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Front: Sara Hieter, DPT, Don Baley, PTA, John Andrew, DPT
Back: Aurora Fry, DPT, Tani Mollahan, PTA, Grant Bortnem, DPT, Erin Lloyd, DPT
We all know the Yamhill Valley is a special place to visit, to live, to do business, to raise families. In an effort to highlight specific aspects of what makes the Yamhill Valley special, the advertising staff at the NewsRegister puts out a number of publications every year, each spotlighting a particular segment of area businesses, products and professionals.

My favorite special section is this one, Women of the Yamhill Valley.

In years past, I have been captivated by the breadth and depth of the submissions we get from local women. We have professional women with advanced degrees and female entrepreneurs who work long hours at their local businesses. Most local women have wonderful goals, talents and achievements. Many launched their businesses on their own with little help. Others have the goal of one day owning their own businesses. I am consistently impressed by the level of altruism demonstrated by the number of local women involved in civic and charitable causes.

What struck me most this year is the level of independence shown by the women of the Yamhill Valley. Gone are the days when women were dependent upon the benevolence of men to realize their dreams. This section is proof that women have come into their own as movers, shakers, entrepreneurs, visionaries.

Is it a perfect world? Of course not. But if the Women of the Yamhill Valley is any indication, we’ve come a long way, baby!

As we continue to highlight the women-in-business that make our Yamhill Valley so rich and vibrant, I encourage you to join our efforts, read about your friends and neighbors and support the local businesses you’ll find inside this special section. The entire advertising team at the News-Register is excited to present to you this publication. Join us in celebrating!

Christy Nielsen
Production Manager
News-Register
www.NewsRegister.com

DID WE MISS YOU?

Give us a call for next year and get on the list today!

503.687.1258
Dawn Vyette Witt loves representing her furry clients, knowing that they can’t speak for themselves. As head of a nonprofit dedicated to finding homes for pets, Dawn knows she can ask anyone for anything in the name of this cause about which she is passionate.

Dawn serves as executive director of Homeward Bound Pets, a local 501(c)3 no-kill, no-cage, pet adoption shelter and its supporting thrift shop. She manages three shelter staff and over 100 volunteers, all committed to finding forever homes for pets and educating the community about pet-related issues. Nothing makes Dawn happier than seeing the joy on the faces of new pet-parents when they give their new pet that first hug.

Dawn lives in the Yamhill Valley with her husband of 19 years, David, a retired major in the Oregon State Police. When she’s not spreading the message of responsible pet ownership, Dawn might be found on the Oregon coast digging clams to use in her famous chowder.

Nicole Winnen knows the meaning of time management and responsibility. Not only is she the mother of three children, but also the owner and pharmacist at Mac Prescription Shop and Mac Medical Shop.

Born and raised in Silverton, Nicole completed her education at Oregon State University. She and husband Jarod have three children; Connor, 13, Sydney, 10 and Casey, 8. Completing their family is Ruby, their black Labrador.

Nicole is also responsible for the day-to-day operations of the businesses, management of 16 employees, and patient care and communication with their physicians.

Nicole loves the small town feel of McMinnville and looks forward to raising her family and serving her patients here for many years to come.

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When Kelly Hagglund launched The Kelly Group, she was committed to offering honest, reliable and customer-centered professional service in the buying and selling of properties throughout the region. Kelly’s passion for people motivates her to give her clients the most compelling service in the industry. Kelly is backed up by a team of experienced real estate professionals who share her commitment and vision.

Kelly was born in Seattle and raised in Lake Oswego. An over-the-top visionary thinker, she loves the challenge of running one of the most passionate real estate companies in existence. For four years in a row, Kelly has earned the title of number-one listing agent in the region in addition to being named businessperson of the year and citizen of the year.

Kelly lives with her husband of 36 years on an idyllic farm perched in the hills of the Yamhill Valley. On Mother’s Day of 2014, she was blessed with her first grandson. When she’s not serving her clients, Kelly loves to paint, write poetry and think of clever inventions.

Teresa Shelburne has been helping Yamhill Valley clients with their design needs for the past 11 years. Taking the time to get to know her clients and their lifestyles, Teresa custom-fits her designs to her clients’ needs. Providing both residential and commercial service, Teresa offers color consultations, computer-aided space planning, material selection, custom window treatments, remodeling, new home finish planning, real estate staging and furniture selection.

