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

ANNOUNCEMENTS
Get connected to what you need to know!

Interested in Serving on the NAWIC Board of Directors
Have you ever thought about serving on the NAWIC Board of Directors? If so, now is the time to seriously consider throwing your hat into the ring. NAWIC is looking for qualified members to serve as President-Elect, Vice President, Secretary and Treasurer. Director positions elected this year include: Midwest, North Central, Northeast, and Pacific Southwest Region Directors.

For guidelines and a National Officer and Region Director Candidate Application, go to www.nawic.org > Member Center.

Need Marketing Materials?
NAWIC recently sent an email featuring materials available from NAWIC. This included marketing tools such as brochures, postcards, and membership applications. Free From NAWIC items can be ordered all year online by submitting a Marketing Tools Order Form to the NAWIC Office. To order online go to www.nawic.org > Store > Chapter and Member Products > Chapter Marketing Tools.

Upcoming Education
NAWIC offers educational opportunities such as webinars, the Annual Meeting and Education Conference, and online learning opportunities.

Webinars
• OSHA/NAWIC Alliance webinar, “The OSHA/NAWIC Alliance,” Nov. 7, 2:30 EST
• PD&E webinar, “2017 Changes to AIA Construction Contracts,” Nov. 8, noon EST
• Membership & PR/Marketing webinar, “Focus on the Professional YOU,” Nov. 8, 12:30 p.m. EST

NAWIC Annual Conference
• Save the dates of the 2018 Annual Meeting and Education Conference, Aug. 15-18, Orlando, Fla.

Education Discounts
• Lorman Continuing Construction Education, receive discounts on training opportunities
• Construction Risk Insurance Specialist (CRIS) certification, IRMI, 10 percent discount
• Columbia Southern University, receive a tuition discount
• Troy University, receive a tuition discount

WIC Week 2018 Ideas
It’s never too early to start planning for WIC Week 2018. Visit the WIC Week website for ideas, information about WIC Week, forms, and the 2018 pins and posters.

NAWIC Items on Sale in November
Take advantage of the NAWIC Store’s November sale to purchase a few of these NAWIC-branded items. These are great thank you gifts for speakers and volunteers.
• Inspiration Necklace, $6
• Jeweled Tumbler, $16
• Auto Shade, $15
• Pen/Pencil Gift Set, $8
• Wine Gift Bag, $5

Visit the store online at www.nawic.org/nawic/NAWIC_Store.asp or click here.

**Looking for a Job or Need to Post a Job?**

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 at http://nawic-jobs.careerwebsite.com/ today.

**Earn Your B.A. in Construction Management from Rowan University**

Rowan University’s B.A. in Construction Management Online is designed as a degree completion program for individuals with experience in the construction field who already have an associate’s degree or equivalent number of credits, and prefer to continue working while earning a degree. However, applicants with less than 60 credits may work with an enrollment counselor to explore available options. The program prepares individuals to supervise, manage, and inspect construction sites, buildings, and associated facilities.

- Created in cooperation with the North America’s Building Trades Unions (NABTU)
- 100 percent online courses with opportunities to interact with faculty each week via web conferencing
- Academic credit towards the degree may be awarded for prior work and experience

Learn More!
856-256-4747 | global@rowan.edu

**UPS Now Offers Larger Discount to NAWIC Members**

Did you know? Your NAWIC members discount with UPS® has changed. Now you can SAVE up to 34% off shipping with no minimum requirements.

Simply sign up for the offer by going to savewithups.com/nawic and logging in. Once logged in, click I have an account or I need an account to start the process.

If you require assistance, our Association Ambassadors are ready to help. Call (800) 325-7000 (8AM – 9PM EST).

**CORNERSTONE**

Get connected to the latest news from NAWIC Committees.

**NFSF**

By Yasmine Branden, CCA, NFSF Administrator

**Partnering with NFSF**

The academic year is well underway. There are students across the country who are in classes and training programs due to an NFSF scholarship. Thank you to all who donated generously to supporting the educational dreams of our workforce!

