

May is here in the Pacific Southwest. With it brings beautiful weather; warm days and cool nights. And of course flowers and green hillsides. I am sure you all experienced the lushness of our Central California Coast when you travelled to FORUM in April. It is one of my favorite drives. We did have a great Forum! The Central California Coast Chapter did a great job finding a central location, easy to get to and SO near the airport if you flew in. Our Speakers were outstanding; from our workshops on Friday to our Keynote Speakers on Saturday. Thank you to all who worked so hard to make it a success. Be sure to ask your chapter representatives what was their favorite part of the conference. Our program and meeting minutes are up on our Region's website at NAWIC.NET if you want to read about it yourself.

The next chance to meet as a Region will be at AMEC in San Antonio TX August 17th through the 20th. Take the time to send in your registration and book your room. NAWIC has listened to your requests, so this year AMEC will be shorter, but just as packed with workshops and National business and awards. Our Director Elect, Liz Teramoto, will be installed then and will officially take over the duties as Director. What a great way to show your support for her and our Region by attending AMEC. Remember, each chapter can send one delegate for each 10 members. Consider being one of those delegates. It is a great way to get involved.

Speaking of being involved, Voting Season is upon us. We will be voting for our National Officers. Candidates include; Catherine Schoenenberger for President Elect, Amy Berg CBT CIT and Dove Sifer-Putnam CBT for Vice President, Diane Mike CBT for Secretary, and Anne Pflieger CIT and Donnalyn Revis CIT for Treasurer. Be sure to visit the Candidate section on the National Website to learn more about their credentials and their plans for the coming year.

You should also be hearing from your local chapters regarding sitting on the local Chapter Board. I hope you consider what YOU can do to meet the needs of your chapter. There is no better time than now to step and say YES to serving on your board. I know you will find it rewarding and your chapter will grow stronger because of your efforts. This is Leadership at its best!

Lorelee Langworthy, CIT CDS CBT



California Central Coast, CA

El Paso, TX

Greater Phoenix, AZ

Honolulu, HI

Las Vegas, NV

Los Angeles, CA

Metro Denver, CO

Orange County, CA

Pikes Peak, Colorado

Salt Lake City, UT

San Bernardino / Riverside CA

San Diego, CA

San Gabriel Valley, CA

Tucson, AZ

Ventura County, CA



NEWS FROM AROUND THE REGION



This month's News From Around the Region is featuring some of the events being put on by our California Chapters. Check them out and plan to attend one or more of them if you are in the area.

And of course we have the great newsy letter from our Pikes Peak Chapter. I always look forward to reading about all they have going on.

What is going on in your chapter? Be sure to share!



SAN DIEGO CHAPTER #21

“UCSD OPP IPD Building a Culture at UCSD’s Outpatient Pavilion”

UC San Diego Health System’s Strategic Vision seeks to create a healthier world – one life at a time. In order to realize this vision, the health provider has embarked upon a new initiative called Project Helix. Their five-year strategic plan has demonstrated a focus on improving and expanding outpatient and emergency care centers. Join us on Tuesday, May 10 to learn how the distinguished Project Team leaders for the Outpatient Pavilion are playing an important role in that process.



The 154,000 sf Outpatient Pavilion at the University of California, San Diego is an OSHPD 3 facility, housing hospital licensed services in support of Thornton Hospital and Jacobs Medical Center. This facility will serve as a platform to improve outpatient care delivery at UC San Diego by housing disease-specific centers consolidating all outpatient, ancillary, professional and support services needed to treat specified conditions. The building is organized into two wings connected by a public spine. A slot of daylight penetrates into the center of each wing, providing natural light to patient and staff areas while reducing lighting loads. The project is targeting a minimum rating of LEED Silver and outperformance of Title 24 energy requirements by 20%.



Gina Chang, AIA, EDAC



Brian Holley



Wendy Cohen

Tuesday, May 10
5:30 PM Networking
6:00 PM Program
Members \$40
Non-Members \$45
at the
Riverwalk Golf Club
1150 Fashion Valley Rd.
San Diego CA 92108

RSVP no later than May 5th at Noon.

Email Donna Walton at dwalton.nawic@gmail.com or phone (619) 869-1907 or visit www.nawicsd.org

Name _____

Member Guest

Name _____

Member Guest

Company _____

Meal Preference: Tri-tip Vegetarian

If you reserve and cannot attend, please cancel your reservation by May 5th or you will be billed. Please pay at the door with cash or check. MasterCard and VISA will be accepted at door with a \$2.50 convenience fee. If you do not pay at the door, there is an additional \$15 billing fee.

NAWIC SAN DIEGO CHAPTER #21

7th Annual Golf Tournament

Thursday, May 12, 2016

Twin Oaks Valley Golf Club
1425 N. Twin Oaks Valley Road, San Marcos, CA 92069

Fun format open to all golfers!

