



NAWIC NETWORK

NAWIC's core purpose: To enhance the success of women in the construction industry.

Eugene Chapter No. 77 – PO Box 1765, Eugene, OR 97440

February 2008

2007- 2008 LEADERSHIP:

OFFICERS:

President – Robin Langkamp, CIT
President Elect – Lyn Winegar
Vice President – Nancy Ograin
Recording Secretary – Anne Thompson
Corresponding Secretary – Heidi Oldenburg
Treasurer – Diana Corbin, CIT
Immediate Past President – Ellie Cooper

BOARD OF DIRECTORS:

Sharon Brouillette
Michele Riggs
Twylla Tatum
Carrie Fortier, CPA

Important Dates:

- 13th - General Meeting**
Topic: “Green Building”
Location: River Ranch,
Franklin Blvd
Time: Cocktails 5:30,
Meeting 6:00
- 20th - Casual Luncheon**
Location: Turtles Bar and
Grill, 2690 Willamette
Street
Time: 12:00 noon
- 27th - Board Meeting**
Location: Eugene Sand and
Gravel
Time: 5:30pm

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Message from the President

February 2008
President's Message

Wow, it's February and we're getting into full swing with our activities!

Coming up at our February 13th meeting is James McDonald on “Building Green”. Green building is all around us so let's get a little insight to what it's all about.

That next weekend we will be demonstrating Block-Kids at the Asian Celebration. The 23rd is our actual Block-Kids competition at The Science Factory. We will need volunteers for registration and during the contest, and also judges. Please ask fellow construction professional to help us out, they won't be sorry and will have a great time with the kids!

The Oregon Chapter's Retreat is on the 29th in Cannon Beach, you will have a great time and might learn something too. It's always good to meet members from other chapters and possibly put a face to a voice or a name form a company you do business with...Great Networking!

That next week is 'WIC Week' and Tana from Chambers Const. has a full week planned for us. Take a look at the schedule later in the newsletter. This is our specific time to celebrate NAWIC, so put up your poster, join in the activities and let people know about us!

Continued on pg 2

IT'S ALL ABOUT THE MEMBERS!

As our membership grows it's important that we celebrate each others lives and accomplishments, please make sure and send me information about something special in your life or in the life of one of our fellow members so we can share that information with the rest of the group ~ Thanks, Carrie

February NAWIC Anniversaries

Year joined: _____ # of Years: _____ Member: _____

No Anniversaries this month ☹

February Birthdays



Cary Kuvaas 3rd

Heidi Oldenburg 6th

Monthly Membership Drawing

The Membership Committee would like to remind our members that we are giving away a *Jerry's Home Improvement* Gift Card at each general meeting... You must be present at the meeting to win!

Check out what Karen Jones and the Cascades Raptor Center are up to on page ###

Message from the President, continued

At our February meeting we will be voting on our nominees for WIC of the Year (Janet Pardee & Michele Riggs) & the Lifetime Achievement (Nancy Ograin & Diana Corbin). Come to add your vote for the most deserving.

Again don't forget about Forum in Anchorage, AK the last weekend in April. It will be a great Conference with amazing sites to see (See the idea page later in this newsletter)!

Robin Langkamp, CIT

CHAPTER EVENTS

MONTHLY LUNCHEON SCHEDULE:

Come join us for Chapter 77's monthly casual lunches, which are always held the 3rd Wednesday of the month, the schedule of locations for the remaining lunches for the year are as follows. The purpose of these lunches is for our members to have a chance to get to know one another better in a casual/social setting; we hope to see you there!

