



www.nawicpugetsound.org

Inside this issue:

Ask Nicole 2

2007 Women in Trades Fair 3

Power of One - Membership Recruitment Competition 3

NAWIC 101 for the Industry 4

Nano-engineered Concrete Can Cut CO₂ Emissions 4

Schedule of Events in 5

The Women of NAWIC 6

NAWIC Core Values

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



Google Earth

Core Purpose: To Enhance the Success of Women in the Construction Industry

BELIEVE PERSEVERE DARE

Editor's Note

Spring is upon us, along with the looming deadline for our year-end taxes (this year extended until April 17th), spring cleaning, and renewal from the gloomy and inclement winter weather.

If you haven't completed your taxes, there's still time. Though, don't be surprised if your accountant is a bit overloaded. If you are a business, I want to remind you that your chapter has member accountants who may be able to assist you, including the following companies:

- McDevitt & Andreason
- Tueffers, Guckian & Gamon
- Gallina LLP

They may be able to assist you or offer references for others with shorter backlogs. Don't be afraid to let NAWIC be your resource for current and future needs. Collectively, we are here to assist you.

Spring cleaning typically brings great results, including peace of mind and potential savings whether it's for your home or business. Though getting that initial motivation is always difficult, even if you plan on hiring outside assistance. If you plan to keep it in-house, utilizing other family members or employees, setting aside a few days may be just the trick. When you involve others, time tends to go by smoother and faster, often time getting a few more things accomplished. Consider NAWIC in a similar light. For example, let's say you're trying to convince your employer that NAWIC is a positive thing for you and other female colleagues. NAWIC has members who are quite familiar with the organization and even has a Power-Point presentation that can be presented to your employer and colleagues.

Lastly, with the birds chirping so gleefully and more sunshining days, it should feel like a renewal period for you. If not, perhaps it's time to evaluate your current lifestyle. A walk in the park, a trip to the gym, landscaping in your garden...these are some of the things to consider to get the blood flowing again. Not only is this healthy, it brings more energy and vitamin D (if you're outside). OK, but now the mental/emotional renewal. How about checking out some new authors or better yet, start attending more networking events. Networking is a win-win situation just waiting to happen. You tend to learn more about your industry or focus group, meet new friends, and increase your list of resources for those important times of need.

Lily Iftner

Upcoming Membership Meeting

This month's meeting will be in Kirkland, at Newport Bay, on Monday, April 9th. Our guest speaker will be Audrey Godwin, who will present the topic: Women and Money.

Money may seem like an old topic, in which some of us may

already feel we have a handle on our finances. But, did you know that women account for 85% of all consumer purchases? And we carry 8 million more credit cards than men, putting an estimated 76 million credit cards in our purse?

These are current statistics and...depending on how you look at it, it may not be a good thing. So, come join us for an evening of networking and financial enlightenment. As always, guests and colleagues are welcome; RSVP at www.nawicpugetsound.org

Ask Nicole



Nicole Kampmann

nicole.kampmann@macmiller.com

THINGS YOU NEVER KNEW YOUR CELL PHONE COULD DO

There are a few things that can be done in times of grave emergencies. Your mobile phone can actually be a life saver or an emergency tool for survival. Check out the things that you can do with it:

entry? This may come in handy someday. Good reason to own a cell phone. If you lock your keys in the car and the spare keys are at home, call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. Saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other "remote" for your car, you can unlock the doors (or the trunk). **Editor's Note:** It works fine! We tried it out and it unlocked our car over a cell phone!



your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use it either.

And finally....

FIFTH: Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls when they don't have to. Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial: (800) FREE 411, or (800) 373-3411 without incurring any charge at all. Program this number into your cell phone now. This is

THIRD: Hidden Battery Power - Imagine your cell battery is very low. To activate, press the keys *3370#. Your cell will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you charge your cell next time.

