

# Mortar & Board

February 2010 Issue

## President's Message

February always brings out the hearts and flowers and candy in the stores. It's a great reminder to tell your loved ones how much they mean to you. Don't forget your friends and colleagues too. February is birthday month for two of our great forefathers – Abraham Lincoln and George Washington. Sometimes I think we have forgotten what President's Day really means since the government decided to combine the two holidays into one. It should remind us of freedom and the great nation in which we live. With the terrible tragedy in Haiti, it has once again brought out the very best of the American people. The generosity displayed in past few weeks speaks to the very goodness of those who live in our privileged country. Money, goods, and time to help those in need have even surpassed the generosity of Katrina disaster. The United States of America is certainly the greatest country on the earth.

If you missed last month's meeting and speaker – you missed a great opportunity to improve your skills for communicating with men. Who better to teach the fundamentals of gender communications than a man! Jim Woodward, our guest speaker, is the service sales manager for member firm CCI Mechanical. Jim has been married for 40 years – so he has learned a lot about communicating with the opposite sex. Jim is active in community. He serves on the "Friends of Site" board of directors; is chairman of the Murray City Chamber of Commerce and has taught numerous classes in networking for the Chamber. He speaks to such diverse subjects as communications, customer service, sales skills and strategy. If your company is looking for a great speaker – Jim's your guy.

Some highlights of Jim's presentation are these: Men communicate to build status and solve problems. Women communicate to build bonds and share problems. Men tend to dominate the conversation and are more likely to interrupt. Women want to match the conversation and are less likely to interrupt. Men give directions – women give requests.

Some tips on improving your communication skills when dealing with men are these: Don't make comments that would make them lose face. Make space for them to enter the conversation. When faced with a problem, they just want the bottom line – they don't care to listen to all the stuff that went before the bottom line.

I am adding my request for the 3<sup>rd</sup> time to get information to me about yourself and your firm so that we can put our Yearbook together. I'll give you some insight to my page.

*Growing up in Genola, Utah which is a very small farming community in Utah County, I was a tomboy who loved to ride horses and play softball. I commuted by bus 20 miles each way to another small town, Goshen for elementary and junior high school. I attended high school in Payson and college Utah State University. I married my high school sweetheart, had two sons – but did not "live happily ever after". When my sons were growing up I spent my free time at the sports parks and courts throughout the year. Baseball, soccer, football, basketball – did I miss anything? It was a great time in my life and I loved every minute of it. My working life has varied greatly. My first real job was working in a newspaper. I also worked in a radio station. I was the secretary to the Treasurer of Orem City Corporation, managed the Orem Chamber of Commerce and began my electrical career with an electrical wholesale distributor – way back when. I started my own business in 1981. My specialty is working with utility customers and contractors who install medium voltage cable (that's the 15,000 V stuff). I teach splicing and termination classes for apprentice and journeyman electricians.*

There's more but you'll have to wait until we publish our yearbook to hear the rest. Please spend a little time and send me something about you. It doesn't have to be in any fancy format, but I would like some pictures. I will give a prize to the first two people to get their information to me before the end of February.

Here's wishing to you a HAPPY VALENTINE'S DAY

Linda Kofford—President  
Salt Lake Chapter 90



## NAWIC

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### Board of Directors

2009-2010

Susan Daly  
Karla Steele

Sandy Johnson  
Teresa Callahan  
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## NAWIC

### CORE PURPOSE

To Enhance the Success of  
Women in the Construction  
Industry



## NAWIC

### CORE VALUES

Believe in Ourselves as  
Women  
Persevere with the Strength of  
our Convictions  
Dare to Move into New  
Horizons

## SAFETY AND HEALTH COMMITTEE MID-YEAR REPORT 2009-2010



The committee is pleased to have continued the ground work and goal established by last year's chair. That goal was to have associations/organizations in the industry understand what the NAWIC Safety and Health Committee can offer them in return for membership or partnering agreements. With the help of the members of this committee during this year, the goals we have established will help continue and promote our message of safety and health for women in construction well into the future.