February 20	Turtles Bar and Grill	2690 Willamette Street, Eugene
March 19	Papa's Soul Food Kitchen BBQ	400 Blair Blvd, Eugene
April 16	Izzy's Pizza & Classic Buffet	1930 Mohawk Blvd, Springfield
May 21	Kabuki's	2130 W. 11 th , Eugene
June 18	Chapala Mexican Restaurant	68 W 29 th , Eugene
July 16	Cafe' Soriah	384 W.13 th Ave, Eugene
August 20	Ron's Island Grill	Sheldon Plaza, Eugene
September 17	McMenamins North Bank	22 Club Road, Eugene

The Eugene Chapter now has a phone number 541-393-5107

The Eugene chapter now has another avenue for the public to reach our chapter and receive information about our meetings. The phone number is linked to an answering service, no one will be answering the phone directly, however it is our commitment as the board that any messages left will be returned in a timely manner. The message on the phone will change monthly and include information on upcoming chapter meetings and events. If you have any questions regarding our new phone number please contact one of the board members.

Upcoming regional and national events:

April 24 - 26, 2008: Forum, Anchorage, Alaska

September 3 – 6, 2008: Annual Meeting and Convention, Las Vegas, Nevada

October 2008: Annual Planning Conference, Spokane, Washington

April 16-18, 2009: Forum, Seattle, Washington

August 26 - 29, 2009: Annual Meeting and Convention, Phoenix, Arizona

CHAPTER EVENTS, continued

February Meeting details:

- **Program:** Building Green
- **Speaker:** James McDonald
- **Details:** I have noticed a lot of "BUZZ" on this. CSI documentor had a website noted, the Register Guard had an article about a green project, and the Hilton Inn rep said they were remodeling and going green. Have your questions ready, this should be a good program.
- Ellie Cooper, Professional Education

Recap of last month's meeting

Our January meeting was an overview of the New Eugene City Hall design. Mike Penwell with the City of Eugene Facilities Management and Ellen Tenity with TNT Consulting were the speakers. Ellen is getting input from the community on what they would like in the design and then will present it to the City Council and Thomas Hacker, Architects. The architecture firm is out of Portland. They specialize in these types of structures.

Mike spoke about why a new city hall was need and the master plan. Some of the reasons are as follows:

- 1 – Earthquake Safety
Current city hall was built in 1961.
- 2 – Failing Building Systems
Still has the original mechanical systems.
- 3 – High Energy Consumption
Very little insulation and single glaze windows, not an efficient building.
- 4 – Poor Civic Presence & Connection
Doesn't look like a city hall, very suburban building.
- 5 – Disbursed Services
City offices are located at 10 locations all around Eugene and they have out grown the building. Not efficient working conditions.

Their goals for the new city hall are:

- 1 – Build a structure that will last for 25 years, but want it to be around for 100 years.
- 2 – Consolidate city services.
- 3 – Meet the needs of the people.

So far 25 sites have been looked at and the decision was to settle on the existing site. Currently the focus is on what the city hall will look like and being able to meet the widest range of disabilities. They want everyone to be able to use the building in the same way. Mike and Ellen have been to many community events and are focusing on public involvement.

Please visit the web site, eugencityhall.com , to find out more information and to view the conceptual drawings of the new city hall.

It was a very interesting and informative meeting. We'd like to thank Mike Penhall and Ellen Tenity for their great presentation!

Submitted by Nancy Ograin

CHAPTER EVENTS, continued

Block Kids Competition

Date: Feb. 23rd

Place: Science Factory

Time: Competition begins at 1:00 and should end at 3:00 pm

Details: This year's event will be held at the Science Factory. We are looking for volunteers to help out at the event and for judges. It will be a little different than in the past as the kids will be split up into 3 different areas based on their grade. The areas are completely separated. We will assign volunteers and judges to each area.

Enclosed in our newsletter is a copy of the "Block Kids" flyer. Please copy and post at your business.

The Science Factory will also be participating in the Asian Celebration on Feb. 16th and 17th and they are asking for volunteers from NAWIC to help out at their booth to promote "Block Kids". So we need volunteers to help out there also.

Please contact Nancy Ograin if you are able to help.

