



MPISSN CONNECTS

Summer 2024

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MESSAGE FROM THE PRESIDENT



It's been a while since you've heard from me, I've been "Just Swimming" - literally trying to stay cool in this summer heat. Lauren Goff here, your MPI Sacramento Sierra Nevada President. I hope that you are enjoying your summer!

Back in June we had Jessie DaSilva come speak to our members about Professional Identity and how to empower yourself to ask for what you want. Take a moment to follow her on Social Media, I have really enjoyed her videos and advice.

On Thursday July 11th we held our annual Sip & Swirl event at the beautiful Casino Mine Ranch in Plymouth. I hope those who braved the heat enjoyed the beautiful setting, yummy wood fired pizza and delicious wine! We also welcomed 2 new members to the chapter, Matt Zaldiver from Casino Mine and Nicole Shebl from Visit Amador. We are so happy to have them as members and appreciate their support.

Ok now 2 serious questions for you: Did you know that over 13,000 people are trafficked here in Sacramento annually? Did you know that July 30th is World Day against Human Trafficking? Join us to learn more about this epidemic that thrives right here in our community and what you can do to help fight against it on Aug 20th Education Event: Eyes Wide Open: The Meeting Industry's role in the Fight Against Human Trafficking at 3:30pm at the newly renovated Doubletree Sacramento.

GOLF TOURNAMENT & WINE TASTING

Are you a Planner? Did you know you can register for **FREE**, as a Host Me. Don't miss this chance to tee off and toast to a fantastic day on the green! We're thrilled to invite you to the first Annual MPISSN's Swinging Soiree: 9-Hole Golf Tournament & Wine Tasting event on Wednesday, September 25th.

Whether you are a seasoned professional or just starting out, this event is all about having a great time and making memorable moments with colleagues and friends.

1:00pm - Golfer Arrival and Check-in, Welcome Drinks

2:00pm - Tee-off

3:30pm - Wine Tasting for Non-Golfers

5:00pm - Reception, Raffle and Awards

So don't miss out on the opportunity to enjoy a day of golfing followed by a fabulous reception. We can't wait to see you on the course!

[REGISTER TODAY!](#)

NEW!! Need a place to stay? Book today at the Residence Inn Rocklin Roseville at our special group rate of \$199. Click here to book your reservation today, last day to secure your reservation is August 24, 2024!

Thank you to our Title Sponsor Monterey Meetings - All Inspired

For more information on Sponsorships, contact Lauren Pontier at lpontier@helmsbriscoe.com or Maria Dempsey at mdempsey@margaritavilleresortlaketahoe.com.

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MEMBER SPOTLIGHT

ANGELA CAVA

Business Development Strategist, innoVia Productions

Where do you live? South Lake Tahoe

Do you have any pets? Not at this time, we do have a friendly bear that visits us time to time. However, I do have 2 Daughters and 2 Grandchildren with a 3rd on the way 😊

Where is your most memorable place you've travelled to? I was born in India; I would love to return to GOA where its well known for sprawling beaches and Yoga

How did you start your involvement with MPI? I was VP Education of the Texas Lonestar Chapter.

What value have you seen in your MPI membership? MPI offers industry trends with cutting edge education for personal and professional growth. When we learn together, we instill trust within our meeting's community. I find great value in the networking events by having fun which deepens relationships authentically.

I hear that you have an interest in wellness, what advice do you have for our members who may be overwhelmed? When we become overwhelmed, our body initiates a stress response. This "fight or flight" response is driven by release of hormones (adrenaline & cortisol) Some tips I recommend as a certified wellbeing counselor is set yourself up for success.

- Did you know that **sleep** is critical to flush out toxins in the brain & releases growth hormones. So, get a good night's sleep.
- **Food is Medicine.** What we eat and drink play a significant role in influencing hormones and stress levels. The food we eat affects our body's hormonal balance which leads to stress. Good Nutrition turns on the good genes and turns off the bad genes. Magnesium helps regulate the cortisol stress hormone. So, eat your leafy greens from your Farmacy, nuts and dark chocolate 😊
- **Movement Matters** as it releases endorphins which are neurotransmitters in the brain that promote feelings of happiness and euphoria. These feel-good chemicals act as natural stress relievers.
- When we spend a few minutes in **breath work**, we activate the parasympathetic nervous system which promotes a state of calmness. Breathing exercises reduces cortisol levels (stress hormone). Deep breathing increases oxygen intake which improves brain function.
- Meditation calms the mind, reduces stress hormones, enhances focus and increases self-awareness. You won't be alone meditating, your neighbor Marc Benifoff, CEO of Sales Force is always talking about the importance of mindfulness.