Originally from Newberg, Teresa earned degrees in textiles, business and interior design from Arizona State University.

Teresa and her husband, Darren, have four children and live on a small farm outside of Dayton. She plays an active role in her community, serving on the Dayton School Board and the Dayton Education Foundation Board. In addition, Teresa is involved with the Dayton Community Development Association (DCDA), which is helping revitalize historic downtown Dayton.
Sharon Suchy fondly remembers a small handful of special teachers from her junior high and high school years, educators who supported her and encouraged her during her formative years. Even as an adult, Sharon has been blessed with inspiration from a mentor on a professional level, Jenny Root-Ravia.

Throughout her career, Sharon has worked in many areas of nursing from labor and delivery to hospice care. As director of nursing services at Oakwood Country Place, Sharon’s favorite part of her job is seeing patients smile, knowing that she is making a difference in their lives. She considers herself fortunate to work with an amazing team that is committed to giving patients the best care possible.

Sharon lives in McMinnville with her husband, Bob. The couple has five children and four young grandchildren. In her spare time, Sharon enjoys horseback riding. She is also an accomplished seamstress, creating scrub tops for her staff as rewards for jobs well done.

Shannon Waddell has never shied away from big decisions. In 1991, she took a huge risk and bought a one-way train ticket to Salem where she landed a job at a grocery store and started taking college courses. After caring for her ailing mother and grandmother, Shannon managed to earn her certification as an R.N. while taking care of her children and working full time.

Today, as clinical liaison at Oakwood Country Place and Chehalem Health and Rehab, Shannon works in admissions and marketing but puts her clinical experience to good use as she serves the residential community. Her favorite aspect of working with her elderly residents is the wisdom they share with her.

When she’s not at work, Shannon enjoys taking road trips, walking, running, hiking, canoeing, cycling, climbing, yoga, camping, making people smile and giving people hope. Every day, Shannon practices her life philosophy of treating people with respect, no matter what.
Embracing her lifelong fascination with the architecture, economics, planning and development of towns and cities, Rebecca Quandt pursued an education that focused on those areas. As marketing and promotions coordinator for the McMinnville Downtown Association, Rebecca puts her skills to good use in promoting and celebrating “Oregon’s Favorite Main Street.”

Rebecca was born and raised in Valley Center, Kansas, near Wichita. She was awarded an undergraduate degree in urban planning from the University of Washington before earning a Master of Science in historic preservation from Clemson University in Charleston, South Carolina. Rebecca is a member of the International Slow Foods Movement, the National Trust for Historic Preservation, Yamhill County Young Professionals and the American Planning Association.

Rebecca recently moved to McMinnville with her boyfriend. When she’s not working, she loves making new recipes and trying new foods. To counteract eating all those yummy treats, Rebecca is also devoted to running, yoga and hiking.

When four nurses who shared a love for funny and friendly alpacas got together, it was only natural that they’d launch a retail store that featured products created with the fabulous fiber of the furry creatures! Candice McBeth, Shelley Gunther, Christy Hood and Cindy Whitlock each raise alpacas and are passionate about extolling the benefits of the durable, beautiful and all-natural wool that the animals produce.

From clothing and accessories to jewelry and home décor, Alpaca Naturally is brimming with high-quality alpaca products to please any taste. For the creative spirit, the shop features a wide selection of yarns as well as complete lines of knitting, crocheting and spinning supplies.

The staff at Alpaca Naturally is committed to making sure that each customer leaves with an increased appreciation of the beautiful and natural fiber of the alpaca. Alpaca Naturally is conveniently located at 232 NE Third Street, in the heart of Historic Downtown McMinnville. Call 503-474-6164 or visit www.facebook.com/alpacanaturally for more information.
Venessa Eck
Senior Mortgage Banker
Pacific Residential Mortgage
1215 NW Adams St, Ste D, McMinnville
971.241.2001
www.PacResMortgage.com

As a senior mortgage banker for Pacific Residential Mortgage, Venessa Eck shares the excitement of her clients as she assists them with possibly the most important purchases of their lives. Venessa knows that she can perform a great service as she helps clients navigate the complex world of home financing.

