



NAWIC

National Association of Women in Construction

March 2011

Mortar & Board

PRESIDENT'S MESSAGE

I received a desk calendar for Christmas titled "Women Who Do Too Much". The daily quotes and thoughts are all centered around women just like us. Those of us that push ourselves to become *superwomen* perceive that others expect us to be just that. Heaven forbid we let anyone down.

The last few months I have had to work on giving my own self a break and not expecting more of myself than is possible under circumstances that are beyond my control. Not as easy as it sounds. A mantra I repeat to myself several times a day. It is quite freeing actually.

From my calendar: "Every day we complete many tasks, and yet we often see only those left undone. Stop to look at all you have accomplished...a meal prepared, a report finished, a phone call made, an issue resolved.... When viewed from this perspective, our lives are filled with completed tasks!"

Our Chapter does have women that our super, however. Thank you to those who help make Block Kids such a success this year. Thank you in advance for your donations to the Shriner's Hospital for Children celebrating Women in Construction Week by giving to a very worthy cause.

Cyndy McAfee

**Thousands of candles can be lit from
a single candle, and the life of the
candle will not be shortened.**

**Happiness never decreased by being
shared.**

Siddhartha Gautama

NAWIC

749 West Center St.

Midvale, UT 84047

www.nawic.org

President

Cyndy McAfee

970-290-8888

Vice President

Kathy Bonnett

801-973-1265

Secretary

Karen Morganson

801-973-1205

Treasurer

LaDaun Mitchell

801-972-4500

Immediate Past President

Linda Kofford

801-562-9500

Board of Directors

2010-2011

Karla Steele

Jana Cochell

Monique DeBoer

April Hickman

Lyndsy Overright



WIC WEEK MARCH 6-12

The core purpose of NAWIC is being showcased across America and beyond next week, as NAWIC Chapters celebrate Women In Construction Week.



Proclamations, lunches, dinners, stickers, community service projects, and jobsite tours are just a few of the kinds of activities Chapters will use to Enhance the Success of Women in Construction.

Please join with other Chapter members for our service project at the Shriner's Hospital on Monday March 7th. Teresa Callahan and your own President, Cyndy McAfee have been conducting a toy drive for the hospital. We will deliver the toys and any cash donations to the Shriner's Hospital at 6:00PM on Monday, March 7th. There will be a short tour of the hospital afterwards (around 6:30 p.m.)

If you're collecting toys and cannot make it to the delivery, please contact Teresa Callahan at 801-771-0933, Ext. 114, to make arrangements for pick up of the toys from you.

We collected toys for the children at Shriner's Hospital a few years ago. It was so heart-warming to see the smiles and joy on the children's faces when receiving a toy. This is a great opportunity for compassionate service to children in need – we hope you'll join us!

Please remember toys must be new and without too many small parts. Money donations will be used to replace old TV's in the patient rooms.

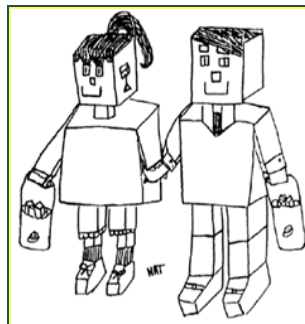
**GENERAL MEMBERSHIP MEETING MOVED TO
MONDAY MARCH 7**

SHRINERS HOSPITAL FOR CHILDREN

1275 Fairfax Road Salt Lake City

Directions: Take South Temple to Virginia Street (approx. 1300 East). Turn north through the avenues, then right on Fairfax Road.

BLOCK KIDS 2011



This year's annual Block Kids event was held February 23rd at Redwood Elementary in SLC, Utah. We had our largest group ever, with 90 children participating. It was a long day for everyone, but worth every second that we put into the event. We had the most amazing sponsors and judges this year, and without their help it would have not been the success that it was.

We presented 4 gift cards this year.

1st place award for a \$100 gift card went to Robert Davison, who built a crane. He came prepared with a pre-drawn sketch (so you could tell he'd been giving this a lot of thought) and would like to become a "draftsman" when he gets older.

2nd place award for a \$75 gift card went to Alisha Ras.

3rd place for a \$50 gift card went to Donovan Fail

Honorable Mention for the last \$50 gift card went to Arnold Gatoro.