Thanks,

Nancy

689-6600 or nancy.ograin@kniferiver.com

REGION 9 NEWS

Walking to Las Vegas! (National Convention 2008)

Our regional director Yasmine has put out a challenge to all chapters in our region to walk to Las Vegas. Each chapter is challenged to add up their mileage between now and convention in September to make it from their town to Las Vegas (we have 915 miles from Eugene to Vegas) In order for us to make it to Las Vegas we need each member to walk 38.125 miles between November and September 3rd!

Robin is keeping track for us so make sure and send her your weekly mileage so we can monitor how far we are!

The plan is for all members, whether they attend convention or not to be in *GREAT SHAPE* in September when Convention rolls around!

Here is where our chapter stands:

Sharon B	86.75
Wendy C	115.00
Robin L.	66.00
Sharon A.	19.75
Wendy W.	33.50
Carrie F.	70.00
Ellie C.	24.00
Total	415.00

Come on Ladies we need to log in 500 more miles... then we can start helping the ladies up North in Alaska ☺

Oregon Retreat Reminder!!!!

The Portland Chapter is planning a great Oregon Retreat this year at **Tolovana Inn at Cannon Beach**. Oregon Retreat is a great way to get to know your NAWIC members from your our own chapter and from Salem and Portland. **The date is February 29th – March 1st**. If you have not sent in your registration form please do so by February 14th to Anne Cohen – see attached registration form. Also hotel reservations to be made ASAP at 1-800-33-8890 – tell them you are with NAWIC and get a 10% discount! *Edie from Portland just called and made a reservation and they had rooms with no view for as little as \$63, with a view you'll pay a little more.*

REGION 9 NEWS, continued

Explore New Frontiers

**NAWIC 2007 Region 9 Forum
Hilton Hotel, Anchorage, Alaska
April 24 – April 25, 2008**

Alaska Chapter #197 welcomes you to our fair city at 61° North latitude!

Thursday night is the kickoff for Forum. First Timers will meet with Judy DeWeese, NAWIC Secretary, in the hospitality suite. We have an hour of Alaskan fun planned for them!

Friday's Welcome Party theme is "Cabin Fever Reliever". Get ready for some fishing!

Saturday's banquet theme is "Rendezvous!" based on the Fur Rondy festivities.

Scheduled speakers include:

- DeeDee Janrow: past winner of the Iditarod
- Gwen Holdmann: Chena Hot Springs Resort; discuss the renewable energy sources for the climatic energy in the Ice Museum
- Janet Reiser: green/sustainability consultant; discuss cutting edge green building technology and green/sustainable projects
- Lynn Barrett: Chair of the Alaska Chapter of the US Green Building Council (and NAWIC member); discuss DIRT (Doing It Right This Time) a green building product used for internal renovations

The average temperature of Anchorage during late April is 45-55 degrees. Please visit www.anchorage.net for information on weather, culture, and everything else Alaskan.

Airport Transportation Services:

There are always taxis waiting. It will cost approximately \$20.00 to get to the hotel.

Alaska Shuttle – 338-8888. It will cost \$19.00 for up to 3 people.

Optional touring:

David Green Furriers – April 24th at 3:00. One hour tour.

The Alaska Native Heritage Center is open Saturdays from 10-5
www.alaskanative.net

The Anchorage Museum is open daily 10-6 www.anchagemuseum.org

REGION 9 NEWS, continued

Other worthwhile websites:

www.kenafjords.com

www.princewilliamsound.com

www.alaskaheritagetours.com

See the pages following the registration form for a full list of all the attractions Alaska has to offer!

Do you Google?

Did you know if you use the Google search engine on the NAWIC national site www.nawic.org Google donates money to NAWIC to be included in non-dues revenue?

FROM THE NAWIC NATIONAL OFFICE

Highlights from February Connection

Candidates for NAWIC Office

NAWIC is seeking qualified members to submit for candidacy for the national offices of President-Elect, Vice President, Secretary and Treasurer. We encourage any member interested in a leadership role with NAWIC to apply. To obtain an application or to learn more about the guidelines and qualifications, [click here](#). Qualified applicants must postmark their applications by Feb. 1. All candidates will be verified and announced prior to Feb. 15.

