



NAWIC

Puget Sound - Chapter #60
Established ~ 1962

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APRIL 2009

Mark Your Calendar

April 7—
Puget Sound
Chapter Board
Meeting

April 16-18—
FORUM at Hotel
Monaco, Seattle

April 18—
Estimating Basics Seminar at
Kent Training
Center

President's Message By Nicole Martin

"Our moral responsibility is not to stop the future, but to shape it... to channel our destiny in humane directions and to try to ease the trauma of transition."

~Alvin Toffler

Happy Spring!

Our March meeting was great despite the snow flurries around the area that day! Robert W. Thorpe and Lindsay Diallo of R.W.

Thorpe & Associates, Inc. presented on sustainable techniques in construction, starting with due diligence and site acquisition. Robert focused on principles of time, cost, quality, and good green design, while Lindsay shared tips for implementation with water-wise plant materials and

best management practices. Check out www.savingwater.org when you have time. Lots of good tips we can all use.

WIC Week Recap- Thank you to Darylne Dennon and the volunteers who got together to paint for the Friends of Youth organization on March 7th. I am constantly impressed with our member's willingness to give in our community.

New Membership Categories- As you know things are changing on a national level so that we can comply with the SOX/IRS rules as a not-for profit business organization. These changes apply to any new members signing up at this time. When renewals come up in October the membership

committee will work with you to make sure your membership category is still the most appropriate for you. You can read the new category descriptions online at nawic.org. We'll also be learning more about this at our Spring Forum in April.

Region 9 Spring Forum 2009- It's almost here! We have almost 60 attendees signed up for this regional conference. We have tours planned, great speakers with hot topics, and great candidates to vote for! Be sure to check out the 2009 candidate supplement on the national webpage under member center to get the scoop. We are honored to host forum this year and we have a lot of fun planned, too. Can't wait to see you all there!

Recommended Reading

The following books are recommended by our Women in Business Keynote Speakers:

Jill Keto, Author: *Don't Get Caught with Your Skirt Down: A Practical Girl's Recession Guide*

Tracy Corley, TsuluWerks recommends: *The E-Myth Revisited: Why Most Small Businesses Don't Work* and

What to Do About It by Michael Gerber.

Jean Hamilton co-authored: *Mission Possible: Learn How to Reach Your Potential from Some of the World's Most Successful Possibility Thinkers*

Jean also recommends *Made To Stick: Why Some Ideas*

Survive and Others Die by Chip Heath and Dan Heath and *A Whole New Mind: Why Right-Brainers Will Rule the Future* by Daniel H. Pink.

Regina Glenn, Pacific Communications Consultants recommends: *The Artist's Way: A Spiritual Path to Higher Creativity* by Julia Cameron.

FORUM 2009 "Going Green in the Pacific Northwest"

On Thursday April 16th, Region 9 members from Alaska, Washington, Idaho, Montana and Oregon will begin arriving to attend this regional event. We're in for a treat as we check into the Hotel Monaco in downtown Seattle. Our visitors will be close to the LEED certified Seattle Library, a walk away from Pike Place Market, near the Metro Bus Tunnel with access to shopping and the Monorail Station at Westlake Center, and a short ride to the Seattle Center. There are plenty of restaurants and after hour clubs and tours of the city to enjoy in our off time.

Those arriving early are invited on an excursion to the Zero Energy House tour in Bellevue. We'll meet in the lobby at 11:30 AM for a 15 minute trip to the job site. Everyone is expected to visit as long as possible at our "Meet and Greet" in the Hospitality Suite open from 3:00 PM until 10:00 PM where you will also find early registration.

