

# National Association of Women in Construction



Career

Education



Future



## THE CONNECTION

Connecting leaders and members  
to news from NAWIC

### April 2015

*Stay Ahead! The Connection is designed to keep you informed with pertinent Association news. Read up on timely announcements and messages from the NAWIC Board, and learn about the outstanding activities our regions, chapters and members are involved in!*

### ANNOUNCEMENTS

*Get connected to what you need to know!*

### Nominate a Member for the NAWIC National Awards

Now is the time to nominate a NAWIC member for NAWIC's national awards. They are the Lifetime Achievement Award, the Member of the Year Award and the Future Leader of the Year Award.

The Lifetime Achievement Award was established to recognize outstanding efforts of a NAWIC member who has been actively involved throughout their NAWIC membership. A member is only eligible to win this award once.

The Member of the Year Award was established to recognize outstanding efforts of a NAWIC member who has been actively involved throughout the current NAWIC year. A member is only eligible to win this award once.

The Future Leader of the Year Award was established to recognize outstanding efforts of a new NAWIC member who has been actively involved throughout their first two NAWIC years as of May 31 of the current year. A member is only eligible to win this award once.

Award guidelines and nomination forms may be found online here. All nominations and required forms must be received by Dede Hughes at dedeh@nawic.org by June 1, 2015.

The winners of each award will be recognized at the NAWIC Awards Gala, Saturday, Sept. 5, during the 2015 Annual Meeting and Education Conference in Nashville, Tenn.



### Groundbreaking Women in Construction

Across the Generations: Addressing the Elephants STILL in the Room

May 6, 2015

TKP New York Conference Center

New York

Earn 7 AIA LUs

At this 6th annual Groundbreaking Women in Construction Conference, "Across the Generations: Addressing the Elephants Still in the Room," learn how gender dynamics have and haven't evolved and explore common issues women face in the modern workplace. This year's conference will examine the social questions surrounding a diverse labor force and will provide key insights into how women manage other women, what to do when you encounter harassment at work, how to manage family planning and other career changing decisions, and much more. Join women from all levels in the construction industry and make the connections that will make a difference in your career.

\*Special pricing for NAWIC members.

## Take advantage of Early Bird Registration

Start planning to attend the 2015 NAWIC Annual Meeting and Education Conference in Nashville, Tenn. Those who plan ahead and register early can take advantage of special “Early bird” registration rates. Early Bird Registration ends April 30, 2015. Click here to register.

### Registration Rates

Early Bird Registration  
March 3-April 30, 2015  
Members: \$595  
Non-members: \$695

May 1-June 30, 2015  
Members: \$645  
Non-members: \$745

After June 30, 2015 and onsite  
Members: \$745  
Non-members: \$845

## NAWIC Australia is Celebrating 20 Years and Has Invited NAWIC to Join in

NAWIC Australia is celebrating 20 years as a NAWIC affiliate in 2015. NAWIC Australia has invited NAWIC members to join them for this special event. If you are interested in traveling to Australia to meet women in construction down under, several NAWIC members, headed by NAWIC President-Elect Riki Lovejoy, CBT, CIT and NAWIC Immediate Past President Yasmine Branden, CCA, have organized a group trip. The trip is scheduled for Oct. 2-18, 2015 and should cost approximately \$5,600-\$5,800 per person based on double occupancy. This trip is not paid for by NAWIC. Each member who participates is responsible for her own expenses. For more information, click here.

## President’s Letter to Employers is Available Online

NAWIC President Sandy K. Field, CBT, CIT has written a letter for members to pass on to their employers outlining the many reasons to send their female employees to the 2015 Annual Meeting and Education Conference. Click here to download a copy of the letter.

## Congratulations on a Successful WIC Week 2015

The celebration of WIC Week is over, and we had wonderful chapter participation. Thank you to all chapters and members who participated in the nationwide event. It was a huge success! Don’t forget to turn in your WIC Week recap forms. Send them to [wicweek@gmail.com](mailto:wicweek@gmail.com).

Also, the 2015 WIC Week Poster is double-sided, and the reverse side can be displayed year-round. So, don’t throw your poster away, just flip it over!

## Visit the NAWIC Store’s Spring Sale

Purchase a gift for fellow NAWIC members or treat yourself to great NAWIC merchandise. Also, don’t forget Forum is coming up soon. Do you need some speaker gifts? If so, the NAWIC store is a one-stop shopping opportunity. Pick up a NAWIC Pen Gift Set for \$8 or a NAWIC history book for \$5. These are perfect speaker gifts! Forum coordinators—don’t forget to order your ribbons.

Other items featured in the NAWIC Store this month include:

- NAWIC Inspirational Necklace, \$6
- NAWIC Pen Gift Set, \$8
- NAWIC Stylus/Pen, \$1.25
- NAWIC Luggage Tag, \$4
- NAWIC Collapsible Can Cooler, \$2
- NAWIC History Book, \$5
- NAWIC Large Padfolio, \$6
- NAWIC Small Padfolio, \$5

Visit the NAWIC Store online at [www.nawic.org/nawic/NAWIC\\_Store.asp](http://www.nawic.org/nawic/NAWIC_Store.asp).

## NAWIC Members—Discover The New Logistics



Logistics has always been about getting things where they need to be exactly when they need to be there. And doing it as efficiently as possible. The NAWIC/UPS Savings Program is here to help NAWIC members do just that at a discounted rate.

