

JUNE 2011



National Association of Women in Construction

# Region 4 Newsletter

Enhancing the success of women in construction.

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

To convention or not to convention, that is the question!? Are you planning on attending the annual NAWIC Convention August 31-September 3 in St. Louis, Missouri? The annual NAWIC Convention is an awesome opportunity to expand your professional development through educational workshops and speakers. You will even have an opportunity to network with NAWIC's from across the country and have some fun in between it all! Since attending my first convention, I never want to miss another. Each convention has something for everyone and why not invest in your personal and professional growth. In these tough times, this is not a waste of your time or money. So...don't miss out on this opportunity!

I want to thank all of you that voted in the national officer elections in June. This year, 34.98% of the overall membership voted compared to 27.06 last year. In Region 4, we had 40.48% of our members voting compared to 33.53% last year. That is an increase of almost 6%! It is certainly not what I challenged the region, but I am nonetheless very pleased with the results. I want to thank all of you that worked tirelessly to get your chapter members to vote. I saw from chapter newsletters and meeting notices that you all made a special effort to get your members to vote this year. Great job!

Leadership Saturday is scheduled for Saturday, August 6 in Cincinnati, Ohio at Messer Construction. Please see the flyer in this newsletter for all the details. As always this is an opportunity for incoming chapter officers, directors, committee chairs to learn about what to expect with NAWIC next year and some leadership training. Also, this year I will be highlighting how to develop a strategic plan for your chapter. I hope you all will consider joining us for this information filled Saturday!

Stay cool my friends!

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

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***Believe  
Persevere  
Dare***



**!!CHECK OUT THE UPDATED REGION 4 WEBSITE!!**

Visit **[www.nawic4.org](http://www.nawic4.org)** to see the latest in Region 4!

Please contact Website Chair, Heidi Hitz for questions, concerns or updates

[hhitz@clarkcc.com](mailto:hhitz@clarkcc.com)

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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

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It is not fair to ask of others what  
you are not willing to do yourself.

Eleanor Roosevelt

# Leadership Saturday

**August 6, 2011**

**10 am-3:30 pm**

Messer Construction  
2495 Langdon Farm Road  
Cincinnati, OH 45237

So...who should attend Leadership Saturday? If you can answer "YES" to the following questions, you should plan to attend!

1. Are you an incoming chapter officer or director?
2. Do you serve on a regional or chapter committee?
3. Are you interested in serving NAWIC on a regional or national level?
4. Are you interested in expanding your leadership skills?

**Cost: \$0.00**

Thank you to the generosity of Messer Construction and the Cincinnati Chapter, the cost per person has been completely sponsored for Saturday. Those in attendance will be treated to a continental breakfast and lunch.

Should you decide to stay Friday night, below please find area hotel accommodations at reasonable rates and in close proximity to Messer Construction.

**RSVP by August 1** to Jenny Mangas at email: [jmangas@tjdtyer.com](mailto:jmangas@tjdtyer.com) or 513-842-2732

## Hotel Accommodations

**Country Inn and Suites**  
2463 East Sharon Road, Exit 15 @ I-75  
Cincinnati OH 45241

**Reservations:** 1-800-596-2375 US Toll-free

**Telephone:** (513) 771-9309

**Drury Inn & Suites Cincinnati North**

2265 E Sharon Rd  
Sharonville, OH 45241

**Reservations:** 1-866-599-6674



***Don't miss out on this information-packed and educational day!***

# Hot, Hot, Hot!

*Kathi Dobson, CHST, LEED® AP*

Yes – it's warm, even hot outside this time of the year, and high humidity days exacerbate the situation. Workers can easily become overcome by the heat, especially when doing the heavy exertion sometimes required by construction activities. More than 30 workers, mostly in construction or agriculture, died in 2010 as a result of overexposure to heat.

OSHA recently launched a nationwide campaign to raise employer and worker awareness of the dangers of heat and how to protect workers, titled "Water – Rest – Shade". So, what does OSHA say are the simple steps to beat the heat?

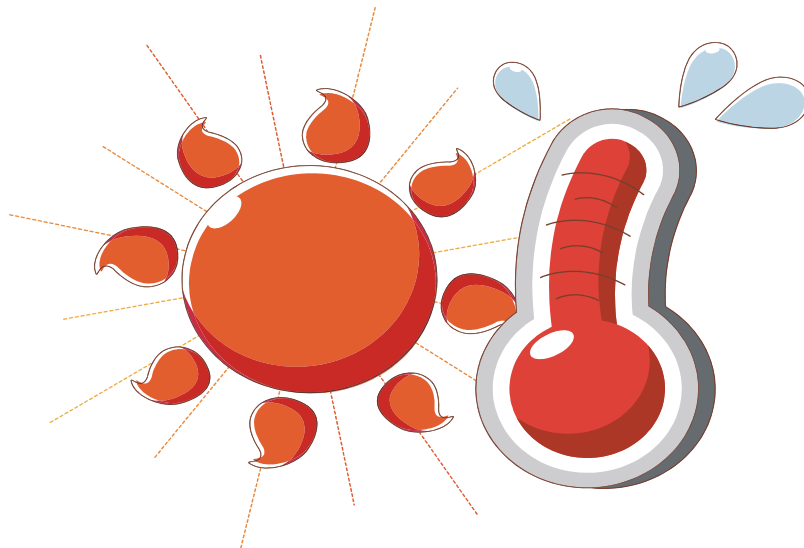
- A. Drink water, even if you aren't thirsty every 15 minutes, up to 4 cups per hour.
- B. Wear light colored clothing
- C. Wear sunscreen
- D. Rest in the shade
- E. Report symptoms of heat illness right away
- F. Watch out for each other
- G. Know where you are working in case you need to call 911

Heat cramps and heat rash are the first signs of overexposure to heat, followed by heat exhaustion.

Heat exhaustion happens when your body loses too much water and electrolytes through sweating. Symptoms may include headache, nausea, dizziness, weakness, thirst and heavy sweating. If not treated, this can lead to heat stroke.

Heat stroke is a medical emergency, and occurs when your body can no longer cool itself down. Symptoms include confusion, fainting, seizures, hot dry skin and a very high core temperature.

Become aware of heat-related problems. Keep reminding workers. Heat kills – don't let it happen to you or **your employees**.



## Chapter Highlights

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**Grand Rapids Chapter #194**– We installed and welcomed our newest member, Jane Anstett, at our June meeting and also held Chapter Board elections. Please join us in congratulating our 2011-2012 Officers and Directors; President Faye Staskewicz, Vice President Cheri Rysko, Secretary Barb Silvis, Treasurer Jane Thelen, Directors Tanya Fredricks, Aileen Leipprandt, and Julie Smigiel. Thanks to Betty Veldhouse, CIT, all our members were contacted and encouraged to vote in the election of our National NAWIC Officers.

**If you would like your chapter's highlights printed in this newsletter, please forward them to Director Myers no later than the 25th of each month.**

**[mamyers@oaklandcc.edu](mailto:mamyers@oaklandcc.edu)**



# 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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### **NAWIC OFFICE STAFF**

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