



# NAWIC

Puget Sound - Chapter #60  
Established ~ 1962

VOLUME 5 ISSUE 5

FEBRUARY 2010

## Mark Your Calendar

*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) - Aljoja

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

## President's Message By Julie Stalzer, Seattle Housing Authority

The beautiful sunshine and warmth it provides makes me think that spring is just around the corner. My daffodils, tulips and crocus are starting to make their appearance. There is a feeling of newness in watching these plants break through the ground, grow, and provide the bright vibrant colorful flowers.

Spring is the time NAWIC comes to life with many opportunities to get involved. WIC Week is fast approaching. It is the second week of March. To celebrate WIC Week we are asking the Sisters in the Building Trades to join us for our monthly meeting. This is an opportunity to get to know other women in the industry and find ways to work together to strengthen our camaraderie.

April is our Annual VIP & Industry Appreciation dinner and dessert dash. Be thinking of who you would like to invite to this evening

of showing our appreciation to those who have been an encouragement and support to us throughout the year. We have a great speaker lined up and will have some yummy desserts to bid on.

Our Regional forum is coming up in May. This year it is being hosted by the Eugene, Oregon chapter on May 14<sup>th</sup> and 15<sup>th</sup>. Forum provides an opportunity to come together to learn, grow and bond with other NAWIC members in our region. More details will be coming in the next few months. Mark your calendars to attend.

Over the course of the next few months, we will be developing our first Magic Camp to be put on in June. Magic Camp is a day camp for young girls to learn more about the opportunities in the construction industry. There will be many opportunities to get involved to make an impact

on the lives of those young girls participating. Be watching for details on how you can get involved.

I challenge each and every member to get involved in our Chapter's activities. It is fine to just come to the monthly meetings, but if that is all you are doing with your membership you are not getting the full benefits available to you. By getting involved you are helping to make a difference for women in the construction industry. Working side by side with other members brings the sense of teamwork, accomplishment, and pride. The results will be a chapter filled with bright and vibrant members. I challenge each of you to step up and join in. Be watching for ways to get connected in the coming weeks and get involved or contact me and I will get you plugged in.

**"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

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

# ErgoGirl's ErgoTip!

By Deborah J. Read, ErgoFit Consulting, Inc.



Deborah J. Read  
ErgoFit Consulting, Inc.

## Lower Back Injuries

**Do you know why most back injuries occur in the lower back instead of the middle and upper back? Here are some of the reasons:**

1. The lower back serves as a major pivot point or fulcrum for virtually all movement, so every time you reach out for something in any direction, some of the counter-force comes from the lower back muscles.
2. Weak stabilizing muscles in the abdomen, back, and hips cause unnecessary torque on the discs and strain on the soft tissues which eventually wear things out.

3. The lumbar discs are under the highest compressive forces of any other region of the spine, especially when sitting or under impact (jumping or jarring).
4. Poor positioning and use of your body (i.e. poor body mechanics) causes unnecessary torque on the discs and strain on the soft tissues.
5. Handling more weight or force than the body is capable of.
6. Excessive body weight exaggerates all of the above problems.
2. Stop smoking.
3. Change your position at least every hour.
4. Keep your tasks within easy reach: between mid-thigh to chest height and accessible with bent elbows.
5. Check the weight of an object prior to lifting it.
6. Begin a walking program to lose excessive body weight.

*This is a new newsletter column, written by Deborah J. Read, Occupational Therapist, Ergonomics Consultant, and President of ErgoFit Consulting, Inc.*

*Next month's topic will be "ErgoGirl's Top 5 Most Egregious Office Ergonomic Crimes!"*

**How can you protect your back? Well, there are many ways! Here are a few simple things you can do:**

1. Build the strength of your abdomen and back and other stabilizer muscles. *Try our self-guided, 5-Level, **Protect Your Back!** Manual.*



Questions? Call (206) 938-3294 or ErgoGirl@ErgoFitConsulting.com

**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

Would you like to visit other NAWIC chapters in and around the north-west, i.e. NAWIC Region 9?

The following are the other chapter leaders/presidents of 2009-2010:

Alaska #197  
Kathleen Bugbee

Boise #245  
Molly McClure

Eugene #77  
Nancy Ograin

Great Falls #228  
Barbara Woith

Portland #54  
Dalene Schafer

Salem #198  
Vickie Tewalt

Spokane #143  
Jessica Moody

Tacoma #187  
Charolette Jones

Tri-Cities #192  
Cyndie Lorenz

For members, contact information is located at [www.nawic.org](http://www.nawic.org)

## MAGIC Camp By Maureen Byrnes

### Planning is in Progress

The Puget Sound Chapter is hosting our first MAGIC Camp (Mentor a Girl in Construction) early this summer. For five days in June we will offer a free, supportive and nurturing environment in which high school girls will explore and develop basic skills in the areas of carpentry, electrical, and masonry. They will be introduced to successful women working in various phases of construction and will be encouraged to ask questions about jobs in con-

struction and about NAWIC.

