

National Association of Women in Construction



Career

Education



Future



THE CONNECTION

*Connecting leaders and members
to news from NAWIC*

May 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!

Get Ready to Vote for the 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 > 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

Credentials for NAWIC National Board, Past National Presidents and Members at Large

A postcard and the Conference Promo featuring registration deadlines and details of NAWIC's Annual Meeting and Education Conference (AMEC) should already be in members' mailboxes. Remember to register for NAWIC's 2015 AMEC in Nashville, Tenn.

Your Credential forms may be found at www.nawicconvention.org > Credentials and are due to the NAWIC Office on or before July 3, 2015. You may learn more about Credentials there as well. Please remember to register for AMEC before you send in your credentials.

We look forward to seeing you in Nashville to celebrate NAWIC's 60th anniversary and the 2015 Annual Meeting and Education Conference!

Register for AMEC

Start planning to attend the 2015 NAWIC Annual Meeting and Education Conference in Nashville, Tenn. Early Bird registration closed April 30, so registration is now \$645. Click [here](#) to register.

Registration Rates

May 1-June 30, 2014

Members: \$645

Non-members: \$745

After June 30, 2014 and onsite

Members: \$745

Non-members: \$845

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

Plans for the 2015 NAWIC Annual Meeting and Education 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.nawicconvention.org.

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.

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!

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 at www.nawic.org/nawic/Awards.asp. 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.

New ConsensusDocs Construction Law Newsletter

Getting concise and free information that impacts your bottom line is both useful and rare. The new ConsensusDocs newsletter provides you with contract and construction law information that impacts your risk profile. ConsensusDocs is working with some of the best law firms in the industry to provide you with up-to-date and relevant information that will be delivered bi-monthly. Click here to view and start your free subscription to the ConsensusDocs Construction Law newsletter.

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, go to www.nawic.org/images/nawic/documents/2015_Australia_Trip_Info.pdf.

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.

Visit the NAWIC Store's May Sale

Purchase a gift for fellow NAWIC members or treat yourself to great NAWIC merchandise. The NAWIC store is a one-stop shopping opportunity.

Featured in the NAWIC Store this month:

- NAWIC small patch, original price \$4, now \$2
- NAWIC large patch, original price \$3, now \$2
- NAWIC square patch, original price \$3, now \$2
- Saw charm, original price \$20, now \$15
- Hammer charm, original price \$20, now \$15
- NAWIC membership charms, price \$35
- 7-inch bracelet, original price \$43, now \$30
- 16-inch necklace, price \$25
- 18-inch necklace, original price \$27, now \$25
- 24-inch necklace, original price \$29, now \$25

Visit the NAWIC Store online at www.nawic.org/nawic/NAWIC_Store.asp.

The NAWIC/UPS Savings Program can help you ship more efficiently



When it comes to order fulfillment, inventory management, and customer billing NAWIC Members are always looking for ways to be more efficient and reduce costs in their outbound operations.

By integrating UPS shipping technology with your existing order management and accounting systems, you can reduce order fulfillment time and reduce errors. You can also prepare your shipments choosing from the broadest portfolio of package and freight services in the industry.

NAWIC Members can realize the following discounts:

- Up to 28% on UPS Next Day Air® and Worldwide Express®
- Up to 21% on UPS 2nd Day Air®
- Customized pricing on LTL freight shipping (Call for a free quote)

The NAWIC/UPS Savings Program offers free enrollment for all members, with no fees or minimum shipping requirements.

Enroll online!

Call: 866.443.9303, ext. 4082

Email: upsfreightassociations@ups.com

To learn more, visit savewithups.com/nawic.

CHAPTER OFFICER REMINDERS

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

Chapter Presidents

Credentials forms are due to the NAWIC Office on or before July 3, 2015. All members will count toward the number of chapter delegates. Forms will be available online at www.nawicconvention.org > Credentials. Please note: Even if your chapter will not have anyone attending AMEC, it is still necessary to submit the form with "no representation" indicated. This allows the NAWIC Office to submit the proper reports regarding chapters attending AMEC to the national secretary. Please contact the NAWIC Office if you have questions about completing the forms.

