



# NAWIC NETWORK

Eugene Chapter No. 77

PO Box 1765, Eugene, OR 97440 541-393-5107

**November 2009**

## Important Dates:

### 11<sup>th</sup> General Meeting

**Topic:** Job Corp and Select Temp

**Location:** The Boulevard Grill, Franklin Blvd

**Time:** No host bar 5:30, Meeting 6:00

### 18<sup>th</sup> - Casual Luncheon

**Location:** BJ's Restaurant  
1600 Coburg RD, Eugene

**Time:** 12:00 noon

### 25<sup>th</sup> - Board Meeting

**Location:** Knife River

**Time:** 5:30pm

## What's inside?

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## Message from the President

"Lane County Construction & Utilities Career Days" on Oc. 14th at Staton Companies was a big success. We had approx. 350 kids participate and they all seemed to really enjoy it. There was lots of equipment to operator, utility poles to climb and this year there was even a welding booth. Thanks to all our members who helped out and especially to Jeanne Staton for hosting the event. We will have pictures at our November meeting.

Robin, Jan and I attended the Annual Planning Conference in Portland on Oct 17<sup>th</sup>. Portland did a great job putting it on and having informative speakers and information. They are hosting a "Brew Fest" to raise scholarship funds. Please check out their flyer under the "Links" tab on our web site.

This Christmas we will sponsor a family. I have contacted Shelter Care and they will be getting us information on the family and their needs. Hopefully we will get that very soon so we can get to work on it. We sponsored a family last year and it so rewarding and the family was so appreciative. This year, especially, there are so many families in need.

Ruth Fritts, the Regional 9 "Safety Committee" chair sent an application form for the "Region 9 Safety Excellence Award 2009-2010". If you would like to nominate your company for this award, the application is on our website under the "Links" tab. This award is to recognize companies who excel at safety performance. She also sent other safety information which is also posted on our web site.

Hope to see you all at our November 11<sup>th</sup> meeting. Our speaker from the Oregon Contractor Board had to cancel. Our speaker will be Kristin and Sarah from Job Corp. They will be talking about Job Corp training program for young kids and Cary Kuvaas from Select-Temp will be speaking about their job program.

Nancy

# IT'S ALL ABOUT THE MEMBERS!

As our membership grows it's important that we celebrate each other's 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

## November NAWIC Anniversaries

Member	# of Years	Year Joined
Nancy Ograin	21	1988
Tammy Crafton	7	2002
Amanda Ring	2	2007



## Birthdays

No Birthday's this month

## Mystery Member of the Month

**Mother Teresa** is my hero. **Blue** is my favorite color. A fun fact about my family is, **my family loves having family game night, especially playing charades, we also really love camping, fishing, friends and family.** I was born in **Burbank, CA** but if I could live anywhere it would be **Eugene in the summer and Arizona in the winter.** If I won the lottery I would **build a golf course and start a children's after school program that would be free to all.** My favorite way to relax is to **garden, read and decorate my house.** When I was growing up I wanted to be a **Nurse.** My favorite movie is **"To Sir with Love".** My hobby is **gardening, especially flowers.**

*If you believe you know this month's mystery member email your guess to cfortier@jrca.com, at the General meeting the "Mystery Member" will be announced and a drawing will be done for all persons who guessed correctly to win a gift card*

# OUR CHAPTER

## 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!

- **November 18**    **B.J.'s Restaurant**    **1600 Coburg Rd.**
- **December 16**    **Louie's Village**    **947 Franklin Blvd.**
- **January 20**    **Taste of India**    **2495 Hilyard St.**
- **February 17**    **Izzy's Pizza (Buffet)**    **1930 Mohawk Blvd.**
- **March 17**    **Empire Buffet**    **1933 Franklin Blvd.**
- **April 21**    **Applebee's**    **3024 Gateway St.**
- **May 19**    **P.F. Chang's China Bistro**    **Oakway Center**
- **June 16**    **Don Juan's**    **2650 River Rd.**
- **July 21**    **Kabuki's**    **2130 W 11<sup>th</sup> Ave.**
- **August 18**    **Sushi Domo**    **1020 Green Acres Rd.**
- **September 15**    **Kuraya's Thai Cuisine**    **1410 Mohawk Blvd.**

### 2008- 2009 LEADERSHIP:

#### OFFICERS:

*President – Nancy Ograin*

*President Elect – Open*

*Vice President – Amanda Ring*

*Recording Secretary – Robin Langkamp, CIT*

*Corresponding Secretary – Ellie Cooper*

*Treasurer – Jenny West*

*Immediate Past President – Anne Thompson*

#### BOARD OF DIRECTORS:

**Jan Sandusky, CIT**

**Michele Riggs**

**Twylla Tatum**

**Sharon Anderson**

### Upcoming Meeting Topics

**November:** Kristin and Sara from the Job Corp and Cary Kuvaas from Select-Temp with be talking about job training programs

**December:** Christmas Party

Description: Our Annual Christmas party and ornament exchange, more details to come.

