

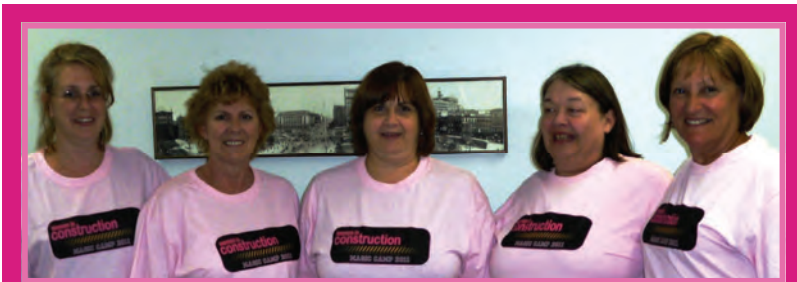
Monday, July 18, 2011
Day 1 ~ Safety / History

Magic Daily News

Welcome to
MAGIC Summer Camp

What to Expect Today ●

Welcome! Expect to go over safety, tools, blueprints and be prepared to work with some equipment! Our Lunch Time Spotlight will be Karen Torrence, Owner of Custom Millwork Design.



Your 2011 MAGIC Camp Directors

Today's Instructor ~ Lorraine Bertosa ●

Lorraine has been in the Construction Industry for 30 years. She belonged to the Carpenters Union for 25 years and has worked on a variety of jobs throughout Northeast Ohio including a lot of bridge work and the BP Building in Cleveland. For the past eight (8) years, she has owned her own gardening business and also does work in a variety of training programs as well as with Habitat for Humanity and Hard Hatted Women's Rosie's Girls. She has a son and a granddaughter and has a dog named George. When Lorraine isn't working in the garden or in construction, you will more than likely find her doing some moves on the dance floor as she loves to go dancing!

Thank you Lorraine for volunteering your time to help NAWIC with our very first MAGIC Camp!

Safety Matters ~ Dehydration ●

Definition

Dehydration occurs when a person loses more fluids than they take in.

Causes

- Gastrointestinal Illness
- Playing Sports (Sweating)
- Dieting

Signs / Symptoms

- Thirst
- Feeling Dizzy & Lightheaded
- Having a Dry or Sticky Mouth
- Producing Less & Darker Urine

Prevention

Dehydration can be avoided by drinking lots of fluids. Pay special attention to your fluid intake on hot, windy days, before sporting and/or other strenuous activities and while you have a stomach "bug". Water is preferable as soda, coffee and tea may contain sugar and caffeine. Caffeine is a diuretic and will make you urinate more frequently. In warm or hot weather, dress appropriately.

Treatment

The best way to treat dehydration is by drinking fluids. If symptoms persist, please tell an adult and visit your doctor.



Dehydration is preventable.
Remember to drink plenty of fluids and dress appropriately for the weather!



History of NAWIC and Women in Construction ●

NAWIC was founded in 1955 by 16 women working in the construction industry and now has a membership of approximately 5,800 with close to 200 chapters in the United States. NAWIC also has international affiliates in Australia, Canada, New Zealand, South Africa and the United Kingdom. Presently, there are 8 chapters in Ohio. The Cleveland Chapter 156 was founded in 1968, currently has 100 members and is the largest chapter in the United States. This is the only women's association that unites all phases of the construction industry.

Cleveland Chapter 156 hosts the annual Block Kids Building Program competition for children in grades 1–6. This national program is sponsored at the local level to introduce children to the construction industry in an effort to promote interest in future construction careers.

A new endeavor this year for the Cleveland Chapter is a program for girls in grades 9–12 called MAGIC Camp. MAGIC stands for Mentoring a Girl in Construction. It is a 5 day camp where girls will learn how to use tools and do daily projects involving carpentry, electrical and mechanical skills with the goal of helping to build their confidence and encourage their interest level at pursuing a career within the construction industry.

Aside from these worthwhile projects, the Cleveland Chapter has also awarded more than \$40,000 in scholarships to deserving male or female students who plan to pursue a construction related career and who are entering their junior or senior year at a Northeast Ohio college.

MAGIC = Mentoring a Girl in Construction

This Week's Lunch Time Spotlight Speakers ●

Monday

Karen Torrence

Custom Millwork Designs

Wednesday

Mirol Wells

RL Hill Management Co.

Tuesday

Debbie Mazzola

The Coniglio Company

Thursday

Mary Carrossellia

SimplexGrinnell

Autographs 101 ●

Throughout the week, there will be a number of instructors and special guests who will be joining us. In your binder is an **Autograph** sheet with lots of questions. It is your job to ask our guests these questions to determine which piece of information goes to which person. Once you figure it out, ask them to sign your paper. Keep in mind, some people will only be joining us a single day so make sure you talk to everyone. Also, there's going to be a special prize at the end of the week for whomever gets the correct autographs first.