### Package Shipping

• NAWIC Members **save up to 28 percent** on UPS Next Day Air® and Worldwide Express® with the UPS Savings Program, an unmatched selection of package delivery services at a discounted rate.

### Freight Shipping

• NAWIC Members with LTL freight shipments of 150 lbs. or more, receive **customized discounts** for all three types of freight shipments—regional, interregional and long haul. Call for a free savings analysis or quote.

Enroll online!

Call: 866-443-9303, ext. 4082

Email: [upsfreightassociations@ups.com](mailto:upsfreightassociations@ups.com)

To learn more, visit [savewithups.com/nawic](http://savewithups.com/nawic).

## **Sign Up for Chapter Table Sales at the NAWIC Mini Trade Show**

Plans for the 2015 NAWIC Annual Meeting and Educational Conference (AMEC) are well under way. The NAWIC Mini Trade Show will be held on Wednesday, Sept. 2, from 10 a.m. to 6 p.m. and Thursday, Sept. 3, from 1:30 p.m. to 6 p.m. Chapters and Regions are invited to participate in this event. This program is being offered as a cost-effective method for chapters to increase non-dues revenue by increasing sales of their NAWIC items. Each chapter will be responsible for collecting sales tax on the items that they sell at AMEC. A form will be given to you so you can give us your sales tax money and we will pay it with one check.

Tables are available to chapters at \$100 per table. A maximum of two chapters may occupy one table. Region tables, for three or more chapters, are also available for \$150. Space is limited and all tables will be reserved on a first-come, first-served basis.

Reservation forms and the rules and regulations governing the event will be sent to all chapter presidents. You may also download the form and rules online at [www.nawic.org/images/nawic/convention/pdfs/2015\\_Chapter\\_Sales.pdf](http://www.nawic.org/images/nawic/convention/pdfs/2015_Chapter_Sales.pdf).

All reservations for tables must be returned to the NAWIC Office no later than July 1, 2015. A check, made payable to NAWIC, must accompany the Reservation Form. Sorry, no verbal commitments or requests will be honored. For more information, contact Dede Hughes at [dedeh@nawic.org](mailto:dedeh@nawic.org).

NAWIC members love to buy NAWIC items. Don't miss out on this once-a-year opportunity to display your items and network with NAWIC members. Return your form today!

## **NAWIC Regions Host Annual Spring Forums**

Annual Forums provide an outstanding opportunity for personal and professional growth. Forums offer educational seminars, solutions for your business, networking and more. Forums will be held all over the country this spring.

Get ready to learn, network and have fun. You won't want to miss all that your region has in store for you. Check out [www.nawic.org/nawic/Region\\_Forums.asp](http://www.nawic.org/nawic/Region_Forums.asp) for the 2015 Forum Preview Guide.

## **Vote for 2015-2016 National Officers**

Plan on exercising your right to vote by participating in NAWIC's one-member, one-vote election! Members classified as "Active," "Corporate" and "Member-at-Large" are eligible to vote. Each voting member will receive voting information by e-mail in May. Eligible voting members without an e-mail

address will be mailed a ballot. Ballots will be sent no later than May 22.

Please make sure your contact information in the NAWIC Database is accurate. Ballots returned to the NAWIC Office will not be forwarded. To update your information, visit [www.nawic.org](http://www.nawic.org) > Member Log In > Member Center > Update Your Info.

Below is the official slate of candidates running for NAWIC Office for the 2015-2016 year.

### **President-Elect**

Connie Leipard, CIT

### **Vice President**

Amy Berg, CBT, CIT

Stephanie Crane, CIT

Dove Sifers-Putman, CBT

### **Secretary**

Diane Mike, CBT

### **Treasurer**

Jennifer Swinney, CBT, CDS, CIT

## **Get the Latest NAWIC News on Facebook and Twitter**

Have you liked NAWIC on Facebook yet? Are you following NAWIC on Twitter? If not, you are missing out on all the latest NAWIC news, AMEC updates and more.

To see NAWIC on Facebook, go to [www.facebook.com/nawicnational](http://www.facebook.com/nawicnational) and click "Like." You can follow NAWIC on Twitter at [www.twitter.com/nawicnational](http://www.twitter.com/nawicnational) or @nawicnational.

## **NAWIC Career Center Offers Employment Tools, Jobs Targeted to NAWIC Members**

Employers want you. The NAWIC Career Center features hundreds of jobs that employers want you to see. Where do employers go when they want a talented woman with experience in the construction industry? They go to the NAWIC

Career Center. You can post a resume, view jobs and set up personal job alerts. Best of all, it's free. Visit the NAWIC Career Center today.

## **Health Risks for Countertop Workers**

The Occupational Safety and Health Administration (OSHA) and the Centers for Disease Control and Prevention/National Institute for Occupational Safety and Health (CDC/NIOSH) have published important documents that provide information on exposures from stone countertops and related health risks. Morbidity and Mortality Weekly Report *Notes from the Field*:

*Silicosis in a Countertop Fabricator presents case findings, and OSHA/NIOSH Hazard Alert: Worker Exposure to Silica during Countertop Manufacturing, Finishing, and Installation* provides facts and guidance.

Notes from the Field: Silicosis in a Countertop Fabricator — Texas, 2014

Gary K. Friedman, MD, Robert Harrison, MD, Heidi Bojes, PhD, et al.