FOURTH: Disable your mobile phone if stolen - Know the serial number so your provider can block your phone from working. To

check your mobile phone's serial number, key in the following digits on your phone: * # 0 6 #

A 15 digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. If your phone gets stolen, you can phone your service provider and give them this code. They will then be able to block

the kind of information people don't mind receiving, so pass it on to your family and friends.

Do you have an interesting story you want to share with other women? Either an experience at work, something you learned, or a unique solution that worked out for you? Let me know!

... Ask Nicole!

Renton Technical College is the state-designated Construction Center of Excellence

This honor is due in part to our strong industry connections and educational leadership.

Check our website, www.RTC.edu/CommunityResources/CCE, for:

- Links to quality construction training programs at RTC and other colleges, apprenticeship programs, and industry-based training providers;
- FREE construction workforce products, including our speakers' bureau, construction math book and lesson plans, bi-monthly newsletter, and a clearinghouse of industry trends and resources; and
- Information on CCE events, including our annual conference, as well as other events, seminars or workshops happening across Washington.

Contact us by calling (425) 235-2352, ext. 2217

Renton Technical College is an Equal Opportunity Institution. We are an affirmative action, equal opportunity, and equal access institution. The following policy has been adopted to ensure equal opportunity for all students and employees: Renton Technical College | 3000 NE Fourth Street | Renton, WA 98056-4195 | (425) 235-2352

FIRST: The emergency number worldwide for mobile is 112. If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly this number (112) can be dialed even if the keypad is locked. **Editor's Note:** It really calls 911 so don't use it unless you have a real emergency... I just called them to make sure it works and felt silly not having one!

SECOND: Have you locked your keys in the car? Does your car have remote keyless

MacDonald-Miller FACILITY SOLUTIONS

MacDonald-Miller Facility Solutions, Inc.
 PO Box 47983
 Seattle, WA 98146
 7717 Detroit Avenue SW
 Seattle, WA 98106

TEL 206.763.9400

2007 Women in Trades Fair

The Washington Women in Trades was founded in 1978 for women working in trades to gather and share information.

On Friday, April 27th, they will be holding their annual Women in Trades Fair at the Seattle Center Fisher Pavilion, from 10am - 4pm.

At the Fair, everyone of all ages is encouraged and welcome to participate. Also, it is free. You will find:

- Employers looking for candidates
- Candidates looking for jobs
- Apprenticeships looking for candidates

equipment

- Guest speakers from the industry
- Tradeswomen Awards Ceremony
- Lots of great networking opportunities with so many great people in one place
- Entertainment, including bands, fashion shows, wheel of fortune for prizes, firefighting competition, and more

To find out more about this Fair, go to www.wawomenintrades.com or call (206) 903-9508.

- Chat with World War II Rosies, their pioneering tradeswomen.

- Tool demonstrations
- Hands-on activities such as building crafts with hand tools and climbing on



Power of One - Membership Recruitment Competition

NAWIC enhances your career in construction, so help NAWIC build the future by recruiting members into our Association. Every member who recruits at least one member will receive a certificate, and those who recruit three or more members will receive an attractive "Power of One" pin at Convention in Orlando, Florida., September 5th - 8th, 2007. New members must be recruited between August 1, 2006 and July

31, 2007. And don't forget about the coveted Red Rose Recruiter Jack-ets and the Founders' Trophy award. Start building your foundation for those awards now, and never underestimate the Power of One!

NAWIC 101 for the Industry

Your local chapter has a PowerPoint presentation available for use by all members, whether it be presented by you or by one of the current board of directors.

The presentation is approximately 30 minutes long and contains statistical information for Washington State, other local chapter information, and general national organizational tidbits. The title of the presentation is *Women Professionals in Construction ... and Growing*

The purpose of the presentation is to bring awareness of women as a visible and viable aspect of the construction industry, particularly with U.S. Census Bureau showing that women account for the majority of the population. Also, as you might have read from the front page, women account for 85% of all consumer purchases. That may mean a position of power (purchasing power), but is better left to the financial experts and consultants. More recently, women entrepreneurs were rated to be a faster growing group than male entrepreneurs,

and women are increasingly rising to managerial positions.

