

Akron Chapter # 124 invites you to share in

# ***NAWIC - Golden Opportunities***

Celebrating Region 4 Fifty Year Anniversary

Awaiting you at the  
Region 4 NAWIC Forum 2010  
April 9-11, 2010

Registration:

Before March 31 - \$ 150.00

After April 1 - \$ 170.00

Stay in the lovely full service all suite

**Sheraton Suites Hotel,**

Cuyahoga Falls, OH. 330-929-3000 866-716-8103

Singles & Doubles - \$ 119 Triples - \$ 134 Quads - \$ 149

Hotel reservations are made directly to the Sheraton using  
National Association of Women in Construction as code

*Reservations due by March 8 to guarantee rate*

[www.sheratonakron.com](http://www.sheratonakron.com)

Contacts: Name: Renata Ochsenhirt - Registration

E-mail: [Renata@cbainc1.com](mailto:Renata@cbainc1.com)

Phone: 330-733-3123, 800-733-3165

Name: Mardi Gauer - Forum Coordinator

E-mail: [mgauer@rpj-aps.com](mailto:mgauer@rpj-aps.com)

Phone: 330-376-4909 # 108





# ***NAWIC - Golden Opportunities***

Region 4 NAWIC Forum 2010 April 9-11, 2010

## **Available to Forum Attendees:**

**American Red Cross CPR Preparedness - Friday 4-9-10 8:00 am** \$ 30.00

This course teaches Adult CPR (recognizing and caring for breathing, choking and cardiac emergencies) and Automated External Defibrillation (AED) training (the importance, general steps, skills, and safety precautions when using an AED). 1 year Certificates issued upon completion.

**Blue Print Reading Class - Friday 4-9-10 9:00 am** \$ 10.00

**NAWIC Store Table (attach form from separate page)** \$ 15.00

## **Available to guests (included in Forum registration):**

**Friday Welcome Calypso Party** \$ 30.00

**Saturday Continental Breakfast** \$ 16.00

**Saturday Awards Luncheon** \$ 25.00

**Saturday Night 50th Anniversary Gala Banquet** \$ 50.00

**Sunday Farewell Breakfast** \$ 20.00

**Total (add to page 1)** \$ \_\_\_\_\_

(circle meal choices)

Vegetarian Meals Requested

Food Allergies / Special Requests \_\_\_\_\_

Meeting Attire is Business Casual (no jeans)

Friday Welcome Party is Calypso themed with entertainment provided by the Calypso Gypsies Steel Drum Band. Suggested dress is your favorite Bahamas Beach wear.

Saturday Banquet Attire is Semi-Formal. Banquet entertainment is "Motor City Gold". Bring your dancing shoes.

Come early and plan on attending the Akron / Canton CSI Trade Show.  
Thursday April 8th. Admission is Free.  
AIA Continuing Education Classes offered.  
More information to follow.