NAWIC Now Accepts American Express & Discover

Doing business with NAWIC just got easier! In an effort to make NAWIC membership and purchases more convenient, NAWIC now accepts American Express and Discover, along with Visa and MasterCard. Enjoy these flexible payment options when renewing your membership, buying from the NAWIC Store, registering for Convention and more!

New Ethics Rule for Government Contractors

“Contractor Code of Business Ethics and Conduct”

On November 23, the Department of Defense (DOD), the General Services Administration (GSA), the National Aeronautics and Space Administration (NASA) and the Office of Federal Procurement Policy (OFPP) amended the Federal Acquisition Regulation (FAR) (Fed.Reg.65,873) to require most federal contractors and subcontractors to:

1. Have a Fraud Hotline Poster
 - Applies only to contracts over \$5 Million
 - Requires display of agency fraud hotline poster
(But only if contractor does not have its own posted fraud hotline)
2. Establish a written Code Of Ethics
3. Establish an employee ethics and compliance training program
4. Establish internal control system

Read the rest of the requirements in the February issue of the Connection – check your e-mail for your copy!

Did you receive your 2007 Winter E-Notes??

What a great resource for finding all your NAWIC forms and information

CORRESPONDENCE REPORT

January 2007

The report will be available at the February general meeting.

INDUSTRY CONNECTIONS IN OUR AREA

AGC – Associated General Contractors of Oregon-Columbia

www.agc-oregon.org

Call 541-826-6610 or contact Jeanne Staton at jeanne@statonco.com

OSN – Oregon Subcontractors Network

www.subcontractor-network.com

Meets the 2nd Tuesday of each month at The Waterfront on MLK Blvd. in Eugene.

Social 6:00 pm, Dinner 6:30, Program 7:30 Cost \$20.00

Call 541-484-5530 or contact Diana Corbin at kc1022@aol.com

CFMA – Construction Financial Management Association

www.cfma.org

For more information contact Sandee Gerber at sandee@twinrp.com

CSI – Construction Specification Institute

www.csiwvc.org

Meets the last Thursday of each month at the Eugene Hilton, top floor, Vista room.

Social 4:30 pm, Dinner 5:30, Program 6:30 Cost \$10.00

Call 541-687-0129 or contact Brenda at bab@mrrichards.com

HBA - Home Builders Association

www.hbalanecounty.org

Meets the last Tuesday of every month at the Valley River Inn.

6:00 pm Cost is \$22.00

Call 541-686-6529 or contact Linda at lindac@hblanecounty.org



**NAWIC's core purpose:
To enhance the success of women in the construction industry**

SPONSORS



EDGE Construction Supply

490 S. Bertelsen
P.O. Box 2823
Eugene, OR 97402
541.342.3641
800.944.0165
541.343.1753 (fax)

Ellie Cooper

Inside Sales Representative
elliecooper@edgecs.com

CASCADES RAPTOR CENTER

PROJECT DENALI

Karen Jones, owner of Double Eagle Design and Construction, has agreed to provide the labor to construct a new aviary for Denali, a glove-trained female bald eagle who has been identified for placement at Cascades Raptor Center, a wildlife hospital and nature center, specializing in birds of prey, in Eugene. Construction is anticipated to begin in late February or early March with completion by April 1. You can learn more about Denali and the Cascades Raptor Center by visiting their web site at www.eRaptors.org.

The Cascades Raptor Center and Double Eagle Design and Construction are seeking project sponsorship or donations for the materials required to construct the new aviary. Estimated retail costs for materials are \$5,750.00 for lumber, nails, hardware cloth, gravel, etc. If you have an interest in becoming involved with this important project, please contact Executive Director Louise Shimmel at 541 – 485 – 1320 or by email at Louise@eRaptors.org. CRC is a 501 (c) 3 tax-exempt organization and contributions are deductible to the full extent of the law.

