



NAWIC

Puget Sound - Chapter #60
Established ~ 1962

VOLUME 5 ISSUE 3

DECEMBER 2009

Mark Your Calendar

December 14th
Holiday Social & Potluck - hosted by Judy Jewell in Woodinville

January 11th
Membership Mtg (Social Media) - Aljoja

February 8th
Membership Mtg (Financial Advice in the New Economy) - Aljoja

March 8th
Membership Mtg (Relieve Stress and Be Productive in a New Economy) - Aljoja

April 12th
VIP Night (Managing in the New Economy) - Renton Technical College

May 10th
Membership Mtg (Sometimes the World Looks Better Upside Down" - Aljoja

President's Message By Julie Stalzer, Seattle Housing Authority

We have just finished celebrating the first in the series of holidays by giving thanks for all we have in our lives. This may have been more difficult for some as the recession continues to press in on all of us. Some of you are looking for new employment. Others are putting in extra hours to complete added tasks taken on due to a smaller work force. It is easy to get bogged down and discouraged by the pressures.

With the holidays fast approaching it is easy to get caught up in the busyness

that goes along with them. You may send out cards, make candies, bake, shop for presents, have or go to parties. We wonder where will we find the time, how can I pay for it all. Know that we are all in this together. Our Puget Sound NAWIC chapter wants to be there for you to offer support and encouragement to you.

I hope that you will all be able to attend our December meeting being held at Judy Jewell's home on the 14th. This meeting should be a time of fun and en-

couragement. Besides the potluck, Sue Z. Hart will be sharing with us about the Construction Challenge event which she coordinated this past summer. Come and enjoy the good food and fellowship with our members. Please check out our website for all the details and directions to Judy's house.

My wish is for all of you to have a Merry Christmas, Happy Hanukah, (or any other holiday you celebrate) and a Happy New Year.

Holiday Social & Potluck Hosted by Judy Jewell, Olympian Precast

Instead of the usual white elephant gift exchange, this year, we are asking for a gift card or cash donation to support the Eastside Domestic Violence Program (EDVP).

The holidays can be a difficult time for a parent who is not able to afford gifts for their children or themselves. So we invite you, your family, friends, and co-workers to join us in the

effort to support those in need. You can bring your donation to the Holiday Social or mail to: Eastside Domestic Violence Program, Holiday Program, P.O. Box 6398, Bellevue, WA 98008.

"Cheerfulness, it would appear, is a matter which depends fully as much on the state of things within, as on the state of things without and around us." Charlotte Bronte



MacDonald-Miller
FACILITY SOLUTIONS

Lincoln Hall, PSU

by Nicole Martin, MacDonald-Miller

A gathering of NAWIC Region 9 members including Lauren Holmes, Immediate Past President of the Portland Chapter, together with Superintendent Troy Boardman of Howard S. Wright toured the Lincoln Hall building built in 1911, the first building acquired for the Portland State University. In the 1970s the building was converted to a Performing Arts Building and has served as such until then. The remodel will equip Lincoln Hall with seismic bracing, new mechanical systems, a new roof, and will take care of the asbestos used during the 1970's renovation. The state is providing funds for the remodel from its general fund and from the Lottery-backed bonds. PSU is raising an additional \$10 million to buy new furnishings and to make other improvements.

The 135,000 sf building has an overall budget of about \$20 million. When the demolition subcontractor started on the job their contract was around

\$300,000, and has tripled in size as the project has progressed, as scope has been added and changed. The project which is expected to receive a NC LEED Gold rating boasts some pretty amazing upgrades to get the structure up to code. On the tour we learned that the window upgrades (which were funded entirely with "Go Oregon" stimulus funds) proved to be so efficient they were able to get rid of the old noisy HVAC unit that serviced the main auditorium. With its removal, the school is able to gain back the existing HVAC room and turn it into a MIDI keyboard lab complete with the latest technology. Because of the large hallways, once filled with lockers, the building currently has only 53% usable square footage, which will be gained back by placing the faculty offices along the corridors. The auditorium will have improved ADA seating and an additional elevator stop for easier access. As construction

progressed it was realized that two classrooms could be converted to a rehearsal stage to match the size of the stage in the auditorium, allowing the performers additional areas to perfect their show.