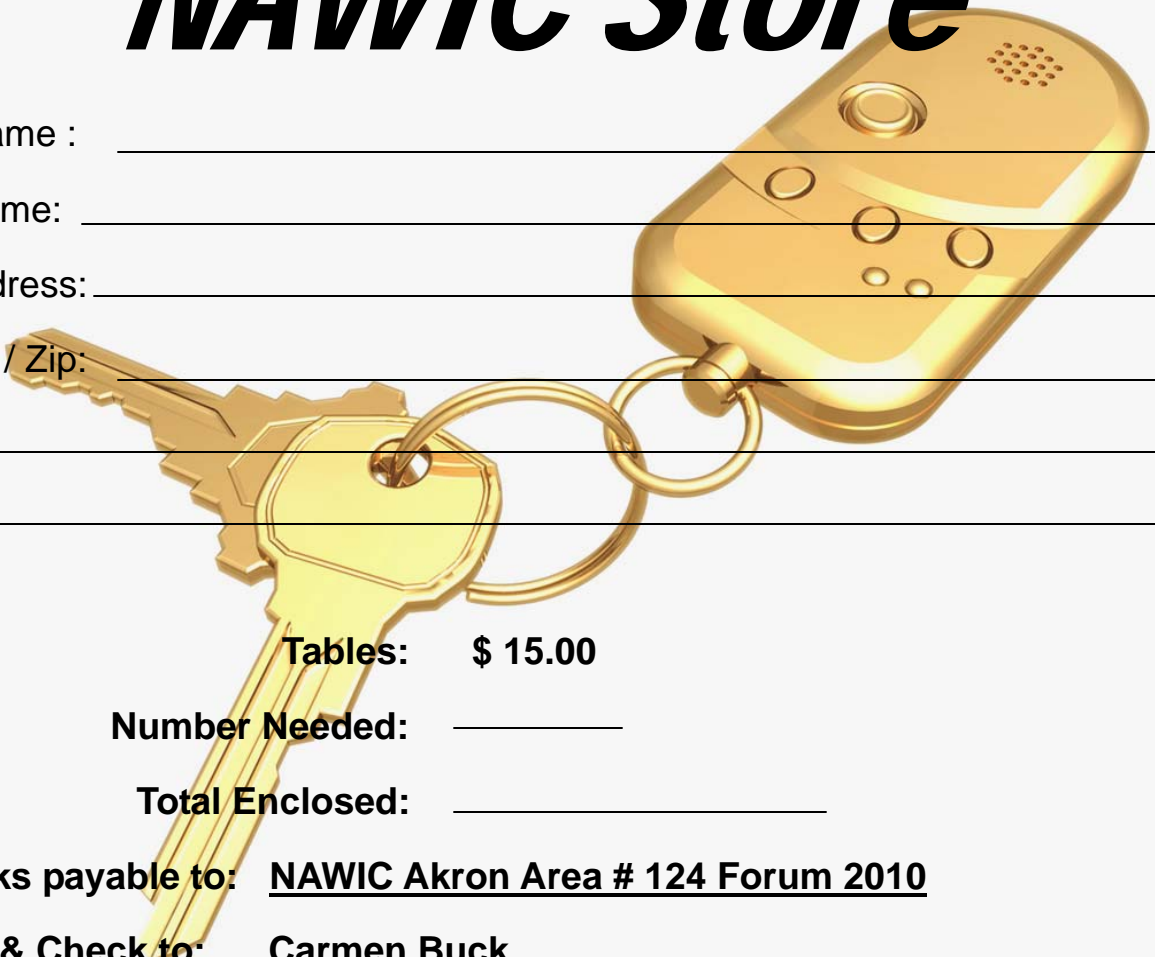
# ***NAWIC - Golden Opportunities***

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Region 4 NAWIC Forum 2010    April 9-11, 2010

## **Reserve your Table for the ***NAWIC Store*****

Chapter Name : \_\_\_\_\_  
Contact Name: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
City / State / Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_



**Tables:    \$ 15.00**

**Number Needed:    \_\_\_\_\_**

**Total Enclosed:    \_\_\_\_\_**

**Make checks payable to:    NAWIC Akron Area # 124 Forum 2010**

**Mail Form & Check to:    Carmen Buck  
Chazean Properties LLC  
3281 Woods Trail, Kent, OH 44240**

NAWIC store will be located in the NAWIC Store Room.  
No need to move your items between sessions.

