

IN THIS ISSUE

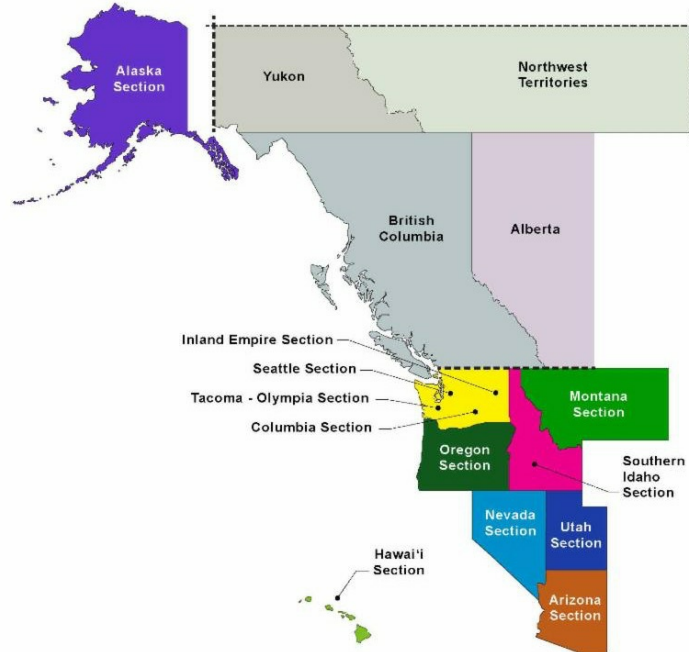
From the Region 8
Director

ASCE Membership
Benefits

ASCE Webinars
Highlight

Staying Fit in the Office

Region 8 Calendar
of Upcoming Events



"Help you matter more and enable you to make a bigger difference"

MESSAGE FROM THE REGION 8 DIRECTOR



This year's Legislative Fly-in was held in Washington DC on March 1st and 2nd. As the Region 8 Director, I was privileged to be able to attend the 2-day event, which started with a full day of training on how to effectively interact with our members of Congress and their staffs. The second day included more training in the morning, focusing on how best to tell our stories to our elected representatives to make our requests for their action more compelling. The Legislative Fly-in is organized by the

staff of our Washington DC Legislative Affairs office, which is headed by Emily Feenstra. Emily and her staff did an amazing job of organizing the training sessions and setting up the appointments on Capitol Hill with the staffs of our respective state Representatives and Senators. A total of 245 ASCE members attended this year's event. Every state in Region 8, except for Hawaii, had at least one representative in attendance. Total attendance from Region 8 was 28, and they participated in a total of 39 meetings with congressional staffs and members of Congress.

This year ASCE's DC staff asked us to focus our discussions with congressional staff on four key areas: (1) asking our representatives to fully fund the investment levels set by the Infrastructure Investment and Jobs Act (which ASCE vigorously supported) and the CHIPS and Science Act; (2) Reauthorization of the Federal Aviation Administration programs before they expire on September 30, 2023; (3) Prioritize policies and investments dedicated to the resilience of the Nation's infrastructure and incentivize the use of the most up to date codes and standards; and (4) Reauthorize the National Dam Safety Program and the National Earthquake Hazards Reduction Program, both of which are vital federal programs dedicated to protecting public safety.

The event concluded with a beer, wine and Hors D'oeuvres reception for attendees and congressional staff members on the roof of ASCE's former DC office building located at 101 Constitution Avenue, which overlooks the Capitol Building. A fitting and dramatic backdrop for an amazing couple of days.



One key takeaway I gained from this year's Fly-in was confirmation of the high regard most members of Congress and their staffs have for ASCE. We are widely regarded as honest non-partisan tellers of truth regarding the condition of the Nation's infrastructure. Our quadrennial National Infrastructure Report card is widely read by the members and their staffs and is frequently quoted by members of each political party. If you have any interest in learning about "how the sausage is made" in Washington, there is no better way to educate yourself than to participate in the Legislative Fly-in. I urge you to consider participating in next year's event!

Larry Magura
Director, ASCE Region 8
maguralm@comcast.net

Larry Magura, P.E., F. ASCE, D.WRE(ret.)
Director, ASCE Region 9

WAYS TO BENEFIT FROM YOUR ASCE MEMBERSHIP

There are many ways to use your ASCE benefits and maximize your membership. ASCE provides members with information grouped under key topics such as, Knowledge and Learning, Issues and Advocacy, Leaders and Management, and Membership and Community. Please visit the ASCE Membership for more information: <https://www.asce.org/membership>. Visit the **ASCE Website**: www.asce.org – ASCE's website has something for each of our 140,000+ members worldwide. Visit daily for the latest industry and

Society news.

Membership benefits:

Advance Your Career:

- **Career Connections (job board)** career center provides access to the job board, career advice, and other career resources.
- **Civil Engineering Salary Report** provides industry insights to help you find out if you're getting paid what you're worth as an employee or paying what is needed to attract top talent to your business as a hiring manager, and employer.
- **Career by Design** offers early career resources, such as, tools, tips, and opportunities you need to advance your career.
- **ASCE Guidelines and Comparison Tool for Engineering Grades** helps engineers, and their employers recognize an engineer's level of professional development and career advancement.
- **Infrastructure Investment and Jobs Act Resource Center** gives you a one-stop shop to understand and track implementation of the recent infrastructure bill.

Expand Your Knowledge:

- **10 free PDHs** benefit allows you to choose up to 10 out of 200 on-demand webinars each year from the comprehensive continuing education library.
- **Conferences & Events** helps you connect with the most dynamic people and organizations in your field.
- **Continuing Education** offers lifelong learning for civil engineers, including PE Exam Review courses and other courses to maintain your license.
- **eLearning Webinars---FREE** enhances your personal knowledge and career development.
- **Civil Engineering Source** gives you a smarter, AI-driven e-newsletter that learns from your preferences to deliver content that is customized to your interests.

