



NAWIC Divine Region 9 Monthly

December 2008

Enhancing the Success of Women in the Construction Industry

Director's Note...

By Yasmine A. Branden, CCA

2007 – 2008

Chapter Presidents:

It is IRS Compliance Form time of the year! Please send your compliance form and your E-filing receipt into the NAWIC office. The due date is Jan. 30.

Questions? Contact Theresa Provenza-Price: theresap@nawic.org

The beauty of life is, while we cannot undo what is done, we can see it, understand it, learn from it and change so that every new moment is spent not in regret, guilt, fear or anger but in wisdom, understanding and love.

Jennifer Edwards

Tis the season of giving and the ongoing philosophical debate continues: "Do we really need more stuff"? Hate shopping and the crowds? Give the gift of education: NAWIC Education Foundation (NEF) and NAWIC Founders Scholarship Fund (NFSF) are both worthy organizations that will put your gifts to good use, enhancing our industry, building our future workforce, and providing each of us professional development opportunities. Whether through certification programs, Block Kids, or scholarship awards, both organizations compliment our ongoing outreach and empowerment efforts.

Oregon Retreat is set for March 6 – 7. Salem is the host chapter and they will be releasing details soon.

Forum will be here before you know it. Make your plans to be in Seattle, April 16 – 18. The Puget Sound Chapter has a great weekend planned for you. More details in January...

Block Kids, CAD/Drafting...lots of NAWIC events and opportunities are coming up quickly. I'm sure your chapters are busy busy busy!

**Happy 35th Anniversary to
Salem Chapter #198!**

Wishing you all a safe and relaxing holiday season!

NAWIC Core Values:

**Believe in ourselves
Persevere with the strength of our convictions
Dare to move into new horizons**

NAWIC Divine Region 9 Monthly

Founded in 1955, NAWIC is a not for profit organization dedicated to enhancing the success of women in the construction industry. NAWIC serves all women who work in and for the construction industry.

The NAWIC Divine Region 9 Monthly is published by NAWIC Region 9 Director, Yasmine A. Branden, CCA. This publication acts as a moderator without approving, disapproving or guaranteeing the validity or accuracy of any data, claims or opinions appearing under a byline or obtained or quoted from an acknowledged source. This Newsletter is published monthly for the benefit of its members and the construction industry at large. Publication deadline is the 30th of each month for the following month's newsletter:

For information regarding this newsletter or to send submissions, please contact Yasmine Branden: yasmine.branden@neilkelly.com

Portland #54 (Lauren Holmes)

Happy Holidays!! The crazy hustle and bustle is officially here, and the shopping frenzy is upon us. I hope that everyone had a fabulous "turkey day" and did not have to loosen their belt too much after the large meals we all consumed.

This month we shifted our Christmas party to TUESDAY the 16th so that we can have our meeting at Turner Construction Co, on the waterfront, and watch the fabulously lit Christmas Boats float by. Our focus for this months meeting is a food drive for the Oregon Food Bank, so please bring non-perishable food or a donation so that we can help Oregon families put food on the table during the holidays!

The Professional Education committee is still working through ideas for this years programs. We still have a lot of people who have not taken the survey. Please visit the survey link below to help us plan the programs that we want to see this year.

http://www.surveymonkey.com/s.aspx?sm=y7BBU9_2fS78hU6LhpTS8lnw_3d_3d

Puget Sound #60 (Nicole Martin)

November's meeting was our first at our new location on Mercer Island, and started networking at an early time (4:30) Which worked out for those of us who could find it! Darylene Dennon of Solid Energy and Total Care Contracting started us off with a quiz to help us determine our leadership style. We then had an informal discussion/NAWIC 101 training. Each committee chair was given some time to give an in-depth overview of their committee and answer any questions the group had.

We are in progress on developing a local alliance with ASPE (America Society of Professional Estimators). ASPE and NAWIC have an alliance on the national level. There will be some good opportunities to network and share potential speakers in the future!

