

**AUGUST 2011**



National Association of Women in Construction

# Region 4 Newsletter

Enhancing the success of women in construction.

[www.nawic4.org](http://www.nawic4.org)

## ***A Message from the Director...***

As I write this, I can not believe that my term as Region 4 Director is almost half completed. It has been an honor and privilege to serve our region and association in this capacity and has truly been the best experience of my NAWIC membership. It has afforded me the opportunities to learn more about our association, work with other amazing NAWIC leaders and helped me to grow personally, professionally. What a great investment in myself! I am really looking forward to another great year as your Director.

Are you investing in yourself? I don't mean spending a day at the spa or buying a new outfit. While that can be very therapeutic, it is not the self investment I had in mind. Are you using your time, talent, energy and money to invest in your professional and personal development? Are you taking advantage of opportunities that could help broaden your sense of self and purpose? I know you are all aware of the educational and professional development opportunities that our association provides, but are you taking advantage of them? Our Annual Meeting is in a few weeks in St. Louis, Missouri. Are you attending? There are several amazing workshops planned including a mock sexual harassment trial, a discussion on generational gaps and NAWIC based workshops to help prepare our members for the upcoming NAWIC fiscal year.

How about our 2011 Region 4 APC in Terre Haute on October 7-8? The theme is 'Back to Basics' (registration information can be found in this newsletter) and will also be my theme for my last year as Region 4 Director. The whole day will be devoted to NAWIC with workshops and getting back to the very basics that this association was founded upon.

But you say, 'Melanie, I just don't have the time!' As with everything else, you need to make time for yourself. Many of us use 'time' (mostly not enough) as an excuse to not invest in ourselves. Our Annual Meeting begins on a Wednesday evening and is concluded at the end of banquet Saturday night. That is really only 3-3 1/2 days of your time. Consider it your 'Time-out' from your job and life to invest in yourself. What if you can't stay for the whole convention? That is ok too. Unless you are on the national board or committee(s), you are not required to attend or stay for the entire convention. Get the most out of what you can! I also know that there may be other situations beyond your control that may keep you from attending and that is ok. We meet around the same time every year, so you know there is always the following year.

*(continued)...*

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***Believe  
Persevere  
Dare***

## ***A Message from the Director...(cont.)***

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Now, APC 2011 is really a one-day event. Not to mention, it is *Saturday!* There will be a come-as-you-are event Friday evening for networking and the NAWIC Store, but Saturday boasts all the workshops and regional assembly. I really encourage you all to come Friday night to take advantage of the networking opportunities and have a chance to catch-up with old friends and make some new friends. Short and sweet!

But you say, 'Melanie, it is so expensive to attend these events!' As you all know everything has a price tag. It is the true value of your dollar that is important. Is there value in attending the Annual Convention or APC? Absolutely! I like to think that the NAWIC convention is the best deal in town. Many other construction associations charge their members \$1,000.00 + to attend their annual meetings and that may not include any meals. Your NAWIC Convention registration not only allows you access to all meetings and workshops, you also get a Welcome Party, 2 lunches and a formal dinner. When you really consider the registration fee, don't get sticker-shocked. It is \$615.00 (\$715.00 for late registrants) for almost 4 whole days of activities. That amounts to approximately \$175.00 per day! Compare that with many one-day workshops you can attend with other associations and professional development providers. I personally have seen one-day workshops for BIM training that amount to almost \$400.00 with no lunch. In simpler terms, couldn't you spend \$175.00+ on one new outfit? Why not consider spending that \$175.00 to really invest in yourself? APC is another very affordable event. Registration is \$75.00/person and the hotel is \$89.00/night. Your registration will include food on Friday evening, and breakfast, lunch and breaks on Saturday. Again... *BARGIN!*

Again, I know there are circumstances beyond our control that will keep us from attending these events and that is ok and an unavoidable part of life. But if you do not have those barriers, don't create them for yourself. We all too frequently expect others to approve of our self-investment opportunities and/or pay our way. Remember that only *YOU* are responsible for your personal and professional growth. NAWIC has the tools to build your future. Will you commit your time, energy and finances for a better you?

I hope you all will meet me in St. Louis!