For further information contact:    Jina Clay    330-573-8186

Jina2180@att.net

# ***NAWIC - Golden Opportunities***

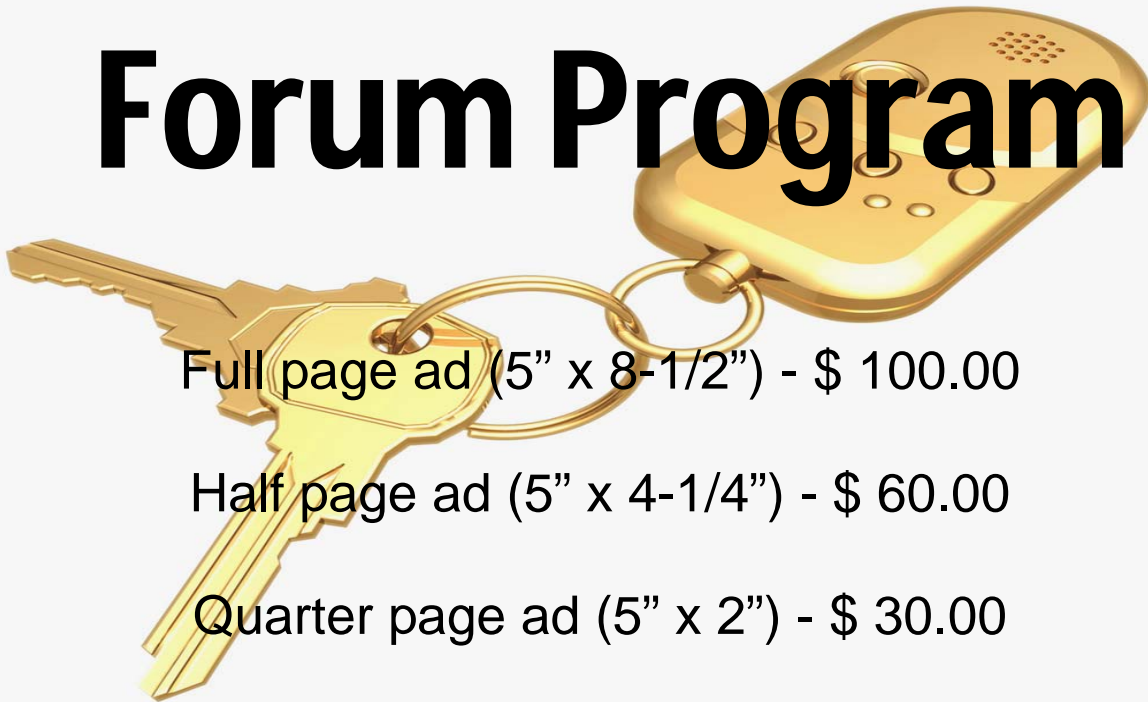
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Region 4 NAWIC Forum 2010 April 9-11, 2010

## **Place your advertisement**

## **in the**

# **Forum Program**



Full page ad (5" x 8-1/2") - \$ 100.00

Half page ad (5" x 4-1/4") - \$ 60.00

Quarter page ad (5" x 2") - \$ 30.00

Business Card ad (3-1/2" x 2") - \$ 20.00

All ads will be full color  
Ads should be submitted in jpg. Format  
**Deadline for Art work is February 25, 2010**

***E-mail ads or contact for further information:***

Mardi Gauer  
330-376-4909 # 108  
mgauer@rpj-aps.com

# ***NAWIC - Golden Opportunities***

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## **Speakers & Workshops**

### **Friday Keynote Speaker**

#### **BIM - What it is and What is Not**

#### **BIM Tools and Applications for the Construction Industry**

This presentation will include an overview of Building Information Modeling and the tools for providing modeling and the applications where BIM is being used in the construction industry and how it is changing project delivery methods.

Presented by NAWIC Cincinnati Chapter member Sue Millard of the Messer Construction Company.

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### **Saturday Keynote Speaker**



#### **THE SIX AGES OF WOMAN**

#### ***A One-Woman Comedy Show about Love, Marriage, Kids, Aging & Other Junk Like That***

*Pull up a chair and eavesdrop on Vicki's phone conversations with her best friend, Madge. Although you never see Vicki's husband, children, or best friend, by the end of the hour, you'll know them all quite intimately. Watch time pass before your eyes as Vicki changes from starry-eyed teenager discovering love, to newly-wed bride full of romantic dreams for her future, to expectant mother anticipating the joys of parenthood, to frenzied housewife with over-active toddlers, to menopausal woman reentering the workforce, to grandmother beginning her retirement years. You will likely see a part of yourself during some phase of Vicki's metamorphosis; and you will, no doubt, laugh at yourself, while doing so.*

Presented by Mary Faktor. Ms Faktor is a multi-talented Professional Speaker, Certified Self Esteem / Life Balance Facilitator, a certified REIKI Energy Practitioner, a member of the Screen Actors Guild, a graduate of Second City of Chicago. She has appeared in award winning films, and on PBS.