Our website is slowly under going a face lift. If you check it out you'll notice our main page has a new look, thanks to Tami McGonagle and her son Zachary Moss who have volunteered many hours of their time to make this happen. Over the next couple of weeks the remaining pages will be converted to this new format. The Forum page is

really great. And we'll be updating it as the plans get put into place.

Our December meeting is a potluck with the always hilarious white elephant gift exchange. We'll be seeing two great presentations; one from Sue Z. Hart on her experience with the Women Build event, and one by me on my trip to South Africa last year. We are also helping out a family this year for the holidays and collecting canned food for Northwest Harvest.

Here's to making through this hectic month, not too stressed out and in good cheer! Best regards,

Eugene #77 (Anne Thompson)

December we are sponsoring a family of four and providing them Christmas. We have our date set for Block Kids at the Science Factory, February 21, 2009.

We have one new member Karen Hageman with The Fixture Gallery, and are expecting another new member next month. We are also joining forces with the Springfield School District to hold a Construction Career Day (CCD). We are attending the preliminary meetings now.

Spokane #143 (Jessica Moody)

I hope everyone's Thanksgiving was as good as mine or better. Christmas is sneaking up on us quickly pretty soon we will be making our New Years Resolutions. The Spokane Chapter has had a very successful 2008. With our 25th annual golf tournament, a bigger facility for our Block Kids event and many other events planned; 2009 should be another successful year for us.

At our November meeting Pam Behring from the League of Women Voters spoke to us about "Why women should vote". She talked about all the women who helped establish our right to vote and what they went through.

Our December meeting is our Christmas Party it is going to be on **Wednesday, December 17th** at the AGC. We will be having a cookie exchange instead of a gift exchange. Donations are for Toys for Tots this year. Make sure you bring 6 dozen cookies and as many gifts for Toys for Tots that you can afford.

Block Kids committee will be meeting at Moss Adams at noon on December 9th. The Golf committee should have the sponsorship letters mailed out by next week and will be planning a meeting in January. WIC Week committee is still

working on planning our Wine and Cheese reception. The Heavy Equipment Advisory committee will be awarding another set of tools to the achievement award winner in a couple of weeks they had 7 applicants this time.

Tri-Cities #192 (Stacee Keller)

Tri-Cities update: We are having a holiday open house on December 9th. This will be in place of our meeting. Cathy Brady (immediate past President for the Tri-Cities) will be doing a NAWIC 101 presentation. We have gotten really good response from ladies in our community and are not only hoping for a big turn out but for some new members as well.

Something fun that we have been doing as a group is that we have Rosie the Riveter as our "mascot". At every monthly meeting we auction her off for \$1 a ticket and whoever's ticket is drawn gets to keep Rosie hung up in their office for that month. Then they have to bring her back to the next meeting. We use the proceeds towards "Ways and Means".

I wish everyone a Merry Christmas and Happy New Year.

Salem #198 (Nancy Carter)

Salem Chapter welcomed our 3 newest members Mandy Falls, Kay Evans and Cindy Walsh during our November 17th meeting.

Kim Thatcher arranged for Pat Farr with the Oregon Food Bank to come and speak to our chapter. Our chapter raised \$140 and donated several boxes of food to the Oregon Food Bank/Marion-Polk Food Share program.

The Salem chapter will be having another fun Christmas/Bunko party for our December meeting. We're inviting potential new members, and current and past members to join us and we will be playing bunko, exchanging cookies and their recipes and having a wonderful dinner. It's so great seeing former members and getting the opportunity to get reacquainted with them and to get to know our newer members better.