OSHA/NIOSH Hazard Alert: Worker Exposure to Silica during Countertop Manufacturing, Finishing and Installation.

<http://www.cdc.gov/niosh/docs/2015-106/>

## CHAPTER OFFICER REMINDERS

Are you a chapter officer? Get helpful tips and reminders here!

### Chapter Presidents

The Annual Meeting and Education Conference (AMEC) Promo should have arrived in everyone's mailbox last month. It is also available to download at NAWIC Online. Please share this information with your chapter. Encourage members to use the Conference Promo and Employer Letter as tools to solicit financial support from their employers. Get an idea of how many members will be attending Conference as early as possible. These members should be considered as delegates and alternates to represent your chapter. You must have your delegates and alternates elected no later than July 3, 2015 (60 days prior to AMEC). Credential forms are due to the NAWIC Office July 3, 2015. Credential forms are currently available on NAWIC's Conference website at [www.nawicconvention.org](http://www.nawicconvention.org).

It's time to begin thinking about leadership for your chapter for the 2015-2016 year. Your chapter should have its nominating committee elected. If not, now's the time! The next step for this committee is to submit the names of one or more nominees for each chapter office and chapter director. The nominating committee should present these candidates to the membership at your April or May meeting. Refer to the NAWIC Operations Manual, page C-3, Article VI-Elections for election guidelines. Voting should take place no later than the meeting immediately following the presentation of candidates. Each chapter should decide if the election of officers, delegates and occasional propositions should be handled by mail ballot or by vote at a regularly scheduled meeting. Once the chapter decides which method will best meet its needs, the selected method should be adopted as a chapter standing rule. Refer to page F-59 of the NAWIC Operations Manual for guidelines regarding standing rules, voting and ballots.

## Chapter Treasurers

The following is a reminder of important duties as listed on page three of the Chapter Treasurer's Handbook. Please review to ensure you are in compliance.

- Record electronic chapter dues deposits from the NAWIC Office.
- Prepare monthly treasurer's reports for the membership and board meetings.
- Keep itemized accounts of all receipts and disbursements.
- Reconcile bank statements monthly. Review outstanding checks.

For a complete list of annual and monthly duties, refer to page 35 of the Chapter Treasurer's Handbook

## Membership Chairs

Does your chapter have a system of communicating monthly meeting notices and information to its members and prospects?

You can take the initiative to ensure everyone is informed. Here are a few ideas:

- Email monthly meeting notices to all members and prospective members one week prior to the meeting. Include a meeting agenda to spark interest and increase attendance.
- Get a local newspaper to advertise monthly meetings. Invite representatives of the newspaper to attend meetings to get more publicity.
- Ask members to display flyers detailing monthly meetings one week prior to the meeting.

## NATIONAL OFFICER'S MESSAGE



### It's Spring Forum Time!

By Riki F. Lovejoy, CBT, CIT, NAWIC President-Elect

Alas, spring is in the air! I *know* for our northern sisters they are really looking forward to the warmth, green stuff and bright

sunshiny days! Winter has been brutal all across the nation, yes, even into the typically hot southern states of Florida and Texas where I am from, at least sometimes!

Along with spring comes the wonderful changes to our scenery—beautiful flowers and flowering trees, green grass, baby birds, ducks, and chickens! Beautiful, beautiful changes! Changes we really welcome!

NAWIC's spring is all about Region Forums! And, wow, do the Directors have some great programs, presenters, and surprises planned for the, in most cases, last Forum for their regions. Yes, all regions except North Central (formerly Region 4), South Atlantic (formerly Region 11) and the Pacific Southwest will be holding their last Forum; be a part of the history of your region's last Forum. For those of you in the Pacific Southwest Region, be a part of the history of your region's first Forum! And for those in the former Regions 4 and 11, be a part of the history of your regions as you marry some of your old traditions with the start of new traditions for a NAWIC never seen before! Forum season is on us and it's going to be *awesome*! Be sure to attend your region's Forum and feel free to go to your respective paired region's Forum! I guarantee that you will love to see how each region's traditions will blend into stronger, fresher, and more vibrant regions.

Forums are important, but they shouldn't overshadow another important event in NAWIC's spring—elections! Chapter, region and national elections will take place. The slates of candidates are in place for the regional and national elections and at the chapter level they are being made. Here is where I need to "lecture" just a little bit! Your Directors have expressed concern over chapters that are having a difficult time filling all

the positions on their chapter boards. *Why?* Many say "burn out" is a problem—you know, the rotation of the same leaders every other year. Other chapters say, no one "feels ready" to take on the officer positions, especially president. Again, I say *why?* Yes, burn out is a definite problem, so step back! Don't take the leadership position, but make darn sure you will mentor that new leader! And you new leaders, you will never "feel ready." Take it from someone that is getting ready to take the biggest leap of faith on a position she is totally fearful of! But, guess what? I have tons of support from my NAWIC sisters all across the nation, from the staff at the NAWIC office and even from non-NAWIC friends and family that have seen what NAWIC has done for me. I now feel there is absolutely no way I will fail. And that's what NAWIC does for leaders. It builds them up, holds them up, and pushes them along until they can figure out how to stand on their own. You "burned-out" leaders need to take a step back to rejuvenate, to be a part of the beautiful changes that can and should happen in your chapter to encourage growth and be the positive mentors for our new leaders. And you "new leaders" should take that leap of faith. As you do, keep in mind the NAWIC core values. *Believe in yourself* (and your peers) and you will not fail. *Persevere with the strength of your convictions* and you will be an effective leader. *Dare to move into the new horizons* that your Chapter needs for growth.

