



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



Spring is here! I'm sure most of us are happy for more sunshine and the work to start ramping up. I know I am. Mother's Day is also coming up. I know many of us have had to find that balance between moving up the ladder and being there for your family. I applaud you for rising to the challenge and being great role models for the next generation. Hope everyone can make it to Forum in Portland this month and don't forget to register for AMEC.

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Upcoming Meeting Schedule

May Meeting (Tuesday, 5-13-14)

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

Brittany Rose, Attorney with Travelers will be presenting on "How to Make a Surety Bond Claim"

June Meeting (Tuesday, 6-10-14)

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

Program: Simple rules to protect your spine at home and at work

Don't let long hours at work, in addition to the challenges of completing household chores, increase your neck and back pain. Join us for an interactive discussion to learn a few simple tools and tricks to protect and care for your body. We'll cover basic ergonomic set up for the work or home office; general strengthening exercises and stretches; and some tricks of the trade to get things done around the house.

Michele Jackson graduated from the University of Manitoba, Canada with a Bachelor of Science in Microbiology in 1998. She pursued and graduated with a Doctor of Physical Therapy degree from the University of North Dakota in 2004. She completed clinical rotations at the Mayo Clinic in Rochester, Minnesota and at the University of Washington. As a student, she performed community postural screens and staff health assessments. She has worked in outpatient physical therapy over the past 10 years in the Tacoma area, and recently cofounded FLOW Fitness and Physical Therapy. FLOW is dedicated to guiding every day people in the transition to a more active lifestyle and reaching their physical goals.

Joanne Williams graduated from Gonzaga University in 1997 with a Bachelor of Science in Exercise Science. She was active in playing soccer and worked as a student athletic trainer. She pursued her Masters Degree in Physical Therapy from MCP-Hahnemann (Drexel) University in 2000. She has worked in both inpatient and outpatient physical therapy settings. She has spent time coaching youth swimming and soccer teams. She is the cofounder of FLOW Fitness and Physical Therapy. Through FLOW, Joanne continues to follow her passion and works diligently with clients to achieve their optimal function and goals.

WIC Week Presenters



We would like to thank Jeannette Adams-Gorman from Socius Law Group and Meg Winch, from Communication Resources, for providing outstanding presentations at our recent WIC Event in March. Both speakers delivered stimulating and thought provoking content. Should you ever need their assistance, you can reach them here:

jgorman@sociuslaw.com

<http://www.sociuslaw.com>

MegW@Communication-Resources.com

www.communication-resources.com

Oso Mudslide Assistance

DOL

The U.S. Department of Labor has announced a \$2,867,947 National Emergency Grant to assist with cleanup and recovery efforts following the flooding and mudslide that occurred in Snohomish County on March 22. This grant will provide aid to the affected community in Oso, Washington.

"A massive mudslide and flooding caused tremendous devastation to the small rural community of Oso," said Secretary of Labor Thomas E. Perez. "Today's grant will assist the important recovery work and help those in need of employment contribute to the cleanup efforts through temporary employment opportunities."

Awarded to the [Washington State Employment Security Department](#), these funds will be used to create temporary jobs to assist with the recovery efforts.

On April 2, 2014, the Federal Emergency Management Agency declared Snohomish County, Sauk-Suiattle Indian Reservation, Stillaguamish Indian Reservation and Tulalip Indian Reservation as eligible for its Public Assistance Program. More information on designated disaster areas in Washington is available from FEMA at <http://www.fema.gov/ar/disaster/4168/designated-areas>.

Of the \$2,867,947 announced today, \$955,982 will be released initially. Additional funding, up to the amount approved, will be made available as the state demonstrates a continued need for assistance.

[National Emergency Grants](#) are part of the secretary of labor's discretionary fund and are awarded based on a state's ability to meet specific guidelines.

Women in Apprenticeship/ Nontraditional Occupations Program

DOL

The U.S. Department of Labor today announced the availability of approximately \$1.8 million in grants through the Women in Apprenticeship and Nontraditional Occupations program, an initiative designed to recruit, train and retain women in high-skill occupations, such as advanced manufacturing, transportation, energy, construction and information technology.

