



NAWIC

Puget Sound - Chapter #60
Established ~ 1962

VOLUME 6 ISSUE 1

NOVEMBER 2009

Mark Your Calendar

November 9th
Membership Mtg
(The Force of Women in the New Economy) - Aljoia

December 14th
Holiday Social & Potluck - Aljoia

January 11th
Membership Mtg
(Social Media) - Aljoia

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

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

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

President's Message By Julie Stalzer, Seattle Housing Authority

Autumn is my favorite time of the year. I love the crisp morning air and the beautiful colors in nature. The beautiful reds, oranges, rust, and greens are so vibrant that they take my breath away. Another thing that takes my breath away is our chapter members. You made me proud at Oktoberfest. With attendance down due to the trying economic times, you came through by spending almost 50% more per person than last year. That was amazing. I want to thank you also for making the Tacoma chapter members feel welcome as well. It was so fun to have them join us. I am hoping we will be able to have a few more get-togethers with them in the coming year.

It astounds me that before Halloween arrives the stores are promoting Christmas, bypassing Thanksgiving. Thanksgiving is proba-

bly one of my favorite holidays. I love getting together with friends and enjoying a good meal and spending quality time together. We take time to reflect on all the blessings in our lives. Many may find this a challenge having suffered health problems, lost loved ones, lost jobs, or dealt with any number of other issues. My prayer for you is for you to be able to spend the day surrounded by people who care for you, and be able to take the time to express appreciation for one another.

The past few months have enabled us to network with one another during our open house and Oktoberfest events. Our goal is to be able to offer more networking opportunities this year. The next networking opportunity will be our November monthly meeting where Jane Field will be sharing with us "The Force

of Women in the New Economy". We will be meeting at Aljoia, our new meeting location in Mercer Island. We are adjusting our meeting time for a 5:00pm start time in order to make it possible for more members and guests to be able to attend our networking hour. Check out our website for all the details. I look forward to seeing all of you there.

"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

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

2009 APC Highlights

 by Nicole Martin, MacDonald Miller**Columbia River Crossing Highway Project**

presented by Lynn Rust, P.E., Assistant Deputy Project Director, Columbia River Crossing & Cara Belcher, P.E., Columbia River Crossing Highway Design Team

This monumental project is still in the design stage. The project entails five miles of Interstate 5 from Vancouver, Washington to Portland, Oregon. The team consists of six partners including Oregon State D.O.T., Washington State D.O.T., the U.S. Department of Transportation and the Federal Department of Transportation, collaborating together to tackle six critical problems on I-5; congestion, public transit, freight, safety, bicyclists & pedestrians, and earthquake risks. The preliminary budget for this \$3.1 to \$4.2 billion project will include replacement of the Columbia Crossing Bridge (which happens to have the only stop light on I-5 from Canada to Mexico). It will also provide light rail to Clark College in Vancouver, pedestrian and bicycle facility improvements, and improvements to seven interchanges.

Anticipated benefits of the completed project include: Reducing congestion by up to 70% with six million transit riders per year, reducing crash rates, improved reliability for freight, and a reduction of green house gases.

The design of the bridge will be a two-bridge open web box girder. This seems to be the best solution in part to height restrictions to airports nearby and ships that must pass under the bridge. The new bridge design will allow for the highway on the top level and pedestrian and bicycle lanes on the lower deck.

Running an Effective Meeting

– Kelly Milstead presented on Effective Meeting Management. Key points included meeting preparation, preparing and distributing the agenda ahead of time and making sure correct attendees are identified. She mentioned that starting on time and facilitating ground rules to everyone can help provide the desired outcome of an effective meeting. At the close of the meeting is the best time to schedule your next meeting and always remember to

thank your participants.

Personal Safety Training presented by Maile McLuskey-Goldberg, LPC, Portland Police Bureau of WomenStrength

Displaying confident and decisive behavior can show a potential attacker that our personal space will not be violated easily. There are three forms of assertiveness that we can use to protect our boundaries. Trust your intuition and act on it!

Physical Assertiveness:

Upright posture and relaxed body movements make you look comfortable in your body and not easily intimidated. Looking and listening to what is happening around you makes you appear difficult to catch by surprise. Taking up extra space when sitting and standing makes it appear that you have strong physical boundaries that you will protect.

Verbal Assertiveness:

Having the willingness to speak up in your defense can go a long way towards preventing or ending an attack. De-escalating can calm down an agitated attacker, increasing safety for you. Yelling can send a message that you are

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

PMs Seattle: www.ThePMConference.com

Trades: www.SistersintheBuildingTrades.org

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not an easy target and can attract attention from others that might help.

