



October 2011

Divine Region 9

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"We can grow more professionally and personally by learning from each other."



Dalene L. Schafer
2011-2013 Region Director

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Director's Message

Happy NAWIC New Year! I'm very excited to start this journey with you. You have put your confidence in me as your director, and I take this role very seriously (with a little fun stashed in there as well!)

October is the beginning of our NAWIC year, and your chapters have installed your new officers and hit the ground running. Start of your year right by attending the 2012 Annual Planning Conference in Boise, Idaho this year on October 22nd.

The Boise Chapter has been working very hard at making this an exceptional weekend for you. We will be doing a walk-through of the new College of Business and Economics building at Boise State. Please make sure to have closed toed shoes for the tour. The Boise chapter will round up hard hats for attendees to use so you don't have to worry about taking up suitcase space for them. We have some dynamic speakers, introduction to the Mentorship program discussion of the NAWIC National budget, and the whole event will emphasize the value NAWIC brings to you.

Why attend APC? Here are some reasons that your attendance is important:

- Much effort by the Boise chapter has gone into putting this event on. Their purpose is to put on a great program for **YOUR** benefit. Show your support and appreciation by attending. Your turn might be right around the corner!
- **Networking** is one of the reasons many of us join NAWIC. Regional events are a great way to meet women from the construction industry.
- Our regional events are funded by the members in attendance and by the host chapter soliciting sponsorships. The more members who attend, the better our financial situation, and that means better programs. Just imagine if every member of Region 9 attended. It's an investment in the Region, and an **investment in yourself!**
- Your personal contribution to the group is what makes the regional events **meaningful** for everyone. **You will grow professionally and personally** by learning from each other. You will have as much or more to contribute as you receive.
- **Membership** numbers have declined through the recession, and we need to build to stay strong. We must do everything we can to keep our existing members and build our ranks. We are only as strong as every single member. We have to pull together to get across the 3,000-member summit. If you are questioning your membership, please tell me why. Please remember why you joined NAWIC, why you renewed your membership in years past, why you did or did not get involved. Attending regional events gives that extra umph to the value of your membership, and you make amazing friends and contacts along the way.

This is going to be a fantastic year and I want each and every member of Region 9 to be a participant in our success! See you at APC!

-Dalene



Chapter Presidents

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Eugene

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Toni Brown

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Chapter Re-Caps

Alaska #197

Hello from up North – We are in the middle of our Beautiful Fall Season up here in Alaska, the temperature is dropping fast... Our chapter held an All in One Day “Pearls of Wisdom Retreat” on Saturday September 17th. We gathered in the morning for brunch and Joint Board Meeting / Orientation Followed by all members joining us for a 4 hour strategic Planning session – during this meeting we had lots of discussion on where we want to take our Alaska Chapter this year and how we plan on doing it. – We followed this up with a BBQ Dinner then onto our Officer Installations where we chose the Pearl Ceremony – I tried my best but yes there were tears – that’s because not only are our NAWIC Sisters – Friends and Colleagues’ - they become your family too – and the love shines through! So needless to say our Retreat was a great Success and we are starting our great new year with excitement and enthusiasm!

-Darla Hall

Puget Sound #60

Welcome Dalene as our new Regional Director. We know you will bring new energy to our Region and look forward to seeing you at one of our meetings soon!

As President, I had the honor of going to National Convention again this year in St. Louis and I must say the passion for this organization has never been stronger. What a great opportunity to learn what other chapter across this great Nation are doing and learn from incredible presenters in the breakout sessions. I hope to be able to share some of the lessons at our upcoming meetings. One of the highlights is always meeting with our Region 9 members and getting to reconnect with them on a more personal level. I think it is important for all of our members to find a way to go, especially since next year is in Denver and in 2013, it will be in Seattle!

Our September meeting was a tour of the Sound Transit Tunnel and I have included a write up from new member Maili Jonkman. In addition, here is a great simulation of the process

<http://seattletransitblog.com/2011/07/01/sound-transit-tunnel-boring-machine-simulation/>

“The tour of the Capitol Hill Tunnel site provided for the members of NAWIC by the contractors for Sound Transit by JTM was amazing. Gwyn Hart with CADMAN set this up through Howard Hawk, who is highly regarded by these contractors for the huge pour he orchestrated from midway up the crane bringing CADMAN trucks from three different locations. The scale of the project has to be seen to be believed. This project is going day and night, with trucks carrying off “spoils” and trucks bringing in tunnel liners “just in time”. The project participants go to extreme measures to control noise, with only the backup bells remaining an annoyance. Careful loading of the spoils into

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Chapter Meeting Dates

Alaska - Second Monday

Puget Sound – First Tuesday

Tacoma – First Monday

Spokane – Third Thursday

Tri-Cities – Third Tuesday

Portland – Third Thursday

Salem – Third Wednesday

Eugene – Second Wednesday

Boise – First Wednesday

"...we are starting our great new year with excitement and enthusiasm!"