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## **Speakers & Workshops**

### **Morning Workshops**



#### **Defining Sexual Harassment in the Work Environment**

Lisa A Kainec, of Kastner Westman & Wilkens, will discuss dealing with Sexual Harassment in the Work Place. What are your rights as an employee, what are your responsibilities and employer. Learn more about this potentially explosive, disruptive and expensive problem in the modern work environment.

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#### **Collaborative Team Processes in Construction**

Janice Urbanik, CIT, CDS, of Greater Cincinnati Workforce Network and Cincinnati Chapter NAWIC member will present on dealing with when your construction projects feel contentious and adversarial. Are you wondering about all of the new “collaborative” approaches that are hot right now like ConsensusDOCS? In this session, we will cover:



- Basic overview of ConsensusDOCS, BIM, Lean, and Integrated Project Delivery and their benefits
- How these new approaches and agreements are implemented
- Case study results

These approaches are rapidly becoming the new standard. Get on board now to stay competitive!

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#### **Designing a Porch Pot**

Maggie Bell, Perennial Specialists from Dayton Nurseries will present a hands on demonstration for secrets and tips for designing and maintaining successful “Porch Pots”. Porch pots add color and style to any area of your home, deck or yard. Participation for this workshop will be limited to 20.



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## **Speakers & Workshops**

### **Afternoon Workshops**



#### **Spam I Am - Not! The Adventures and Misadventures of E-mail and the Internet**

Joseph J. Feltes, of Buckingham, Dolittle & Burroughs gives an entertaining workshop on using e-mail and the internet in our daily lives. He'll have advice useful to both companies and individuals on how to avoid liability while using both e-mail and the internet

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#### **Yoga in your Chair for Stress Relief**

Learn to use Yoga as a stress relief tool that can be done in your chair at work, home or anywhere. This informative workshop will leave you with real-time stretching and relaxing poses that will leave you reinvigorated and ready to tackle that next tough project on your agenda.

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#### **Personnel Finance**

Sheri Peters, of the law firm Williger & Peters will discuss financial planning for women in "What every Woman Should Know – Estate & Long Term Planning". This informative talk will help you decide what can be the best way to plan for your financial future whether retirement is just around the corner or a far away dream.



## Suites

Sheraton Suites Akron/Cuyahoga Falls is unique in that our rooms aren't just rooms, they are full suites. Along with our traditional suites, we offer upgraded Whirlpool suites, Penthouse suites and VIP King Multi-level suites with internal stairways and walkout balconies right over the rushing waters of the Cuyahoga River. **These suites include separate sleeping and living quarters, wet bar and kitchen with china, glass, silverware and refrigerator.** Our bedrooms and bathrooms, some with whirlpools offer the top in luxury.

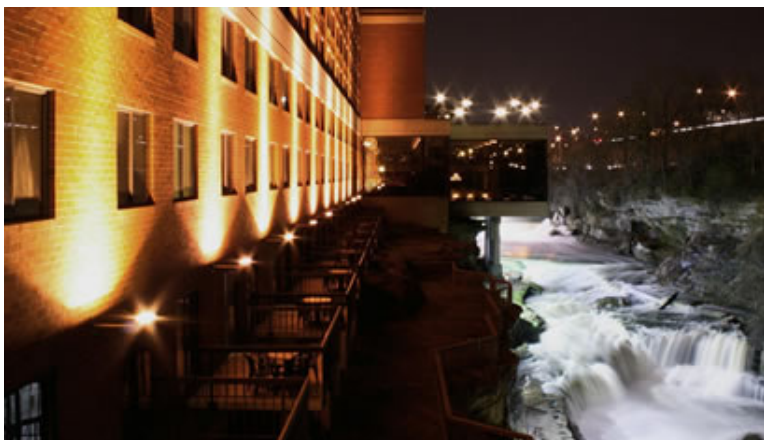
## Piatto Novo

With three walls of windows overlooking the cascading falls and gorge of the Cuyahoga River, you have arrived at a special place when you enter Piatto Novo restaurant. Piatto Novo embodies the creations of award-winning Chef Roger Thomas and is located within the luxurious Sheraton Suites Akron/Cuyahoga Falls. Piatto Novo couples a dramatic view of the Crooked River with expertly prepared regional Italian cuisine, excellent center cuts of beef and nightly fresh seafood specials. Additionally, Piatto Novo is open daily offering scrumptious breakfasts, lunches and Sunday brunch menus. Discover us at [www.piatto-novo.com](http://www.piatto-novo.com).

