



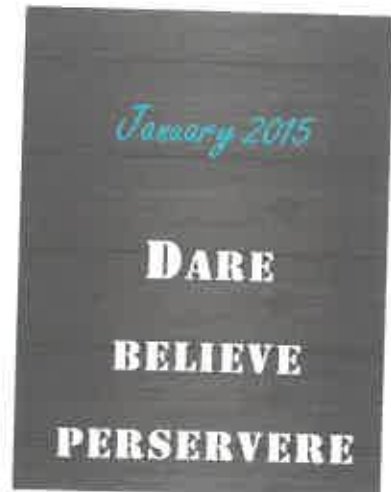
Happy New Year Pacific Southwest Region!

I am excited to see what 2015 brings us as we continue to build our Region through strong connections, Nationally, Locally and throughout the Region. Thank you to all the Chapters who reached out into their communities during the Holidays. What better way to let our NAWIC Spirit Shine. As the New Year commences let's consider how to continue to put a Face on NAWIC within our areas. Many of us like to make resolutions at this time of year. Why don't we use that opportunity to reach out to women in our area who have been on the fence about joining our fabulous Association? Let's help them make that leap by encouraging them. Maybe invite them to your next meeting and pay for their dinner. Maybe share our information pamphlets on the value of NAWIC. Why wait for WIC Week to extoll all the great benefits of belonging to our great sisterhood? Our Chapters, Region and National Association are only as strong as each one of our commitment to our success. Like the saying goes, "It takes a village". Let's all help our Pacific Southwest Region grow in strength and numbers.

What are Your goals for 2015?

Lorelee Langworthy,

Pacific Southwest Region Director, 2014-2016



California Central Coast, CA

Colorado Springs, CO

El Paso, TX

Greater Phoenix, AZ

Honolulu, HI

Las Vegas, NV

Los Angeles, CA

Metro Denver, CO

Orange County, CA

Salt Lake City, UT

San Bernardino / Riverside CA

San Diego, CA

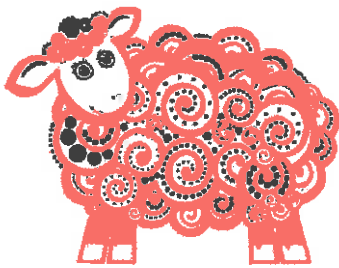
San Gabriel Valley, CA

Tucson, AZ

Western Colorado, CO

Ventura County, CA

ADAM / by Brian Basset

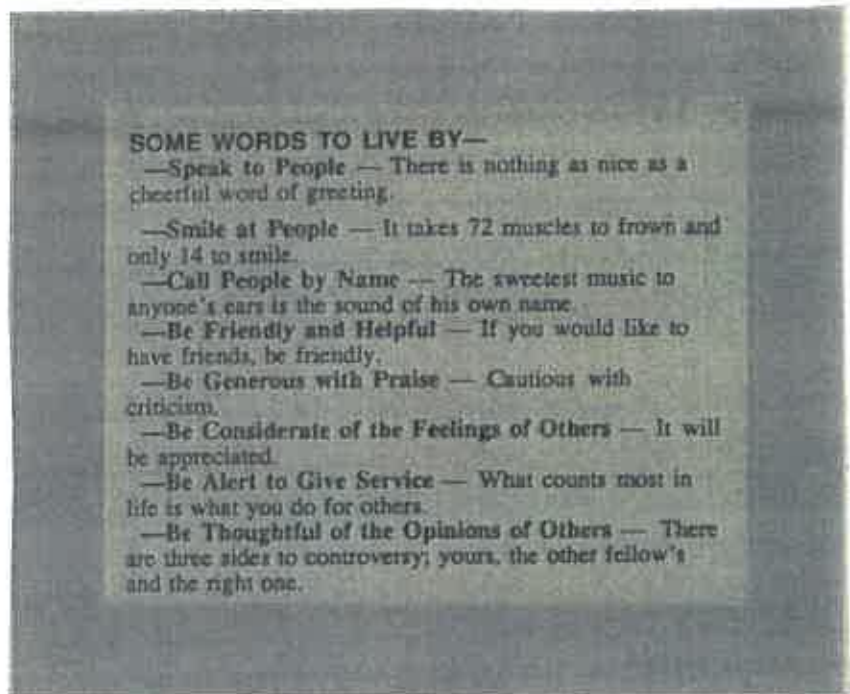


2015

Happy New Year!



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We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential. ~Ellen Goodman

Approach the New Year with resolve to find the opportunities hidden in each new day. ~Michael Josephson, whatwillmatter.com

Whether we want them or not, the New Year will bring new challenges; whether we seize them or not, the New Year will bring new opportunities. ~Michael Josephson, whatwillmatter.com

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day. ~Edith Lovejoy Pierce

NEWS FROM AROUND THE REGION

Orange County Chapter



Janeen Oliver, Orange County Chapter President, sends out occasion FIT Friday notes. This one struck me as some thing worth sharing.

