



Constructively Speaking

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

November 2008

Events Calendar

December 1st:
Board Meeting
Safeco Insurance

December 18th:
Membership Meeting
Location TBA

Highlights

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Message**
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Announcements**
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November Membership Meeting Notice

Date: Thursday, November 20, 2008
5:30 p.m. registration begins / 6:00 p.m. dinner/program

NEW!

Location: CH2M Hill Center – 5th Floor
2020 SW 4th Ave., Portland, OR
Corner of SW 4th & Lincoln Street. Parking under the building is accessed from Lincoln Street and is free if you arrive between 4:45 and 6:00. Additional parking is located across the street at the University Place Hotel for \$2.50/hr. Elevators are accessible from the parking garage or the buildings main front entrance on 4th Ave. Doors lock at 6:00 pm; please contact Amanda Wilson at (503) 702-7962 if you arrive late.

Cost: \$25.00

Menu: Grilled Mexican Chicken or Squash/Black Bean Enchiladas
Dessert Included!

Program: 2008 Convention Overview plus News from APC

RSVP: Edie Bales (503) 697-0171 or email: edibal@safeco.com **by noon, Monday, November 17th, 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 it is November already! I hope that everyone had a safe and happy Halloween, and managed to stay dry as they took their kids out for trick or treating and/or as they took themselves out for a bit of tricks and treating! I would also like to remind everyone to get out there and vote... or in our case, sit down in the comfort of your home and fill out that lengthy ballot and get it to a drop off location. This is a big election year, and we need to take advantage of our rights. Everyone has a voice, and we need to make sure we exercise it!

With the transition into November, the good news is all of those annoying campaign commercials and mailers will end, but the bad news is that the fall weather is finally here... And thus the rain begins again.

APC in Spokane was fabulous. The weather was great, the speakers were informative, the activities were fun (it always helps that my fabulous team including Amanda Wilson and Emilie Riddle won) and the impromptu walk about the cities historical sites was fantastic. To find out more about APC 2008, reference Amanda Wilson's and my reports....

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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.

NAWIC 53rd Annual Convention
September 3-6, 2008 ~ Las Vegas, Nevada

Report by Carol Helms, Chapter Representative

Attending the annual convention as a first-timer was an amazing experience. The 53rd convention was one of the largest yet with a little over 670 women all in one place. Wow! I enjoyed touching bases with the SAWIC group after they had been such gracious hosts on our trip to South Africa November of 2007.

The first timers' orientation was a very informative review of what to expect and how to get the most out of my experience at convention. The meeting left me with very high expectations of the event.

The Welcome Party Dinner was great. Dana Daniels and his Parrot, Luigi entertained us for the evening. They were very funny and made the evening go by quickly. The theme was Vintage Vegas and some of the chapters had matching outfits such as bowling shirts. All of the girls had a great time.

We were up early the next morning and off to the annual meeting. We took care of all the business and then had a great keynote speaker Harvey Alston who stressed being "HAPPY"

H=Do your job with all your Heart
A=With a good Attitude
P=Get along with People
P=Do your job with Pride
Y=Invest in You

I thought this represented NAWIC well and could be the golden rule of success.

I attended several Professional Seminars though the next couple of days starting with "How to Write a Safety Plan". This class gave me a lot of information and the presenter broke the process down into basic steps that made it seem easy. I am currently writing a new safety plan for our company using some of the information I learned in this class.

The next class I attended was the Chapter Presidents' Leadership Training. This was a great way to learn how the protocol for NAWIC works. The class was taught through role playing. We were sectioned off into groups of 10 or so. Each member of the group drew a position to hold during a board meeting. I drew president for the first problem so I had to jump right in there and lead. It was a little scary but our coach said we handled the problem well and within NAWIC Guidelines.

"Powerful Communication" was next on the agenda. The presenter for this seminar was a professor at a College. She had lots of stories to tell about how words and body language play into good communication skills. She had some great tips and was enjoyable to listen too.

MAGIC: Mentor a Girl in Construction Summer Camp was one of my favorite presentations. I really believe this would be a great program for our chapter to introduce into our community. Amanda and I will be sharing some information that we brought back soon at one of our meetings.

