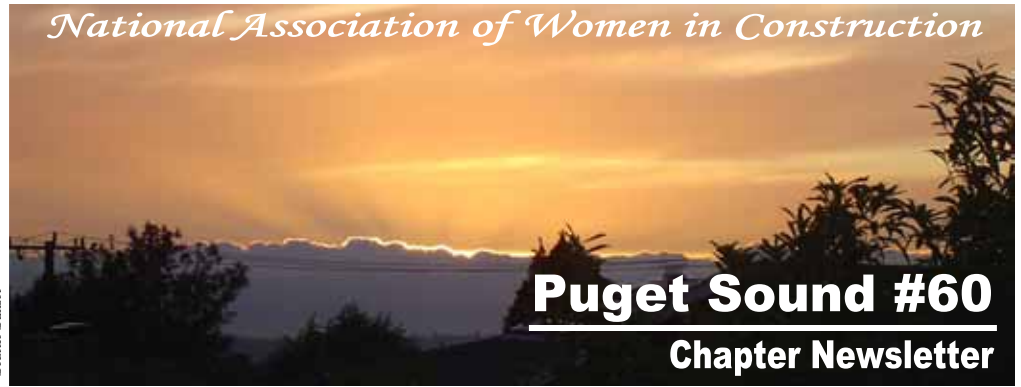




www.nawicpugetsound.org

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Seattle Sunset

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

BELIEVE PERSEVERE DARE

President's Message

December was a month to remember and a good reminder of how much our world has changed. We are so fortunate to have lived in a world with electricity, hot water, lights in every room, and personal transportation at our disposal. Sitting in the dark was a good reminder of what life is without these things that we have come to call "necessities". It is also a good reminder of the changes in standards that our industry has and is going through. We live in homes that are built with rapidly advancing construction means, methods, and materials. That does not mean that we have faced all our challenges yet, but as an industry we have a lot to be proud of.

Hopefully we are past our inclement weather and we can start our New Year with more interesting things, such as our January speaker, Andy Jones of Conrad Forest Products. Mr. Jones will be talking about an advancement for the construction industry in moisture protection of construction lumber. Additionally, Conrad Forest Products offer quite a few interesting products that encourage conservation and renewable resources.

In January, we will also be looking for your commitment to Block Kids, NAWIC's education foundation. It takes three steps to get a project moving and make it successful. First we need to understand the vision, second is to make a

commitment, and third is to contribute to the success. Here is a place where each one of you can and will make a difference. Think of this, you can actually influence students' future in a positive way. How empowering is that?

We have such a strong core of members; let's demonstrate what the Puget Sound Chapter of NAWIC can do. Bring your thoughts, ideas, and opinions and let's make a commitment to Kim and the Block Kids committee. We need your contributions of time, expertise, and even the help of others to make this a successful event. I believe in you.

Jan Lawrence

NAWIC Core Values

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

Upcoming Membership Meeting

This month's meeting will be held on Monday, January 8th at Grazie Ristorante Italiano in Bothell, with guest speaker Andy Jones from Conrad Forest Products (CFP), a pioneer in the pressure treatment of construction lumber.

Headquartered in Oregon, CFP provides a variety of forest product protection, including BluWood, a preconstruction,

factory-applied, two part wood protection system. BluWood protects wood from fungus and wood destroying insects, and provides a total encapsulating film, thereby making it water-repellant, vapor permeable, and limits moisture absorption.

So, with construction on the rise in the Pacific Northwest and excess moisture a never-

ending environmental element, why not become educated and more prepared for your next construction project.

Does the BluWood make newly constructed projects blue? Come join us for an enlightening and educational experience. Guests and colleagues welcome; RSVP at www.nawicpugetsound.org

Ask Nicole



Nicole Kampmann
nicole.kampmann@macmiller.com

Tool Box Approach to Setting Goals

Let's be truthful. This is the time of year we set a lot of unrealistic goals for ourselves; or maybe none at all.

The tool box approach to setting goals is that we do not have to know which tool to use; we just have to know what we want to achieve with them. I think a lot of us who

fail to achieve goals are telling ourselves we do not know how to achieve them. By picking goals that inspire us, the path becomes more clear.