The holidays are a great opportunity to enjoy time with family and friends, celebrate life, to be grateful, and reflect on what's important. They are also a time to appreciate the gift of health. Here are some holiday tips to support your efforts for health and safety this season:

- Wash your hands often**
- Cover your cough**
- Stay warm**
- Get your rest**
- Manage stress**
- Travel safely and don't rush**
- Watch the kids (and pets!) and keep them safe from injury**
- Handle and prepare food safely**
- Eat healthy, and be active**
- Drink plenty of water and stay hydrated**
- Be happy!!!**
- Reach out to a NAWIC Sister for support**

Pacific Southwest Region 2014-2015 Committee Chairs

PDE: Myrna Smith, CIT mismith@harperconstruction.com

WIC Week: Dr. Giovanna Brasfield brasfieldg@yahoo.com

Membership: Tami McCarthy tami@elliscontracting.com

Safety: Teddi Panewell teddi92647@yahoo.com

PR/Marketing: Carol Hagen carol@hagenbusiness.com

NEF Liaison: Lisa Bates lbates@gmugeo.com

NER Fund-raiser: Karianne Tyler ktyler@harperconstruction.com

Block Kids: Meagan Bestmbest meaganbestmbest@ceccoconcrete.com

CAD/ Drafting: Karen Edmonston karenedmonston@aol.com

NEWS FROM AROUND THE REGION

VENTURA COUNTY #139



Happy New Year Pacific Southwest Region! Looking forward to what 2015 will bring for all of us

We got off to a great start in 2014. Our speakers have been great! One of our highlight speakers was our November meeting with our Tiny House Luminary... B.A. Norrgard, who brought her Tiny House to our general meeting and we were able to have a walk through and learn more about her new projects. BA's Tiny Home was started by our 2013 MAGIC Camp, so it was great to see it completed. To learn more about her Tiny Home projects check out her blog www.aBedOverMyHead.com .

December brought us our Annual Holiday Party Silent Auction. It was a great turn out and as a result of our November and December meetings, we will be adding two new members to our chapter! Our members are working hard to increase our membership in 2015!

In January we are joining with Home Depot and holding our Block Kids event on their site. We are very excited about the collaboration and the exposure it will give to our chapter.

March is WIC Week and our annual Casino Night. This is a great time for our chapter and our big fundraiser of the year! Our committee is on top of this and I know it will be a big success.

We took a break last year from our NAWIC Camp, but we are looking forward to working with ACE High School once again this year. We are in talks with the principle to make this a success again this year and get back in the swing of camp. More details to come on this!

We want to invite you all to participate in our Fundraiser this year! We are selling 200 tickets at \$10 each with a \$1,000 prize. If you are interested in tickets – let me know! I can be reached at

vivisaak@aol.com or (805) 341-0899. You don't want to miss out on these great odds! The drawing will be held at our NAWIC Annual 2015 Forum in San Diego. You don't have to be present to win!! So...get your tickets today!

We look forward to seeing everyone at Forum 2015 in San Diego

**Vivian Isaak
Nawic
Ventura County #139
President**

NEWS FROM AROUND THE REGION

San Diego Chapter 21



NAWIC San Diego is kicking off 2015 with our general membership meeting on January 13th. The topic is "Mastering Your Marketing Message". At the end of the month, we'll have the opportunity to put what we learn into practice with our NAWIC Trade Show. We will be hosting this industry night as an opportunity for member companies to advertise as well as our various chapter committees. The goal is to educate our local industry about NAWIC and give member companies a chance to showcase what they do. We are also starting a 5 week Estimating class at the end of January that will run into March. San Diego is excited to be planning many WIC week activities...and there's also Forum in April that is sure to be a "Can't Miss" event! Happy New Year!

Thanks & Happy New Year!

Melinda Dicharry
President
Paradigm Mechanical Corp.
6550 Federal Blvd
Lemon Grove, CA 91945
(619) 456-4562 office
(619) 850-5380 mobile



San Diego participated with the 10,000 cards for our troops program through one of the local radio stations. President Melinda Dicharry and Myrna Smith CIT are pictured here.

the troops



NEWS FROM AROUND THE REGION

HONOLULU CHAPTER 114



Aloha

We started November with a “Get to Know Each Other” membership meeting. Since we have so many new members, I felt we needed a night where we could just spend time with each other. We created a game with a question on each card that members would pull and answer, then switch tables with other members. This gave us great insight to who our members are, what they do, what they like, family, job, etc.