"...we are an awesome chapter that has done great things and I'm excited to see what the future holds for us."

- continued from page 2 -

the trucks to control/prevent splashing was like watching a ballet.

They have a special batch plant on site making a special slurry high in fly ash and other additives to meet the specification for a quick setting sprayable mix design. The only material that has been hard to stock has been some of the additives for this special concrete."

October's meeting is shaping up to be quite wonderful or should I say "Wunderbar" as we will be celebrating Oktoberfest with a microbrew tasting and Speed Networking event! If you are going to be in the neighborhood we would love to have you. Be sure to RSVP at <http://nawicoctober.eventbrite.com/>

We are excited to partner with Master Builders Association's Career Connections again this year. They have been a huge support to our Chapter in giving us a place to hold our regular meetings as well as support for our many events! Thank you MBCC!

Wishing you all a "Wunderbar" October!

- Sue Z. Hart

Tacoma #187

No news this month

Spokane #143

I am honored to serve as your NAWIC president this year. I look forward to working with each of you so we can successfully achieve our core purpose this coming year. NAWIC's Core Purpose: "To enhance the success of women in the construction industry."

I have received back the Meeting Topic Survey and will be working with the board to provide us with some great guest speakers in the upcoming months. Our October meeting will be a review of what you want from NAWIC and our obligations for the coming year. We will be going over the different committee, and passing the sign-up sheet for volunteers. I hope you will consider signing up for one or two events.

We will also be thanking the past officers and board members for a year of great service. President: Hillary Chrisman; Vice President: Traci Kadoya; Treasurer: Lori Barrick; Secretary: Bev Wood; Board of Directors: Amy McGrellis, Shelly Donovan, Lorrie Goodrich, Karen Silver.

Our New Officers and Board of Directors for 2011-2012 are: Past President: Hillary Chrisman President: Traci Kadoya; Vice President: Cheryl Johnson; Treasurer: Leeanna Caldwell; Secretary: Karen Silver; Board of Directors: Bev Wood; Kerry Palmer; Frances Mangarella; Kathy Gurley

Oct 21 & 22 is the Annual Planning Conference in Boise ID. If you are planning on attending please let me know.

If you have any outstanding news you would like to share with us, please let me know. It can be either professional or personal. Let's celebrate the good news together!

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Chapter Charters

Alaska - 1973
 Puget Sound - 1962
 Tacoma - 1972
 Spokane - 1967
 Tri-Cities - 1972
 Portland - 1961
 Salem - 1973
 Eugene - 1963
 Boise - 1978

"As a result of Carol Helms and the entire past Board of Directors accomplishments throughout the past twelve months, the value of membership has never before been so evident."

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We also have our date set for Block Kids, which is February 25th at Holmes Elementary. Our first committee meeting will be in November.

-Traci Kadoya

Tri-Cities #192

Happy New NAWIC Year!

September was a great month for the Tri-Cities Chapter. In lieu of our traditional meeting we held a "membership meet & greet"! There were 11 members in attendance and 6 guests. Thank you to Jamie and Mariana for organizing a fun evening filled with networking, prizes, great food, and a glass of wine! We've installed our new officers and are looking forward to the new NAWIC year. The 6th Annual Tri-Cities Construction Career Day will be on October 4th.

Kudos to Denise Sweeden of Meier Architecture-Engineering who recruited a new member...Melissa Bailey. We are thrilled Melissa is joining our chapter. She was a guest speaker earlier this year at MAGIC Camp.

-Erin Repp

Portland #54

Welcome to the new NAWIC Year! As a result of Carol Helms and the entire past Board of Directors accomplishments throughout the past twelve months, the value of membership has never before been so evident. Carrying on the success of those before us, your new team of officers and committee chairs are driven to further enhance the professionalism of our Chapter and to implement fresh, new programs and services that will positively impact both members and the construction industry as a whole.

Last month, the NAWIC Annual Convention proved to be educational and inspiring; I encourage you to take the time to read both Delegate Reports. What's in store for this year? We're kicking it off in true Portland spirit with our 3rd Annual Brew Fest and Silent Auction Fundraiser on October 26th at Bridgeport Brewing Company. Attendance is expected to be at an all-time high! The Professional Education Committee is on the ball; majority of our monthly speakers are booked and we plan to release a 12 month schedule this month.

