



NAWIC



*As material for the
construction of our
building, I pledge the
agility of my hands,
the ability of my mind,
and the integrity of
my heart.*

Message from Your President

Chris Hall

The South Sound chapter started the new year off at a new meeting spot. I think everyone agreed, the Clubhouse Grill is a good fit for us. Our program for the evening was NAWIC 101. Soon the nominating committee will be formed and I wanted all the members to understand the roles of officers and the board. We have several newer members and I wanted to take away any misconceptions of the work load or scariness of being on the board. Hopefully this understanding of the position and its level of commitment will inspire some members to step into new roles in the chapter for the coming year. I would like to thank Mandi Kime and Deleen Bancroft for being our guests at the January meeting. We hope to see you again soon. Our WIC committee is working hard to put on a great event. It will be held March 4th in a location to be determined. Watch your emails for more details. I encourage you all to nominate your companies for the Safety Excellence Award. Our February meeting will be Disaster Preparedness by Kris Alberty. I encourage you to bring a guest so we may spread this important information even further.

PRESIDENT

CHRIS HALL
Lakeside Industries

VICE PRESIDENT

CATHY HALL
Safari Electric LLC

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NANCY WEBBER
Webber Electric

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SARAH WEBB
Miller Sheet Metal Inc.

DIRECTORS

JUTTA HOOD
VECA Electric & Technologies

LAURA RANOW
VECA Electric & Technologies

PARLIMENTARIAN

KELLY MILSTEAD

Upcoming Meetings Schedule

February Meeting (02/11/14)

Location: Ben Dews Club House Grill , 6501 6th Ave, Tacoma, WA 98406 (253) 564-4442

Program: Disaster Preparedness for Construction Work Sites

Speaker Bios: Kris Alberty will be coming to speak on Disaster Preparedness for Construction Worksites.

Kris Alberty is a firefighter and the Safety Officer for the Grant County Fire Dept. She is an OSHA & WISHA safety trainer and also the owner of the Northwest Independent Contractors Association (NICA). Her company provides independent safety training for contractors.

March Meeting (Tuesday, 3-4-14)



The 4 Disciplines program is a methodology to:

- Achieve world-class, consistent execution of critical goals... every time.
- Increase morale significantly while increasing accountability.
- Develop your next generation of senior leaders.

April Meeting (Tuesday, 4-8-14)

Location: Construction Testing Labs, 400 Valley Ave NE, Suite 102, Puyallup 253-383-8778

Program: Facility Tour

NAWIC South Sound is excited to announce an action packed event on Tuesday, April 8th. Dennis Smith, Operations Manager with *Construction Testing Laboratories* (CTL) is hosting us on a tour of their facility located in Puyallup, WA. This will be a highly informative evening that you won't want to miss. Please plan to meet at their facility at approximately 5:30

Dinner and a brief NAWIC meeting will follow at: *Casa Mia Italian Restaurant*, 505 North Meridian, Puyallup, 253.770.0400. (1 mile from CTL)

CTL, WA's website www.ctlwa.com provides a wealth of information to include:

"Reduce Testing Expense, Increase Construction Revenue: CTL is a specialty inspection agency and testing laboratory. They have been located in the Tacoma area for over 15 years. CTL maintains the highest level of accreditation available for technical competence in our industry." Some of their unique services include: soils testing, cast in place concrete, structural masonry, reinforcing steel, structural steel & metals, and more. CTL

US Small Business Administration - Revised Size Standards for Construction Contractors

OVERVIEW OF SIZE REVISIONS

On July 18, 2012 the SBA published a proposed rule affecting the construction industry size standards for small businesses, together with a detailed explanation of its "Size Standards Methodology." If the SBA had followed its Size Standards Methodology," the size standards for nearly all of the construction sectors would have been substantially reduced. While not clearly explaining how jobs creation would be affected by revised size standards, the SBA rejected those results as inconsistent with the President's jobs creation policy.

