

**TO ENHANCE THE SUCCESS OF WOMEN IN THE  
CONSTRUCTION INDUSTRY.**

**Director's Comments**

Hello to All,  
 "Step outside of your box!" "Try something new!" "Leave your comfort zone!" We have all heard these sayings and especially in NAWIC! Is it really push, push, push yourself? Or is it grow, grow, grow yourself?

The last few months, many of you have seen me do the above in running for National Office. And if you think it was easy for me or any of the candidates, please think again. We all had difficult moments; we all were in new situations. Sometimes we succeeded and sometimes we stumbled. Yet we learned! We met amazing members across the country. We attended educational workshops at Forums we visited and learned how regions did things differently than we do in our home region. (How I wish I could roll back the clock and share some of those differences with you when I worked on our past Forums.)

So try something new! Do leave your comfort zone and step out of that safe box! NAWIC is the environment for you to push yourself. Maybe you won't have the outcome you desire at that time, but you will learn and grow. Members will be there to help you and to continue to encourage you so you will be ready for what comes next!

Believe,  
 Jan

**Contact Information for Jan Sullivan, CBT, CCA CDS, CIT**

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**COMING ATTRACTIONS**

**55th National Convention**

September 1st -4th,  
 2010  
 Louisville, KY

**APC 2010**

November 5th & 6th  
 Indianapolis, IN

**Forum 2011**

May 13th, 14th, & 15th  
 Lansing, MI

**56th National Convention**

Aug 31st-Sept 3  
 2011  
 St. Louis, MO

**APC 2011**

Terre Haute, IN

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## Chapter Presidents

#124 Akron  
Mary Hosafros

#367 Bluegrass  
Elaine Boyd

#376 Bowling Green  
Paula Short, CIT

#64 Cincinnati  
Fleet Fangman, CIT

#156 Cleveland  
Toni Walker

#86 Columbus  
Amanda Martin

#85 Dayton  
Kim Parks, CIT

#183 Detroit  
Carol Varga, CIT

#79 Evansville  
Connie Russell

#59 Ft. Wayne  
Nancy Kopp

#194 Grand Rapids  
Char Terpsma CBT, CCA, CDS, CIT

#34 Indianapolis  
Amanda Reckerd, LEED AP

#302 Kalamazoo/Battle Creek  
Myndi Bacon

#177 Lansing  
Melanie Myers

#374 Lima Ohio Area  
Gina Frick, AIA, CIT

#320 Lorain County  
Maria Mrosek, CIT

## Chapter Presidents Continued

#97 Louisville  
Angie Stokes

#311 Northwest Indiana  
Gina Bird, CIT

#378 Saginaw Valley  
Lauren Edwards

#303 Terre Haute  
Jan Sullivan, CBT, CCA, CDS, CIT

#282 Toledo  
Dana Patchen

## REGIONAL COMMITTEE CHAIRS

Construction Profession & Education  
Sue Millard  
Rhonda Rhodes, CIT

Membership  
Melanie Myers

Memorials  
Rebecca Thompson, CCA, CDS, CIT

Newsletter  
Susan Cox

PR/Marketing  
Traci Hardin, CIT

Safety & Health  
Kathi Dobson, CIT, CHST, LEED AP

Website  
Debbie Gregoire, CIT

WIC Week  
Candy Riley, CIT

## MENTORING COMMITTEE

OUR

PAST

REGIONAL

DIRECTORS

## NEF COMMITTEES

Block Kids  
Wendy Baxter, CIT, LEED AP  
Gina Frick, AIA, CIT

CAD/Drafting & Design Build  
Debbie Mazzola, CDS, CIT  
Carla Klatt

NEF Liaison  
Tammy Sweeris, CCA, CDS, CIT

NEF Fundraiser  
Christine Parsons, CBT, CDS, CIT

## REGIONAL

Director -Elect 2010-2012  
Melanie Myers

## NATIONAL BOARD

National President Elect  
Debbie Gregoire, CIT

Director of Region 4  
Jan Sullivan, CBT, CCA, CDS, CIT

## Melanie Myers, Region 4 Director-Elect

I hope this finds you all taking some time to enjoy all that Summer has to offer! I am very excited about being elected as the 50<sup>th</sup> Region 4 Director and I am looking forward to the next two years. Although I don't officially take office until Convention, I have been busy setting up regional committee chairs, planning a Leadership Saturday, and planning tentative agendas for APC 2010 and Forum 2011.

