



The Centerline

President's Message

Happy Heart Health Month!

February brings us the hearts associated with Valentine's Day. February is also Heart Health Month. I am thrilled Linda Champlin Frank's husband, Ray, is recovering from his heart surgery. Continue to keep them in your thoughts and prayers.

Study after study shows links between stress and heart disease. As women who juggle a multitude of demands, we know about stress. A little stress is not a bad thing, but too much stress can be deadly. The good news is that you have a lot of control over your stress level. Be sure to read *Could Working Out Solve your Workplace Woes?* to find healthy ways to reduce stress at work and improve your overall health.

Another way to reduce stress is to be proactive in your business decisions and strategies. I invite you to this month's general membership meeting on Thursday, February 18 at The Warehouse Restaurant.



Motivational speaker Julie Davis will be speaking on "Empowering Practices to Propel your Business." Invite a friend (or that co-worker who clearly needs this topic). Enjoy a great meal while learning practical ideas to reduce stress and feel empowered at work.

The 2016 Block Kids program has come and gone. While I enjoy Block Kids and it is a good stressor for me, I always breathe a sigh of relief when I get the final report mailed to the regional chair. Look for the 2016 Block Kids report along with event photos in the March Centerline. The next event/program on our chapter calendar is the CAD/Hand-Drafting competition. Be sure to read the emailed updates sent by Co-Chairs Berni Mount and Kasey Chapot to see how you can help keep their stress at healthy levels!

A huge stress-relieving thank you to Jennifer Walker for stepping into the position of treasurer so Ally can care for her dad. Also, Adele Swift is doing a great job as website administrator so be sure to email her anything you want uploaded to the chapter website.

Composing this letter in red crayon on a placemat at Village Inn sure relived my stress. What can you do this month to get your stress to heart-healthy levels?

Karen E. Mitchell

Karen Mitchell, CBT, CIT



**We know that stress is
perhaps the most
underrated of all our
heart disease risk
factors.**

QUOTEHD.COM

Michael Miller

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Standing Committee Chairs 2015-2016

Professional Development & Education – position open, contact Karen to sign up now!

Membership & Marketing – Valerie Bates 719-649-4615
valerie@vanguardhomes.com

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“We make a living by what we do, but we make a life by what we give.” - Winston Churchill

Board of Directors for 2015-2016

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kem0513@aol.com

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lindacf356@msn.com

CAD Competition – Berni Mount and Kasey Chapot 719-599-7710
bmount@nunnconstruction.com
kchapot@nunnconstruction.com

Construction Career Day - Linda Champlin-Frank, CBT, CIT 719-641-1109
lindacf356@msn.com

NEF – position open, contact Karen to sign up now!

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valerie@vanguardnewhomes.com

Scholarship - Katie Trapp 719-635-0902
Kt_trapp@yahoo.com

Strategic Planning – Kasey Chapot 719-599-7710
kchapot@nunnconstruction.com

Ways & Means - Katie Trapp and Sandy Riggs
719-635-0902 Kt_trapp@yahoo.com
719-599-0168 sir3555@aol.com

WIC Week – position open, contact Karen to sign up now!

NAWIC Pikes Peak Chapter 356

February Meeting

Thursday February 18, 2016

5:30 – 6:00 Networking

6:00 – 6:45 – Dinner – The Warehouse Restaurant –

25 West Cimarron St. Colorado Springs, CO 80903

(No Cost to attend. Attendees will be responsible for own meals off the menu.)

6:45 – 7:30 – Program -
Julie Davis –



“Empowering Practices to Propel your Business”

7:30 – 8:00 Business Meeting

RSVP by Monday, February 15, 2016
to Valerie Bates
valerie@vanguardnewhomes.com
716-649-4615



February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Happy Birthday Berni Mount	3	4 Board Meeting	5	6
7	8	9 Happy Birthday Valerie Bates	10	11	12	13
14	15	16	17	18 Monthly Meeting	19	20
21	22	23	24	25	26	27
28	29 Happy Leap Day!					

If we missed your birthday, it is because we don't have the date, so please let Robyn know!