**January:** To be determined

## OUR CHAPTER, continued

### Recap of last month's meeting

Our speaker at our October meeting was Ava Stocker, a meridian therapy specialist. She uses tapping of acupressure points for stress relief. She said that 80% of illness is caused by stress. She believes that most of our problems have an emotional cause and our bodies store it all and it needs to be relieved. There are different levels of stress. When you are under stress how do you react? Here are some stress behaviors:

Out of Control – engaging in excessive or addictive behaviors such as alcohol, drugs, food, or gambling.

Over Reactive – jumping to conclusions, not willing to listen.

Defensive – heavy use of denial, anger, bargaining, silence, withdrawal, criticism, and excuses.

Spaced Out – not being present to situation at hand, can't hear what is being said, zoning out.

Barely Managing Okay – barely getting everything done, you need help but will not ask for it. Tell yourself to try harder or plan your time better.

Ava believes her technique helps with stress and illness if you use it. She also recommended the book "The Biology of the Belief" by Bruce Lipson. For more information visit her web site at [www.efthealingtouch.com](http://www.efthealingtouch.com).

Submitted by Nancy Ograin

### Construction & Utilities Career Day ~ October 14, 2009

The day turned out to be fabulous. The rain quit and the overcast sky was great. We had over 350 students from Lane County registered. They were a fantastic group of kids who asked good questions and were willing to try the various displays. As always the heavy equipment drew their interest with backhoes, graders, rollers, and man lifts, boom trucks, utility pole climbing, etc. The informational tent offered apprenticeship and college scholarship information and also included a nailing competition with the beam supplied by Value Lumber Co and a wheelbarrow race coordinated by Essex General Construction Inc. The hands-on area offered options to weld, bend conduit, drilling into concrete & placing anchors, putting mortar on bricks, electrical box attachments, PVC & pipe fittings, solar panel display and more.

We would like to give BIG thanks to **Staton Companies** for hosting the event and **NW Natural Gas** for sponsoring the hot dog lunch. The event would not have happened without the hard work of the committee who took the time to develop and plan this event including many NAWIC members **Cassandra Cranston, Jenny West, Sandee Gerber, and myself (Ellie Cooper)**. I believe we all were pleased with the final results--students that enjoyed the various construction and utility related trades.

Thanks ~ Ellie

## REGION 9 NEWS

NAWIC Region 9 Annual Planning Conference

October 16, 2009

### **Region 9 Tours Lincoln Hall Restoration Project on PSU Campus**

*By Nicole Martin, Puget Sound Chapter #60*

A gathering of Region 9 members including Lauren Holmes, Immediate Past President of the Portland Chapter, together with Superintendent Troy Boardman of Howard S. Wright toured the Lincoln Hall building built in 1911, the first building acquired for the Portland State University. In the 70's the building was converted to a Performing Arts Building and has served as such since then. The remodel will equip Lincoln Hall with seismic bracing, new mechanical systems, a new roof, and will take care of the asbestos used during the 1970's renovation. The state is providing funds for the remodel from its general fund and from the Lottery-backed bonds. PSU is raising an additional \$10 million to buy new furnishings and to make to make other improvements.

The 135,000 sf building has an overall budget of about \$20 million. When the demolition subcontractor started on the job their contract was around \$300,000, and has tripled in size as the project has progressed as scope has been added and changed. The project which is expected to receive a NC LEED Gold rating boasts some pretty amazing upgrades to get the structure up to code. On the tour we learned that the window upgrades (which were funded entirely with "Go Oregon" stimulus funds) proved to be so efficient they were able to get rid of the old noisy HVAC unit that services the main auditorium. With its removal the school is able to gain back the existing HVAC room and turn it into a MIDI keyboard lab complete with the latest technology. Because of the large hallways once filled with lockers, the building currently has a only 53% usable square footage, which will be gained back by placing the faculty offices along the corridors. The auditorium will have improved ADA seating and an additional elevator stop for easier access. As construction progressed it was realized that two classrooms could be converted to a rehearsal stage to match the size of the stage in the auditorium, allowing the performers additional areas to perfect their show.