New, this year, is an Outreach Committee comprised of the four Directors and Past President. Their mission is to focus on establishing relationships with affiliated organizations, businesses, and community leaders by attending/participating in their events and engaging them in our mission. Also, added this term, is a Mentoring Committee; I challenged the Chapter by setting a 75% mentoring participation goal. During the recent joint board meeting, between outgoing and incoming officers, we evaluated our strategic plan, established priorities, and identified the critical need to enhance our newsletter by making it an interesting and informative resource. It is clear, the coming months will be full of professional and personal growth opportunities; I ask that you capitalize on them! Please let us know your thoughts by returning the previously distributed survey to me by October 10th. Thank you for all that you do to support women in construction.

-Amanda Wilson

Salem #198

Thank you Vicki Tewalt for being our President for the past 2 years. We appreciate all you've done for our chapter. Our new Officers and Board of Directors were installed on Wednesday, September 21st. President-Nancy Lingle, Vice President-Susan Wood, Secretary-Kay Evans, Treasurer-Mary Price, Board of Directors-Kara Walls and Linda Almendinger. We had a beautiful installation of our newest member Kara Walls with United Rentals and she's already hard at work for the chapter.

The enthusiasm for the upcoming year has been tremendous. At our general meeting we had a lot of brainstorming on the budget and on all of the activities we have planned including coast retreat.

Our budget committee has already met once and will be meeting again soon. The Construction Career Days committee met last Thursday at Salem Heating and we discussed ways in which we can try to increase the number of vendors. The next meeting will be on October 20th. The plan is to have our Construction Career Day event either May 1st or May 8th depending upon when the Women In Trades fair is scheduled.

The Salem Contractors Exchange banquet was held on September 24th and our chapter held a raffle and we raised \$715.00 for our scholarship fund. Way to go ladies!! Our next fundraiser will be our annual poinsettia sale. We are looking into adding wreaths and decorative ribbons to this fundraiser as well.

-Nancy Lingle

Eugene #77

Meeting highlights:

- Our chapter held our Joint Board Meeting on Wednesday, September 28, 2011.
- There is a lot of energy for the coming year with some great fundraising ideas expressed.
- We have a couple new and/or returning members that we haven't seen in a couple years.
- We look forward to a 3D scanning/surveying presentation by Balzhiser & Hubbard Engineers next month, which will be our general meeting professional education!

September events:

- Three delegates from our chapter attended National Convention in St. Louis.
- The annual installation dinner was successful and memorable for both the incoming and outgoing board and committee members. This was held on Wednesday, September 14, 2011, following the Wine Ceremony!

Kudos/Great Ideas/Lessons Learned:

- Our chapter has decided to essentially marry our monthly general meeting and monthly board meeting by having them both in the same night. This will serve many purposes: 1) it reduces the time commitment of our board members, 2) it encourages our board members to attend the monthly general meeting, should there typically be any time conflicts, 3) We no longer need to include board meeting snack expense in our budget, 4) It gives other chapter members an opportunity to possibly attend a board meeting to see the board in action and maybe consider becoming a future board member.
- Following up on goals generated at Convention, the Eugene Chapter and the Portland Chapter are starting to coordinate and/or market fundraising events for each other, along with information sharing, as a means to better unify the Oregon NAWIC contingent. In the coming months, we will be making contact and coordinating further with the Salem Chapter. An example of this coordination is the sharing by the Portland Chapter of a member survey idea, one which our board has taken and will utilize as well!

-Janet Spriggs, P.E.

Boise #245

The Boise chapter is busy planning our 2011 Annual Planning Conference! Don't miss it. More details at the end of the newsletter!



