

Winter 2022/3

On the Level

Pacific Northwest Carpenters
Institute



Supporting Carpenters and Industry Partners

A Message From the Director

*Michael Hawes,
Executive Director,
PNCI*



Click the play button to see a message from the director.



At PNCI we often refer to the importance of one's ability to exhibit a strong growth mindset, exhibiting a positive attitude and overcoming the fear of failure is paramount for our Apprentices success. The voice we often listen to is the voice in our head and we need to inspire our Apprentices to coach themselves up and celebrate their own personal successes. The inspiring quote below by Jesse Daly, speaks directly to our teaching and coaching philosophy here at PNCI. Success Is A Journey Not A Destination inspirational speech: "It is often said that success occurs when preparation meets opportunity. Now, opportunities will undoubtedly present themselves with time, but how are you treating yourself through all of the time spent in preparation for accomplishing your goals in the meantime? Are you giving yourself credit for the work and the energy that it takes to become a more successful individual? A major aspect of the success equation has to do with being GOOD to yourself. Treating yourself with kindness and encouragement along your life journey. It's important to celebrate all victories

large and small on the journey toward fulfilling your dreams. It all begins with recognizing that you are a successful individual RIGHT NOW, and your successes can only go up from here. Guys and girls [sic]: simply having the determination to pursue your happiness, your goals and your dreams is a massive success in itself. It takes an incredible amount of courage to wake up every morning and keep moving and keep motivating yourself to work toward the life that you've always imagined living. The preparation part of the

success equation, your journey, should be celebrated, for success is not simply a destination. Success is not something that we ARRIVE at one day. Success has everything to do with your individual day to day choices, actions and experiences. No matter how big or small they are. Success has to do with being true to who YOU are and how you choose to respond to every circumstance that occurs in your life."-- Jesse Daley is a working actor & published author.

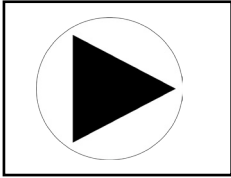
PNCI Hires DEI/HR Special Project Coordinator

"I am honored to be PNCI's new DEI/HR Special Projects Coordinator. I look forward to collaborating with our team and industry partners to a more diverse and force. I am passionate to empowering our population to achieve trades. As a woman of that my life experience, professional skill set to this important work and inclusion is in



recruit and retain inclusive work- and committed underserved success in the color, I am certain experiences, unique and commitment in diversity, equity complete alignment with PNCI's mission to improve the quality of life for our members."

PNCI Hosts OTW Students



PNCI hosted students from the Oregon Tradeswomen's pre-apprenticeship program. Press the play button to see the video.



(right) Will Barnes, Lead Welding Instructor for PNCI, explains the importance of having a slightly loose welding glove. Then demonstrates how quickly the glove can be removed. (below) Geny Huitzil, Local 1503, journey-level/welder helps teach the basics of welding.



All women are created equal, then a few become welders.



Stay Safe and Healthy this Winter

The following information:

<https://www.cdc.gov/nceh/features/winterweather/index.html>

Prepare Your Home

Staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

Install weather stripping, insulation, and storm windows.

Insulate water lines that run along exterior walls.

Clean out gutters and repair roof leaks.

Check your heating systems.

Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.

Inspect and clean fireplaces and chimneys.

Have a safe alternate heating source and alternate fuels available.

If you do not have working smoke detectors, install one inside each bedroom, outside each sleeping area, and on every level of the home, including the basement.

Test batteries monthly and replace them twice a year.

Prevent carbon monoxide (CO) poisoning emergencies.

Install a battery-operated or battery backup CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check or change the battery when you change your clocks in the fall and spring.

Learn the symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.



Prepare your Vehicle

Get your vehicle ready for cold weather use before winter arrives.

Service the radiator and maintain antifreeze level.

Check your tires' tread or, if necessary, replace tires with all-weather or snow tires.

Keep the gas tank full to avoid ice in the tank and fuel lines.

Use a wintertime formula in your windshield washer.

Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:

Cell phone, portable charger, and extra batteries.

Items to stay warm, such as extra hats, coats, mittens, blankets, or sleeping bags.

Food and water.

Booster cables, flares, tire pump, and a bag of sand or cat litter (for traction).

Compass and maps.

Flashlight, battery-powered radio, and extra batteries.

First-aid kit; and

Plastic bags (for sanitation).

Prepare for Emergencies

Be prepared for weather-related emergencies, including power outages.

Stock food that needs no cooking or refrigeration and water stored in clean containers.

Ensure that your cell phone is fully charged.

When planning travel, be aware of current and forecast weather conditions.

Keep an up-to-date emergency kit, including:

Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps.

Extra batteries.

First-aid kit and extra medicine.

Baby items; and

Cat litter or sand for icy walkways.

Protect your family from carbon monoxide (CO).

Keep grills, camp stoves, and generators out of the house, basement, and garage.

Locate generators at least 20 feet from the house.

Leave your home immediately if the CO detector sounds and call 911.