If your chapter currently administers scholarships, there are many reasons to shift that responsibility to NFSF. A big consideration is obtaining and maintaining the appropriate legal IRS tax status. If your chapter does not have the scholarship set up properly and your chapter is audited, your chapter risks losing tax status and being assessed a large fine. So, leave those worries to the Trust!

Was your chapter contacted by a family that wants to direct donations to a memorial scholarship in lieu of flowers? This is a great way to honor someone who dedicated her or his life to our industry. Talk with the family about the parameters of the scholarship—for trades only or for a specific program, for instance—so that we honor their loved one appropriately.

When setting criteria for awarding scholarship funds, consider a tiered system. NFSF Trustees sometimes run into very narrowly defined award criteria that prevent us from awarding scholarship funds. To increase the likelihood of awarding
funds, consider one of these award structures (or create one of your own):

Ex. A: Tier 1 = students from your city attending a local program (undergraduate or trade)
Tier 2 = students from your state attending a program in your state
Tier 3 = students from your state attending a program in your region

Ex. B: Tier 1 = students from your state attending a local program
Tier 2 = students from your region attending a program in your state
Tier 3 = students from your region attending a program in your region

Ex. C: Tier 1 = local students attending a specifically named school/trade training program
Tier 2 = any student attending a specifically named school/trade training program

Whether your chapter is establishing a new scholarship or transitioning an existing one to NFSF, it’s as easy as completing the Application for NFSF Administration of Scholarship Award. It can be found at http://www.nawic.org/nawic/NFSFScholarships.asp.

You can advance your career with NEF’s adult construction industry education programs. Some recent updates include:

• Construction Document Specialist (CDS) was split into two separate programs, Estimating and Scheduling Practitioner (ESP) and Construction Document Technician (CDT)
• Certified Construction Associate (CCA) program is currently under construction but you can still purchase individual course textbooks. With any CCA purchase, you will be “grandfathered in” once the new and improved CCA program is unveiled.
• Construction Industry Technician (CIT), Construction Bookkeeping Technician (CBT) and Construction Industry Specialist (CIS) are all available through the online store at nef-edu.org.

The current edition of NEF’s Construction Dictionary was updated in 2015 adding over 600 new terms

NEF’s Board of Trustees and Executive Committee are working very hard to bring you the best educational programs in order to enrich your career within the construction industry.

WIC Week
By Heather Berlinski, WIC Week Chair

While WIC Week may still be several months away, it doesn’t hurt to start your preparation now! We will be hosting our first conference call on November 1 at 1 p.m. Eastern Time, with several more calls happening in January, February and March of 2018.

Here is a quick recap if you missed AMEC this year:

• The national Chair this year is Heather Berlinski from the Maine Chapter #276 and the national Co-Chair is Jennifer VanBreda from the Dallas Chapter #2.
• The Commitment Form due date is now Jan. 5, 2018. Be sure to order your pins and posters by Feb. 1. The Recap Form will be due April 2, 2018.
• Award categories for this year include Chapter with the most WIC Week Events, Chapter with the largest Single WIC Week Event, and Region with the largest Single WIC Week Event.

Do you or someone you know in a current chapter have an outstanding woman that takes WIC Week to a whole new level? Be sure to keep us updated so we can highlight those women year round, not just during WIC Week.

Have questions? You can reach Heather Berlinski and Jennifer VanBreda at wicweek@gmail.com.
Strategic Planning
By Cindy Johnsen, CBT, CDS, CIT, Strategic Planning Chair

SMART?
Are your strategic plan goals SMART?

When working on goals for your chapter or on your personal strategic plan, make them SMART: **Specific**, **Measurable**, **Achievable**, **Realistic**, and **Time-bound**.

**Specific**: Have a clear outcome of the goal.
**Measurable**: Have a clear indicator of progress.
**Achievable**: Can be achieved in the next three to five years.
**Realistic**: Have human and monetary resources available.
**Time-bound**: Specify when the outcome will be achieved.

Remember that just because you don’t have a resource to help you achieve the goal now, it does not mean that you cannot work towards the resources needed to achieve the goal in the future. This is part of your working strategies that will follow once you set a goal. Also, you can always allow more time if needed on a goal, should you determine it is necessary, or determine that a goal is no longer needed. This is all part of working the plan.

