



# NAWIC Divine Region 9 Monthly

NAWIC Divine Region 9

October 2009

## DIRECTORS NOTES

*When you dance, the purpose is not to get to a certain place on the floor. It is to enjoy each step along the way.* "Dr. Wayne W. Dyer

I am a very task oriented goal driven person. I strongly believe that a person needs goals so that they have direction. To me not having any kind of goal is like going on a trip without a road map. You know your destination, but you don't know how you are going to get there. I think goals give us more focus. Along those same lines the more tasks that I can check off of my to do list in a day the better. Nothing makes me feel better than to look back at my day and see an entire list of completed projects.

Herein lies the problem, sometimes I believe that I forget about the journey. I am so busy looking forward that I am not enjoying the steps along the way. I think that women in general have a tendency to do this, but when we look back do we even remember the journey? Isn't it the journeys in our life that mold us into the per-

son that we are today? I don't think that I want people to only remember me by the fact that I always had my list of "to dos" checked off.

The day that I came across that quote was our monthly NAWIC meeting. Our speaker for that meeting was the woman owner of a local construction business. I was really impressed with her candor regarding the trials and tribulations of owning and operating a business. I think that people tend to overlook what it has taken for someone to be successful; they tend to see and admire the persons success, but what about the journey?

What she presented that really tied in the quote for me was her pickle jar. First she filled the jar with golf balls representing the most important things in our lives. After the jar was stuffed full with golf balls she added beads representing the next important things in our lives. Once she had the jar as full as she could get it she was still able to add sand to the jar representing the nuances in our lives that we can't get away from. At this point the jar looked as

though nothing else would fit. This is when she poured a glass of water into the jar representing to us that no matter how full our lives are there is always room for a drink with friends.

I think that one of the biggest questions we have is how do you juggle everything? Some additional tips she gave with that are:

- Once a week do something for yourself (drinks with friends perhaps).
- Be true to your heart and values. When you look in the mirror make sure you are happy with the person looking back at you.
- You always have a choice.
- Delegate if you can, trust in the people around you (really what is the worst that could happen).
- Determine what is most important to you.

I found it interesting that all of this came up on the same day. I don't know about you, but I think I will call a few friends and see if they want to grab a quick cup of coffee.

Cathy Brady  
Region 9 Director

• *Successful leaders are learners. And the learning process is ongoing, a result of self discipline and perseverance.*

John C Maxwell  
Leadership 101

### **Eugene #77 –Nancy Ograin**

Our 2009-2010 NAWIC year began with the installation of our new Officers and Board of Directors on September 9<sup>th</sup>. Our new officers are President-Nancy Ograin, Vice President-Amanda Ring, Secretary-Robin Langkamp, and Treasurer-Jenny West. Board of Directors-Sharon Anderson, Ellie Cooper, Jan Sandusky, and Twylla Tatum. Thank you ladies for all the hard work you'll be putting in this year. My goals for the year are to promote our chapter through PR and marketing and to keep our membership strong by getting all our members involved.

We have a busy year ahead of us starting off with the Lane County Construction & Utilities Career Days on Oct. 14<sup>th</sup> hosted by Jeanne Staton at Staton Companies. We expect to have over 500 students participate in this event which introduces high school students to career opportunities in the construction industry. The Eugene Chapter will also be hosting Oregon Retreat and Spring Forum 2010. There's lots of work ahead for sure and we all looking forward to seeing everyone at Forum.

### **Spokane #143– Jessica Moody**

Happy fall everyone! Our September meeting was held at Angelica's Bed & Breakfast in their Tea Room which is leased by Taste and See Ministries. They are a non-profit organization that hires women from shelters to help them reenter the workforce. There is a lot of Spokane History in this neighborhood. We had a great variety of homemade food: salad, sorbet, little sandwiches, and wonderful desserts. Don't forget about the wonderful teas we enjoyed! I highly recommend Angelica's Tea Room for lunch or private parties.

Our October meeting will be at AGC on the 15<sup>th</sup>. We will be sending around the committee sign up sheets if you are interested in being on a committee please make sure you sign up. Tracy Partridge with Wash. DOT is coming to give us an update on the NS Freeway.

### **Puget Sound #60– Julie Stalzer**

The Puget Sound Chapter #60 has had a busy September. The Department of Labor Women's Bureau awarded our chapter a \$3,500 grant to put on an "Increasing Green Jobs for Women" summit. We partnered with Master Builders to put together a half day event on September 10th. The speakers provided inspiration for attendees to want to come together and plan a workshop to continue where we left off.

We are now busy preparing for our Oktoberfest event which is our main fundraiser for the year to provide for our scholarships. We are excited the Tacoma chapter will be joining us, as we will install the Board of Directors for both chapters that evening.

