



# NAWIC

The National Association of  
**Women in Construction**

# ELEVATE

**YOUR SUMMIT** *Stronger Together*

*Welcome to the*

## **PACIFIC NORTHWEST REGIONAL SPRING FORUM CONFERENCE**

**May 4 - 6, 2023 • Anchorage, AK  
THE HOTEL CAPTAIN COOK**

# JOIN THE CONVERSATION & FUN

## TAGS

We encourage everyone's participation in NAWIC's PNW Regional social media during the conference.

## OFFICIAL CONFERENCE HASHTAGS

#NAWICPNW2023

#FORUMALASKA

#ELEVATEYOURSELF

#NAWICALASKA

## INTERACTIVE PHOTO SHARING

While your at conference, join the fun and upload your photos to DropEvent. Everyone who participates will have access to the photos. Scan the QR code to access the gallery and to upload your pictures (no app or email required).



# Many Paths **ONE MISSION**



Hello Pacific Northwest Region!

I am wishing you a fantastic conference. I'm excited to be there with you in Anchorage at the Captain Cook Hotel and to experience all the fun events the Alaska Chapter has planned for us. I know that Director Salinas along with the Forum Committee has many fantastic speakers on her agenda to educate and entertain you.

Thank you for attending Forum and investing in your future. Please take a few minutes to connect with both Director Salinas and your Forum Representative, Treasurer, Karen Ellis. They would love to meet you (if they don't already know you) and to speak with you about any questions or comments you might have about the board or any of the national committees. I hope you will engage with all the candidates for next year's board and speak with our two Director Candidates Charris Sonne-Phinney and Dawn Killough sometime during Forum.

Your national board has been hard at work this year and I have truly enjoyed engaging with them. We had a very stimulating Mid-Year Board meeting in Dallas this past February and you will hear those updates during the business part of your meeting. We spent several hours updating the strategic plan, which you can find on the website, and we had a lot of good conversation about how to positively impact the industry.

Did we have any AMAZING WIC Week or what!? Our national committee chair, Virnetta Woodbury came up with some great ideas. She worked diligently with Makenzie Plusnik, the national Communications Manager, to get as much information out to not just you, our members, but the industry as a whole. I think we elevated our presence with the week and informed many that we'd been celebrating for the last 25 years.

As always, take advantage of your time at Forum. Make new acquaintances, enlarge your knowledge base and think about more ways you can engage with your NAWIC sisters. I appreciate all that you are doing for NAWIC. Keep up the great work!

Sincerely,



Lauline Mitchell  
NAWIC National President 2022 - 2023

Wow! Where has the time gone...it's hard to believe this is my last Region event as Director. I remember so clearly the first time I took the stage at Fall Conference in Tacoma, WA the fall of 2021. Would I make a good impression? Would I get lost in my script and lead us off course? Would I trip walking up on stage or spill water from the glass in my shaking hand?

Now, almost two year later although the jitters still get to me in the beginning, I'm a changed woman. You all have stretched me, taught me, and supported me. You've let me into your lives just enough to blow me away with how amazing you are. Not only are you career women; you are mothers, daughters, leaders, change-makers. I've seen you get promotions, take on leadership roles, break records in Chapter growth and develop into these unstoppable women destined to change the course of Construction.

I couldn't have become who I am now, without every single one of you. Late nights and early mornings planning events, balancing budgets, navigating Chapter politics – we did this together. The theme of this year's conference: ***Elevate Your Summit: Stronger Together***, exemplifies the unstoppable force we are when we work together. We accomplish more as a Team. Together.

There's a song by Tim McGraw "Humble and Kind" that says: "When you get where your going, don't forget to turn back around, help the next one in line, always stay humble and kind."

In the spirit of Elevating each other, growing stronger as a force for change in the construction industry, I ask each of you to do just one simple thing: help the next one in line. Help her grow, help her learn, help her Elevate!

It has been a pleasure serving you all.

