



NAWIC Divine Region 9 Monthly

April 2008

Enhancing the Success of Women in the Construction Industry

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NAWIC Divine Region 9 Monthly

Founded in 1955, NAWIC is a not for profit organization dedicated to enhancing the success of women in the construction industry. NAWIC serves all women who work in and for the construction industry.

The NAWIC Divine Region 9 Monthly is published by NAWIC Region 9 Director, Yasmine A. Branden, CCA. This publication acts as a moderator without approving, disapproving or guaranteeing the validity or accuracy of any data, claims or opinions appearing under a byline or obtained or quoted from an acknowledged source. This Newsletter is published monthly for the benefit of its members and the construction industry at large.

Publication deadline is the 30th of each month for the following month's newsletter:

For information regarding this newsletter or to send submissions, please contact Yasmine Branden at yasmine.branden@neilkelly.com
503.701.5871

Director's Notes...

By Yasmine A. Branden, CCA

Business is the most powerful agent for social change, more powerful than government. And it is the duty of business to be an agent of social change.

Anonymous

With that thought in mind, Region 9 Forum will be taking a look the hot button issue of our industry ~ sustainable green building practices. How can our industry effectively respond to our responsibility to be good stewards of our planet? Region 9 will be in Anchorage April 25 – 26 to tackle this question and much more. Join us as we **Explore New Frontiers**: "From Water to Hydrogen – Renewable Energy and Sustainable Development at Chena Hot Springs Resort"; "The Effects of Weather on Evidence"; "Alternative Construction and the New Project Concept"; "10 Simple Steps to Earned Value Success"; and "NAWIC in South Africa." All this, plus chapter development and NAWIC business. You don't want to miss a minute of this Forum!

Mark your calendar for 2008 Annual Meeting & Convention in Vegas, September 3 – 6. Go to www.nawicconvention.org for details, room rates, link to the hotel and more. President Tamie Taylor ~ who just happens to be a Divine Region 9 member ~ promises a fabulous convention. Look for convention promo materials in May.

Two members recently declared their candidacy for Region 9 Director: Cathy Brady (Tri-Cities) and Katie Hanning (Great Falls). Both are smart, capable women. As a way to introduce themselves to you, they will be asked the **Question of the Month**. Do you have a question for your candidates? Send it to me and I'll be sure to include it in the series. Do you want to run for Director? Jump in the race!

Region 9 grew by **21 new members** in March! Six new NAWICians in Alaska and Eugene; 3 in Boise; 2 in Puget Sound; and 1 each in Great Falls, Portland, Tri-Cities and Spokane. Join me in welcoming our newest members!

The NAWIC Education Foundation is seeking nominees for the 2008 Carol Kueker Construction Education Visionary Award. Established to honor Carol's service and dedication to NEF, this award recognizes an outstanding construction **educator** or **advocate** for construction education, and is awarded to an individual **outside of the NAWIC membership**. The guidelines and nomination forms were emailed to chapter presidents on March 26. **Deadline for nominations is May 15, 2008.**

I wish each of you a warm sunny Spring!

NAWIC Core Values:

**Believe in ourselves
Persevere with the strength of our convictions
Dare to move into new horizons**

Boise Chapter #245 ~ Charlene Meadows

Ah April; that wonderful time of year when we are finally able to take a deep breath, look around, and then dive back into NAWIC projects. Our nominating committee is busy filling the slate for Chapter elections in June. Our 19th Annual Golf Tournament is coming up June 6; the ladies on that committee are hard at work to make it a fun and successful event. And our 1st ever MAGIC Construction Camp is also coming up in June - week of June 9 - 13. This committee has already been working for several months to get everything lined up and ready. We are so excited about this new means of bringing construction as a career opportunity to the young ladies in our area. But, before all of that comes Region 9 Forum in Alaska! We have 4 members planning to attend as of this writing, and we are very much looking forward to the opportunity. It is sure to be not only educational, but also fun-filled and an adventure!

Tacoma Chapter #187 ~ Cathy Hall

Our speaker for our March meeting was Melina Harris, President of Sisters in the Building Trades. She explained the history of the organization and the mission: Increase public awareness of construction careers; provide speakers to career fairs and other outreach opportunities; support recruiting efforts of apprenticeship programs; and use our skills in volunteer work. A few of our members attended their March meeting. They are a very busy and ambitious group. They have several activities planned that we can join such as: ramp builds, mentoring training, breast cancer walk, and the Habitat for Humanity Women Build.

