

Constructively Speaking

National Association of Women in Construction Portland Chapter 54
Established in 1961

May 2009

Events Calendar

May 14-16:
Women in Trades Fair
NECA/IBEW, Portland

June 1:
Board Meeting
Safeco's Office

June 12:
Golf Tournament
Meriwether-Hillsboro

Highlights

**President's
Message**
Pages 1 and 2

Program Details
Page 2

Forum Reports
Pages 3-6

**Industry
Announcements**
Pages 7-10

[NAWIC Guideline No. 4](#)
Each Member has a standing dinner reservation for the monthly meeting, unless otherwise specifically arranged. If a reservation is not canceled by noon on Monday of the week of the meeting, the Member will be billed for the cost of the dinner.

May Membership Meeting Notice

Date: Thursday, May 21, 2009
5:30 p.m. registration begins / 6:00 p.m. dinner/program

Location: Elephants Garden Party Room
115 NW 22nd Ave., Portland, OR 97210

Cost: \$25.00

Menu: Tomato & Cucumber Salad ~ Bolognese Lasagna
Vegetarian Lasagna ~ French Bread & Butter
Chocolate Mousse ~ Coffee/Tea

Program: **Communicating with a Surveyor**
Presented by Tony Brooks

A Practical Approach to LEED
Presented by Summer Gorder

See page two for speaker bios.

RSVP: Edie Bales (503) 697-0171 or email: edith.bales@libertymutual.com by noon, Monday, May 18th if you need to cancel your standing reservation, are bringing a guest, or if you are a permanent cancel and will attend. Note: A minimum of 48 hours cancellation notice is required or you will be invoiced.

A Message from our President, Lauren Holmes

I can not believe that May is already upon us. Pretty soon the sun will be out (hopefully) and the days at their longest.

Our CAD competition was a great success. We are planning an awards dinner on May 7th at the Clackamas Spaghetti Factory for the three winning students to honor their achievements in CAD drafting and to award one of them with the 1st place Region 9 honors. Come join us in honoring all of their hard work.

Last month's membership meeting was a great success. Congrats again to Cochran Broadway for winning the Region Safety Award, and a big thank you to all the members that brought guest(s) along. Keep up the good work!

Forum was great. We had a wonderful time in Seattle and were even graced with some Seattle sunshine! Look for Dalene and my reports included with this month's newsletter.

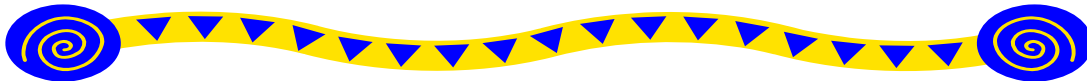
The golf tournament is approaching fast. Join us Friday June 12th at the Meriwether Golf Course in Hillsboro for a fabulous day of golf, and a wonderful night complete with a delicious steak dinner. It is not too late to help us get sponsors for the event, and it is never too late to spread the word to all of your golfing friends.

-continued on Page 3

President Lauren's May Letter Continued:

Finally, elections will be upon us before we know it. Dalene is busy putting together the slate for next year. Let her know what board position and/or committee you would like to serve on for the 2009 – 2010 year. Dalene is going to be an amazing President and you will not want to miss your opportunity to serve along with her!

President Lauren Holmes

**Meet our May speakers ...**

Tony Brooks is a seasoned Survey Project Manager at CH2M HILL with responsibility for a full-time staff of 9 in the Portland Survey Group, which delivers 31,000 labor hours of survey work per year, with a total survey budget of \$2.8 million.

Over the past 5 years, Tony has managed four multidiscipline engineering projects with surveying budgets between \$515,000 and \$925,000. He simultaneously managed the survey crews for two ODOT design-build bridge projects and for the 120-mile Oregon LNG pipeline environmental study. Tony serves as a field coordinator; works with various right-of-way agents; manages access issues, GIS staff, and directly interfaces with a variety of public and private sector clients and contractors.