I am so excited about NAWIC's spring and feeling rejuvenated from a long, very difficult winter. I'm excited to see some of the changes already taking place (*and working!*). I'm excited for the changes that are yet to come for our Association! It's so cool!

## REGIONAL ROUNDUP

Region Directors report on NAWIC activities across the country.



**REGION DIRECTOR**  
*Profile*

**Diane I. Mike, CBT**

**Firm:** Erdman Company  
**Occupation:** Staff Accountant  
**Chapter:** Greater Madison, Wis.  
**Member Since:** October 2005

### Midwest Region (13) | Diane I. Mike, CBT

Another successful WIC Week is over. Midwest Region 13 hosted many different events including Industry Appreciation Nights, Hard Hat Happy Hours, jobsite tours, wearing NAWIC apparel, fundraisers, and many other community service events. Everyone did such a wonderful job of showing the events on social media as well. Great PR work!

It's Forum season! This is such an exciting time of year for NAWIC. Forum season is in full swing and members are gathering across the country for networking, education, and association updates. Midwest Region 13 is ramping up as we near our Forum date as well. We are celebrating 40 years and stepping back in time to 1975 for our Welcome Party. Friday is packed with great seminars and on Saturday we will officially welcome Debbie Speake as our Midwest Region Director for 2015-2016.

Membership continues to grow in Midwest Region 13. We were officially at 274 at the end of February. In March, I hope to see that number grow after all of the great WIC Week activities! Our goal for 2014-2015 was to reach 350 so we are well on our way. Out of the 120 members we need to recruit, we have already recruited 47. I know our chapters can achieve this goal; you are all doing an awesome job of recruiting! I am so proud of all the chapters and their hard work so far this year.

Looking forward to seeing everyone at Forum!



## Northeast Region (1) | Sharon B. Adkins

How did you celebrate WIC Week? While I unfortunately was not able to travel or participate in the different events that the Northeast Region 1 Chapters were hosting for WIC Week such as Baltimore's charity bowling tournament, Wilmington's jobsite tour or Philadelphia's social media competition, I was very fortunate to attend the wonderful Women in Construction Week celebration held in Hartford at the Connecticut State Capitol on March 4. Lt. Governor Nancy Wyman presented a proclamation given by Governor Dannel Malloy, and several leadership awards were presented to individuals and companies who have made significant contributions by providing opportunities for women in the construction industry.

Every NAWIC member should be eligible to receive such a leadership award—consider your role and your contributions. It is chapter leadership nomination time! Serving on a chapter's board of directors develops leadership skills, adds value to your membership and empowers you to be a successful woman in the industry.

As many of us have said and most of us have heard, every week should be Women in Construction Week, and we can continue to shine a spotlight on women's accomplishments in the construction industry and the career opportunities available to them by attending a Region Forum. Northeast Region 1 will be holding its Forum the weekend of April 17-18 in Alexandria, Va. There is a lot to do and see in Alexandria, as well as in the Washington, D.C. area. It is not too late to register! Registration is available on the Region 1 website at [www.nawicregion1.org](http://www.nawicregion1.org). Please join us!



## South Atlantic Region (11) | Samantha Hedgepath

The ladies of the South Atlantic are on fire with their NAWIC spirit. Membership is on the move and things are looking great. WIC week was full of great events and teammate outings. It always makes me so excited to see the passion and dedication to this wonderful Association.

Spring Forum is now the hot topic as we are on the home stretch for the event, May 1-2, 2015 in Virginia Beach. After the cold, wet and harsh winter we will all be ready for some fun in the sun and sand of Virginia Beach. This year we have lots to celebrate with multiple 50-year anniversaries and all of our wonderful competitions. It's going to be a great time. We will start everything off with a tour of the Chrysler Museum of Art on Friday that has just undergone and complete renovation, followed by a group activity for networking and team building and our welcome party. Saturday will be full of NAWIC business featuring keynote speakers with 50 years of NAWIC and educational workshops. It will truly be a wonderful event.

I recently dropped in on some of our members from the Greenville, S.C. Chapter #104 at the office and I am so excited they have added to two new members this year. I am headed to Richmond, Va. to speak at the membership meeting for the Richmond, Va. Chapter #141 about the NAWIC website and planning a stopover in Roanoke, Va. on the way to visit with the ladies of Roanoke Valley Chapter #226.

With five new members already in March, we are only three members away from the halfway point of our goal. With half of the year left and the industry on the upswing I have no doubt that we can meet the goal. Positive attitudes, advertising our events and hot topics are all it takes to get that potential member to become a new member. So get out there and spread that NAWIC spirit!

### South Atlantic Numbers:

Renewed Members	278
New Members	43
Total Membership	316
Membership Goal	367 (only 46 to go)

**Miki G. Haas, CIT**



**REGION DIRECTOR**  
Profile

**Firm:** "K" Construction, Inc.  
**Occupation:** Bookkeeper/Notary Public  
**Chapter:** Northshore, La.  
**Member Since:** October 2006

## South Central Region (5) | Miki Haas, CIT

With 100 percent participation from all Chapters in Region 5 for WIC Week, we have been very busy. Included in the excitement are ongoing plans for a very energetic, educational and fun Forum. Throw in starting plans for Forum 2016 in New Orleans and chartering plans for a Lake Charles, Louisiana Chapter and we have been going non-stop.