At the end of July, I will be traveling to Texas for the national board orientation. This will be my chance to learn about the national board and what to expect in the upcoming year. The things learned during this weekend will also help shape topics and agendas for our upcoming regional meetings.

As you wind down the 2009-2010 NAWIC year and start planning the 2010-2011 year, don't forget to transition and mentor your new chapter leadership. On August 14<sup>th</sup> there will be a Leadership Saturday in Lima, Ohio. This one-day event is geared to help incoming chapter presidents, vice-presidents, all regional chairs and future leaders to transition into their new positions and learn about regional/national activities, board actions and timelines. A notice will sent out shortly to incoming chapter presidents, so please look for it.

If I can answer any questions, concerns or you would like to invite me to an upcoming meeting, please contact me at the following: [mamyers@oaklandcc.edu](mailto:mamyers@oaklandcc.edu) , Office Phone: (248) 522-3407 or cell: (517) 899-5325.

We have an election for the 2010-11 NAWIC year. Our National officers will be:

Debra M. Gregoire, CIT – NAWIC President

Judy DeWeese, CBT, CIT – NAWIC President-elect

Cindy Johnsen, CBT, CDS, CIT – NAWIC Vice President

Riki F. Lovejoy, CBT, CIT – NAWIC Secretary

Yasmine A. Branden, CCA – NAWIC Treasurer

Congratulations everyone—we look forward to working with you!!

## **SAFETY** by Kathi Dobson, CIT, CHST, LEED AP

### Summer Blues

I have cancer, but I am not a victim. It's likely that I am 100% to blame for my condition. I had a basal cell carcinoma removed from my face recently. It was caused by overexposure to the sun. Now we all love the sunshine, but back in the day, I do not ever remember anyone ever telling me to use sunscreen. We used sun tan lotion, which may have had sunscreen, but it certainly was not well communicated. We would lie in the sun for hours, often times using baby oil with iodine mixed into it to give us a golden tan. Sometimes, we would burn. Those long exposures with periodic damage caused by 1<sup>st</sup> degree sun burns are probably what caused me to develop skin cancer now. As a result of my situation, I will be much more diligent about applying sun screen whenever I am outdoors during the day. Now that it's starting to heat up, we need to remind our employees who work out of doors to apply sun screen. The sunscreen should have at least a 30 SPF (sun protection factor). Our reminders should be more insistent than a simple precautionary statement. When should sunscreen be applied? Before going out of doors and into the day light. Even cloudy days can expose us to ultraviolet rays which can damage the skin. Workers should reapply sunscreen at the mid-point in the day or when it has been "sweat off". People of all skin colors can develop skin cancers, so dark complexioned persons should not avoid sunscreen use. Also, remember that summer is not the only time we should use sunscreen. The sun's damaging rays can affect us all year round, so don't stop just because it's fall or winter. And keep well hydrated to prevent fatigue, heat stress and exhaustion. Plenty of water is good for the complexion as well.

As always, be safe (and save your skin!)

Kathi

## **MEMBERSHIP** by Melanie Myers, Director-Elect

It

### **May Be Summer, But Don't Forget to Recruit!**

Summer is finally here and I hope all of you take a pause to enjoy all activities that go along with the season. Our chapters are also winding down the NAWIC year. Though it is those lazy, hazy days of Summer, please don't forget to recruit for your chapter! Here are some ideas to consider as you plan your Summer meetings:

Chapter social events, picnics, or fun meetings are great reasons to recruit. Think about inviting potential members to a chapter event that is a fun outing for your chapter.