Tecker International is consulting with the NAWIC Board on their strategic plan and has on its website many videos on strategic planning and leadership development. I encourage you to go to [http://www.tecker.com/](http://www.tecker.com/) and look at the video library and publications to help guide your chapter towards implementing a strategic plan or tuning up your current one. The videos are short, so take a few minutes to look at them. I learn something new every time I review one.

If you need any assistance, please contact Chair Cindy Johnsen, CBT, CDS, CIT, at Cindy.Johnsen@gcinc.com or Co-Chair Connie Leipard, CIT at cleipard@aol.com.

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

**Impact of Hurricanes in the Gulf Coast and Florida**

Immediately following the storms, many contractors and construction-related businesses were helping their own employees with personal needs, helping them find resources to make damage repairs.

Next, contractors in areas hit by Hurricanes Harvey and Irma needed to get work underway with crews ready to work. Damage assessment and reconstruction processes can be lengthy. It has just started and there will be plenty of work.

Two big question marks that arose were the availability of materials and labor. In general, contractors said their ongoing job sites were not badly affected by the storms. The additional work will keep them busy in the coming months as insurance claims and funding become available. Materials suppliers predict that there should not be a shortage of building materials due to the recent increase in homebuilding activity. Labor has been scarce in both areas and the increase in work will require additional workers, which will be largely in the residential sector.

**Top 10 OSHA Violations Announced**

On Sept. 26, at the National Safety Council’s annual Congress & Expo, OSHA Deputy Director of Enforcement Programs Patrick Kapust announced the preliminary list of 10 standards most frequently cited by the agency’s inspectors during fiscal year 2017. Fall protection was the most-cited standard for the seventh year in a row, followed by Hazard Communication, and Scaffolding. The only new addition to last year’s list was Fall Protection – Training Requirements, which came in at ninth place. OSHA publicizes the top 10 list to increase awareness of these standards. This helps employers take steps to find and fix hazards and prevent injury or illness. That list is on OSHA’s website.

**Infrastructure Funding Update**

It is likely that progress on infrastructure funding will fall behind the tax reform package on the list of legislative priorities. Billed as a 100-day priority to rebuild U.S. roads, bridges, airports, and other infrastructure, it has been pushed down the list and a preliminary proposal is submitted with a heavy emphasis on public-private partnerships. All viable options are being considered. Lawmakers in rural areas are concerned that this option may not work in less-populated areas since urban areas would find it easier to get investment costs covered. States are also being asked to contribute. Some infrastructure grant programs are being revived at the Federal Highway Administration and the U.S. Department of Transportation.

**OSHA/NAWIC Alliance**

By Schelle Wood, OSHA/NAWIC Alliance Chair, and Kathi Dobson, OSHA/NAWIC Alliance Co-Chair

**OSHA Silica Standard Update**

Enforcement of OSHA’s respirable crystalline silica standard for construction went into effect on Sept. 23.
On Sept. 20, the agency announced a 30-day enforcement phase-in to help employers comply with the new standard. (Future announcements TBD.) Citations may be considered for employers not making any efforts to comply. For more information on silica hazards and OSHA’s standard, visit the Silica Final Rule webpage.

Twitter Update

The OSHA-NAWIC alliance has a Twitter account: @NAWIC_Alliance. We’ve been tweeting for a few weeks now and would love to share with you. Please go to your twitter page and follow us! We are linked with almost all our OSHA Construction Alliance Roundtable partners, so you’ll get a wide variety of safety topics to use and share with your companies and colleagues.

Fisher Phillips Web Exclusive: The ABC’s Of AEDs

Early in October, our colleague, Howard Mavity posted this blog on AED’s. We think it’s an important issue, so much so that the Occupational Safety and Health Administration (OSHA) strongly encourages AEDs and provides a page dedicated to the devices on its website, but does not require them in the workplace.

Seeking Members to Support Committee

The OSHA/NAWIC Alliance is actively seeking new members to support the committee from each region. Please contact committee co-chairs Kathi Dobson, (kdobson@alberici.com), Schelle Wood, (schelle@dolphinssheetmetal.com) or your region's Director if you are interested.

