



NAWIC

Puget Sound - Chapter #60
Established ~ 1962

VOLUME 6 ISSUE 9

JUNE 2011

This issue is sponsored by Cochran Inc.



Mark Your Calendar

June 7 - Get Motivated conference, contact Sue Hart by 6 pm Monday June 6th for details

June 13th - 6 pm Underground Seattle Tour, Chapter Elections

June 27-29th, 2011 Magic Camp, Western WA Sheet Metal JATC, Everett, WA

July 12th - Retreat Strategic Planning, Gwyn Hart's Redmond office, 4-9 pm

September 12th

*NAWIC Puget Sound meets the 2nd Monday of each month, 12 months a year. *NOTE: Exceptions.*

President's Message By Sue Z. Hart, Building Beyond the Walls

"I'd rather regret the things I've done than the things I haven't done."

-Jesse Stone

This past month I had the great opportunity to attend our annual NAWIC Forum hosted by the Tri Cities Chapter in Kennewick. In these economic times businesses and individuals look for ways to cut cost. I was not sure I should go but have learned over the years how valuable these types of meetings can be, especially in the hard times. As your President I also felt it was my obligation to represent our chapter.

I can honestly say that I would have regretted not attending.

NAWIC was able to arrange a special tour of Hanford's B Reactor. Understandably so, it is difficult to get a tour as they sell out within minutes of becoming available. For me, it was without a doubt the highlight of an amazing three days. In the B Reactor tour we learned the history of how it was constructed with only sketches and no real idea of what they were building,

and only the knowledge that their country needed it and it needed to be done quickly. This amazing structure was built and functional in 11 months! The workers achieved unrealistic timelines as they constructed what they believed would save our Nation. I was humbled as I walked the site and could almost feel the pride they felt to serve the country they believed in.

Our second tour took us to the Nine Canyons Wind Farm Project where we learned all about wind turbines and renewable energy. This tour included going inside a 200 foot tall turbine! Incredible! In addition, we had informative and inspirational speakers. Of course the most valuable part of the meeting was learning from other NAWIC members in our Region.

What I learned most from this Forum is how important it is for each of you to attend. I would like to encour-

age each of you to embrace the opportunities your NAWIC membership offers you. Start planning now to attend next year's Forum in Bend, Oregon. Personally and professionally you will feed your soul and your pocketbook when you attend the wonderful meetings and classes.

As we drove home I could not help but think of the women I serve as President of our Chapter and how I believe in you. It is truly an honor to know and serve you. I hope you will all join us in July for our Chapter Retreat on July 12th at 4pm where we will chart our course for the new year. I would love to hear how I can help you get the most out of your membership. And of course, we hope you will join us on June 7th for the Get Motivated conference and June 13th for our regular membership meeting as we tour Underground Seattle!

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

May 9th VIP Meeting Recap



(From left to right:
Kris Beason,
Erin Verhoeven,
Melina Harris,
Judy Jewell)

We had a terrific turnout for our VIP Meeting! We all enjoyed the knowledgeable panel of industry leaders which included:

- **Kris Beason**, Skanska Building USA, & Seattle CREW Past President
- **Erin Verhoeven**, Vice President, Corstone Contractors, LLC & President of ABC
- **Melina Harris**, Journey Carpenter & President of Sisters in the Building Trades

The panelists answered many questions and shared successes and challenges they have experienced in the construction industry. In addition, they shared exciting details about the projects for which they feel most proud. Kris Beason spoke about her company's work on Seattle's Bertschi School, which is a prime example of green technology and design. Erin Verhoeven spoke about her company's work on Leavenworth's fun new Icicle Brewing Company. While Melina Harris spoke about her work with Sisters in the Building Trades which strives to expand a support network for women working in the building trades. The words of wisdom offered by the panelists were inspiring and informative, and thanks goes to Judy Jewell for asking the tough questions.

The meeting ended with the Dessert Dash fundraiser and the sharing of delectable desserts!

Special thank you to our VIP Meeting Sponsors:

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*To enhance the personal & professional success of women in the construction industry by
Believing in ourselves * Persevering with the strength of our convictions *
Daring to move into new horizons * Caring for each other & our community*

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Upcoming Events

June Meeting:

Monday, **June 13**
 from 5:45 PM - 8:00.
 Meet at Bill Speidel's
 Underground Tour
 608 First Ave, in Se-
 attle's Pioneer
 Square. Join us for
 the underground tour

followed by a bite at
 The Underground
 Café along with
 Chapter elections.
 Purchase your tickets
 for the 6:00PM tour
 at [nawicpu-
getsound.org](http://nawicpu-getsound.org) .

July Meeting:

Please join us on
 Tuesday **July 12th**
 for our annual Strategic
 Planning meeting.
 The meeting will be
 held at Gwyn Hart's
 Cadman Redmond
 office from 4-9 pm.