On September 14th we held an Open House to help promote membership. The members provided a potluck dinner for our 19 guests. As part of the evening of networking, we had the guests participate in a Block Kids contest. There was a lot of creativity flowing through the room.

### **Great Falls #228—Barbara Woith**

There is snow in the mountains today and Monday it was 80.

Hard to believe another year is upon us. NAWIC is such a great organization it helps to makes time fly when you are around wonderful people. I was president of Chapter #288, in Great Falls, Montana and am returning for one more year. We have not done our strategic planning yet, but we have had our fund raising dinner "It's 5 O'clock Somewhere". It was September 20 and we raised just a little under \$4,000.00 for the Chapter. An awesome job that the whole chapter participated in. We will again be doing Block Kids, Canstruction, scholarships as well as community service projects.

Eveyday we appreciate where we live and that there are organizations as wonderful as NAWIC to help us with our careers.

Here are some tips to guide you in deciding whether you use a fire extinguisher or call the fire department.

Prior to fighting any fire with a portable fire extinguisher, those involved must perform a risk assessment that evaluates the size of the fire, the evacuation route the fire extinguisher users will use and the atmosphere in vicinity of the fire. Fire extinguishers are made for relatively small fires. If the fire is too big you should evacuate, hold others back, call 911 and wait for the fire department. You should understand the uses and limitations of a portable fire extinguisher and the hazards associated with fighting fires.

Jobsites - You are required to have 1 fire extinguisher for each 3,000 square feet of the building area. Travel distance from any point of the protected area to the nearest fire extinguisher shall not exceed 100 feet.

Be sure to check your fire extinguishers monthly. Most fire extinguishers have a red tag on them to log inspections. Initial and date these tags to show that you have inspected them for service. If the extinguisher has expired it needs to be rechecked and possibly recharged.

If you use an extinguisher let someone know so that it can be recharged. Do not put it back so that the next person finds a discharged extinguisher in an emergency situation.

Home - You should also have a fire extinguisher available. You should also have an emergency response plan so your family knows what to do in case of a fire.

Characteristics of fires that CAN BE extinguished with portable fire extinguishers:

- The fire is limited to the original materials ignited
- It is contained in a wastebasket or other receptacle
- The flames are no higher than the fire fighter's head
- The fire has not depleted the oxygen in the room
- Heat is being generated but the room temperature is only slightly increased
- Smoke may be accumulated on the ceiling but visibility is good
- There is a clear evacuation path behind the fire fighter as he uses the extinguisher

Characteristics of fires that SHOULD NOT be extinguished with portable fire extinguishers:

- The fire involves flammable solvents and has spread over more than 60 square feet
- It cannot be reached from a standing position
- It is partially hidden behind a wall or ceiling
- The fire cannot be fought without respiratory protection
- The radiated heat is easily felt on exposed skin making it difficult to approach to within 10-15 feet of the fire
- Smoke is filling the room very quickly decreasing visibility
- Fire, heat or smoke may block the evacuation path

**Portland #54– Dalene Schafer**

Ladies, put your seatbelts on! We're putting the pedal to the metal this year. Thank you for the opportunity to serve as your president, and thank you to my wonderful board for being excited and supportive. Everyone has great ideas, goals and wants to get their hands dirty, but it wouldn't be such a great chapter if it were not for our members – *you* are the heart of the Portland chapter. This year, our goal is to increase our membership, encouraging every current member to recruit one new member. Also, we have some great programs this year for our monthly membership meetings – Amanda has worked very hard on finding topics that you want to know about.

We are planning a Brewfest for sometime in the beginning of November that will be a fundraiser for our NFSF fund. Also, at our September meeting, we kicked off our chapter sales PartyLite fundraiser, with half the proceeds going directly to our chapter. I will be mailing packets and instructions to those who were not at the meeting. If you need a new order form or collection envelope, please let me know. The turn-in date for this fundraiser will be November 19<sup>th</sup> at the membership meeting, or arrange pick up with me. We'd like to have the items in for Christmas.

I will also be kicking off a "Lunch with the President" once a month – a time for members and friends to have a casual social hour. More info to come!

I'm very excited about this year, and I would love for everyone to join in with me in making it fun, memorable and educational. If you have ideas, concerns or just need to vent, don't hesitate to call or email me anytime. I will do my best to lead and grow our chapter this year. I have one favor to ask of you, members: please join at least one committee, even if you do a small part, every little bit helps, and the more help and ideas we have, the better things run. Our October meeting will be a committee planning session, so come check out the different committees and find one that interests you!

Ready... Steady... GO!