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

In addition, to ensure you're receiving communications from the NAWIC Bookkeeper, make sure we have a correct email address listed for you in the NAWIC database.

Chapter Membership Chairs

Learn to overcome prospective member objections. One of the most common objections you may hear is, "I don't have time to attend meetings." You might consider responding with the following: "I know what you mean. My schedule seems to get more hectic every day. But when I think about not attending, I also think about how important it is to my own career to nourish business contacts. Attending NAWIC meetings is putting me in control of my career. When something's that important, you've just got to find time to take care of your future."

Remember, there is no need to answer an objection with a long-winded explanation. Keep it simple and be honest. This response may also be useful when persuading members to attend meetings.

NATIONAL OFFICER'S MESSAGE

NAWIC Vice President Connie Leipard is Calling All Leaders!

By Connie M. Leipard, CIT, NAWIC Vice President



After a long winter, Annual Forum serves to ignite a spark of energy, an infusion of spirit while networking with NAWIC women gearing us up for the busy summer ahead. Informative speakers educating and equipping us to become better at our jobs and personal endeavors were enjoyed across the nation. Thank you to each host chapter, Forum Coordinator and Director who worked hard to plan and serve the members and guests at each region Forum. Take time to celebrate your success!

This is also the season where leaders on the chapter, regional and national level are campaigning and being chosen to further the mission and goals of NAWIC. NAWIC builds leaders by giving women opportunities for personal and professional development, practicing and honing leadership skills while serving in these officer positions.

Make the effort to get to know candidates; ask questions. Seek to understand their vision for the future of your chapter and NAWIC as a whole. Serving on any level of NAWIC is a voluntary commitment. A commitment made with passion for the purpose of the Association and passion for sharing and giving to others.

Serving requires personal sacrifice in time and willingness to open oneself up to kudos for a job done well and criticism when processes and outcomes do not meet expectations. Preparation for leadership includes developing the ability to listen to criticism without being negatively impacted. This is easier said than done, yet achievable with some thought and practice.

- Realize that anyone in any leadership position, NAWIC or otherwise, will be criticized. Guaranteed. Expect it. Have a plan to deal with it.
- Separate what is being said from how the message is delivered and who might be delivering it. Even criticism received in a less than gracious way can have a valid point to consider.
- If what is being said has merit, acknowledge it and work toward a solution that will have an improved outcome next time.
- If the criticism is a personal preference issue, not in the interest of the majority or an area out of your area of influence or control, let it go.
- Have a good support system in place, such as a trusted friend or family member to discuss criticism with as it happens and to help you work through any negative emotional impact.

Let's all remember to thank members who serve in every capacity of NAWIC—from committees to officer positions. NAWIC activities function with the help of hundreds of volunteers and thousands of volunteer hours. We all need a pat on the back and recognition for our service from time to time.

Let's all remember to thank members who serve in every capacity of NAWIC—from committees to officer positions. NAWIC activities function with the help of hundreds of volunteers and thousands of volunteer hours. We all need a pat on the back and recognition for our service from time to time.

Calling all leaders in service to NAWIC. Stay positive; focus on the mission and those you serve. It will be a sure recipe for success!

REGIONAL ROUNDUP

Region Directors report on NAWIC activities across the country.

Midwest Region (6) | Debbie Speake



Region 6 is enjoying a successful NAWIC year. Block Kids competitions were held by the majority of the chapters and once again we were reminded of how creative these kids can be. It is always a joy to watch them build and to hear the story behind the project. The Greater Wichita, Kan. Chapter #120 was awarded third place at the national level. Great job ladies.

WIC Week, in my opinion, is the beginning of spring and brings with it renewed energy and a drive to do bigger and better things in the upcoming months. Region 6 once again had 100 percent participation in WIC Week. Each chapter held events that promoted education, networking opportunities, partnering with other organizations as well as the regional brunch held again this year.