A big THANK-YOU to all our incredible judges again this year. We are so fortunate to work with these people (to name a few) Jeff Darr and Vince Newberg (DELTA FIRE SYSTEMS), Kurt Brooks (EAGLE ELECTRIC), Dale Kehl (KEHL HOMES), Mehrad Samie and Connie Holt (CRSA ARCHITECTURE), Rachael Lewis and Greg Summerhays (WORKERS COMP), Greg LaHue, Pat Lynch, Jim Woodard and Mike Mansell (CCI MECHANICAL), Bob Bergman (UMCA), Kim Barraclough (IBEW), Brian Russell (RUSSELL ARCHITECTURE), Kelly Kariger (KW EXCAVATION), Lorraine Nelms (UTA) and Sally Beatty (Our NAWIC friend).

Sponsors who helped with lunches, tee shirts, goody bags, and lots lots more included: Workers Compensation Fund of Utah, Utah Steel Erectors and Ironworkers Union, IMS Masonry, Brian Russell Architecture, Delta Fire Systems, CCI Mechanical, Kehl Homes, and IBEW 354.

A special thanks to our members who helped collecting items for the goody bags, stuffing goody bags, sorting blocks, and helping the day of the event. We have a great chapter!

Submitted by: Karla Steele, Co-Chair



FEBRUARY MEETING

Our February meeting was on women's heart health. This was a very eye-opening meeting. Claire Larson and Kathy Crowder, volunteers for the American Heart Association, talked to us about the "Go Red for Women" program. This program was designed by the American Heart Association to dispel the myths and raise awareness of heart disease as the No. 1 killer of women. Claire, who is a survivor, had a heart attack when she was only 27 years old.

One out of three women die of heart disease; that's more than the next four causes of death combined, including all forms of cancer. Also, 80% of cardiac events in women may be prevented if they make the right choices for their hearts, involving diet, exercise, and abstinence from smoking.

For more information about "Go Red for Women," you can visit GoRedForWomen.org. There you can also take the American Heart Association's heart checkup.

Submitted by Kathy Bonnett, Vice President & Program Chair

JOIN THE TEAM

LITTLE RED RIDING HOOD BIKE RACE

The Women in Construction Club at WSU invites you to participate in the Little Red Riding Hood bike race scheduled for June.

If you're not familiar with this race, it's an all women bicycle race raising money for breast cancer. The race entry total is capped at 3000 women riders and sells out fast.

Registration starts Monday the 7th. If you are interested in riding, please contact:
Melanie Old, Kier Construction, melanie@kierconstructioncorp.com
or Lacey Cortisse, Wadman Construction, lcortisse@wadman.com

FORUM INVITATION

LINDA KOFFORD, REGION 8 DIRECTOR

Don't miss this great opportunity to
**ENHANCE YOUR OWN SUCCESS AS A WOMAN
IN THE CONSTRUCTION INDUSTRY**

Forum in Ruidoso New Mexico will offer a unique look at security and safety for you and your workplace.

The El Paso Chapter had only 9 members in 2009 when they bid for Forum 2011. To date, they have grown to 22 members strong and are developing young leaders in the process. The Forum Coordinator, Michelle Himes has only been a member for two years. She never hesitated to take on that huge task in behalf of her Chapter and the Region. My personal Thanks to Michelle.

Please register by March 15th—you don't want to miss it.

Registration

BUILDING STRONGER LEADERS
THROUGH SECURITY

Registration forms now available for Forum 2011!
Please visit www.nawicelpaso.org for details.

April 28-30 2011
Ruidoso, NM
Region Gr8 Forum
2011

Hosted by El Paso Chapter #248

Register now!

www.nawicelpaso.org

NAWIC

El Paso Chapter #248 presents
NAWIC Region Gr8 Forum
 April 28-30, 2011

at



287 Carrizo Canyon Rd
 Mescalero, NM 88340



**BUILDING STRONGER LEADERS
 THROUGH SECURITY**



Name for Badge: _____
 Chapter: _____ Chapter #: _____
 Employer: _____
 Address: _____ Suite: _____
 City: _____ State: _____ Zip: _____
 Office Phone: _____ Mobile: _____
 Email: _____

Member Status: (check one)

- Active/Corporate Student
 Associate Non-member
 Retired * *First time to Forum**

NAWIC Officer (Title): _____

Registration

Registration Fee:	\$175	\$ _____
Non-member Registration Fee:	\$200	\$ _____
Late Registration Fee:	\$200	\$ _____

Extra Meal Tickets

Friday Lunch	\$30	\$ _____
Saturday Lunch	\$30	\$ _____
Saturday Banquet	\$55	\$ _____

Total: \$ _____

Banquet Choices:

- Stuffed Pork Chops Prime Rib

Special Dietary Needs/Food Allergies:

TO POWERPOINT OR NOT TO POWERPOINT THAT IS THE QUESTION!