The Cascades Raptor Center is open to the public with seasonal hours Tuesday through Sunday and is home to over 60 permanent resident, non-releasable raptors of more than 30 species. Denali has arrived in Eugene, has begun her re-training, and is awaiting her new home. Please feel free to contact Karen Jones or the Cascades Raptor Center if you have any further questions or would like to support the project.

Karen Jones
Double Eagle Design and Construction
541 – 913 – 9951

NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION
CHAPTER 54 PORTLAND INVITES YOU TO ATTEND
THE OREGON RETREAT
REGISTRATION FORM

SPONSORED BY SMITH FREED & EBERHARD, PC

YOUR LITIGATION PARTNER



WHERE The Tolovana Inn at Cannon Beach. Call 1-800-333-8890. Tell them you are with NAWIC for a 10% discount on your room rate.

WHEN Leap Year Weekend February 29 / March 1
Evening Social – February 29 6 pm to 9 pm in Hospitality Suite
Retreat Programming – March 1 9 am.

HOW TO REGISTER

Name _____

Address _____

Phone Number _____

Chapter _____ If Non-Member please indicate _____

COST \$30 (Includes lunch on March 1). Make checks payable to NAWIC Chapter 54. **REGISTRATION DEADLINE FEBRUARY 14, 2008**

PLEASE INDICATE YOUR MENU CHOICE ON THE REVERSE SIDE OF THIS FORM

LUNCH OPTIONS: (PLEASE CIRCLE ONE)

1. **Spicy Beef Salad:** Tender strips of beef served over fresh spinach and mixed greens.
2. **Cobb Salad:** Romaine lettuce with crumbled bacon, Danish blue, avocado, turkey, diced tomato and hard boiled eggs.
3. **Pear, Walnut & Gorgonzola Salad:** Mixed greens & watercress. Sliced pears, candied walnuts & gorgonzola. (Vegetarian option)

All served with rolls and butter. An assortment of hot appetizers will also be served, as well as assorted soft drinks, fruit, and cookies. Tea and coffee will be available throughout the day. **PLEASE NOTE: ANY ALTERNATE MENU REQUESTS NEED TO BE MADE AT LEAST TWO WEEKS IN ADVANCE. UNFORTUNATELY SAME DAY REQUESTS CANNOT BE ACCOMMODATED**

TELL US ABOUT YOURSELF:

Please share some information about yourself, for fun use at the Retreat only.

1. What's your favorite non-work related activity? _____
2. Who is your favorite author? _____
3. What's your favorite vacation spot ? _____
4. If you had the power to do anything in the world, and money were no object, what would it be? _____
5. How many siblings do you have? _____
6. What's your most unlikely hobby? _____
7. What's the one fun fact no one would ever guess about you? _____

WHITE ELEPHANT EXCHANGE: Bring the worst/most useless/thoughtless/hideous or gag gift you received this holiday season to share a laugh over and exchange for something just slightly less useless/hideous. **DO NOT BUY ANYTHING FOR THIS!! AUTHENTIC GIFTS ONLY! IF YOU LIKED**

EVERYTHING YOU RECEIVED, SOMETHING HIDEOUS/USELESS CAN BE CONTRIBUTED ON YOUR BEHALF. ;-)

**RETURN THIS REGISTRATION FORM BY FEBRUARY 14.
RETURN IT TO:**

ANNE COHEN
SMITH FREED & EBERHARD
111 SW FIFTH AVENUE
43RD FLOOR
PORTLAND, OR 97204
FAX 503-227-2535
ACOHEN@SMITHFREED.COM



NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION

46th Annual Region 9 Forum

“EXPLORING NEW FRONTIERS”