National Association of Women In Construction

2011 PRE-ANNUAL BOARD MEETING

Renaissance Grand Hotel, St. Louis, Missouri
Monday, August 30, 2011

SUMMARY OF ACTIONS

- APPROVED Agenda as amended as the order of the day.
- ADOPTED the Minutes of the 2011 Mid-Year Board of Directors Meeting.
- ADOPTED the Consent Agenda which included: Relinquishment of Chapter #182 Bakersfield, CA, Reports of Officers, Designated Reports, Standing Committee Reports, Special Committee Reports Task Forces and Council Reports, and Directors' Reports.
- APPROVED continuing the Sub-Chapter Program Task Force established at Mid-Year Board Meeting and this Task Force will report at Mid-Year Board 2012.
- ACCEPTED as Amended the Strategic Plan Committee Report of 08/29/2011.
- APPROVED the 2011-2012 Budget as presented by Treasurer Branden.
- APPROVED to change POLICY 18 to read "The NAWIC Board will evaluate the financial status of the association on a yearly basis at the Pre-Convention Board Meeting. In accordance with the bylaws, this proposal will be circulated at least 90 days before a vote is taken at the next Mid-Year Board Meeting. The effective date of any change in renewal dues would be the 1st day of the next fiscal following the vote."
- APPROVED to CIRCULATE the proposed NAWIC National Dues Structure as follows:
 - Active, Corporate, Associate and International Members - \$174.00
 - Member-At-Large (New) - \$248.00
 - Member-At-Large (Renewal) - \$222.00
 - Retired Member - \$57.00
 - Student and Student-At-Large Members - \$42.00
- APPROVED changes to Chapter Standing Rules 1, 2 and 3 to clarify the Chapter Standing Rules are to be reviewed annually by the Chapter Board of Directors, and shall be submitted annually to the National Bylaw Chair.
- APPROVED to participate in the NCCER "Set In Stone" brick program.
- APPROVED the relinquishment of Coachella Valley Chapter #212 charter.
- APPROVED the withdrawal of Lorain County Chapter #320 charter.
- APPROVED as printed the Chapter Status Reports.

National Association of Women in Construction
Post Annual Board of Directors Meeting
Saturday, September 3, 2011
SUMMARY OF ACTIONS

- Adopted the SOX Policies as presented for the 2011-2012 year; all Board members executed the Conflict of Interest and Code of Ethics which will be attached to the Post Annual Board Meeting Action Minutes.
- Ratified the contract of the Executive Vice President
- The NAWIC Succession Plan to be reviewed by Executive Vice President Hughes; updates, if necessary will be considered at MidYear.
- Accepted the proposal to circulate a proposed change to NAWIC Bylaws Article V – Dues, to read, “Annual dues and the method of collection shall be established by the NAWIC Board of Directors”.
- Appointed a Task Force to consider revising the method by which the NAWIC Director is elected.
- Appointed a Task Force to consider changing name of Construction Profession and Education Committee.
- Revise Duties of the President (page A-17) allowing her to appoint two members, at her discretion, to the NEF Board.
- Officers to review Officer’s handbook for their respective office prior to February 1, 2012 for final review by the Executive Committee at MidYear Board.
- President DeWeese to charge each director with reviewing (or appointing a member to review) an existing “Program in a Box” with changes due by February 1, 2012 for Officer review prior to final review by the Executive Committee At MidYear Board.
- Approved to add new policy #19 under Annual Meeting (page A-14) and renumber consecutively. “It is the expectation that each chapter shall have representation at the Annual Meeting of the Corporation.”
- Appointment of NAWIC members to the NEF Board: Judy DeWeese and Pat McDonald
- 2012 Annual Forum Dates, Locations and National Representatives were reviewed.
- 2013 Annual Forum Dates and Locations were reviewed; changes were noted.



NAWIC

Region 9, Annual Planning Conference

October 22, 2011

*Hampton Inn & Suites Boise—
Downtown Boise, ID*

NAWIC Region 9 Annual Planning Conference on Saturday, October 22nd at the Hampton Inn & Suites Boise-Downtown in Boise, ID

We will have a great day of speakers, team building, and a recap of convention. Meet your chapter presidents, regional committee chairs, and network with other NAWIC members!

The registration form and event information is attached at the end of the newsletter.

Registration Fee for this amazing event will be \$60 per person if you register before on or before Oct 3rd and \$75 if you register after October 4th.

Fax completed forms to 208-376-0324
or e-mail molly@owyheeconstruction.com
Questions: Contact Molly Johnson 208-867-4123

Make your hotel reservations at the Hampton Inn & Suites Boise-Downtown.
Your web page address is:

http://hamptoninn.hilton.com/en/hp/groups/personalized/B/BOIDNHX-WIC-20111021/index.jhtml?WT.mc_id=POG

Group Name:	NAWIC - Region 9 Annual Planning Conference
Group Code:	WIC
Check-in:	21-OCT-2011
Check-out:	23-OCT-2011
Hotel Name:	Hampton Inn & Suites Boise-Downtown
Hotel Address:	495 S Capitol Blvd. Boise, Idaho 83702
Phone Number:	208-331-1900

Our Room Block special pricing of \$99 is being held until WEDNESDAY OCTOBER 5

NAWIC

Region 9, Annual Planning Conference

Tentative Agenda

Friday October 21, 2011

3:00 pm Tour – Boise State University

6:00 pm Registration & Hospitality

Saturday October 22, 2011

9:00 am Call to order
Pledge of Allegiance
Introduction of Head Table
Welcome to Boise #245
Welcome to Boise, ID
Pre-Convention Director's Report
Post-Convention Director's Report