Employer may not understand the value that women can bring from the multi-skilled to the creative employee. When it comes to thinking outside the box, many women have no choice but to do so, often inadvertently in order to compete with their male colleagues.

Though, as statistics show, women are rising on the career ladder. But with the foreseeable shortage of labor in the construction industry, this is the time for the construction employer to see the potential within women and provide the support and opportunities for women to do what they do best:

- Time management

- Troubleshoot Problems
- Multitask
- Bring in fresh, creative ideas
- Voice their views
- Be leaders

To obtain a copy of the PowerPoint presentation, please contact President Jan Lawrence (jan.lawrence@skanskausa.com) or Creator Lily Iftner (lily@csiseattle.net) for details.



Nano-engineered Concrete Could Cut Carbon Dioxide Emissions

(from MIT's News Office)

A group of engineers at MIT has been focusing its work on the nanostructure of concrete, the world's most widely used material. The production of cement, the primary ingredient of concrete, accounts for 5 to 10 percent of the world's total carbon dioxide emissions; the process is an important contributor to global warming.

To make cement, limestone and clay

(calcium) are crushed and heated to 1500 degrees Celsius in a kiln. Most of the carbon dioxide emissions result from heating the kiln.

In their research they discovered the strength of cement paste does not lie in the specific mineral but in the organization of that mineral as packed nano [one billionth of the part or 10⁻⁹] particles.

If the researchers can find – or nano engineer a different mineral to use in cement paste, that has the same packing density but does not require the high temperatures during production, they could conceivably cut world carbon dioxide emissions by up to 10 percent.

years...and they are presently looking at magnesium as a possible replacement for the calcium in cement powder. "Magnesium is an earth metal, like calcium, but it is a waste material that people must pay to dispose of," says Ulm in the January issue of the Journal of the Mechanics and Physics of Solids.

Pam Worner, of Green Dog Enterprises (NAWIC friend) comments, "Funny to hear mention of magnesium – I just had a guy talking my ear off about magnesium oxide being the next new basis for greener-than-green insulation, wallboard, paint, you name it." www.e-greenbuildingsystems.com

Wouldn't it be great if concrete was not just sustainable and beautiful, but greener than steel?

Submitted by

Judy Jewell
Olympian Precast, Inc.



It is estimated that it will take about five

Schedule of Events

- Apr. 9th: Puget Sound chapter's Board of Directors' meeting. Open to members. Contact Jan Lawrence for RSVP and information at jan.lawrence@skanskausa.com
- Apr. 9th: Puget Sound chapter's regular membership meeting. Open to guests. Go to www.nawicpugetsound.org for RSVP and information.
- Apr. 17th: DEADLINE to register Hotel for Region 9 Spring Forum.
- NOMINATIONS for Chapter Officers start now. Elections in June for 2007-2008 term.

April 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 Board Mtg 5:00pm Membership Mtg 5:30pm	10	11	12	13	14
15	16	17 DEADLINE Hotel Registration for NAWIC Forum	18	19	20	21
22	23	24	25	26	27 Women in Trades Fair 10am- 4pm	28
29	30					

May 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Board Mtg 4:30pm Membership Mtg 5:30pm	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Schedule of Events

- May 14th: Puget Sound chapter's Board of Directors' meeting. Open to members. Contact Jan Lawrence for RSVP and information at jan.lawrence@skanskausa.com
- May 14th: Puget Sound chapter's regular membership meeting. Open to guests. Go to www.nawicpugetsound.org for RSVP and information.
- May 18th - 19th: Region 9 Spring Forum in Boise, Idaho. For more information go to www.nawicboise.org

The Women of NAWIC

These are the current members of NAWIC Puget Sound Chapter. They are a diverse group of professionals within the construction industry.