Let's not forget recruitment. As usual we have all been working on and succeeding with recruitment. All of the chapters have also been turning their attention to retention and what the needs of the membership in their chapters are. Asking the question, "Why did you join and what keeps you in?"

We are looking forward to director elections and AMEC. Each chapter is trying to encourage member attendance. With no time to stop and rest, we are forever excited and looking forward to the merge. Our first APC will be held in Houston, Texas where we will be able to act as one body for the first time.

**Jennifer M. Swinney, CBT, CDS, CIT**



**REGION DIRECTOR**  
Profile

**Firm:** ESC Safety Consultants  
**Occupation:** Chief Financial Officer  
**Chapter:** San Antonio, Texas  
**Member Since:** January 2005

## South Central Region (7) | Jennifer M. Swinney, CBT, CDS, CIT

Region 7 has had a very busy couple of months! With every chapter celebrating a phenomenal WIC week, including the national participation in the blood drive event, and now the excitement of the upcoming Forum season, there is plenty to keep Region 7 busy, busy, busy!

We didn't let the unseasonably cold weather slow us down, we continued to roar loud and proud during Women in Construction Week, with much appreciation to our National WIC Week Chair, Traci Garner-Davis, for her hard work in promoting all our chapters to plan a number of events celebrating our special week!

Our region is revving up for Forum season, and we are ready to "Celebrate the Past as we Embrace the Future" at the final Region 7 Forum, hosted by the San Antonio, Texas Chapter #11. They are truly sending us out with a bang, and have a tremendous schedule planned, with networking events, educational seminars, personal development

workshops, and great speakers! Additionally, we are excited and honored to have two national Past Presidents, Judy DeWeese and Luci Roberts; the current NAWIC national President Sandy Field; the current NAWIC President-Elect Riki Lovejoy; three current Region Directors, Diane Mike, Miki Haas, and Jennifer Swinney; and our two Region Director-Elect candidates, Dena Rowland and Rhonda Nebgen, planning to attend our event! We are sure this Forum is one that people will be talking about for generations to come! Have you registered yet? There's still time! Hope to see you there!

We are gearing up for AMEC this year, as we are *extremely* excited and proud to see our very own Sandy Field in action as the NAWIC national President! President Field has tasked each region with the goal of having 60 attend the 60th anniversary AMEC, and Region 7 has accepted that goal with vigor! We look forward to seeing everyone in Nashville!



## Southeast Region (3)| Jill Hanson, CIT

Is everyone as excited about Forum 2015 as Region 3 is? Pearls, Pumps and Hard Hats – From the Field to the Boardroom: Region 3 Forum 2015. The Miami, Fla. Chapter #41 is our hardworking host chapter putting plans together for Region 3’s final Forum, May 15-16, 2015, in beautiful Key Largo, Fla. Make your plans now to attend and help Region 3 celebrate this momentous occasion before we officially merge with Region 2 to become the new Southeast Region. We love having out-of-regioners visit us; make it part of your vacation plans and come to Key Largo!

It’s hard to believe, but it’s already March! Chapters held wonderful events throughout Florida and we’re all looking forward to seeing new members join the ranks. It was a wonderful opportunity for us to participate in building up our communities, chapters, and relationships and renew that NAWIC spirit.

I’d like to give a big shout out to the Greater Palm Beach, Fla. Chapter #87 and Region 2’s Greater Birmingham, Ala. Chapter #53 for teaming up to co-host the Southeast Region’s APC 2015 to be held in Birmingham, Ala. We’re looking forward to a great meeting!

Several Region 3 members will be attending Region 2’s Forum in Atlanta, Ga., April 24-25, 2015. We’re looking forward to getting a jumpstart on building some new relationships with our Region 2 sisters.

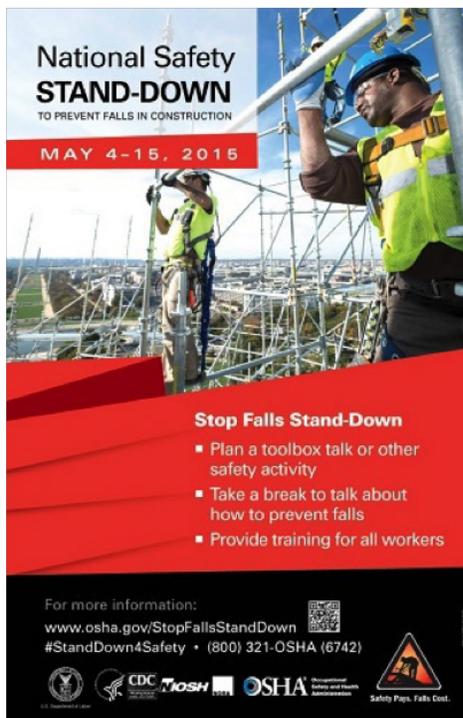
## CORNERSTONE

Get connected to the latest news from NAWIC Committees.