Hosted by Alaska Chapter #197

April 25 – 26, 2008

Anchorage, AK

REGISTRATION FORM

Name for Badge _____ Chapter Name _____ No. _____
 Region _____
 Address _____

City _____ State _____ Zip _____ Email: _____

Employer _____

Office Phone (_____) _____ Home Phone
 (_____) _____

CHECK ONE: Delegate () Alternate ()

CHECK ONE: Member () Other () NAWIC Officer (Title) _____

CHECK ONE: Is this your first NAWIC Region 9 Forum? Yes () No () How many previously? ()

Registration Fee \$165.00 if paid by March 21, 2008

Non-Member Registration Fee \$300.00

Late Registration Fee \$190.00 if postmarked after March 21, 2008

Make checks payable to: NAWIC Alaska Chapter – 2008 Region 9 Forum

Mail registration fee to: Judy Montgomery, c/o AGC Alaska, 8005 Schoon Street, Anchorage, AK 99518.

YOUR REGISTRATION FEE INCLUDES THE FOLLOWING:

<i>Function</i>	<i>Guest Tickets</i>	<i>No. of Tickets</i>	<i>Total Cost</i>
Friday Luncheon	\$35.00		\$
Friday Night Welcome Party and Dinner Buffet	\$50.00		\$
Saturday Luncheon	\$35.00		\$
Saturday Night Awards Dinner	\$75.00		\$
		Guest tickets	\$
		Registration Fee	\$
		Total Amount	\$

Emergency Contact Information _____ Phone # _____

Food allergies _____

For questions please contact Fil Spiegel at fspiegel@beaconhss.com or (907) 222-7612

Hotel Information: www1.hilton.com/en_US/hi/hotel/ANCAHHF-Hilton-Anchorage-Alaska

Standard room: \$99.00 single or double; 119.00 triple; \$139.00 quad

Explore New Frontiers

**NAWIC 2007 Region 9 Forum
Hilton Hotel, Anchorage, Alaska
April 24 – April 25, 2008**

There is much to see and do in Anchorage for visitors of all ages. Outdoor attractions in Alaska include Chugach State Park, Turnagain Arm and skiing at Alyeska. Alaska is also known for its cultural tourist attractions such as the Alaska Native Heritage Center and the Anchorage Museum.



Alaska Native Heritage Center. The Alaska Native Heritage Center offers in-depth information on the native people of Alaska. Displays, exhibits, performances, workshops and tours offer insight into the archeological and legendary history of Alaska, and serve to preserve and celebrate Native Alaska's heritage, cultures, language and traditions. The Center is located in Anchorage. Visit www.alaskanative.net.

The Alaska Zoo. The Alaska Zoo in Anchorage is home to approximately 100 arctic and sub-arctic birds and mammals such as bald eagles, tundra swans, polar bears, wolves and river otters. The zoo is open daily, except Thanksgiving and Christmas. Visit www.alaskazoo.org.

Anchorage Museum. The Anchorage Museum is the largest museum in Alaska. Exhibits and programs celebrate the arts, history and culture of Alaska and the circumpolar north. The museum's collection includes art, artifacts and other historical material and documents from Alaska, northern Canada, Siberia and Greenland. Visit www.anchoragemuseum.org.



Alaska Wildlife Conservation Center. The Alaska Wildlife Conservation Center provides refuge for orphaned or injured wildlife, cares for animals that cannot survive in nature, and serves to educate visitors on Alaska's diverse wildlife. At the Center, visitors can safely observe such animals as bears, moose, caribou, elk, bison and birds of prey. The Center is located at the entrance to Portage Valley and is open daily. Visit www.alaskawildlife.org.

Eagle River Nature Center. Located within Chugach State Park, the Eagle River Nature Center provides year-round recreational and educational opportunities for visitors. Interpretive programs for children and adults, guided nature walks, nine miles of hiking trails and overnight camping in a rustic cabin and yurts are available through the nature center. Visit www.ernc.org.