One of our efforts is well underway as we have made major strides in promoting our resources to the NAWIC Membership through regular communications and updates to the web page.

### EFFORTS:

1. Regular communication from National Chairperson & Co-Chairperson to all Region Chairs including teleconferencing. The Region Safety Chairpersons are empowered and encouraged to share any/all information they receive via the committee with their region's members.
2. A monthly newsletter produced (October 2009 – present) with each region's chairperson assigned a role in contributing to the newsletter. The newsletter focuses not only on Safety, but also Health issues though out the year.
3. Establishment of a regional award for Safety and Health in two categories - Construction Company and Construction Industry-Related Company. Each chapter will make their selections and each region will select winners at Forums.

### COMMITTEE GOALS:

1. NAWIC membership will understand that Safety and Health is a valuable asset, a VIABLE committee and an important resource within the association.
2. Industry Safety and Health professionals as well as trade associations & organizations will know that the NAWIC website is a place to go for information.
3. To communicate with NAWIC Executive Committee, Board of Directors and Members through the Connection, our newsletters, e-mails and regular updates to the safety & health link.
4. To promote the use of the Safety & Health link on the NAWIC website to resource other associations/organizations as well as presentations, toolbox talks and archived newsletters.
5. To develop an article for the NAWIC *Image* on Safety.

Respectfully submitted by:

Cindy L. Spiropoulos, CIT, Chapter #73 - Region 3  
NAWIC Safety and Health Committee Chair

Jennifer Swinney, CIT, Chapter #11 - Region 7  
NAWIC Safety and Health Committee Co-Chair.

**NAWIC Salt Lake Chapter 90 is now on Facebook!  
Come and join our Group on Facebook and stay connected with  
chapter and member news and up-coming meetings and  
events!**



### **YEARBOOK QUESTIONNAIRE**

Let's have some fun and create a great yearbook. It will be a great way to get to know more about our members. Here are some ideas for what to include in your page. Please bring your completed page along with pictures to the next general membership meeting

1. Name
2. Add a picture of yourself – can be fun or formal.
3. Company for whom you work – What does the company do?
4. Your position with your firm. Please elaborate
5. Tell something about yourself that no one would ever guess – brag about yourself.
6. List your hobbies
7. If you have a pet – send a picture – tell us why you picked that pet. Horses are pets, aren't they?
8. Are you married; have kids, grandkids - send pictures
9. Received an award or "atta girl" for something. Let's hear about it.

**Salt Lake Chapter NAWIC Meeting**

**Monday, February 8th, 2010**



Moving In

## ***The Living Planet Aquarium***

Join us for a behind the scenes tour, with emphasis on the physical operation of the facility. Terry Smith, Cache Valley Electric Project Manager will discuss the construction of the new penguin exhibit.

Hosted by: Brent Andersen, Founder and CEO  
Jana Rae Shaw, Director of Development



**Meet at 5:30, Tour & Discussion at 6:00 pm**

Meeting Charge: \$5.00

**Dinner**

Mimi's Café

10470 South State Street

(optional & self pay)

**The Living Planet Aquarium**

725 East 10600 South

Sandy, UT 84094

Contact Cyndy McAfee if you plan on attending: [cyndymarty1@msn.com](mailto:cyndymarty1@msn.com) or phone (801)593-5907

Check it out at <http://www.thelivingplanet.com/>



**Thanks Cache Valley Electric  
for making this meeting possible!**

## Ten Tips for 2010

1. Stay out of trouble



2. Aim for greater heights



3. Stay focused on your job



4. Exercise to maintain good health



5. Practice team work



6. Rely on your trusted partner to watch your back  
Take time trusting others



7. Save for rainy days



8. Rest and Relax






9. Always take time to smile



10. Realize that nothing is impossible



# February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2  Groundhog's Day	3	4	5	6
7	8 General Membership Mtg 5:30	9	10	11	12	13
14  Valentine's Day	15 Presidents Day 	16	17	18	19	20
21	22 Board Meeting 5:30	23	24	25	26	27
28						

## Birthdays



Karla Steele— 10th  
Cyndy McAfee—22nd