With humility and gratitude,

*Julie Salinas*

PNW Region Director 2021 - 2023

# SCHEDULE AT A GLANCE

## THURSDAY, MAY 4

12:00 pm - 6:00 pm	Registration Open, Alcove West
12:00 pm - 5:00 pm	Wildlife Tour: Alaska Wildlife Conservation Center, Meet at <i>Foyer on 5th Ave</i>
12:00 pm - 6:00 pm	Vendor Booths, Alcove West
5:00 pm - 5:45 pm	First-timer's Meeting, Room 1132 & 1133
6:00 pm - 10:00 pm	Welcome Party, Flannel Themed, <i>Mid/Aft Ballroom</i>

## FRIDAY, MAY 5

6:30 am - 5:00 pm	Vendor Booths, Alcove West
7:00 am - 8:00 am 2:00 pm - 4:00 pm	Registration Open, Alcove West
7:30 am - 8:30 am	Breakfast, <i>Fore Deck</i>
8:30 am - 10:00 am	Opening Remarks hosted by Julie Salinas, <i>Fore Deck</i>
10:00 am - 10:15 am	Break
10:15 am - 12:00 pm	3D Printing on Construction-Level Scale, Nick Grochowski, <i>Fore Deck</i>
12:00 pm - 1:30 pm	Lunch, <i>Fore Deck</i>
1:30 pm - 3:00 pm	Women in Construction Real Talk, Mitch Savoie Hill, <i>Fore Deck</i>
3:00 pm - 3:15 pm	Break
3:15 pm - 4:45 pm	Many Benefits of Prefabricated Construction, Lynn Barrett, <i>Fore Deck</i>
4:45 pm - 5:00 pm	Believe in Yourself, Mitch Savoie Hill, <i>Fore Deck</i>
6:00 pm - 8:00 pm	Restaurant Roundup, <i>various locations</i>

## SATURDAY, MAY 6

6:30 am - 3:30 pm	Vendor Booths, Alcove West
7:00 am - 8:00 am	Registration Open, Alcove West
7:30 am - 8:30 am	Breakfast, <i>Fore Deck</i>
8:30 am - 10:00 am	Authentic Leadership, Dr. Victoria Hoyt, <i>Fore Deck</i>
10:00 am - 10:15 am	Break
10:15 am - 11:45 am	NAWIC Business/Committee Reports, Julie Salinas, <i>Fore Deck</i>
12:00 pm - 1:30 pm	Lunch, <i>Fore Deck</i>
1:30 pm - 3:00 pm	Better Research = Winning More Work. Are You Ready for the Infrastructure Bill, Deirdre Gilmore & Stephanie Nelson, <i>Fore Deck</i>
3:00 pm - 3:15 pm	Break
3:15 pm - 5:00 pm	General Session, Candidate Invites & Announcements, Julie Salinas, <i>Fore Deck</i>
6:30 pm - 7:15 pm	Cocktail Hour, <i>Mid/Aft Ballroom</i>
7:15 pm - 10:00 pm	Awards Gala Dinner, <i>Mid/Aft Ballroom</i>

## **ANNUAL REGION MEETING RULES**

1. All members shall be seated in the assembly room at least five (5) minutes prior to the opening of each meeting.
2. All electronic devices should be muted or turned off in the assembly room. If you must answer a call, please remove yourself from the room before you do so.
3. Admission to business meetings shall be by Region Meeting badge only.
4. All voting members in good standing within the region may introduce motions and vote on questions.
5. A member wishing to speak shall go to the microphone, address the presiding officer, be recognized and then give her name and chapter name.
6. Every main motion shall be in writing, signed by the proponent, and given to the presiding officer and Forum secretary immediately following its presentation.
7. No member shall speak more than twice on the same question or longer than two (2) minutes without the consent of the assembly.
8. The presiding officer shall appoint a timekeeper for each meeting. It shall be the duty of the timekeeper to enforce rule number 7.
9. All voting members of the voting region, who are in good standing and present, are entitled to vote on the Forum site for the second succeeding year. Selection of the site shall be by majority vote cast by ballot. In the event that there is only one (1) site proposed for annual regional Forum, a motion may be made by any member to declare that site elected with no written ballot required.
10. All votes shall be cast in person. Ballots shall not be passed along the rows but put directly in a ballot box. The tellers shall count the ballots and present a written report to the presiding officer. The presiding officer shall announce the results of the election. Tally of votes cast in selection of the Forum site will not be read unless called for by a majority vote. A copy of the teller(s) report shall be attached to the Forum minutes and made a part of the permanent records.
11. The printed Region Meeting program shall be the order of the day for all meetings at Region Meetings, provided that the presiding officer may make changes from time to time at her discretion.
12. These rules, with the exception of rule 9 may be suspended by two thirds (2/3) vote of the voting body.
13. Robert's Rules of Order Newly Revised, latest edition, shall govern all proceedings of the annual regional Forum, except where inconsistent with these rules or association bylaws.