Mental Assertiveness: Self-confidence, self-love, and self respect are the internal foundations that allow us to show physical and verbal assertiveness to the external world. Mental assertiveness also includes trusting your intuition and having the ability to talk yourself through a bad situation.

3 Step Model of Assertiveness

1. Name the Behavior
2. Criticize it (the behavior, not the person)
3. Tell them what to do

Strategies attackers use:

Isolation: Physical isolation like being alone in a building or emotional isolation such as an abusive partner who does not permit contact with other.

What might help: Buddy system, call attention to yourself, make sure people know where you are

Surprise: Physical surprise such as an attacker hides behind something and jumps out. Emotional surprise is when someone we never expected to be violent is violent.

What might help: Be visually aware of your surroundings, respond to gut feelings about behavior rather stereotypes about appearance.

Intimidation: This can be very obvious like a weapon or more subtle like leaning over someone.

What might help: Breathing slowly and deeply and doing positive self-talk. Responding in non-verbal and verbal ways that will maintain dignity but do not escalate the interaction.

Silence: Trying to get a person to be quiet before, during, and after an attack.

What might help: You could de-escalate, negotiate, deceive, let your intuition be your guide. Never talking about an attack is not a good long-term strategy.

Escape Options: There are no perfect options. Women who use multiple strategies during an attack are more likely to escape with less harm or escape entirely:

- Running
- Verbal
- Waiting
- Unexpected behavior
- Weapons
- Fighting

Resource: women-strength@portlandpolice.org

Strategic Plan Update - Chris Wigginton gave an update about National's Strategic Planning Committee. The 30-member committee got back on board and "Back to Basics". With the vision for

NAWIC to be a global resource for professional development for the construction industry, Chris stressed the importance of having a vision for your chapter and the committees to complete the tasks. The Strategic Plan is available to review on the National website.

Regional Chair Committee Reports:

Region 9 Website: Robin Langkamp gave a tour of both the National & Regional website. Reminder to review your member profile annually to make sure information is accurate. We are welcome to send chapter events to her to post on the Region 9 site. Be sure to check it out and use the site for a resource!

Safety: Ruth Fritts updated us on the Region 9 Safety Excellence Awards. The new application will be available on the National website soon. Any firm with a NAWIC member in their employ is eligible for the award.

Membership: "One Plus One" will continue as our membership goal as stated by Lauren Holmes. It's easy to see how we can double membership if each member recruits just one new member per year. For each new member you recruit Lauren will enter your name into a raffle. There will be a

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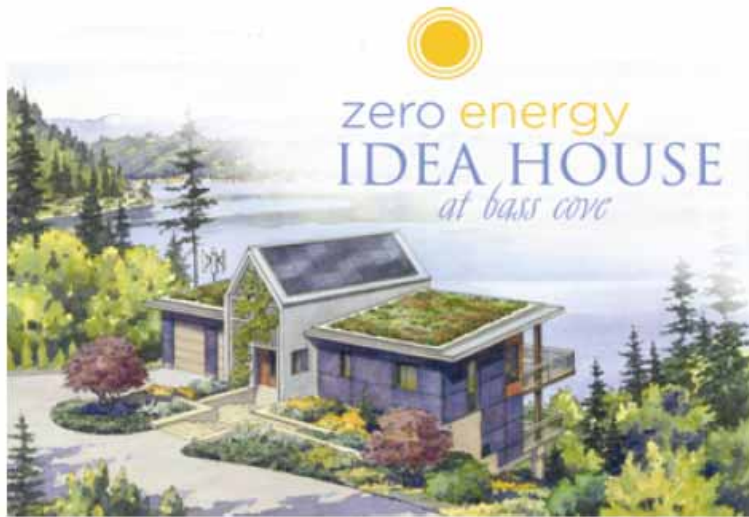
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prize for the chapter with the highest percent increase and one for the person with the most new recruits.

NAWIC Education Foun-

ation (NEF): Yasmine Branden reported that a Fundraising Chair is needed for the Regional NEF Committee. The new booking keeping certification is available.

The first testing should be in February or March. Online testing may be possible. NEF is on Facebook and Twitter. You can be a fan!



Tour the Zero Energy Idea House!

Saturdays & Sundays (Until November 8th)
10:00 am – 4:00 pm • Self-guided Tours

**840 W. Lk. Sammamish Pkwy. SE
Bellevue, WA 98008**

\$10 per person donation with proceeds benefitting **Home Performance WA** – A non-profit whose mission is to advance highly effective residential energy services in Washington State.

Parking space is limited. Please park on the lake side of the street, only. Carpoolers can park at Vasa Park (shuttle bus no longer available).

www.ZeroEnergyIdeaHouse.com

Please contact **Shirey Contracting** with any questions: **425.427.1300**