

Alaska NAWIC News

National Association of Women in Construction

November 2007
Region 9

Issue 37/ Volume 2
Chapter 197 ALASKA

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CIT*

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all Fun" Jett*

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President's Message – November 2007 **By: Misty Dawn Crim, CIT**

We have started the next year with a BANG! I have recently switched jobs and still trying to figure everything out. I now work for Tatitlek Contractors, Inc. Everything is going great just really busy. And the NAWIC year is proving to be just as busy.

We have the Construction Fun Fair, Friday, November 16, 2007 at American Fast Freight Warehouse. VOLUNTEERS are NEEDED are badly. Please let me know ASAP if you are able to help. For those who don't know what the Construction Fun Fair is: It is Family Event that AGC ties into their Convention. NAWIC puts it together running the booths and getting volunteers. It is free to children under 12 and \$5 for over 12 and adults. Again we need volunteers so please let me know ASAP. Thanks.

Our October meeting was a speaker for Northern Dynasty talking about Pebble Mine it was a very informative meeting. November's meeting is Julie Hasquest from the Mayor Begich office. That meeting is November 7, 2007. It is a week earlier because it conflicted with the AGC Convention.

Our holiday party is scheduled for Wednesday, December 12, 2007 at the Coast Intl Inn. I hope everyone can attend it is always a lot of fun.

I look forward to seeing all of you over the next year.

Misty Dawn Crim, CIT



*always
reaching
for the stars*

**Core Purpose: To Enhance the Success of Women in
the Construction Industry.**

Core Values:

- *Believe in ourselves.*
- *Persevere with the strength of our convictions.*
- *Dare to move into new horizons*

National Association of Women in Construction
Alaska ~ Chapter #197
General Membership Meeting
Coast International Inn
Oct. 17, 2007

President Misty Dawn Crim called the meeting to order at 6:06 PM

There being 18 Members and 6 Guests present, a quorum was established.

Program: Northern Dynasty / Pebble Mine Project

Speaker: Michelle Brunner, Business and Workforce Development Manager

President's Report:

- Committee to approve minutes: Jessi Cherry & Lisa Greer
- Corresponding Secretary: Kathleen Bugbee picked up and distributed the mail.
- Treasurer's Report: Judy Montgomery prepared and distributed Revised 2007/2008 Budget, 10/2006 through 9/2007 Profit & Loss Statement, and Balance Sheet as of 9/30/2007.

COMMITTEE REPORTS:

- Membership Update: Evie Clark, there are currently 60 members, need renewals from many members, make sure fees are mailed to headquarters and not local office
- Upcoming Programs:
 - November~ Julie Hasquet – Communications Director for Mayor Begich
 - December ~ Holiday Program
 - January – Self Defense for Women - APD
- Block Kids: Chris Jett, date to be March 22, 2008. Need volunteers for Block Kids Committee
- Kris Mckinney distributed information detailing responsibilities for various NAWIC Chapter #197 Committees.
- NEF: Tamie Taylor reported CDS testing format changing, can still use current Books through May 2008 test
- Golf Tournament:

UNFINISHED BUSINESS:

- Forum 2008: Evie Clark met with Yasmine regarding preliminary budget. Need information about sound system available at Hilton. Next meeting: Thurs Dec. 6, at Klebs. Monika Switzer hosting.

NEW BUSINESS:

- E-Z Biz for NAWIC / AK Airlines – Motion by Evie Clark to develop policy to use miles to benefit Chapter #197. Second by Chris Jett. Task force created includes: Evie Clark, Chris Jett, Fil Spiegel.
- Discussed the possibility of new location for general membership meetings at Aladdin's restaurant. Judy Montgomery researching.

ANNOUNCEMENTS:

- AGC Conference 11/14 through 11/17: Evie Clark and Jamie French voted to represent NAWIC as attendees, seats available at the NAWIC table for the Dinner Dance., volunteers needed for Family Fun Night.
- Region 9 forum April 25-26, 2008 Anchorage, AK
- Next general membership Meeting: Coast International in @ 6:00 pm Nov. 7, 2007
- Board Meeting: **Nov. 27, 2008**
ABC Office
Host: Evie Clark

There being no further business to come before the members, the meeting was adjourned at 8:39 PM.

Respectfully Submitted,

Jamie French, Recording Secretary

Misty Dawn Crim, President



NAWIC

National Association of Women in Construction

Tamie K. Taylor, CDS, CDT, CIT
2007-2008 NAWIC National President
Alaska Chapter 197

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MISTY DAWN CRIM**

NAWIC Convention 2007
Orlando, Florida

This is convention was the best I have ever been to. The keynote speaker Thursday morning was incredible. Her technique got me to meet so many wonderful ladies in NAWIC.

The other professional seminars were very informative. Having a one day NAWIC business session and more professional and association workshop was a great idea.

The professional seminar I chose to write about was a 2 part seminar. It is about **Developing a Cost Effective Claims Management Program**. The speaker's name is Janice Urbanik. Janice is a NAWIC member.

“What we are looking for the most bang for our buck!”

A reality check is that a Contract Dispute will occur your goal is to minimize the effect on your company.

What do you want to manage from a claim?

Keep in mind if you have good meeting with subs and owners it increase your chance to avoid a claim. Another thing to keep in mind is you don't have to go after every job. More jobs you have on your plate the harder it is to manage them.

It was a great seminar. I encourage anyone who hasn't been to a NAWIC Convention to make it a priority. The 2008 Convention is in Las Vegas, NV. It is a great experience ladies. Please make your plans now.