In summary, if you can make micro steps with the above insight into a daily practice, you will reduce stress and how you react to stress when you are overwhelmed and live life with more vitality.





BEST PLACES TO TEE OFF IN MONTEREY COUNTY

Monterey County boasts 26 golf courses, blending historical charm with modern amenities to cater to every golf enthusiast. Whether you prefer storied classics or cutting-edge facilities, our diverse array of courses promises an unforgettable experience for players of all skill levels.

During your next meeting or event, take some time for yourself or gather a group to experience the many different courses the area has to offer.

Bayonet and Black Horse

Bayonet and Black Horse offers 36 holes of scenic beauty on the historic grounds of the former Fort Ord military base. Established in 1954 with Bayonet, these courses blend challenging play with stunning views and excellent amenities. Highlights include two short game putting areas near the driving range, and The Bayonet Grill, open daily from 7 am to 5 pm, providing a perfect spot for pre or post-round dining. Additionally, private banquet and meeting spaces are available located indoor and outdoor, accommodating up to 200 guests.

Carmel Valley Ranch

Designed by Pete Dye, this course features two signature holes (11 and 13) offering breathtaking views of the Valley. Players traverse through vineyards, lavender fields, ponds, oak groves, and may spot wild turkey and other birds. The Clubhouse Grill provides a relaxing post-round experience with firepits and views of the fairways, offering a menu of light bites, salads, sandwiches, and burgers. Carmel Valley Ranch also offers versatile meeting spaces including The Clubhouse and The Clubhouse Patio.

Pacific Grove Golf Links

Pacific Grove Golf Links, established in 1932, offers a historic 18-hole course. The front nine features Monterey Bay views and forested surroundings, while the back nine overlooks windswept dunes and the ocean. The Grill at Point Pinos, an award-winning restaurant, offers scenic views of the golf course and ocean, serving delicious food and drinks. Recently renovated, their private banquet room accommodates up to 40 guests, with options for a full-restaurant buy-out for up to 75 guests. The Lighthouse Patio, with ocean views, is available for a strolling dinner experience.

The Hay

Redesigned by Tiger Woods, The Hay is Pebble Beach's premier short course that offers an exceptional golfing experience featuring nine [par-3](#) holes that capture the beauty of Pebble Beach's landscape. The putting course is available as well and accessible to anyone and everyone at no cost. Hay's Place is the restaurant located at The Hay and only a short walk from The Lodge at Pebble Beach, offering a fun and lively atmosphere post-round to enjoy delicious, casual Mexican-inspired dining.

The Quail

The Quail offers 6,500 yards of pristine fairways and challenging greens, delivering an engaging experience for players of any skill level. The course boasts exceptional views and group packages tailored for a minimum of 16 players, ensuring personalized service for a memorable outing. The property features 8,500 square feet of venue space, including the outdoor Fairway Terrace, ideal for receptions or networking events, accommodating up to 125 guests. (continued on page 8)

MEMBER SPOTLIGHT

MELANIE KERN

Meeting & Event Manager, CA Hotel & Lodging Association

How long have you worked in the hospitality and meetings industry, and what led you to choose it as your career?

Technically, I've been working in the industry for 5 years, but I've been volunteering in the industry for close to 20. Let me clarify! My mom was a meeting planner for an organization, and I've been helping at a registration desk since I could ask people for their names. I have always been around the meetings industry and it seemed like a clear path for me as a career. Even when I tried to venture out to a different path, the meetings industry always came back to me.

What is your advice to aspiring young professionals?

Get involved and try to attend as many things as you can. In this industry, knowledge is everything, learn as much as you can from as many people as you can. Everyone has different experiences and different paths to how they came into the industry. Also, don't be afraid to ask questions!

How did you start your involvement with MPI, and how long have you been a member?