Boise #245 (Brenda Smith)

We held a Block Kids competition in November at a local school. We had 48 4th grade students participate. Fun was had by all! Many thanks to Tina Lantz, Cyndi Parent, Ruth Fritts and Carol

Crosswhite for their hard work at this event. Our WIC Week co-chairs, Lisa Losness and Cyndi Parent are beginning to make plans for our WIC Week event. I've heard mention of a keynote speaker, food and awards and Lisa even sent in our commitment form already. Way to go Lisa! Our membership committee is busy challenging us all to bring in guests and new members and decided to see just how competitive we ladies can be. We have been divided into blue and red teams. Right now the teams are tied so the race is on! What do the winners get? They will be served dinner by the losers at our February meeting. Thanks Vivian Otero-Epley and Evi Keller for your hard work on growing and taking care of our membership. December is upon us and our December meeting is a time for our chapter to celebrate the holiday season together. We are having an ornament exchange and will enjoy spending the evening together with plenty of cheers and laughter. As we move into the holiday season it always causes me to reflect on the past year and my many blessings. One definite blessing is my NAWIC sisters! Thank you ladies for your friendship and support and I'm looking forward to 2009 with you. The Boise Chapter would like to wish all of you a very Merry Christmas and a Happy New Year!

Great Falls #228 (Barb Woith)

Winter has finally arrived. I must admit, it makes it easier for me to listen to my Christmas music, even while driving on icy roads.

We have been a busy bunch! We officially have two new members, with one in limbo at the moment, and we will work that out through corporate. A warm welcome Linda Geranios and Stacey Dusko. Thank you for all of your hard work, finding great women to network with.

Nicki and Trudy are busy outlining our Tomboy Tool class, a tool class for women. We will get more details on this in late January.

Our January meeting is scheduled for Jan. 14, in the evening at Rikki's. We will be installing our new members at this time, including those that joined last year.

Block Kids and Canstruction are in February. Kristin has done a great job organizing Block-Kids. It is scheduled for Feb. 7, at Holy Spirit

School. We will be doing it again with the girl scouts.

Shannon and Maryann are busy with Canstruction. It is in February also, but later in the month on the 21. They are busy getting an engineer or architect lined up, and I can't wait to see our structure.

2008 has been a great year. I want to thank the chapter for sending me to the national convention in Las Vegas. I now have a better understand of this great organization. (Speaking of Vegas, I can't wait to hear the story's from the NAWIC/ MT Women gone wild week-end coming up.) A big thank you to all for helping our with everything. I know volunteering takes time, but everyone knows you get out more than you put in.

We miss hearing from you....

Anchorage #197 (Kris McKinney)

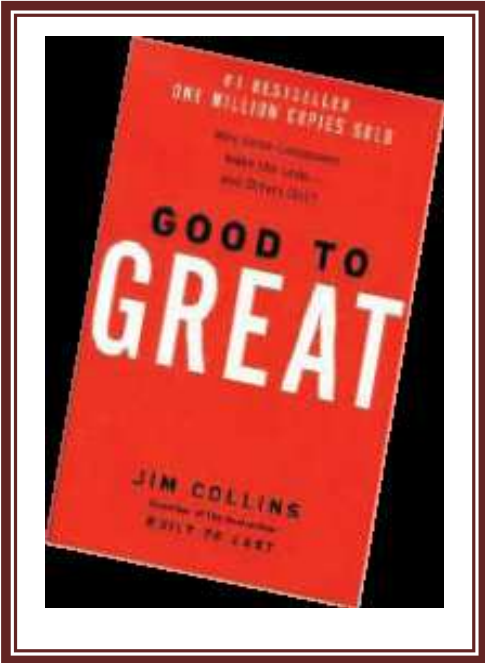
Tacoma #187 (Cathy Hall)

This morning, December 4, I had the privilege of attending the Best of 2008 Awards as NAWIC's representative (paid for by NAWIC national). This is a McGraw Hill Production (ENR, Northwest Construction, STEPS, Dodge, Architectural Record, Sweets, and more). I spoke with Lucy Bodilly, former NAWIC member and Board member, and Editor of Northwest Construction, and Ahn Tu, current NAWIC member from Holaday Parks, amongst others. I'll estimate that about 120 people were there, most because they were involved in the projects receiving awards or were sponsoring companies or organizations. It started with a comprehensive presentation on our national construction economy by Cliff Brewis, Sr. Editor, of McGraw Hill. I picked up a few hard cover copies of the Construction Outlook 2009 that I will bring to the next few meetings. You can order through McGraw-Hill website at www.northwest.construction.com. As you already know, 2009 is not looking good.: "The year 2009 is shaping up as the transition period for the process (the regaining of firmer footing) to occur," states the last line of the 32 page report.