We have formed an alliance with this organization and we are excited about working together in the same direction. We are looking into some possible joint events for both our groups.

The Spring theme seems to be GREEN. In keeping with the theme of FORUM our chapter is trying to learn more about green efforts in our area. We have made contact with the Northwest Eco Building Guild and we hope to have a speaker from that organization soon. We have a visit to a manufacturer that builds counter tops out of recycled materials planned for May. It is surprising how many green builders and suppliers there are in our area. Didn't Kermit say "It ain't easy being green"?

Salem Chapter #198 ~ Nancy Carter

Nancy Carter is in the hospital with gall bladder issues. Not sure how long she'll be there. Send her your thoughts and good wishes for a speedy recovery!

Tri-Cities Chapter #192 ~ Cathy Brady

We try really hard to keep our meeting short and provide quality educational programs at each meeting. Unfortunately this does not leave a lot of time for networking. For this reason we have scheduled a networking event at a local wine bar April 8th. We are hoping that members as well as guests take advantage of this opportunity. I have also order some bottles of Rose the Riveter wine as a surprise!

Eugene, OR #77 ~ Robin Langkamp, CIT

Another 3 new members this month, WOW! We had a great speaker from the Oregon Construction Contractors Board, informing us of the new regulations in effect. We had a terrific WIC Week, with an event each day! And members are packing their bags for Forum in Anchorage!

Great Falls, MT #228 ~ Katie Hanning

Congrats to Katie Hanning who recently became Executive Director for the Great Falls Home Builders Association. The HBA is a great partner with NAWIC in many areas and I'm sure she'll encourage the relationship in Great Falls.

Puget Sound Chapter #60 ~ Janice Lawrence

Janet Lawrence has a new job in California, so she has had to resign her position as Chapter President. We wish Janice well in her new venture! VP Nicole Kampmann is stepping up to complete the term; current Director and a past Chapter President Gwyn Hart will be VP.

Portland Chapter #54 ~ Edie Bales

Our CAD competition is being judged early in April and we hope to have our top 3 winners and their instructors come to our April Membership meeting. Gives us an opportunity to hear about the project and learn more about the students and their plans.

Portland will hold their Golf Tournament, June 6th, at the Meriwether Golf Course in Hillsboro. This is our only fund raiser, so Julie Puderbaugh and her committee are very busy getting sponsors and players!

Several from Portland are looking forward to the Region 9 Forum, seeing our NAWIC sisters and the great State of Alaska. We hope to see a lot of you there.

We miss hearing from:

Alaska Chapter #197~ Misty Dawn Crim

Spokane Chapter # 143 ~ Lori Barrick

Meet Your Candidates for Region 9 Director

Every month from now until March 2009, the declared candidates for Region 9 Director will be asked a question. This month's question is, "Why do you want to be Region 9 Director?"

Cathy Brady (Tri-Cities)

I am running for director because I believe in NAWIC and what it represents.

Since joining in April of 2005 I have eagerly served this association. For my chapter I have served on the board, as vice president, and currently in my second year as president. I have served the region as PR/Marketing chair and currently Membership Co-Chair.

I have not been a member for a long time and some might see this as a disadvantage. I see it as an asset. I feel that I am still "new" to the association, still learning, and willing to ask the obvious questions. I do not belong to any faction and see myself as an independent candidate and hopefully an independent board member.

Please do not view my newness with lack of experience. I feel that my active involvement within the association has taught me a lot. Being so new when I joined in 2005 I did not understand what Forum was or the benefits of attending. Since that time I have attended every APC, National Convention, and FORUM learning tremendously from each event.

Like you, I care about the future of this association. We need leadership to continue tackling how to expand our membership. It is also important to help our membership enhance their skills making them more valuable to their employers. We must continue working to attract related industry professionals to partner with. In addition we need to work on maintaining the current membership and the relationships of our current partners.

Within my chapter we have been working hard on these concerns and I feel we have been successful. During my first year we had five renewals we currently have nineteen members. We will continue working on these concerns as a chapter to see continued progress on these issues.

As a board candidate I would like to have the privilege of working on and advancing these and other issues. Regardless of whom you select for your next director we should be proud as an association that we have so many people willing and eager to serve.



