

NAWIC Divine Region 9 Monthly

NAWIC Divine Region 9

July 2009

MESSAGE FROM DIRECTOR ELECT

When Yasmine asked if I would be interested in writing the message for this month's newsletter I was thrilled to have the opportunity. I would like to begin by thanking you for your support in electing me as your next director. I would also like to thank Katie Hanning and Fil Spiegel for running and keeping me on my toes. Both of these ladies were very formidable opponents and ran great campaigns. They really made me work for the honor of being the next director.

By now you have had your elections and will be gearing up to change officers for the new NAWIC year beginning October 1, 2009. For those of you who will be coming into office remember that you do not have to know everything. Use your resources. There are many members in your chapter that you can turn to for advice and encouragement. The best CEO's of companies know that they cannot be knowledgeable about everything and they utilize the talents of their people to succeed. Your chapter wants you to suc-

ceed and will be there to help you do that.

For the outgoing officers do your best to mentor the incoming officers and try to make the transition as smooth and seamless as possible. Yasmine has been doing her best to make our transition smooth and I really appreciate it and I am sure that all of you appreciate it too. If you have read the book Good to Great you know that it addresses a good leader as being one who mentors those who follow and prepares them to be great leaders so that transitions in leadership are almost unnoticeable.

You are all probably wondering what my theme is going to be. I really wanted to encompass NAWIC's vision of enhancing the success of women in the construction industry. I think that we can do that through communication, mentoring, leadership, and giving a hand up to others. I believe that we are all a work in progress and in order to succeed we need to learn, grow, and help each other. "Women under Construction" is the theme for my term.

I would like to extend a big thank you to Julie Lindstrom of the Tri-Cities chapter for helping me with the theme and creating the logo.

I believe that the coming year is going to be awesome for Divine Region 9 and I look forward to working with all of you.

Cathy Brady
Director Elect
Region 9
cathy@americanrockproducts.com



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

John C Maxwell
Leadership 101

Portland #54 (Lauren Holmes)

Well summer is officially here, and it is time to celebrate another year of freedom!

Last month we had our annual golf tournament, and it was a great success. A big thank you to Julie and her committee for putting together such an amazing and successful event. Also a big thank you to all of the members and friends who chipped in at the Oregon Food Bank the next day, bagging enough potatoes to make over 1,700 meals.

This month our membership meeting is a bunco party at Julie's house in Oregon City. All are welcome, so please join us for a night of Buster's Bar-B-Q and dice rolling.

Elections are over, but it is not too late to step up and help out. Dalene is working on putting together committees, so let her know which ones you want to chair and or participate on.

Tri-Cities #192 (Stacey Keller)

The Tri-Cities chapter is excited about the incoming board and officers. As always, we have a great group of women that are full of energy and ready to take on new responsibilities. Last month we had one of our own members give us an overview of subcontractor prequalification. It is always fun to learn more about what each and everyone of us do. We are also working on an event that will be getting the trades women involved in coming to one of our meetings and learning more about our organization.

Boise #245 (Brenda Smith)

We held our Annual Good, Bad & Ugly Golf Tournament on June 5th. Even with a few rain showers the group had a good time. Many thanks to the committee for their hard work in making it another successful tournament.

Our 2nd annual MAGIC Camp was held the week of June 8th. We graduated 17 girls. The curriculum included architectural design, electrical, carpentry and masonry. The girls had a great time and were excited for the introduction to construction. Our camp received some great media coverage from News Channel 7 and Idaho Construction Review. Many thanks to Ruth Fritts and Cecyle Brock for the many hours they gave to make this a success.

Spokane #143 (Jessica Moody)

Summer has finally arrived. Our Spokane Chapter has been busy lately.

Our 25th Annual Golf Tournament was a success! Our golf committee did a great job. I want to thank all of you who helped this year it would not have been a success without you!

Our June joint meeting with CFMA was also a huge success we had almost 60 attendees. Dave Rabiner was a great speaker. If you were unable to attend the meeting and are ever given the opportunity to see him speak I highly recommend it!