At that time, the SBA also sought comments on its methodology, as well as a performance of work requirement applicable to small business dredging contractors. The comment period ended on September 17, 2012.

On December 23, 2013, over 520 days after the release of the draft regulations, the SBA issued the final rule. The final size standards for federal government construction contractors, which were **effective on January 22, 2014**, are as follows:

Category	Size	Change (if any)
General Construction	\$33.5 Million	No change from current standard
Specialty Trades	\$14 Million	No change from current standard
Dredging & Surface Cleanup	\$25.5 Million	Increased from current \$20 million standard
Land Subdivision	\$25.5 Million	Increased from current \$7 million standard

COMMENTS:

1. The SBA retained the special performance of work requirement for small business dredging firms. To be considered small, a dredging firm must perform at least 40% of the volume dredged with equipment owned by a small dredging concern or its own equipment.
2. In July 2012, the SBA had proposed increasing the size standard for dredging to \$30 million. In response to negative comments to this proposal, the SBA reported that "only 2 to 4 firms" would become newly eligible "small business concerns" under the \$30 million standard. However, the SBA stated that it reduced the new standard to \$25.5 million, thereby making only 2 more firms, which are currently above the current \$20 million size standard, eligible as small business concerns for dredging and surface cleanup projects.
3. The SBA rejected the suggestion that construction size standards should be based on the number of full time equivalent (FTE) employees.
4. In response to concerns regarding the size of construction contracts (sometimes in excess of \$50 million) set aside for small businesses under the current size standards, the SBA commented that it does not determine the size of contracts to be set aside. Contractors should not anticipate any significant change in the size of contracts that are set-aside.

If you have any questions regarding the information set forth above, or if you would like further information on the various federal government programs for small business construction contractors, please feel free to contact

12 STEP PROGRAM FOR SIMPLIFYING YOUR LIFE

Dr. Wayne W. Dyer

Here are 12 very specific tools for simplifying your life. Begin using them today if you're serious about hearing that ultimate call to inspiration.

- **Unclutter Your Life.**
- **Clear your Calendar of Unwanted and Unnecessary Activities and Obligations.**
- **Be Sure to Keep Your Free Time *Free*.**
- **Take Time for Meditation and Yoga.**
- **Return to the Simplicity of Nature.**
- **Put Distance between You and Your Critics.**
- **Take Some Time for Your Health.**
- **Play, Play, Play!**
- **Slow Down.**
- **Do Everything You Can to Eschew Debt.**
- **Forget about the Cash Value.**
- **Remember *Your Spirit*.**

Stay Connected



NAWIC NEWS

Please send all articles and content recommendations for this chapter to jutta.hood@veca.com by the 25th of each month.

CONTACT INFO UPDATE Members can update contact information through the member center which can be found after signing in at www.nawic.org.

2014 NAWIC Annual Meeting and Educational Conference

September 3-6, 2014 Indianapolis, IN.

Did you know that Indiana has 65+ breweries? Check out <http://www.brewersofindianaguild.com/> for a listing to check out on your way in or out of the state to Indy (But DON'T do a tasting and then drive!!!) or visit <http://visitindy.com/indianapolis-whats-on-tap-indy-breweries> and <http://beeradvocate.com/place/city/41/> for our local brews. SunKing, Ram and Rock Bottom are all walkable from the hotel.

And if beer isn't your style, Indiana also has 80+ wineries in our state! Check out <http://www.indianawineries.com/> for a listing for the whole state - perhaps make a stop to one further out from Indy on your way either in or out of our great city? Notice that Easely Winery is downtown and walkable (although a bit of a long walk) from the hotel, Harmony Winery is on the northeast outskirts of Indy (get off I-465 at Allisonville, which is the same exit for shopping at Castleton Mall), Buck Creek Winery is off I-74 towards Ohio, Hopwood Cellars is in quaint Zionsville which is near I-465 and I-65 northeast corner Indianapolis suburb, and many others off I-65, Hwy 31, I-74 to the west, etc. etc.