## The Hotel

We have done everything to ensure that your stay at our non-smoking hotel is a pleasant with our full range of services. Here are just a few that you can expect during your stay:

- **Complimentary parking**
- Full fitness center
- Indoor pool, whirlpool and sauna
- The Link@ Sheraton providing complimentary internet access in our lobby
- **Free internet access in our suites**
- All suites facility to remind you of home
- 



# Directions

Sheraton Suites Akron/Cuyahoga Falls is easily accessible to and from all of Northeast Ohio's interstate highways. Only 15 miles from the Akron-Canton Regional Airport (CAK) and 30 miles from Cleveland Hopkins International (CLE) Airport, it's located along the winding, rushing Cuyahoga River in Cuyahoga Falls, Ohio.

**Sheraton Suites Akron Cuyahoga Falls**  
**1989 Front St. Cuyahoga Falls, Ohio 44221**  
**Phone: 330-929-3000**  
**Fax: (330) 929-3031**

## **FROM DOWNTOWN CLEVELAND AND AREAS WEST**

- Take I-77 South to I-80 (Ohio Turnpike)
- Exit at #180 onto OH-8 South
- Exit at Broad Blvd.
- Turn right on Broad Blvd.
- Turn left on Front St.

## **FROM EAST SIDE OF CLEVELAND**

- Take I-271 South to OH-8 South
- Exit at Broad Blvd.
- Turn right on Broad Blvd.
- Turn left on Front St.

## **FROM YOUNGSTOWN, KENT AND AREAS EAST**

- Take I-76 West to OH-8 North
- Exit at Broad Blvd.
- Turn left on Broad Blvd.
- Make a left on Front St.

## **FROM CANTON AND SOUTHEAST POINTS:**

- Take I-77 North to OH-8 North.
- Exit at Broad Blvd.
- Turn left on Broad Blvd.
- Turn left on Front St.

## **FROM COLUMBUS:**

- Take I-71 North to Exit 209
- Follow I-76 East to OH-8 North.
- Exit at Broad Blvd.
- Turn left on Broad Blvd.
- Turn left on Front St.



## Endless Fun in Akron, OH

**Akron Art Museum (4.7 miles)** - The newly expanded Akron Art Museum holds more than 3,000 objects in its permanent collection and serves more than 50,000 visitors a year. Currently closed for construction, the museum continues to offer a variety of programs and events including, lectures, concerts, workshops for adults and children and a speakers bureau.

**Akron Civic Theatre, E.J. Thomas Hall** (4.7 miles) - Long recognized as one of the area's cultural landmarks, the Akron Civic Theatre has provided the community with a venue for quality entertainment and live performances for more than 70 years. Recently renovated, the New Civic, along with its partner The University of Akron's E. J. Thomas Hall, hosts the best in local, national, international entertainment and events.

**Akron Zoological Park** (6.2 miles) - The Akron Zoo, located on 50 acres just west of downtown, is one of only 211 accredited world conservation zoos by the American Zoo and Aquarium Association. Come see more than 700 animals, including endangered Humboldt penguins, snow leopards, Sumatran tigers, jaguars and Komodo dragons.

**Brandywine Falls Adventure at Carriage Trade Farm** (11.6 MILES) - Enjoy a ride through Cuyahoga Valley National Park in a carriage drawn by Norwegian Fjord horses or ride on a tour wagon to see some of the oldest farmland on the Western Reserve. The informative tour relays the compelling history of the Cuyahoga Valley, with visitors learning about the thriving Brandywine Village and the creation of the Cuyahoga Valley national Park. Enjoy an old-fashioned picnic on the farm and visit the superb carriage and sleigh museum, a private display of several antique vehicles and related items. Romantic horse-drawn sleigh rides offered in the winter season.

**Cuyahoga Valley Scenic Railroad** (several boarding locations) - Journey through the heart of the National Park in vintage climate-controlled coaches.

