



Constructively Speaking

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

October 2008

Events Calendar

November 3rd:
Board Meeting
Safeco Insurance

November 20th:
Membership Meeting
Location TBA

Highlights

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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.

October Membership Meeting Notice

Date: Thursday, October 23, 2008
5:30 p.m. registration begins / 6:00 p.m. dinner/program

Location: Clyde's Prime Rib Restaurant & Bar
5474 NE Sandy Blvd., Portland, OR 97213 (503) 281-9200

Cost: \$25.00

Menu: Choice of Prime Rib, Pasta or Seafood
Coffee, Tea & Soda – No Dessert

Program: 2008 Convention Overview plus News from APC

President Lauren Holmes and others will provide a report on 2008 Convention and Annual Planning Conference. Discussion will include the changes required by the IRS along with new projects available to our Chapter.

RSVP: Edie Bales (503) 697-0171 or email: edibal@safeco.com **by noon, Monday, October 20th**, 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 October already, and the time has come for me to step up and fill Edie's big shoes. She did an amazing job as president and it will be no easy task to live up to her legacy. The past year went by way too fast, but I am very eager and excited to begin my work as President and hope that I can represent our Chapter well.

I am so excited to see what Dalene and Marilyn and the rest of the Professional Education Committee are planning for the upcoming year's programs and venues. It is sure to be fabulous. This month we have pushed our October Membership meeting back a week so that we can use the meeting to review the new legal and IRS issues we will discuss at APC, and have tentatively scheduled a presentation about the NAWIC "MAGIC Camp" and "Garden Shed" as additions to our yearly program for our November membership meeting.

Also, please don't forget to get your membership renewals into national. Renewals were due October 1st, but they will accept late renewals with a \$25 late fee. We look forward to everyone renewing... and maybe a few new members too!

~Lauren Holmes, 2008-09 Chapter President

NAWIC 53rd Annual Convention

Report to Portland Chapter 54
Sept 3-6, 2008 Las Vegas, Nevada
by Edie Bales

One of the most amazing things about attending a NAWIC Convention are the number of women in attendance. Women from all over the country, even a few of our SAWIC sisters were there. Even though you meet some for the very first time, you feel as if you have known them for a while.

The Welcome Party on Wednesday evening was a lot of fun. We were entertained by Dana Daniels and his Parrot, Luigi. The act was very entertaining. The event was a great way to meet new people and catch up with others you've met before.

The Annual Meeting was held on Thursday morning. Our "welcome" speaker was Congresswoman Shelley Berkley. A very interesting lady who is very supportive of women in the construction industry. The day consisted of the typical NAWIC business being done, very interesting if you've never seen this done at the national level. There were several presentations and speakers. Tamie Taylor spoke about the Magic Camp program which peaked interest in members from our Chapter. We had reports from the Board of Director, Vice President, NEF, NFSF and NAWIC National Staff recognition.

The Keynote speaker was Harvey Alston, CEO of Best, Inc.. Topic was "Be the Best". If you ever get an opportunity to hear this man speak, take it. He is a very gifted and amazing speaker who truly makes you feel you can accomplish anything with the right attitude.

The Awards Banquet was held during lunch Thursday. Despite the crowded accommodations in the banquet room, the Awards Ceremony was nicely done. Nancy Eaton put NEF donation envelopes on each table and did a creative donation drive for NEF. Made me miss our former member Judy Redford, who like Nancy seems to pull donations out of the air! I cannot remember exactly how much she collected but it was substantial.

Later Thursday afternoon seminars were offered. I participated in two given by Harvey Alston. "Competent Communication" – Developing skills to communicate more competently. Spoke on how to listen effectively and to notice and understand non-verbal communication. Also strategies for public group communication. The other seminar was "Conflict Resolution" – It focused on the ability to impact those around you. How to develop your personal code of conduct. There was role play illustrating conflicts and how to effectively handle them.