Author Sharon Aaron

From her February Newsletter Speaker Speak

The most important thing I could ever tell you about using PowerPoint – if you are going to use it in a presentation KEEP IT SIMPLE! I went to a great workshop that used only one word on each of his slides. It's not distracting for the audience or the presenter – yet it helps to keep your audience focused.

PowerPoint presentations can be a powerful tool. It is very useful at times when it's not relied on to "be" the presentation. Nice benefit – keeping your audience focused on what they should be paying attention to. Try it one time.

- The fewer words the better on each slide
- Leave each slide up as long as possible
- Be sure you use large, easy-to-read fonts
- Be creative, but don't be cutesy or clever, it's so tempting to use all the little tricks and animations, but if it doesn't add anything to your presentation, don't do it
- Use as few slides as possible only use enough to illustrate your point
- Make your graphics consistent - don't be all over the place from one slide to the next
- Test out your presentation on a screen or wall before the actual day you're using it to make sure it looks good on the screen not just on your computer monitor
- If you have assistance (someone else with the button), make sure to do a run-through together so they are aware of your cues – it's a little sloppy and choppy if you have to keep saying "next slide"

- Do not look at the slides during your presentation and read them to the audience (they can read too)
- Face the audience not the screen, the front of you is much more attractive and engaging than the back of you
- I've always loved the little print outs you can make for your audience to write notes on – this is pretty effective for a smaller group of participants when using PowerPoint for a workshop of any kind

There are lessons and suggestions for writing and making the best use of the software available on the Microsoft web site.

If you have never used Power Point or need to know more about the basics of setting up a presentation, go here :

<http://office.microsoft.com/en-us/powerpoint-help/getting-started-with-powerpoint-2010-HA010359435.aspx?CTT=1>.

There are plenty of good books out there that will instruct you on making and using presentations.

I especially like Olivia Mitchell's blog and website if you are interested in getting some valuable information on using PowerPoint in your presentations.

www.speakingaboutpresenting.com.

PowerPoint presentations too often resemble a school play – very loud, very slow, and very simple. If your words or images are not on point, making them dance in color won't make them relevant.

Power corrupts, PowerPoint corrupts absolutely.
– Edward Tufte Yale Emeritus professor

What you put in your mind the first 30 minutes of the day - shapes the day.

30 minutes of wasted time a day equates to 22 wasted days a year.



@iStockoto.com/7nuit&pkline

The phrase “spring forward, fall back” has been used for many years. The terms “spring forward” and “fall back” were mentioned in newspapers from as far back as the early part of the 20th century. For example, the *Heppner Gazette-Times* (October 28, 1928) printed a notice, stating “Daylight Savings Time ends this Sunday, October 31. Remember to set your clocks back one hour, ‘Spring forward – Fall Back!’”. The use of the words “spring forward” and “fall back” became increasingly popular over time and these terms are now used widely across the United States.

Spring Forward and Fall Back DST March 13

Chapter Standing Committees

Membership Jana Cochell
WIC Week Teresa Callahan
Construction Profession & Education
Chair is Open

Chapter Committees

Block Kids Karla Steele
Karen Morganson
Design Drafting Cheryl Kay
April Hickman
Jana Cochell
Christmas Party Susan Daly
Ways & Means Karla Steele
Christmas Baskets Susan Daly
Karen Morganson
Sandy Johnson

BE SURE TO CHECK OUT THE REGION 8 WEBSITE

You will find the latest report from Region 8 Safety Chair

Look at the Region 8 Website Sponsors links, too!

If you have pictures from any of our events, please send those
to Diane McLaughlin, webmaster. She will include them on the website.

Email: diane@willowtreechd.com

March 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Chapter Meeting Shriner's Hospital	8	9	10	11	12
13	14	15 Forum Registration Due	16	17	18	19
20  Spring Begins	21	22	23	24	25	26
27	28	29	30	31		