Dear NAWIC Members, Family, & Friends

With August, comes the start of a new school year for those of us that have young ones in preschool, elementary, middle and high schools, first year college, graduate, trade schools, or continuing education our loved ones may be embarking upon new chapters in their lives. On behalf of NAWIC Fresno Chapter 108, I impart well wishes for all those impressionable minds. May you all have an impactful educational year!

On August 8th, we had the honor of having Fresno Fire Chief Kerri Donis and Fire Investigator Christine Wilson speak to our general membership on the enhancement and promotion of females within the firefighting Industry. We learned of the many facets of firefighting, what is available to women, and similar challenges parallel to females within our own construction industry. Thank you Chief Donis and Investigator Wilson for an interesting and informative evening.

During our September General Membership Meeting, we’ll host the Installation of our new 2019-2020 Board of Directors. You are more than welcome to attend this exciting evening as we install our new Board. Remember to take a look at the 2019-2020 Committee list if you would like to become involved with some of our exciting events.

Please, also keep an eye out for our meeting notices, which also notates upcoming speakers and programs in the future months. If you would like to attend any of our General Membership Meetings, please feel free to contact Carolyn Mooradian, CCA, CIT, Reservations Chair, at fresnonawic108@gmail.com to make your reservation for attendance at any of our programs or scheduled tours.

Lastly, the 2019 Pacific Northwest Region Fall Conference will be held in Reno, Nevada on October 25-26. If you would like more information or would like to attend, please contact me. You will have a chance to meet other NAWIC members from other chapters within our region in addition to being part of our Regional Fall Planning

Thank you,

Janelle Romo – President, Fresno Chapter 108
Even with all the HOT weather we have been having this past month, some of our members have not let that affect them as they were out and about.

*Lion King* came to the *Maya Cinema* and Deanna, Pat, Eileen, Carolyn and Marilyn just had to see it. After the early morning show, they had lunch at *The Mad Duck*. Which, by the way, *The Mad Duck* has just opened another restaurant, I believe at the corner of Herndon and Marks. Nice place to have lunch.

Yolanda showed off *Pacific Shore Stones’ Cygnus Leathered stone* during the *Fresno Home Remodeling & Decorating Show*. Heard it was a great show and they had a large attendance again this year.

And of course, I have to brag again of my grandson, Kyle and his Oakdale team participating in the *USA Water Polo Junior Olympic Championships* in Orange County. This was a first for Oakdale and the boys were so stoked about being in the Junior Olympics!

Asha performed and attended *AlohaFest 2019* in Toronto, Canada, with her *Hālau Hula I Ka Lā - Hula Studio* friends. I’m sure she had a wonderful time and got to see some of the sites in and around Toronto. Make sure you ask her about her trip when you next see her.

Of course, everyone needs an outlet for their creative side. Teri got hers at the *Pinot Palette*. From the looks of her painting, that may put her day job in jeopardy. She had a fun time – there is something about being able to create something of your very own that makes life interesting. All of us need to step out of our box every once in a while.

Two of our members sort of partnered – Paula and Debbie working together to combine their talents. Paula raised a wall in place on the *De Young Properties’* home built for the reboot of *HGTV’s Extreme Makeover: Home Edition* in Clovis. Debbie fashioned embroidered hats and shirts, with *Alert-O-Lite/Signmax* as an event sponsor.

Zoo Docent Carolyn, sporting a fashionable Stormtrooper boot, with Tamara, Dorothy and Lew, staffed a *Fresno Chaffee Zoo* display table during the *Jamba & Maya Cinemas 3rd Annual Backpack Giveaway*. Do any of you remember when *Star Wars* first hit the theaters? I remember taking our boys along with some of the neighborhood kids and what a fantastic movie. How do some minds think of things like that?

Janelle, with *Hālau Hula I Ka Lā - Hula Studio* friends Jamie, Sienna and Liz, along with George the Tiger, served and taste tested ice cream during the *Producers Ice Cream Zoofari* at *Fresno Chaffee Zoo*. Just wondered how much they tasted? You will need to ask Janelle.

And, as if Janelle did not have enough going on in her life – She, Dave and Reese took in a 5-day *Bahamas* cruise! Really, I think she has been enjoying life way, way too much! If only all of us would enjoy what we have, we would all be better off.

Team NAWIC, consisting of Carolyn, Deanna, Pat and Pauline, hitting strikes at the *6th Annual Bowling for Rhinos* by *Fresno Chaffee Zoo’s American Association of Zoo Keepers*. Well really, we did not hit that many strikes, but we sure spent a lot of time laughing. Pat even did a special delivery on one of her throws – for more details, you will need to ask Pat. I am not going to divulge the details!