9:30 am Jack's Urban Meeting Place (JUMP) Project

10:30 am **NAWIC National Budget**

11:30 pm Lunch

12:30 pm Mentorship Mixer

2:30 pm Life Strategies – Jeff Allen

3:30 pm Unfinished Business
New Business
Committee Reports
Announcements
Invitation to Forum 2012 in Bend, OR
Invitation APC 2012 in Suquamish, WA
Raffles/Chapter Sales

4:00 pm Adjourn

4:15 pm Presidents Meeting

JUMP

Jack's Urban Meeting Place — or JUMP as it's quickly becoming known — is a celebration of creativity and inspiration. It will be a place for the community to participate in a kaleidoscope of ever-changing activities, events, and programs.

JUMP will house five working studios, including Kitchen Studio, Movement Studio, Maker's Studio, Multi-Media Studio and Innovator's Studio. The site will also have civic event and meeting spaces, antique tractor sculptures, a dynamic urban park, and an outdoor amphitheater.

JUMP is a project of the Simplot Family Foundation. The downtown Boise development will begin construction in 2011 and take approximately two years to complete.

MY SUCCESSFUL LIFE

How would you like to have the best laid game plan for life placed right into your hands? What if I told you this game plan came equipped with your own personal rule book on how to optimally live YOUR life?

Would you be interested?

The Life Strategy Series consists of comprehensive trainings designed to develop your own personal success formula for life. Led by dynamic, trained facilitators you can expect a transforming journey unlike any other.

Speaker Jeff Allen is President of Coaching Clarity, an executive business and life-purpose coaching company that Jeff founded in early 2000. As an accomplished inventor, Jeff also founded a small company in 2002 that is dedicated to the development of products in the holistic health market.



Welcome New Members!

Please welcome our newest members to Region 9 as of October 1st!

We welcome you to our divine region. We here to answer any questions you may have.

Melissa Bailey

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Julie DeDonato

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Cheri Lipps

Alaska # 197
Alaska Teamsters Employer Service Training Trust (ATESTT)
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New NEF Program! Accessory Structure Project

The Accessory Structure Project (ASP) is NEF's newest program and next generation to the NEF Shed Project. This program is a cross-curriculum team project that promotes awareness of the construction industry. It was written by and has been pilot tested by teachers with positive results.

Following are some items of interest about the program:

- Designed for grades 8-12 and perfect for 9th and 10th grade students.
- Engages the student in a construction oriented project and provides additional opportunities to improve and reinforce math and English skills.
- Promotes leadership and teamwork while giving a taste of construction trades including engineering, design and architecture.
- Teaches budgeting and time management skills while also teaching and improving research skills.
- Meets California Standards and can be mapped to meet other state's requirements.

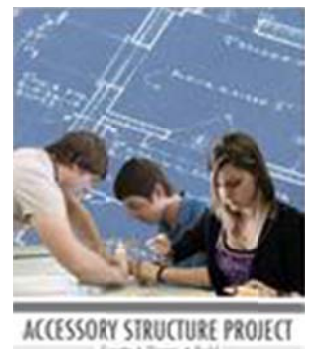
More information regarding the project:

- Teachers get an outline for the entire program including a sample pack of supplies (card stock paper, straight pins, utility knife, glue stick, ruler). The book can be passed on each year and the teacher can replenish the supplies.
- The project duration is 10-12 classroom hours.
- Teams typically consist of 3 students working together on the project where they create their company identity, design their logo for business cards and stationery, write proposals and letters to customers, and design then build a mock up of the project they contracted to complete.
- The project is targeted for general study and technical schools as well as home school or virtual classroom settings. This also has possibilities for youth programs in general including Scouting programs and badges.
- There will be tax if sold to residents in South Carolina.

I have one of the kits available. If your chapter is interested in jump-starting this program and would like to WIN the kit for FREE (retails for \$195) – please send me a brief proposal (no more than 1,000 words) as to why your chapter is the best choice to receive this opportunity. Email them to me by December 1, 2010

More information can be found at:

<http://nawiceducation.org/sites/dsp/store/index.cfm?CategoryID=443&siteid=77&menuid=304&storeid=5>



Membership Retention

Shawna Alvarado, CBT, CIT National Membership Chair

Advice on retaining members:

Reach out to members you have not seen in over a month. Send a personal hand written note, or a phone call.

Share with a member who has not renewed the exciting plans that the chapter has for the upcoming year.