We also hosted a Block Kids event for the Spokane Boys and Girls Club Reach for the Future Program. We had 20 students participate. Garco had one of their carpenters and an ironworker come and speak to the kids. Katy House with the SCC Heavy Equipment program came and spoke to the kids about going to college. Rowand Machinery Company brought a Dynapac Roller for the kids to check out. Thank you to Sharon and Tana for putting this Community Service event together. Thank you to all of our members who were able to come and help out.

At our July meeting Judy Rapp with Wolf, Majeskey, and Rapp will be speaking to us about Bonds and Insurance.

National Convention is August 26th-29th in Phoenix, AZ.

Construction Career Days is September 29th and 30th. If you are interested in being involved in this event please contact Kris Nowell.

Region vs Region Competition

The May Membership Reports have been received. Here's an update of our friendly Region vs Region competition. We have almost 5,000 members. Great job ladies!

<u>Region</u>	<u>9-08</u>	<u>5-09</u>	<u>vs</u>	<u>Region</u>	<u>9-08</u>	<u>5-09</u>
Region 1	264	246	vs	Region 10	252	197
Region 9	351	318	vs	Region 2	332	295
Region 12	595	552	vs	Region 3	476	353
Region 4	669	604	vs	Region 11	606	546
Region 8	332	288	vs	Region 5	322	262
Region 14	280	260	vs	Region 6	280	272
Region 13	392	365	vs	Region 7	385	382



Mark Your Calendars

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

2008 – 2009 Chapter Leadership

Alaska #197	Kris McKinney	kris McKinney@kw.com
Boise #245	Brenda Smith	bsmith@pfgworld.com
Eugene #77	Anne Thompson	anne@overheaddoor-eugene.com
Great Falls #228	Barbara Woith	bwafiac@yahoo.com
Portland #54	Lauren Holmes	holmesl@hswconstructors.com
Puget Sound #60	Nicole Martin	nicole.martin@macmilller.com
Salem #198	Nancy Carter	ncarter@capitolcitydoorinc.com
Spokane #143	Jessica Moody	jfode@rowand.com
Tacoma #187	Cathy Hall	cathyhall1970@gmail.com
Tri-Cities #192	Stacey Keller	skeller@gagrantinc.com

Safety Message—Ruth Fritts

Heat Cramps, Heat Exhaustion, Heat Stroke

This month we're going to look at various heat illnesses that may affect us as the summer approaches and the heat increases.

During the summer, we must all take precautions to ensure our bodies don't get over heated. Now is the time to get into the habit of drinking plenty of fluids

throughout the day to prevent a heat-related illness.

Heat Cramps are brief, severe cramps or spasms in the muscles of the legs, arms, or abdomen that may occur during or after vigorous exercise or working in

extreme heat. The sweating that occurs causes the body to lose salts and fluids. This low level of salts causes the muscles to cramp. Although painful, heat

cramps aren't serious.

Even though you may be drinking water or other fluids, you can still have heat cramps as it is not dehydration, it is the loss of salts and other electrolytes such

as calcium from your body.

If you suffer from heat cramps you should:

- Rest briefly and cool down
- Drink clear juice or an electrolyte-containing sports drink such as Gatorade/Powerade/Squincher.
- Do range-of-motion stretching and gentle massaging of the affected muscle group.

Salt tablets are not recommended

Heat cramps can be very painful, but they can be treated easily with the replacement of the electrolytes and generally are not serious.

Heat Exhaustion is a condition where the symptoms may include heavy sweating and a rapid pulse, a result of your body overheating. It's one of three heat-related illnesses, with heat cramps being the mildest and heat stroke being the most severe.

Warning signs of heat exhaustion include:

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion
- Upset stomach or vomiting.

Heavy sweating

Your skin may feel hot and moist and appear flushed.

Causes of heat exhaustion include exposure to high temperatures, particularly when combined with high humidity, and strenuous physical activity. Without prompt treatment, heat exhaustion can progress to heat stroke, a life-threatening condition. Fortunately, heat exhaustion is preventable.