**Melanie A. Myers , Region 4 Director**

(248) 522-3407 work

(517) 899-5325 cell

mamyers@oaklandcc.edu

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## **Save the Date**

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**Leadership Saturday**

**August 6, 2011**

**Cincinnati, OH**

**56th National Convention**

**August 31-September 3, 2011**

**St. Louis, MO**

**APC**

**October 7-8, 2011**

**Terre Haute, IN**



**REGION 4 NEEDS A NEWSLETTER CHAIR!**

*Are you or someone you know interested in this opportunity?*

*Please contact Director Myers at [mamyers@oaklandcc.edu](mailto:mamyers@oaklandcc.edu)  
or call at (248) 522-3407*

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*“Think Simple” as my old master used to say—meaning  
reduce the whole of its parts into the simplest terms,  
getting back to first principles.*

*Frank Lloyd Wright*

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### construction workers should know **SILICA: It's more than dust**

In the picture above, we see a worker doing some concrete hammering/chipping or another process which is creating a lot of “dust”. The problem is that the material being swept into his lungs and into the atmosphere is not dust - it's respirable silica, and silica exposure can be deadly.

At a recent seminar of the AGC National Safety & Health Committee, Mr. Jim Maddux, Director of the Directorate of Construction for Federal OSHA reported that there are as many fatalities annually in the construction industry from silica as from falls. The problem lies in the fact that silica illnesses don't usually show up right away. It can be years after an exposure for silicosis to be diagnosed, often long after a worker leaves your company and goes to another or even retires, so it is believed to be significantly underreported.

Silica is found in 14% of the world's surfaces, and is generally insignificant...think of all the time you spend at the beach, played in the sand box as a child and dug in your garden at home. We are exposed to silica time and time again without suffering any ill effects, but once it's fractured and inhaled, the crystalline particles adhere to the smallest surfaces of the lungs like barbs, and cause scarring. Once silicosis develops, the damage is permanent and there is no recovery. Pathologists often refer to lungs diseased by silicosis as being “hard as rocks”. Silicosis may be as deadly as asbestos and it acts on the lungs in a very similar fashion. OSHA has proposed a silica exposure standard to protect the nation's workforce against the illnesses caused from silica.

Breathing silica dust can also cause lung cancer and increase the chance of developing tuberculosis. Activities such as tuck point grinding, surface grinding, using a masonry saw, even using a backhoe or bulldozer can raise the air concentration of silica we breathe to levels far above any permissible exposure limit.

Air concentrations of silica dust can vary widely and exposures can be difficult to manage – evaluate what tool is used; how enclosed is the work; are dust controls used; and is the dusty work constant or intermittent when performing an assessment. The easiest way to manage silica dust is to cut it with WATER. Simply water. Nothing else does so much for so little.



**It's not too late to register!**

See [www.nawic.org](http://www.nawic.org) for more information and registration forms!

# back basics

nawic region 4  
annual planning conference  
terre haute, in  
october 7-8, 2011

- FRIDAY            Registration  
                    NAWIC Store  
                    "Come As You Are" WELCOME PARTY
- SATURDAY        BREAKFAST  
                    NAWIC Store  
                    First Timer's Meeting  
                    General Session  
                    Workshops
- Chapter President's/Leadership
  - You're a Chapter Director - Now What?
  - The Value of Your NAWIC Membership
  - NAWIC & Your Employer
  - Membership - Priority # 1
  - Getting the Most Out of Your NAWIC Dollars
- LUNCH
- More Workshops
- Are You a Mentor?
  - But...I am Only a Volunteer!
  - Getting the Most Out of Your C P & E Programs
  - Toxic Members
  - How to 'Right' a Derailed Chapter/Board Meeting
- Wrap Up - Announcements, Closing, Raffles!!!

Don't miss all the valuable NAWIC information that will be presented at this year's Annual Planning Conference!!!!

# back basics



Region 4 Annual Planning Conference
OCTOBER 7-8, 2011
Terre Haute, Indiana

Registration & Payment Due - September 23, 2011
No Refunds after September 30, 2011

Registrant Name:
Company:
Mailing Address:
Phone: Fax:
Chapter Name:
E-Mail Address:

Check Box Below for Membership Status.

Active Member
Corporate Member
Retired Member
Student Member
Associated Member
Member At Large
1st Time Regional Attendee
Guest

Table with 4 columns: Conference Registration, Description, Price, and Amount. Rows include Early Registration, Late Registration, Friday Night Welcome Party, Saturday Luncheon, and NAWIC Store Table Rental.