With 17 years of experience in the field, Venessa has worked in nearly every aspect of the mortgage industry. Her experience has given her a detailed knowledge of the loan process, from start to finish. Venessa also relies on her highly qualified team of professionals to provide her clients an exceptionally high level of customer service.

Venessa lives in the Yamhill Valley with her husband and three beautiful daughters. When she’s not working, Venessa might be found coaching one of her daughters’ soccer teams. With a passion for physical fitness, Venessa devotes what little time she has for herself to running or participating in Crossfit.
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Venessa Eck, Senior Mortgage Banker MLO-140124
Ginny Lundy, Senior Processor MLO-207132

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Dreams Approved Daily!
When Sara Whitfield hears cheers and clapping coming from the therapy gym, she knows that her residents and staff are celebrating one of the many small miracles that happen daily at Life Care Center of McMinnville. When a resident who has not been able to walk for weeks is able to stand and take a few small steps, Sara celebrates, too, knowing that the dedication and passion of her staff are dramatically improving the lives of her residents.

As administrator at Life Care Center, Sara oversees the daily operations of this skilled nursing facility. A native Oregonian, she holds a bachelor's degree from Portland State University. Sara loves the camaraderie that exists among business professionals throughout the Yamhill Valley.

Sara lives with her husband and young son in Dundee. When she's not busy at Life Care Center of McMinnville, Sara can be found at Cupcake Couture, a women's clothing boutique in downtown McMinnville that she co-owns with her sister-in-law.

Nicole Sensabaugh loves to help new businesses succeed. With twenty years of experience owning and running businesses, she occupies a unique position to help business owners compete and succeed in a tough market. Using her expertise, Nicole can help guide a business owner through making sound decisions that will help the business grow and flourish.

As a bookkeeper, Nicole can teach a business owner the financial side of his or her business and help take it to the next level. With extensive business experience in other areas like human resources, she can instruct clients on many aspects of operating a successful enterprise. Nothing delights Nicole more than knowing that she has contributed to her clients' success.

Nicole lives in Newberg with her partner, Steve and stepson, Garrett. When she's not helping her clients, Nicole enjoys glass blowing, painting and sculpting. She also loves to ski, hike and travel with her family.
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Kim Dunckel
Senior Escrow Officer
Kim.Dunckel@TicorTitle.com

April Ciulla
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April.Ciulla@TicorTitle.com

LaAnne Cray
Senior Escrow Officer
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Leslie Banke
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Ticor Title Company  
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503.535.3742  
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Kim.Dunkel@TicorTitle.com

Kim began her career in the real estate industry in 1996 and moved into title and escrow in 2004. Her extensive knowledge in both commercial and residential sales along with resources that are available at Ticor Title provides clients with a successful transaction. It is always Kim’s goal to provide excellent communication with her clients. She prides herself in accurate and timely transactions.

Originally from California, Kim moved to Oregon in 1993 and made the Yamhill County area her home. Kim and her husband Doug just celebrated their tenth anniversary. They have two beautiful daughters, Sophia, Cecilia and recently adopted baby Aaron at the age of one.

Kim is also a part of the Yamhill County Association of Realtors, a proud Girl Scout mom, and a member of the Pacific Giant Vegetable Growers. In 2005 Kim entered a 365.7 pound pumpkin in the giant pumpkin weigh-off.

LeAnne Cray  
Senior Escrow Officer  
Ticor Title Company  
105 NE 4th Street, McMinnville  
503.472.6101  
www.TicorTitle.com  
Leanne.Cray@TicorTitle.com

Raised in the small town of North Pole, Alaska, LeAnne Cray fell in love with the small town charm of McMinnville when she moved here in 2000. Her background in fine dining had groomed LeAnne’s love of learning all about wine yet—surprising even her—she found herself in the field of real estate.

LeAnne has worked exclusively for Ticor Title for the last 11 years, starting in Portland and eventually coming home to Yamhill County. Acting as a neutral third party to clients while they process through complex transactions, LeAnne has become familiar with not only the traditional refinance and residential transactions, but also with new construction, seller carry-backs, agriculture, manufactured homes and short sales. Each transaction is different and she prides herself in keeping clients informed throughout the process.