Along with better use of the space and accessibility, the building is receiving all new mechanical and electrical systems which have proven to be very challenging. "Revit has been very useful for MEP," says Boardman when mentioning that the BIM process for the building has been extremely helpful for this project. It is amazing to compare building something today to back in the early nineteen hundreds, as it was noted that the original plans were just 11 hand done sheets.

Expected completion for this project is July of 2010. This sound building will keep its classical charm and no doubt be an essential fixture on the PSU campus for many years to come.

## REGION 9 NEWS, continued



Some of the ladies on the tour at APC... Can you find the Chapter 77 member?

### Regional Chairs:

Construction Profession and Education  
Membership  
PR/Marketing  
WIC Week  
Safety Health  
CAD Drafting  
Parliamentarian  
NEF Liaison  
NEF Fund Raisers  
Block Kids

Fil Spiegel  
Lauren Holmes  
Ayeshua Walden  
Darla Hall  
Ruth Fritts  
Judy Jewel  
Pam Wright  
Yasmine Branden  
Open  
Amanda Ring

[fspiegel@beaconhss.com](mailto:fspiegel@beaconhss.com)  
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[yasmine.branden@neilkelly.com](mailto:yasmine.branden@neilkelly.com)  
[amanda.ring@gcinc.com](mailto:amanda.ring@gcinc.com)

# FROM THE NAWIC NATIONAL OFFICE

## Highlights from the November The Connection

### **Non-renewing Members to Receive Exit Survey**

Membership renewals were due at the NAWIC Office by Oct. 1; however, members can renew anytime throughout the year. Those who have not renewed will be sent an exit survey Oct. 21.

### **Print a Chapter Roster**

All NAWIC members can go Online at <http://www.nawic.org/> and download a current chapter or region roster. Here are the steps:

1. Go to <http://www.nawic.org/> > Member Log In > Member Center > Member Directory.
2. Select "Chapter Name" or "Region Number" from the pull down menu.
3. Select "Excel" as output.
4. Select "Search."
5. The roster will open in Excel.
6. To sort the data by columns: Highlight all the information, except the first two rows, containing merged cells. Select "Data" from the toolbar; then select "Sort." Select the column by which you want to sort.
7. To save the document, input a file name, and then choose "Microsoft Office Excel Workbook" as the file type.

### **Member Appreciation**

To show our appreciation and thanks for your membership, every new and renewing member's name (as of October 31) will be entered into a drawing to receive one of three special prizes. Look for your "Member Appreciation" email in your inbox soon to find out what prizes await three lucky NAWIC members!

## **NAWIC's Core Purpose**

**To enhance the success of women in the construction industry.**

## **NAWIC's Core Values**

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

# NAWIC CALENDAR

## Upcoming Local, Regional and National events:

### 2010

February, 2010: Oregon Coast Retreat, TBD

May 14-15, 2010: Forum, Eugene, Oregon

September 1-4, 2010: Annual Meeting and Convention,  
Louisville, Kentucky

Fall 2010: Annual Planning Conference, Salem, OR

### 2011

August 31 – Sept. 3, 2011: Annual Meeting and Convention, St.  
Louis, Mo.

Do you have a NAWIC event that needs to be added to the  
calendar – please let me know!

## Quote of the Month

"The good life is inspired by love and guided by knowledge"

~ Bertrand Russell

## INDUSTRY CONNECTIONS IN OUR AREA

**AGC – Associated General Contractors of Oregon-Columbia** [www.agc-oregon.org](http://www.agc-oregon.org)

Call 541-826-6610 or contact Jeanne Staton at [jeanne@statonco.com](mailto:jeanne@statonco.com)

**OSN – Oregon Subcontractors Network** [www.subcontractor-network.com](http://www.subcontractor-network.com)

Meets the 2<sup>nd</sup> 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 [kcdc1022@aol.com](mailto:kcdc1022@aol.com)

**CFMA – Construction Financial Management Association** [www.cfma.org](http://www.cfma.org)

For more information contact Sandee Gerber at [sandee@twinrp.com](mailto:sandee@twinrp.com)

**CSI – Construction Specification Institute** [www.csiwvc.org](http://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](mailto:bab@mrrichards.com)

**HBA - Home Builders Association** [www.hbalanecounty.org](http://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](mailto:lindac@hblanecounty.org)

