

Women Ready for Green Jobs

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gear, rain wear, boots, tools, and other equipment.

Ashbrook added these women are also extremely excited to be working in the green industry, which has a strong presence within Oregon.

On Feb. 29, OTI hosted a roundtable discussion, where U.S. Department of Labor officials joined partners in the green economy and leaders representing tradeswomen and workers to discuss the role of women and green jobs. The event also included the launch of the Women's Bureau's "Why Green is Your Color: A Woman's Guide to a Sustainable Career," which is a guide designed to help women find and keep higher paying jobs in the clean energy economy.

"The goal of the roundtable was to launch the women's guide to a sustainable career," said Ashbrook. "This is a wonderful document that really helps women learn about green occupations, find training and learn



Representatives from Safeway present a \$5,000 check to Oregon Tradeswomen to recognize the group's commitment to the success of women in the construction industry, during a ceremony last Wednesday at the Safeway outlet on Northeast Martin Luther King Jr. Boulevard.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

THE SPINA COLUMN™

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Part 32. Associated Pain

Q: Is my leg pain related to my recent back injury?

A: Sharp pain radiating from you back down one leg can be a result of a pinched nerve in the spine. Herniated discs and bone spurs are two of the most pinched nerve in the spine. Disc in the spine function like shock absorbers; and they can become damaged from an injury or normal use.

Your leg pain is likely related to a problem in your lumbar spine, although it is hard to pinpoint exactly what triggered your pain. You might have had a pre-existing condition made worse by a recent injury. The good news is this type

of pain often resolves on its own or with chiropractic treatment. If the pain lasts longer than a few weeks, or if you have noticeable weakness in your leg or foot, talk to a doctor about getting an MRI.

Flowers' Chiropractic Office
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how to succeed in green jobs."

Within the lengthy packet, there is a wealth of information, including ways to deal with child care challenges to planning and tracking your job search with interactive tools. "And because we are above average here, the packet is even more applicable to Portlanders," she said.

In addition to Oregon Tradeswomen's use of the new packet, the organization also developed an eight hour curriculum, which was a broad overview to help women understand what was available in

employment and to create connections to employers.

But there are several other employment opportunities the women are prepared to enter once they complete their training, including iron workers to build solar towers and retro fitting buildings.

"Heating ventilation and air conditioning are also critical for the future and making sure energy is managed in a way that doesn't use as much," she said. "Electricians help install wind turbines and solar panels, and plumbers are important

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— Connie Ashbrook, Oregon Tradeswomen, Inc. Executive Director

the green industry. "Then we helped them connect to those employers," she said.

According to Ashbrook, the green jobs industry, especially weatherization technicians, was the most successful placement for women after they graduated from the program. "It is a brand new industry in need of workers," she said.

"Green jobs are very important to decrease our carbon footprint, but it also brings new jobs into the region, and we are desperate for new jobs here in Oregon with our still relatively high unemployment rate," said Ashbrook.

She said this year, the organization worked with Clean Energy Works Oregon, a nonprofit that is working to weatherize over 5,000 homes throughout the state, to develop standards for training and

to create grey water systems that keep water from being wasted unnecessarily."

Women are interested in the fight to stop global warming and reduce our carbon footprint, so if they can do that and earn money at the same time, that is very exciting to them, she said.

Ashbrook said the non-profit will provide more classes this year. She encourages anyone interested to call or visit their website for more information, or sign up to attend an orientation.

My hope for the future is lots of jobs for everybody who is looking for one," she said. "Especially lots of green jobs for the women we work with."

For more information about Oregon Tradeswomen, Inc., visit tradeswomen.net.