An active mother of 3 children, LeAnne is an avid runner and has even managed to grow her love of wine during her time in the Yamhill Valley.

Leslie Banke  
Business Development Specialist  
Ticor Title Company  
105 NE 4th Street, McMinnville  
503.472.6101  
www.LeslieTicor.com

Networking and community involvement! According to Leslie Banke, that’s what it’s all about and has led her career choices to date. Currently Banke is a business development specialist for Ticor Title in Yamhill and Polk Counties. As business development specialist, Leslie uses skills developed during her time with the McMinnville Area Chamber of Commerce to promote Ticor and build relationships throughout the community.

When she’s not in the office, Leslie might be found fulfilling duties at either of her two side businesses, Flourish Communication & Events and AdvoCare. Leslie is a member of the McMinnville and Chehalem Valley Chambers, the Yamhill County Association of Realtors, Women of Willamette, Young Professionals of Yamhill Valley and is active in the “See Ya Later” Foundation. Leslie lives in Carlton, where she gets to enjoy the beautiful scenery of the valley. Staying active with family and friends is a highlight for her as well.

April Ciulla  
Senior Escrow Officer  
Ticor Title Company  
105 NE 4th St, McMinnville  
503.472.6101  
April.Ciulla@TicorTitle.com

When a complex real estate transaction seems to have impossible hurdles, April Ciulla enjoys working through the issues, finding a solution and bringing the difficult transaction to a close. This can-do attitude serves her well in her role as a senior escrow officer for Ticor Title of McMinnville.

As an escrow officer, April completes closings for a wide variety of residential and commercial real estate transactions. The Astoria native finds great satisfaction in the problem-solving aspects of her work. April also likes the spirit of camaraderie that exists among the professional women of the Yamhill Valley.

April lives in McMinnville with her husband. She has an adult daughter and two adult stepchildren. When she’s not closing a transaction, April enjoys hiking, biking, cooking and music. She is known for her delicious meals served at large family gatherings.
Kay Case grew up in Wisconsin and attended the Universities of Wisconsin and Minnesota before moving to the Northwest. She began her career caring for horses as a Doctor of Veterinary Medicine. Reproductive medicine fascinated her and she returned to school at University of Washington to become a medical doctor. She found her niche specializing in obstetrics and gynecology. She moved to McMinnville as the only female OB/GYN in 1995 and opened Women’s Health Center. “It is both a privilege and a blessing to work with women every day, sharing in some of the most profound experiences in people’s lives.”

The spectrum of practice encompasses care for those with significant health concerns. She also focuses on helping women promote good habits today to safeguard their future health. “I am delighted to be able to help women obtain their full potential in resolving health problems.” Kay has three boys and enjoys spending time with family, in the outdoors and sailing.

Tamara is an expert at embracing the unexpected and her career path shows it. She’s a wife, mother and grandmother, and has also owned a catering business and printing business before pursuing a nursing career. While working as a labor and delivery nurse, she decided to return to school becoming a women’s health care nurse practitioner and certified midwife. She guides women through labor and delivery, provides postpartum care and sees women for their preventative services and other health needs.

Raised in Scappoose, Tamara graduated from Linfield with a Bachelor of Science in Nursing and completed her post graduate work at the University of Cincinnati. She loves living in the Yamhill Valley because it allows her to provide her patients with continuity of care in a community health care minded environment. She and husband, Tony love the rural feel and close proximity to Portland. When she can fit it into her schedule, Tamara enjoys reading, gardening and cooking.

Melissa Heuberger, a McMinnville native, always knew she would go into healthcare. She considered becoming a physical therapist or a pediatrician when she was younger and started college as a pre-med major. After seeing a nurse practitioner while in college, the visit made a lasting impression on her.

She graduated from OHSU with a Bachelor of Science degree in nursing and attended the University of Portland, where she received her master’s degree in nursing. She eventually started her career as a registered nurse and worked locally for six years in labor and delivery. Melissa continues to provide healthcare to women, but has more autonomy and can focus on disease prevention, health promotion as well as treatment. She believes it is an asset to be a woman caring for other women in healthcare.