Safety
By Leah Curran, Safety Chair

What You Can Do to Avoid the Flu

Who is Most Vulnerable to the Flu? During most flu seasons, people over age 65 comprise 60 percent of the cases of flu in the U.S., according to the Centers for Disease Control and Prevention. Children from birth to age 4 represented the second-highest hospitalization rate.

A Flu Epidemic Every Year

Flu season occurs in the fall and winter, peaking between late November and early March, and it’s an epidemic every year. The makeup of flu viruses can change from year to year, making it difficult to predict. There can also be several strands of the flu virus each year.

Flu spreads through droplets when people sneeze or cough, and on surfaces. People are contagious one day before symptoms appear and up to a week after. When you don’t feel well, it’s best to take care of yourself and co-workers by staying home. And don’t go back to work (or school) for at least 24 hours after a fever is gone.

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What Can You do to Stay Healthy?

- The CDC recommends everyone older than 6 months get an annual flu vaccine as soon as the vaccine becomes available. October is the ideal time to get vaccinated, but it’s never too late.
- If you don’t like needles, ask your doctor if a nasal flu spray is available.
- Avoid being around sick people if possible.
- Wash your hands frequently with soap and water, or use hand sanitizer.
- Cover your mouth when coughing or sneezing, preferably with the inside of your arm rather than your hand.
- Avoid touching your face.
- Disinfect surfaces that may be contaminated.

Stay Informed

In addition to the precautions above, it is important to stay informed, especially during the annual flu season. Health officials will provide additional information as it becomes available. Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
The Most Dangerous Time to Drive

As we ‘Fall back’ to shorter days, take extra care on the road. Fatigue, lack of light, compromised night vision, rush hour and impaired drivers all contribute to making driving at night more dangerous than during any other time of day. In fact, the risk of a fatal crash is three times greater at night, according to National Safety Council research.

Fatigue

A National Sleep Foundation poll says 60 percent of adults have driven while they were tired, and another 37 percent, or 103 million people, have fallen asleep at the wheel. Of those, 13 percent say they fall asleep while driving at least once a month, and 4 percent say they have caused a crash by falling asleep while driving.

The reasons are many—shift work, lack of quality sleep, long work hours, sleep disorders—and it doesn’t only happen on lengthy trips.

These staggering numbers are backed up by a report by NHTSA that 100,000 police-reported crashes are a result of driver fatigue. Most crashes or near misses happen at the times you would expect drivers to be tired: 4 to 6 a.m., midnight to 2 a.m. and 2 to 4 p.m., according to NSF.

The National Sleep Foundation offers this advice:

• Get seven to nine hours of sleep a night.
• Don’t drive if you’ve been awake for 24 hours or more.
• Stop every two hours to rest.
• Pull over and take a nap if you’re drowsy.
• Travel during times you are normally awake.

Darkness

Every year when Daylight Saving Time ends, many people find themselves spending more time driving in the dark. Depth perception, color recognition and peripheral vision can be compromised in the dark, and the glare of headlights from an oncoming vehicle can temporarily blind a driver.

Even with high-beam headlights on, visibility is limited to about 500 feet (250 feet for normal headlights) creating less time to react to something in the road, especially when driving at higher speeds.

What should you do to combat darkness?

• Aim your headlights correctly, and make sure they’re clean.
• Dim your dashboard.
• Look away from oncoming lights.
• If you wear glasses, make sure they’re anti-reflective.
• Clean the windshield to eliminate streaks.
• Slow down to compensate for limited visibility and reduced stopping time.

Compromised Night Vision

Night vision is the ability to see well in low-light conditions. As we age, we have greater difficulty seeing at night. A 50-year-old driver may need twice as much light to see as well as a 30-year-old. At age 60 and older, driving can become even more difficult, according to the American Optometric Association. Some older drivers also may have compromised vision due to cataracts and degenerative eye diseases.

The AOA recommends older drivers:

• Have annual vision exams.
• Reduce speed.
• Take a driving course; even experienced drivers can benefit from a refresher course, and some of the rules have probably changed.
• Minimize distractions, like talking with passengers or listening to the radio.
• Check with your doctor about side effects of prescription drugs.
• Limit driving to daytime hours if necessary.