At the NAWIC May meeting, he will be providing insight on the changing times for Surveyors with new Machine Control Grading; 3D scanning for project documents and as-builts; and will touch on a few hot projects in Oregon, including the Port of Portland North Runway. In addition, Tony will explain a few basic fundamentals on how to effectively communicate with a surveyor.

Summer Gorder has a Bachelor degree in Architecture from the University of Oregon. She worked for Sienna Architecture Co. for 8 years, in both Portland and Seattle. During that tenure, she helped form their Sustainability team, and worked on projects around the world. The last project on that team included 143 buildings in Dubai. Currently, Summer is a Sustainability Consultant and LEED educator. She travels across the country helping company's, such as Performance Contracting Group, gain LEED AP's in their company and helps them to infiltrate the new growing Green Building Market. She is the Sustainability Director for Independence Station (<http://www.independencestation.com>), which is aiming to achieve the highest LEED rating ever.

At the NAWIC May meeting, Summer will be educating us on the following questions and more:

- What do the buzz words "Green" and "Sustainability" really mean to us in the construction industry and in our daily lives?
- How did this Green Revolution begin and what are the factors pushing it into every facet of our industry?
- What is LEED: who created it, what is it intended for, and how is it being implemented locally and internationally?
- Where are we heading, in terms of government initiatives, and changes in our practice and lifestyles?
- How can we embrace the paradigm shift for our kids, and grandchildren, and for their grandchildren so they have a habitable world?

NAWIC Region #9 Forum 2009 – Seattle, Washington

Account by Lauren Holmes

This year's Forum was held in Seattle at the Hotel Monaco. My sister, Gloria and I rode up on the train together on Thursday afternoon. The train was a fun ride, but due to high freight traffic we were late upon arrival. Luckily, we did arrive in time to take part in the nightly wine hour at the hotel where we thoroughly enjoyed the red and white wines of the day. The other plus to the hotel was the goldfish in the room that was our pet for the weekend. It came with the name Kelly, but we felt that our fish had to be a boy, and we renamed him Fredrick! As a ritual, every time we came in and out of the room we said our hellos and goodbyes to our on loan friend Freddy.

The real events started on Friday morning. Our first speaker was an Attorney who practices Construction Law in Washington. She was very interesting, speaking a lot about defect and warranty issues and the problems that the state faces with the statutory law and then how that is constantly changing with case law. I think everyone enjoyed her, but to be honest she was a bit over my head. I obviously need to brush up on my lawyer speak! Our next speaker spoke about BIM (Building Information Modeling) and what it means for Construction. She was amazing... and carrying around (2) soon to be additions to her family. She spoke about how BIM really helps everyone throughout the process visualize the design and because it is a workable model it drastically reduces the amount of interference in the field and the amount of rework down the road. Not only is BIM 3-D it also can add in a 4th and 5th dimension by adding in the schedule and the estimate. Although BIM is a very high powered tool, it is only as good as the information that is input. It can understand the volume of the concrete and the surface area needed for form work, but it can not tell you how much rebar is going to be needed in the footing. So, although it simplifies our lives, it does not completely replace us!

Our next speaker was the Green Building Coordinator for the Washington State Department of Ecology. She spoke to us about how Green Building is really catching on in the area, but has not been fully standardized. She spoke about how there are many different rating systems in the area, as well as state to state and that LEED is in the forefront there are many more out there. She did show us a video from the Construction Center of Excellence that really talks about the benefits and was working to make it more appealing to all ages and tap into the youth by incorporating saving the environment into construction.

After lunch, we had another speaker who spoke about Succeeding in the Green Market. She spoke about how to set your self apart in this slowing economy, and gave us these fun facts: 60% builders are willing to pay more for GREEN and 80% of buyers would choose a house based on energy efficiency. She spoke about what is the emphasis for buyers with #1 being that the house saves energy, since saved energy is more money in your pocket. #2 was for health reasons and #3 was for environmental responsibility and that coming up fast is water efficiency. She spoke about certification is important because it gives credibility of the level of 'green' and means that you met the standards in place.