I started attending MPI Northern California Chapter's annual conference when I first joined nearly 10 years ago. Since then, I've attended a few WEC's and have changed to the Sacramento Sierra Nevada Chapter when I changed jobs.

What value have you seen in your MPI membership?

I've seen value in my membership with making relationships within the industry, they are so important. Many people I've met have been lifelong friends. Relationships are key in this industry.

Where do you live?

I just bought my first house in Lincoln!

Do you have any pets?

Yes! I have a cat, his name is Bucky and he is my world!

What's the most memorable place you've traveled to or wish to visit?

Pompeii. I visited here a while back and it was so incredible. I'd go again in a heartbeat. There is so much history and to see how everything stood still and they are still finding people and buildings is fascinating to me.



(continued from page 1) I want to take a moment to thank member Jessie Hernandez with Clear Printing for printing our new Key Sponsorship signage which you will see at that event.

Then I hope you've been practicing your golf swing, or at least have your outfit picked out for the MPISSN Golf Tournament on September 25th at Woodcreek Golf Course in Roseville. That's right, last time you heard from me, it was slated for May, but we wanted to wait until it got hotter! Just kidding, we are gearing up make this a fun, low pressure, day out on the greens! I hope you will consider joining us and if you're a planner, it's FREE!

Are you hearing this, not yet a member of MPISSN, missed MPI's recent sale, well don't fret we got you covered. We have a Membership Discount coming soon! So let us know if you want in on the MPI fun and we'll make sure you are aware to take advantage of our month long discount.

Since, we shifted to a calendar year term, our Installation and Awards Gala will be moving to October this year. We have a team of Past Presidents who have gathered together to help plan this memorable "costumed" event! We hope to get a date and location out soon and I promise this is one you don't want miss.

Finally, as we gear up to transition to a new term and board, there are plenty of opportunities to jump in and get involved. We just welcomed 10 new members to our chapter, this month alone. The best way to get to know our members is to get on a committee or even our Board. From our MPISSN.org website, go to the "Get Involved" tab and join a committee from there, it's that easy! Then we'll put you to work whether is an hour a month, or 20 you can give to our chapter we appreciate your involvement and you will see the benefits of your membership come to fruition. Our 2025 board slate is posted. We have some amazing members coming on board, but have room for a few more! We are looking for a Director of Education and a stellar Comms duo to lead as VP and Director of Marketing and Communications. Ready to elevate your experience and give back to the industry, then we want you!

Remember to stay cool out there and Just Keep Swimming!



We honor the life of Michael Griffith. The MPISSN community is deeply saddened by his passing on July 25th after his courageous battle with cancer. Michael's warm personality and bright smile were a beacon at MPISSN events.

He founded Metro Audio Visual Productions, Inc. 25 years ago, building a successful business through his positivity and genuine friendship with clients and fellow MPI members. Michael was a loving father and lived life fully with his wife, fellow MPISSN member Nikki Smith.

His presence will be greatly missed by many in the industry who were fortunate to know him. Our thoughts are with his family, and we extend our heartfelt condolences during this difficult time.

THANK YOU TO OUR VOLUNTEERS



[JOIN A COMMITTEE TODAY!](#)

(continued from page 5)

Team-Building Activities

Links Club

The Links Club located in downtown Carmel-by-the Sea is a great place for team-building fun! Offering six separate golf bays, including a VIP party room that can accommodate 25 people, Links Club is a place to play at some of the world's best golf courses. The VIP private event space gives your group a dedicated area that has two TVs and the largest simulator space at the Links Club. Challenge your colleagues while enjoying award-winning local wines, beers and a chef-curated menu.

Tipsy Putt

Tipsy Putt offers a unique venue for team-building activities centrally located in Cannery Row. There is reservable space for up to 400 guests and includes interactive games such as an innovative underground mini golf and 1-2 Putt™ course that is perfect for fostering teamwork and friendly competition. Plus, enjoy a full bar and restaurant to create a unique and memorable team outing!

With these options in mind for your next meeting, it's sure to be a hole in one! Contact your Monterey Pro- Lauren Siring, CMP, CGMP at lauren@seemonterey.com or (831) 657-6403 to help tee up your next RFP!

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