



NAWIC

Puget Sound - Chapter #60
Established ~ 1962

VOLUME 6 ISSUE 12

SEPTEMBER 2011

Mark Your Calendar

September 12th -
Sound Transit
Tour—Capitol Hill
Station
120 -10th Ave. E
Seattle, WA 98102
5:00 p.m.

October 10th -
Oktoberfest Beer
Tasting and Speed
Networking
MBA Building

November 14th -
Living Futures &
Tour

December 12th -
Holiday Social
(LinkedIn)

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

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

Mentoring

"Try not to be a man (person) of success, but a man (person) of value." ~
Albert Einstein

When I think of mentoring, I believe there are two types. The first type of mentoring is what most people traditionally think of, which involves deliberate sharing of one's time and skills. The mentor works alongside the mentee to share their wisdom in a purposeful way. This is especially important when so much of our skilled workforce is getting ready to retire. The knowledge they have learned by "doing" a job over the past three or four decades cannot be taught in a book. Their "hands-on" knowledge would be lost without mentoring.

We need more mentors and programs that promote this type of training.

The second type of mentor-

ing is done every moment of the day when we think no one is watching. In over the years I have come to learn a lot by observation, not that I am afraid to ask questions mind you; but by watching others you can learn a lot about them, especially if they do not know you are watching. This is when integrity, character, and leadership shine... or not.

Dr. Haim Ginott said, "Children are like wet cement; whatever falls on them makes an impression." Like children everything we see makes an impression on us. As we get older we are better able to filter what we see to know if it is the right thing to do or not.

What is doing "the right

thing"? Very simplistically, I think it is keeping in mind how our actions will affect others and our environment. If we are in a leadership position, we are watched even more closely. Of course the big things like laundering money or taking credit for someone else's work are obvious no no's. But, little things like wearing your seatbelt, merging in traffic "like a zipper" or putting your shopping cart back are little things that say a lot about you.

Have you watched yourself lately? What do your actions teach others?

I am looking forward to a great year ahead with our Chapter and helping all of you grow in your membership!

*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*

MEMBER COMPANIES

- AAR Testing Laboratory Inc.
- ABC of Western Washington
- Anderson Hunter Law Firm
- Ater Wynne LLP
- Building Beyond the Walls
- Bullivant Houser Bailey, PC
- Cadman, Inc.
- Carpenter's Local #562
- Cochran Inc.
- Construction Center of Excellence
- Contech Services, Inc. ← **New Addition**
- Cosco Fire Protection
- CSI Seattle
- Granite Construction Company
- Holiday-Parks, Inc.
- Jackson Dean Construction, Inc.
- JE Dunn Construction Co., Inc.
- King County Government
- MacDonald-Miller Facility Solutions
- Moss Adams LLP
- Mowat Construction Co.
- Oles Morrison Rinker & Baker, LLP
- Olympian Precast Inc.
- Otto Rosenau & Associates
- Pacific Concrete Pumping
- Pacific Fire & Security, Inc.
- Phoenix Builders LLC
- PSF Mechanical Inc.
- Puget Sound Energy
- Skanska USA
- Stoneway Concrete
- Tueffers, Guckian & Gamon, PLLC
- Washington Dept. of Labor & Industry

Upcoming Events

September

Meeting:

Monday, **September 12th** - **Sound Transit Capitol Hill Station**

Jobsite Tour

120 -10th Ave. East
Seattle, WA. 98102

PPE is required. Contact

Judy Jewell
JudyJ@olymprecast.com
or Maureen Byrnes (206)
499-0923 for more information.

October Meeting:

Monday, **October 10th**
- **Oktoberfest Beer Tasting and Speed Networking** at the MBA building in Bellevue.

2011 Region 9 Annual Planning Conference

Boise, Idaho on Oct 21st through the 22nd. Arrivals, job walk and reception will take place on Friday Oct 21st, and the conference will be all day Saturday. All members welcome. Speak to a board member if you would like more information.

Region 9 Annual Planning

This conference is an annual event that is held in each NAWIC Region. It is a two day meeting that includes business sessions, speakers and seminars.

The focus of the speakers and seminars are on personal, professional and construction topics. More importantly, it's

strategic NAWIC planning on the regional level, involving chapters from Washington, Oregon, Idaho, and Alaska.

The registration fee for this amazing event will be \$60 per person if you register on or before October 3rd and \$75 if you register on or after October 4th.

Hotel web page address:

http://hamptoninn.hilton.com/en/hp/groups/personalized/B/BOIDNHX-WIC-20111021/index.jhtml?WT.mc_id=POG

Group Name:	NAWIC - Region 9 Annual Planning Conference
Group Code:	WIC
Check-in:	21-OCT-2011
Check-out:	23-OCT-2011
Hotel Name:	Hampton Inn & Suites Boise-Downtown
Hotel Address:	495 S Capitol Blvd. Boise, Idaho 83702
Phone Number:	208-331-1900

*In case you have not made up your mind about attending this month's membership meeting about **Sound Transit's Capitol Hill Station**, here are excerpted background information from Sound Transit's <http://projects.soundtransit.org/>*

Sound Transit's construction started on Capitol Hill in February 2009 [Phase I] with the demolition and environmental clean-up of the site. This part of the project included: removing hazardous materials from buildings, clearing trees, demolishing and removing existing buildings, installing "soil nails" beneath the Bonnie Watson Parking lot, and paving and fencing all three construction sites.

Salvage and recycling have been a very important part of Sound Transit's work at the Capitol Hill Station site. During demolition the contractor recycled 2,890 tons of bricks, wood, metal and other building materials from Capitol Hill that would otherwise have gone to the landfill.

Sound Transit is currently working on Phase II, where excavation and tunnel boring are the main activities: The excavation for the station is approximately 400 feet long, 100 feet wide, and 60 feet deep. All of the excavated dirt (also known as spoils) will be hauled away in trucks. Once the excavation reaches the bottom of the station (approx. 60 feet down), a concrete slab 10 feet thick will be poured at the bottom of the excavation. After the concrete slab is

poured, the digging of the two tunnels to Pine Street will begin. A single tunnel boring machine (TBM) will be launched from the bottom of the station excavation.

The TBM is scheduled to excavate an average of 40 feet of tunnel every day. As it bores through the ground, the TBM will also place the concrete rings that form the exterior surface of the tunnel. Dirt from the excavation travels through the machine and onto a conveyance system which brings it back out to the surface to be hauled away. When the TBM reaches Pine Street, the TBM will be disassembled and transported back to the Station site, where it will be reassembled to dig the second tunnel between Capitol Hill and Pine Street. The tunneling is done in this direction because there is not sufficient room for all the equipment needed to extract the excavated dirt at Pine Street.

For safety, schedule and other reasons, the tunneling operations must continue around the clock. In order to minimize the traffic impact of the trucks hauling away dirt, most of the hauling is expected to be done in the evening and at night (7 pm to 7 am).