She and husband Ben have two daughters - Kayla and Natalie. She enjoys spending time with her family and when time allows, yoga and golf.

Laurie grew up in Miami Beach, Florida loving the outdoors. She attended the University of Florida and Florida International University in order to pursue her career with the National Park Service. After meeting her future husband in Everglades National Park and a stint in the Peace Corps in Paraguay, Laurie and Dave had their first son.

Laurie became interested in ultrasound after having several during her first pregnancy. When her son was 2 years old, Laurie decided to change careers and went to Ultrasound school. She worked in hospital ultrasound departments in Florida and Oregon for 15 years before deciding to specialize in Ob/gyn ultrasound here at Women’s Health Care. Laurie is especially interested in 3D ultrasound and feels privileged to share part of one of life’s biggest joys with expectant parents. Laurie and Dave have 2 sons - Jake and Sam. Free time is spent outside whenever possible, gardening and caring for their menagerie of alpacas, dogs and chickens.
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orioleadultfosterhome@yahoo.com
The family business has always been part of Kori Gormley-Huppert’s life. From childhood naps in showroom bathtubs to organizing plumbing parts, and on-site project administration, she’s worked throughout Gormley Plumbing + Mechanical.

Before joining the business, Kori explored the world. After graduating from Linfield College, she lived and traveled throughout Mexico, Central America and Asia, taught English in Japan and worked more than seven years for Gap, Inc.

Now as President and CFO, Kori manages the finances and accounting, contract administration and project coordination. She’s leading a rebranding project — including an updated logo, new ads and a new web site. She is also establishing the business as a certified Women Business Enterprise.

She and her husband Kurt have 2 year old son Kort, the fifth generation of Gormley Plumbing + Mechanical.

McKaley Brewer took her lifelong interest in athletics and health care and turned it into a unique career. As a certified athletic trainer, McKaley splits her time between helping treat patients at McMinnville Physical Therapy and providing athletic training and first aid to Dayton High School’s athletic teams. At the high school, she helps educate student athletes about injury prevention in addition to treating injuries. McKaley’s position is sponsored entirely by McMinnville Physical Therapy as a form of community outreach.

McKaley earned a degree in athletic training from Linfield College, where she was also a member of the volleyball team. She is a member of the National Athletic Trainers’ Association and the Oregon Athletic Trainers’ Society. McKaley’s favorite part of her job is helping young people play sports safely.

McKaley lives in McMinnville where she enjoys hiking, playing volleyball and exploring local wineries on weekends.
Kara Knox graduated from Northwestern University in 2012 with her Doctor of Physical Therapy degree. Since that time she has been working toward a specialty certification in pelvic floor physical therapy. Kara treats men and women with various pelvic floor disorders including incontinence and pelvic pain. Kara enjoys working with this population because she can see a big change in their quality of life in just a few treatments.

Kara lives in the Yamhill Valley with her husband, Ryan, and their two dogs, Stella and Lotti. In her free time, she enjoys Crossfit, backpacking and hiking.
Insurance is about letting the customer know you care, evaluating their needs, and providing coverage they need in the event of a covered loss.

Pattie has grown up in Yamhill county, graduating from McMinnville High School. She and her husband, Austin Warner, raised their son here, and are lucky he has stayed in the community with his wife, Julie, so they can enjoy their two grandchildren Kylie & Colton.

Pattie feels it is important to give back and be a part of the community. She is active in the McMinnvile Rotary which provides dictionaries to the grade schools, volunteers to the Ready for Kindergarten program and scholarships to Yamhill County graduates. Pattie is in her second term as President of Rotary, and is also on the Leadership Advisory for McMinnville Chamber of Commerce.

Nicole Obrist leads a full life. She works with her insurance clients, has been married for 25 years, has three children, one grandchild and another on the way. She is a board member for the Amy Roloff Charity Foundation and volunteers with various local organizations. So when her clients come to her with complex needs, she can empathize.

Nicole gets to know them, and sticks by them through the years. They’re all part of the same community, and Nicole is passionate about rolling up her sleeves and helping out in the community whether at work, at home or volunteering. For example, kids still enjoy a park play structure Nicole helped raise over $150,000 to build.