The 40th Anniversary of Region 6 was celebrated at Spring Forum held in beautiful and historic Boonville, Mo. The ladies of the Central Missouri Chapter #341 did NAWIC proud with a great deal of hard work and diligent planning. The speakers were informative regardless of what role you have in the industry. I believe that each speaker presented

something to take back to the attendee's place of employment, chapter and even to be used in their personal/family life. I could ramble on and on about how awesome this event was, but space does not allow!

Lastly, I want to mention that while Region 6 has not had huge growth in all of our chapters, some chapters are adding significant numbers steadily this year. Overall, retention was good in our chapters and I saw renewed energy and enthusiasm from the members at Forum. I anticipate great things in the future from the ladies of Region 6 and for that to continue as we approach the official merger with Region 13. I quote Vickie Nickel of the Greater Kansas City, Mo. Chapter #100 and the national Membership Chair, "We are on *fire* for NAWIC."

North Central Region (4) | Anne Pflieger, CIT



"You can tell who the strong women are. They are the ones you see building each other up, instead of tearing each other down." This quote is by an unknown author, providing us a great inspiration for being a NAWIC member. Becoming a NAWIC member shows that you are a strong woman wanting to build up other women in the construction industry where we are the minority. Are you proclaiming that you are a NAWIC member? This could be as simple as putting a tagline in your email signature and/or business card, "Proud member of NAWIC (National Association of Women in Construction)."

The Cleveland, Ohio Chapter #156 members showed their strength and ability to build each other up by hosting Forum April 17-19 at the Renaissance Cleveland Hotel. The theme was "The Magic of NAWIC" to celebrate NAWIC's 60th anniversary. Members across the region came together for an array of speakers and workshops on topics such as leadership, battling burnout, the Magic within Yourself, financial planning as well as interactive workshops on communication styles and helpful tips for chapters to name just a few.

Forum is also a time to share our accomplishments by awarding those members and chapters for all of their hard work enhancing the success of women in the construction industry. The region committee chairs did a great job recognizing those chapters and members for their hard work. Special congratulations to Pia Foss of the Cleveland, Ohio Chapter #156 for winning the region's Foremost Leader award and Sarah Hook from the Indianapolis, Ind. Chapter #34 for winning the region's New Leader award.

Coming into the second half of the NAWIC year, the North Central Region is only 60 members away from meeting national's goal for our region. The region has a friendly membership competition for chapters and members going on. At Forum, the Indianapolis, Ind. Chapter #34 and Mary Ellen Strunk from the Cincinnati, Ohio Chapter #64 each won a free registration for 2015 APC in Kalamazoo, Mich. for their recruiting efforts the first half of the NAWIC year. The competition will continue for the rest of the NAWIC year for a chance to win a free registration to attend 2016 Forum in Fort Wayne, Ind.

Another way to help build each other up is getting to know the candidates who are running for national officer positions and then voting for the candidate you believe will best serve our Association. Discussion forums and candidate profiles are available on the national website. Make sure to check for updates and become part of the discussion until voting is completed June 15.

Northeast Region (14) | Catherine D. Schoenenberger



Membership News: Happy Spring! As the trees begin to bud here in the Northeast Region 14, so is our membership. Having already achieved an incredible regional retention rate overall, our chapters' membership percentages for growth continue to impress. For the first time since 2009, our region officially has 200 members on the national roster! This is exciting, and even more exciting are the applications pending. I do believe we have a few contenders for the "Red Rose Recruiter" in our midst, too. *"A Red Rose Recruiter is a member who recruits eighteen (18) or more members within a three (3) year time period (August 1 – July 31) based on official records of the NAWIC Office," NAWIC Operations Manual, Section F, page 9.*

Elections: This season also brings elections to NAWIC. The talent that we have in NAWIC is incredible, and if you're reading this, you are among the incredible! Your chapter is seeking candidates to step up into the role of an officer or director. The more you're involved with NAWIC the greater the value of your membership. Not sure if you're qualified? Explore the possibilities by having conversations with any woman in NAWIC

at any level from anywhere. One of the strongest points about NAWIC is that no matter who has what title where, we operate as a TEAM (Together Everyone Achieves More). Nothing within a chapter, within a region, or even at the national level, gets done without TEAM involvement. Celebrate this and use it to your advantage.