## SPONSORS

### Advanced Business Intervention / NMS, Inc.

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Lynn Sampson

[www.advancedbusinessintervention.com](http://www.advancedbusinessintervention.com)

E-mail: [abisampl@ortelco.net](mailto:abisampl@ortelco.net)

Phone: 877-863-7498

## CORRESPONDENCE REPORT

October 2009

### Sent:

- Sympathy cards sent to:
  - Lili Enriquez (father)
  - Cindy Gibson (husband)

### Received:

- Umpqua bank statement
- City of Eugene Wastewater Mgmt pamphlet
- Morgan Stanley Smith Barney bank statement, semi-annual report
- QuickBooks brochure for QuickBooks training
- Business Connections bill for message phone
- State Of Oregon Corp Div 2009 Annual Report and bill for Incorporation fee
- Essex check for charitable donation
- checks for prepaid dinners
- See's Candies brochure for fundraising
- Umpqua Bank brochure for visa rewards card

## Annual Planning Conference 2009

Robin, Jan and I attended the Annual Planning Conference in Portland on Oct. 16<sup>th</sup> - 17<sup>th</sup>. The Portland Chapter #54 did a great job of putting on this conference. The purpose of this conference is to provide aid to newly elected officers and committee chairmen, but is beneficial to newer members also.

There were training sessions for the Chapter Presidents, Vice-Presidents, Secretary, and Treasurer. Robin did a training class on navigating the Region 9 website and the National Website. This was very helpful to everyone as we now know how and where to find things. Robin volunteered to present this at one our meetings also.

The Keynote Speaker was Lynn Rust, the Assistant Deputy Project Director, of the Columbia River Crossing. She gave a presentation on the proposed new bridge to replace the current I-5 bridge from Portland to Vancouver, WA. Needless to say it is a very complicated project and is already 4 years into the design stage. Working with both ODOT and WSDOT and all the other various agencies has not been an easy task. If everything goes as planned they hope to start construction in 2012 with completion by 2017. Projected cost is 4.2 billion and it will be a toll bridge.

We also had seminars on "Running an Effective Meeting" and "Personal Safety Training". Both were excellent. I have handouts on the "Personal Safety Training" if anyone is interested. It was the best one I've ever attended.

We enjoyed the conference and check out the article from the Region 9 News in our newsletter on the "Lincoln Hall Restoration Project" tour.

Nancy Ograin



The Lane County  
Construction and Utilities Career Day  
Planning Committee would like to thank the following **sponsors:**

Hosted by:  
**Staton Companies**

Lunch Provided by:  
**NW Natural**

Bucket Truck Donor *\$1500 or more*  
**Oregon Department of Transportation**  
**Lane Workforce Partnership**  
**Eugene Water and Electric Board**  
**Hamilton Construction**

Bulldozer Donor *\$1000*  
**Northwest College of Construction**  
**Lane Education Service District**  
**South Willamette Valley Limited Energy Apprenticeship Committee**  
**National Association of Women in Construction #77**

Jack Hammer Donor *\$500*  
**Umpqua Roofing**  
**Emerald People's Utility District**  
**Knife River Corporation**  
**Twin Rivers Plumbing**  
**FM Sheet Metal, Inc.**  
**Lane Community College**

Golden Hammer Donor *\$250*  
**Mid-Oregon Independent Electrical Contractors**  
**IBEW Local 280**

Hard Hat Donor *\$100*  
**OBEC Consulting Engineers**  
**Springfield Utility Board**

Other Donations:  
**Edge Construction Supply**  
**Liberty Bank**  
**Apprenticeship Training Services**  
**Northwest Steel Structures, Inc.**  
**Northwest Iron, Inc.**

**Moss Adams**



The Lane County

Construction and Utilities Career Day

Planning Committee would like to thank the following **exhibitors**:

Pape Group  
Nation's Mini-Mix  
Northwest College of Construction  
Eugene Sign and Awning  
Farwest Steel and Farwest Fabrication  
EWEB/EPUD  
Hamilton Construction  
AGC, Oregon-Columbia Chapter  
ODOT, Office of Civil Rights  
Job Corps  
Christenson Electric  
Modern Machinery  
Edge Construction Supply  
Case Power and Equipment  
OR-OSHA  
City of Eugene  
Central Electrical JATC  
Lane Community College  
Apprenticeship in the Trades  
Apprenticeship Coordinator  
Westside Iron  
Essex General Construction  
Star Rentals  
Twin Rivers Plumbing  
Wildish Construction  
Peterson Machinery  
Ahern Rentals