The second part of the Program was the awards ceremony. The December 2009 issue of Northwest Construction has a complete rundown of all the awards. Our very own NAWIC Region Nine Director, Yasmine Branden was one of the Judges for the Awards (they cover Washington AND Oregon). Please note there was a project that recognized three NAWIC member companies, GLY Construction (Ellyn Kiner), Cochran Electric(LeAnn Cochran) and Holaday Parks(Ahn Tu). Timber Ridge at Talus, a continuing care for seniors project in Issaquah won Best Construction Project over \$50 million in Washington.

Submitted by Judy Jewell
Puget Sound Chapter #60

FORUM 2009 - Seattle, WA



How does an organization go from *Good to Great*?

Who should be on the bus?

Can the insights in this book help us move NAWIC from good to GREAT?

Join us during [2009 Forum](#) as Tacoma Chapter member Sarah Webb facilitates a regional book club discussion.

For more info: swebb@wavecable.com

“If we have cracked the code on good to great, then we might see good schools become great schools, good government become great government, good companies become great companies and perhaps even a number of good lives become great lives.”

Jim Collins



Region 9 Forum 2009, April 16 - 18 planning is in full swing. The theme is "Going Green for Sustainable Living". We are planning many great Educational Topics including Sustainable Living , Industry-related seminars, Leadership, and more!!

Attendees will network, get involved and make connections with other women in construction from our region both in the Hotel Monaco. There are plans to go on two fun educational lunch tours and get out of the Hotel. Bring your walking shoes!

Our Director Candidates have been assigned a session to plan for Forum:

Cathy Brady = Leadership

Katie Hanning = Trades / Tradeswomen

Fil Spiegel = Safety



From Mary Weaver, NAWIC Education Director....

Ladies,

I want to thank everyone who provided scholarship information from your region's chapters. The database is growing and the information has already been relevant to students looking for money to pursue training.

Congratulations Region 8, who has participated 100%! Way to go!!! There are several other regions that are close to 100% participation.

I can't begin to tell you how valuable having this information at our finger tips is to spreading the NAWIC message to students and educators alike. I would like to encourage you to please provide the information so that our database will be current and I will be knowledgeable about your chapter's funding process. I just need to know if each chapter is providing scholarships through NFSF, their Chapter, other sources, or not at all. Again, this is providing useful information and allowing me to forward inquiries to the correct individual's.

My goal is to have a database established prior to next year's membership renewal that can easily be updated. I appreciate all of you assisting me in this endeavor.

From NEF....

NEF Mid-Year Board meeting will be held in Phoenix February 7, 2009. At the meeting we vote in the new officers and Trustees for the 2009-2010 NEF year. Nominations are accepted through **December 15** and the forms are on the NEF Website. If you know of anyone that is interested, encourage them to complete the forms now and send them in. We are always looking for new Trustees, with new ideas and excitement for education.

Nominations for the Carol A Kueker Crystal Visionary in Education Award are now being accepted. The revised award guidelines and application will be on the website as of December 1. Encourage your members to nominate someone now. Deadline for nominations is March 15.

Last year we had some CDS Brochures available to showcase the rollout of the new CDS program. Those brochures had prices on them that are no longer valid. Would you please get the word out that the pricing is incorrect and everyone should toss these brochures. For information on the programs, we have an Adult Education brochure that outlines the programs.