Alaska Aces. Cheer for the ECHL hockey team, the Alaska Aces, at Sullivan Arena in Anchorage. This AA hockey team offers action-packed games that are sure to please crowds of any age. Visit www.alaskaaces.com.

Wild Salmon on Parade. The streets of downtown Anchorage teem with the wildest fish run of the season when dozens of originally crafted salmon decorate the city's parks, retail centers and sidewalks each summer. View the entire school of Wild Salmon on Parade on a self-guided tour. The giant salmon statues are later auctioned to raise funds for local organizations. Visit www.wildsalmononparade.com.

Alyeska Resort. Alyeska Resort is among the top-rated ski and snowboard resorts in North America. The resort offers 2,500 vertical feet of terrain spread over 1,400 acres with wide open bowls and top-to-bottom runs for all levels of skiers and snowboarders. The resort also offers tubing, terrain parks, and ski and snowboard lessons, including an adaptive program. Mt. Alyeska is open from mid-November to mid-April and on weekends through Memorial Day, weather and conditions permitting. Visit www.alyeskaresort.com.

49th Reel. Learn about exciting Anchorage attractions and South Central Alaska wildlife and nature with short videos produced by the Anchorage Convention & Visitors Bureau. Videos can be watched online or downloaded onto iPods. Visit www.49threel.com/preview4.html.



Turnagain Arm. Turnagain Arm, south of Anchorage on the Seward Highway, is arguably one of the most beautiful stretches of highway in the United States. View

Chugach State Park's 3,000-foot mountains to the left and sprawling flats that stretch for miles and Cook Inlet to the right. Visit www.alaska.org/driving/turnagain-arm-drive.htm for a list of other attractions along Turnagain Arm.

Bird Creek. Bird Creek, located along the Seward Highway, is a popular and scenic spot for anglers and other outdoors enthusiasts. Hike Bird Ridge, bike to Girdwood or take advantage of incredible photo opportunities of Turnagain Arm from the Bird Point scenic overlook. Visit www.alaska.com.

Tony Knowles Coastal Trail. Anchorage offers a labyrinth of paved and dirt trails. Among the most popular for walkers, joggers and cyclists is the 11-mile Tony Knowles Coastal Trail. The trail winds alongside Cook Inlet and Knick Arm from downtown Anchorage to Kincaid Park. The mostly flat trail that passes by numerous landmarks is suitable for beginner cyclists and families. Visit www.alaska.com.

Begich, Boggs Visitor Center. Learn about the Chugach National Forest at the Begich, Boggs Visitor Center in Portage Valley. The Chugach is the second largest national forest in the United States. The Visitor Center features natural history exhibits, educational programs and presentations and park information services. Visit http://www.fs.fed.us/r10/chugach/chugach_pages/bbvc/bbvc.htm.

Mat-Su Valley. Visit Mat-Su Valley for the ultimate outdoor adventure getaway. Hiking, kayaking, backcountry trekking, "flightseeing" tours, skiing, fishing and wildlife observation await visitors of all ages. The region also offers interesting museums and historical landmarks reminiscent of the Last Frontier's Gold Rush era. Visit www.alaskavisit.com/.



Anchorage Fishing. Fish for King and Coho salmon, Dolly Varden, trout, pike and whitefish, among others, in Anchorage-area streams and lakes. Seward, Homer, Kenai and the Mat-Su Valley are popular fishing destinations within a short drive from Anchorage. Numerous Anchorage guides and outfitters can help anglers plan the perfect excursion whether for an afternoon or multiple days. Visit http://www.outdoorsdirectory.com/areas/fishing/southcentral/anchorage_fishing.htm.

Anchorage Hiking. Anchorage offers a variety of hiking options for all ability levels. An extensive network of paved and dirt trails are located throughout the city. Local favorites include Flattop Mountain, Kincaid Park, Thunderbird Falls Trail and Turnagain Arm Trail. Visit <http://www.visitanchorage.net/651.cfm>.