Any questions? Ask Amy!

Did you know? ●

- * In size, materials, and human labor, the Great Wall of China is the largest construction project ever undertaken by man. Enough stone was used in the 1,700-year project to build an 8-foot wall girdling the globe at the equator. The Great Wall snakes its way over more than one-twentieth of the earth's circumference.
- * San Francisco's Golden Gate Bridge took 25 million man-hours to build.



This morning, you will receive a binder that has business card holders for you to store the cards you collect from instructors and speakers.

Tuesday, July 19, 2011

Day 2 ~ Alternative Energy

Magic Daily News

Look Ahead
Tomorrow ~ Day 3
Electrical

What to Expect Today ●



Today, you will get your very own paycheck and will learn about how much some construction jobs pay. There will also be a tour of Tri-C's Alternative Energy House, and this afternoon, expect to play some fun construction-related games and activities. Our Lunch Time Spotlight will be Debbie Mazzola from The Coniglio Company.

Most Common Types of Alternative Energy ●

1. Solar energy (generating of electricity from sun)
2. Wind energy (generating of electricity from wind)
3. Geothermal energy (using hot water or steam from the Earth's interior for heating buildings or electricity generation)
4. Biofuel and Ethanol (plant-derived substitutes of gasoline for powering vehicles)
5. Hydrogen (used as clean fuel for airplanes, spaceships, and vehicles)



Did you know? ●

- * Hard hats were first invented specifically for workers on the Hoover Dam back in 1933.
- * Bricks are the oldest manufactured building material still in use. Egyptians used them 7,000 years ago.



NAWIC Cleveland Chapter 156 ●



Our Membership

NAWIC's Fiscal Calendar begins on October 1 of each year and ends on September 30. Chapter colors are brown and buff. We have our own website, www.nawiccleveland.org. The

site includes the history of our Chapter, a current calendar of events, photographs, current and past issues of our newsletter (The Hard Hat), links to our regional and national websites and much, much more.

Safety Matters ~ Tanning ●

To most of us, summer means laying out by the pool or the beach and soaking the sun. We all know how harmful that can be. Besides staying out of the sun, here are some tips to protect your skin and eyes from sun damage:

- ⚙ Wear sunscreen with an SPF of at least 15 every day, even on cloudy days when you don't plan on being outside much.
- ⚙ Use a broad-spectrum sunscreen that blocks both UVA and UVB rays. Check the label!
- ⚙ Apply sunscreen thickly and frequently.
- ⚙ Reapply sunscreen every 1.5 to 2 hours and after swimming or sweating.
- ⚙ Take frequent breaks.
- ⚙ Wear a hat with a brim (make a fashion statement) and sunglasses that provide almost 100% protection against ultraviolet radiation.



Recap ~ Day 1 ●

Monday started off with introductions between the Camp Directors, students, as well as a very special welcome from National NAWIC President, Debbie Gregoire. Soon after, Carpentry Instructors Lorraine Bertosa and Ruth Gross taught the girls how to read the blueprints for their toolbox, use both a circular saw and a jigsaw to cut wood for the toolboxes and taught the girls how to assemble the boxes using hammers, nails and a little bit of wood glue on the handle. Nice work ladies on a job well done — your toolboxes look amazing!

During lunch, there were two lunch time speakers who talked about their jobs and how they got into the Construction Industry. A huge thank you to Karen Torrence of Custom Millwork Design and Michele Sevchek of Satellite Shelters for sharing their time and stories. Also, congratulations to Alex for winning Karen's lunch time Home Depot prize!

Great first day Ladies. Let's keep up the good work! Also, hopefully everyone had a chance to watch Fox 8 yesterday as you were on the news! "There's definitely MAGIC happening in Cleveland!" Keep your eyes open for an article in *The Plain Dealer* later this week.



Wednesday, July 20, 2011

Day 3 ~ Electrical

Magic Daily News

Look Ahead
Tomorrow ~ Day 4
Mechanical

What to Expect Today ●



Today will be filled with all kinds of *bright* activities! With the help of Eugene Stepanik, we will be learning all about electricity. We will also have a special morning guest, Marsha Collett, a lawyer at Wickens, Herzer, Panza, Cook & Batista Co. Our Lunch Time Spotlights will be Mirol Wells of RL Hill Management Co. and Sue Sutkus of Gilbane Co.

Safety Matters ~ Swimming ●

Going to the pool or beach this summer? Avoid water-related accidents by following these important guidelines:



1. Always swim with a partner.
2. Learn life-saving safety skills (CPR and rescue techniques).
3. Know your limits; don't try to keep up with skilled swimmers.
4. Swim in safe areas only that are supervised by a lifeguard.
5. Be careful about diving; check the depth of the water first.
6. Watch the sun; use sunscreen and wear a hat and sunglasses.
7. Stay hydrated; drink plenty of fluids, especially water.
8. Avoid hypothermia; don't stay in cold water for too long.