## 2023-2024 NATIONAL BOARD CANDIDATES

### **President Elect**

Kelly Aust, Green Dot Trainer, OSHA 30  
Jill Hanson, CBT, CDT, CIS, CIT, ESP

### **Vice President**

Rita Brown  
Raven Hoffman, CIT  
Rhonda Nebgen

### **Secretary**

Cindy Spiropoulos, CIT, LEED GA

### **Treasurer**

Andrea Ward, CBT

### **PNW Regional Director**

Dawn Killough  
Charris Sonne-Phinney

# THURSDAY

## MAY 4, 2023

# ELEVATE

YOUR SUMMIT *Stronger Together*

12:00 pm - 6:00 pm  
Alcove West

12:00 pm - 5:00 pm  
Lobby on 5th



### Registration

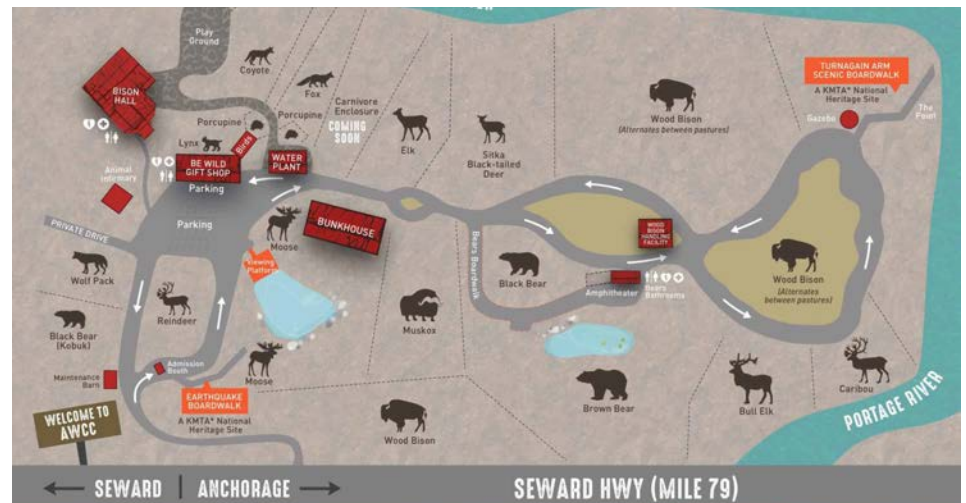
We can't wait to officially welcome you to Alaska!

### Wildlife Tour: Alaska Wildlife Conservation Center

Paid registrants will be taking the 35 minute road trip to the Alaska Wildlife Conservation Center and enjoy the wildlife experience with a guided tour with a biologist. They will experience wild life like bear, moose, musk ox and wolf. It's Springtime and the chance of seeing babies are high. Lunch and Transportation is being provided. If you paid for this tour, meet in the Hotel Captain Cook 5th Avenue lobby area.

Hotel Departure: 12:30pm

Conservation Center Departure: 4:30pm



5:00 pm - 5:45 pm  
Room 1132 & 1133

### First-Timers Meeting

If this is your first NAWIC Conference, this is the meeting to attend. You will get to meet other first-timers and get an overview of what to expect from the conference and a jump start on meeting other NAWIC members.

6:00 pm - 10:00 pm  
Mid/Aft Ballroom

### Flannel Welcome Party

Join us for a "flannel" themed welcome party! Featuring Alaska Native dancers, a bucking salmon, photo booth, and hors d'oeuvre.