We then had a talk about safety. She spoke about how typically people are as safe as the supervisor will allow them. People will push boundaries, and it is for us to lead by example and to have behavior based safety training. She talked about how traditional safety does not work and that we have to think outside the box. Safety needs to be considered a value not a priority because priorities can change, but values do not. Safety needs to be considered at all times and not lost for production. In the middle of her talk she broke us up into (3) age groups. We had a sheet of paper on the wall that asked us to fill in the following based on our high school days: music, cars, politics and technology. It was interesting to see what differences each group experienced... and how this correlates back to the values and priorities of each generation.

We then had a talk with our NAWIC Treasurer Cindy Johnsen, who spoke about NAWIC and the IRS. We learned that we were running things pretty well and do not need to change too much to become compliant. Dues to NAWIC are a business expense and thus can be written off by the business, but donations for scholarships can not be deducted. We were informed that anyone can be reimbursed if receipts are turned in. As far as travel to Forum, APC and Convention the Chapter President can be reimbursed immediately since attendance is part of the position, and other paid delegates can receive reimbursement upon reports given. I think there may still be some confusion on how to run error free, but we are getting there and the news is much better than anticipated.

Then we broke for dinner. Dinner was a lot of fun. Dinner was an NEF fundraiser and it was a Murder and Mayhem party. I decided to become a suspect and donate \$25 to NEF. I was Leona, mother of 15, the original Octomom. Luckily, or unluckily... however you want to look at it, my character was innocent. But all actors played their part wonderfully and fun was had by all.

Saturday, Cathy Brady gave a presentation from NAWIC online about being a leader. She did an excellent job and it was nice to see what NAWIC offers online for topics to be used at membership meetings. After her talk, we were all forced to get up and participate in a line dance with a rubber band around our ankles. It was a good leg exercise and proves that one can exercise anywhere and with anything. Every little bit counts. We then had the Director election. Cathy Brady was the winner and will serve her first regional event when APC comes to Portland in October. During lunch on Saturday we had a speaker who focused on laughter and how it helps any situation, and how laughter actually helped her overcome disease. She was very inspiring and reminds us to try and laugh everyday.

After lunch we had a speaker discussing a Paperless Office. I think that she had a lot of great ideas, but am not convinced that a General Contractor can lose paper. But we can all do our part by not printing out all emails, and scanning all of our files for electronic transferring to reduce the quantity required. Next we received our invitations for the upcoming regional and national events. Convention will be held in late August in Phoenix, Arizona, and then APC is here in Portland. Next year Forum will be in Eugene and APC in Salem. Tri-Cities received the bid for Forum 2011 and Convention in 2013 will be in Bellevue, Washington.



Region 9 Forum Report

By Dalene Schafer

Forum in Seattle was my first Forum. I had no idea what to expect, but it was a blast! Apart from the FREE wine in the lobby every evening (including a masseuse one night, and GUITAR HERO! the next), I learned so much, that my brain is still recovering.

We left bright and early on Thursday morning, coffee in hand, to make it up to Seattle for the tour of the Zero Energy Home. That was a treat! The house is being built by Donna & Riley Shirey, who are also the contractors of the project. Donna is very passionate about this project and I hung onto every word she said about this house. Although my knowledge of house building is limited, it was still fun and interesting, even though I didn't understand all the terminology. Some highlights of the house are the eco-roof, the lattice on the front of the house to provide shade for that side of the house and a solar tube, which they installed horizontally (a first for the company that installs them). Washington State University will monitor their energy consumption when the project is complete; the Shirey's are measuring how much energy is generated by the solar panels they will have on the roof, and a helix wind turbine they will be installing. You can read even more about this great project on their website: <http://www.zeroenergyideahouse.com/index.html> . I will be making a special trip to see this house when it's finished. Who's coming with!?