Spring Forum: The enthusiasm is growing for our Northeast Region 14's Spring Forum, Constructing For Our Future, taking place this month, May 15-16 in Portsmouth, N.H. Our workshops around workforce development, diversity and retention are being presented by a trio of women who are on the frontlines of these conversations and are leading the charge with action. We invite you to join us. Please visit our region website at www.nawicregion14.org or contact me for more information.

The Northeast Region: Regions 1 and 14 together again! I had the pleasure of attending Northeast Region 1's final Spring Forum in the beautiful Old Town area of Alexandria, Va. last month. Director Sharon Adkins ceremoniously handed off her gavel to me as their Director-Elect until the Northeast Region's merger becomes official on Oct. 1. Again, I am awed by the power in the room, and humbled that I am part of it, let alone the Director! I am so looking forward to all of us harnessing the energy, enthusiasm, knowledge and experience of NAWIC, and moving forward together.

"Life begets life. Energy creates energy. It is by spending oneself that one becomes rich."—Sarah Bernhardt)

I think I am going to be very wealthy! How about you?

Pacific Northwest Region (10) | Rachel Stroup



Happy Spring.

Region 10 had its last Forum March 27-29 at Fist Camp, (Yosemite). The Fresno ladies did an outstanding job putting everything together. We were honored to have Connie Leopard, our national representative and NAWIC Vice President, attend our meeting. We also had several out-of-region members attend. The Tenaya Lodge was simply wonderful in every detail.

This month, the Santa Clara, Calif. Chapter #99 will be celebrating its 50th anniversary and its members are planning to have a very exciting celebration. Our Fresno sisters will be traveling to attend this wonderful occasion.

The San Francisco, Calif. Chapter continues to have fantastic meetings and they have recruited several new members. They are doing a great job spreading the NAWIC word.

The Greater East Bay Chapter has new leadership and will have a “meet and greet” meeting so the entire region can meet and support the chapter. They are doing a very impressive job. The new president Cindy Rash won our Regional Future Leader award at Forum.

The Sacramento, Calif. Chapter is having awesome meetings and continues to have great representation in our regional meetings.

Region 10 has embraced the redistricting and looks forward to becoming The Pacific Northwest Region.

Pacific Southwest | Lorelee Langworthy, CBT, CDS, CIT



The Pacific Southwest Region welcomes you to May.

Can you believe we are more than half way through our NAWIC Year? I hope you have been taking advantage of all your chapters and regions have to offer. By now most of your regions will have held their Forums and I hope you were able to attend. For most, it was their last Forum under the current region designation with all the bittersweetness that comes with saying goodbye to an era and looking towards new beginnings. For us, it was our first as the newly formed Pacific Southwest Region. We chose a theme of “Community Builds” to honor the foundation that is being built within our region as we continue to meld two former regions into one.

We held our Forum in San Diego, Calif.’s Little Italy, one of San Diego’s oldest communities, which is located downtown San Diego. The theme of community was sprinkled throughout the weekend. At our Welcome party we dressed in gangster suits or flapper dresses and even “Nona” our little Italian grandma joined us. Our keynote

speakers brought us a riveting presentation on the construction of the new federal courthouse project including a time-lapse video of the foundation pour. This took place in one day with trucks being pumped every 57 seconds and some areas of the foundation being 18 feet thick. Interestingly, the construction site was only blocks from our hotel and as I looked out my room window, I realized I was looking down on it. Some of our ladies chose to take an impromptu job-walk during break to have a closer look.