"Helping women get the job skills they need to move up the ladder of opportunity is a top priority for the Labor Department," said U.S. Secretary of Labor Thomas E. Perez. "These grants will remove barriers for women entering nontraditional fields. Having half of our population underrepresented in the high-skill, high-paying jobs of the future isn't good for the economic prosperity of our country."

Approximately four grants will be awarded to community development organizations to create Regional Multi-State Technical Assistance Resource Centers. The centers will support women entering into nontraditional occupations. Services will include:

the development of connections with pre-apprenticeship programs to prepare women for [Registered Apprenticeship programs](#);

- orientations on creating a successful environment for women in apprenticeship; and
- support in the form of child care, transportation, support groups and other efforts to remove barriers to women succeeding in these industries.

Eligible applicants include community-based organizations capable of establishing technical assistance resources for Registered Apprenticeship programs to assist women to enter nontraditional occupations. The grants are jointly administered by the department's [Women's Bureau](#) and its [Office of Apprenticeship](#).

The solicitation for grant applications will be available at <http://www.grants.gov>. For information on the Department of Labor's range of employment and training programs, visit <http://www.doleta.gov>.

The 7 Things Successful People Never Say

You want to be successful. Everyone does. But your actual words might be undermining your chances of success. The things you say, no matter how innocuous they seem to you, might be knocking you down the career ladder and putting the top position you dream about out of reach.

Your career is too important to be tanked by a few negative phrases. Here are the seven things you should strike from your workplace vocabulary if you want to achieve the success you richly deserve:

1. “That’s not in my job description.”

When you accepted your current position, you had a good idea of what the responsibilities and workload of the role would entail. Throughout the months or years since you settled into your job, however, your role has expanded and changed shape. Some of these changes have probably been good, while others have made you wish for simpler times. When a boss or manager piles another responsibility on your already sore shoulders, it might be tempting to pull out this classic gem of work avoidance.

The better option, however, is to schedule a time to talk to your boss about your role. A specific conversation about your place in the organization is a good time to bring up the particulars of your job description, not when you’re asked to get something accomplished. No matter how stressed you are or how valid the complaint, dropping this phrase only makes you look lazy and unmotivated.

2. “It can’t be done.”

Throwing in the towel makes you look like a quitter -- and quitters don’t get promoted. Instead of giving up on a project entirely, frame your response in terms of alternative ways to get the work accomplished. Very little is truly impossible, and most managers and executives want forward-thinking problem solvers to climb the corporate ladder. If you offer solutions instead of giving up, you’ll be seen as a valuable member of the team.

3. “It’s not my fault.”

No one wants to work with a blame shifter. After all, it’s just a matter of time before this person eventually shifts the blame onto you. Take ownership of your mistakes instead of pointing out where others have fallen short. Admitting to a mistake shows character and the ability to learn and grow from problems. Pointing the finger at someone else strongly implies you’ll never truly learn from your errors.

4. “This will just take a minute.”

Unless something will literally take only 60 seconds, don’t overpromise and underdeliver. Saying something will only take “a minute” also has the side effect of undermining your efforts. Most likely the reason the particular task won’t take long is due to the benefit of your professional experience and acumen. By saying it will “just” take a minute, you’re shortchanging what you bring to the table.

5. “I don’t need any help.”

The rugged lone wolf type might be the hero of most action movies, but they’re unlikely to become the hero at your company. You might think you can go it alone on a project or in your career, but teamwork is essential. Being able to work with others is the hallmark of a good leader; you’re unlikely to climb your career ladder always flying solo.

6. “It’s not fair.”

Life isn’t fair, and often your career won’t be as well. Instead of complaining, you should look for specific and actionable workarounds to the problems you encounter. Is it unfair a coworker got to run point on the project you wanted? Maybe, but instead of complaining, work harder and go the extra mile. Finding a solution will always be preferable in your professional life to whining about a problem.

7. “This is the way it’s always been done.”