If you have any questions, please don't hesitate to contact me. We appreciate all you do for NEF. Hope you all have a safe and Happy Thanksgiving.

Sharon Mc Guinness, CCA, CIT
NEF President
Greater Phoenix Immediate Past President

Ladies our director has challenged us to recruit 60 new members this year. I believe that we can easily achieve this goal. As a region we have already recruited 11 new members between October 1 and November 16 leaving us only 49 more to go! If as a region we recruited five new members a month we will have easily met our goal by September. Since there are ten chapters in our region each chapter will only have to recruit a new member every other month very doable! Some chapters are well on their way, below is a list of chapter recruits to date:

- Alaska – 2
- Boise – 0
- Great Falls – 2
- Portland – 0
- Eugene – 1
- Salem – 3
- Puget Sound – 1
- Spokane – 0
- Tacoma – 0
- Tri-Cities – 2

I may have mentioned to Yasmine that I thought not only could we achieve this goal, but we would surpass it. Ladies what do you say are you up for the challenge?

Cathy Brady
Region 9 Membership Chair

Lorman Educational Services

NAWIC has partnered with Lorman Educational Services to offer NAWICians a fabulous array of courses designed to enhance your success. Discounts are offered to NAWIC members.

<http://www.lorman.com/partner/NAWIC>

NAWIC EDUCATION FOUNDATION

PHONE: 864-656-3489

FAX: 864-656-3490

MAILING ADDRESS:

**P O BOX 549
CLEMSON, SC 29633
WWW.NAWICEDUCATION.ORG**

Peppermint: a holiday treat, and a digestive aid

How did candy canes become the official sweet treat of the holiday season? Here's one theory: Peppermint not only freshens the breath (so important when you are standing under the mistletoe), but also has natural properties that relieve indigestion. This being the season for overindulging, peppermint is the perfect complement.

A Sleep Primer for Workers

March 4, 2008

[Ted Morrison](#)

(submitted by Ruth Fritts, Region 9 Safety Chair)

Are you getting enough sleep? Lack of sleep is more than a personal problem; it's a matter of workplace safety. Fatigue has been identified as a factor in many incidents and fatalities. Here's a sleep primer to share with your workers.

Sleep & Safety

Your mind and body need rest to recover from the stresses of the previous day and prepare for the next. Most adults need eight hours of sleep per day. Failure to get adequate sleep thus leads to a host of dangerous physical and mental effects that can put life and limb at risk, including, on the moderate end, slow reaction time and, on the extreme end, road rage and hallucinations.

Each day you deprive yourself of sleep, you build up a "sleep debt." That debt may not become apparent right away. But, like money debts, it can accumulate until suddenly you find yourself in over your head, and too tired to work safely.

Are You Short on Sleep?

Ask yourself two simple questions:

1. Can you wake up on time without an alarm?
2. Do you feel rested?

If not, you may be shortchanging yourself on needed sleep.

Signs of the Sleep Deprived

Tired workers show a variety of safety-sapping effects:

- Slowed reaction times;
- Inability to process or respond to ongoing events;
- Poor logic and judgment ; and
- Difficulty concentrating.

Tired workers are also less motivated and more forgetful. They have a greater tendency to take risks. Poor performance due to fatigue is more noticeable with repetitive tasks that take more than 30 minutes, or are complex and require close attention. Fatigued workers tend to rely on others to stay abreast of work, and often compensate for poor concentration by checking and re-checking their own work.