February 2 – Happy Birthday Berni Mount

February 4 – Board Meeting

February 9 – Happy Birthday Valerie Bates

February 18 – Monthly Meeting

Future Dates:

March 12 - CAD Competition

August 17-20 – National Conference



January, 2016 General Membership Meeting Hosted by the Coronado Robotics Team

Start planning to attend the 2016 NAWIC Annual Meeting & Education Conference August 17-20 in San Antonio, Texas. Once again, those who plan ahead and register early can take advantage of special “Early bird” registration rates.

www.nawicconvention.org

Registration Rates*

March 1-April 30, 2016	May 1-June 30, 2016	After June 30, 2016 and onsite
Members: \$615 Nonmembers: \$715	Members: \$665 Nonmembers: \$765	Members: \$765 Nonmembers: \$865

(*Your registration for AMEC 2016 now includes conference photography. Each registered attendee will receive unlimited photo downloads from conference photographer Jacky Price.)

This year, Coach Jenn Lee will deliver the keynote address during NAWIC’s Annual Meeting. Her keynote’s topic will be “Make Great Things Happen!”

“Most of us have the desire to end the day knowing that we’ve ‘nailed it!’ We’re naturally eager to make an impact, not just for our benefit, but in service to others while influencing our personal community,” said Lee. “Elevating and advancing our everyday lives occurs when we’re curious about what we’re truly capable of, and passionate about how we uniquely deliver our message. Adopt the philosophy that together, we can ‘Make Great Things Happen!’”

Lee is a small-business strategist, marketing consultant and a rockin’, high-energy motivational speaker. Obsessed with small business owners and corporations who “get it,” Lee leveraged her experience to found The Work Creative. She has 25 years of corporate sales and marketing experience. She now speaks to small business owners, sales teams and companies across the nation. Her spot-on advice has made her a regular contributor on Orlando’s FOX News and FOX Business Network. In addition, she is also featured in numerous entrepreneurial podcasts and quoted in national magazines.

The conference will be held at the [Grand Hyatt San Antonio](#), located on the world famous River Walk near The Alamo. This downtown San Antonio hotel is situated near trendy downtown bars, hot clubs, Zagat-rated restaurants and numerous cultural attractions.

Onsite features include the complimentary Wi-Fi access in guestrooms and public spaces, a 24-hour StayFit™ gym, a rooftop heated lap pool, Ruth’s Chris Steak House, Bar Rojo and the 24-hour Perks Coffee.

NAWIC has secured a conference rate of \$143* a night for single and double rooms and \$163 for triple or quad rooms. Please note that rooms with two beds feature two full-size, not queen-size beds. You can start booking rooms today! Be sure to book your room online at the website listed below or by calling.

Grand Hyatt San Antonio

<https://resweb.passkey.com/go/2016NAWIC> | Phone: 210-224-1234

*Room rates are guaranteed if booked by July 27, 2016.

Central California Coast Chapter #174 of the
National Association of Women in Construction

PRESENTS

Pacific Southwest Region

ANNUAL FORUM
APRIL 15-16, 2016



"On the Runway"

REGISTRATION FORM

NAME _____

Member _____ Non-Member _____ Delegate _____ Alternate _____

STATUS: Active _____ Corporate _____ Associate _____ Student _____

Retired _____ Member at Large _____

Chapter _____ No. _____ Region _____

Company _____

Address _____

Email _____

Phone _____ Cell Phone _____

FIRST NAWIC FORUM ____ YES ____ NO

WAYS & MEANS TABLE ____ YES

EMERGENCY CONTACT

NAME _____ PHONE _____

DIETARY
RESTRICTIONS _____

LUNCH CHOICE: _____ PESTO CHICKEN SANDWICH
_____ GRILLED VEGGIE SANDWICH

MAKE CHECKS PAYABLE TO: NAWIC #174

MAIL PAYMENT AND REGISTRATION FORM TO:

DONNA CASTANEDA
1513 EAST ALVIN AVENUE
SANTA MARIA, CA 93454
CONTACT FOR INFO: DONNA CASTANEDA
805-260-5782 - dc@smith-electric.com

IF PAYING WITH CREDIT CARD: (\$5.00 CONVENIENCE FEE
WILL BE ADDED)