Hula dancers Asha and Janelle, and *Hālau Hula I Ka Lā - Hula Studio* friends, shared their hula and aloha at the *Clovis Farmer’s Market*.

Marilyn and Pat enjoyed a picnic by the *Crooked River High Bridge*, before crossing the Oregon Trail to visit Marilyn’s “kids” Carol and Eric, and families, plus Marla in *Vancouver, Washington*. I’m sure they will have pictures, etc to share with us at our next meeting. Be sure to ask them about their trip.

Former member Jennifer, had lunch with her mom, Carolyn, and Donna at *Sakura Chaya Tokyo Cuisine*, then topped it off by going across the parking lot to *Rollie Rollie Thai Rolled Ice Cream* during a weekend visit. And, of course the pictures they submitted were of the ice cream part of their lunch.

I would like to thank all of you for your contributions to my Scoop! Without you, this column would be BLAH! I really think sharing is part of our networking. Now that the weather is cooling – at least for a bit – I wish you all a great September. Catch you all next month!
Chapter Members’ Activities

General Membership Meeting
August 8, 2019
PASSING THE STRESS TEST

BY HARVEY MACKAY

Once upon a time, there was a king who wanted to pick the wisest person among his subjects to be his prime minister. He decided to put three finalists to an unusual test.

He placed the three candidates together in a room at the palace and told them the door had been fitted with the most complicated lock ever designed by the royal locksmith.

"Whoever is able to open the door first will be the prime minister," the king declared.

The first began to work out complicated mathematical formulas in search of the secret combination. The second scoured thick volumes on lock construction.

The third candidate walked over to the door and simply turned the handle. With no effort, the door swung open! It had been unlocked all the time.

For this common-sense and active approach, the king named the third person to the coveted post.

Pressure, stress, angst—call it whatever you want. If you let it take control of your mind, you will struggle to open every door that you need to walk through. You must learn to master that pressure or stress in order to make it work for you.

An article in Bits and Pieces magazine describes how certain types of stress can actually be good for you. Citing the Mother Nature Network, the article explains how moderate and intermittent amounts of stress, such as a project deadline that gets moved up, can actually help us become more aware of our situations and motivate us to find creative solutions to problems. In addition, stress teaches us how to operate outside our usual comfort zone.

Life will hand us occasional curveballs. Understanding how to approach them is the first step to navigating the next one that will inevitably present itself. True, it may throw us off-balance at first. But reacting appropriately and swiftly becomes more manageable each time.

A recent survey published by the American Psychological Association found that as many as 70 percent of Americans reported suffering from workplace stress. Separating work-related tasks, such as resisting the urge to catch up with emails in the evening from leisure and family time, can help prevent workplace stress from spilling into other areas of your life.

The Society for Human Resource Management found that more than half of workers who put in more than 40 hours a week do so not because of pressure from management, but because those demands are self-imposed. For them, working hard isn’t necessarily so much a stressor as a source of fulfillment.

I personally thrive on pressure. I turn pressure into purpose. True, there are necessary tasks and projects that I don’t relish, and work to finish simply so I can cross them off my list. The payoff comes when I see that list with a number of accomplishments at the end of the day. That’s my motivation.

Learning how to deal with pressure and stress is critical to your health and success. Whether that means an attitude adjustment, a job change or a heart attack is up to you. Don’t make your situation more difficult by doing things the hard way.

In other words, walk right up to the door and try the handle first.

Mackay’s moral: Pressure turns a diamond into the rough into a precious stone.

Harvey Mackay is the author of the New York Times best-seller “Swim With the Sharks Without Being Eaten Alive.” He can be reached through his website, www.harveymackay.com, by emailing harvey@mackay.com or by writing him at MackayMitchell Envelope Co., 2100 E10 St. SE, Minneapolis, MN 55414.
Committees