Plan a Summer "Meet and Greet" at an area pool, lake, baseball game, ice cream social or any other Summer spot in your area.

Consider planning a state-wide chapter meeting. Bringing together all the chapters in your state is a great way to share ideas across chapters and allow some team-building; not to mention the great networking opportunities. These are also great meetings to recruit and introduce potential members to NAWIC.

### AKRON CHAPTER

The Akron Chapter's June meeting was held at Beef O'Brady's Restaurant. We had Julie Sich from Summa Care talk to us on Women's Health. She went over the number one killer of women and what we can do to be more proactive about our health. She also suggested we should have a primary care physician that we are comfortable with talking. We also voted on our next year's officers along with our delegates for National Convention.

### CINCINNATI CHAPTER

Our June 8, 2010 membership meeting was held at HGC Construction and was a tour of their newly renovated "Green Building" where we saw "first-hand" how HGC has reused various materials from their projects in their renovations.

On Monday, June 14, 2010 Candy Riley, Fleet Fangman, and Jenny Mangas (representing Presidents Past, Present, and Future) had the opportunity to do an interview with Theresa Stark with the City of Cincinnati SBE for a program which will air sometime in September on CitiCable. The purpose of the interview was to discuss NAWIC and the benefits and opportunities of NAWIC membership. This is a huge step in promoting our organization on local cable television! J. J. JioDucci also attended to take pictures for our marketing efforts. Theresa Stark was very impressed with our organization and is planning a follow-up interview in the very near future.

On Saturday, June 19<sup>th</sup> several NAWIC volunteers participated in the Injury Free Coalition for Kids Playground Build at the Salvation Army Learning Center in Price Hill. The next playground build out is scheduled for August 14, 2010 at the CWFF Daycare in Avondale

### CLEVELAND CHAPTER

Cleveland Chapter #156 members who were on the slate for our future leadership spoke about their ideas and why they wanted to be elected. Elections were held and now our 2010--2011 leadership team is ready and looking forward to serving our chapter in October.

Our Annual Golf Outing was another successful fundraiser for our chapter. We had 64 golfers and 24 sign sponsors. Oswald Companies was a major sponsor. Committee members were Amy Hewis, Bethany Criscione, Marsha Collett and Denise Simerale. We have six additional volunteers on Saturday June 5 at Pleasant Hills to help make this a memorable event. We had many door prizes and had a \$1,000 raffle for the 19<sup>th</sup> Hole which was a crowd pleaser.

Member of both Cleveland Chapter #156 and Lorain County Chapter #120 got together and toured the new Elyria High School project .

### EVANSVILLE CHAPTER

In June, Evansville Chapter went to President Connie Russell's lovely country home and enjoyed homemade lasagna and learned about landscaping. Connie showed us many tricks to help make our homes look great also.

### GRAND RAPIDS CHAPTER

Our NAWIC year is going by so fast! Elections were held at our last meeting and we have another group of awesome women who have volunteered their time to serve as Officers and Directors for our 2010-2011 Board. We've already had several members sign up for next year's committees and our meeting/event schedule should be ready for print by the first of September. With the national convention fast approaching, we elected Betty Veldhouse, CIT, Tammy Sweeris, CCA, CDS, CIT and Char Terpsma, CBT, CCA, CDS, CIT as chapter delegates to represent Grand Rapids Chapter 194 in Louisville, KY. Our upcoming July Fun Night will be held at Craig's Cruisers and our crackerjack event organizers, Barb MacWilliams, CBT, CIT, Tammi Smith and Kortney Lull are busy getting everything ready for another Scholarship Fundraiser Golf Tournament

### LANSING CHAPTER

The Lansing Chapter #177 members met on June 9, 2010, at the Harrison Road House in East Lansing. We held our monthly meeting and also held elections for the 2010 – 2011 year; Traci Sherman was elected the incoming President of the Lansing Chapter for the new year. A Forum Committee meeting was held directly after our regular meeting, to discuss planning for our hosting of, the 2011 Region 4 Forum.