Friday, April 17th starts with FORUM 2009's Opening Ceremonies, Welcome to Seattle and our Keynote Speaker, Eileen I. McKillop, Attorney for OLES MORRISON. She'll start our morning off with "New Developments in Washington Law Affecting the Construction Industry and Hot Topics Concerning OCIP Programs". Carrie Sturts Dossick, PH.D. P.E, Dept of Construction Management, UW will follow by talking about "BIM: The Ramifications for Design and Construction". Next will be Rachael Jamison, WA State, Dept of Ecology, Green Building Coordinator talking about "Green Building in Washington State". After lunch Pam Worner, Green Dog Enterprises, will engage in an interesting discussion on "Succeeding in the Green Market". The day ends with Jennifer Richards of Safety Matters. We are then off to dinner and the Murder Mystery NEF Fundraising Welcome Party and complete

the evening socializing in our Hospitality Suite before retiring.

Saturday, April 18th starts with a Business Meeting Format, then onto a Leadership Presentation by Cathy Brady followed by Alice Lockridge, MS Phys Ed, ProFit on "Non Traditional Apprenticeship Trades". Enjoy eating and laughing with an interactive program presented by Sue Z Hart, Little Red Wagon University, "Shut-up and Color" and last, but not least, is Julie Stalzer, Stalzer Consulting presenting "The Paperless Office." We meet in the lobby at 2:30 PM for a shuttle to the EchoHaus (Environmental Homes) Tour. The tour gets back in time to get ready for the Gala Banquet Event after which we say "Goodbye" to all our new friends, as the Region 9 Forum 2009 "Going Green in the Pacific Northwest" comes to an end, leaving us all with an experience we will always remember!



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FACILITY SOLUTIONS

www.aspepugetsound.org
www.sistersinthebuildingtrades.org
www.constructionfoundation.org
www.nawicpugetsound.org
www.nawic.org
www.pearlofwisdom.us

Connecting with the Industry

Job Search Survival 2009

Undoubtedly, this is the toughest year on record to land a new job. Reaching your career goal will take courage and nerves of steel. Are you up to the challenge? Here are three tips for job-search endurance that will keep you on the right track toward your employment goal.

1. Keep your career goal realistic. This is not the time to strike out in a risky career direction. Following your heart toward a career in which you have little qualifications could yield months of frustration as you find yourself competing against legions of candidates far more qualified. Unless you are in the position to hold out for a very long job search, concentrate on positions where you are best qualified.

2. Realize it will take longer to land your next position. If you've never experienced a lengthy job search, set your expectations out several months and practice patience. You will apply for many positions as the perfect candidate, and get no response. Expect that. You will con-

duct perfect interviews and hear nothing back. Expect that as well. Just remember that eventually the right company with the right job at the right time will come your way if you stay calm and focused and don't let discouragement keep you from moving forward. Just keep with it.

3. Write a better resume than your competition. Less jobs and more applicants equals extremely high competition. The quality of your resume has never been more important. For the best possible resume keep these guidelines in mind:

- Focus your resume.
- Avoid a one-size-fits-all resume.
- Showcase your best information in the top half of page one.
- Include accomplishments that illustrate your ability to solve today's business challenges.

4. Sharpen your interview skills. With employers interviewing only the best of the best, when you are chosen to interview be sure you are your competitive best. You CANNOT "just wing" an interview and expect

to be called back for a second. Today it takes solid interview strategy to earn a second round of interviews. Interview books are helpful, but they usually fall short of teaching you how to read the interviewer's mind to understand his/her hiring motivations. A study in the art of selling is more effective to achieve great interview performance. A few basic selling strategies include:

- Asking the right questions to understand the interviewer's "hot button" motivations.
- Formulate answers around the interviewer's motivations.
- Know your accomplishments well enough to weave them effectively through your interview to achieve top candidate status.

Throughout 2009, the best jobs will go to those who persevere and stay focused. Keeping your expectations and goals realistic will help prevent the emotional ups and downs. Prepare for your job search as if you were competing in a marathon. With patience, endurance and skill you will win your next job.



JB Consulting Systems

Bringing your workforce together™

Safety Topic: Wet Cement Burns

By Jim West, Safety Director
MacDonald Miller Facility Solution

Cement is found in concrete, plaster, mortar, dry-wall compound, grout, terrazzo, etc.