This year, I challenge you to do something different:

Dump out your past goals that were made for the wrong reasons. These goals

should not be set to please anyone else. Your goals must be your own so that they can inspire you. Put in your tool box a few short-term goals that are a little bit of a stretch for you and as many long-term goals as you want. Long-term goals can be humorous and should really accentuate or expand your capabilities. Your short-term goals should ultimately help you reach the long-term goals. The process of setting a goal gets your subconscious on a path of achievement.

Make sure your goals are clear, specific and measurable. Do we want to be meaningful and specific through life or a wandering generality?

Be vocal; tell people your goals. Successful people tend to enjoy helping others attain success. Plus, you

never know who might offer to help you. And once you say it out loud, you become accountable for your goals.

Take action. A goal properly set is already half way achieved. Define your vision and make sure it is really what you want. You might be surprised at how light your tool box really is!



The future belongs to those who believe in the beauty of their dreams.

~Eleanor Roosevelt

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!

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Crystal Vision Awards

The Crystal Vision Awards program celebrates the achievements of individuals who have a clear vision for women in construction. NAWIC invites you to reach out to the entire construction industry by nominating individuals; these can be outstanding NAWIC members or non-members. The winners will be honored at NAWIC's 52nd Annual Meeting and Convention in Orlando, Florida, September 5th - 8th, 2007.

For information, please go to www.nawic.org. Applications should be

attached to this newsletter, or contact Lily at lily@csiseattle.net.

Nominations must be received at the NAWIC national office by February 28, 2007.

get smart Pro!
www.constructionfoundation.org
206 284-4500

Continuing education classes for construction professionals:

- Business
- Law
- Leadership Training
- Computer
- Safety
- Project Management

AGC Education Foundation

How to Stay Safe

A collection of tips from Associated Builders & Contractors and the Slippery Rock Gazette

Keeping your cell phone battery charged, might be the best idea, but sometimes the coverage is not what it is cracked up to be. So here are some low tech solutions.

1. It is always good to travel in groups, especially when visiting a place unfamiliar to you. If you have to walk alone, always use the well-lighted, busy thoroughfares.
2. If you are stuck in your car and a "good Samaritan stranger" stops, crack the window and ask the person to call for help if you have not already. Do not let a stranger into your car, and do not get into a stranger's car. It is usually best not to leave your car when your car breaks down. If you are in doubt about the authenticity of a uniformed officer who stops, ask to see his or her identification (through the closed

window.)

3. If a robber asks for your purse or wallet, DO NOT HAND IT TO HIM. Toss it away from you. Then RUN LIKE MAD IN THE OTHER DIRECTION.

4. ALWAYS take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at night. Parking garages are especially bad.

5. If you need to pull off the road, turn on your emergency flashers and move your car to a safe spot out of the line of traffic. If you need to signal for help, raise your hood or trunk lid so that you are visibly in distress. You can also tie a white cloth or a scarf on the antenna or door handle.

6. If you are pulled off the road waiting for help, you may be there for awhile. Do you have a car emergency kit? What do you need if you are going to be stuck for 3-4 hours? Consider this and be more prepared for the unexpected.

7. Be alert and pre-

pared before getting into your car in a parking lot or parking garage. Have keys in hand, and do not be distracted on the cellular phone.

- a) Look around and inside your car, at the passenger side floor, and in the back seat.

- b) Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting along in the seat nearest your car, you may want to walk back into the office or store and get someone to walk you back out. IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead)

To learn other tips about personal safety visit the National Crime Prevention Council at www.ncpc.org under topics.



Women in Construction Week

This year will mark the 10th Anniversary of Women in Construction (WIC) Week. NAWIC's goal is 100% participation from every chapter, thereby enabling us to be heard loud and clear across the country during the first week of March.

WIC Week is a week-long celebration of the existence and successes of women in construction. In the past, chapter activities included obtaining formal proclamations from Governor Christine Gregoire, King

County Executive Ron Sims, and Seattle Mayor Greg Nickels, touring a local construction site and offering it to any woman, distributing a flyer of NAWIC leaders, and more.