Ask them to serve on a committee... keep it simple. Get them involved to chair or co-chair a committee. "Mentor"

Ask them what they are looking for in NAWIC, and how you or the chapter can help them achieve that.

Have lunch, dinner, or coffee/tea to genuinely get to know another member, and how you both can benefit from NAWIC together.

Any other thoughts or suggestions? Please share them on our Facebook page to help other members get some new ideas.

Contact Information: shawnaalvarado@aol.com

Are you a Friend yet of the Membership Facebook page. Join today! www.facebook.com/nawicmembership

Mentoring Program

Developed by Amanda Wilson, Carol Helms – Portland #54

In an effort to further support our Organization's mission, we have developed a new program to help make NAWIC the resource for connecting women throughout the industry. The focus of this program is to provide an avenue for all women, members and non-members, to benefit from a valuable mentoring relationship. Why mentoring?

Mentoring aligns with our mission, serves as a membership recruiting tool, enhances membership retention, preserves and spreads the organizational reputation and culture, and broadens our diversity. For women, mentoring: helps to achieve goals and career paths, improves personal productivity, strengthens leadership skills, builds team skills, encourages sharing of information, enhances self-confidence, liberates a person's sense of altruism, brings individuals together – often for a very long time, and helps women achieve their full potential. **Ultimately, mentoring strengthens our industry as a whole and is a value to employers.**

This program was unveiled nationally at our Annual Meeting and Convention in St. Louis, Missouri. At APC, Amanda Wilson, co-developer of the Mentoring program and Portland Chapter #54 president, will be leading us in the Mentoring Mixer. This is a great tool to match mentors and mentees, and to show you how to get the program started.

A program in a box is available on the NAWIC website. You can also contact Amanda Wilson or Carol Helms awilson@orstbridge.com or CHelms@legendhomes.com



To Your Health!

Article from Cathy Brady, Region 9 Health & Safety Chair

Are you drinking enough water?

Statistics on the number of Americans who are chronically dehydrated range from 75 percent to 90 percent. Mild dehydration can be the culprit behind a number of physical and emotional ailments including fatigue, muscle weakness, headaches, dizziness, dry skin, irritability, decreased mental performance, anxiety, and food cravings. Further links have surfaced between chronic dehydration and joint pain, allergies, digestive disorders, high or low blood pressure, respiratory issues, acid-alkaline imbalance, cholesterol, premature aging, and some cancers and chronic diseases. Dehydration is also a major symptom of jet lag and thought to play a role in balancing blood sugar levels in diabetics.

Not only does water play a vital role in cellular health, cognitive performance, and general well-being, it's also a key component to achieving healthy weight loss and maintaining a healthy weight. Chronic dehydration can trigger misleading hunger cues and food cravings as the body turns to food to satiate its need for water.

Staying hydrated is a simple and effective way to manage weight and ensure your body performs optimally on all levels. Some of the common excuses for not drinking enough water are: I'm too busy, I just don't think about it, I don't want to have to go pee all of the time, I don't like the taste and the list goes on.

When we understand that our bodies are made up of 60% - 70% water and the important role that staying properly hydrated plays in our overall well-being there really is no excuse. If you want to improve your overall health making a goal to stay hydrated can be a simple and attainable first step with many rewards. Here are some tips for getting started:

- Use a refillable container and make a goal of drinking one before breakfast lunch, and dinner by keeping it handy and sipping on it throughout the day.
- Add cucumber, lemon, or orange slices or fresh mint to your water.
- Set a reminder every couple of hours either in your calendar or on your watch.
- Take water with you wherever you go.



Regional Committee Chairs

<i>Membership</i>	<i>Rynni Henderson</i>	<u>rynni.henderson@djcoregon.com</u>
<i>PR/Marketing</i>	<i>Erica Sharp</i>	<u>SharpE@mti-id.com</u>
<i>Safety & Health</i>	<i>Cathy Brady</i>	<u>cathy@americanrockproducts.com</u>
<i>Construction Profession & Education</i>	<i>Valmarie Price</i>	<u>vprice@caseyind.com</u>
<i>WIC Week</i>	<i>Vickie Tewalt</i>	<u>vt0702@gmail.com</u>
<i>NEF Liaison</i>	<i>Evie Clark</i>	<u>epcnawic@acsalaska.net</u>
<i>NEF Fundraiser</i>		
<i>CAD Drafting</i>	<i>Erin Holmes</i>	<u>EHolmes@cochraninc.com</u>
<i>Block Kids</i>	<i>Sarah Webb</i>	<u>sarah.webb@veca.com</u>
<i>Mentorship</i>	<i>Carol Helms</i>	<u>CHelms@legendhomes.com</u>

