



► BLOCK KIDS IS A NATIONAL NAWIC PROGRAM THAT INTRODUCES GRADE SCHOOL CHILDREN TO THE CONSTRUCTION INDUSTRY



► CAD DRAFTING COMPETITION IS DESIGNED FOR SENIOR HIGH SCHOOL STUDENTS FOR RECOGNITION OF THEIR CREATIVITY AND PROBLEM SOLVING IN PREPARING DRAWINGS



► LEADERSHIP & GROWTH IS OUR SPECIALTY. WE'RE HERE TO HELP YOU SUCCEED IN THE CONSTRUCTION INDUSTRY

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NAWIC

Newsletter

monthly

CORE PURPOSE:

To Enhance the Success of Women in the Construction Industry

President's Message

By Nicole Martin



www.nawicpugetsound.org

This year the chapter has grown so much. Because of our continued success with educational keynote speakers and our connections with others we are steadily increasing our membership. We have spent time with children talking to them about construction jobs and opening their minds to what it is to **build**. We have talked to many adults about the benefits of NAWIC at trade shows. We have given scholarship money to some great young adults who show promise and enthusiasm for our industry. We are building alliances with numerous organizations all of whom are helping the success of women in the construction industry.

I would like to extend my heartfelt thanks to the Board of Directors for whom I have leaned on and learned from as I climbed into the role of President earlier this year.

Thank you to Judy Jewell who once asked me if I waited until I was comfortable to become President, when would I do it?

Thank you to Gwyn Hart for her humor, her ability to pull large events together quickly, and the many sponsors she's brought our way.

Thank you to Darylene Dennon for her complete devotion to programs, her professionalism and good ideas.

Thank you to Maureen Byrnes for stepping out of her comfort zone to Chair our Forum 2009 Committee. I know this will be an event we will be truly proud of.

Thank you to Lily Iftner whose publishing skills are par to none.

Thank you to Yvonne Missler for continuing to be excited about NAWIC and supporting me with the little stuff.

Thank you to Marcie Glenn for giving

us tangible marketing goals coupled with her go-get-it attitude.

Thank you to Julie Stalzer for being even more organized than me, and for jumping in with both feet.

This board has been amazing. And our chapter is all the better for it. Your hard work and dedication to NAWIC's core beliefs make us what we are today.

I'm truly looking forward to the year ahead and the magic that will happen with such strong leaders. Congratulations to all of our members for such a successful year!

Upcoming Meeting

NAWIC CRUISE 2008 — September 29th—Mr. Frank Young, Jr. cordially invites each of you to join him on the Companionship for an evening of socializing and good food (*which you are bringing*). We will cruise Lake Union and out on to Lake Washington, and be back at the dock before sunset. This free event is open to members only. Please join us. Please do wear flat and soft-sole shoes for your safety, and courtesy to our host. You might want to bring a light jacket or sweater.



Mark Your Calendar

September 3-6 National Convention in Las Vegas. Registration is \$575 until July 7, then it's \$675. Check national website for all the details.

September 29th - Members Only—Cruise Lake Washington Frank Young, Jr. will be taking us out on the lake. This is a fun night to network, celebrate a year of hard work and get excited for our year ahead. This event is free, just bring a potluck item.

October 1st & 2nd -7th-annual Construct Seattle Conference & Exposition

Celebrate Oktoberfest!

Silent Auction & Membership Drive
Pyramid Ale House,
October 13th - 6 P.M.

This fun event has two goals; our silent auction is to benefit our NAWIC Scholarship Fund (NFSF) for College and Trades scholarships. And it's also our Membership Drive. To make this a successful event we need you (our members) to be there! Chapter President, Nicole Martin has challenged us all to bring at least 4 people that would benefit from NAWIC membership. Solid Energy is donating an iPod to the member who has the most guests join by the end of the month!

We'll have a power point to show off all our activities so if you have photos, be sure to send them to Julie.

Of course, with our Oktoberfest theme, plan to come and enjoy the beer tasting activity. Guys who support NAWIC are welcome to come and enjoy the fun. In fact, bring your friends, co-workers and spouses!



www.constructseattle.com
Washington State Convention & Trade Center, Seattle WA

October 13th- NAWIC Puget Sound Oktoberfest at Pyramid Ale House. A fun beer tasting and silent auction event all rolled out for our Membership Drive kickoff.

October 18th—Region 9 Annual Planning Conference—Doubletree Hotel, Spokane, WA.

The event is just \$25 to attend if you purchase your ticket prior to Oct. 6th on our website. They will be \$30 thereafter. Tickets are also available at the door. Each ticket includes 6 tastings and light appetizers.

