



NAWIC

Puget Sound - Chapter #60
Established ~ 1962

VOLUME 5 ISSUE 8

MAY 2010

Mark Your Calendar

May 10th
Membership Mtg
(Branding Yourself) - Aljoia

June 14th
Membership Mtg
(Interactive Group Exercise/
Self-Defense) - Aljoia

July 12th
Strategic Planning for
2010/2011 - Aljoia

August 9th
Family Picnic - TBD

September 13th
Open House /
Installation of Officers - Aljoia

President's Message By Julie Stalzer, Stalzer Consulting

It is hard for many to stay motivated and keep energy levels up during the winter when darkness falls upon us so early. As I am writing this article, it is raining outside, as is typical for Northwest spring weather, but as the saying goes, April showers bring May flowers. Though, we have been fortunate to have had a very mild winter, I am ready for the May flowers and for warm sunny days. Those warm sunny days are so invigorating that they bring up the energy levels for me, and hopefully for you too.

Our May meeting is one you will all want to attend. Not only will we be presenting our WIC (women in construction) of the Year and Future Leader of the Year awards, we will also have a great speaker. Member Sue Z. Hart will be presenting "Branding Yourself". Have you ever wondered what is in a name? Do you ever think about how people associate your name? In an economy that remains shaky, the only thing you have control over is your-

self. Learn the value of creating a personal brand that will not only set you apart from others but make you indispensable in any economy. For those of you who know Sue, you know her presentations are always excellent and filled with humor.

Region 9's annual Forum will be held in Eugene, Oregon on May 13th through the 15th. Forum is a great opportunity to meet other NAWIC members, share ideas, and make new friends. There is still time to register if you are interested in going; register online at www.nawicregion9.org.

For those wine lovers out there, this Forum begins with an optional wine tour of several of Oregon's wineries. Registration opens at 4pm on May 13th along with the hospitality suite. After a continental breakfast on Friday morning, the general session will begin. We will be voting on several revisions to the Regional By-laws and Standing Rules. Afterwards, we will take a

walking tour of the University of Oregon's architecture and the new Matthew Knight Arena. In the evening, a welcome party (wear your school colors) and NEF fundraiser will complete the day. On Saturday after the general session, there will be a reception and awards banquet.

Magic Camp is fast approaching. It will be June 23rd to 25th. Nicole Martin is doing an amazing job of coordinating this great event with the help of Sue Z. Hart and Maureen Byrnes. At our May meeting, Nicole will be showing a video regarding Magic Camp.

As you can see, we will need all the energy we can get over the next few months. I hope everyone will get involved. These are fun times.

RSVP to Linda Huber for the May meeting. Details are on the website. I am looking forward to seeing you at our May meeting.

"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

www.NawicPugetSound.org

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

Stand Out!

By Northwest Girls Coalition

Tools & Advice to Promote Yourself

Northwest Girls Coalition invites you to join for a half-day event focused on promoting yourself and advancing your career. Choose from sessions on how to leverage your networks, how to find a fulfilling career, and work with HR professionals to polish your resume and practice your interviewing skills. This event is for every stage

of employment with personalized advice and relevant tips from professionals.

DATE: May 15, 2010

TIME: 9:00am - 12:30pm

WHERE: The 2100 Building, 2100 24th Avenue South, Seattle 98144

REGISTER:
www.nwgirlscoalition.org

FEE: Free to members, \$20 suggested donation for non-members

For those interested in personalized job seeking advice, you will have the opportunity to work with an HR professional in a one-on-one or small group setting. You may choose to participate in two sessions, one geared towards resume writing and the other on interviewing skills. Bring a copy of your most recent resume to get the fullest benefit from these sessions.

Shift Work Linked to Sleep Problems

By EHS Today

(reprinted from *EHS Today*, the magazine for *Environmental, Health and Safety Leaders*)

In the latest study linking health or wellness complications to shift work, researchers reveal that working the night shift interferes with sleep, particularly for workers in their 30s and 40s.

The sleep problems don't appear to get worse over time, however, perhaps because young workers who have a lot of trouble with sleep issues are more likely to quit shift work, according to the study, which was led by Philip Tucker, Ph.D., of Swansea University, Swansea, Wales, U.K.

Using a large employment database, the researchers looked at the relationship between shift work and sleep problems in workers of different ages and over time. As in

previous studies, shift workers had a higher rate of sleep problems than day workers. Shift work specifically was related to waking up too early rather than other types of sleep problems.

The effects were most apparent in the early to middle years of working life - workers in their 30s and 40s. Former shift workers had more sleep problems than those who had never done shift work. However, more years of shift work did not lead to greater sleep problems. Instead, workers who gave up shift work seemed to be a "self-selected" group who tended to have more problems with shift work.

The study confirms the previously reported link between shift work and sleep problems, while lending new insights into the course of those problems over time. Sleep

problems seem to be a "reversible consequence" of shift work - although it may take awhile after giving up shift work before sleep returns to normal.

The study appeared in the April issue of *The Journal of Occupational and Environmental Medicine*, the official publication of the American College of Occupational and Environmental Medicine (ACOEM).

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Green Festival in Seattle

By GreenFestivals.org

At Green Festival®, a joint project of Global Exchange and Green America, we're celebrating what's working in our communities—for people, business and the environment.

Think of Green Festival® as a walk through a sustainable community. It begins with finding solutions to help make our lives healthier—socially, economically and environmentally. Individuals along with business and community leaders come together to discuss critical issues that impact us at home and abroad. Organizations and businesses showcase programs and products that restore the planet and all that inhabit it. Neighbor-to-neighbor connections are formed, and skills are shared to empower people to create positive change in the world.

Join us at the nation's premier sustainability event, where you will see the best in green. Enjoy more than 125 renowned authors, leaders and educators; great how-to workshops; cutting-edge films; fun activities for kids; organic beer and wine; delicious vegetarian cuisine and diverse live music. Shop in our

unique marketplace of more than 350 eco-friendly businesses—everything from all-natural body care products and organic cotton clothing to Fair Trade gifts and beautiful kitchen tiles made from renewable resources.

See the most recent developments in renewable energy and green technology; sample Fair Trade chocolate and coffee (yes, they really do taste better); and learn how to invest in your community, green your home and avoid products made in sweatshops.

Recharge your batteries with all the hope, inspiration and practical ideas you'll find at the one and only Green Festival®.

Green Festival® Facts:

Green Festival® is the largest sustainability event in the world and continues to grow year after year.

Green Festival® is the only green event that screens exhibitors for their commitment to sustainability, ecological balance and social justice using Green America's green business standards.

Green Festival® offsets

100% of its electricity emissions with clean, renewable energy.

Green Festival® walks its talk: each year it gets closer to being a zero-waste event.

For more information about the two nonprofit organizations producing Green Festival®, visit www.globalexchange.org and www.greenamericatoday.org.



Chapter #60: www.NavicPugetSound.org

NEF: www.NavicEducation.org

National: www.Navic.org

ABC: www.ABCWestWA.org

Ladies: www.PearlofWisdom.us

ASPE: www.ASPEPugetSound.org

AGC: www.ConstructionFoundation.org

Trades: www.SistersintheBuildingTrades.org