New Submission Portal for Apprenticeship Unemployment Compensation

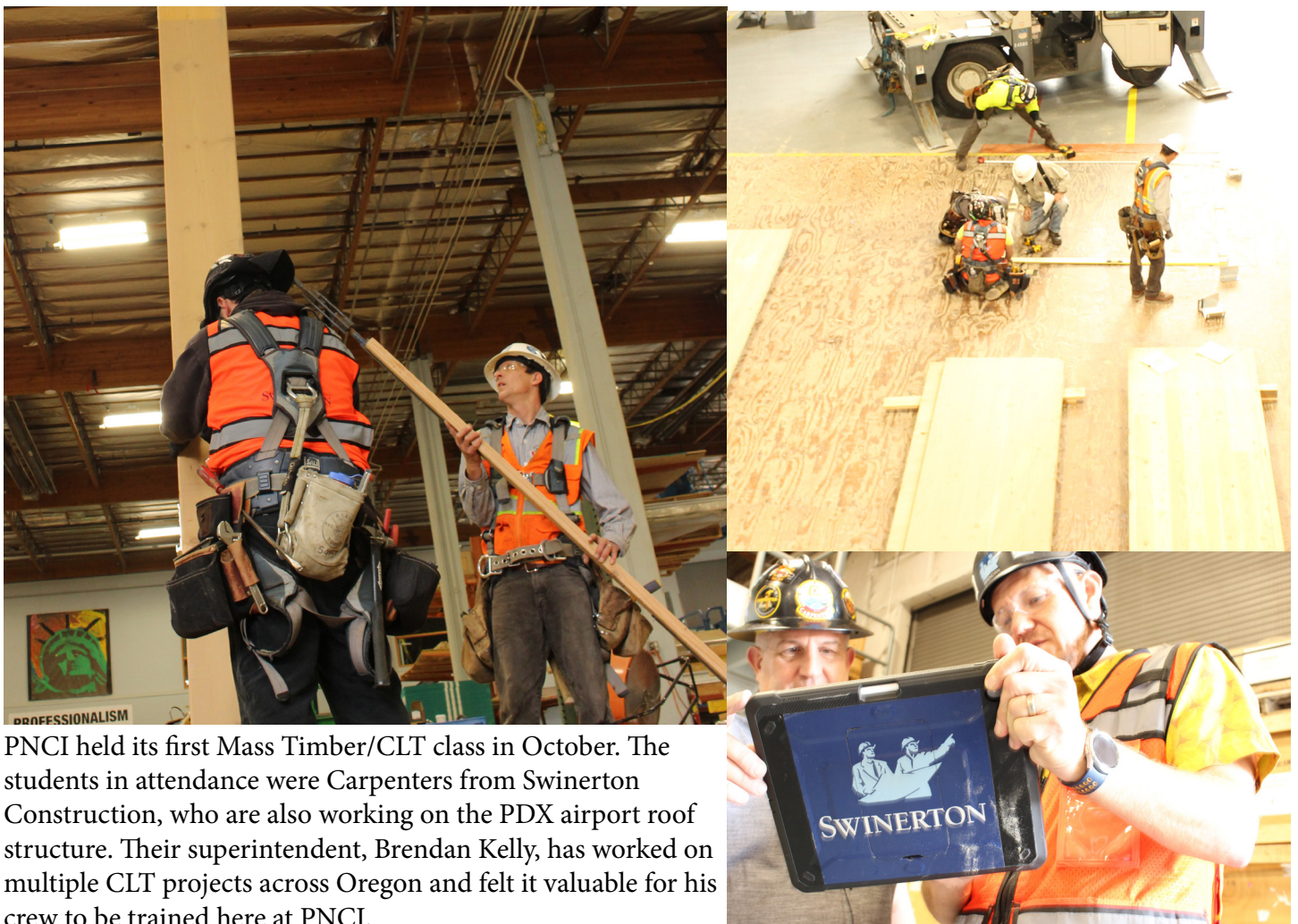
The Oregon Employment Department has set up a new Unemployment Insurance portal to assist apprentices with filing for unemployment more efficiently when they are laid off or on leave to attend related training.

We are excited to announce a new and improved way to submit:

- Apprenticeship Agreements
- Training Questionnaires
- Question about your claim or compensation during training weeks.

Instead of sending documents and inquiries to the OED_APT@employ.oregon.gov, claimants and union representatives will **now submit** through our secure Contact Us form (<https://oedcontactus.oregon.gov/hc/en-us/requests/new>). This form allows us to address your needs faster, and to communicate more smoothly about any issue that may come up along the process.

1st Mass Timber/CLT Class Held at PNCI



PNCI held its first Mass Timber/CLT class in October. The students in attendance were Carpenters from Swinerton Construction, who are also working on the PDX airport roof structure. Their superintendent, Brendan Kelly, has worked on multiple CLT projects across Oregon and felt it valuable for his crew to be trained here at PNCI.

A WoodWorks conference took place on the Friday of the class. The attendees from this conference were able to examine the CLT mock-up and ask questions about PNCI and Mass Timber in the Pacific Northwest.



Stay Safe, Stay Healthy Mantente Seguro(a) Mantente Saludable