Along with better use of the space and accessibility, the building is receiving all new mechanical and electrical systems which have proven to be very challenging. "Revit has been very useful for MEP," says Boardman when mentioning that the BIM process for the building has been extremely helpful for this project. It is amazing to compare building something today to back in the early nineteen hundreds, as it was noted that the original plans were just 11 hand done sheets.

Expected completion for this project is July of 2010. This sound building will keep its classical charm and no doubt be an essential fixture on the PSU campus for many years to come.



**CONTACT YOUR
BOARD OF DIRECTORS**

President
Julie Stalzer
julie.stalzer@gmail.com

Vice President
Janifer Hays
Janifer.hays@mowatco.com

Treasurer
Leona Wilkinson
Leona-
Wilkinson@hoffmancorp.com

Secretary
Gwyn Hart
ghart@cadman.com

Ways & Means
Hillary Madsen
madsen@oles.com

NEF
Maureen Byrnes
mjbyrnes21@comcast.net

Marketing/PR
Sue Z. Hart
suezhart@juno.com

Membership
Linda Huber
lindahuber76@msn.com

Mentorship
Jenni Wakida
Jenni.wakida@mossadams.com

Past President
Nicole Martin
Nicole.martin@macmiller.com

OTHER CONTACT

Newsletter Editor/Publisher
Lily Iftner
liftner@csiseattle.net

**** Article submission deadline is
the 25th, monthly ****

Mentoring

 by Jenni Wakida, Mss Adams IIP

The Puget Sound Chapter is currently in the process of implementing a formal mentoring program. NAWIC involvement naturally fosters camaraderie and friendship. The goal of the mentoring program is to take these connections to the next level and provide members with the opportunity to develop focused and meaningful mentoring relationships.

A successful mentoring relationship is based on a mutual, equal, and collaborative learning alliance. Both mentors and mentees benefit as they acquire new perspec-

tives, learn from the experiences of others, receive encouragement, and develop confidence. Mentoring provides long-lasting benefits and helps everyone involved achieve both their personal and professional goals.

Through the program, we hope to capitalize on our chapter's greatest asset: our incredible group of strong, successful, and caring women. Please help us as we begin putting the program in place—there can be no mentoring program without you!

You will soon receive an e-mail requesting feedback on the following questions:

- Are you interested in being a mentor?
- Are you interested in being a mentee?
- What would you hope to gain from the mentoring program?

We thank you in advance for your participation. Please feel free to contact Jenni at jenni.wakida@mossadams.com with any questions regarding the mentoring program.

Holiday Social & Potluck

continued from page 1

Your cash donation helps support EDVP's 24-hour Crisis Line and assists with emergency needs.

Gift certificates to stores that carry groceries, household goods, toys and clothing allows a single mom to shop for a traditional holiday meal as well as family gifts that are special to them.

You can involve your office co-workers by decking your office bulletin board or tree with decorative, ready-to-hang Wish Tags from EDVP families. Each Wish Tag represents the wish of a woman or child who is healing from abuse and would very much like to feel a part of the holiday festivities. Pick up a Wish Tag from the Nordstrom

Giving Tree at Bellevue Square and grant the wish of a woman or child living in EDVP's confidential shelter.

If you would like to hold a fundraising event or collection drive to raise funds or goods, call EDVP's Holiday Line for ideas at (425) 562-8840 extension 408.

Chapter #60: www.NawicPugetSound.org

NEF: www.NawicEducation.org

National: www.Nawic.org

ABC: www.ABCWestWA.org

Ladies: www.PearlofWisdom.us

ASPE: www.ASPEPugetSound.org

AGC: www.ConstructionFoundation.org

Trades: www.SistersintheBuildingTrades.org