

NAWIC NETWORK

Eugene Chapter No. 77

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

April 2010

Important Dates:

14th General Meeting

Topic: Saving in a Rough Economy by Dorinda Dawes at Liberty Bank

Location: Boulevard Grill

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

21st - Casual Luncheon

Location: Empire Buffet
1933 Franklin Blvd.

Time: 12:00 noon

28th - Board Meeting

Location: Knife River

Time: 5:30pm

Message from the President

We had a very busy March and first I would like to thank Diana for heading up our Oregon Retreat and to all our members who attended the event. Diana did a great job of putting it all together. Everyone enjoyed retreat especially the Job Corp tour. Thanks to Sarah and Kristi for putting on this special tour for us and also for breakfast. See Diana's article in our newsletter.

"WIC Week" was next and thank you Ellie, Cassandra and Kristi for making it so successful putting it all together. Helping out at "Food for Lane County" was a rewarding experience. Be sure to check out Ellie's article on WIC week in our newsletter and thanks to all our members who participated in our "WIC Week" events.

It's time to get your registration forms in for our 2010 Annual Forum as registration forms are due date is April 16th. Our chapter can help you with your registration fee so for more information on this check with Robin or myself. Forum will have many educational seminars and also some fun events. Friday is the "Welcome Party" where you can wear your high school or college school colors. There will also be a walking tour of the U of O Architecture and the new Matt Knight Arena. Saturday night is the "Awards Banquet". Forum is such a rewarding experience please plans on attending!

Cassandra is looking for volunteers to help out with Options Unlimited Expo at LCC May 8th. It's a hands on career event for middle and high school girls. Please help out if you can.

Our speaker for our April meeting is Dorinda Dawes from Liberty Bank and her topic will be "Saving in a Rough Economy". We will also be asking for nominations for our "Nominating Committee". This committee puts together the "Slate of Officers" for the 2010 -2011 year. Voting takes place in June.

Welcome new member Allegra Dungey from Moss Adams. Allegra was initiated at our March meeting and she has worked at Moss Adams for the past 6 years as in the tax department and she has an 8 year old daughter. We're excited to have her in our chapter.

Hope to see you all at our April meeting.

Nancy

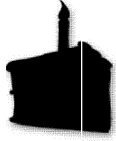
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IT'S ALL ABOUT THE MEMBERS!

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

<u>April NAWIC Anniversaries</u>		
<u>Member</u>	<u># of Years</u>	<u>Year Joined</u>
Ann Schafer	2	2008
Barb Bakke	2	2008

	
Birthdays	
Tammy Crafton	6th
Ellie Cooper	7th

Mystery Member of the Month

My hero is my dad. Pink is my favorite color. A fun fact about my family is we usually vacation together in one hotel room (9 people!). I was born in Salem, OR but if I could live anywhere it would be anywhere warm and sunny. If I won the lottery I would give part of it to each of my kids and take my favorite girls to a spa in Costa Rica. My favorite way to relax is to eat chocolate, drink red wine and read a great book. When I was growing up I wanted to be an actress. My favorite movie is "Beauty and the Beast". My hobbies is to ride my cruiser bike.

If you would like to continue to see this section features in the newsletter I need more people to fill out the mystery member form that can be found on the website!

March's Mystery Member was ... Ellie Cooper



Jones & Roth, P.C. announced a new client resource, a unique **Energy Tax Credit Team** has been formed to track the growing number of energy related credits and incentives available to individuals and businesses. This new team of tax professionals can provide clients with information and guidance about these tax saving credits and incentives. **Carrie Fortier, CPA has been named the team leader**

Congratulations Carrie!

OUR CHAPTER

2009- 2010 LEADERSHIP:

OFFICERS:

President – Nancy Ograin

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

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!

- 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 11th Ave.
- August 18 Sushi Domo 1020 Green Acres Rd.
- September 15 Kuraya's Thai Cuisine 1410 Mohawk Blvd.