Friday was jam packed with information. First off was the usual business of welcome to forum, who's who and who has to do what, followed by a very enthusiastic welcome to Seattle by the hotel's general manager, Sandy Burkett.

The first speaker was a lawyer, Eileen McKillop, who specializes in construction. She highlighted one of the new laws in Washington. There was a lot of lawyer jargon, but I think I got the idea. #1, read your contracts and make sure you understand them, #2 make sure you know if you as a corporation have been dissolved or not. She gave many examples illustrating the issues with these statues and laws.

Next was the very pregnant professor from the University of Washington (she's having boy/girl twins this summer!). Carrie Sturts Dossick, PhD, PE, spoke to us about Building Information Modeling or BIM for short, and how it is affecting the building and engineering world, how it affects cost of construction and design and the different systems are used. She also showed us a video of "printable" buildings which was basically giving plans for something to a machine and it spit out a wall from concrete.

Rachel Jamison was our next speaker. She is the Green Building Coordinator for the Washington State Department of Ecology. She travels around the state giving presentations and talks about building green and being sustainable. This was a very refreshing seminar, since she ran it like a discussion group and she was very animated and fun. According to her statistics, green home sales are up tremendously in this economy, and green homes are selling faster than regular ones. She also asked our input on a video they produced to show kids in schools on jobs in the construction industry.

Next Yasmine gave her directors report followed by Lunch!

After lunch we heard from Pam Worner of Green Dog Enterprises, who is also involved in the Zero Energy House project. She had an absolutely infectious laugh. She went over the various certification entities, how they get along (and don't get along) and some of the best avenues she recommended for making your home certifiable for energy efficiency. She also gave us some great tips for succeeding in a green project.

Jennifer Richards from Safety Matters was up next and told us her story of how she became a journeyman carpenter who always blew off safety until her brother became a quadriplegic after a diving accident. Now she works with the same guys she did when she was a carpenter, only now she monitors safety. She spoke about the challenges she over came with getting people to follow the safety rules.

We had the pleasure of having our National NAWIC Treasurer, Cindy Johnsen, with us for the Region 9 Forum this year, and she spoke to us briefly about all of the new issues NAWIC is dealing with in regards to Sox policies, Code of Ethics and our non-profit status. After Cindy's presentation we reviewed the Director's Expense Fund Report, which was given by Nancy Webber of Tacoma.

That evening we all became different people. Literally! Our NEF Fundraiser was a murder mystery dinner! Those who wished to participate could be either a suspect or a character. We all had fabulous costumes and acted out our parts to figure out who murdered poor Helen. Lauren and Carol were suspects and I was the doctor. It was great fun. Cindy Johnsen's character ended up the murder. We could purchases clues and guesses to solve the mystery.

Saturday was business as usual. Our first presenter of the day was Cathy Brady of the Tri-Cities. She presented "So You Want to Be a Leader". She explained that there are three types of leaders. Those who lead by authority, those who lead with relationships and those who lead with knowledge. We talked about the

differences between a manager and a leader, and qualities in a person that make them a leader. Her presentation included an activity, where we stood next to ropes with knots in them and, holding onto the rope without letting go, we were suppose to untie our knots as a group. That proved quite a challenge, but we were all up for it. It was great seeing who stepped up and who let the person lead.

Our next speaker was my favorite. Alice Lockridge is an exercise Physiologist who works with Seattle City Lights, the city's utility company (she works with the Linemen). She administers the test for potential employees to get into the apprentice program and while they are in the program, they get paid to work out with her. She spoke to us about Women in Non Traditional Trades. Her stance is that if a woman wants to work in the field, and she CAN PHYSICALLY DO IT, she should be allowed to. She talked about the mental, physical and emotional aspects of the job. She led us in an exercise routine; we all put a big rubber band around our ankles and danced for about 4 minutes. Let me tell you, I started ballet a few weeks ago and it's tough, but this was too! My hips and thighs were really burning! The best part was she is this tiny lady with brilliant red hair, and most of the people she works with are HUGE burly men. She gave some interesting statistics about women in non-traditional jobs as well. Did you know that doctors and surgeons and even postal workers used to be considered non-traditional jobs for women? A non-traditional job for women means that 25% or less of the occupations total workforce is female.