This celebration is not just for NAWIC, and should include women from construction and women who may be curious about construction or know others who may benefit from learning more about construction in a non-threatening and social setting.

Please help me make this year a successful WIC Week event. One thought that I am putting in motion and looking for volunteers is to arrange a small benefit concert for those in need of construction improvements, whether a result of the late fall weather events or elderly in need of safety improvements. My husband is very close to the music industry and could offer up his band for such an event. Contact Lily at lily@csiseattle.net or (206) 723-8400.

Undergraduate Scholarship Competition

UNDERGRADUATE SCHOLARSHIP COMPETITION

(additional scholarship opportunities is forthcoming)

FOR 2007-2008 SCHOOL YEAR

COMPETITION RULES AND REGULATIONS

NOTE: DEADLINE APRIL 15, 2007

ELIGIBILITY

1. Applicant must be currently enrolled and have at least one term of study remaining in a course of study leading to a bachelors degree in a construction-related field.
2. Applicant must desire a career in a construction-related field.
3. Student must be enrolled at least part-time.
4. **Puget Sound Chapter** members are **not** eligible for this scholarship but are encour-

your academic advisor and sent directly to the Scholarship Committee in a sealed envelope.

D. Official transcript of grades for the three most recent quarters/semesters and sent directly to the Scholarship Committee.

AWARDS

1. Scholarships are not automatically renewed, but the student will be considered for subsequent awards if he or she provides continued interest in construction, and continued enrollment and good standing in an accredited college program leading to a bachelors degree in a construction related field.

majority of the aforementioned members of the committee.

4. Checks will be presented in May or June at our monthly membership meeting.

NOTE TO APPLICANT: Application must be complete or it will not be considered. You have the ultimate responsibility to insure that the application, all forms and transcripts are received by the

NAWIC Puget Sound Chapter #60 Scholarship Committee. Application must be received by April 15, 2007. DEADLINE WILL BE STRICTLY ENFORCED.

If you have any questions, or would like to receive an application, please go to www.nawicpugetsound.org or contact Lucy at lucy_bodilly@mcgraw-hill.com.

NAWIC is an EEO organization and thus encourages all students to apply, regardless of race, gender, religion, disability, or ethnicity.



aged to apply for NAWIC National and other NAWIC Chapter scholarships.

REQUIREMENTS

1. Applicant is responsible for insuring that all items listed below are submitted to and received by the Scholarship Committee by April 15, 2007.
 - A. Completed and signed three page application.
 - B. Typed answers to questions asked under section IV of the application.
 - C. Evaluation form completed by

their status after the Scholarship Committee has made its decision at the beginning of May.

3. All applicants selected as semifinalists may be subject to a personal interview with representatives of the Scholarship Committee. Such representatives will be a member of the Awards Committee, the Administrator, or other person as may be appointed by



Schedule of Events

- *Jan. 8th: Puget Sound chapter's Board of Directors' meeting. Open to members. Contact Jan Lawrence for RSVP and information at jan.lawrence@skanskausa.com*
- *Jan. 8th: Puget Sound chapter's regular membership meeting. Open to guests. For RSVP and information go to www.nawicpugetsound.org*
- *Jan. 13th: "Money Wise Women" Forum at Seattle University. Cost is FREE. Speakers are Marcia Brixey, author of "Becoming a Money Wi\$e Woman", Karen Ramsey, author of "Everything You Know About Money is Wrong", and Laura Leist, author of "Eliminate Chaos". Call (360) 308-0056 or go to www.moneywisewomen.net*

January 2007

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

February 2007

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

Schedule of Events

- *Feb. 12th: Puget Sound chapter's Board of Directors' meeting. Open to members. Contact Jan Lawrence for RSVP and information at jan.lawrence@skanskausa.com*
- *Feb. 12th: Puget Sound chapter's regular membership meeting. Open to guests. Go to www.nawicpugetsound.org for RSVP and information.*

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

Juanita "Nita" Garrison - Tradeswoman

Ms. Jack Of All Trades, LLC
Member since April 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

Jim H. Rudolph - CPA
S.J. 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