CARD # _____ EXP _____
NAME ON CARD _____

REGISTRATION FEES

	Qty
Member Registration	_____ \$150
Member Registration after Apr. 5, '2016	_____ \$165
Non-Member Registration	_____ \$165
Non-Member Registration after Apr. 5, 2016	_____ \$180
Saturday Luncheon Guest Ticket	_____ \$25
Saturday Banquet Guest Ticket	_____ \$50
Optional Friday Wine Tasting 7 to -9 p.m.	_____ \$20
TOTAL ENCLOSED	\$ _____

SORRY, NO REFUNDS AFTER APRIL 10, 2016

FRIDAY AFTERNOON (included in Registration)

LEADERSHIP WORKSHOP _____ AND/OR

MUSEUM OF FLIGHT TOUR (CHECK ONE)
10 AM _____ 11 AM _____ 1 PM _____



HOTEL RESERVATIONS

Radisson Hotel – Santa Maria

3455 Skyway Drive
Santa Maria, Ca. 93455

Room Reservations: 888-333-3333
Refer to: NAWIC1

Single/Double: \$110.00*
Triple (2 Queen Beds) \$110.00*

*Free Parking, Occupancy tax not included

**Firm 30-day reservation cut-off deadline
Is March 15, 2016**

Central California Coast Chapter #174 of the
National Association of Women in Construction

Presents

Pacific Southwest Region

ANNUAL FORUM
APRIL 15-16, 2016



"On the Runway"

NAME _____

Chapter _____

Company _____

Address _____

Email _____

Phone _____ Cell Phone _____

MAKE CHECKS PAYABLE TO: NAWIC #174

MAIL OR EMAIL PAYMENT, THIS FORM & AD TO:

DONNA CASTANEDA
1513 EAST ALVIN AVENUE
SANTA MARIA, CA 93454
CONTACT FOR INFO: DONNA CASTANEDA
805-260-5782 - dc@smith-electric.com

IF PAYING WITH CREDIT CARD: (\$1.00 CONVENIENCE FEE
WILL BE ADDED)

CARD # _____ EXP _____
NAME ON CARD _____

ADVERTISING FEES — AD IN PROGRAM

Full Page	_____	\$200
Half Page	_____	\$100
Quarter Page	_____	\$50
Business Card	_____	\$25

TOTAL ENCLOSED \$ _____

Ads have to be submitted by march 15th
Program will also be emailed out to all
pacific southwest members



Advertise your
business or give
your employer
exposure to
NAWIC's vast
network!!

Could Working Out Solve your Workplace Woes?

A growing body of evidence suggests that regular exercise can have a direct impact on our career success. Get the most from your workout by choosing the method best suited to your specific work issue.

by Victoria Joy for The Guardian

Working out might usually fall under the category of leisure, but scientists are increasingly presenting research to prove exercise can boost performance, increase intelligence and make us more productive. So, should we be sweating our way to career success? According to Stephen Stott, CEO of executive recruitment agency Stott and May, even headhunters and employers are making the link between fitness and work. “We hold an employee’s fitness in high regard because the attributes demonstrated – determination, commitment, hard work – are those we look for in the business world,” he explains. Increase your chances of a 2016 promotion and make the best use of your time by opting for the right training method.

CREATIVE BLOCKS

What works? *Cycling*

Your local Fitness First might not seem like a hub of inspiration, but with every bead of sweat comes a better chance of finishing *The Work Project That Never Dies*. Research published in *Frontiers in Human Neuroscience* asked participants to hit the pedals and tested them with questions during and after their cycling stints. The conclusion? Regular exercisers experienced an improved capacity for convergent thinking (read: creativity) during and immediately after intense physical activity. Working out directly affects the levels of oxygenation and glucose in the frontal brain regions, which is responsible for problem solving and imagination. With career experts agreeing that generating killer idea is one of the most tangible ways to prove your worth in the workplace, perhaps it’s time to put spin class a little higher on your list of priorities. We hold an employee’s fitness in high regard because the attributes demonstrated are those we look for in business.