And then it was time for the Election of our new Region 9 Director. We were lucky enough to have two outstanding candidates for this position, both willing and able to lead our region forward; Cathy Brady of Tri-Cities Chapter and Fil Spiegel of the Alaska Chapter. There was some wonderful discussion, and our delegates voted. Our new Region 9 Director is Cathy Brady, congratulations!

Next was our breakout session of either a book review of "Good to Great" or NAWIC 101 (which I attended). This was mostly just a Q&A session, and I felt it was particularly beneficial for me as I'm the "newbie" incoming president of Portland chapter 54!

Lunch on Saturday was a treat! Sue Hart of Little Red Wagon University gave a presentation called "Shut up and Color!". Sue is a Certified Laughter Leader and showed us the importance of laughter and play not only in difficult situations, but in our day to day living. She taught us the difference between laughter and humor and also some of the history behind laughter. Then we all stood up and pretended we had an ice cube down our shits and hooted and hollered. It felt great!

After lunch we listened to my new friend Julie Salzer talk about "The Paperless Office" and how her previous company completed the process. She talked about the cost and space benefits, how they organized the process of changing over and how they handled administrative project tasks. She said over the four year conversion to completely paperless they went from 40some filing cabinets to only five! In addition they were able to also reduce the amount of off-site storage space significantly.

Next we heard our NEF report and Invitations to APC 2009 in Portland, Invitation for Forum 2010 – which will be May 13-16, 2010 hosted by Eugene and the Bid for Forum 2011 in Tri-Cities.

Saturday evening was our award banquet. Erin's company Cochran Broadway Electric won the Safety award! We had delicious food, honored our long standing members for 25, 30 and 35 years in NAWIC, our WIC of the Year, our award for Lifetime Achievement and our Future Leader award.

Overall Forum was educational and fun. I don't think I've ever learned so much about the construction industry in such a short amount of time.

EVENTS & ITEMS OF INTEREST



ASPE - Columbia Pacific Chapter 54
(American Society of Professional Estimators)

For information on ASPE Meetings and events, please visit their website at:

<http://www.aspeportland.org>

To make reservations for their meetings visit:

<http://www.aspeportland.org/Reservation.asp>
Questions: Curt Kolar, 503.368.8291

NAWIC UPCOMING EVENTS!

August 26-29, 2009
National Convention
Phoenix, Arizona

October 16-17, 2009
Annual Planning Conference
RiverPlace Marriott
Portland, Oregon

**National Kitchen & Bath Association
NKBA Columbia River Chapter**

In an effort to keep you connected with all of the latest events, news and information in the kitchen and bath industry, please visit:
<http://www.nkba.org>



It's that time of year again! Please start thinking about how you'd like to serve your chapter by participating as a board member. Our nominating committee will be contacting you soon!

NAWIC Member Services

If traveling, obtaining a publication subscription, business services or other special services don't forget that several companies offer NAWIC Members discounts on their services. See NAWIC Image or National Website <http://www.nawic.org>.



NAWIC CHAPTER 54 - Milestones & Interesting Facts!

NAWIC Links

NAWIC Portland Chapter 54
www.nawicportland54.org

NAWIC Region 9
www.nawicregion9.org

NAWIC National
www.nawic.org

NEF
www.nawiceducation.org



Anniversaries

Yasmine Branden
1999

Tracey Stoppelmoor
2008

Amanda Wilson
2008

Betty Wollam
1984

Birthdays

Anne Wagner
May 24th

Amber Cook
May 27th



Milestone Anniversaries!

Evelyn Stratton
35 years

Betty Wollam
25 years



WEB SITE SPONSORS WANTED!!

