

2015 Region 9 Forum Report  
Anchorage, Alaska

This was a very special Regional meeting as it was our last Region 9 Forum! We start next year as the Pacific Northwest Region, which will be very exciting, but we shared a lot of memories from our past Region 9 meetings!

NAWIC President Sandy Field was our national representative and we also had 6 Past National Presidents in attendance, making a total of 45 attending!

- We had some great speakers and panelists:
- One of our keynote speakers was on Cyber Security. Another on Cold Climate building.
- A panel of 3 women in different types of transportation in Alaska; air, ship/barge and trucking. It takes such different dynamics to move things around up there!
- A fitness talk and exercise session to help if you're working at your desk all day. Get up at least once an hour to move and stretch, is one of the tips she gave us. Bonnie Murphy was a spry little thing of about 75 and put us all to shame! Fact...People with sitting jobs have twice the rate of cardiovascular disease as people with standing jobs!
- Another speaker was Ruthanna Carr. She was an "Ice Road Builder" and showed us a slide presentation on what it actually takes to get to some of those remote northern sites! It was fascinating how they build roads over rivers and lakes 'out of ice' so trucks can get to a construction site!
- We learned about the Alaska's 'Helmets to Hardhats' program to help veterans get back into the workplace.
- Friday afternoon we boarded a bus and toured the Alaskan Sand & Gravel's block plant, then made our way to the Anchorage Zoo.

Some of the NAWIC business that was held: we heard from both candidates for Pacific Northwest Director, Evie Clark & Ruth Fritts. 2015 APC will be held in Reno, NV, Oct 23-25<sup>th</sup> at the Eldorado. 2016 Forum will be hosted by the South Sound Chapter.

The Awards banquet was fabulous, with native Alaskan dancers as the entertainment. And the best bit of news, our own Cary Kuvaas won the last Region 9 WIC of the Year Award! 😊

A regional or national event is always so energizing, we should all try to attend to get the true essence of NAWIC from that level! And Reno would be a great place to start! It is drivable and affordable, there will be great speakers and great networking opportunities! And we'll have a bunch of new *past* Region 10 members to meet!

Robin Langkamp, CIT