Friday morning we were up at the crack of dawn (some after only a couple hours sleep) for regional group photo's at 7:45am! Then off to breakfast and another seminar at 9 am. I chose to sit in on both part I and II of the "The Seven Deadly Mistakes Business Make: How to Recognize and Avoid Them". The seminar showed how poor fundamental financial controls and cash management along with a lack of understanding of how financial information can kill a business. The information presented was interesting, especially during these times. Information on how to sell your point or information quickly.

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~CONVENTION REPORT by Edie Bales continued

The 3rd seminar I took Friday was “Women Owned Construction Firms”. I had mixed emotions on this. The title was mis-leading. Some may remember a few years ago a NAWIC member sent out a questionnaire to help her with a thesis she was writing in college. I believe this seminar was basically her paper. She had a lot of very interesting history on women’s roles throughout history from 1500- present. It was amazing to hear the important part some women played in historical events and got no credit. All her information on that came from a book she recommended “Incorporating Women: A History of Women and Business in the United States” by Angel Kwoled-Folland. I intend on reading this someday! The rest of the information was subject to interpretation and many of us in the group disagreed with some statements, which opened up a great conversation among all.

I had decided not to go on the Hard Hat Tour Friday, so had time for one more seminar. 30-Second Pitch – This was presented by Helen Eck and Julie Lyssy of NAWIC. Great information on how to sell your point or information quickly .

Saturday I attended three Association Workshops. The first was “Directors Advisor/Forum Hostess.” With our chapter hosting 2009 APC, I picked up a few ideas and also learned of some changes in how we handle money matters as a non-profit. The second was “WIC Week – National, Regional & Chapter”. This was a quick half hour on various ideas to promote WIC Week. The third was “Membership – National, Regional & Chapter.” Another good workshop on recruiting and keeping members.

The Hoover Dam tour was during the afternoon Saturday. I chose not to go, instead doing an upper body workout...okay mostly my right arm, pulling slot machine arms.

The Crystal Visions Awards Gala was Saturday evening. Very nicely done. Janet Rickstew received the Crystal Vision Award; Nancy Eaton CCA CDS CIT received the Crystal Achievement Award, and Steve Corriher the Carol Kueker Award. Comedian Jan McInnis entertained us. The 2007-08 board was recognized and thanked and the 2008-09 board installed in a very moving ceremony.

Sunday morning I grabbed some breakfast and the small amount of winnings I had and came home.

The 2008 Convention was educational, entertaining and a great place to make new friends and say Hi to those not seen in a while. I sincerely thank the Portland Chapter for letting me represent them at this affair.

~Edie Bales, 2007-08 Chapter President



DCBS OCCUPATIONAL SAFETY AND HEALTH DIVISION (Oregon OSHA)

SAFETY AND HEALTH WORKSHOP EVENTS PLANNER

For October 2008, Metro Portland locations

The following workplace safety and health educational opportunities are being offered by Oregon OSHA in the Portland area during October 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.

Tuesday, October 21

8 a.m. to noon: **Safety Training & Your Multicultural Workforce**
Portland Community College – Capital Center, Room 1539
18624 NW Walker Road
Beaverton

Tuesday, October 21

1 p.m. to 5 p.m.: **Safety Leadership**
Portland Community College – Capital Center, Room 1539
18624 NW Walker Road
Beaverton

Wednesday, October 22

8 a.m. to noon: **Fall Protection**
Portland Community College – Capital Center, Room 1539
18624 NW Walker Road
Beaverton

Wednesday, October 22

8 a.m. to noon: **Identifying and Controlling Hazards**
Northwest College of Construction, Room 101
8111 NE Holman Street
Portland

Wednesday, October 22

1 p.m. to 5 p.m.: **Confined Space Safety**
Northwest College of Construction, Room 101
8111 NE Holman Street
Portland

Thursday, October 23

8 a.m. to noon: **Lockout/Tagout and Machine Safeguarding**
Northwest College of Construction, Room 101
8111 NE Holman Street
Portland

Thursday, October 23

1 p.m. to 5 p.m.: **Introduction to Ergonomics**
Northwest College of Construction, Room 101
8111 NE Holman Street
Portland

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