What a great opportunity to get your name and or company on one of the greatest Web Sites in the world! Millions of people have an opportunity to look at NAWIC Portland Chapter 54 Web Site! For only \$25, we will scan your business card and put your name and company name with a link to your web site on ours for an entire year!

Contact Edie Bales @ edibal@safeco.com or 503-697-0171

Visit us at: <http://www.nawicportland54.org>

NAWIC PORTLAND 54 SPONSORS

The following companies have generously sponsored our 2008 Golf Tournament. Chapter 54 appreciates their support and encourages you to use their services.

EVENT SPONSORS

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PREMIER SPONSORS

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Morgan Machinery Moving
NIKE
Opus Northwest LLC
Sir Speedy Printing
Umpqua Bank

Region 9 Contacts

Region 9 Committee Chairs

Membership – Cathy Brady and Chris Jett

Professional Education – Gloria Bruning and Fil Spiegel

WIC Week – Pamela Keller

Future Leader – Evie Clark

Lifetime Achievement – Tamie Taylor

WIC of the Year – Gloria Bruning

Safety – Ruth Fritts

Tradeswomen – Kathleen Bugbee

Block Kids – Esther Hartshorn and Kelly Milstead

CAD/Drafting – Janet Pardee

Website – Robin Langkamp, CIT

PR/Marketing –Cathy Hall and Sarah Webb

Construction Industry – Amanda Ring

Forum 2009 – Maureen Byrnes, Puget Sound

BOMC – Diana Corbin

Region 9 Chapter Presidents

Portland #54 – Lauren Holmes
Puget Sound #60 – Nicole Martin
Eugene #77 – Anne Thompson
Spokane #143 – Jessica Moody
Tacoma #187 – Cathy Hall
Tri Cities #192 – Stacey Keller
Alaska #197 – Kris McKinney
Salem #198 – Nancy Carter
Great Falls #228 – Barbara Woith
Boise #245 – Brenda Smith

2007- 2008 Officers, Directors & Committees



Core Values:

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

Core Purpose:

To enhance the success of women in the Construction Industry.

We're on the Web!

See us at:

www.nawicportland54.org

| | |
|--------------------------|--|
| President | Lauren Holmes |
| President Elect | Dalene Schafer |
| Vice President | Carol Helms |
| Treasurer | Erin Holmes |
| Recording Secretary | Marilyn Morrison |
| Corresponding Secretary | Christina Fell |
| Directors | Gloria Bruning, Amber Cook, Betty Oden, Julie Puderbaugh |
| Immediate Past President | Edie Bales |

Committees

Finance: Lauren Holmes*, Edie Bales, Erin Holmes, Evelyn Stratton

Membership: Betty Oden*, Edie Bales, Evelyn Stratton-membership manual

Construction Profession & Education: Marilyn Morrison*, Dalene Schafer*, Gloria Bruning, Amanda Wilson

Audit: Evelyn Stratton*

Ways & Means: Julie Puderbaugh*, Edie Bales, Gloria Bruning, Lauren Holmes, Betty Oden, Betty Wollam

Badges & Attendance: Erin Holmes*, Evelyn Stratton, Rosalie Hayward

Block Kids: Carol Helms*, Betty Spencer, Betty Wollam

Bylaws: Evelyn Stratton*

CAD: Erin Holmes*, Edie Bales, Sherri McCurdy

Chapter Sales & Raffle: Edie Bales*, Barbara Freeman

Newsletter: Gloria Bruning*

Public Relations: Betty Spencer*

Safety: Amber Cook*

Scholarship: Barbara Freeman*, Gloria Bruning

WIC Week: Edie Bales*, Carol Helms, Gloria Bruning

Website: Edie Bales*, Darlene Marquardt, Webmaster

* *designates "chair" or "co-chair"*

The success of our chapter depends upon our members' participation. If you don't see your name above, it's not too late to join as a committee member. Thank you to all who have volunteered for these positions. ~Lauren Holmes