Did you know? ●

- * No building in Washington, DC may be taller than 13 floors so that no matter where in the city you are, you can see the monument to our first President, George Washington.
- * Built in only 16 months, the Pentagon is only 71ft tall and yet it has 5 floors, 17.5 miles of corridors, 131 stairways, 284 restrooms, 691 drinking fountains and 7,754 windows.

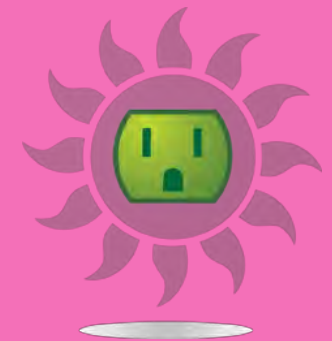
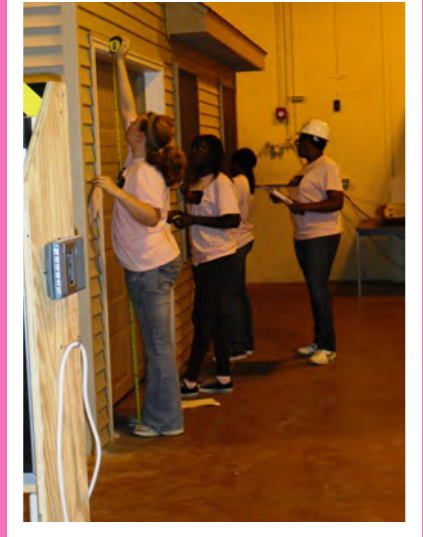
Today's Instructor ~ Eugene Stepanik ●

Eugene Stepanik has worked in the Electrical Construction Industry since 1971, starting with a four-year apprenticeship leading to journey level electrician training programs until he became Training Director and served in that capacity for 15 years. He is currently the Program Manager for Cuyahoga Community College's Building and Construction Training Program based at the Heritage Business Park in Euclid, Ohio where he oversees the Building and Construction Trades Certificate Program. Gene's understanding of the building trades and curriculum development has been vital to what every participant receives to be a viable candidate for construction employers.

NAWIC Cleveland Chapter 156 ●

Cleveland Chapter 156 participates in numerous community service projects every year. We have made dinners for families staying at the Ronald McDonald House of Cleveland and have hosted holiday parties every December for the children at Applewood Centers. In addition, our members have participated in Habitat for Humanity's Women Build program helping build four houses in three years and have painted fences at Camp Cheerful in Strongsville. Our community is important to us and it is our pleasure to pay it forward.





Recap ~ Day 2 ●

Tuesday began with some fun activities such as a construction word scramble and a tape measure exercise. Next, MAGIC Camp Director Bonnie Felice helped you earn a paycheck while Director Patty Walker passionately talked about how she got into construction. Soon after, we were blessed with guest speaker Jennifer Eaton who took us on a tour of Tri-C's Alternative Energy House and kicked off the afternoon by going over LEED and what it takes to be green! Lunch Time Spotlights were Debbie Mazzola of The Coniglio Company and Monica Bruaw of Regency Construction Services, Inc. Last, but not least, the paint and stain came out and your toolboxes look fabulous! You should be proud of a job well done!



Thursday, July 21, 2011

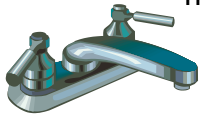
Day 4 ~ Mechanical

Magic Daily News

Look Ahead
Tomorrow ~ Day 5
Job Tours / Banquet

What to Expect Today ●

Expect a presentation on historical preservation and engineering from Liz Crooks of Carl Walker, a general contracting activity from Karen Kenninger of Dunlop & Johnston, Inc. and an afternoon filled with mechanical activities with Rick Subby. Our Lunch Time Spotlight will be Mary Carrossellia of SimplexGrinnell.



Today's Instructor ~ Richard Subby ●

Richard works to “pass on” a wealth of knowledge and skills he has acquired over a lifetime in and around the world of construction. At the age of 13, while helping his father build their own house, he developed a love for the building trades. This passion still burns today. His experience includes: 26 years as being a Union carpenter, foreman, superintendent and steward, eight years as a general contractor and one year as an Instructor at Tri-C.

Did you know? ●

Interesting facts about the current Innerbelt Bridge:

- * The Innerbelt “Central Viaduct” Bridge, completed in 1959, carries I-90 over the Cuyahoga River in downtown Cleveland.
- * The overall length of the bridge is 4,223 feet (eight-tenths of a mile) and is 116 feet, 3 inches wide, the widest bridge in Ohio.
- * The central portion of the viaduct consists of cantilever deck-truss construction and features nine spans of varying size.