Male & female of all skill levels

Awesome Prizes will be available
at The Golf Awards Buffet Dinner

OPPORTUNITY DRAWINGS

**SILENT AUCTION
SKILL (AND LUCK) CONTESTS**

Food & Beverages provided.

Sponsorship and Volunteer opportunities available!

For more information about this exciting event, please contact:

Kathy Esposito elcajonplumbing2@aol.com
or Jami McArdle jmcardle@etcusa.net

*50% of our Golf Tournament Net Proceeds will be donated to
Rady's Children's Hospital, San Diego.*

The winner of this tournament will be entered into the Randy Jones Invitational and have a chance of winning the \$10,000 Grand Prize Donation awarded to the winning team's charity.

NAWIC
Builds

Rady
Children's
Hospital
San Diego

National Association of Women in Construction

Central California Coast #174

May Meeting
Tuesday the 17th 2016

Check-In/Networking 5:45pm Meeting begins promptly 6:15pm

Guest Speaker The CSLB Inspector

Topic



They will share the updates for 2016. Specifically the bond increase and HIS registration, stating that it will be easier because home improvement salespeople will not have to register with each company he/she works for—only one registration.

Meal choices

Tequila Citrus Marinated Chicken Breast, Grilled
with Rice Pilaf, Charred Corn Salad and Salsa

Or

Vegetable Stir Fry with Soba Noodles, Asian
Cabbage, Miso Soy Dressing

\$26 Members - \$32 Guests

RSVP to Donna Castaneda by noon, Thursday, May 12th
dc@smith-electric.com or phone: 805-260-5782.

- Reservations not cancelled prior to meeting are paid by the chapter and will be billed.

Meeting Location:

The Historic Santa Maria
800 S. Broadway
Santa Maria, CA

Driving Directions: From the South or North 101, take the Stowell Rd. exit. Turn right on Broadway, turn left on Morrison & a quick right into the Santa Maria Inn Parking Lot.

NAWIC LA JOB WALK @ 3033 WILSHIRE BLVD

Event to be held at the following time, date, and location:

Thursday, April 28, 2016
from 1:00 PM to 3:00 PM
(PDT)

3033 Wilshire Boulevard
Los Angeles, CA 90010

Share this event:

The mixed-use development at 3033 Wilshire Boulevard, Los Angeles, will be comprised of an 18-story residential tower with approximately 5,540 square feet of ground floor retail space and parking on floors 2 thru 4.

The approximately 364,932 gross square foot development will include 190 units- ranging from studios to two bedrooms & penthouse units. The development will also feature a sky deck amenity level with a clubhouse and an outdoor pool/spa.

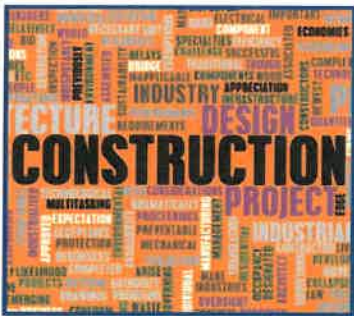
Swinerton Builders jobsite office is located in the building next door to the project site at 3055 Wilshire Blvd, Suite 620. Upon arrival, enter the office building off of Westmoreland Ave which is located one block west of the project site.

Become A Construction Industry Specialist (CIS) Let this basic course enhance your career!

8 NIGHT (24 Hour) CLASS—May 23,31, June 6,13,20,27,July 5,11 4-7 PM

Point Loma Nazarene Univ. (PLNU) – Mission Valley Building
4007 Camino del Rio South, Room 207, San Diego, CA 92108

Instructor: Frank E. Young, FCPE



Created through the NAWIC Education Foundation (NEF), the Construction Industry Specialist is a certificate program created for those individuals wishing to increase their overall knowledge of the construction industry. This comprehensive introductory look at the construction industry will prepare the participant for further training and educational opportunities needed in the various construction career pathways.

Course Competencies:

- 1. The Construction Industry and Career Pathways** – This section covers: construction industry sectors, Economics, Perceptions, Essential Construction Employment Skills, Career Options and Pathways, Resume Preparation and Interviewing Skills.
- 2. The Construction Project Team, Business Environments and Project Delivery** - This section covers: The various relationships between owner, contractor and design professional, Project Delivery Methods, Construction Business types, Ethics and Trade Associations, Professional Societies and Institutes.
- 3. The Construction Documents-Construction Drawings** – This section covers: The design process and how to interpret site, architectural, structural, plumbing, mechanical, fire sprinkler, electrical construction drawings. Clash Detection and coordination drawings will also be discussed.
- 4. The Construction Documents-Project Manual** -The student will explore the logistics of the construction project manual and the technical and performance specifications including the usage of the *Construction Specifications Institute's* MASTERFORMAT®.
- 5. Construction Estimating and Bidding Techniques** –This section covers: How contractors find projects to bid, material analysis, types of bids and how they are selected. Students will also discuss the creation of subcontractor bid packages and ethics in construction estimating.
- 6. The Construction Process** – This section covers: The planning and scheduling of a construction project during each phase of construction (Project Development, Project Design, Bidding & Negotiating, Pre-Construction, Construction, Planning and Scheduling, Project Close-Out Procedures and Green Building Practices).
- 7. The Construction Contract** – This section covers: The various construction laws, contracts, subcontracts, purchase orders and how to avoiding claims and delays.
- 8. Construction Administration** – This section covers: The importance of maintaining project records and the various methods used to accomplish this task. Topics will include; but not limited to, common construction documentation, RFI's, Daily Logs, Time Cards, Schedule of Values, Change Orders, the payment processes, necessary close-out documentation and procedures.