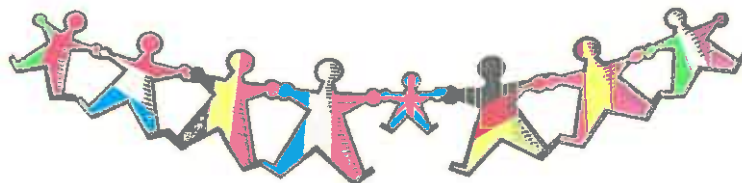
In November we also participated in the Susan B. Komen Race for the Cure event. Our Chapter came in fourth this year in raising the most money for a company or organization, and one of our members won first place for raising the most individual money. (She got a really terrific prize too.)

December started off with our annual participation at the Salvation Army Family Treatment Center. Our Chapter members donate gifts for the women and children housed at the facility (in many cases, these are the only gifts they receive). We cater dinner and play Santa Claus. It’s always a bit of an emotional event seeing all the little kids there and the joy in their faces when their name is called to get their gifts. We also held our annual Chinese Auction which is always a fun and crazy event and this year was no different. Lots of shouting, quarters throwing, and laughter. The committee that chairs the event has the choice of where they want the proceeds to go. This year the Make A Wish Foundation was chosen and a very nice check will be presented to them soon.

Here’s wishing everyone a safe, healthy and happy new year.

MELE KALIKIMAKA (Merry Christmas) and HAU’OLI MAKAHIKI HOU (Happy New Year)

June Keaton, CIT



NEWS FROM AROUND THE REGION



Regional Block Kids Chair

Aloha Ladies,

My name is Maegan Best from NAWIC Chapter 114 in Honolulu. I am the Pacific Southwest Regional Block Kids Chair. I have spoken with some of you already and I know that some of you are not the Block Kids chair for your chapter but I have not been able to get in contact with all of the chairs so I am send this to you as well is hopes that you fill forward it to your Block Kids chair people. Additionally if you Chapter will not be participating – would you please let me know?

I want to make sure that all of you are aware of the updated information on the NEF website which includes the Handbook and Guidelines to be used for the 2015 competition. These Guidelines and Handbooks can be found on the NEF website on the following link <http://www.nawiceducation.org/page-1599243>.

IMPORTANT DATES

**All entries to Regional Chair – received by February 15th
National Chair announces winners – March 15th**

The mailing address for all Regional Entries is:

**Maegan Best
NAWIC Block Kids
977 Akumu Street
Kailua, HI 96734**

Please make sure you allow enough time to get your submission to Hawaii – generally it takes several additional days in transit. Please feel free to contact me if you have any questions or if you need anything. My email is maegan.best@il-rentals.com . I am looking forward to seeing all the great creations these young minds can dream up!

Have a wonderful New Year in 2015!

Thanks,

**Maegan Best
NAWIC Block Kids Regional Chair
Chapter 114 President Elect 2015-2016
Maegan Best
Safety Manager
Home
Cell: 808-478-7374
Office: 808-693-8771
Fax: 808-693-8774
www.iandlrentals.com**

NEWS FROM AROUND THE REGION



Salt Lake City Chapter

Winter Greetings to Members of the Region

In December we welcomed 4 new members into our Chapter. They were: Sha Brammer, HyLine Paper & Reprografix; Jelina Petzinger, Final Touch Painting; Tracy Sprecher, WESCO Distributing; and Kay Johnson, Stock Building Supply. This brings our total membership to 26.

In January our Chapter will host a safety presentation for members and guests conducted by Workers' Compensation Fund of Utah at our General Membership Educational Event.

February will find us learning all about heart disease as we celebrate GO RED for Women at our lunch meeting with one of the leading female cardiologists in Salt Lake as our guest speaker. Our members will be encouraged to wear red on February 6th, the national GO RED day. We have also been invited to be part of the AHA visit to Capitol Hill to meet with legislators that same day. This is a great opportunity to learn about the lobbying process and to make a difference to Utah. Last year, the lobbying efforts made it possible to have CPR training taught in the high schools throughout Utah.

Our chapter recently hosted the Block Kids competition at a Title I school in Salt Lake with 80 students participating. As usual, there were many creative and amazing projects, making the judging very difficult. Block Kids seems to be the most favorite civic project our Chapter holds each year. Below are pictures from our TV Day view & the Block kids event.

Many of our new members are jumping in with both feet ... updating our facebook pages & twitter account...We held a NAWIC networking night social by attending Festival of trees where the money goes towards the Children's Hospital.



Work Safe,

CHERYL A. KAY, LEED AP
BIG-D Construction Corp.
404 W 400 S
Salt Lake City, UT 84101
P 801-415-5922
E Cheryl.Kay@Big-D.com



Chapter 356 Presidents' Letter By Karen Mitchell, CBT, CIT

January, 2015

Fresh Starts!