NAWIC Immediate Past President Yasmine Branden, CCA was our afternoon speaker. Her topic was “There is a Place for Every Woman in our Industry.” Her presentation opened our eyes to the different ways each generation approaches their career. From the Baby-boomers who live to work, to the Generation X who work to live, to the Millennials who value education above all else; each generation brings a perspective that is valuable to the whole. We need to learn to embrace the differences each brings, and use them to build a better, stronger, more vibrant NAWIC at the chapter, regional and national level.

Nancy Eaton was our First Timer’s Chair. We had 20 first timers, which was almost 25 percent of attendees. Nancy challenged each First Timer to attend our next regional event and bring a First Timer with them. What a great way to mentor, and foster the spirit of Community within us.

What is community and what does it have to do with NAWIC? The Oxford Dictionary defines community, among other things as, “A feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.” I think this describes NAWIC perfectly.

How are you going to embrace the community within your chapter? By being involved. Your chapters have put together nominating committees to build a slate of officers and directors for the coming year. Are you willing to take that next step and say yes to serving on the board? You may surprise yourself and find the experience brings growth, both within you and within your chapter. You only get out of NAWIC what you are willing to put in.

Help build your chapter’s community.

Southeast Region (2) | Anne Welch, CIT



While we're coming off of our Annual Forum(s) we are gearing up for what I believe will be a great experience at our 60th AMEC in Nashville, Tenn.

President Sandy Field, CBT, CIT has worked diligently to give us great speakers and many educational seminars combined with some free time so you can enjoy the sites/sounds of Nashville. I for one am excited because it's in driving distance!

I am in hopes all members will see the benefit of this meeting. I'm not a math person, but if you break it down between Wednesday and Saturday there are 4 meals and 7 seminars you can attend (only because you can't be in two places at one time!) and your only responsibility is to show up and take notes to take back to your chapters or your workplace. That's a pretty good bargain. Education is at the forefront and I hope all of you consider joining us!

CORNERSTONE

Get connected to the latest news from NAWIC Committees.

WIC Week

By Traci Garner Davis, NAWIC WIC Week Chair

WIC Week Was a Success

Another successful WIC Week was completed. Thank you to all of the chapters that participated in the event. It was a week full of success—bring in new members, getting members involved and promoting NAWIC.

Thank you again for your time and effort.

U.S. Transportation

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

We know there are many women pioneers in the construction industry. Just look at our phenomenal NAWIC membership. In many modes of transportation, women pioneers are succeeding and getting things done. Federal agencies like the Department of Transportation, Federal Aviation Administration, Federal Motor Carrier Safety Administration, and U.S. Merchant Marine Academy (USMMA), provide history-making opportunities to women.

In trucking, during World War I, Luella Bates worked as a test driver in a Model B truck, and in 1920 she became the first woman truck driver to receive a commercial license in the state of New York. She opened the door for women in this industry that has a great demand for drivers. Currently about 5 percent of commercial drivers are women. Trucking supplies

a critical need in the transportation network that supports shippers, farmers, materials suppliers, and manufacturers. It also supplies a viable career for women.

At the USMMA, there are countless examples of women helping to improve the maritime industry for other women. Debbie Dempsey, who more than 30 years ago, was among the first women to graduate from the Maine Maritime Academy. In 1990 and 1991, Dempsey sailed the Lyra six times to the Persian Gulf with military supplies, becoming the first female captain of a Merchant Marine vessel in wartime. Just over a decade ago, Susan Clark became Portland Harbor's first female pilot. And, eight years ago, for the first time in Hawaii's maritime history, an all-female bridge crew from Horizon Lines sailed an 800 foot container ship from Los Angeles to Honolulu.

To help develop even more opportunities for education and careers, USDOT created a transportation-wide "Women and Girls Program." Stakeholders in all transportation industries combined efforts to develop outreach programs to attract more women to transportation careers. Information on this program is available online at <http://www.dot.gov/osdbu/women-and-girls>.