“Balancing your personal, professional and civic duties is a key to success,” Nicole says.

Jessi holds an insurance Service Representative certification. Jessi and husband Bryce live in McMinnville with their daughter, Avery, and a son, Hixon. In her free time, Jessi likes to do anything outdoors, including camping, fishing, playing golf and spending time with her family and friends.

For six years, Kathy Malcom has served her clients at PayneWest, first as a carrier representative and currently as benefits advisor. A member of the National Association of Health Underwriters (NAHU), Kathy's expertise and 20 years of experience have helped guide clients through key decisions including healthcare reform.

Employers both small and large trust Kathy’s professionalism, experience and creativity as she creates custom-designed insurance plans and programs that keep employees covered and productive at work while benefiting their employers’ bottom lines.

In addition to her involvement in the insurance community, Kathy enjoys supporting worthy causes such as the Leukemia & Lymphoma Society and the St. Jude Children’s Research Hospital where “every dime and dollar count to support families in a time of need.”

Kathy’s special interests include her family, running and swimming competitively. She recently completed her first half marathon—her first run event ever—with only seven weeks of training! Kathy plans a few more runs in the near future with a better finishing time.
Lisa Pool chose acupuncture as a career because she loves to help people enjoy a better quality life. She works with many different kinds of health concerns such as: body pain, insomnia, digestive disorders, fertility enhancement, headaches/migraines, anxiety/depression/stress and much more. She specializes in neck, back, shoulder, knee, hip, foot and hand pain from either chronic conditions like arthritis or acute injuries from falls or motor vehicle accidents. If you have pain, she treats it!

In addition, Lisa is passionate in her belief in quality food and nutrition as the basis of vibrant health and a better quality of life. She started Gluten Free Northwest as a resource for patients and friends to have access to gluten free information and allergen free products. She has recently added a blog to her website www.GlutenFreeNorthwest.com to talk about latest research, recipes, testing options, restaurant recommendations and health and food related news—i.e where to buy your food, what to look for on the labels. Lisa is also excited to announce that starting in September 2014 Lisa will help co-chair the local Gluten Intolerance Group (GIG) of McMinnville!

Teresa Smith didn’t intend to go into banking but, after over 30 years in the industry, she can’t imagine doing anything else. Because she loves helping ordinary folks achieve their dreams, Teresa is well-suited for her work as a commercial lender at the McMinnville branch of Citizens Bank.

Teresa believes that having a passion for one’s work will earn unbounded accomplishments. She noticed this trait among many other local professional women and is proud to be a part of that accomplished community. She also notes that she is fortunate to work for an organization where the staff works in the community it serves and makes decisions on a local level.

When she’s not working, Teresa enjoys spending time with her husband and two sons, gardening and fixing up her century-old home. She also operates a small horse boarding facility and enjoys showing her cutting horses.
"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.

Amanda Rinehart wanted a career where she could put her planning and organizational skills to good use while fostering meaningful relationships. As life enrichment coordinator for Vineyard Heights Assisted Living & Retirement Cottages, she may have found the perfect position! Amanda coordinates an active and diverse monthly calendar of events for residents and then makes sure each event runs smoothly. Born and raised in Pendleton, Amanda earned an education degree from Linfield College. She was surprised by all of the great opportunities available to network, volunteer and meet other professionals in the Yamhill Valley. The highlight of Amanda’s job is getting to know her residents, some of the most interesting, kind and genuine people she’s ever met. Amanda lives in Newberg and is engaged to be married. Last year, she and her fiancée backpacked around Europe for over three months. When she’s not working or traveling, Amanda enjoys reading, gardening and watching really bad television.
Brenda Layman’s primary duty at Vineyard Heights Assisted Living & Retirement Cottages is customer service. She has worked her way up from a caregiver all the way to her current position as business office manager, learning everything there is to know about Vineyard Heights along the way.

Focusing on a superb level of service, Brenda answers phones, greets visitors, assists with tours, manages accounts, performs background checks on new employees and maintains resident and employee files. Brenda enjoys interacting with residents, family members and people in the community. She loves hearing about residents’ lives and feels a distinct connection with the past from these stories.