UPCOMING MEETINGS:

May – Winner Dinner

June – Using social websites – Amanda Ring and Robin Langkamp

July – Tour, tbd

August – Picnic, tbd

September – Installation of our new officers

OUR CHAPTER, continued

Recap of Last Month's Meeting

Our speaker for our March meeting was Dr. Brooke Kyle, obstetrics and gynecology at Women's Care in Springfield. Dr. Kyle presentation was on how to keep healthy. One of the most important things is your BMI (Mass Body Index). You need to eat healthy to stay healthy and it's good to have a primary care doctor. She stated that what impacts your health most is smoking and alcohol. Limit your alcohol to one glass per night and red wine is the best. As for diet, she suggests 5 servings of fruits and vegetables a day and you need 25 g of fiber per day. Limit sodium to 2 g per day. Mono fats are good for you and trans fats and partially hydrogenated fats are bad for you. White meat such as chicken, pork and fish are OK and try and limit red meat.

Dr. Kyle talked about some of the recommended tests and how often you should have them.

Annual exam: every year, first one at age 21 or sooner if sexually active, 21- 30 every two years, then once a year till at least 70.

Mammogram: every 2 years after age 40, every year after 50. If your Mom had breast cancer you should start doing them 10 years before she got her cancer.

Bone scan: first test at age 65. Osteoporosis related fractures occur in 50% of women over 50. Weight bearing exercises, calcium and vitamin D can help. She recommends 1000 mg calcium & 600 IU of vitamin D for premenopausal women and 1500 mg calcium and 800 IU for postmenopausal women.

Fasting glucose test: every three years after age 45.

Thyroid test: every 5 years after age 50.

Cholesterol test: have it checked every 5 years after age 45.

Dr. Kyle also discussed menopause, its symptoms, and some of the things that can help. The average age of menopause is 51 years old. Some of the things she suggested to help with the symptoms, especially hot flashes, were exercise, antidepressants, soy products, hormone replacements, and birth control pills can even help. She suggested that if you do decide to use HRT's to start with a low dose plant estrogen. You need estrogen with progesterone if you have a uterus if no uterus then estrogen only. She said that estrogen is what causes uterine cancer. She also talked about the HPV vaccine. Dr Kyle does recommend it for girls 7-26 years and also boys. She said it can prevent cancer in 90% of cases and 99% of genital warts and there are no long term side effects. The reason she recommends it for boys is to prevent genital warts which prevents them from passing that along to the girls. There are no symptoms with HPV.

Dr. Kyle suggests you should see your doctor if feel a breast lump and if there is any bleeding between periods or after menopause.

Dr. Kyle was very informative and there were lots of questions and we thank her for coming and speaking to us.

Submitted by Nancy Ograin

OUR CHAPTER, continued

Recap of Oregon Retreat

The Oregon Retreat for 2010 was attended by 18 women and 2 men.

Eugene was the host chapter this year. We had a wonderful hospitality room with two bedrooms, a complete kitchen, dining area and living room with fireplace and view of the ocean.

We met in the meeting room at about 8:00 am on Saturday. We left for the Job Corp tour at about 8:45 and drove to the Job Corp Campus.

We were greeted by the Job Corp and given some information about the campus site and the tour. We then went into the cafeteria and had breakfast, cooked by the students in the culinary arts program. There were a wide variety of items to choose from. We sat in the dining room with the students – intermingled with them at the tables. We had lively conversations with the students as we ate. The tour started with the Culinary Arts area, then the Painting facility, the Mason area, the Carpenters, Plumbing, Welding and Automotive areas. We met some of the teachers and students who gave us a tour of each working/learning area. We then got a tour of the gym, library and activities area followed by housing facilities and got to see one of the dorm rooms. The students were eager to share their knowledge of the campus and talk about their experiences there. It was a very enlightening tour and I really enjoyed the young adults we saw and interacted with.

After we got back we had a lively discussion led by Director Cathy Brady. We discussed mid-year board issues, NAWIC issues and National Budget ideas.