## NAWIC/OSHA Alliance

By Schelle Wood, NAWIC/OSHA Alliance Chair

### Stand Tall, Stand Proud and Stand-Down for Fall Safety!



Our Alliance with OSHA states that OSHA and NAWIC will work together to provide NAWIC members and others with information, guidance, and access to training resources that will help them protect the health and safety of workers,

particularly by reducing and preventing exposure to ergonomic hazards, sanitation hazards, and issues related to personal protective equipment selection in the industry, with the focus on a subset of construction workers with unique needs. Our three areas of emphasis are:

- Raising Awareness of OSHA’s Rulemaking and Enforcement Initiatives
- Training and Education
- Outreach and Communication

In the area of Outreach and Communication NAWIC is urging our members and the companies they work for to participate in the 2015 National Safety Stand-Down from May 4-15. The purpose of the National Fall Prevention Stand-Down is to raise awareness of preventing fall hazards in construction. Fatalities caused by falls from elevation continue to be a leading cause of death for construction workers, accounting for 279 of the 806 construction fatalities recorded in 2012. **Those deaths were preventable.** Fall prevention safety standards were among the top 10 most frequently cited OSHA standards, during fiscal year 2014.

### Suggestions to Prepare for a Successful Stand-Down

- Try to start early. Designate a coordinator to organize the stand-down. If you have multiple work sites, identify the team that will lead the stand-down at each site.
- Think about asking your subcontractors, owner, architects, engineers, or others associated with your project to participate in the stand-down.
- Consider reviewing your fall prevention program. This will help provide a more effective stand-down.

1. *What types of falls could happen:*

- Falls from ladders
- Falls from a roof
- Falls from a scaffold
- Falls down stairs
- Falls from a structural steel
- Falls through a floor or roof opening
- Falls through a fragile roof surface

2. *What needs improvement? Is your program meeting its goals? Are you experiencing fatalities, injuries, or near misses? Are employees aware of the company's fall protection procedures?*

3. *What training have you provided to your workers? Does it need revision?*

4. *What equipment have you provided to your workers? Is better equipment available?*

- **Develop presentations or activities that will meet your needs.** Decide what information will be best for your workplace and workers. The meeting should provide information to workers about hazards, protective methods, and the company's safety policies, goals and expectations. Hands-on exercises (a worksite walk around, equipment checks, etc.) can increase retention.
- **Decide when to hold the stand-down and how long it will last.** Decide if the stand-down will take place over a break, a lunch period, or some other time.
- **Promote the stand-down.** Try to make it interesting to workers. Some employers find that serving snacks increases participation.
- **Hold your stand-down.** Try to make it positive and interactive. Let workers talk about their experiences and encourage them to make suggestions.
- **Follow up.** If you learned something that could improve your fall prevention program, consider making changes.

Visit <https://www.osha.gov/StopFallsStandDown> for more information on the Stand-down.

## U.S. Transportation

By Cari L. Durbin, U.S. Transportation Chair

As they say, "Spring has sprung!" We who live in the Northeast have seen an especially snowy winter season and are ready to see some green instead of white. I know that many NAWIC members saw an unusual winter in places that do not normally see cold temperatures, much less snow. With better weather people will venture out on foot and on bicycles. Whether that is for recreation or for commuting, this mode of transportation has seen an unfortunate increase in pedestrian and bicyclist fatalities. In 2013, bicyclists were the only group to show an increase in total deaths.

The U.S. Department of Transportation launched the Mayors' Summit for Safer People, Safer Streets. The first step in this year-long initiative, with more than 160 communities from 44 states, is improving safety for pedestrians and bicycle riders. They will showcase local practices to improve safety, share tools for local leaders to take action, and promote partnerships to advance pedestrian and bicycle safety. They will use the Taking a Complete Streets approach by identifying and addressing barriers to make streets safe and convenient for all road users, including people of all ages and abilities and those using assistive mobility devices; gathering and tracking biking and walking data; using designs that are appropriate to the context of the street and its uses; taking advantage of opportunities to create and complete ped-bike networks through maintenance; improving walking and biking safety laws and regulations; and educating and enforcing proper road use behavior by all.

It looks like they covered all the topics necessary to make this season safer whether someone is on foot or biking in the upcoming season of better weather.

(source: USDOT, Fast Lane blog at <https://www.dot.gov/blog/fastlane>)

## PR/Marketing

By Wanda J. Bledsaw, PR/Marketing Chair

### PR/Marketing Shout Outs from Across NAWIC NATION



I thought everyone would enjoy a few excerpts from chapters across our NAWIC nation this month. I am honored as your national chairperson to receive so much feedback. The sisters of NAWIC really rock nationwide! Members have done an incredible amount of volunteer work and their passion shows in the many pictures, flyers, newsletters and reports I receive each month. Thank you all so much for making this happen all across the NAWIC nation!

The San Diego, Calif. Chapter #21 PR/Marketing Chairperson Karianne Tyler wrote, "The PR Committee is actively engaged and in communication with the various NAWIC committees and NAWIC events throughout the year. One focus is promoting the monthly speakers and topics for our chapter's monthly meetings. The PR committee is constantly updating the chapter website, updating the Facebook page, engaging the chapter's group on LinkedIn and producing press releases and flyers for chapter events."

