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# Pacesetters

STORY BY EMILY SMOKE

## Ron Downey – NWR Construction

After graduating from PSU in 1987 with a business degree, Ron Downey started NW Repair in 1989. Early on, Downey mainly did handyman work and focused on smaller projects. NW Repair evolved into NWR Construction, and in 2008, Downey's company began to specialize in commercial construction. Through his tenacity, Downey was able to survive through one of the toughest times in the construction industry. Downey is registered as an ESB with the state of Oregon and is a member of OAME. Downey is always looking for ways to keep his workforce diverse. "The biggest problem is trying to find people," he says. NWR Construction has worked with commercial clients like Metro and Multnomah County and is currently involved in an emergency generator installation project at the Lake Oswego Public Library.

## Christian Romero – Resilience Painting

Christian Romero has long made building and running his own company a focus. In 2007, Romero started Three Dream Builders with the help of his brother-in-law and a friend. The company specialized in handyman work, granite countertop installations, full house remodels and painting. In 2015, Romero started Resilience Painting, which focuses on residential painting. Romero and his crew also work on handyman and remodel jobs. Resilience Painting has worked locally with homeowners and on commercial projects with Metro and the City of Gresham.

## Joe Calderon – Sterling-Pacific

Joe Calderon, owner and founder of Sterling-Pacific Commercial Roofing and Waterproofing, recently joined the Board of Directors of Constructing Hope. Constructing Hope is a non-profit pre-apprentice program that helps introduce young people to the building industry through trade apprenticeship programs. Calderon started Sterling-Pacific in 2015, and the company specializes in commercial projects. They have recently worked with the Port of Portland and Beaverton School District. At the 2018 Minority Enterprise Development Week in September, Sterling-Pacific was named the Construction Firm of the Year.

## Román Hernández – Troutman Sander

Román Hernández, a Portland-based partner at the law firm Troutman Sanders, has received the 2018 Civil Rights Champion Award from the League of Minority Voters, a non-profit focused on issues affecting communities of color and minorities in Oregon. This award recognizes community members "who have gone beyond their call of duty to promote and advocate for civil rights, for all peoples." Hernández is the former National President of the Hispanic National Bar Association, which represents the interests of 100,000 Hispanic attorneys, judges, law students and paralegals nationwide. He is also the former president of the Portland Hispanic Chamber, the first Hispanic board member of The Oregon Community Foundation and the first Hispanic board member of the Oregon Health & Sciences University.

## Lyn Cikara

In her work as an executive and leadership coach, Lyn Cikara has helped CEOs and other corporate executives to develop successful behaviors and take ownership of their teams. In particular, she specializes in helping women gain the respect of their subordinates and identify the habits that might hold them back as leaders. It's important, Cikara says, for women to take credit for their accomplishments. "Often, as minorities, as women, we don't like to highlight ourselves because it sounds tacky. It's about finding ways to say 'this is what I've done.'" Cikara has worked with professionals in the manufacturing, construction and automotive industries, including a Fortune 500 company. She is also the author of *Stronger than Cancer*. A three-time survivor of metastatic breast cancer, she wrote the book to give other people hope. "I learned a lot through that experience," she says, "I learned a lot about my own empowerment."



JOE CALDERON



ROMÁN HERNÁNDEZ



LYN CIKARA