**Cuyahoga Valley National Park** (6 miles) - Whether you prefer ranger-guided programs or exploring the park on your own, you can find something to your liking Cuyahoga Valley National Park. Take a hike, ride the scenic railroad, explore the visitor centers, attend a concert, or bike the Towpath Trail.

**Funny Stop Comedy Club** (2 miles) - Live entertainment for mature audiences.

**Hale Farm & Village** (9 miles) - 1848 Western Reserve restored community, glass-blowing, blacksmithing, weaving Seasonal Wednesday through Sunday.

**Stan Hywet Hall & Gardens** (4.0miles) - Built between 1912 and 1915 by F.A. Seiberling who founded The Goodyear Tire & Rubber Company, Stan Hywet remains as one of the most beautiful and significant historic estates in the area. Each year thousands enjoy its 70 acres of artfully landscaped gardens and grounds. Stan Hywet Hall & Gardens is Akron's only National Historic Landmark.

## In nearby Canton, OH

**National First Ladies' Library** (26.7 miles) - As the first and only facility of its kind, the National First Ladies' Library serves to educate people about the contributions of First Ladies and other notable women in history. Located in the historic Ida Saxton McKinley home, its features unique rotating exhibits, an education and resource center, a library and a gift shop.

**Harry London Candies** (18 miles) - The aroma of fine chocolate and exquisite tasting samples await you! Explore our factory from high above the production floor. Once your 45-minute guided tour is over, be sure to visit one of the largest retail stores in the Midwest. You'll be overwhelmed by our selection of more than 500 varieties of gourmet chocolates and candies!

**MAPS Air Museum** (16.5 miles) - Located at the Akron-Canton Airport, the MAPS Air museum educates visitors about the history of aviation and its impact upon society. With a permanent collection of vintage military and significant civilian aircraft, it is currently restoring some of the world's greatest military aircraft, and hangaring privately owned warbirds. The facility houses a theatre, a display area, the Louise Timken Aviation Research Library, the museum store, and the aircraft restoration facility.

**Pro Football Hall of Fame** (24 miles) - Honoring the great players of the professional football world since 1920, the Pro Football Hall of Fame has welcomed more than seven million fans since its opening in September, 1963. With the completion of the \$9.2 million expansion in 1995, all eyes are now turned on the GameDay Stadium, where pro football action is presented in a turntable theater featuring a 20'x42' Cinemascope screen!

## In nearby Cleveland, OH

**Cleveland Museum of Natural History** (31.9 miles) - This innovative museum features everything from a planetarium, live animal programs and a hands-on learning center to a dinosaur exhibit and display of approximately 3.2-million-year-old "Lucy," one of the oldest skeletons of humanity's earliest ancestors.

**Cleveland Metropark Zoo and The RainForest** (33 miles) - See thousands of animals, including 84 endangered species, as you roam the Cleveland Metropark Zoo's 168 rolling wooded acres. Best known for having the largest collection of primates in the United States, the zoo is also home to a thrilling simulated tropical rain storm.

**Cleveland Museum of Art** (31.9 miles) - The Museum's collection includes 41,255 works of art, from ancient Egypt and ancient Greece and Rome to contemporary and modern works of art, including masterpieces by Monet, Picasso and van Gough.

**Great Lakes Science Center** (36 miles) - The Great Lakes Science Center is one of America's largest interactive science museums. More than 400 exciting "hands-on" exhibits, breathtaking OMNIMAX® films, daily demonstrations and exciting educational programs show visitors the interdependency of science, environment and technology, particularly in the Great Lakes Region.

**Playhouse Square Center** (36 miles) - In the early 1920s, five opulent theaters - the Allen, Ohio, State, Palace and Hannah - opened along a stretch of Euclid Avenue and tagged "Playhouse Square." Today, the playhouse continues to thrive as a performing arts center that hosts a wide variety of Broadway shows, plays, musicals, opera, ballet and contemporary performing arts.

**Rock and Roll Hall of Fame and Museum** (36 miles) - A stunning piece of daring architecture designed by internationally renowned architect I. M. Pei, the Rock and Roll Hall of Fame and Museum contains remarkable interactive exhibits, films, videos and priceless and poignant artifacts, and serves as host of the permanent Hall of Fame exhibit.