Region 13 PR/Marketing Chairperson Ericka Miller, of the Chicago Metro Chapter # 325 said, "To keep the momentum

going and encourage chapters to share their ideas across the nation, the national committee has been hosting again this year the monthly conference calls open to all to participate in. Along with these conversations, we are requested to report our chapter activities to our region chairs by the 20th of each month. The reports are forward to national PR/Marketing Chair Wanda Bledsaw each month. I know many of you are as passionate as I am and would love to share in your enthusiasm! Please continue to send a monthly report or a quick email. Thank you and keep up the great work.”

Region 7 PR/Marketing Chairperson Laurie Jimenez, of the Houston, Texas Chapter #3, reported on the NAWIC South Central Region website, “PR/Marketing Chairs: Have you added new social media outlets (LinkedIn, Twitter, Google+, a Chapter Blog, Facebook page) to your methods of ‘Taking Aim For NAWIC?’ Are you finding it difficult to manage multiple posts at one time? I was provided the following resource by our in-house Marketing team as an option to help with multiple media posts. Hopefully it will help you as well. <https://dlvr.it/>. The service dlvr.it helps publishers deliver their content to the social web, including Twitter and Facebook.”

Happy Marketing!

## Membership

By Vickie Nickel, CIT Membership Chair

### Who is in Your Kitchen Cabinet?

Who is in your kitchen cabinet? In my chapter, the Greater Kansas City, Mo. Chapter #100, our “kitchen cabinet” is a unique group of informal advisors. As we begin our leadership journey in NAWIC, we develop and choose people whom we trust and value. These women possess been-there-done-that experience and are willing to mentor us along our journey. My kitchen cabinet spans across the county. These women challenge me, help hold me accountable, are always there to help me figure it out, encourage me take risks and stand by me when I have the courage to take the leap.

### Who is in Your Kitchen Cabinet? NAWIC Food Network Stars Share Their Secrets

#### 1. Prep for Success Like Rachel Ray

- Organize by making a list.
- Brainstorm with others to plan your year as an officer, board member or committee chair.
- Utilize the NAWIC website. It boasts helpful tools and manuals.
- Use a checklist or date timelines to plan your year.
- Document your timeline in a spreadsheet or other format that helps you organize.
- Evaluate what you receive or what has been done in the past; make adjustments.

- Pass information and tips on to the next chair or officer.
- Develop relationships and mentor within your chapter, region and/or on the national level.
- Planning doesn’t have to be an added burden; utilize a “Week in a Day” menu and block out one-hour to prepare and prep for the entire week to ensure your success.

#### 2. Back to Basics Like the Barefoot Contessa Ina Garten

- Three main courses are a must for every chapter: Finance, Professional Development & Education (PDE), and Membership (Standing Committees).
- Special committees may be added to help spice up the chapter and help in completing chapter goals.
- Back to Basics—start with a strategic plan.
- What are you going to “serve” your chapter?
- How will you enhance the success of women in the construction industry?
- Taste your “dish” along the way. Are the programs attracting members and guests to the meetings? Are your membership recruitment techniques working? Are you getting membership participation? Etc.
- Add extra “flavor” to existing programs/events; think of opportunities to enhance or spice things up.
- Look for inspiration that will delight members, guests and prospects.

#### 3. Create a Wow Experience Like Sandra Lee

- Have nametags for members and guests. Have special nametags for guests, new members, and board members.
- Introduce yourself; make guests feel welcome. Don’t forget to greet members too and make them feel welcome.
- Reach out to members who you have not seen in more than a month.
- Engage members by asking them to serve on a committee.
- Have programs that are relevant to the construction industry.
- Hold joint meetings with other industry associations. Bring national partnering agreements to a local level.
- Steal with pride; stay in touch with what other chapters are doing. Great ideas can come from what others are doing. Tailor ideas to fit your chapter’s style.
- Develop leadership skills by presenting a committee report at a membership meeting (public speaking skills), chairing a committee, or joining the board. These skills can develop as you become involved in your chapter and at a regional level. Prepare yourself for the national board if you so desire!
- Embrace mentor/mentee opportunities.

#### 4. Celebrate Like Paula Deen

- Believe in yourself.
- Persevere with the strength of your convictions.
- Dare to move into new horizons.
- Celebrate your successes. Send out press releases. These are a great way to market your chapter and maximize your exposure while spotlighting your success in the industry and it's free! Ideas for press releases include installation of new board of directors; monthly membership meetings; community events; educational programs; member achievements; scholarship awards, etc.

#### 5. Secret Ingredient Like Iron Chef Mario Batali

- The secret ingredient is the NAWIC Member. How do we create an "Iron Chef" member?
- Have a CAN-I attitude (Constant and Never-ending Improvement) by investing in yourself.
- Attend meetings and events—chapter, region and national AMEC.
- Get to know other members.
- Learn how to participate fully in NAWIC.
- Join a committee.
- Step out of your comfort zone.
- Seasoned members should be a mentor to new members.
- New Members can bring fresh ingredients (ideas) to their chapter and get engaged.
- Create leverage by attending national AMEC every year to gain a "Molto Gusto" appetite for NAWIC (zest for life).
- "We only learn our limits by going beyond them!" said motivational speaker Tony Robbins.
- Commit to constant improvement, which will enhance your personal and professional success.
- Improve one tiny aspect of your life every single day. You will achieve "Iron Chef" success in no time at all.
- NAWIC is the best-kept secret, so spread the news. It just wouldn't be fair to keep it all to yourself!