**Tri-Cities #192—Cyndie Lorenz**

It's hard to believe that fall is already here and with it so many changes; the weather is getting colder, the kids are back in school, the economy seems to be holding steady, and we are starting another new NAWIC year. The Tri-Cities Chapter installed our new officers at last month's meeting and we are all looking forward to the challenges that come with our new positions. This will be my first time serving as president and I'm very excited to lead a chapter that is so full of energetic and inspiring women. As a chapter, we are privileged to have our new Region 9 Director, Cathy Brady, as our member, I'm looking forward to being able to support her in her efforts to make our Region stronger and better than ever. Hope to see you all at APC in Portland!

**Boise #245– Molly McClure**

The Boise chapter is off to a great start on the new year. The new board was installed at the September membership meeting and we have already held our joint board meeting. Our first meeting of the year will be held October 7; the speaker is from the Idaho Department of Building Safety with information on bidding Public Works jobs as well as the licensing process. Our Awards Dinner and Auction committee is hard at work planning the event, our theme this year is "Winter Wonderland". The event will be held on Saturday, November 21 and is sure to be a great time with members and the construction industry in attendance. I am very much looking forward to a successful year.

**Salem #198– Vickie Tewalt**

Our 2009-2010 year is off to a great start after our "Gift from the Sea" installation on September 16<sup>th</sup>. We were honored to have Yasmine Brandon perform the gracious ceremony. Our group may be small but we have big hopes and great plans for the upcoming year.

Sign up for committees was very strong, with every member volunteering for two or more committees. Our audit committee will be meeting soon so the books can be turned over to Joy Kyllingmark, our new Treasurer. We are changing the meeting date of our board meetings to the second Monday of the month in order to give Joy time to have the current month's report available. The board meeting will be at Salem Contractors Exchange, the office of Kay Evans, our new Secretary.

Through the diligent efforts of Chick Sadowski and Linda Almendinger, we made the local newspaper twice this month! No easy feat. Linda's article was on our installation and Chick's article was about our chapter receiving the Executive Spotlight Award for Construction Career Day. This is wonderful press and we hope to use it to our advantage. Our October meeting will be a planning session. We will be setting goals for the year, one of which is to double our membership. This is not as difficult as it sounds since we are starting small! I am going to report on convention, and have other members report on APC. We will work on our calendar, which is already quite full, and get started on our poinsettias sale.

**<http://www.nawicregion9.org/>**

## **Changes at the National Office**

**Darlene Hutzal** is our new bookkeeper at the NAWIC National office. Kate our past bookkeeper took a position close to her home. She will be missed, but Darlene is familiar with our industry and already doing a terrific job!

If you need Insurance Certificates issued for your chapter please contact Theresa Price

## **Reminders:**

If any of your contact information has changed please go to the NAWIC website and update your information. The information on the website is used for the majority of information that is sent out. Make sure that you are up to date on all the information available through NAWIC by keeping your contact information current!

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### **Continued from page 4:**

#### **Anchorage #197– Kathleen Bugbee**

It is hard to believe it is time for the transitioning of the Alaska Chapter of NAWICs' Officers and Board; it seems like we were just at Convention last week!

Speaking of last week, we just had our incoming/outgoing joint Board meeting on Thursday evening. We had a great turnout & lots of good discussion on the upcoming year. I am very impressed with all of the ideas and enthusiasm- I am truly blessed with a great team! We have a wide array of talents & skills represented in our organization and our members are all willing to contribute.

I would like to personally thank Kris McKinney for serving as the 2008/09 Chapter President. She was supportive of all the committees, making sure they had what they needed and participating at almost every event. She has also been in constant contact with me, cheerfully giving me moral support and ensuring I have any information I may need. I am looking forward to this upcoming year and working with all of you!

#### **Tacoma #187– Charlotte Jones**

## Chapter Successes

### Puget Sound

#### Oktoberfest

Our goal was to plan a fun event that would raise \$1,500 for our NFSF scholarship fund. The result was Oktoberfest, a night of networking, beer tasting and a silent auction, which was the highest attended event in the history of our chapter and raised \$3600. Wow, double our goal! We sure were proud.

Working with one of our local brew houses Pyramid Ale House, we used 3 of their party rooms upstairs. This allowed us to have a registration/check out area, membership information area, two auction areas, a buffet setup, and tables and chairs arranged. We did not have to pay a room rental charge if we reached a minimum food and beverage charge. We chose 6 different beers to taste. The wait staff brought out a new one every twenty minutes throughout the evening. We selected their sausage sampler cut into bit size pieces, along with sauerkraut, vegetable tray, pita bread and hummus for food.