**REGISTRATION REPORT**  
**NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION**  
**Pacific Northwest Region**

Date: \_\_\_\_\_ as of: \_\_\_\_\_

Chapter Name	No.			Total
		Voting	Non-Voting	
San Francisco Bay Area	19			
Portland	54			
Puget Sound	60			
Sacramento	63			
Eugene	77			
Silicon Valley	99			
Fresno	108			
Spokane	143			
South Sound	187			
Tri-Cities	192			
Alaska	197			
Salem	198			
Boise	245			
Guam	381			
Montana	387			
Members-At-Large				
Student-at-Large				
Total Members				
<b>Total Region Voting Strength</b>				
NAWIC Board (Director and National Rep)				
Out-of-Region Members				
Guests				
<b>TOTAL OVERALL ATTENDANCE</b>				

**Special Instructions About Voting**

- Student, Associate, and Retired members are non-voting
- NAWIC Board consists of the Regional Director and National Rep only
- The Regional Director is not to be counted with her Chapter
- If you have a National Officer in your Region, they are counted with their chapter. They are not attending in an official capacity
- Out of Region Members are National Officers, Candidates, and Members that do not reside in your region

**Submitted by:** \_\_\_\_\_

# FRIDAY

## MAY 5, 2023

6:30 am - 5:00 pm  
Alcove West

7:00 am - 8:00 am  
Alcove West

7:30 am - 8:30 am  
Fore Deck

8:30 am - 10:00 am  
Fore Deck



10:00 am - 10:15 am

10:15 am - 11:45 am  
Fore Deck



12:00 pm - 1:30 pm  
Fore Deck

1:30 pm - 3:00 pm  
Fore Deck



### Vendor Booths

Stop by the vendor booths to learn more about their services

### Registration

We can't wait to officially welcome you to Alaska!

### Breakfast

Scrambled eggs, breakfast potatoes, hickory smoked bacon or vegan breakfast bowl

### Opening Remarks + Welcome to Alaska

Julie Salinas, PNW Director

Flag Presentation

National Anthem by Megan Penman

Land Acknowledgment by Jessica Jacobsen

Welcome to Alaska by Jamie Lytton, Former Mrs. Alaska

### Break

### 3D Printing on Large-Scale Construction Projects

Nick Grochowski

Can this be real? YES. Utilizing computerized design and robotic fabrication, 3D printing is precise and predictable, eliminating the challenging, wasteful, labor-intensive methods of the past. In this session, Nick will provide a general overview of additive methods and their scope of application, limitations, and strengths and weaknesses.

### Lunch

Assorted gourmet wrap buffet with pasta salad, veggies, salad with pesto vinaigrette, and soup de jour

### Women in Construction Real Talk

Mitch Savoie Hill, CPC

An open and interactive discussion about the unique challenges we face as women in the industry and how to overcome those challenges.

# FRIDAY

## Continued

3:00 pm - 3:15 pm

3:15 pm - 4:45 pm  
Fore Deck



### Break

#### Many Benefits of Prefabricated Construction

Lynn Barrett

Material availability, shortened schedules, rising costs, and skilled labor shortages mean that decades-old construction practices no longer meet today's needs, and more projects are taking advantage of off-site fabrication. This program explores the concept of digital component construction, where cutting-edge technology supports precision manufacturing of materials used to build interiors in a familiar way, with greater speed and less waste than conventional construction. Learn how a different type of construction can meet today's changing design requirements and future-proof spaces for years to come.

4:45 pm - 5:00 pm  
Fore Deck

#### Believe in Yourself

Mitch Savoie Hill, CPC

This highly energetic 15-minute session will offer you inspirational tips, proven strategies, and immediately applicable tools to help you Believe in Yourself!