- Keep cement products off your skin.
- Keep cement out of the eyes.
- Don't breathe cement dust

•What causes the problem?

- Portland cement is a very alkaline and caustic. When wet it will have corrosive effect on living tissue.
- Cement is hygroscopic so it draws moisture from the skin.
- Cement products are abrasive and physically damage the skin.

How do we reduce exposure?

- Reduce the area of skin

exposed:

- Reduce the time of exposure
- Avoid occlusion: Don't lock the alkalis to the skin by applying a skin cream before they have been neutralized

Don't Track It Into Your Home

- Leave your work clothes on the back stoop. You contaminate your home when you expose it to cement.
- Family and children can be exposed. Toddlers are at highest risk, because they live on the floor.

FIRST-AID TREATMENT OF CEMENT BURNS

A recent study published in the official journal of the

American Society of Plastic Surgeons (ASPS) by Dr. S. Milner released in April 2003, shows that common "Household Vinegar" can minimize Alkaline Burns. The first few minutes after contact with an alkaline substance are the most important in managing the burn. Once the alkaline penetrates the skin, it progressively kills tissue, even though you think there is nothing there. It was emphasized that alkaline burn victims should initially wash the substance off the affected area with clean water. Applying vinegar then helps to neutralize the substance 15 minutes faster than water alone, drastically reducing damage.

New web page on stimulus money

The American Recovery and Reinvestment Act of 2009 (the Recovery Act) will bring millions of dollars to our local community for job training, employment services and summer jobs for youth—funding that must be spent quickly, effectively, and transparently.

The Workforce Development Council of Seattle-King County will oversee many of these dollars. To share information with our community and partners, we have a **new web page** that will be updated frequently. You can also reach our Recovery Act page from the WDC's front

page at www.seekingwdc.org.

Please check the page for the WDC's latest information, links and documents. We will expand the content in the coming weeks and we welcome your questions and comments.

Stimulus Funds:

\$ 20 million will go to King County Housing Authority for repairs and weatherization. They will need about 10 new hires...and are hiring architects, and engineers.



MOWAT
CONSTRUCTION CO.

Annual Energy Summit Expands

For the past 4 years, Washington State's Center of Excellence for Energy Technology, Centralia College has hosted its popular "best practices" summit in June. In 2009 we are pleased to welcome the Center of Excellence for Construction, Renton Technical College as a partner in the Annual Summit. The event will be held June 25 and 26 at the Regional Education and Training Center, Satsop Campus in Elma, Washington.

The 2009 conference theme is **Sustainability in the Green Economy**, featuring statewide, re-

gional and national best practices in energy and construction workforce and economic development models. The first day will showcase how Pacific Northwest industry, labor, workforce and economic development organizations are leading the national movement in green economy issues and high skills, high wage "green jobs."

Plenary sessions will feature the topics that demonstrate the essential integration of the energy and construction industries. Special breakout sessions will feature the latest developments in education

and workforce for each industry. Attendees will leave this exciting event with a new understanding of how we each play a part in this new economy.

The grand finale on the first day of the event is the ever-popular crab feed and scholarship auction. Don't miss it!

Hold the date and RSVP soon to Shana Peschek at speschek@rtc.edu or 425-235-2352 ext. 2217 or register online on our events page at: <http://www.rtc.edu/CCE/Events/Default.aspx>, scroll down to this event and click on the registration link.

Estimating Basics Seminar

Sisters in the Building Trades is pleased to be the host for a 1-day seminar

on Construction Estimating Basics, with speaker TJ Schwertfeger, ASPE, Chapter 45 President.

WHO SHOULD ATTEND?

- If you have no construction background.
- If you are a student & want to learn the first fundamental about Construction Management
- If you are thinking about exploring Construction Management as a career.
- If you are a junior estimator or newer employee with little or no hard-bid experience.
- If you are a subcontractor & bidding work to

a General Contractor is a "new direction" for your company.