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Carol's Convention Report continued:

The last seminar that I attended was MGM Mirage: Breaking the Barriers for Women in Construction. This was not my favorite presentation. It was set up in a panel format and seemed very staged and rehearsed. There were a few good stories on personal challenges that were overcome breaking into "a male dominated industry", but most of it seemed like an overview of their construction company's accomplishments.

One of the highlights of the convention for me was to share a room with my roommate from the South Africa trip last November. Mary is from the Twin Cities in Minnesota. We met for the first time as roommates in South Africa and have kept in touch since. We decided to try rooming together again since neither one of us snore and we did well together for ten days the first time around. We also got together with all of the ladies that went to South Africa and attended convention for a dinner on Thursday night. It was at a little French Bistro called Josette's. Josette is a good friend of one of the NAWIC women and offered her restaurant for our reunion.

Josette was great she served wonderful French food. She is famous for her breads and has been offered her own show on the food network this year. We had entertainment and wine and lots of catching up. There were 28 NAWIC girls who came to the dinner which included the girls who went to South Africa and some ladies from the Phoenix Chapter.

The convention was a great experience and I would recommend it to anyone, so start saving your money for next year.

Carol Helms

President Lauren's letter continued:

I want to again thank Nancy Oswald for putting together such a heart felt and beautiful installation ceremony in September. The candle ceremony was flawless and the candles themselves looked gorgeous as they had to be creatively put together when colored candle could not be found. Great job Nancy!

The Professional Education committee met and is still working through ideas for this years programs. Please visit the survey link below to help them plan the programs that we want to see this year.

http://www.surveymonkey.com/s.aspx?sm=y7BBU9_2fS78hU6LhpTS8Inw_3d_3d

I am very excited for the year to come. I know that we have lots of exciting ideas and can not wait to get all of them into motion.

Lauren Holmes

DCBS OCCUPATIONAL SAFETY AND HEALTH DIVISION (Oregon OSHA) SAFETY AND HEALTH WORKSHOP EVENTS PLANNER

The following workplace safety and health educational opportunities are being offered by Oregon OSHA in the Portland area during **December 2008**. To register for the free workshops, fax your request on company letterhead to (503) 947-7462 or register on the Oregon OSHA Web site, www.orosha.org under "Education." For questions about Oregon OSHA's public education, call (503) 947-7443 or call toll-free within Oregon, (888) 292-5247, Option 2.

Wednesday, December 3

8 a.m. to noon: **Safety and Health Program Evaluation**

Portland Community College – Capital Center, Room 1539, 18624 NW Walker Road, Beaverton

Wednesday, December 3

1 p.m. to 5 p.m.: **Exposure Control/Bloodborne Pathogens**

Portland Community College – Capital Center, Room 1539, 18624 NW Walker Road, Beaverton

Tuesday, December 9

8 a.m. to noon: **Conducting an Accident Investigation**

Portland Community College – Capital Center, Room 1539, 18624 NW Walker Road, Beaverton

Tuesday, December 9

1 p.m. to 5 p.m.: **Hearing Conservation Program**

Portland Community College – Capital Center, Room 1539, 18624 NW Walker Road, Beaverton

Wednesday, December 10

8 a.m. to noon: **Confined Space Safety**

Portland Community College – Capital Center, Room 1539, 18624 NW Walker Road, Beaverton

Wednesday, December 10

1 p.m. to 5 p.m.: **Ergonomics of Manual Material Handling**

Portland Community College – Capital Center, Room 1539, 18624 NW Walker Road, Beaverton

Tuesday, December 16

8 a.m. to noon: **Forklift Safety**

Northwest College of Construction, Room 101, 8111 NE Holman Street, Portland

Tuesday, December 16

1 p.m. to 5 p.m.: **Fall Protection**

Northwest College of Construction, Room 101, 8111 NE Holman Street, Portland

Thursday, December 18

8 a.m. to noon: **Workplace Emergency Action Plan**

Northwest College of Construction, Room 101, 8111 NE Holman Street, Portland

Thursday, December 18

1 p.m. to 5 p.m.: **Safety and the Supervisor**

Northwest College of Construction, Room 101, 8111 NE Holman Street, Portland

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!

April 16-18, 2009
Forum
Seattle, Washington

August 26-29, 2009
National Convention
Phoenix, Arizona

**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>

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>.