Sample schedule overview:

- Day One: Safety and a History of NAWIC and Women in Construction
- Day Two: Carpentry
- Day Three: Electrical
- Day Four: Masonry
- Day Five: Job Site Tour and Completion Ceremony

We expect approximately 20 girls to attend Magic Camp. We are currently

nailing down the location and will follow immediately in securing the teaching teams, sponsors, and volunteers.

Please consider volunteering your time and talents as we plan and execute MAGIC camp. Please contact Nicole and let her know of your volunteer or sponsorship interest at [nicole.martin@macmiller.com](mailto:nicole.martin@macmiller.com). It is certain to be a thoroughly rewarding experience and loads of fun.

Thanks Everyone!

## Financial Preparedness By Janice Brady

What are the potential dangers to your financial house? This article offers ideas to protect and weatherproof a sound financial plan.

Do you know where your money is flowing (i.e. cash flow)? Do you have money at the end of the month? Perhaps debt is the culprit. If so, stay within bounds of your income and pay off the debt as soon as possible to avoid mounting problems. Do you have a cash emergency fund to prevent you from going into debt in case a need arises? An amount equal to three months salary is suggested.

Twenty-five percent of consumers will have

fraudulent activity in their finances in their lifetime. Receive a credit report at [www.freecreditreport.com](http://www.freecreditreport.com). You may not know there is something wrong until the damage rises to meet you.

Are the beneficiaries of IRAs and life insurances up to date? Make sure companies have your current address and that all of your accounts are in the exact same name.

All your financial papers (account numbers and pins) as well as medical documents should be in one place, preferably a safety deposit box or a fireproof safe. If you do not have a safe, store the papers in a gallon size Ziploc bag and place

them in the freezer. In the event of a fire, the freezer acts like a safe.

Have an emergency contact list of family members, friends, and those who may be consulted in case of an emergency in your kit. Review your emergency plan with your family and discuss emergency procedures with your partners, family, friends, and children.

The best foundation is formed with, unbelievably, insurance. Think about it, could you replace your home easily in case of a fire? What if your income was to stop? If you are the main breadwinner and you have debt (a mortgage),

*continue on page 4*

## Membership Message

from Region 9

We are growing strong! In the last month, Region 9 added (5) new members! Way to go Judy Jewell, Pamela Keller, and Linda Almendinger for each recruiting a new member, and an extra special shout out to Christina Fell for recruiting (2) new members last month.

The region is also competing against /amongst ourselves for the Chapter that recruits the most new members. Alaska is currently in the lead with (6) new members, and Salem and Portland are tied for second with (4) new members each. It is not too late, the competition continues until APC 2010! So get out here and recruit, recruit, and recruit!

# Construction Safety By Jim West, MacDonald Miller Facility Solutions

Making Changes in 2010

**Crane Safety rules took effect 1-1-2010.** This first part of crane regulations require operators and cranes to be certified and approved before use on a construction site. There was an incident in Ballard that shows cranes still need to be inspected. A lattice boom crane that was certified arrived with damaged lattice work and had to be repaired before it could be used. In the next few years crane regulations will focus on our responsibilities with crane use, and rigger certification. We also have new fall protection regulations to look forward to in 2011.

Last year, in 2009 **7 construction workers were killed at work in Washington State.** All industries had 62 workers killed at work in Washington.

In just the last 3 months of 2009 the following construction workers were killed:

- Framers fell from the second floor
- Electrician fell approximately 5 feet from a ladder
- Carpenter fell from a 4<sup>th</sup> story window
- Remodeler was crushed under a house

It is difficult trying to talk about the most important safety story of 2009, when you realize how many families are without someone that was killed at work last year.

We keep trying to make our workplace safer, but it all comes down to one person, you. No one else can make decisions for you. If you feel it is risky, you have to be willing to come up with another method, or ask for advice on how to do it safely. We at MacDonald Miller have been doing a good job of protecting our workers, but I think we can do a much better job. In every process, we

need to think about safety. For many of you I know it is repetitive, but it is important to remind yourself and others of the safety process. That is why we implemented the **daily task plans** for workers in the field to review the hazards of their job and the steps to do it safely. It is also why we started **evaluating supervisors** on their safety goals to help reduce accidents. MacDonald Miller is committed to making our job sites safer, and we will continue with new developments in 2010.

You can make workplaces safer by identifying safety hazards, and reminding each other about safe practices. Pass on your "lessons learned" to others. One way to do that is through safety meetings.

Have a safe week, and let's look forward to improving our safety performance in 2010!

## Financial Preparedness continued from page 3

please make sure your income is protected with life insurance. The DIME method is an easy way to find how much coverage you need. D=outstanding debt, I=income replacement, M=mortgage, and E=education. Term life policies are usually easy to obtain and affordable.

Decide to investigate disability and long-term care insurance too.

Are your investments diversified? If you do not know, you may have unnecessary risks in your portfolio. Nothing will insulate you 100% from market risk, but just like

protection from storms, you can prepare.

I ask that you look at wills and health care directives for you, your partner, and your parents. I think you will agree that it is better that you make these decisions than someone else.