MAGIC Camp

Dates: **June 27-29, 2011**

The Puget Sound Chapter is hosting our 2nd annual MAGIC Camp (Mentor a Girl in Construction) early this summer. This free day camp offers a supportive and nurturing environment in which high school girls will explore and develop basic skills in the areas of carpentry, electrical and welding. MAGIC Camp will be held at Western WA Sheet Metal JATC in Everett.

To find out how to participate as a sponsor or volunteer contact:
 Nicole Martin at Nicole.martin@macmiller.com
 Sue Z. Hart at Suezhart@comcast.net

8th Annual NW SolarFest: Renewable Energy & Sustainable Living Fair

Saturday, July 16th, 2011 at Shoreline Community College

Hours: 10 am – 6 pm....Music, food and beer garden open until 8 pm

- Volunteers needed during June and July as well as the day of the Fair
- They are still accepting exhibitors and vendors
- Snohomish PUD is sponsoring Solar cars give away
- Solar car races for the kids who get the cars

For more info: <http://shorelinesolar.mosaicglobe.com/page/8385>

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

MBA Career: www.constructionmatch.org

www.constructionsolutionsconference.com/seattle

NAWIC Puget Sound's Core Purpose

To enhance the personal and professional success of women in the construction industry

Core Values

- *Believe in ourselves*
- *Persevere with the strength of our convictions*
- *Dare to move into new horizons*
- *Care for each other and our community*

FileFast System for Submitting Injury Claims

Courtesy of: Alice Curtis,

Washington State Labor & Industries Apprenticeship Consultant

FileFast – L&I's new service that streamlines filing of workers' comp claims

Coming soon to Northwest Washington

In June the Department of Labor & Industries will launch *FileFast*, a new system that allows workers and health-care providers in Snohomish, Skagit, Whatcom, San Juan, and Island counties to file claims online at www.FileFast.Lni.wa.gov. Workers who don't have Web access or don't read or write English can file a claim by phone at 1-977-561-FILE (3453).

FileFast will be expanded to the rest of the state during the next two years.

FileFast will reduce delays in claim reporting and decision-making. L&I's goals are to help injured workers recover and return to their jobs more quickly, reduce costs for employers and improve customer satisfaction.

Benefits for employers

- Streamlines claim processing, which can reduce costs
- More facts collected up front to help determine if the injury is work-related
- Early access to the claim file to assist with light- or modified-duty return to work
- Claims that could be the most costly are highlighted so that L&I quickly can offer special services to help with return to work

Benefits for workers

- Fast and easy to file a claim
- Less hassle later by providing complete information at the beginning of the claim
- Faster decisions on claims, treatment authorizations, and benefit payments
- Coaching to stay connected with employer and L&I
- Quick access to the claim on the L&I website: www.ClaimInfo.Lni.wa.gov

Benefits for health-care providers

- The new online accident report is easy to use
- Immediate confirmation of filing
- More space to provide medical information
- Faster authorization for treatment and prescription refills
- Reduces mistakes common on the paper form
- Approved providers get \$10 for online filing and \$10 more to get the claim to us in 2 days

Quick access to the claim on the L&I website: www.ClaimInfo.Lni.wa.gov

This service is for workers covered under the Washington's State Fund. Please direct your questions to FileFast@Lni.wa.gov or (360) 902-4909.

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- Washington Dept of Labor & Industry

Safety Topic: Heat Stress

Courtesy of: Nicole Martin, MacDonald-Miller Facility Solutions

It's that time of year again, the weather is going to start heating up outside. The pop, coffee or energy drinks you consume before and at work can affect your body's heat stress. Those factors can accumulate over the weekend, so remember to hydrate properly (water) before coming in to work.

The Washington OSHA program three years ago adopted a *permanent* Outdoor Heat Exposure rule designed to protect workers from high outdoor temperatures and prevent heat-related illnesses. **The rule is applicable from May 1st through September 30th of each year.**

This rule merely requires **supervisors** with employees who work outdoors to:

- Address outdoor heat exposure in their written accident prevention programs (APP). *No specific format is mandated; written site-specific plans are not required.*
- Train employees and supervisors to recognize heat-related illness and what to do if someone has symptoms. **This required training must be provided before outdoor work is allowed and then annually thereafter.**
- On days when temperatures associated with clothing/PPE worn require preventive measures, make at least one quart of water per person per hour available to employees and encourage employees to stay hydrated. *The shift may begin with small quantities of water if effective procedures are established for replenishment during the shift.*
- Have the ability to appropriately respond to any employee with symptoms of illness. The new rule has changed so that it only applies to workers exposed to the following temperatures;

All other clothing	89 degrees F
Double-layer woven clothes including coveralls, jackets and sweatshirts (Note: also regular rain gear)	77 degrees F
Non-breathing clothes including vapor barrier clothing or PPE such as chemical resistant suits	52 degrees F

Jim

Jim West, CSP
 Safety Director
 MacDonald Miller Facility Solutions

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