Annual Planning Conference 2007
Great Falls, MT

“Bad Girls of Montana Ride Again!” That was theme and I think it fit very well. The Annual Planning Conference went very well. It was a full Saturday of business. There even was someone (Ms. Evie Clark) in a duct tape dress trying to convince the ladies to join her in “Exploring New Frontiers” in Anchorage, Alaska in April 2008. A mock arbitration was put on with some members from the Portland Chapter. It was very informative and I learned a lot.

We ended the day with a scavenger hunt in downtown Great Falls. That was a blast. We had 9 items we had to find in 1 hour and 45 mins. All teams completed the task but there was only 1 of one of the items, so that team of course with our esteem director Yasmine got and won the gold.

A great time was had by all and we look forward to next years' Annual Planning Conference.

Beyond Snack Packs: 22 Healthy Munchies

Dietitians' Picks for Healthy Snacks

Dietitians agree that the best snacks satisfy hunger while helping meet our daily dietary needs, especially for fruits, vegetables, and low-fat dairy.

Here are 22 portable and healthy snacks that make the list of dietitian's favorites:

1. Half a peanut butter sandwich on whole-wheat bread
2. Low-sugar, whole-grain granola bars that have at least 3 grams of fiber
3. Whole-grain crackers or whole-wheat tortilla with hummus or nut butter
4. A handful of unsalted or lightly salted dry-roasted nuts
5. Individual unsweetened applesauce with a few dry-roasted walnuts
6. Small apple with 2 teaspoons peanut butter or 1 ounce low-fat cheese
7. Ants on a log -- celery with nut butter, topped with raisins or other dried fruit
8. Half of a single-serving string cheese with a small piece of fruit or a few whole-grain crackers
9. 4-ounces to 6-ounces of low-fat yogurt or yogurt treat
10. High-fiber dry cereal with a few nuts or seeds and dried fruit (put this in a baggie for a make-your-own snack pack)
11. Individual packs of carrots, celery sticks, or apple slices, with a protein source like a tablespoon of nuts, nut butter, or low-fat cheese
12. Pretzels and low-fat cheese
13. Whole-wheat cracker sandwiches made with natural nut butters
14. 1 ounce of lean meat and a few whole-grain crackers
15. 3 ounces low-fat or fat-free cottage cheese and a few whole-grain crackers
16. 1 whole graham cracker and 1 teaspoon nut butter
17. Raw vegetables with 1/4 cup low-fat ranch dressing
18. 100-calorie pack of low-fat popcorn rich in whole grains and fiber
19. Handful of tortilla chips and salsa
20. 100-calorie ice cream treats
21. "Skinny" latte (made with low-fat or skim milk)
22. Small bowl of whole-grain cereal with skim milk or low-fat yogurt



Traci Johnson

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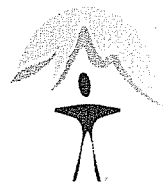
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Want to be more involved with NAWIC???

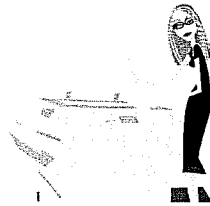
Sign up for to chair a committee. It is the best way to learn about NAWIC. The committees are organized through the Vice President. If you currently serving on a committee and would like to continue on that committee please let Kris McKinney (incoming Vice President) know. Here is a list of committee chairs available for the 2007-2008. If you are interested in any of these also please let Kris know.

JOB BANK

The job bank has a couple resumes and job descriptions. If anyone would like more information on candidates or job posting to please contact me ~ information is listed below.

Thanks!

Shannon Hall, CIT
275-2440



M.A.G.I.C.

(Mentoring a Girl in Construction)

During our 2007 Convention, I had the opportunity to attend a phenomenal workshop called MAGIC. This program is designed around a week long camp, which provides high school girls with the chance to actually experience “hands on” training related to various construction trades. Diane Quimby & Renee Conner did an amazing job of putting together an outline of what it takes to put on a MAGIC Camp in a 3 ring binder.

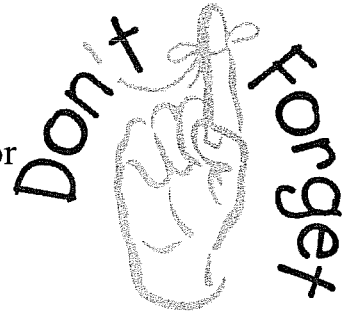
The information in this binder is very straight forward and easy to understand. The material covers everything from Camp objectives to budgeting. A timeline is also included, which can be very beneficial for anyone who is interested in doing one of these Camps for the first time. A CD with all of the information is also available, which is handy for distribution and printing forms.

A website is in the works and will hopefully be up by January. This will also be a National program, though I am not sure what the timeline is for when that takes place. Anyone who is interested in looking at this material, feel free to contact me.

Kathleen Bugbee
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UPCOMING EVENTS
PLEASE MARK YOUR CALENDARS

November 7, 2007 NAWIC General Membership Meeting
*Coast Intl Inn
Julie Hasquet - Communication Director
for Mayor Mark Begich
5:30 PM – Networking
6:00 PM – Dinner
6:30 PM – Speaker
7:00 PM – Meeting



November 14-17, 2007 AGC Convention
*Hotel Captain Cook

November 16, 2007 AGC Construction Fun Fair
*American Fast Freight Whse
5025 Van Buren
6:30-8:30 PM

November 22, 2007 Happy Thanksgiving

November 27, 2007 NAWIC Board Meeting
11:30 AM – ABC Office
Evie Clark Hostess

December 6, 2007 FORUM 2008 Committee Meeting
11:30 AM
Klebs Mechanical

FORUM 2008

Region 9 FORUM 2008 is going to be held in Anchorage, Alaska
Please mark your calendars for April 25-27, 2008