Rush Hour

Evening rush hour (between 4 and 7 p.m. weekdays) is a dangerous time to drive due to crowded roadways and drivers eager to get home after work. In winter, it’s dark during rush hour, compounding an already dangerous driving situation.

How can you make it home safely during rush hour?

Don’t be an impatient driver; slow down.

• Stay in your lane and beware of drivers who dart from lane to lane.
• Even though the route may be familiar, don’t go on autopilot; stay alert.
• In unfamiliar areas, consult a map before you go and memorize your route.
• Don’t touch your phone, eat, drink or do other things that are distracting.

Impaired Drivers

Nearly 30 people die every day in crashes that involve a driver impaired by alcohol, according to the Centers for Disease Control and Prevention. Drivers impaired by prescription medicines and other drugs increase that number significantly. Impaired drivers are most frequently on the road after dark—particularly between the hours of midnight and 3 a.m. on weekends.

While drunk driving has declined by about one-third since 2007, the number of drivers under the influence of drugs has increased. Between 2013 and 2014, 22 percent of drivers tested positive for a drug that would cause impairment, according to a roadside survey conducted by the National Highway Traffic Safety Administration. NHTSA also found that the prevalence of THC (found in marijuana) among drivers on weekend nights increased 48 percent since 2007, from 8.6 percent of drivers to 12.6 percent. Many states have not yet updated their impaired driving laws to address this growing problem.

Stay Alert, Stay Alive

While we do only one quarter of our driving at night, 50% of traffic deaths happen at night. It doesn’t matter whether the road is familiar or not, driving at night is always more dangerous.

More than 35,500 people were killed in car crashes in 2013. By taking some extra precautions, we can all contribute to reducing these.

Stay Engaged with this Free Webinar!

Occupational Health and Safety is offering a free webinar, “Executing a Confined Space Rescue,” Nov. 16 at 2 p.m. Eastern Time. Register today.

REGIONAL ROUNDPUP

Region Directors report on NAWIC activities across the country.

Pacific Northwest Region | Lauline Mitchell

I don’t know about you, but I am greatly shaken by the recent events countrywide, from the hurricane devastation to the tragic shooting in Las Vegas to the wildfires here in my back yard (Napa, Calif.). It is with a heavy heart and a frantic mind that I try and make sense of what has happened.

When I am able to make sense of it, I will definitely share my thoughts with you. In the meantime, I was sent a link yesterday that I wanted to share with you all because it is what I believe are the first steps to making things better, https://youtu.be/ewTyltKvB2Q.

“Just stand.” Be positive. Take the good and focus on it. Let’s not be the owner who concentrates on the one scratch on one wood door when surrounded by 10,000 square feet of beautifully completed new space. Don’t let the terrible events around us make you become that person.

Be the one who pays it forward and tries to help all of those in need, whether you are able to donate your blood, time or money. Also remember a kind word or gesture goes a long way.

The Pacific Northwest Region is doing great! We have lots of interesting events planned this fall. If you are in the area, please check the Pacific Northwest website, http://www.nawicpnw.org/, and visit us at a meeting. Let’s all work together, support each other and make NAWIC the Association of choice.
South Atlantic Region | Kristey Stewart, CIT

As the incoming South Atlantic Region Director, I have hit the ground running and haven’t stopped yet.

I started with introducing a new Communications Committee for our region. They have created an automated email-marketing platform that is really taking off. With their help, the region website has been redesigned, including new and existing social media platforms which are still under construction.

Our Strategic Planning Committee was renamed the Blueprint Committee. Our standing committees were revamped—bringing in two chairs for a mentoring approach. These four committees—Membership, PD&E, PR/Marketing and Communication—all formed a Leadership Task Force that will be working closely with our chapters to focus on how we can and will be *Making a Measurable Difference* in 2017-2018.

Our region is getting geared up for our Fall Conference, Nov. 17–18, 2017, in Greenville, S.C. The hosting committee selected the theme “We Are Family.” We will come together in support of each other for an enjoyable weekend. Our members will be impressed with the Conference’s new format. An early start on Friday will be a valuable experience for attending members with a NAWIC 101 Round Table Discussion. Our panelist will include experience on region and national levels. We have an agenda that is packed full of education, leadership development opportunities, mentoring success stories, networking and lots of SAR fun.