As members of NAWIC, we can all continue to share our experiences and expertise with women and girls to encourage these, and many other, great careers. The opportunities are endless.

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

PR and Marketing

By Wanda J. Bledsaw, NAWIC PR/Marketing Chair

Mid-Term Recap

This committee has gone viral this term! Nationwide, everyone is doing a fantastic job! We are at the halfway point in this term and the bullet points are getting very tight for national NAWIC Awards. Thank you everyone!



Please push forward in your efforts in press releases and remember to always bring the release back to your chapter. A very well written press release is useless unless you provide your chapter website and contact information. The efforts of PR/Marketing go hand and hand with developing potential members. We are the best women in construction. The reader just needs to know who to contact in order to join our professional sisters of NAWIC. Consider adding more volunteers to this committee. Also, remember to add points for your social media upgrades that you all share with me. I also view your Facebook pages and add points to your monthly reports when I notice you missed a few. It's not too late to amend/add or report previous months. Remember this is a chapter effort. Please join our monthly Membership/PR and Marketing national "Go to Meetings." If you are unable to participate, ask a Chapter member to attend and report back to your chapter.

I'm looking forward to seeing everyone at AMEC in Nashville!

Are you ready for the target? Below we recap the Dart Points.

National PR and Marketing Contest Guidelines:

Monthly PR and Marketing reports are due from each PR and Marketing chairperson or co-chairperson on or before the 20th of each month. Reports are emailed to your PR and Marketing region chairperson who will forward to national by the 25th of each month. The National Challenge this term is a dartboard system. Achievements will be calculated based on your monthly report.

National NAWIC PR/Marketing Contest Dart Points:

- **2 Dart Points**-Attend monthly national NAWIC Membership and PR/Marketing go to meetings. Meetings alternate to accommodate local chapter general dinner business meetings.
- **1 Dart Point**-Submit a monthly report on or before the 20th of each month.
- **1 Dart Point**-For each press release submitted. There is a three per month minimum.
- **2 Dart Points**-Utilize national marketing tools.

- **1 Dart Point**-Use the "Take Aim For NAWIC" logo.
- **1 Dart Point**-Have a current chapter website.
- **2 Dart Points**-Submit new ideas that can be shared with other chapters by going outside the box for growth and press releases.
- **2 Dart Points**-Attend trade shows and chapter special events.
- **2 Dart Points**-Obtain a new publisher for press release publications.
- **5 Dart Points**-Increase Brand Awareness for your chapter. Get social with social media. For example, new chapter tracking spreadsheets, new chapter Facebook, videos, radio shows, chapter member directories, Twitter, LinkedIn, YouTube, Association blogs and Pinterest.
- **5 Dart Points**-Obtain new local chapter sponsor.
- **7 Dart Points**-Obtain new national sponsor.

Highlights

Discover how members and chapters are enhancing their success.

ConsensusDocs Coalition Announces 2015 Contract Content Advisory Council Leadership

ConsensusDocs, a coalition of 40-plus organizations committed to identifying and utilizing construction best practices and fair contracts, announces the 2015 Contract Content Advisory Council leadership.

Melissa A. Beutler, Esq., Vice President Risk Management of Big-D Construction in Las Vegas, Nevada, and Associated Builders and Contractors, Inc. (ABC) representative, was elected as the 2015 Council Chair.

Robert H. Pratt, Vice President and Principal of Demand Construction Services, Inc. in Denver, Colorado, and American Society of Professional Estimators (ASPE) representative was elected as the 2015 Council Vice Chair.

"I look forward to continuing the great momentum and progress the Coalition has achieved in the past seven years," said Beutler. "The Council is currently working on an aggressive schedule to review and update, where necessary, the entire library of 100-plus contract documents. The comprehensive review process will ensure that ConsensusDocs remains current with industry best practices and leading trends. We plan to release the new documents in 2016."