**Audit:** Pauline McIntosh, CCA, CIT, Carolyn Mooradian, CCA, CIT & Deanna Spencer

**Block Kids:** Pat Krueger, Eileen Martin, Jamie Ohanesian, Donna Marie Shepherd & Deanna Spencer

**Bylaws:** Marilyn Camin, CIT & Deanna Spencer

**CAD Competition:** TBD

**Christmas Party:** Pauline McIntosh CCA, CIT, Carolyn Mooradian, CCA, CIT, Pat Krueger & Eileen Martin

**Committee Coordinator:** Donna Marie Shepherd

**Corporate Sponsors:** Donna Marie Shepherd

**Finance/Budget:** Janelle Romo, Marilyn Camin, CIT, Carolyn Mooradian, CCA, CIT & Donna Marie Shepherd

**Flower/Poinsettia Sales:** Pauline McIntosh CCA, CIT, Carolyn Mooradian, CCA, CIT & Pat Krueger

**Industry Liaison:** Janelle Romo

**Innovation:** TBD

**Member/Future Leader of the Year:** Janelle Romo, Pat Krueger, Donna Marie Shepherd, Teri Sherron & Caryn Wiser

**Membership:** Donna Marie Shepherd

**Membership Roster & Handbook:** Carolyn Mooradian, CCA, CIT

**Mentoring:** Janelle Romo

**Newsletter:** Pauline McIntosh, CCA, CIT

**Nominating:** Yolanda Santos, Teri Sherron & Deanna Spencer

**PNW Fall Conference:** Teri Sherron, Marilyn Camin, CIT, Pauline McIntosh, CCA, CIT, Carolyn Mooradian, CCA, CIT, Janelle Romo, Donna Marie Shepherd & Deanna Spencer

**Professional Development & Education (PD&E)/Speakers:** TBD

**Recognition Dinner:** Elena Nuño & Janelle Romo

**Reservations:** Carolyn Mooradian, CCA, CIT

**Safety & Health:** TBD

**Scholarship:** Marilyn Camin, CIT

**Social Media, PR & Marketing:** Elena Nuño & Janelle Romo

**Spring Luncheon:** Donna Marie Shepherd, Jamie Ohanesian & Caryn Wiser

**Sunshine:** Carolyn Mooradian, CCA, CIT

**Website:** Elena Nuño

**WIC Week:** Janelle Romo & Donna Marie Shepherd

Please contact committee chairs if you are interested in joining any of these committees.

Chapter Plan Ahead

**Thu., September 12 — General Membership Meeting**
Program: Installation of 2019-2020 Board of Directors

**Thu., October 10 — General Membership Meeting**
Speaker: Capt Burke Farrah, Northwest Policing District Commander
City of Fresno Police Department ~ After Hours Construction Site Security.

**Fri., October 25 - Sat., October 26 — 2019 PNW Fall Conference**
Reno, NV ~ Eldorado Hotel (345 N. Virginia St.)
More details to follow.

**Thu., November 14 — Site Presentation/Gen Membership Mtg**
Presentation: Goldie Lewis, PE, Director of Land Development
McCaffrey Homes ~ Tesoro Viejo The Ranch House Clubhouse
Site Presentation of Tesoro Viejo Development & The Ranch House.

**Thu., December 12 — Christmas Party**
The Point Patio Bar & Bistro (2940 E. Nees Ave.) ~ 6:00—8:00 p.m.

YouTube Video Links

- WWIC PNW
- Building Leaders in a Measurable Way
- Pacific Northwest Region Fall Conference 2018
- Enhancing the Success of Women in Construction

FLYERS

CSI FRESNO CHAPTER'S 4TH ANNUAL PUB QUIZ TUESDAY, SEPT. 17th 5:30 PM | 1252 Fulton Street; 93721

This year CSI Fresno is happy to have the Structural Engineers Association of Central California (SEACC) co-hosting at our Pub Quiz coastie! We hope you can join us for food, drink & fun!

Please join CSI Fresno at our 4th Annual Pub Quiz!

DIRECTIONS:
Tuesday, September 17th @ 5:30 PM
Location:
Common Space
1252 Fulton Street
Fresno, CA 93721
Cost:
$5/person - half goes to cash jackpot

Sponsor Opportunities:
Platinum Sponsor: $500
Gold Sponsor: $300
Silver Sponsor: $100
Bronze Sponsor: $50

For sponsor information contact:
Doug Mayer - dmayer@monumentstructures.com

SAVE THE DATE

PACIFIC NORTHWEST REGION ANNUAL FALL CONFERENCE

OCTOBER 25-26, 2019
ELDORADO HOTEL, RENO, NV
ROOM RATES: THURSDAY $75
FRIDAY & SATURDAY $130 (includes resort fee)
FREE SHUTTLE TO/FROM AIRPORT AND FREE PARKING

6

$20 BUILDING A CASE FOR EDUCATION

With this $20 purchase comes the opportunity to win the 2019 GRAND PRIZE
Case of Premium Wines value over $500
(See back side for list of wine and donors)

The real value comes from knowing that you are helping the Professional Women in Building of the Building Industry Association continue to provide college scholarships and community outreach.

