

# WIC-N-TAC

VOLUME 1, ISSUE 3      FEBRUARY 2013

## PRESIDENT'S REPORT

*This Saturday (February 2nd) is National Groundhog's Day, and I can't help but think of the Bill Murray movie. This time of year it can feel like I am caught in the rut of living the same day over and over again. I leave the house in the dark and head off to work, and after a long day I return home again in the dark then do it all over again the next day. What will it take to bring this perpetual day to an end? Exercise? Hey, my Tacoma Chapter is planning a park clean up day! What about a vacation? Wait a minute, the Oregon Retreat is on the 23rd of this month! Good friends to laugh with? I know I can find those at my NAWIC meeting on the 12th. NAWIC is a great answer to my winter blah's!*

*Sarah Webb*



## 2012-2013 BOARD:

### President:

Sarah Webb, Safari Electric LLC.

### Vice President:

Chris Hall, Lakeside Industries

### Secretary/Treasurer:

Nancy Webber, Webber Electric Inc.

### Directors:

Cathy Hall, Washington Patriot Construction

Tanya Johnson, BCRA Design

### Immediate Past President—

Deborah Hickman, Navy Region NW

## EUGENE CHAPTER INVITES YOU TO OREGON RETREAT 2013



*Shared enthusiasm invigorates everyone with a burst of energy!*

### Coming together we will:

- \* Talk and listen, motivate and encourage.
- \* Hear each other's stories, gain from each other's wisdom.

### Return home:

- \* Renewed, rejuvenated and refreshed
- \* Reaffirming our commitment to NAWIC and our Employers

**Date:** February 23rd 2013  
**Place:** The Adobe Resort  
1555 Hwy. 101  
Yachats, OR 97498

**Registration Fee:** \$45.00  
**Hotel Room:** \$105.00  
Rooms held until February 9th  
Contact: Twylla Tatum (509) 688-2233

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## UPCOMING TACOMA CHAPTER FEBRUARY MEETING

### Emergency Preparedness for Work and Home



February 12th, 2013

Catastrophes can happen at any time and are likely to happen here. Imagine you are at work, on the road, or at home during a catastrophe. How would you communicate with loved ones? Are you prepared to survive without essential services, such as running water, electricity, or phones for 7-10 days? Being prepared can change everything. By planning ahead you can increase the chances of survival for you and your family.

**Kristen Tinsley** the Public Information Officer from Pierce County Department of Emergency Management will speak about the hazards we have in Pierce County, how to create an emergency plan, and how to build an emergency kit.

## 2013 REGION 9 FORUM

**Davenport Hotel**  
**10 South Post**  
**Spokane, WA 99201**  
**Phone: 1-800-899-1482**  
**Website:**  
**[www.thedavenport.com](http://www.thedavenport.com)**

**Hosted by:**  
**NAWIC Spokane Chapter #143**



On behalf of the NAWIC Spokane Chapter #143 we would like to extend a warm invitation for you to join us in Spokane, WA for Region 9's Annual Forum 2013! In Spokane you will have the opportunity to network with other members of the construction industry while participating in educational seminars, including leadership, teambuilding and marketing for both your company and chapter.

Forum will be held in the historic Davenport Hotel in downtown Spokane. The hotel opened in 1914 and was completely restored in 2002. To walk through the hotel is a step back in time with all the luxury and opulence of a bygone era but with all the modern amenities of today. Come learn more about Spokane's finest hotel and its restoration.

Downtown Spokane has many other historic buildings that have been renovated over the past several years and a stroll through the area is a delight for all who enjoy the uniqueness of preserved architecture. During your free time there is no need to get into a car or bus as you are located in the center of all downtown has to offer. If shopping is what you want Nordstrom's, Macy's and several local boutiques are within minutes of the hotel. Check out The Northwest Museum of Arts and Culture, a Smithsonian affiliated Museum, or take a few moments to sip a glass of wine at the many downtown tasting rooms.

Forum offers a time to meet with other NAWIC members, gain insight into what is trending in the industry, and sharpen our skills for the demands of working women today in a world where leadership is the key to building teams that continue to move forward. Join us in Spokane in April as we continue to make history.

More information and Registration form attached on page 4.

NATIONAL ASSOCIATION OF WOMEN  
IN CONSTRUCTION  
TACOMA CHAPTER #187

tacomanawic@aol.com  
[TacomaNAWIC.org](http://TacomaNAWIC.org)

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## UPCOMING EVENTS:

- 1/8/2013** -  
MEMBERSHIP MEETING  
(FIFE CITY BAR & GRILL)
- 2/12/2013** -  
MEMBERSHIP MEETING  
(FIFE CITY BAR & GRILL)
- 2/23/2013** -  
OREGON RETREAT IN YACHTS
- 4/26 - 4/27/2013** -  
FORUM IN SPOKANE, WA

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## QUESTIONS? CONTACT NAWIC AT:

327 S. ADAMS ST.  
FORT WORTH, TX 76104-1002  
(800) 877-5551  
NAWIC@NAWIC.ORG



The National Association of Women in Construction (NAWIC) originally began a Women in Construction of Fort Worth, Texas. It was founded in 1953 by 16 women working in the construction industry. Knowing that women represented only a small fraction of the construction industry, the founders organized NAWIC to create a support network. Women in Construction of Fort Worth was so successful that it gained its national charter in 1955 and became the National Association of Women in Construction.