Philip E. Beck, Esq., Partner at Smith, Currie & Hancock LLP in Atlanta, GA and The Associated General Contractors of America (AGC) representative is the immediate past Chair, after serving a very successful year as Chair in 2014-2015.

ConsensusDocs are the only standard contracts written by 40+ organizations representing designers, owners, contractors, subcontractors, and sureties. Users receive a comprehensive set of contracts via a cloud-based technology platform that provides 24/7, anytime, anywhere access with easy editing in Microsoft Word®.

Simply put... ConsensusDocs help you build a better way!

For more information, visit <http://www.ConsensusDocs.org>.

Safety Newsletter

Happy May! Happy Spring!

I would like to extend a huge congratulations to all our member companies who are receiving Safety Excellence Awards at your forums! Thank you for your participation and I look forward to announcing our winners at AMEC in Nashville! Did you do anything safety or health related at your forum? Let us know so we can share with our members! Lastly, don't forget to exercise your right to vote when you receive your ballot for the 2015-2016 National Officers!

Join the National Safety Stand-Down to Prevent Falls in Construction



MAY 4-15, 2015

Support our OSHA Alliance and raise awareness of preventing fall hazards in construction!

[CLICK HERE TO HELP STOP FALLS NOW!](#)

April Showers Bring May Flowers!

Many gardening injuries involve the hands and fingers...

- Always wear gardening gloves to protect your hands against cuts, soil, insect bites and skin irritants. Leather gloves offer protection against puncture injuries from thorns and bites (insect, snake, spider or rodent).
- Use appropriate tools for digging instead of your fingers (for example, a shovel or hand shovel). Buried objects such as tree roots, glass and metal can injure your hand, wrist or arm while digging.
- Consult with your doctor about keeping your tetanus vaccination up to date. Cuts and puncture injuries carry a risk of tetanus.
- Choose your hand tools to suit you. Avoid buying or using hand tools that feature 'moulded' handles that don't fit your hand. Blisters, calluses and muscle pain can occur if the finger grips on the handle are too small or too large for your hand.
- Keep your hand and wrist in a straight line when you use hand tools. Bending the wrist weakens your grip on the tool, which causes you to exert hand and arm muscles with greater force. This can cause fatigue and soft tissue injury.
- Use rubber gloves when working with garden chemicals. Always inspect the rubber gloves for holes or tears before use.

Gardening can cause back pain and overuse injuries...

- Avoid long gardening sessions.
- Warm up before gardening with slow, sustained stretches and remember to do basic back stretches during your gardening.
- Rotate your tasks to avoid repetitive movements. For example, after 15 minutes of raking, swap to pruning for a while.
- Rest frequently and relax in the shade with a drink of water.
- Avoid uncomfortable positions.
- Bend at the knees and don't strain when lifting heavy objects. If the object is too heavy for you, seek help.

How to Jumpstart Your Exercise Goals

Make Fitness Fun. This is the most important. If you choose something you enjoy doing, you will want to take the time out of your day to do it. If you like to run, start off slow and watch

yourself build up your endurance – or even consider joining a running club after work. Hate running? Fret not! You can find a class for any type of activity. Or, if you prefer to do the work in your own home, choose a fitness video or hire a personal trainer to come to you. There are many ways to be active without hitting the gym.

Be Realistic. If you decide every year you are going to run a marathon, but you have never made it to even running a mile, you are setting yourself up for disappointment. Start small with your goals and remember that you can always rewrite your goals as you see yourself progress. Who knows, you may actually reach that marathon goal!

Make a Plan. Becoming physically fit can be very intimidating, especially if you have never stepped foot in a gym before. If you have a proper plan, whether written by you or by a certified trainer, you are more apt to follow it. Having an outline will take you step by step to your goal instead of being overwhelmed by the end result before you even start.

May is National Water Safety Month



Stay Engaged with this FREE Webinar!

Developing a Total Solutions Approach to Health, Safety, and Wellness in the Workplace

May 14, 2015 at 2pm EST

Click [HERE](#) to register today!