REGISTER Online at: www.NAWICsd.org

Registration deadline: May 10, 2015

NAWIC Members: \$299; Non-Members \$349

Price includes text and cost of certification testing

Light snack will be provided at each class

Questions: email - sdwic@cox.net

Sponsored by NAWIC San Diego





Chapter 356 Presidents' Letter

By Karen Mitchell, CBT, CI
May, 2016

Pikes Peak Chapter Happenings



May has finally arrived. I'd like to be able to report that April showers (and there were plenty) brought May flowers, but it appears, based on the weather forecast that April showers are bringing many more May showers. Flooding has been an issue in our area since the devastating fires of 2012 and 2013, but fortunately, thanks to innovation in flood control and construction of barriers, floods have not had too much of an impact. Just goes to show how important our industry really is, but, then again, we already knew that!

I enjoyed seeing many of you at the 2016 Forum. I am pleased to see how well our still new region is coming together. I was impressed in the Presidents' Meeting to see the chapters step up to host our first "region-sponsored" Forum to be held in the Los Angeles area in 2018. It will be phenomenal to see all the chapters work together.



Our chapter held a NAWIC 101 for WIC Week. It was exciting that we had more guests in attendance than members. This presentation which included an overview of NAWIC, a description of the chapter level and presentations by several committee chairs was a hit and it has been requested that we repeat this program at least every two years. I am proud to report that we started this year with 20 members and are now up to 27 with women contacting us monthly for more information. Welcome to our newest members Kristen Ibarra of RMG Engineering, Eva Cosyleon of Cosyleon & Cosyleon, Inc., and Ashli Bessey of Trane. I believe that some women are finally realizing what

NAWIC members have known all along, that face to face meetings and relationships are so much more valuable than relying on social media for networking and cultivating friendships. In conjunction with WIC Week and this meeting, the chapter Board issued The Melting Pot Challenge. The members who invited and brought the most guests each won a \$50.00 Melting Pot gift card. Naomi Collins (pictured above right with Membership Chair Valerie Bates) invited the most guests. Her list was in the double digits and her invitations were not via email! Jennifer Walker (pictured above in red jacket) brought the most guests with a total of four; one has since joined and two others are "very interested!"



In April, Stephen Hess, Esq. of Sherman & Howard Law Firm, an attorney specializing in construction law, spoke to our members about the Construction Deficit Ordinance, recently passed by the Colorado Springs City Council. To put it in a nutshell, builders throughout the state of Colorado, have been reluctant to build multi-family housing because a lawsuit from a single resident, can wreak havoc for years. With the new ordinance, a majority of residents must agree a lawsuit is necessary. This protects builders from frivolous lawsuits and homeowners from clearly inferior construction. The ordinance also invokes legal action against the proper entities rather than simply suing everyone involved in a building project. In an area desperate for affordable housing, this ordinance should help jumpstart this area of construction.

At our May meeting, hosted by Colorado Springs Utilities, we will learn about xeriscaping. It is counterintuitive to many that the Pikes Peak Region, despite being at the foot of the Rocky Mountains, generally experiences moderate drought every summer (so yes, we are really fine with the aforementioned rain). Keeping a green lawn is nearly impossible. Xeriscaping is a creative solution to this issue and the Colorado Springs Utilities are at the forefront of this type of landscaping. For a homeowner like myself, whose kitchen measures in right at 9,000 feet above sea level, xeriscaping is my only option for a beautiful yard.

In June, we will hear from Olympian Erin Mirabella who competed in cycling in the 2000 Olympics in Sydney, Australia. Erin placed 4th, but when the 3rd place medalist tested positive for performance-enhancing drugs, Erin was awarded the bronze medal. Erin then lost the medal when the original bronze medalist won an appeal. It was quite a roller coaster ride and Erin has an important message to share about overcoming hardships.

Lisa Reiswig, Metropolitan Denver Chapter President, and I are busy with the initial planning of the 2017 Fall Conference (formerly APC) in Denver, Colorado. Plan on attending. We are going green and invite you to come along with us!! Mark your calendars now for October 13-14, 2017. We hope to see you there.