One of our desires was to invite those in the construction industry who we wanted to target as potential members. By inviting them to an event where they wouldn't feel pressured into joining, this was the perfect opportunity. It allowed us to meet them and to share a little of NAWIC with them. We mailed out 300 invitations, which brought in over 90 people. One member's company graciously printed the invitations and mailed them so we didn't have to incur the expense.

Giving members solicitation letters and procurement forms, we asked them to help solicit auction items which resulted in 46 auction items ranging from a Disney snow globe, a Wii, to a weekend getaway. As the members turned in the procurement forms, an auction catalog was put together.

The auction catalog included the auction item, description, item number, value, and donor. The evening agenda, as well as a description of the various beers being tasted was also included. The printing of the auction catalog was donated by a member company.

To help make the bidding run smoothly, we created bid forms, which included preset bid amounts starting at 35% and increasing 5% for each additional bid. Also on the form was a "Buy It Now" option which was 25% above the value of the item. We had a duplicate form under the original bid form to use when we closed the auction section.

A concern we had was how to determine the head count to give Pyramid a week before the event. To solve this issue, we asked everyone to purchase their tickets on our website through paypal. If they purchased their ticket up to a week before the event, they received a reduced price. This gave us the head count as well as allowing us to have the money upfront to pay for the event.

The night of the event, we had two lines for registration. One line was for those who had prepaid, so they could just get their bidder number and catalog. This sped up the waiting for people to get into the event. The other line was for those who were purchasing their tickets at the door.

To help close out run smoothly, we had file folders labeled with each bid number. When an auction section was closed, we took the original bid form and put it in the folder for that bidder. When the winner was ready to pay for their items, their folder was pulled and the bid forms were totaled so they knew how much to pay.

The duplicate bid forms were kept so we could record what each item sold for and who was the winner. It helped to give us a check and balance as well.

This event was such a huge success that as people were leaving they were telling us they couldn't wait for next year. So we are holding our second Oktoberfest on October 12<sup>th</sup>.

Please feel free to contact me with any questions you may have as well. All of the templates (invitation, letter, procurement form, bid form, catalog, etc) are available upon request for your use, by contacting me at [julie.stalzer@gmail.com](mailto:julie.stalzer@gmail.com).

### Region Committee Chairs 2009-2010:

Construction Profession and Education—Fil Spiegel	<a href="mailto:fspiegel@beaconohss.com">fspiegel@beaconohss.com</a>
Membership—Lauren Holmes	<a href="mailto:holmesl@hswc.com">holmesl@hswc.com</a>
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#### Mark Your Calendars

2009 APC	Portland	October 16 & 17, 2009
2010 Forum	Eugene	May 14 – 15, 2010
2010 APC	Salem	TBD

### 2009 – 2010 Chapter Leadership

Alaska #197	Kathleen Bugbee	<a href="mailto:kathy1281@alaska.net">kathy1281@alaska.net</a>
Boise #245	Molly McClure	<a href="mailto:molly@owyheeconstruction.com">molly@owyheeconstruction.com</a>
Eugene #77	Nancy Ograin	<a href="mailto:nancy.ograin@kniferiver.com">nancy.ograin@kniferiver.com</a>
Great Falls #228	Barbara Woith	<a href="mailto:b.woith@yahoo.com">b.woith@yahoo.com</a>
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Spokane #143	Jessica Moody	<a href="mailto:jmoody@rowand.com">jmoody@rowand.com</a>
Tacoma #187	Charlotte Jones	<a href="mailto:char@asphaltpatchsystems.com">char@asphaltpatchsystems.com</a>
Tri-Cities #192	Cyndie Lorenz	<a href="mailto:clorenz@wubben.com">clorenz@wubben.com</a>

## National Office Contacts

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## NATIONAL COMMITTEE CHAIRS/ CO-HAIRS

### Membership

Janice Ramsay –Gonzalez

Lynn MacVean, CIT

Donna Brown-Lawrence

### PE-CI

Robin Roberts, CCA, CIT

Deborah L. Knight

### PR-Marketing

Amanda Dawson, CIT

Jennifer L. Weiss Donovan

### Safety

Cindy Spiropoulos, CIT

Jennifer M Swinney

### WIC Week

Rebecca Thompson, CDS

Maria B. Mrosek, CIT

### Bylaws

Pat McDonald, CCA, CIT

### Credentials

Melanie Myers

### Finance

Cindy Johnsen, CDS, CIT

Executive Committee

### Outside Finance Auditor

Mary Duffy, CCA

### Memorials

Virginia Davis, CIT

### NCCER Rep

Linda Young, CIT

### Parliamentarian

Linda Young, CIT

### Strategic Plan

Christine Parsons , CDS, CIT

Pat McDonald, CCA, CIT