Here are 9 tips for getting more sleep:

1. Keep to a regular schedule.
2. Go to bed and get up at about the same time. Staying up late and sleeping late on weekends can disrupt your regular sleep schedule.
3. Don't rely on drugs. Sleeping pills, alcohol, caffeine and other drugs can't be used to help you sleep and wake up. You'll find they backfire and cause sleeplessness and other problems. Avoid caffeine late in the day.
4. Get regular exercise to help you sleep and to keep you fit to fight fatigue.
5. If you're having trouble sleeping, try going for a short, brisk walk about an hour before bedtime.
6. Learn to say "no" to other activities when you need to sleep.
7. Enlist the help of your family in making time for enough sleep.
8. Make sure your room is a sleep zone, with noise and light banished. If you're a shiftworker, this goes double. If you have to sleep during the day, block light from windows completely and ask your family for help in keeping the area quiet.
9. If you must, eat a small healthy snack such as an apple before bed. Big meals at the wrong times can keep you uncomfortably awake when it's time to sleep, but sleepy when you need to be awake.



Shirley S. Horne, CIT

for **NAWIC Secretary**

2009-2010



Responsible ~ Hardworking ~ Dedicated

"I am committed to keeping the records of our association in tact and easily accessible, with accuracy and detail. I will appreciate your vote in 2009!"

Regional and National Service
Region 11 Director 2007-2009

Region 11 CI Chair 1994-1995
Region 11 Membership Chair 1999-2001
Region 11 Team Mates Chair 2001-2002
Region 11 CI Chair 2002-2003

Region 11 Membership Chair 2003-2004
Region 11 Block Kids Chair 2004-2005
National Membership Co-Chair 2004-2005
National Membership Chair 2005-2006

MILESTONES
Red Rose Recruiter Star
Red Rose Recruiter Red Jacket
Construction Industry Technician
Certification
NEF Ladder Club
Chapter #301
Member of the Year

shorne@hayconstruction.com

Executive Vice President**Dede Hughes**dedeh@nawic.org**Bookkeeper****Kate Bowling**kateb@nawic.org**Communication Director****Misty Hart**mistyh@nawic.org**Communications Assistant****Michelle Milner**michellem@nawic.org**Education Director****Mary Weaver**maryw@nawic.org**Marketing Director****Julie Lyssy**juliel@nawic.org**Membership Director****Sandy Fite**sandyf@nawic.org**Office Manager/Store Manager****Theresa Price**theresap@nawic.org**Office Assistant****Laurie McCullough**lauriem@nawic.org**Website/IT Specialist****Tim Elmore**nawic@nawic.org**NATIONAL COMMITTEE CHAIRS/ CO-CHAIRS**

Membership	Toni Walker Janice Ramsay-Gonzales Lynn MacVean, CIT
PE-CI	Jill Melancon Robin Roberts, CCA,CIT
PR-Marketing	Becky Wynne, CDT Amanda Dawson, CIT
Safety	Lisa Losness Cindy Spiropoulos, CIT
WIC Week	Terri Yslava, CIT Rebecca Thompson, CDS
Bylaws CIT	Tamie Taylor, CDS, CDT, CIT
Credentials	Diane Miller Melanie Myers
Finance	Cindy Johnsen, CDS,CIT Executive Committee
Outside Finance Auditor	Mary Duffy, CCA
Memorials	Angie McNair, CIT Virginia Davis, CIT
NCCER Rep	Nancy Eaton, CCA,CDS,CIT
Parliamentarian	Linda Young, CIT
Strategic Plan	Christie Wigginton, CIT Christine Parsons CDS CIT

2008 - 2009 Chapter Leadership

Alaska #197

Boise #245

Eugene #77

Great Falls #228

Portland #54

Puget Sound #60

Salem #198

Spokane #143

Tacoma #187

Tri-Cities #192

Kris McKinney

Brenda Smith

Anne Thompson

Barbara Woith

Lauren Holmes

Nicole Martin

Nancy Carter

Jessica Moody

Cathy Hall

Stacey Keller

krismckinney@kw.combsmith@pfgworld.comanne@overheaddoor-eugene.combwafac@yahoo.comholmesl@hswconstructors.comnicole.martin@macmiller.comncarter@capitolcitydoorinc.comjfode@rowand.comcathyhall1970@gmail.comskeller@gagrantinc.com