Access Technical Resources:

- **Institutes & Technical Groups** connects you with leading experts in your specialty areas.
- **ASCE Library** offers you 25% off products in the ASCE Library, which as the richest collection of civil engineering content available.
- **AccessEngineering** is a members-only access to a vast content library and interactive tools by McGraw-Hill Education.
- **Peer-to-Peer Standards Exchange** allows members to discuss technical issues about ASCE standards in an exclusive ASCE forum environment.

Make Connections and Engage:

- **Local Regions, Sections & Branches** helps provide you with

opportunities to bring your expertise and energy to your community.

- **Online Community, Thrive** platform, where you can explore the latest developments within the engineering community.
- **Volunteer Opportunities** gives members a way to join and lead ASCE's many technical groups and initiatives. Participate in ASCE's Mentor Match, serve on a committee, or volunteer with Civil Engineering Corps.
- **Advocacy** allows members to support the policy process at the state and federal levels by becoming an ASCE Key Contact.

Offer Valuable Discounts:

- **Member Advantages** offers personal benefits to members through life insurance and professional liability insurance, along with discounts on tech products & services, appliances, experiences, and travel.

ASCE WEBINARS HIGHLIGHT

The Leader Training Committee (LTC) invites you to another great best practices webinar. On Thursday, April 6, 2023, 3:30PM EST, LTC will host speakers:

- Matt Roblez, Utah Section – Pitching Your Boss to Pay for ASCE Membership
- Aaron Leopold, Denver Branch – How to Reinvigorate Struggling Sections/Branches
- Paige Lazar, Richmond Branch, Revitalized Newsletter

There will be a Q & A portion available to engage speakers and initiate discussion. Look for the MS Teams meeting invitation in your email.

STAYING FIT IN THE OFFICE

It is hard to believe that given the medical studies and the recent media that there are many of us who have not picked up on the idea that exercise is not only good for you, but an essential part of being efficient and alert throughout the day. Being alert helps us communicate with our clients more effectively, and helps us come across as intelligent and quick witted as we are better able to answer difficult questions. You may be a genius, but if you come across as "slow" your clients may not trust you as much as they would if you are alert.

According to a 2006 report in the "Primary Care Companion to the Journal of Clinical Psychiatry," exercise improves mental alertness by reducing feelings of tiredness and increasing stamina and energy levels. How does one do this at the office? Most of us as engineers are confined to our office almost all day. Most of us have families and interests outside of the office and can't afford even ½ hour before or after work in a gym. I would suggest that you can put in as much as 30 minutes of healthy activities while you are sitting at your desk or while you are in the office.

The first thing one can do is to avoid elevators and simply take the stairs. People pay good money to go to gyms with “stair masters”, and since most offices have stairs, it’s a simple option available to us. If you are feeling like you’re not getting enough of a work out, than accelerate on the straight-aways and take two at a time every other flight.

Another option is standing, yes standing. While standing isn’t a traditional exercise, research shows it is better for you than sitting. Long periods of sitting are linked to increased risk of diabetes, obesity and a handful of other diseases. Should you stand all day? That is up to you. I suggest that you alternate between standing and sitting throughout the day. One thing I do is stand when the phone rings and remain standing during the conversations. Another way is to encourage others in your office to stand during meetings.

We don’t print as much as we used to, but we still do print things out. I like to do calf raises while I wait for my calculations or construction documents to be printed. Standing with feet shoulder-width apart, press up onto the tippy toes, pause at the top, then lower back down. Repeat for three sets of 12-15 reps, or until the printing is done. If you get bored, or want to amp things up, try raising only one leg at a time.

One doesn’t have to have a weight set in the office to do a set of curls. I suggest using a simple office stapler. Starting at thigh level, bend the elbow and curl the arm up towards the chest, just like a regular bicep curl. Pause momentarily then lower the stapler back down. Continue for 12-15 reps, then switch. If this isn’t working for you, try using a filled water bottle.

These are just a few that I use; I’m sure you can think of many more. There are many articles written about this online and can be found with a simple “Google” search. The key is to stay active during the day and avoid sitting for long periods of time. These, and other exercises, will help keep one healthy and alert during the day, and I sincerely believe that this will help us be better engineers.

By Matthew Roblez, S.E., SECB
Past-ASCE Region 8 Governor

2022-2023 ASCE TACOMA/OLYMPIA OPAL AWARDS



AMERICAN SOCIETY OF CIVIL ENGINEERS

TACOMA – OLYMPIA SECTION

2022 - 2023 OPAL AWARDS
ANNOUNCEMENT

[OUTSTANDING PROJECTS AND LEADERSHIP AWARD]

" MOVING FORWARD! "

OPENING DATE: MONDAY - MARCH 20, 2023

CLOSING DATE: MONDAY- MAY 1, 2023



[CLICK HERE FOR MORE INFORMATION](#)

REGION 8 CALENDAR OF EVENTS

- April 14-15: ASCE Pacific Northwest Symposium, Montana State University in Bozeman, Montana
- October 19-21: ASCE National Convention, Chicago, Illinois

[ASCE REGION 8 EVENTS](#)



ASCE Region
8 | <http://regions.asce.org/region8/> | www.facebook.com/asceregion8



Share This Email



Share This Email



Share This Email

ASCE Region 8 | PO Box 27808, Las Vegas, NV 89126

[Unsubscribe agonzalez@entellus.com](mailto:unsubscribe_agonzalez@entellus.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by asceregion8@gmail.com powered by



Try email marketing for free today!