Vegetarian Lunch Request
Food Allergies

Please include a check made payable to:
NAWIC Terre Haute #303
Attn: Jan Sullivan
3801 Creal Lake Court
Terre Haute, IN 47805

E-Mail Confirmation Requested

Questions? Contact: Amy Lohman @ 812-243-2102 or akkl1978@aol.com
Jan Sullivan @ jpsu@frontier.com

Hotel Reservations Must be Made Directly to Holiday Inn - Terre Haute
3300 US 41 South, Terre Haute, IN 47802
Phone : 812-232-6081
Discount Code: NAWIC
Cost \$ 89.00 Per Night + Plus Applicable Taxes if reserved by 9/23/11

July 22, 2011



Dear NAWIC Supporter,

The National Association of Women in Construction (NAWIC) is a non-profit organization whose core purpose is to enhance the success of women in construction. Chapter meetings, regional conferences and national conventions provide members endless opportunities for professional growth, business networking and educational advancement.

In the fall of 2011 the Terre Haute Chapter of NAWIC will be hosting a regional conference. This educational conference will bring attendees from Indiana, Kentucky, Michigan and Ohio to Terre Haute. More than 100 women in the construction industry will be participating in seminars relevant to their career advancement and leadership goals.

Our chapter is proud to be hosting the event and will provide the best experience possible for our guests. We need your financial support in order to be successful and appreciate your consideration in sponsoring the event at one of the following levels:

**Gold Sponsor \$500** \_\_\_\_\_

Signage at all conference events  
Half-page ad in program  
One complimentary registration

**Bronze Sponsor \$100** \_\_\_\_\_

Quarter-page ad in program

**Other amount \$** \_\_\_\_\_

Special mention in program

**Silver Sponsor \$250** \_\_\_\_\_

Half-page ad in program  
Signage at all conference events

**Yes**, our company will sponsor your event at the level indicated above!

Company Name \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Please return to: Jan Sullivan  
Terre Haute NAWIC #303  
3801 Creal Lake Court  
Terre Haute, IN 47805  
or email to [jpsu@frontier.com](mailto:jpsu@frontier.com)

Payment is requested no later than **August 22, 2011**.

Warm regards,

Amy Lohman, CIT – 2011 Region 4 APC Coordinator

**NATIONAL ASSOCIATION OF WOMEN IN  
CONSTRUCTION  
Terre Haute Chapter #303**



Date: July 22, 2011  
To: National Association of Women in Construction  
Region 4 Presidents & Chapter Members  
From: Amy Lohman, CIT - APC Coordinator  
Re: **NAWIC Region 4 APC Program Book Advertising  
October 7-8, 2011**

The Terre Haute Chapter #303 of the National Association of Women in Construction is hosting Region 4 Annual Planning Conference on October 7-8, 2011. Advertising opportunities are being made available to Region 4 Chapter Presidents, their members and companies at this time.

APC is an annual educational event held for all members of Region 4 and will attract over 80 construction business professionals and tradeswomen from Ohio, Kentucky, Indiana, Michigan and West Virginia. At this time, we are asking for your support of this event.

Business cards or your preformatted advertisement can be submitted as desired. Cards and ads may require sizing to assist with any printing limitations. You may send a hard copy by mail, or you can e-mail your business card or camera ready artwork file in the following formats pdf, tif, and jpg to: Jan Sullivan at [jpsu@frontier.com](mailto:jpsu@frontier.com).

Charges for advertising in the APC Program booklet are as follows: (A full page measures 5 ½ x 8 ½)

Business Card	\$ 20.00
¼ page	\$ 25.00
½ page	\$ 35.00
Full page	\$ 50.00

Please forward your check for your advertisement made payable to: **NAWIC Terre Haute # 303**. A hard copy of your advertisement and/or your business card, plus submittal form should be sent to me at:

Jan Sullivan  
NAWIC Terre Haute # 303  
3801 Creal Lake Court  
Terre Haute, IN 47805

If you have any questions, do not hesitate to contact me at 812-243-2102 or e-mail me at [akk11978@aol.com](mailto:akk11978@aol.com). The deadline to submit your advertisement, business card or camera ready artwork is **September 1, 2011**. Thank you for your continued support of NAWIC!