**TARGET GOAL:** What spice will you add to your chapter this month? Best wishes for enhancing your NAWIC dishes!

#### Top 10 Flavor Boosters

1. Embrace mentoring opportunities.
2. Set goals and objectives.
3. Strengthen leadership skills.
4. Encourage women to achieve their full potential.
5. Accountability: honor your commitments.
6. Establish rapport: Take the time to connect and get to know each other.
7. People are drawn to enthusiasm and optimism.
8. Surround yourself with awesome people.
9. Invest in yourself.
10. Celebrate your successes.

## Highlights

Discover how members and chapters are enhancing their success.

### Granite State Member Liz Skidmore featured in Tradeswomen Tuesday Blog

Liz Skidmore of the Granite State Chapter was recently featured on the website for Equal Rights Advocates. She was featured as part of the Tradeswomen Tuesday blog. Check out her profile here.

Any NAWIC members working in the trades should contact Liz Skidmore at [eskidmore2@aol.com](mailto:eskidmore2@aol.com) for more information if they'd like to be profiled by Tradeswomen Tuesday.

### SMPS Announces Schedule for 2015 Workshops: Business Development for the A/E/C Industry

The Society for Marketing Professional Services (SMPS), the premier A/E/C marketing and business development association and a NAWIC partner, recently announced the 2015 schedule for its workshop "Business Development for the A/E/C Industry." Registration is available at [www.smeps.org/bdworkshops](http://www.smeps.org/bdworkshops).

This workshop is designed to prepare architects, engineers, contractors, business developers, and marketers to find new project leads and connect with clients. The day-long program provides attendees with the tools and techniques to find leads, meet clients, and grow their businesses in any economic market.

By the end of the day, attendees will understand how to:

- Generate leads that end in contracts
- Prepare for a networking event and work a room
- Connect with the different personality styles among clients
- Use business development strategy to build profitable business for a firm

The program is taught by seasoned practitioners representing some of the most successful architectural, engineering, and construction firms in the United States. They will guide attendees to:

- Identify their firm's specific business development needs
- Evaluate the effectiveness of their current sales efforts
- Strengthen their firm's business development strategy
- Explore effective solutions to challenging business development situations

In addition, attendees will benefit from robust discussion and examples shared by workshop participants. A recent workshop attendee said, "[It's] a great course that covers the many facets of the marketing role in the A/E/C industry. The presenter's

experience level provided a nice balance along with the perfect size group for interaction between speakers and participants. This workshop provided valuable information that will assist me in improving the overall BD experience for our clients.”

### **2015 Locations and Dates**

Washington, D.C.: May 12

Charleston, S.C.: June 2

Sacramento, Calif.: June 23

Los Angeles, Calif.: August 19

The program runs from 8 a.m.-4 p.m. To learn more about this workshop, visit [www.smeps.org/bdworkshops](http://www.smeps.org/bdworkshops).

*Source: The Society for Marketing Professional Services, [www.smeps.org](http://www.smeps.org)*

### **ARTBA Launches Transportation Investment Advocates Council™**

The American Road & Transportation Builders Association (ARTBA) recently announced the launch of a “Transportation Investment Advocates Council™” to provide a home for a national network of business professionals and public officials who share a common interest in building support for transportation infrastructure investments in their state or local community.

The Council, an arm of ARTBA’s Transportation Investment Advocacy Center™ (TIAC) ([www.transportationinvestment.org](http://www.transportationinvestment.org)), offers national and regional forums for sharing of intelligence and “best practices”—campaign strategies, tactics, messaging, opinion and economic research, legislative and ballot language, “what’s worked and what hasn’t”—in order to help advocates meet their objectives.

Council members learn from others who work for national, state and local better transportation groups and coalitions, chambers of commerce, state legislatures and civic bodies, public agencies and other interested firms and organizations.

The Council is co-chaired by Maria Fuentes, executive director of the Maine Better Transportation Association; Craig

Thompson, executive director of the Wisconsin Transportation Development Association; Juva Barber, executive director of Kentuckians for Better Transportation; Scott Haywood, president of Move Texas Forward; and Seth Millican, director of the Georgia Transportation Alliance.

Membership is free, and participants receive:

- Free access to the TIAC email listserv where you can post questions, share information and relay news to your peers;
- Free participation in regional conference calls and webinars;
- A free email push subscription to the Advocacy Center blog;
- A free email push subscription to the monthly “State Transportation Funding Initiatives Report;”
- Free subscription to the digital ARTBA Newslines, which provides updates from Capitol Hill on issues impacting transportation development; and
- The opportunity to network face-to-face with your peers at the TIAC “2015 National Workshop for State & Local Transportation Advocates,” held July 15 in Washington, D.C.

To join the Council, contact ARTBA’s Carolyn Kramer at [ckramer@artba.org](mailto:ckramer@artba.org) or by phone at 202-289-4434.

TIAC operations, including the Council, are supported by ARTBA’s “Transportation Makes America Work!” program.

TIAC is an online educational platform that features detailed case studies of recent transportation funding campaigns—both successful and unsuccessful—mounted in numerous states. It includes television, radio and print ads, polling, an overview of state and local funding and finance mechanisms, and an ongoing blog detailing new developments across the nation.

*Source: American Road & Transportation Builders Association, [www.artba.org](http://www.artba.org)*