“Don’t Wish For It … Work For It.”

South Central Region | Laurie Jimenez, CBT

As we head into November, and the season of Thanksgiving, it is with a very grateful heart that this message is written. In the past few months, multiple devastating storms roared through the southern coast of our region, impacting numerous towns and many of our region’s members. Thankfully, we have not had any loss of life, but we’ve had several who were severely impacted financially by the storms. And yet, those impacted have been blessed tremendously by the outpouring of gifts from so many of our NAWIC sisters. Words cannot express the gratitude and overwhelming pride this director has felt when word would come in about each gift. Thank you NAWIC sisters, far and wide, for your generosity.

We are also blessed that so many in the region have stepped up to serve our NAWIC organization. We are proud of the fact that we have members serving on the national level, both as officers and as national committee co-chairs. We have a great lineup of region chairs as well. Thanks to each of you for serving.

Lastly, I personally want to take an opportunity to thank Dena Rowland for being the first ever South Central Region Director. She did a tremendous job leading the region after the merger two years ago. It has been a true joy to learn from her tutelage.

Southeast Region | Karen Hager, CBT, CIT

The Southeast Region is off to a great start for the 2017-2018 year. We are starting the year with 418 members. This is wonderful, considering the first month isn’t even over yet.

Our Fall Conferences were very successful, having been held in four separate locations. On Sept. 23, we held meetings in Tampa, Fla. and Nashville, Tenn. Tampa was held at Design Styles Architecture and led by me with 16 in attendance. Nashville was held at Rogers Group and led by Dove Sifers-Putman, CBT, national President-Elect, with nine in attendance.

On Sept. 30, meetings were held in Miami, Fla. and Atlanta, Ga. The Miami meeting was held at Turner Construction Company and led by Jill Hanson CIT, national Secretary with 16 in attendance, while Atlanta was held at Juneau Construction and led by Anne Pfleger, CIT, national Treasurer, and had more than 20 in attendance.
The Southeast Region was in the enviable position of being the first to have discussion about the proposed bylaws changes concerning the removal of delegates at the national and regional meetings and the change to how we elect our Region Directors.

Our region Membership and NEF Committee Chairs are hard at work planning contests and incentives to generate membership and support for NEF in conjunction with the national committee chairs. We will be posting this information on the region website as their plans unfold.

The Southeast Region website, www.nawicsoutheastregion.org, has been updated with current chapter board information, chapter committee chairs, and region committee chairs. A calendar of upcoming events has been added so members can see when any national webinars, chapter events, or region events are being held. We have also added a Chapter Tools page, with helpful links to a consolidated Operations Manual and useful templates and documents. Members are encouraged to send me any ideas that will make our website a more useful tool.

I’m sure I speak for the entire Southeast Region when I say welcome to Coastal Georgia Chapter #380. Since our Spring Forum is going to be held in Savannah, it is even more exciting that they have joined our region and will be able to participate.

I am looking forward to a very active year for the Southeast Region. We have some great leadership that, I hope, is as excited as I am to make this year a huge success. This is our year and this is our NAWIC!

NATIONAL OFFICER’S MESSAGE

Embrace Change
By Dove Sifers-Putman, CBT, NAWIC President-Elect

Fall is here and leaves are changing. There is change all around us. Chapters have installed their new boards. The boards are sharing the blueprints for the year. It is an exciting time.

Webster’s definition of change is to “make or become different.”

The new blueprints for your chapter are going to be different. We need to make sure that the foundation built by past board members will support our new building. As chapter members, your job is to start building off that new blueprint.

NAWIC and the construction industry are changing. Without change we won’t grow. Just think of trees that start as seedlings. They wouldn’t provide us with shade and beautiful fall colors if they didn’t change and grow. Support your board and help with changes that your chapter is making this year. Now is the time to embrace the change.

Together we will grow as members, chapters and as an Association. Let’s all make a measurable difference. Share your NAWIC story.