6:00 pm - 9:00 pm

- 1 49th State Brewery  
717 W 3rd Ave
- 2 Crush Wine Bistro & Cellar  
328 G Street
- 3 Ginger  
425 W 5th Ave
- 4 Glacier Brewhouse  
737 W 5th Ave
- 5 Haute Quarter Grill  
525 W 4th Ave
- 6 Inlet PubHouse  
1020 W 12 Ave
- 7 Orso  
737 W 5th Ave
- 8 Tent City Taphouse  
343 W 6th Ave
- 9 Tequila 61  
445 W 4th Ave
- 10 Whisky & Ramen  
436 W 4th Ave

#### Restaurant Round-up

It's girls night out! Conference attendees who reserved their seat in advance will dine at locally selected restaurants for dinner. Everyone will be financially responsible for their own meals.

Here's a map of the restaurants NAWIC will be at:



**Hotel Captain Cook** all restaurants are within walking distance of the hotel

# SATURDAY

MAY 6, 2023

6:30 am - 3:30 am  
Alcove West

7:00 am - 8:00 am  
Alcove West

7:30 am - 8:30 am  
Fore Deck

8:30 am - 10:30 am  
Fore Deck



10:00 am - 10:15 am

10:15 am - 11:45 am  
Fore Deck

11:45 am - 1:30 pm  
Fore Deck

## Vendor Booths

Stop by the vendor booths to learn more about their services

## Registration

This is your last chance to register and be counted

## Breakfast

Healthy Alaskan breakfast buffet including sliced fruit, hard boiled eggs, greek yogurt, oatmeal with all the toppings, and assorted muffins

## Authentic Leadership

Dr. Victoria Hoyt, CSP, CHST

It has only been in this past decade that efforts have been made to share what is known about the connectedness between successful business outcomes and positive safety results. Implementation of the current research on "authentic" leadership, requires field leaders to understand how perceptions of their leadership style have the most predictive impact on both safety and production. In this introductory workshop, learn what leadership qualities make the most difference in getting positive safety outcomes, productive results, and make the workplace an enjoyable place to be.

## Break

## NAWIC Business/Committee Reports

Julie Salinas, PNW Director

Please scan the QR code to access the PNW mid-year reports.



## Lunch

Deli sandwich buffet with your pick of bread, meats, cheese, and veggies served with potato salad, and soup de jour

# SATURDAY

## Continued

# ELEVATE

YOUR SUMMIT *Stronger Together*

1:30 pm - 3:00 pm  
Fore Deck



### **Better Research = Winning Better Work: Are You Ready for the Infrastructure Package**

Deirdre Gilmore & Stephanie Nelson

We all know that the way to win work is to identify projects, meet with the stakeholder to learn about the project, and submit a proposal or be directly selected to complete the work. The infrastructure package and jobs act are coming in hot with funded projects in every category you can imagine – the competition is going to be fierce! It is also morphing the way that we win work. If the word on the street is the basis of your strategy, you will follow the crowd. This session will discuss the types of projects available (yes, there are many new types of projects!), where you can find them, how to help your clients get their projects funded, and the risks involved in not understanding the new way clients are being forced to create projects in this volatile market. It will also help you hone your research skills and sources.

3:00 pm - 3:15 pm

### **Break**

3:15 pm - 5:00 pm  
Fore Deck

### **General Sessions, Candidate Invites & Announcements**

Julie Salinas, PNW Director

6:30 pm - 7:15 pm  
Mid/Aft Ballroom

### **Cocktail Hour**

7:15 pm - 10:00 pm  
Mid/Aft Ballroom

### **Awards Gala**

It's time to CELEBRATE!! You've worked hard building your membership, holding great events during WIC Week, hosting Block Kids and CAD Design Drafting competitions and it's time to find out who the Regional winners are. Let's celebrate our combined successes of providing education, building leaders and promoting construction as a viable career option. We will also be presenting awards to the 2022 PNW Region Future Leader, PNW Region WIC of the Year and PNW Region Lifetime Achievement *You are all winners* but we have to select one from each category. Who will be the 2023 winners?

