

What can I say about our Region 12 Forum that was held April 23rd and 24th at The Hilton Hotel in Long Beach? The Long Beach chapter really out-did themselves with their theme of the "NAWIC High School Reunion". The festivities started out with a "Pep Rally" which included a fantastic band, hamburgers and ice cream sundaes. It quickly turned into a Sock Hop with plenty of dancing, antics and laughter as we got reacquainted with old friends and made new ones. Costumes were all around as we showed our High School spirit with cheerleading outfits, sweatshirts and sweaters, not to mention the occasional letterman jacket.

Saturday's activities started early with registration and ways and means tables at 7:30 AM. The General Assembly began at 9:00 AM with opening ceremonies. The Long Beach Police Department presented the colors with the Long Beach Junior Concert Band playing the Star Spangled Banner. After the Pledge of Allegiance the Band proceeded to perform quite an array of music for our enjoyment. The only "problem" was that we were seated in the last row and the drums and Tuba players were directly behind us booming and belching into our ears. They were so close and played with such gusto that we could feel the air currents pulsating around us. It was quite an experience to say the least. But what wonderful music they played.

Our first Keynote speaker was Iris Harrell who owns Harrell Remodeling Inc. She spoke of her journey from being a teacher and then a traveling band member, to becoming a home improvement contractor specializing in Bathrooms and Kitchens. She shared some of her thoughts on success. These include a quote from Estelle B. Freedman on what is feminism: "The belief that men and women are inherently of equal worth". In addition, she believes in the power of joining networking organizations to help grow your business. Marketing was a big push for her as well. She entered contests for Design Awards as a means to market and advertize her specialties. She believes in finding the right people to partner with. And finally, whatever your competitors are doing, stop doing it now and do something else/ differently immediately.

After Iris Harrell spoke, we commenced with **Regional business including Adoption of the Forum Agenda and Forum Rules, the first credential report where it is stated how many were in attendance from each chapter. The San Diego was represented by 6 members including Pat Brown, Myna Smith CIT, Myrna Taylor, Linda Young CIT CBT, Sherry Yarbrough CIT, and myself. Linda Young read the memorials. Those who had recruited new members were honored with certificates which the chapter presidents brought back to their chapters to pass out. Sherry Yarbrough CIT was awarded her 30 year pin.**

Janice Rhamsey- Gonzalez was elected Regional Director for the 2010-2012 term. She will be looking for members to step up and work on committees at a regional level. Please consider meeting these challenges. In addition Dianne Storms CIT, from the Coachella Valley Chapter was elected a Regional Fund Trustee. She will serve with Myrna Taylor from our Chapter and Barbara Mumma from the Los Vegas Chapter. The 2011 Forum will be hosted by the Central Coast Chapter and the 2012 Forum will be hosted by the San Bernardino- Riverside Chapter. Summer Conference will be held in Camarillo again at the UC Channel Islands University. The 55th Annual Convention will be held in Louisville Kentucky September 1-4 2010.

Izzy Zandvliet's daughter Dr. Tara Zandvliet MD FAAP was the second keynote speaker. Her Topic was the Owner's Manual for Modern Women, a blueprint for Health. She was quite entertaining as well as informative. We learned about the benefits of preventative maintenance, what tests we should have done at what age, and remember, brown and one (brown bread and one slice, sweet potatoes over white potatoes and only one cup of potato or rice) And finally if you make it to 100 forget all the rules and PARTY! We really did come away learning about taking care of ourselves as we tried to make healthier choices at our meals.

The final keynote speaker was Jay Fisher, USC Construction Manager who gave us an engaging overview of his efforts to build five housing units completely and then moving them via barge to Two Harbors Catalina Island for the USC campus located there. It was quite a tale including characters like Ted the 78 year old one eyed, half-deaf house mover and the many obstacles they had to overcome to accomplish their objective.

Deb Gregoire, CIT, NAWIC President Elect conducted a team building exercise where we had to construct a "person" out of balloons, pipe cleaners and various supplies. We then had to name it and give it a story. The challenge was that we had to communicate without words and with only using one hand each. Luckily, "change orders" came in and we were finally able to use our words and both our hands. The purpose of the exercise was to make us think about our communication skills. It was fun to see all the different approaches to the challenge. The "people" were just as diverse as we are in real life.

After the team building exercise the final Regional business was conducted. Our Chapter presented the Region with a check to help with funding for future conferences under the direction of the Regional Fund Directors

The evening festivities began with the Directors Reception on the patio of the Hilton overlooking the beautiful grounds of the Hotel. Forum Banquet began at 7:00 PM with a procession of the Chapter Presidents. Izzy read antidotes about each one as they entered. Awards were given for all the achievements and winners of the various contests and programs. The entertainment was an acappella group from UCLA called the Scattertones. They were fantastic to say the least. The evening concluded with an after banquet party where we honored our outgoing Director Ellen Colglazier and welcomed our incoming Director Janice Rhamsy-Gonzalez.

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President San Diego Chapter 21