Brenda lives in Willamina with her husband and their blended family of three boys and three girls. She says that the only thing keeping them from being the Brady Bunch is Alice. In her free time, Brenda likes spending time with her family camping, hunting and fishing. She also enjoys curling up with a good book or creating needlepoint.

Virginia Springer focuses on coordinating health services for residents at Vineyard Heights Assisted Living & Retirement Cottages. In her capacity as director of health services, Virginia assesses new residents, follows up on physicians’ orders and helps establish working service plans for each resident’s care. Emphasizing continuity of care, she also monitors current health issues and oversees the medication room, in addition to making sure staff are delegated to assess appropriate health matters.

Born and raised in Richland Center, Washington, Virginia earned a nursing degree from Chemeketa Community College. Virginia loves making sure that residents’ care needs are met and kept at the highest standards at Vineyard Heights.

Virginia lives in Sheridan with her husband of 32 years. The couple has four children and five grandchildren. When she’s not at Vineyard Heights, Virginia enjoys working on the family farm, reading, crocheting and playing with her grandkids.

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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 four other professionals and one para-professional, 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, planning, and forensic services to businesses.

Kathy earned her degree at Linfield College and has worked as a CPA in McMinnville since 1976. Married for 40 years, she and her husband have three adult children. Kathy serves on numerous community boards and committees and participates in church and community choirs.

Cynthia Kaufman Noble
Attorney
Noble Law Firm

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Cynthia Kaufman Noble’s formative years in the deep south revealed significant social injustice that affected her deeply as a child. Blessed with a keen sense of fair play and a love of justice, she has a passion to right wrongs and to help others.

Cynthia is an active member of the legal community in McMinnville Municipal Court and Yamhill County Circuit Court. She is a member of the Oregon State Bar Association, the Yamhill County Bar Association, Yamhill Justice Center and Oregon Criminal Defense Lawyers Association.

Cynthia and husband Rick have three witty children and two reasonably well-behaved dogs. When she’s not working, Cynthia loves to explore Oregon, cross-country ski, protect animals and be entertained by her two malamutes, Tokah and Thunder. Someday, she’d like to publish the children’s songs she has composed and also write a children’s book.
Learning to sew on a treadle machine under the skilled eye of her grandmother, Verna Van Calcar developed a lifelong love of sewing. As owner of Verna’s Sewing Center in McMinnville, Van Calcar is proud to be celebrating twelve years in business.

Van Calcar’s experience includes training in textiles, clothing construction, tailoring, quilting and machine embroidery. Her passion for the art and science of sewing has been enhanced by 20 years as a classroom teacher, 25 years as a 4-H leader and nearly two decades in the sewing industry. This experience is put to good use at Verna’s Sewing Center, where Van Calcar supervises four customer service representatives/instructors and a factory-trained service technician.

Van Calcar lives in McMinnville with her husband. The couple’s four children all graduated from McMinnville High School. Verna and her husband enjoy spending time with their grandchildren.

Nora discovered first hand the body’s reparative abilities after an automobile accident that required months of therapy. Inspired and intrigued, she went on to earn her Master of Science from the Pacific School of Physical Therapy.

At Ability Therapy & Fitness, she’s created an optimum supportive environment for both her patients and staff.

Nora’s aim is HOPE: Helping others’ potential emerge. To that purpose she’s traveled the world, to Europe, Africa, Peru, the Middle East, taking classes, updating her treatment techniques, and bringing them back to McMinnville to help her patients heal. She specializes in Women’s Health, Pelvic Pain, Male and Female Incontinence.

Outside the clinic, Nora enjoys kayaking, biking, skiing, learning to sail, learning to play the ukelele and teaching Pilates.
Sarah Meyer chose her field because she loves working with the senior population. As activity director at Parkland Senior Community, Sarah knows her residents have a genuine appreciation for the effort that she puts into her job. As for Sarah, her favorite part of her work is seeing the joy on the faces of residents as they participate in the activities, games and trips she plans.

Sarah is responsible for providing Parkland residents with fun and enriching indoor and outdoor activities. Some of these might include bean bag twister, nickel poker, bingo as well as trips to the coast, casino and various other nearby destinations. In addition, Sarah also creates Parkland's activity calendar and newsletter.