LOW ENERGY

What works? *Aerobics*

Feeling like a Duracell bunny without a battery pack? Clocking up 14-hour days and writing business proposals in your sleep will do that. Ironically, exercising as often as you can will actually increase energy levels. Researchers from the University of Georgia found that individuals who struggled with constant fatigue could boost their energy by 20%, and lower fatigue by as much as 65%, with regular, low-intensity exercise. Aerobics is a good choice, says Louisa Drake, fitness expert and founder of the Louisa Drake Method: “Exercising at a low to moderate level means maximum energizing effects without depleting any of your body’s existing energy stores. A group aerobics class set to music is great for this; the dance movements accelerate your breathing and increase heart rate. Plus, a group of people moving completely in sync builds a cumulative force of energy, so you can feed each other.”

SOARING STRESS

What works? *Weight training*

Bigger muscles aren't the only gains to be garnered from strength training. In fact, resistance sessions have been shown to increase levels of norepinephrine, a neurotransmitter that helps the brain cope better with stress and anxiety, by 36%. Drake is in agreement with this – she incorporates weights into the programs of her most frazzled clients. “Resistance training at any level can help reduce stress and anxiety because it demands both physical effort and mental focus to perform reps effectively and build enough strength to progress to heavier loads – all those business concerns buzzing around your head are forced to take a time out. Plus, the emotional and physical release we get after expending this kind of energy is scientifically proven to cause a massive hormonal high, for de-stressing benefits long after your workout.”

PROCRASTINATION

What works? *A lunchtime run*

So behind on your to-do list that you couldn't possibly fit in a workout? Wrong. According to Jim McKenna, professor of physical activity and health at Leeds Metropolitan University, scheduling in exercise at lunchtime can improve your time management and productivity so much that 60 minutes out of the office technically comes for free.

“We studied 200 workers on days when they spent 30 to 60 minutes of their lunch break engaging in physical activity and days when they stayed at their desks. Our research team saw a 17% improvement in the individuals' performance on the days they exercised, which is the equivalent of doing in seven hours what it would normally take eight to achieve,” he explains. The boost is down to the stimulating effect of exercise on the pre-frontal cortex of the brain, which syphons out exhausted cells and generates new ones in their place. “It means rather than focusing on bums on seats come lunchtime, we should look at sweat sessions as an integral part of the working day.”



LOW CONFIDENCE

What works? *Yoga*

Nothing boosts self-esteem like seeing the results of your hard work and perseverance pay off in a tangible way. Enter yoga. “It's one of the best ways to chart your own fitness progress because it's made up of specific postures and moves that you learn to master through practice. The very nature of the exercise is that we're all beginners at some point, so nailing each and every pose is a mark of achievement, which in turn builds confidence and

empowers individuals to take on challenges in other areas of life,” says Drake. Then there's the fact that yoga is one of the best workouts to improve posture, core strength and muscle tone – so you'll get a kick from walking taller and looking leaner too.



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How? It's easy...

1.Send your business card and check for \$15.00 Payable to Pacific Southwest Region Fund to:

Nancy Eaton

2740 W 5700 N

Cedar City, Utah 84721

2. E Mail me your ad and scan your Logo to:

lvwic@ix.netcom.com

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NAWIC BUILD IT UP SPONSORSHIP FORM

I would like to partner with NAWIC Chapter #356 to help fund educational and service projects in the construction industry within our community. I understand my sponsorship will also help with NAWIC Education Foundation programs held throughout the year.

I would like to support the Colorado Springs NAWIC Chapter #356 at the following level:

Build It Up Bronze - \$250.00 _____

Build It Up Silver - \$500.00 _____

Build It Up Gold - \$1,000.00 _____

Build It Up Platinum - \$1,500.00 _____
(includes one free annual membership)

Name: _____

Company: _____

Address: _____

City, State, Zip _____

Mail to:

NAWIC Colorado Springs Chapter #356
PO Box 7455
Colorado Springs, CO 80933

Date Received: _____

Expires: _____

Advertising Opportunity Available...



We are offering you an opportunity to advertise in our monthly NAWIC Newsletter "The Centerline"

The Colorado Springs newsletter is distributed to our members, posted on our website, sent to our Regional Director and is available on the NAWIC Region 8 website.

Business Card Size	\$35.00
1/2 Page	\$75.00
Full Page	\$100.00

Your ad will run for one full year from the time of receipt.

Send your business card or copy and check to:

NAWIC Chapter #356
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Colorado Springs, CO 80933

Thank you for your support of Colorado Springs NAWIC
Chapter #356