Katie Hanning (Great Falls)

Why do I want to be Regional Director? I heard there may be a free t-shirt with the position and I'm all about that, remember I did ride the bull in Boise. Honestly, I think I want to be Director so I can spread the word about Region 9. I can't think of a better group of ladies to represent. What an honor it would be to have your trust. It is the best job in the world because when you have the support of region 9 you have the world!



Next month: We speak a great deal about diversity. How can NAWIC most effectively diversify it's membership?

Together Everyone Achieves More

Welcome our new members!

Name	Chapter	Company	Recruiter (if noted)
Kristen Davis	Alaska	Davis Constructors	
Darla Hall	Alaska	Davis Constructors	Jamiel French
Beth Uzzell	Alaska	AAA Fence Inc	
Durainey Rawls	Alaska	Durainey's Crane Service	
Danalyn Kummert	Alaska	Davis Constructors	
Patricia Rose	Alaska	Nevin, Works & Assoc.	Judy Montgomery
Stephanie Payne	Boise	Payne Financial Group, Inc	Brenda Smith
Christine Sunday	Boise	Perkins Construction Inc	Evi Keller
Karen Tomasko	Boise	Tomaska Construction	
Ann Schafer	Eugene	Farwest Steel	Robin Langkamp
Kelly Fletcher	Eugene	Hathaways Inc	Jeanette West
Charynn Gross	Eugene	Professional Service Industries	
Sarah Stolle	Eugene	Ordell Construction	
Barbara Bakke	Eugene	Farwest Steel	Robin Langkamp
Christina Saavedra	Eugene	Consolidated Supply/Fixture Gallery	Robin Langkamp
Kristin Skasick	Great Falls	US Bank	
Marilyn Morrison	Portland	Turner Construction	
Juli Bacon	Puget Sound	JB Consulting Systems	Darylene Dennon
Janifer Hayes	Puget Sound	Mowat Construction Co	
Paige Richards	Spokane	Mountain Power Construction Co	
Denise Sweeden	Tri-Cities	Meier Enterprises	

Pathway to Vegas

Chapter	Mileage Goal	Miles Reported
Alaska	3,427	1,000.0
Boise, ID	630	882.62
Eugene, OR	868	1,337.0
Great Falls, MT	990	2,744.0 (2 members!)
Portland, OR	1,034	1,377.36
Puget Sound, WA	1,125	
Salem, OR	985	519.63
Spokane, WA	1,150	712.0
Tacoma, WA	1,160	92.0
Tri-Cities, WA	946	415.0
Total	12,315	9,039.61

The Toll of Racing to Vegas

I just did that 5k and will do another one "Race for the Roses" in a couple of weeks in April here in Portland, then a 10k in Tacoma sponsored by Parker Paint in May. Still looking for one in June but have already committed to the Hood to Coast again this year.....which is in July, then I don't know. I will drop like a dead fly.

Naomi Vincent

CSI Construction Company
Portland Chapter #54



NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION
46th Annual Region 9 Forum
“EXPLORING NEW FRONTIERS”
Hosted by Alaska Chapter #197

April 25 - 26, 2008
Anchorage, AK

REGISTRATION FORM

Name for Badge _____ Chapter Name _____ No. ____ Region ____
 Address _____
 City _____ State _____ Zip _____ Email: _____
 Employer _____
 Office Phone (_____) _____ Home Phone (_____) _____

CHECK ONE: Delegate () Alternate ()
CHECK ONE: Member () Other () NAWIC Officer (Title) _____
CHECK ONE: Is this your first NAWIC Region 9 Forum? Yes () No () How many previously? ()

Registration Fee \$165.00
 Non-Member Registration Fee \$300.00

Make checks payable to: NAWIC Alaska Chapter - 2008 Region 9 Forum
 Mail registration fee to: Judy Montgomery, c/o AGC Alaska, 8005 Schoon Street, Anchorage, AK 99518

YOUR REGISTRATION FEE INCLUDES THE FOLLOWING:

<i>Function</i>	<i>Guest Tickets</i>	<i>No. of Tickets</i>	<i>Total Cost</i>
Friday Luncheon	\$35.00		\$
Friday Night Welcome Party and Dinner Buffet	\$50.00		\$
Saturday Luncheon	\$35.00		\$
Saturday Night Awards Dinner	\$75.00		\$
		Guest tickets	\$
		Registration Fee	\$
		Total Amount	\$

Emergency Contact Information _____ Phone # _____

Food allergies _____
 For questions please contact Fil Spiegel at fspiegel@beaconhss.com or (907) 222-7612