In most cases, you can treat heat exhaustion yourself by doing the following:

- Rest in a cool place. Getting into an air-conditioned building is best, but at the least, find a shady spot. Rest on your back with your legs elevated higher than your heart level.
- Drink cool fluids. Stick to water or sports drinks. Don't drink any beverages that have alcohol or caffeine, both of which can contribute to fluid loss. Because caffeine is a mild diuretic, effects of caffeine for those who do not have sufficient fluid intake can cause mild dehydration. If one regularly indulges in caffeinated beverages, fluid intake of water or juices should be increased. Physicians urge people to especially monitor caffeine intake during very hot weather.
- Apply cool water to your skin. Take a cool shower or drench yourself with a water hose if possible.

Loosen clothing. Remove any unnecessary clothing.

Heat Stroke is a life-threatening condition that occurs when your internal body temperature reaches 104 F (40 C) or higher. Heat Stroke is the escalation of the two other heat-related illnesses: heat cramps and heat exhaustion. This condition requires immediate medical treatment (911) and transport to an emergency department.

Signs of Heat Stroke are:

- High body temperature. A body temperature of 104 F (40 C) or higher is the main sign of heatstroke.
- You stop sweating. This is often one of the first signs that your body temperature is too high. In heatstroke brought on by hot weather, your skin is hot and dry to the touch. Your body stops sweating.
- Hyperventilation. Your breathing may become rapid and shallow.
- Rapid heart rate and pulse.
- Seizures or Convulsions.

Neurological symptoms. You may have seizures, lose consciousness, slip into a coma, hallucinate, or have difficulty speaking or understanding what others are saying.

Whatever the cause, you'll need immediate medical attention to prevent brain damage, organ failure or death.

Chapter Reports Continued:

Great Falls #228 (Barb Woith)

The Chapter here in Montana is in summertime mode. As with most construction in our area we are busy, busy, busy, The late spring snows pushed us back, and our construction season is short to start with...oh well what else is new with life. We were unable to do our full day of public service, cleaning a large local park and have rescheduled it to a few evenings as everyone's week-ends are booked to spend time with family. (snow day) Our golf tournament is off and we will be doing a "It's 5 o'clock Somewhere" dinner in September like we did 2 years ago (no golf cause of...you guessed it, snow). It will be a family oriented BBQ with a silent auction. It was a great success before and should be again, with casual dress, kids games and great friends. We do not have a delegate going to national convention to date. I am slated to be President again next year and the board and I opted not to spend the money, as we did not have a fun raiser last year and with our 2009 one after convention ...we just are trying to be fiscally responsible. We will miss you all. Our women's hand tool class was very successful. It was a members only class with an hour of safety rules and and hours of hands on tool time. 9 members attended. Thank you Nicki. At our June dinner meeting we inducted 2 new members and toured a downtown residential condominiums, a newer concept in our area. July 15 will be a luncheon meeting at the Coca Cola Cafe to plan our dinner and August 12 a family picnic at Black Eagle Park, that we volunteer to spruce up. Stay safe this Independence Day. When speaking of this holiday on the 4Th of July...try calling it by it intended name...It has a nice ring to it,and remember why we celebrate.

Anchorage #197 (Kris McKinney)

Salem #198 (Nancy Carter)

Eugene #77 (Anne Thompson)

Puget Sound #60 (Nicole Martin)

Tacoma #187 (Cathy Hall)

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

A Word from the Regional Professional Education Committee

Year End Wrap Up by Chairman Fil Spiegel

Hello Region 9: There sure are some spectacular events going on out there and I hope you are inviting your community to each and every one. I'd like to share just a few highlights from our region, and if there's one that sounds particularly good, **BORROW IT!**