Dress code: Semi-Formal  
Plated dinner + bar

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**NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION**  
**Pacific Northwest Region**

Date: \_\_\_\_\_ as of: \_\_\_\_\_

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		Voting	Non-Voting	
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Sacramento	63			
Eugene	77			
Silicon Valley	99			
Fresno	108			
Spokane	143			
South Sound	187			
Tri-Cities	192			
Alaska	197			
Salem	198			
Boise	245			
Guam	381			
Montana	387			
Members-At-Large				
Student-at-Large				
Total Members				
<b>Total Region Voting Strength</b>				
NAWIC Board (Director and National Rep)				
Out-of-Region Members				
Guests				
<b>TOTAL OVERALL ATTENDANCE</b>				

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**Submitted by:** \_\_\_\_\_

# THANK YOU

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# PLANNING COMMITTEE

The PNW Spring Forum is planned every year by volunteers. This conference has been brought to you by the following outstanding members. We would like to thank them for making PNW 2023 Spring Forum a success!



**Tamie Taylor**  
*Lead Planning Chair*  
Taylored Business Solutions, LLC



**Julie Salinas**  
*Co-Planning Chair*  
ABM



**Randi Del Real**  
*Speaker Committee Chair*  
STG Pacific



**Laura Reishus**  
*Marketing Committee Chair*  
Ahtna Diversified Holdings, LLC



**Sarah Dow**  
*Luncheon Committee Chair*  
EPC/Colaska



**Joana Paris**  
*Tour Committee Chair*  
Colaska



**Terri Smith**  
*Welcome Party Committee Chair*  
Colaska



**Crystal Upton**  
*Awards Gala Committee Chair*  
Providence



# ELEVATE

YOUR SUMMIT *Stronger Together*



**Dora Hughes**  
*Registration Committee Chair*  
Knik Construction



**Lori Kropidowski**  
*Restaurant Roundup  
Committee Chair*  
Ahtna Diversified Holdings, LLC



**Chelsea Cassell**  
*Vendor Committee Chair*  
Cassell Consulting



**Maggy Desmond-Layral**  
*Volunteer Outreach  
Committee Chair*  
Western Mechanical