National Officers

President

Judy DeWeese, CBT, CIT
JuDeNAWIC@aol.com

President Elect

Cindy Johnsen, CBT, CDS, CIT
cindy.johnsen@gcinc.com

Vice President

Yasmine A. Branden, CCA
Yasmine.Branden@neilkelly.com

Secretary

Dove Sifers-Putman
dsifers@environamics-inc.com

Treasurer

Sandy K. Field, CBT, CIT
sandykfield@comcast.net

Immediate Past President

Debra M. Gregoire, CIT
dgregoire@brewer-garrett.com



Chapter Officer Reminders

Chapter Presidents

Communicate to your chapter members that renewals were due at the NAWIC Office by Sept. 30. Refer to "Start Off NAWIC's 2011-2012 Year Right!" in the Announcements section of this newsletter for more details about how to pay or obtain a renewal invoice online. Stress the importance of renewing their memberships, so they do not miss out on the benefits of NAWIC membership. NAWIC leaders should set the example and renew in a prompt manner. Please ensure each member serving on the Board or on a committee has renewed her membership. Chapter officers not renewed by Oct. 15 will no longer receive further communications from the NAWIC Office, including new member notifications and dues checks. Until their dues are paid, they will not be considered members of the Association.

October Check-list:

- Appoint an Audit Committee of two or three people to ensure accuracy of chapter finances before beginning next year's business.
- Review and Accept previously adopted Sarbanes-Oxley policies.
- File copy with Board's meeting minutes. Send Director a copy for Regional records.
- Encourage chapter members to attend Annual Planning Conference.

Chapter Treasurers

It's renewal time at the NAWIC Office! This means that the Office is processing chapter dues for the 2011-2012 year. As chapter treasurer, you will receive checks from the NAWIC Office for chapter dues paid on behalf of your chapter members. Please promptly deposit the checks in the bank. Below is more information about the Chapter Dues Check process.

On the 15th and 30th of every month

- The NAWIC Bookkeeper and Membership Director reconcile their records to ensure accurate processing. This means all funds and renewals received for each renewed member are accounted for.
- Chapter checks are issued for chapter dues.
- Dues checks and a report of renewals processed for the two-week period are mailed to chapter treasurers. Upon receiving the dues check and report of members processed, please promptly deposit the check in the bank. Be sure to communicate the renewal report with your president and membership chair, so they are also aware of who has renewed.
- For your convenience, the NAWIC bookkeeper will also notify you by email once she has mailed a check to you, so you can be on the lookout for its arrival. Depositing the dues checks promptly and communicating the renewal report to your chapter officers help make the renewal process operate efficiently.

October Check-list:

- Make sure all records are in order and ready for the year end accounting and audit. Check page 19 of Chapter Treasurer's Handbook for more information.
- Present chapter budget for 2011- 2012 to Board for approval.

Chapter Membership Chairs

Please ensure your chapter Web sites are updated with the 2011-2012 New Member Application (<http://www.nawic.org/images/pdfs/memapp.pdf>). Please be sure to destroy old applications and replace them with new ones. Any old applications received with the incorrect amount of money will be held until full payment is received. Not paying the correct amount because the application is "wrong" can be very frustrating for the new member. Help us make the new member process go smoothly by destroying the old applications today. Thank you!

Increase the possibility of membership renewals by contacting members who are not satisfied with their membership—address their concerns head on. 20% of members thinking of dropping their membership will renew when personally contacted by someone who shows they care about their concerns.

Member Services

Travel—Rental Car Discounts

	Phone	Contract ID
Alamo Rent-A-Car*	800-354-2322	706786
Avis Car Rental	800-352-7900	W379300
Budget Car Rental	800-214-6094	Z950700
Enterprise Car Rental	513-956-3608	NA38001
Hertz Rental*	800-654-2210	CDP#: 407324
National Car Rental*	800-227-7368	5282865



Business

ConsensusDOCS	800-282-1423	Partner Code: NAWIC Promotion Code: 100 20% disc.
UPS Shipping	www.savewithups.com/nawic	Discount Code: COR386 Save up to 26% UPS Express Air
UPS Freight Services	866-443-9303	Deep Discounts on freight services
FedEx	website	Discount Code: F8W2QJ
NAWIC Career Center*	800-552-3506	Career and job seeking tool
NAWIC Technology Center*	website	Construction Software Resource
OfficeMax*	800-265-1389 ext 4935	Discounted office supplies