Safety Matters ~ In the Kitchen ●

Do you enjoy cooking and/or baking? Here are some tips to remember in the kitchen:

1. Wash your hands before and after handling raw meat, poultry, eggs and fish because they contain bacteria.
2. Use potholders or oven mitts (no dish towels) when handling hot pots, pans or baking trays.
3. Turn pot and pan handles toward the back of the stove so you won't knock them over by accident.
4. When removing lids on hot pans, tilt them away from you to protect your face and hands from steam.
5. Never try to relight the pilot light on a gas stove; this should be done by an adult.
6. Use only microwave-safe cookware in the microwave; do not use foil or anything metal!



NAWIC Cleveland Chapter 156 ●

NAWIC is divided into 14 regions. Cleveland belongs to Region 4 which covers five states (Indiana, Kentucky, Michigan, Ohio and West Virginia) and is the largest region in respect to the number of members. There are 21 chapters in our region. Each region is represented by a director that serves on the national board. The Regional Director presides over all regional events/activities and attends to the needs of the chapters.



*We want to send a
very special
Thank You to . . .*

**SimplexGrinnell for donating all of
the paint, stain, brushes, etc.,
we used to create our Toolboxes**

and to

**The Builders Exchange for
providing our lunch today!**

Recap ~ Day 3 ●

Yesterday was filled with all kinds of electrical activities thanks to Eugene Stepanik, Program Manager for Cuyahoga Community College's Building and Construction Training Program. Marsha Collett, an attorney from Wickens, Herzer, Panza, Cook & Batista Co., Mirol Wells of RL Hill Management Co. and Sue Sutkus of Gilbane Co. came and spoke to you about their experiences in the Construction Industry. Congratulations! You are officially half way through the week! We are having a blast and we hope you are too :)

Friday, July 22, 2011

Day 5 ~ Job Tours / Banquet

Magic Daily News

Thank you
for attending
MAGIC Summer Camp

What to Expect Today ●

Today is a very special day as we have not one, but two jobsite tours planned for you! One is at a YMCA and the other is at a library. Then, we will return to Heritage Park for a luncheon and an awards banquet . . . it's time to graduate from MAGIC Camp!



Company Spotlight ~ Infinity Construction Co., Inc. ●

Today's jobsite tours are being hosted by Infinity Construction Co., Inc. of Warrensville Heights, Ohio.

Infinity Construction Co., Inc. is a general contracting and construction management firm committed to creating a partnership with its clients from project inception through design and pre-construction, and into the construction and project management phase. Since its beginnings in 1997, Infinity has contracted for over \$300 million dollars worth of work in the commercial, healthcare, educational, institutional, retail and telecommunications/technology markets ranging in size from \$1,000 to over \$12 million dollars. With repeat business from national and local clients, Infinity continues to build on its reputation for on-time and on-budget project performance coupled with superior quality and client satisfaction.

Did you know? ●

- * Construction is the *second largest employer* in the country (second only to the Federal Government).
- * There are roughly 800,000 construction companies in the US.
- * There are three basic types of construction: Commercial, residential and industrial.

Safety Matters ~ Fire Prevention ●

Most people say it will never happen to them (and hopefully it never does), but it never hurts to be prepared if a fire breaks out at your home. Here are a few tips to keep your family safe:

1. Make a fire escape plan for your family. Each room should have two exits and designate a meeting place outside. Hold a fire drill at least twice a year.
2. Install smoke alarms on every level of your home. Each bedroom should have one inside or near it. Test the batteries every month to make sure they work and replace the batteries once a year.
3. Teach every family member to "Stop, Drop and Roll" Remember this from elementary school?
4. Learn how and when to use a fire extinguisher.



NAWIC Cleveland Chapter 156 ●

Every June, our Members elect a president, a vice president, a recording secretary, a corresponding secretary, a treasurer and six board of directors. These new officers and board members begin their term on October 1.

In September 2010 in Louisville, Kentucky, our Chapter's very own, Debra Gregoire, CIT was installed as National President of NAWIC. President Gregoire is a past chapter president and a past Region 4 director.





Recap ~ Day 4 ●

Thursday morning began with some great information on engineering and historical preservation with Liz Crooks of Carl Walker. A special thank you to VIP Restoration for loaning us the infrared camera . . . which was really cool. Next, the excitement of "Bids being Due" was greatly exemplified by Karen Kenninger of Dunlop & Johnston, Inc. who gave the girls the unique opportunity of seeing a job through the eyes of a general contractor.

The afternoon was filled with a scientific point of view from Tri-C's awesome instructor, Rick Subby, who shared his abundance of knowledge on plumbing and mechanical; and we even got to take home our very own souvenir!

A special thank you to both our snack provider and our Lunch Time Spotlight, Mary Carrossellia of SimplexGrinnell!