Sincerely,

Amy Lohman, CIT  
2011 APC Coordinator

**NATIONAL ASSOCIATION OF WOMEN IN  
CONSTRUCTION  
Terre Haute Chapter # 303**



**SUBMITTAL FORM FOR ADVERTISING  
NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION (NAWIC)  
TERRE HAUTE #303  
REGION 4 APC PROGRAM**

The National Association of Women in Construction (NAWIC) Terre Haute #303 thanks you for your support of women in the construction industry today and in the future. With your continued support, women can continue to be active in our community and construction industry.

Name \_\_\_\_\_ E-mail: \_\_\_\_\_  
Company \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip Code \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_

I would like to advertise as follows: (A full page measures 5-1/2" x 8-1/2")  
Please check one:

- \_\_\_\_\_ Business Card      \$ 20.00
- \_\_\_\_\_ 1/4 page                \$ 25.00
- \_\_\_\_\_ 1/2 page                \$ 35.00
- \_\_\_\_\_ Full page                \$ 50.00

For Terre Haute Chapter #303 use only:	
Check Number _____	Date Rec'd _____
Check Amount _____	By _____
Advertisement Page _____	_____

Amount of check enclosed \_\_\_\_\_ made payable to: **NAWIC Terre Haute #303**

Business cards or your preformatted advertisement can be submitted as desired. You may e-mail your business card or camera ready artwork file in the following formats: pdf, tif, and jpg to Jan Sullivan at [jpsu@frontier.com](mailto:jpsu@frontier.com). If sending your advertisement by e-mail, make sure to attach a hard copy of the business card or advertisement to this Submittal Form along with your check and send it to the address below:

Jan Sullivan  
NAWIC Terre Haute # 303  
3801 Creal Lake Court  
Terre Haute, IN 47805

If you have any questions, please do not hesitate to contact me at 812-243-2102 or e-mail me at [akkl1978@aol.com](mailto:akkl1978@aol.com). The deadline to submit your advertisement, business card or camera ready artwork is **September 1, 2011.**

## Chapter Highlights

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**Akron #124** - Our Chapter had a tour of the new Wadsworth High School in July. The construction is still in the early phase as everything is not under roof yet. Don Husted of Turner Construction was our tour guide for the evening. He gave us an informative tour covering many aspects of the job such as the type of block used to the geothermal system installed. We then had our meeting at Alexandris in downtown Wadsworth. We installed one of our newer members, Carly Mussey-Widener of Leonard Insurance. We also were pleased that our scholarship winner, Christine Copeland and her mother Donna Copeland were able to join us for the tour and our meeting. Christine was presented her "check" and her essay was read by Scholarship Chair Mary Fantozzi.

**Bluegrass #367**-For our June meeting, Messer Construction hosted the Bluegrass NAWIC Chapter on a tour through the new University of Kentucky College of Pharmacy Building. This building is the largest pharmacy education building in the world. The pharmacy school is ranked in the top 5 in the U.S. The first three floors were finished in December 2009, and they provide 288,000 SF of research facilities, offices, classrooms and common space. Currently, the fourth and fifth floors are being finished to provide additional research and lab space, offices, conference rooms and student study areas. Messer discussed the challenges involved with scheduling over 20 subcontractors to meet the completion date of October 2011. We would like to thank the project personnel, Kevin Pulsfort and Josh Warren, for a very interesting and enlightening evening. Also thanks to Susan Cox and the CP & E committee for making the arrangements. After the tour, we enjoyed buffet style Mexican dinner and held 2011/2012 officer elections. And the results are... President: Pam McKinney, Vice President: Joan Markwell, Recording Sec: Casi Mendenhall, Corresponding Sec: Medearis Robertson, Treasurer: Lee Pryor, Directors: Stacia Sharff, Debra Shockley, Brandy Veillion and Melanie Anderkin.

**Evansville #79**- Last month, our speaker was Kim Butcher from Indiana Farm Bureau Insurance. It was a very informative talk about auto insurance. One of the main topics discussed was parking lot accidents and how to avoid them.

This month we toured the beautiful new arena being built by Hunt Construction Group in downtown Evansville. It's an amazing facility and it should be completed this fall.