NAWIC has a diverse membership and more than 140 chapters, with chapters in almost every U.S. state. Since 1996, NAWIC has seen its Core Purpose grow worldwide and has International Affiliation Agreements with the Canadian Association of Women in Construction, NAWIC-Australia, NAWIC-New Zealand, NAWIC-United Kingdom and South African Women in Construction. In NAWIC's 59 years of service to its membership, the Association has advanced the causes of all women in construction, from tradeswomen to business owners.

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### CORE PURPOSE

TO ENHANCE THE SUCCESS OF WOMEN IN THE  
CONSTRUCTION INDUSTRY

### CORE VALUES:

BELIEVE. PERSEVERE. DARE

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## NOROVIRUS OUTBREAK AWARENESS - PROVIDED BY AIMEE BERGESON

### PREVENTION

Norovirus is spread by way of contaminated hands, surfaces, food, and water. Unlike other viruses, Norovirus can last and remain infectious on surfaces for weeks. Thorough hand washing as well as careful food handling and surface sanitizing reduce the spread. The Center for Disease Control (CDC) recommends a bleach solution that can be easily made (if not purchased specifically) for surface decontamination: 5 tablespoons of household bleach in 1-1/2 cups water.

Hand washing is the most important and effective way to control the spread. Washing your hands with warm water and soap for at least 20 seconds, and avoiding anything that others have touched (e.g., faucet handle, door knobs, towel dispenser) are the most important factors in preventing spread of the virus. Also, avoid touching your face, especially your eye, nose, and mouth. Note: ALCOHOL-BASED HAND SANITIZERS ARE NOT EFFECTIVE AGAINST NOROVIRUS.

### SYMPTOMS

Symptoms of Norovirus infection include sudden onset of nausea, forceful vomiting, abdominal cramping, diarrhea and fever. Young children, the elderly and those with underlying illnesses are at higher risk of serious consequences such as severe dehydration.

### WHAT TO DO IF YOU HAVE SYMPTOMS

If you contract Norovirus, avoid contact with others drink plenty of fluids, refrain from preparing food, and let the virus run its course – typically 2 to 3 days.

### ADDITIONAL RESOURCES

This video from ABC News provides information on the virus. [http://www.youtube.com/watch?v=JUD\\_J\\_mqFQE](http://www.youtube.com/watch?v=JUD_J_mqFQE)

Registration Form  
 National Association of Women in Construction  
 Region 9 Annual Forum "History in the Making"  
 April 12-13, 2013



Place:	The Davenport Hotel & Tower	Group Room Rate:	\$135.00 +tax per night
Address:	10 S. Post Street Spokane, WA 99201	Room Type:	Deluxe Rm, DblOcc
Phone:	1-800-899-1482	Reservation Deadline:	March 14, 2013
Website:	<a href="http://www.thedavenporthotel.com/">http://www.thedavenporthotel.com/</a>	Reference:	NAWIC Conference

*PLEASE TYPE OR PRINT ALL REQUESTED INFORMATION:*

Name for Badge \_\_\_\_\_ Chapter \_\_\_\_\_ No. \_\_\_\_\_ Region \_\_\_\_\_

Address, \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Employer \_\_\_\_\_ Phone# (\_\_\_\_) \_\_\_\_\_

**CHECK ALL THAT APPLY.**

Delegate    Alternate    First Timer    Member    Other    NAWIC Officer (Title) \_\_\_\_\_  
 Member Type:    Corp    Active    Associate    Member at Large    Student    Retired    Non-Member

Members

Registration Fee:    \$170.00  
 Late Registration Fee:    \$185.00

Non-Members

Registration Fee    \$185.00  
 Late Registration Fee:    \$200.00

Registration fee includes: Friday Luncheon, Friday Night Welcome Party, General Session, Seminars, Saturday Luncheon, and Saturday night Banquet

REGISTRATION DEADLINE **MARCH 14, 2013**

NO REFUNDS AFTER **APRIL 1, 2013**

Mail Registration Fee and Form To: **Chris Wigginton Oldcastle Inc.**  
 1711 S. Newer Lane • Spokane Valley, WA 99037  
 Phone: 509-995-6386 • Email: [chris.wigginton@oldcastle.com](mailto:chris.wigginton@oldcastle.com)  
 Fax: 1-888-407-3458

Make Checks Payable To:                      NAWIC-Region 9 Forum

You may also pay with a credit card via Pay Pal at [www.nawicspokane.org](http://www.nawicspokane.org)

Function	Guest Tickets	No. of Tickets	Total Cost
Friday Sessions	\$50		\$
Friday Lunch	\$25		\$
Friday Welcome Party & NEF/NFSF Fundraiser	\$50		\$
Saturday Sessions	\$50		\$
Saturday Lunch	\$25		\$
Saturday Dinner & Awards Banquet	\$50		\$
GUEST TICKETS			\$
REGISTRATION FEE			\$
TOTAL AMOUNT OF CHECK			\$

Please Note any Special Dietary Requirements: \_\_\_\_\_