We had a wonderful lunch – 5 or 6 different salads and meats, cheeses and rolls to make sandwiches. There were also cookies -3 or 4 different kinds and they were good.

After lunch Salem presented their part of the program – word scrambles and number puzzles. Got us thinking after lunch.

Portland did a scavenger hunt with some really fun items like take a team members photo with a staff member. Well it was fun and got us moving after thinking after lunch!!!

We adjourned around 3:30 on Saturday afternoon. Some of us met back at the hospitality room where we ate, drank, knitted and talked until one in the morning. We had a great time!!!!

Thank you for letting me arrange the weekend and fill in for Madame President, Nancy, (who could not be there due to Bee School) and be our chapter representative.

It was a wonderful, relaxing and fun filled weekend and hopefully you can be there next year if you could not make it this year.

Respectfully Submitted

Diana Corbin, CIT

OUR CHAPTER, continued

NAWIC 48th ANNUAL REGION 9 FORUM 2010

May 13-16, 2010 Race to Forum in Eugene Track Town, USA

We are really excited to be hosting Region 9's annual Form this coming May, but we need your help! How can I help might you ask?? Well let me tell you, all members can help in one or more of the following ways:

1. Sign up for a committee (See Robin L. for the list of committee's that still need to be filled)
2. Register for the event, you can register for the full two days or just one – Nancy is going to talk about this more in the coming meetings on ways to incentivize members to attend ☺
3. Have your Company make a sponsorship – see form on the internet
4. Still have some questions? Please contact Robin L or Carrie F.

The registration for the event, wine tour and sponsorships are all available on the homepage of our website at www.nawiceugene.com

Note: for committee chairs and members we are going to start having weekly meeting to get ready for forum starting on Thursday April 22nd at noon – place to be determined

We will also meet briefly after our general meeting on the 14th

OUR CHAPTER, continued

RECAP of WIC Week

Many of our members participated in our activities the week of March 7-13 to celebrate Women In Construction Week.

After work on Monday, we met at Food for Lane County. There were eleven in our team and we filled 2 tables to pack food that had been donated. We work with foods previously prepared and packed them for a family of four. We also have fruits and onions from bulk containers to repack. We had a lot of fun and worked for a wonderful foundation. (see picture below!)

Wednesday was our general meeting. Dr Brooke Kyle is very knowledge and shared good information with her slides and talk.

We had some drawings for wine tasting, flowers, and good munchies at our breakfast Friday morning at Marie Calendars. Eleven women joined together for an early meal. What a lovely start to a day with our fabulous and funny ladies socializing before work. Thanks to my co-chair Kristin & Cassandra, we hope you enjoyed our "WIC WEEK".

Submitted by Ellie Cooper



Quote of the Month

Do not wait for leaders; do it alone, person to person.

~ Mother Teresa

FROM THE NAWIC NATIONAL OFFICE

Highlights from the April The Connection

Congrats on a Successful WIC Week 2010

WIC Week has come and gone, and thank you to all chapters and members who participated in the nationwide event. It was a huge success! Look for WIC Week highlights in the April/May issue of *The NAWIC IMAGE*. Don't forget that the 2010 WIC Week Poster is double-sided, and the reverse side can be displayed year-round. So, don't throw your poster away, just flip it!

2010-2011 Candidates for National Office

Plan on exercising your right to vote by participating in NAWIC's one-member, one-vote election! Members classified as "Active," "Corporate" and "Member-at-Large" are eligible to vote. Each voting member will receive voting information by email on June 1. This email will contain instructions and a link to access an online ballot with your username and password. Eligible voting members without an email address will be mailed a ballot. Ballots will be sent no later than June 1.

Please make sure your contact information in the NAWIC Database is accurate. Non-deliverable emails and ballots returned to the NAWIC Office will not be forwarded. To update your information, visit <http://www.nawic.org> > Member Log In > Member Center > Update Your Info.

Below is the official slate of candidates running for NAWIC Office.