One of the things I love most about January is that it is a time for fresh starts and new beginnings. C.S. Lewis, a favorite author of mine, once said, "You are never too old to set a new goal or dream a new dream." It seems to me that a common bond of women in our organization is that we are always setting those new goals and dreaming those new dreams and we are surrounded by women who walk along side us to help us achieve our goals and dreams. Of course, we need to pay it forward. Think of the women in our region. Is there someone you can help along today? If so, reach out to her and serve as a mentor.

The first three months of the year are a time when my chapter reaches out and helps local students achieve goals and dreams. Our January 15 general membership meeting will be held at Coronado High School in Colorado Springs, where we will hear a presentation from the Coronado FIRST Robotics team. Following the presentation, we will tour their workshop and be privy to the robot they are working on for this year's competition. For many years, my chapter has supported this talented group of students with financial and material contributions and mentoring. We are always amazed to hear of the many awards they have received, particularly the awards for teamwork at which they excel.

On Sunday, January 25, our chapter will host its annual Block Kids Building competition at the East Library and Information Center in Colorado Springs. We generally have between 30 and 40 students who compete and, as you all know, the adults who volunteer and interview the kids, have as much, if not more fun than the kids themselves.

We have many schools busily working on the NAWIC CAD/Hand Drafting problem for the year. Several high schools in the region actually use this problem as part of their curriculum. In March, our chapter will hold judging followed by an awards evening as our April general membership meeting.

I am looking forward to great activities, speakers, community service and other events with my chapter in the upcoming year.

**Wishing you all a very Happy
New Year from Colorado
Springs Chapter 356!**

Tucson Chapter #122

President Report
December 2014

Charmaine Flint President



2014-2015

Fax'd Rasier



December is a very busy time for all, but that shouldn't keep us from having "FUN", right?

Each year we book the house at the *Gaslight Theater*, we invite our companies, vendors and possible new members to join us for this seasoned favorite event. For over 20 years, It has been one of our biggest fund raiser.

**Gaslight Theater –
Presents: The Secret Santa**

Everyone loves this historical small comedy live theater and its diner food atmosphere. "The well-earned reputation of *The Gaslight Theatre* can be summed up in just a few words: Brilliant. Hilarious. Original. Fun. Creative. Refreshing. Addicting. Interactive. Intricate. Service-oriented. Family-friendly. Cozy. A plain ole' awesome, must-try experience." This is truly a Tucson favorite and we sold the house (236 seats)! AGAIN Yeah, Tucson gals are incredible.

*May you be Blessed and
be a Blessings in 2015...*

*May love & laughter light your
days, and warm your heart &
home.*

*May good and faithful friends be
yours, wherever you may roam.*

*May peace and plenty bless your
world with joy that long endures*

*May all life's passing seasons bring
the best to you & yours!!*

*Merry Christmas from
Tucson*



Michelle Quinn
and Boyfriend



Phx Chapter Sisters
Kim Baldwin
Lourdes & Mama

Kelly Cook and
Daughter



Charmaine Flint –
Selling those
raffle tickets



NAWIC CHRISTMAS SOCIAL

This year's Christmas Social was held at Jan Marshall's "very" lovely home.

It's a wonderful time for light hearted fellowship with our sisters in the Industry.

We share with members and invite potential members to join us as we enjoy a little food, a little laughter and a whole lot of fun.

It is a pleasant atmosphere for getting to know each other better away from the office or field.

We are always hopeful for an opportunity to recruit new members and have them see all the great opportunities NAWIC provides to its members.

This year we had 3 guests join us.

Thank you to all our Phoenix sisters for joining us this year ...Kathy Kingsland, Pam Dullum, Mary Duffy, Linda Austin, Maria de Lourdes Lopez and Mama, Lee Morgan, Jo Nelson, and Kim Baldwin

To you all **BIG HUGS for Christmas**

SAVE THE DATE !!!

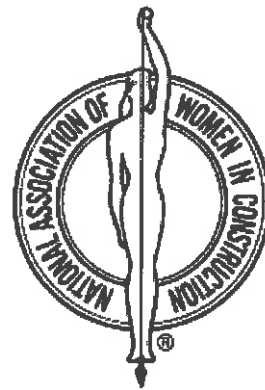


NAWIC Pacific Southwest FORUM 2015

April 10-11, 2015

SAN DIEGO, CA

Doubletree in Little Italy



**BENVENUTO!
(WELCOME!)**

**OUR THEME IS "COMMUNITY BUILDS"
COME JOIN US!**

That's amore (love)! The hospitality, culinary traditions and inspiring history of San Diego's Italian quarter, plus a Welcome Party, Speakers, Professional Education Seminars, Saturday Night Banquet, Forum Agendas and many surprises!