**Amanda Boling**  
*Activity Committee Chair*  
STG Pacific



**Jessica Jacobsen**  
*Committee Member*  
Alyeska Pipeline

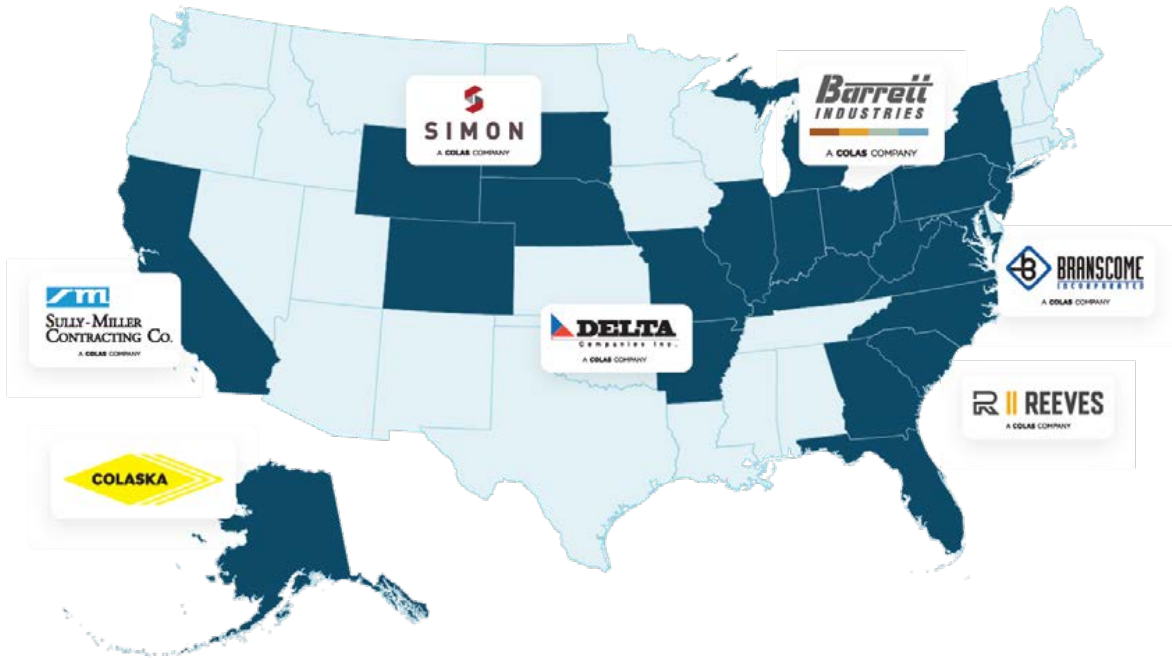


**Lynn Barrett**  
*Committee Member*  
FALKBuilt



**Nicole Pennie**  
*Committee Member*  
AlaskaWorks

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Construction  
Management



Alternative  
Delivery  
Methods



Mining

## COLASKA welcomes all NAWIC Pacific Northwest Forum Attendees

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- ✓ Facilities and Infrastructure

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- ✓ Compliance
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- ✓ Administrative Support
- ✓ Facilities O&M
- ✓ Janitorial
- ✓ Records Management
- ✓ Security
- ✓ Simulator Training

**.58**

EMR Rating

**1,028**

Employees

**\$100M**

Single Contract Bonding

**\$500M**

Aggregate Bonding

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## OUR ELEVATOR PITCH

*In a nutshell*

### FALKBUILT IS DIGITIZING INTERIOR CONSTRUCTION.

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Submittals

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Tamie K Taylor, CDS, CDT, CIT, MPM  
ttaylor@tbsak.com  
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Pacific Southwest Region



Pacific Northwest Region

# SPRING FORUM 2024

Ala Moana Hotel, Oahu, Hawaii

MAY 8-10, 2024



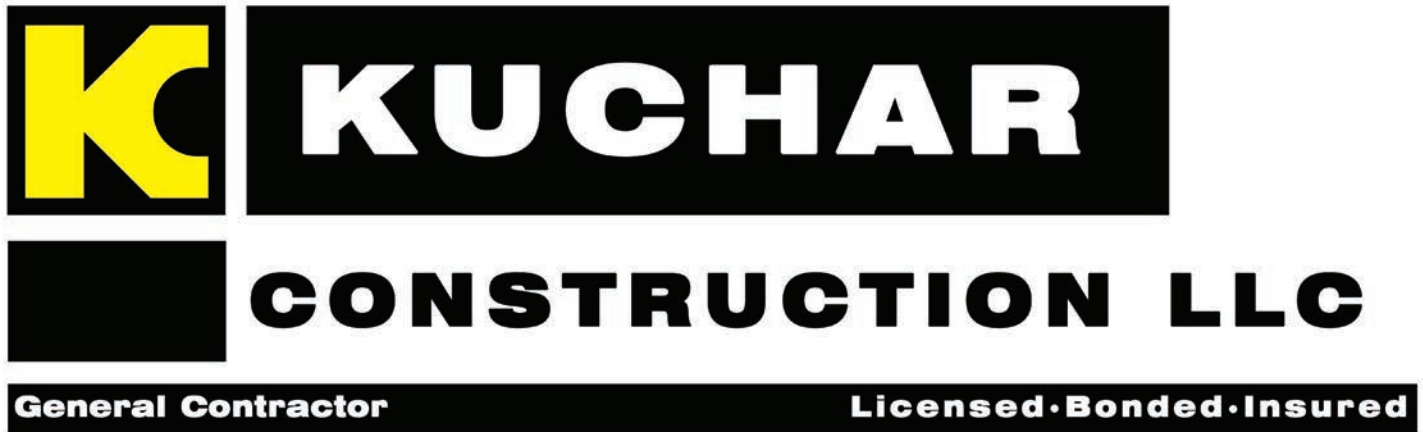
Register for Forum 2024 in Hawaii *this weekend* for a chance to win a gift basket, including a personalized lei greeting and ground transportation from the Honolulu International Airport to the Forum Hotel by a NAWIC Hawaii Chapter member. Early-bird registration is \$175.00 (includes a non-refundable \$125.00 deposit), which will expire June 30, 2023. July 1, 2023, registration will start at \$275.00 (includes a non-refundable \$125.00 deposit).

*Nā Wāhine in Construction Unite!*

Women in Construction Unite!



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