### TERRE HAUTE CHAPTER

Chapter members joined the ranks of the local Associated Builders Association at the Rod and Gun Club for an evening of networking, good food and a great speaker. We heard about changes at the air base and about future construction projects to enable the Guard to fulfill their missions.

### **Convention 2010-Louisville, Kentucky**

**Registration will be \$595.00 early; \$695.00 late. (This is the same as last year)  
Early registration ends on Monday, July 5th.**

**Location is the Galt House Hotel**

**Revue Tower Rooms (regular hotel rooms)**

**\$125 Single / \$135 Double / \$145 Triple / \$155 Quad**

**Suites**

**\$145 Single / \$155 Double / \$165 Triple / \$175 Quad**

Details for Region 4's Dinner of Celebration on Thursday, September 2nd follow in this newsletter. You do not need to be attending convention to come for the evening.

### *June's NEW MEMBERS*

Lindsay Kish  
Ami Kulkarni  
Sherry Rowland  
Tarin Tuck

Akron Chapter  
Cincinnati Chapter  
Indianapolis Chapter  
Indianapolis Chapter

### Region 4 Administrative Fund

Ginger Hedrick and Diana Miller are leaving the Administrative Fund as a trustee and the guardian, respectively. We as a Region thank them for their time and energy it took to fulfill their duties.

Gina Bird is the new Administrative Fund Guardian. Her duties include taking care of the money of the fund, keeping accurate records, and giving reports to the Region. Cindy Crawley was agreed to be a Fund Trustee along with Betty Goad who is continuing as a trustee. These 3 ladies are charged with administering the fund for its intended purpose.

Watch for proposed revisions to the plan which will be sent to you in the next few weeks. Any changes will be voted on by Region 4 members at Annual Planning Conference in November in Indianapolis.

### July To Do List

- 1) Celebrate July 4th! Take time to thank those who have kept us free and who are keeping us free and are not here to have the family picnics and watch the fireworks!
- 2) Register for Convention—Early Registration \$595.00 by 7/05. After 7/05 pay \$695.00. No refunds after August 2, 2010.
- 3) Convention delegates need to be voted on at least 60 days before the start of Convention. Form to NAWIC office and Region 4 Director by July 5.
- 4) Chapter Standing Rules should be put on the agenda to be reviewed by members.
- 5) Leadership Updates are due to the NAWIC Office and Director by July 15, 2010
- 6) Make Convention room reservations at the Galt House.
- 7) Out going chapter presidents—give incoming president ceremonies book and mentor her in planning her installation.
- 8) Start planning for the new NAWIC year!
- 9) It's Summer—take time to relax!!!

## REGION 4's EVENING OF CELEBRATION

*When: Thursday, September 2, 2010*

*Where: at the Galt House, Louisville, Kentucky*

*Time: Social Hour 7:00 p. m. – 7:30 p. m.*

*Dinner at 7:30 p. m.*

*Cost: \$37.20 per person  
(Cash Bar)*

### *Menu:*

*Pork Scaloppini with Marsala Sauce*

*Tossed Salad.*

*Chef's choice of accompaniments*

*Cheesecake*

*Paid Reservations must be made by August 1, 2010*

*Checks payable to Louisville NAWIC*

*Mail to: Suzie Kayrouz, CPT*

*c/o Gohmann Asphalt & Construction, Inc.*

*P. O. Box 2428*

*Clarksville, TN 37131-2428*

*We have our own private room for up to 100 people. You need not be attending Convention to be able to attend this event.*

*National Association of Women in Construction*

*Region 4 – 50 years strong*