Kim Anderson - Owner
AAR Testing Laboratory Inc.
Member since October 1990

Sharon Andreason - CPA
McDevitt & Andreason
Member since April 1992

Joyce Apple
MacDonald-Miller Facility Solutions
Member since October 2006

Peigi Barkley - CM Assistant
Harris & Associates
Member since October 2004

Jessica Bell - Project Manager
Wilder Construction Company
Member since December 2006

Lucy Bodilly - Editor
Northwest Construction Magazine
Member since February 2006

Maureen J. Byrnes - Field Coordinator
KBA Construction Management
Member since August 2004

Virginia A. Carey - Office Mgr/Co-owner
Carey's Rockeries & Grading LLC
Member since May 1980

Sabrina Carlson - Inside Sales/Office Mgr
Stoneway Concrete
Member since August 2006

Vanessa Carmen - student
Cardinal Heating & AC
Member since October 2005

Robin E. Conner - Customer Svc/Mktg
Dexter & Chaney
Member since October 2006

Julia Cordero - student
Habitat for Humanity volunteer
Member since August 2005

Heather Crockford - Project Manager
Wilder Construction Company
Member since June 2006

Darylene J. Dennon - CEO/Owner
Solid Energy, Inc.
Member since October 2002

Carrie S. Dossick - CM Assist. Professor
University of Washington
Member since October 2005

Kristi G. Gillihan - Human Resources
Wilder Construction Company
Member since May 2006

Janith J. Gould - retired
Past National NAWIC President
Member since January 1962

Colette Guckian-Brady - CPA/Partner
Tueffers, Guckian & Gamon, PLLC
Member since January 2002

Karen Harnes - Principal/CPA
Bace Company
Member since October 2003

Gwyn Hart - HR Supervisor
Cadman Inc.
Member since April 1995

Lily K. Iftner - Forensic Engineer/Owner
Construction & Structural Investigation
Member since March 1999

Ann Jarvis - VP of Safety & Education
Associated Builders & Contractors
Member since February 1973

Judy Jewell - President
Olympian Precast Inc.
Member since January 1988

Teresa M.R. Johnson - Project Engineer
Lydig Construction, Inc.
Member since October 2005

Nicole D. Kampmann - Proposal Assist.
MacDonald-Miller Facility Solutions
Member since February 2006

Ellyn Kiner - Project Administrator
GLY Construction, Inc.
Member since September 1977

Jan G. Lawrence - Cost Accountant
Skanska USA Building, Inc.
Member since July 2005

Sue Maddox - Contracts Administrator
Jackson Dean Construction, Inc.
Member since January 1988

Marilynn A. Moch - Owner
Phoenix Builders LLC
Member since July 2003

Brenda S. Molner - Attorney/Engineer
Ater Wynne LLP
Member since March 1999

Kathleen G. Norton - Human Resources
Trane/American Standard
Member since December 2006

Judith Peace - Commercial Banker, VP
Frontier Bank
Member since June 2006

Sabrina Roberts - Project Manager
PSF Mechanical
Member since August 2006

Jin H. Rudolph - CPA
Gallina & Co., LLP
Member since May 2005

Victoria Simmons - Cost Accountant
Skanska USA Buildings
Member since March 2005

Lisa Telford
ANEW
Member since October 2006

Tammy Vibbert - HR Director
Lakeside Industries
Member since November 2001

Heather Washington - Marketing
Lindal Cedar Homes
Member since December 2006

Stephany B. West
MacDonald-Miller Facility Solutions
Member since October 2006

Heather Winfrey - Director Construction
Center of Excellence
Renton Technical College
Member since May 2006

Suite 5450
601 Union Street
Seattle, WA 98101-2327
206-623-4711
fax 206-467-8406
www.aterwynne.com

Brenda S. Molner

ATERWYNNE LLP
ATTORNEYS AT LAW

cell 206-849-7781
bsm@aterwynne.com

MENLO PARK PORTLAND SEATTLE