WHAT WILL BE PRESENTED?

- Overview of Construction Estimating
- A crash course : Math / Means / Methods
- Introduction to Masterformat (CSI) & Estimate organization
- A crash course: Reviewing plans & specifications
- Simple Quantity Take off
- Introduction to pricing work using the RS Means Cost Data reference
- Introduction to Labor Rates & Self Performed work
- Introduction to Productivity & Relationship to a

Schedule

- Teamwork of Bid Preparation
- A "pretend bid" that demonstrates in an overview format what happens in a General Contractor's office on BID DAY.

Saturday, April 18th
8 AM—4 PM
Kent Training Center
1-842 SE 208th Street
Kent, WA 98031
Price:\$10 for NAWIC members, which includes pizza and soda lunch.

Contact TJ Schwertfeger at 253-446-3421 or taco-maestimator@gmail.com

Audience is limited to women in construction / vocational trade / or students.

2009 Senate Bill 5895

Introduced in the Senate on February 5, 2009, establishes a worker certification requirement for construction work in the areas of roofing, siding, framing, foundations, doors, and windows. Creates the office of consumer education for home construction in the office of the attorney general to be the primary point of contact for residential construction.

- o Referred to the Senate Labor, Commerce & Consumer Protection Committee on February 5, 2009.

- Substitute offered in the Senate on February 25, 2009, removes language that states a city or county may be liable for the gross negligence of a building inspector to enforce the provisions of the State Building Code. The substitute passed in the Senate by voice vote on February 25, 2009.

- Referred to the Senate Ways & Means Committee on February 25, 2009.

- Substitute offered in the Senate on March 2, 2009, to remove the proposed creation of the Office of Consumer Education for Home Construction. The substitute

passed in the Senate by voice vote on March 2, 2009.

- Referred to the Senate Rules Committee on March 2, 2009.

- Amendment offered by Sen. Jim Hargrove, (D-Hoquiam) (D) on March 11, 2009, to create the Office of Consumer Education for Home Construction (Office) within the Office of the Attorney General. Within the Office there is a seven-member Home Construction Board (Board) to investigate and mediate construction defect claims. The Board may use the services of neutral third parties to investigate, assess, and mediate claims. Creates notice and opportunity to cure procedures when a homeowner files a claim with the Board. Requires the board to investigate and mediate a claim that has not been settled by the parties. Allows the Board to impose a fee of up to \$100 for claims filed with the Board. Requires a homeowner to file a claim with the Board prior to commencing a lawsuit alleging a construction defect. Creates an account to fund the Office of Consumer Education for Home Con-

struction and requires the Department of Labor and Industries to charge contractors a \$100 fee to be deposited in the account. Requires the Office to examine issues involved in establishing a recovery fund to provide compensation to residential real property homeowners through a claim filing process. The state building code council shall adopt rules requiring that natural or manufactured wood framing members used in residential construction be tested for maximum allowable moisture content prior to enclosing the framing. The amendment passed in the Senate by voice vote on March 11, 2009.

- Amendment offered by Sen. Jim Honeyford, (R-Sunnyside) (R) on March 11, 2009, to provide that the definition of "construction professional" does not include material suppliers. The amendment passed in the Senate by voice vote on March 11, 2009. Passed in the Senate (25 to 24) on March 11, 2009. Received in the House on March 13, 2009.

Referred to the House Judiciary Committee on March 13, 2009.



CONGRATULATIONS TO JUDY JEWEL OUR CHAPTER'S
WIC OF THE YEAR
NOMINEE!

JUDY'S DEDICATION AND COMMITMENT TO NAWIC MAKES OUR CHAPTER
SHINE. SHE SPREADS THE WORD, RECRUITS GREAT MEMBERS (LIKE
YOU) AND REPRESENTS US WELL IN THE COMMUNITY.



CONGRATULATIONS JUDY!