Doing things the way they’ve always been done is no way to run a business. Just ask some of the companies which toed the line, accepted the status quo, and went under. Adapting to an ever-changing marketplace is really the only way to survive in an economy constantly being disrupted by the next big thing.

You don’t have to be a slave to the trends, but you also can’t stick your head in the sand and hope things go back to normal. Instead, come up with creative solutions to new problems and innovate, and you’ll soon be in the driver’s seat taking your organization into the future.

Everyone wants to be successful, so make sure your words aren’t holding you back. These seven phrases are career kryptonite -- by avoiding them, you can fly into your future and become a successful superstar.

Honoring Women on Memorial Day

**COMMITTEE
CHAIRS:**

Finance

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Standing Rules & Bylaws

Kelly Milstead

**Programs, Educations &
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Susan McKinney

Membership & Marketing

Laura Rannow

WIC Week

Jutta Hood

Ways & Means

Cathy Hall

Public Service

Sarah Webb

Audit

Susan McKinney

Cathy Hall

Historically. Women have served their country in many ways.

Beginning with the American Revolution and continuing to the present, women have always volunteered in defense of our nation. Many of their contributions have been forgotten and are not recorded in today's history books. The Women's Memorial at Arlington Cemetery is changing this omission through a massive oral history and research project. Foundation Office of History & Collections collect official and personal records, oral histories, photographs, and other memorabilia to help portray women's record of service and citizenship. Growing collections include a library of nearly 1,000 books by and about military women, photograph and document archives, personal and military-issue artifacts, memoirs and oral histories. These considerable resources serve as a leading educational resource on [Women in US Military History](#).

Over 24,000 women served in World War I half of whom were nurses in the Navy, Army, and Red Cross. [An American Nurse at War DVD](#)

From 1942-1945, while men fought in the battlefield of World War II, over 18 million women filled the civilian and defense positions created is the country's shift to wartime productions.

Office Politics Kari Reston

How do you feel about office politics?

Studies show men tend to be more involved in office politics and regard them as a natural and normal part of organizational life. Women, on the other hand, often think of office politics as manipulative plotting or blatant self-promotion.

Yet when competent people vie for a promotion, usually the one with political savvy wins. And when conflicts arise, the politically astute reconcile those differences. Because they know how to get things done, and they know what to say, when to say it, and to whom.

In reality, if women want to be successful they must demonstrate political intelligence. In fact, by learning to practice positive politics you can avoid potential pitfalls, increase your personal influence, and develop a career-enhancing game plan.

We, as women, need to:

- gain allies, influence others and build relationships, even with the most difficult people.
- Identify the types of power at play in your workplace and avoid power games.
- Take the credit you deserve and create a professional agenda.

Stay Connected



Now and Then

May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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- **May 1, 1950** – Gwendolyn Brooks becomes the first African-American woman to receive the Pulitzer Prize for Poetry, named Library of Congress's Consultant in Poetry (later called Poet Laureate) in 1985
- **May 5, 1938** – Dr. Dorothy H. Andersen presents results of her medical research identifying the disease cystic fibrosis at a meeting of the American Pediatric Association
- **May 8, 1914** – President Woodrow Wilson signs a Proclamation designating the second Sunday in May as Mother's Day
- **May 10, 1872** – Victoria Woodhull is nominated as the first woman candidate for U.S. president for the Equal Rights Party
- **May 12, 1968** – A 12-block Mother's Day march of "welfare mothers" is held in Washington, D.C., led by Coretta Scott King accompanied by Ethel Kennedy
- **May 21, 1932** – Amelia Earhart Putnam becomes the first woman to complete a solo transatlantic flight by flying 2,026 miles from Newfoundland to Ireland in just under 15 hours
- **May 21, 1973** – Lynn Genesko, a swimmer, receives the first athletic scholarship awarded to a woman (University of Miami)
- **May 29, 1977** – Janet Guthrie becomes the first woman to qualify for and complete the Indy 500
- **May 29, 1943** – "Rosie the Riveter" by Norman Rockwell appears on the cover of the Saturday Evening Post