*link available on national website: www.nawic.org

National Office

327 S. Adams Street Fort Worth, Texas 76104

Phone: 800-552-3506 Fax: 817-877-0324

Staff Contact Information

DEDE HUGHES, Executive Vice President
Ext. 16, email: dedeh@nawic.org

LAURI MCCULLOUGH, Membership Coordinator
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AUTUMN DAUGHETEE, Communications Director
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PAUL BARTON, Assistant Communications Director/Graphic Design
email: paulb@nawic.org

DARLENE HUTZEL, Accountant
Ext. 21, email: darleneh@nawic.org

TIM ELMORE, Web Site/IT Manager
Ext. 22, email: nawic@nawic.org

THERESA PRICE, Admin. Assist/Store
Ext. 10, email: theresap@nawic.org

Important Dates

Annual Planning Conference, Boise, ID	October 22
Deadline for Region 9 Newsletter Submission	October 25
File IRS Form 990 Compliance Form with <u>NAWIC Office</u>	November 1
Deadline for Region 9 Newsletter Submission	November 22*
Deadline for Region 9 Newsletter Submission	December 22*

OCTOBER 2011						
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30	31					

Save The Date

Mark your calendars for these upcoming special NAWIC Dates!

Forum 2012, Bend, Oregon	April 12-14, 2012
Convention 2012, Denver, Colorado	August 29-September 1, 2012
APC 2012, Suquamish, Washington	October 20, 2012
Forum 2012, Spokane, Washington	April 25-27, 2013

NOVEMBER 2011						
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NAWIC Releases iPhone & Android Apps!

Do you own an Apple or Android Smartphone? If you do, visit Apple's App Store or the Android Market on your phone and search for "NAWIC". Then download the NAWIC app to your phone. Best of all, the NAWIC app is currently free! Currently NAWIC has no plans for a Blackberry or Windows 7 app. If you experience difficulties downloading the app, or have questions, please contact us at nawic@nawic.org

DECEMBER 2011						
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Tune-In to NAWIC Radio!

The National Association of Women in Construction and NCS Radio Network have partnered to bring you NAWIC Radio, a program that focuses on the construction industry issues you really care about. Each brief segment of NAWIC Radio keeps you abreast of the latest developments in the construction industry around the world. Visit http://www.nawic.org/nawic/NAWIC_Radio.asp to experience NAWIC Radio for yourself!






NAWIC

Region 9, Annual Planning Conference



October 22, 2011

*Hampton Inn & Suites Boise—
Downtown Boise, ID*



*We are excited to have you join us
for Region 9's Annual
Planning Conference in Downtown
Boise on October 22, 2011.*



*We have excellent speakers lined
up including the project manager for
Boise's newest downtown develop-
ment, Jack's Urban Meeting Place
(JUMP), and Jeff Allen with MySuc-
cessfulLife to increase our aware-
ness of working with different per-
sonalities.*

**Special room rate of \$99 for two queen
beds is available until Oct. 3. Rate
includes hot breakfast for two per room,
airport shuttle service, indoor pool,
whirlpool, exercise room and high speed
internet. Hotel reservations are available
at: <http://>**

**[hamptoninn.hilton.com/en/
hp/groups/personalized/B/
BOIDNHX-WIC-20111021/
index.jhtml?WT.mc_id=POG](http://hamptoninn.hilton.com/en/hp/groups/personalized/B/BOIDNHX-WIC-20111021/index.jhtml?WT.mc_id=POG)**



**Or call the hotel at 208-331-1900 and
mention NAWIC.**

Agenda

Friday, Oct 21

2:00 pm - 6:00 pm - Registration- hotel lobby
 3:00 pm - Site Tour - TBD
 6:00 pm - ? Welcome Reception - TBD

Saturday, Oct 22

8:00 am - 9:00 am Registration - Conf Rm
 9:00 am - 12:00 pm - Meeting - Conf. Rm
 12:00 pm - 1:00 pm - Lunch - Hotel Lobby
 1:00 pm - 4:00 pm - Meeting - Conf. Rm

Registration Form

Name: _____

Company: _____

Address: _____

City, State, Zip: _____

Chapter Name/Number: _____

E-Mail address: _____

Phone: _____ First time at APC? Yes No

Registration Fee: \$60 per member (non refundable after 10/14/11)
Additional lunch tickets available for \$20 each.

Make checks payable to Boise Chapter #245 and mail with registration to Molly Johnson, NAWIC Boise Chapter, PO Box 8451, Boise, ID 83707

Or pay with MasterCard or Visa

Name on Card: _____

Card Number: _____

Exp Date: _____ Signature: _____

Fax completed forms to 208-376-0324
or e-mail molly@owyheeconstruction.com

Questions: Contact Molly Johnson 208-867-4123