Sarah was born in Portland and raised in Sheridan. She currently lives in McMinnville with her five-year-old daughter and four-year old son. When she’s not working, Sarah enjoys crocheting and playing with their trucks that they often enter in mud drag races.

Katherine Lancaster
Lifestyle Consultant
Parkland Senior Community
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www.ReveraLiving.com

A passion for providing quality care to the elder community led Katherine Lancaster to pursue her career retirement living. As a lifestyle consultant at Parkland Senior Community, Katherine is uniquely poised to share the many wonderful benefits of retirement living with seniors of every background.

Katherine's duties as a lifestyle consultant include marketing, sales and transition coordination for seniors who are considering a move to Parkland. She loves the daily interaction she experiences with residents and their families, observing the improvement in quality-of-life that happens with retirement living at a comfortable place like Parkland.

Katherine lives in Mt. Angel with her 14-year-old son, Dean, and nine-year-old daughter, Dylan. She loves her daily commute through the valley, across a ferry and past picturesque farms, orchards, nurseries and vineyards. In her free time, Katherine enjoys making jewelry and attending the sporting events of her children.
The best part of Erin Lloyd’s job comes the moment a patient comes back to her and tells her that he or she is feeling better. As a physical therapist at Andrew Physical Therapy Orthopedic and Sports Rehab, Erin focuses on helping her patients alleviate pain and improve the quality of their lives.

Erin earned a Bachelor of Science in biology from Seattle University before she was awarded her Doctor of Physical Therapy from Pacific University. Knowing the importance of keeping up on new research and techniques, Erin consistently takes advantage of ongoing education programs. To date, she has completed courses in Kinesio Taping, Graston Technique, and a manual therapy technique known as Mulligan Concept.

In her free time, Erin is a member of a women’s city league volleyball team and plays softball every chance she gets.

As an avid high school athlete, Sara Hieter was intrigued by the sports injuries she saw occur. She learned the value of taping athletes before competitions and later worked at an orthopedic clinic. These experiences combined to give Sara a great desire to learn the science behind physical therapy.

In her capacity as a physical therapist at Andrew Physical Therapy Orthopedic and Sports Rehab, Sara combines her knowledge of anatomy, physics and biomechanics to find the root cause of her patients’ pain or injuries. She takes great pride in working out a customized solution that will help each patient recover in the safest and most complete manner possible. Sara specializes in orthopedics, running and neurological conditions such as Parkinson’s and cerebrovascular accident (CVA).

When she’s not helping patients, Sara enjoys running, cooking, traveling and playing golf.
Women of the Yamhill Valley 2014

After 14 years as a stay-at-home mother, Teri Gunn wanted to get a college education and pursue a career in a creative field so she enrolled in the visual communications program at Chemeketa Community College. While there, she fell in love with graphic design and knew she'd found her calling.

As a graphic artist for the News Register, Teri designs ads, special publications and various other print and web projects. Teri loves creating original artwork that effectively communicates a message in an appealing manner. She especially likes being able to work close-to-home in an environment that is both uplifting and filled with similarly creative spirits.

Teri was born in Portland and grew up in Dayton, except for a period when her father worked the oil fields in Wyoming, North Dakota and Colorado. Teri lives in McMinnville with her husband of 24 years and their three children, two great teenagers, Kylah and Noah, and a funny two-year-old named Violet. When she's not working or hanging out with her family, Teri enjoys photography, crocheting and baking tasty specialty cupcakes.

Beth Olafsen adored her grandparents—they instilled in her good manners and a strong work ethic. With their fun demeanor and many great stories, Beth developed a profound respect for her elders at a young age. This regard has served Beth well throughout her career in elder care.

As marketing director with Vineyard Heights Assisted Living & Retirement, Beth builds lasting relationships with families, residents and the community at large. She helps families negotiate the options of retirement and assisted living, choosing customized care services to match each resident's specific needs. Sharon loves walking through the front door each morning and being greeted with a hug or a smile by residents and staff alike.

Sharon lives in McMinnville with her husband, who she married atop an elephant in Thailand. The wedding highlights Sharon’s interest in global traveling. Sharon has a goal of seeing all seven continents, six of which she’s already visited—only one to go!
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