Hotel Information: www1.hilton.com/en_US/hi/hotel/ANCAHHF-Hilton-Anchorage-Alaska
 Standard room: \$99.00 single or double; 119.00 triple; \$139.00 quad

Alaska Fast Facts-

- Seward's Day is the last Monday in March. Commemorates the signing of the treaty by which the United States bought Alaska from Russia.
- Seward, Alaska: Situated at the head of Resurrection Bay on the Kenai Peninsula, Seward is one of Alaska's oldest and most scenic communities. Known as the 'Gateway to Kenai Fjords National Park' Seward is a picturesque town located 126 miles south of Anchorage. Voted All American City in 1963, 1965 and again in 2005. A wide range of accommodations, restaurants, RV parks, tent camping, and visitor services are available. Wherever you go in Seward, you'll find friendly hospitality and a sense of pride among their residents.
- The Seward Highway National Scenic Byway and All-American Road starts in Seward (milepost 0), and the drive from Anchorage along Turnagain Arm is well worth the day trip.

The following email was received from Immediate Past President, Chris Wigginton:

I thought I would share some exciting news from SAWIC. I have just heard from Anna Marie one of the SAWIC members I met last year in SA. She had just finished a meeting with the government and they have approved a construction program for high school students. They remembered me speaking on MAGIC and contacted me for more information. We have sent them all they need to get started and will continue to assist them with what they need.

Looks like MAGIC is going global!

Regional Membership Reminder:

You are running out of time! FORUM is almost here and so far I have not received any tips from members on recruiting and retaining members. If I do not receive any tips I will not have any names to draw for the \$50.00 American Express card. Please send your tips to Cathy Brady:

cathy@americanrockproducts.com

Region 9 Calendar

24 - 26 April 2008

Forum
Anchorage, AK

3 - 6 Sept 2008

53rd Annual Meeting & Convention
Las Vegas, NV

17 - 18 October 2008

APC
Spokane, WA

16 - 18 April 2009

Forum
Seattle, WA

26 - 29 Aug 2009

Annual Meeting & Convention
Phoenix, AZ

Annual Reminders

April	Crystal Vision & Crystal Achievement recipients announced
May 15	
July 7	Convention registrations postmark deadline
July 14	Convention credentials postmark date
Sept 3 - 6	NAWIC's 53rd Annual Convention in Las Vegas

Ways to Manage Stress

Ruth Fritts, Region 9 Safety Chair

Many people confuse stress with distress. Yes, distress from tragic or unhappy events can create mental adversity but for most it is a finite and limited experience. Stress is usually ongoing and a reaction to the silly, little things and inconveniences we encounter in our lives.

Stress leads to a host of adverse effects on business including early retirement, absenteeism, increased turnover and unsafe behaviors. Many companies are recognizing that they need to help their employees manage stress. When stress occurs you are doing your body harm. Here is what happens when the body experiences stress or distress:

- Cortisone is released from the adrenal glands;
- Thyroid hormone is increased in the bloodstream;
- Endorphin is released from the hypothalamus;
- Sex hormones are reduced;
- The entire digestive tract shuts down;
- Sugar is released into the blood;
- Insulin levels are increased to metabolize the extra sugar;
- Heartbeat races;
- Blood thickens; and
- All five senses become acute.

(Source: The Joy of Stress by Hansen Stress Management)

We know that stress is a fact of life and some stress can have a positive impact. However, the high stress levels that many people are experiencing can have long-term health consequences, ranging from fatigue to obesity and heart disease.

12 suggestions that can help you handle the effects of stress:

1. **Work on Your Attitude**
The most important point to impress upon people is that the problem is not the stimulus but the reaction to the stimulus. Stress can only hurt if you allow it to. Changing the way you think can shield you from stress. Don't let little things bother you especially if you have no control over them.
2. **Think about Something Else**
Anything that can shift your perspective instantly is useful when you are under the gun. Distract yourself to break whatever chain of thought is producing the stress.
3. **Think Positive**
Think about a success or past achievement when your feeling uncertain. You have achieved before and there is no reason you shouldn't achieve again. View adversity not as an occasion for fretting but as a challenge and an opportunity. A difficult assignment can be viewed as an opportunity to improve your skills and prove your value.
4. **Take a Mental Vacation**
Take a mini-vacation in your mind. Visualize yourself lying in warm sand on a beach in the Bahamas, a cool wind blowing in off the ocean, the surf rolling in quietly in the background. Or use some other relaxing visualization that you have experienced before that you can relate to.
5. **Count to 10**
Refusing to respond to stress immediately can defuse it. Pause and relax before responding to routine interruptions of your day can make a difference in the sense of stress you experience. Cutting off an instant reaction and counting to 10 can settle the mind and senses.
6. **Use Affirmations**
Use a mantra of affirmation when feeling stressed. It can be as simple as "I can handle this" or I know more about this than anyone else here. This will pull you away from the reflex to stress; which allows you to calm down.
7. **Yell or cry**
Letting out a good scream or cry can provide a release for the emotions generating the stress you're feeling. Of course this may not work with the environment you are in at the time that the problem materializes.
8. **Press on Your Temples**
The application of acupressure works indirectly. Massaging nerves in the temples relaxes muscles elsewhere, chiefly your neck.
9. **Relax Your Jaw**
Drop your jaw and roll it left to right. People under pressure have a tendency to clench their teeth. Dropping the jaw and rolling it makes the muscles relax, and if you relax the muscles, you reduce the sensation of tension.

10. Practice Deep Breathing

Take several deep breathes. When you are experiencing stress, your pulse races and you start breathing very quickly. Forcing yourself to breathe slowly convinces your body that the stress is gone, whether it is or not.

11. Look Away

Look away from the problem that's producing the stress. Your eyes will relax and if the eyes relax, you should probably relax as well.

12. Recite an Anti-Stress Litany

Stress can strike anywhere at anytime, not just at work. To help yourself unravel you can recite one of the following:

- There's no place I have to go at this moment in time.
- There's no problem I have to solve at this moment in time.
- There's nothing that I have to do at this moment in time.
- The most important thing I can experience at this moment in time is relaxation.

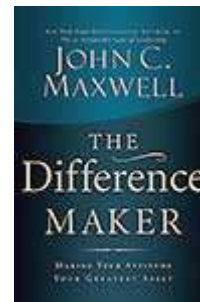
If you think these thoughts consciously it automatically changes the mind-set that's producing the stress. If you're reciting the litany, you are not thinking about what is bothering you.

NEW**NAWIC Professional Book Club****AT CONVENTION****Saturday, September 6, 2008****10:45 am—12:00 pm**

“The promise that attitude is everything is hollow. In fact, if you believe that attitude is everything, it may actually hurt you more than help you.”

**The Difference Maker
By John C Maxwell**

Order online at
www.injoy.com
or
A bookstore
near you



Come join in a discussion of this eye opening book about something that can become your greatest asset in business and life. The NAWIC Professional Book Club is an opportunity to discuss with other members your thoughts and ideas about what this book says to you. It is not necessary to agree with everything in the book or everything that someone says about the book. You only have to respect everyone's opinion and their right to have that opinion.

“Attitude isn't everything, but it is one thing that can make a difference in your life.”

John C. Maxwell

For information contact Susan Carson
scarson@rsjconst.com

Chapter Presidents

- Portland Chapter 54
Edie Bales

- Puget Sound Chapter 60
Nicole Kampmann

- Eugene Chapter 77
Robin Langkamp

- Spokane Chapter 143
Lori Barrick

- Tacoma Chapter 187
Cathy Hall

- Tri-Cities Chapter 192
Cathy Brady

- Alaska Chapter 197
Misty Dawn Crim

- Salem Chapter 198
Nancy Carter

- Great Falls Chapter 228
Katie Hanning

- Boise Chapter 245
Charlene Meadows

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Regional Committee Leadership

- Safety – Ruth Fritts
- Tradeswomen – Kathleen Bugbee
- PR/Marketing – Cathy Hall, Sarah Webb
- Block Kids – Esther Hartshorn, Kelly Milstead
- PE – Gloria Bruning, Fil Spiegel
- CAD/Drafting – Janet Pardee
- BOMC – Diana Corbin
- Construction Industry – Amanda Ring
- Membership – Cathy Brady, Chris Jett
- Website – Robin Langkamp
- WIC Week – Pamela Keller
- Lifetime Achievement – Pam Wright*
- WIC of the Year – Molly McClure*
- Future Leader – Evie Clark
- Forum 2008 – Misty Dawn Crim, Evie Clark

* = current awardee

NAWIC EDUCATION FOUNDATION

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