If you like hard apple cider or mead which is made from honey, New Day Meadry is the place for you. It's on the southeast outskirts of downtown – it's an easy cab ride.

Have you booked your trip yet?

5 WAYS TO GET BETTER AT CHANGE

Linda Byars Swindling

COMMITTEE CHAIRS:

Finance

Nancy Webber

Standing Rules & Bylaws

Kelly Milstead

Programs, Educations & Projects (PEP)

Susan McKinney

Membership & Marketing

Laura Rannow

WIC Week

Jutta Hood

Ways & Means

Cathy Hall

Public Service

Sarah Webb

Audit

Susan McKinney

Cathy Hall

"We immediately become more effective when we decide to change ourselves rather than asking things to change for us." Steven Covey

Change is inevitable. Inevitable, however, is not the same as easy. You've met people who are good at change. They usually show:

- Flexibility
- An eagerness to learn
- Patience
- Common Sense
- Tolerance for ambiguity
- Understanding of failure
- Sense of humor

The good news is you can get better at change.



In the Passport to Success I wrote with Chris Clarke-Epstein called [**Do Change Better: Adapt Your Status Quo with Clarity, Confidence and Success**](#), we discuss these tips that will help you have a breakthrough year in 2014:

1. **Have a vision for a successful change.** Ask yourself, "What is the best next step for me to change positively, personally and professionally?"
2. **Find a "Partner in Change"** i.e. someone going through a similar change. Look for someone with a positive attitude who keeps promises and has a sense of humor. And, who will be honest with you.
3. **Be willing to transform.** Like the ugly caterpillar going into a cocoon and transforming into a butterfly, to truly have a breakthrough you must allow yourself to keep changing. Don't just make a quick change and be done with it.
4. **Fail but never stop.** Failure is not falling down, it's staying down. Failure is part of learning. True failure doesn't occur until you stop trying. Treat yourself like you treat others who fail - and give yourself encouragement for the next try.
5. **Don't strive for perfection.** It can be your enemy. Instead, strive for progress.

We all need to learn something and change usually increases that need. Lack of knowledge can make you feel confused and scared. The more you know, the less fear you'll experience.

Here's to being fearless in 2014 and having a breakthrough year!

Journey On!

A recognized authority on negotiations, workplace issues and high stakes communication, Linda Byars Swindling, JD, CSP is an author, media expert, a "recovering" employment attorney, and a Certified Speaking Professional. To book Linda to speak at your event contact Zan Jones by [email](#) or phone at (214) 536-6666.

Now and Then

February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Spark Weekend
2	3	4	5	6	7	8
			NW Flower and Garden Show - WA State Convention Center			
9 NW Flower and Garden Show	10	11 NAWIC	12	13		15
16	17	18	19	20	21	22
23	24	25	26	27	28	

- **February 1, 1978** - First postage stamp to honor a black woman, Harriet Tubman, is issued in Wash, DC
- **February 4, 1987** - First "National Women in Sports Day" is celebrated by Presidential Proclamation
- **February 12, 1869** - The Utah Territorial Legislature passes a bill allowing women to vote
- **February 15, 1921** - The Suffrage Monument, depicting Susan B. Anthony, Elizabeth Cady Stanton, and Lucretia Mott, sculpted by Adelaide Johnson, is dedicated at the U.S. Capitol
- **February 15, 1953** - Tenley Albright became the first American woman to win the World Figure Skating championship
- **February 17, 1870** - Esther Hobart Morris in Wyoming became the first American woman Justice of the Peace
- **February 24, 1912** - Henrietta Szold founds Hadassah, the largest Jewish organization in American history, focusing on healthcare and education in the Israel and the U.S.
- **February 24, 1967** - Jocelyn Bell Burnell makes the first discovery of a pulsar, a rapidly rotating neutron star
- **February 27, 1922** - U.S. Supreme Court upholds the 19th Amendment to the Constitution, which guarantees women the right to vote