Drawing will be held on September 26, 2019 • 5:00-7:00pm
You are invited to a No Host Gathering at The Lime Lite (Patio)
1054 W. Shaw Ave • Fresno

Need Not Be Present To Win
MUST BE AGE 21 OR OLDER TO WIN

For raffle ticket information, contact Caryn, Donna or Jamie at fresnonawic108@gmail.com or "Charlie" at charlie@bifafm.org

Special THANK YOU to all individuals and companies for their generous donation:

GRAND PRIZE
2010 Oyster Ridge Red
Ancient Peaks, Paso Robles
Donated by Stephen & Maria Russell

2011 Estate Zinfandel
Sanciello Canyon Vineyard, Arroyo Grande Valley
Donated by Allison Berry

2012 Reserve Dolcetto
Maravino Winery, Santa Barbara County
Donated by Cynthia Cantis

2014 Cabernet Sauvignon 2480
Hollywood & Vine Cellars, Napa Valley
Donated by Robert & Jamie Ohanesian Electric

2016 Sea Smoke TEN Pinot Noir
Biodynamic Estate Appellation Vineyards
Donated by Mille and Barbara Franklin

2016 Cabernet Sauvignon
Ilards, Napa Valley
Donated by Motivational Systems Inc

2016 Carneros Chardonnay
Frank Family Vineyards, Calistoga
Donated by Donna & Rob Shephard

2016 Cabernet Sauvignon
Rombauer Vineyards, Napa Valley
Donated by Don & Linda Felter

2016 Alapay Reserve Syrah
Jack McNeely Vineyards, Santa Barbara
Donated by Alapay Cellars

2016 Estate Cabernet Sauvignon
Joseph Phelps Vineyards, Napa Valley
Donated by Precision Civil Engineering

2017 Chardonnay
Calabria Cellars, Napa Valley
Donated by Curtis and Terri Emmett

2017 Chardonnay
Far Niente Winery, Napa Valley
Donated by Caryn Wise & J&S Environmental

For more information about the Pacific Northeast Region Annual Fall Conference, contact Mieko Takatsuna at mtakatsuna@firepowerusa.com or call 510-891-6336.
Corporate Sponsors

www.precisioneng.net
www.arcadis.com
www.mccaffreyhomes.com
Corporate Sponsors

Moore Grider & Company
Certified Public Accountants

Providing services for more than 60 years

PARTNERS
Richard L. Holland, CPA
Thomas L. Bell, CPA
Denise S. Hurst, CPA
Kenneth J. Labendeira, CFE, CPA
Pamela J. Gallemore, CPA
Karl L. Noyes, CPA
Cory J. Bell, CPA
Kendall K. Wheeler, CPA
Tom Collins, CPA
Aaron C. Studt, CPA
Carrie M. Wiebe, CFE, CPA
Phil Lucano, CPA
Ginger Lucano, CPA

PROFESSIONALS
Rena R. Avedikian, CPA
Kelli D. Steele, CPA
Julie B. Fillmore, CPA
Oscar Espinoza, CPA
Lisa Brown, CPA, CFE
Stalin Hernandez, CPA
Michiko Rosenthal, CPA
Abel Cabello, EA

(559) 440-0700
www.mooregrider.com

Motivational Systems, Inc.
provides signs and graphics for all facets of the construction industry. We are a DESIGN-BUILD firm specializing in environmental graphic design, wayfinding and sign fabrication for over 43 years.

Graphic and Interior Design Services
Residential and Architectural Sign Systems
Weekend Sign Services
Sales Center Interiors and Displays
Architectural and Topographical Scale Models
Interactive and Digital Displays

For more information please visit
www.MotivationalSystems.com

Fresno Division
559-431-2502
dmease@motivational.com
Contact Another Location
800-748-6584
info@motivational.com

Kasco Fab Inc.

American Paving Co.

Quality Carpets Design Center

Villa Construction, Inc.
Chapter News

Please send all articles and content recommendations to Pauline McIntosh by the 20th of each month.

Contact Info Update

Members can update contact information through the member center at www.nawic.org.

Featured Businesses

Want to advertise in the Fresno Focus?

We are offering business card size ads in our newsletter for just $25/fiscal year. Your advertisement will reach our entire distribution list via email. We will also have a link posted to the newsletter on our website.

Contact Information

Pauline McIntosh, CCA, CIT – Editor

Mailing Address
P.O. Box 418
Clovis, CA 93613

Contact Info Update

Members can update contact information through the member center at www.nawic.org

Website & Social Media

www.nawicfresno.org
www.facebook.com/fresnonawic
www.twitter.com/fresnonawic108

Chapter News

Please send all articles and content recommendations to Pauline McIntosh by the 20th of each month.

Pub Quiz Answer

A1 — $1.7 million
A2 — Paradise