President-Elect	Judy DeWeese, CIT
Vice President	Shirley S. Horne, CIT <u>and</u> Cindy Johnsen, CBT, CDS, CIT
Secretary	Linda Champlin-Frank, CIT, <u>and</u> Riki Lovejoy, CBT, CIT
Treasurer	Yasmine A. Branden, CCA, <u>and</u> Janet P. Sullivan, CCA, CDS, CIT

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**

REGION 9 NEWS

Regional Chairs:

Construction Profession and Education	Fil Spiegel	fspiegel@beaconhss.com
Membership	Lauren Holmes	holmesl@hswc.com
PR/Marketing		
WIC Week	Darla Hall	darla@davisconstructors.com
Safety Health	Ruth Fritts	ruthf@mcavain.com
CAD Drafting	Judy Jewel	jewels_59@comcast.net
Parliamentarian	Pam Wright	finleyrite@aol.com
NEF Liaison	Yasmine Branden	yasmine.branden@neilkelly.com
NEF Fund Raisers		
Block Kids	Amanda Ring	amanda.ring@gcinc.com

Planning for 2010 Annual Planning conference – IN SALEM!

I am looking for some feedback from all of you. I am considering October 2, 2010 for our Annual Planning Conference. I feel that with the NAWIC year beginning the first of October and people are filling new offices it would be great timing to hold annual planning conference as a kick off for the new NAWIC year. My only concern is: do you feel that it would be too soon after the National Convention September 1-4, 2010. I would like to have as many members attend as possible. Please let me know your thoughts on this as soon as possible.

Thank you
Cathy Brady

If you have any questions or concerns regarding 2010 forum please forward it to Nancy Ograin

Welcome New Members:

Wanda J Slavik	Portland #54
Brenda A Rebne	Alaska #197
Allegra Dungey	Eugene #77

NAWIC CALENDAR

Upcoming Local, Regional and National events:

2010

May 8, 2010 Options Unlimited, LCC

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

May 14-15, 2011: Forum, Tri-Cities, Washington

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!

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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

CFMA – Construction Financial Management Association www.cfma.org
Meeting times and dates vary
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 5:30 pm, Dinner 6:30, Program after, Cost \$25.00
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 HBA office
5:30 pm Cost is \$xx
Call 541-686-6529 or contact Linda at lindac@hblanecounty.org



OPTIONS UNLIMITED EXPO

A free hands-on career event for
middle & high school girls & parents

Learn Skills to Empower You • Meet Women Working in Non-traditional Careers

Have fun and learn hands-on skills working with:

- Electricity
- Welding
- Solar power
- Utilities
- Carpentry
- Public safety
- Plumbing
- Bricklaying...and more

Lunch Provided • Door Prizes

For more information go to <http://www.surveymonkey.com/s/Options-Unlimited-2010> or call
(541) 686-7505

Saturday, May 8, 2010 • 9:30 a.m. to 3:15 p.m.
Lane Community College Main Campus

Break out sessions for parents/educators: Supporting Girls in
Non-traditional Careers

Pre-registration required at
[http://www.surveymonkey.com/s/Options-
Unlimited-2010](http://www.surveymonkey.com/s/Options-Unlimited-2010)

THIS IS AN EQUAL OPPORTUNITY EVENT.
GIRLS OF ALL ETHNIC BACKGROUNDS & ABILITIES ARE ENCOURAGED TO ATTEND.

OPTIONS UNLIMITED EXPO

SCHEDULE

9:30 - 10:00 Registration

10:30 - 10:15 Opening remarks & welcome address

10:15 - 10:30 Break to guide girls to work shops

10:30 -11:10 Workshop session 1

(10:30-11:55) Panel, question and answer for
Parents & educators

11:15 - 11:55 Workshop session 2

12:00-12:15 Lunch service

12:15 - 1:00 Rosie the Riveter presentations; eat
lunch

1:00 - 1:15 Break to return girls to workshops

1:15 - 1:55 Workshop session 3

2:00 - 2:40 Workshop session 4

2:50 - 3:15 Raffle/Closing