**Grand Rapids Chapter #194**– We are looking forward to our annual NAWIC Statewide meeting in August. The Grand Rapids, Lansing, Detroit and Kalamazoo-Battle Creek chapters will have a joint meeting in Battle Creek, Michigan this year. This month another new member, Leslie Nelson, joined our chapter. Chapter 194 is busy planning and gearing up for another successful NAWIC year.

**Kalamazoo/Battle Creek #302**- On May 19th the Kalamazoo/Battle Creek Chapter #302 joined the Oshtemo Historical Society for a tour of The Oaklands on Western Michigan University's campus. The Victorian Italianate guest residence in the center of Western Michigan University was built in 1869 by a local business man. It burned down once and was re-built then sold several times over the years. After World War II WMU made the property for presidents and center for a new campus. The Oaklands is no longer used by the president. It is a beautiful bed and breakfast open to the public. On June 29th the chapter joined Mickey Rutz, WMU Project Manager, for a tour of new housing on WMU's campus. After nearly 50 years, WMU has construction underway for phase 1 for a new housing facility for students. The Phase 1 complex consists of four three-story apartment buildings and is designed to meet the needs of upper classmen. The complex contains 1, 2, 3 and 4 bedroom units for a total of 300 beds.



# Regional Leadership 2010-2011

## Chapter Presidents

#124 Akron  
**Mary Hosafros**

#367 Bluegrass  
**Kim Hellmueller**

#376 Bowling Green  
**Brenda Thompson**

#64 Cincinnati  
**Jenny Mangas**

#156 Cleveland  
**Amy Hewis**

#86 Columbus  
**Amanda Martin**

#183 Detroit  
**Laurel Johnson, PE**

#79 Evansville  
**Connie Russell**

#59 Ft. Wayne  
**Nancy Kopp**

#282 Toledo  
**Teressa Schaafsma**

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

#34 Indianapolis  
**Jayne Donnelson**

#302 Kalamazoo/Battle  
Creek  
**Myndi Bacon**

#177 Lansing  
**Traci Brower**

#374 Lima Ohio Area  
**Bethany Kimbler**

#320 Lorain County  
**Kelli Moss**

#97 Louisville  
**Angie Stokes**

#311 NW Indiana  
**Jessica Vargas**

#303 Terre Haute  
**Annette Houchin**

National Board  
**Debbie Gregoire, CIT**  
**President**

**Melanie Myers**  
**Region 4 Director**



## Region 4 Committee Chairs

### Construction Profession/Education

**Fleet Fangman, CIT**

Membership

**Candy Riley, CIT**

Memorials

**Nancy Kopp**

Newsletter

**Mardi Gauer, CIT**

PR/Marketing

**Whitney Cecil**

**Carrie Russ**

Safety & Health

**Kathy Dobson, CIT, CHST, LEED AP**

Website

**Heidi Hitz**

WICWeek

**Rachel Heyboer**

Block Kids

**Anne Pflieger, CIT**

**Gina Frick, AIA, CIT, LEED AP**

### CAD/Drafting & Design Build/Garden Shed

**Debbie Mazzola, CDS, CIT**

**Carla Klatt**

NEF Liasion

**Char Terpsma, CBT, CCA, CDS, CIT**

NEF Fundraiser

**Laura Herron**



[www.nawiceducation.org](http://www.nawiceducation.org)

## National Office Contact Information

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### **National Office**

327 S. Adams St.  
Fort Worth, Texas 76104  
Phone (817) 877-5551, Toll free (800) 552-3506,  
Fax (817) 877-0324, email: [nawic@nawic.org](mailto:nawic@nawic.org)  
[www.nawic.org](http://www.nawic.org)

### **NAWIC OFFICE STAFF**

**DEDE HUGHES**, Executive Vice President  
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**DARLENE HUTZEL**, Accountant  
Ext. 21, email: [darleneh@nawic.org](mailto:darleneh@nawic.org)

**LAURI MCCULLOUGH**, Membership Coordinator  
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**TIM ELMORE**, Web Site/IT Manager  
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**AUTUMN DAUGHETEE**, Communications Director  
Ext. 24, email: [autumn@nawic.org](mailto:autumn@nawic.org)

**THERESA PRICE**, Admin. Assist/Store Mgr.  
Ext. 10, email: [theresap@nawic.org](mailto:theresap@nawic.org)

**MICHELLE MILNER**, Communications Designer  
Ext. 13, email: [michellem@nawic.org](mailto:michellem@nawic.org)