Our silent auction is always fun. You never know what you will fetch for a divine price. Our website has a letter you can download to help you to solicit donations, and a procurement form for a complete description to be used in our promotional materials and catalog of items.

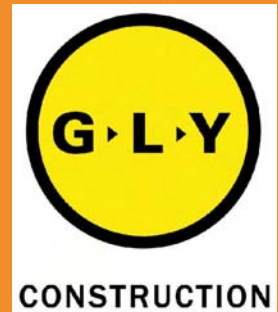
The procurement forms and items should be sent to Julie Stalzer before September 30 at jstalzer@DLRGROUP.com. Forms can be sent to Julie prior to receiving the auction items. This will help in putting the auction catalog together earlier rather than later.

To R.S.V.P. and to purchase your tickets, or for additional event information, please visit the website www.nawicpugetsound.org

Congratulations Nicole!

Our own Nicole Lamanna was one of seven Ferguson Construction employees last month who scaled the 14,111-foot peak of Mount Rainier to raise money for the American Lung Association. The seven were part of a team of nine employees that raised more than \$35,000 in the Climb for Clean Air campaign.

SPONSORS & ADVERTISERS



SPEAKERS WANTED!

The Construction Center of Excellence Speakers Bureau is looking for additional speakers. They are trying to get a minimum of 12 speakers for their web site as soon as possible, then they will begin marketing the bureau to their contacts and schools. If you would like to be listed or know of someone who might, please contact Shana Hunter at 425-235-2352 ext 2217.

CAD Drafting Competition News

Our chapter participation in the CAD Competition has been put on hold for 2008-09. Each year the Chapter Board of Directors evaluates what we can successfully accomplish and this competition needs more participants and involved instructors to be a successful chapter program. The CAD committee will spend the extra time contacting CAD teachers and introducing

them to the competition so that we can "hit the ground running" with this Competition in the Fall of 2009. CAD teachers and students can still access this year's problem and assign the problem as a special or culminating project for their students at www.nawiceducation.org. Click on K-12 and CAD Competition.

Region 9 Annual Planning Conference

On October 18th NAWIC's Region 9 will be holding their Annual Planning Conference (Back to Basics) in Spokane, WA. Come join as we plan the future of our region for the coming year. For those who are able to make it to Spokane on Friday evening, there will be a reception for attendees.

On Saturday morning we will gather to-

gether to listen to keynote speaker, James Wavada on Sustainable Building followed by some great work sessions. After lunch we will be transported to Equipment Rodeo for some team building exercises operating heavy equipment (under supervision of the pros).

The registration fee is \$60 is paid before October 6th. Afterwards it will be \$70.

The registration fee includes the business meetings, Saturday lunch, as well as transportation to and from Equipment Rodeo.

If you would like to stay in Spokane for the weekend, a block of rooms are being held at the Doubletree Hotel Spokane City Center at the single rate of \$110 and \$10 per additional guest. Room Block deadline is Sept. 19th.

Project Highlight

Virginia Mason LP 5 Ambulatory Surgery Center

Company: MacDonald-Miller

By Billy Langan & Tia Todorova

This is a unique project at for the Virginia Mason Hospital because the work took place at the Lindeman Pavilion Building (LP) which is a medical office building not classified to have full surgical operating rooms. In order for this to be achieved many upgrades had to be done. The entire 5th floor had to be converted into a operating/hospital facility with four operating rooms.



Some of the upgrades included running

medical gas lines through a building that had none, many pipes and a lot of drilling. The medical gas bottle room was located in the parking garage and had to be run up an abandoned elevator shaft up to the fifth floor.

The floor also needed it's own independent



HVAC system which included two 22,000 pound air handling units that were installed on the roof. One of the units This project is a combination of work with various subcontractors and Skanska USA Building is the General Contractor.

will serve the 4 operating rooms independently, and the other unit will serve the re-

maining areas. The ductwork for the air handlers was run down two separate elevator shafts (one abandoned). The ductwork on the roof was exposed and insulated before it entered the shafts.

MacDonald-Miller Facility Solutions also did all the plumbing scope for this project.

During construction Infection Control was very big part of the project since it is classified as a hospital / operating rooms. All the duct work had to be covered until it was ready to be put together, and even then anything that was open had to be covered!

One of the reasons Virginia Mason needed these four extra operating rooms (they have 20 existing) was because of the New Medical Tower being built. During this project two of the existing OR's will need to be closed down.

This project is a combination of work with various subcontractors and Skanska USA Building is the General Contractor.