 from Pima Medical Institute in Seattle. She recently married her partner, another Yamhill County physical therapist assistant. They met in school when her son was two; he's now in second grade.

She enjoys hiking, camping and swimming with her family during the sunny months of the year.



Robin Scherrinsky

PHYSICAL THERAPIST ASSISTANT

**Therapeutic Associates
Ability Physical Therapy**
TherapeuticAssociates.com/AbilityPT
2191 NW Second St, Bldg 4, McMinnville
503.434.9594

Physical therapist assistant Robin Scherrinsky understands the value of using exercise as medicine to heal patients' bodies and improve their quality of life.

She first learned the benefits of physical therapy when she was young. After suffering an injury, she needed physical therapy in order to resume ballet.

She realized then that she wanted to work in healthcare, specifically in physical therapy.

Scherrinsky, who grew up in Dubuque, Iowa, earned a bachelors of science degree in kinesiology and health, and an associate of science degree in physical therapist assisting.

She said she loves her job and her co-workers at Therapeutic Associates Inc.

Every day is different. "I consistently have to be creative and think on my feet," said Scherrinsky, who has advanced training in pelvic physical therapy.

No matter what her job requires on a given day, it always leads to helping people feel better, she said.

Scherrinsky lives in Salem. She enjoys wine tasting, dancing, traveling, and being outdoors. She plans to continue her career in physical therapy. Twenty years from now, she hopes to be married with children and to own some property, too.



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Emily Wood

CLINIC DIRECTOR
PHYSICAL THERAPIST

**Therapeutic Associates
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2191 NW Second St, Bldg 4, McMinnville
503.434.9594

After undergoing rehabilitation from several injuries herself, Emily Wood, clinic director at Therapeutic Associates Ability Physical Therapy in McMinnville, knew the importance of recovery.

She knew, as well, that she wanted to help other people reach their recovery goals. So the Medford native studied exercise science at Willamette University and went on to earn a doctorate in physical therapy from the University of Southern California.

Emily is an orthopedic clinical specialist, a ASTYM certified provider and certified manual physical therapist. She is trained through Herman and Wallace to provide pelvic health treatment to both men and women, as well.

She enjoys working with members of the fantastic team at Ability Physical Therapy, who are like a second family to her. They support one another in their efforts to have a positive impact on patients who come in for recovery or proactive therapy. They help patients in a warm therapeutic pool, as well as using other equipment and techniques.

Emily lives in McMinnville with her husband, Kevin, their young son and daughter, and golden retriever, Theo. She enjoys traveling, hiking, running and skiing.



Christy Summers

PT, DPT, CSRS
PHYSICAL THERAPIST

**Therapeutic Associates
Ability Physical Therapy**
csummers@taipt.com
2191 NW 2nd St, Bldg 4, McMinnville
503.434.9594

Christy received her BS in Exercise Science from Pacific University in 2003. She went on to pursue her passion for physical therapy and earned her Doctorate in Physical Therapy from Pacific University in 2006.

Christy enjoys working with patients from all backgrounds and strives to help them achieve their goals and improve their quality of life. Christy's clinical interests include stroke recovery, post-operative rehabilitation, fall prevention, neurological and balance disorders, orthopedic injuries, and oncological rehabilitation. After rigorous training and certification, she is recognized as a Certified Stroke Rehabilitation Specialist. Over the last several years, she has developed a new passion and is pursuing advanced training in pelvic rehabilitation and oncological rehabilitation.

Outside of the clinic, Christy enjoys spending time with her husband and three children. She enjoys camping, fishing, gardening, and attending her children's sporting events.



Sydney Young

PTA

Andrew Physical Therapy

AndrewPT.com
2025 NE Baker St, Ste A, McMinnville
503.435.1900

Born and raised in the Willamette Valley, Sydney grew up enjoying the outdoors and living an active lifestyle. She developed a passion for Physical Therapy after recovering from multiple ankle injuries throughout her years as a competitive Irish Dancer. She completed her Physical Therapist Assistant degree in June of 2021, from Lane Community College in Eugene.

Sydney does a great job at creating an uplifting and encouraging environment for her patients with her positive attitude and bubbly personality. She has a passion for helping others succeed and reach their goals.

In her free time, Sydney can be found sewing, or outside enjoying camping, fishing, or snowboarding with her friends and family in the Pacific Northwest.



Whitney Anderson Gonzalez

DPT

Andrew Physical Therapy

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503.435.1900

Whitney grew up playing sports locally and graduated from Willamina High School in 2014. She then played collegiate basketball at Willamette University in Salem, and graduated with a Bachelor's Degree in Exercise Science in 2018. Whitney finished her Doctorate of Physical Therapy from Saint Francis University in Loretto, Pennsylvania, in 2021.

Whitney returned to the area she grew up with her husband, Agustin. She enjoys being active, especially when it involves the outdoors. Hiking and snowboarding are among her favorite hobbies. Whitney also likes training CrossFit and learning about health and wellness.

Whitney enjoys working with people of all ages to personalize their recovery, in both English and Spanish. She is happy to use her knowledge of exercise and movement and her hands-on skills to help others.



Caitlin Sticka
Founder and Executive Director

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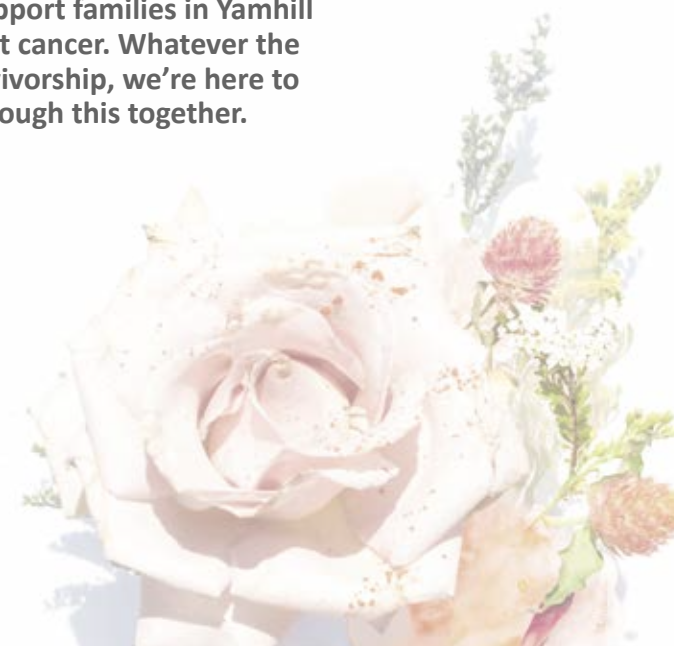
With Courage exists to support families in Yamhill County impacted by breast cancer. Whatever the stage of treatment or survivorship, we're here to help support and walk through this together.

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