Portland Chapter #54: Our chapter hosted a Roundtable event at the Home Builders Association (HBA) "How can you adapt to the current state of our construction industry." The chapter contacted Senators and Representatives to come and talk about the Stimulus Package. The panelists were Eric Frits, PhD – president of Economics International Corp and professor at Portland State University; Jessica Adamson, Representative for US Senator Jeff Merkley; Dan Graham, President of Northwest College of Construction; Connie Ashbrook, Executive director of Oregon Tradeswomen, Inc.; and Yasmine Branden, CCA – Vice President of Neil Kelly Co & NAWIC Region 9 Director. The event focused around thought provoking pre-selected questions posed for each member of the panel, with time allowed for Q&A and comments. ***IF YOU LOVE THIS IDEA, CONTACT THE PORTLAND CHAPTER TO FIND OUT HOW TO BORROW IT!***

Puget Sound Chapter #60: For our VIP Event in June we hosted Lisa Quast, a career coach, mentor and author of "Your Career, Your Way!". She covered 10 Steps to Career Success from her book: Review assets and liabilities, Determine your differentiators, Get feedback, Know your competition, Determine your goals, Create your career plan, Implement your plan, Check your progress, Stay focused, Celebrate achievements. It was a very motivational presentation. Women in general have a hard time putting themselves first so it was good for all of to hear it again. ***IF YOU LOVE THIS IDEA, CONTACT THE PUGET SOUND CHAPTER TO FIND OUT HOW TO BORROW IT!***

Tri-Cities #192 and Boise #245 Chapters: 17 girls in Boise and 21 girls in Tri-Cities spent 5 days at this year's MAGIC (Mentor a Girl in Construction) camps that were sponsored. Tradeswomen partnered with teachers at the high school to teach drafting, carpentry, electrical, and masonry. The week also included tours to construction sites. The Idaho Business Review did an article that quoted "They learned so much they didn't think they could do." ***IF YOU LOVE THIS IDEA, CONTACT THE BOISE OR TRI-CITIES CHAPTERS TO FIND OUT HOW TO BORROW IT!***



Anchorage Chapter #197: Breaking New Ground to Build the Future is the name our chairperson chose for this combined Construction Days, Block Kids, MAGIC Camp idea. There were close to 250 Girl Scouts in attendance and in one day got to survey, weld, hammer, saw, make and pour concrete, put on safety gear, do a block kids contest, and much more. ***IF YOU LOVE THIS IDEA, CONTACT THE ANCHORAGE CHAPTER TO FIND OUT HOW TO BORROW IT!***

National Office Contacts

Executive Vice President

Dede Hughes
dedeh@nawic.org

Bookkeeper

Kate Bowling
kateb@nawic.org

Communication Director

Misty Hart
mistyh@nawic.org

Communications Assistant

Michelle Milner
michellem@nawic.org

Marketing Director

Julie Lyssy
juliel@nawic.org

Membership Director

Sandy Fite
sandyf@nawic.org

Office Manager/Store Manager

Theresa Price
theresap@nawic.org

Office Assistant

Laurie McCullough
lauriem@nawic.org

Website/IT Specialist

Tim Elmore
nawic@nawic.org

NATIONAL COMMITTEE CHAIRS/ CO-HAIRS

Membership

Toni Walker
 Janice Ramsay-Gonzales
 Lynn MacVean, CIT

PE-CI

Jill Melancon
 Robin Roberts, CCA,CIT

PR-Marketing

Becky Wynne, CDT
 Amanda Dawson, CIT

Safety

Lisa Losness
 Cindy Spiropoulos, CIT

WIC Week

Terri Yslava, CIT
 Rebecca Thompson, CDS

Bylaws

Tamie Taylor, CDS, CDT, CIT

Credentials

Diane Miller
 Melanie Myers

Finance

Cindy Johnsen, CDS,CIT
 Executive Committee

Outside Finance
 Auditor

Mary Duffy, CCA

Memorials

Angie McNair, CIT
 Virginia Davis, CIT

NCCER Rep

Nancy Eaton, CCA,CDS,CIT

Parliamentarian

Linda Young, CIT

Strategic Plan

Christie Wigginton, CIT
 Christine Parsons , CDS,

