

National Association of Women in Construction

Wilmington, DE

Newsletter

Issue 6: June/July 2010

July 1, 2010

President's Message

Dear Members:

SAFETY!!! Have you heard that OSHA announced that its Severe Violators Enforcement Program directive is effective as of June 18, 2010? What does this mean to your company? The SVEP program is designed to focus its enforcement efforts on employers who willfully and continually endanger their workers by exposing them to serious hazards. This directive shows that OSHA is serious in taking corrective actions against companies that continue to receive repeat violations. I hope that your company does not fall into this category. When was the last time that you updated your Safety Manual? When was the last time that you reviewed your OSHA Form 300? When was the last time someone inspected the PPE that your employees use? You should be asking yourself and your safety director these questions. I have taken it upon myself to become aware of my company's safety policies, issues, manuals, and meetings. Please take the time to talk to your safety director to see if there is a way that you can help be a part of your safety team.

Our 2010 Elections dinner was held on June 8th at the Iron Hill Brewery in Wilmington. Apryl Parcher was our guest speaker. She spoke to us about the benefits of social media and the networking opportunities that are available through venues such as Twitter, LinkedIn, Facebook and MySpace. The speaker was informative and the buffet dinner was awesome! I would like to give a special thank you to the Elections Committee for putting the dinner together.

You can find the results of the election further into the newsletter. I would like to take this time to **thank** each of you who accepted your nominations and ran for a position on the board. We had some close races in several of the seats. I am going to be giving a Pre-Board Seminar on July 27th at the DCA classroom for all the "newbie's" that will be serving our Chapter as our Board of Directors! Congratulations to these board members who will take office on October 1, 2010.

Please remember two important August dates. August 7, 2010 is the Lantern Queen Riverboat Cruise. I still have 20 tickets left. We NEED to sell these last 20 tickets! Please put up the attached flyer in your break room; take it to the ball field; put it in your neighbor's mailbox! Also, I am looking for a couple of raffle items for cruise. If you want to donate a raffle item, please contact me via email. The other date is August 10. That is our annual planning meeting. We need ALL members present! Especially the new board and the old board and all committee chairs. The meeting location will be announced later. Have a great summer!

Respectfully,

Rhonda Malatesta

President
NAWIC Chapter 96
Wilmington, DE

Chapter 96 Website www.nawicde.org

NAWIC

Chapter 96

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Chapter 96 Board News

2011 Board of Directors Elections Results

President: Cheryl Fern
President Elect: Gladys King
Vice President: Mary Barnhart
Secretary: Lauren Jock
Treasurer: Deanna Burroughs
Directors: Janet Killian, Donna Myers
& Rachel Rossitto
Immediate Past President:
Rhonda Malatesta

Congratulations Everyone!

The election results were announced at the Elections Dinner Meeting on June 8th at Iron Hill Brewery. We had

an evening of food, fellowship and a wonderful presentation given by Apryl Parcher on Social Networking.

A special thank you goes out to our Nominations committee: Deanna Burroughs, Rachel Rossitto & Jennifer Bagley for all of their hard work in running a well organized election and setting up a wonderful evening for the Elections Dinner.

The newly elected officers and directors will begin their terms October 1st. The Installation of Officers dinner will be held on Sept. 14th at the White House Inn.

Upcoming Events

Lantern Queen Dinner Cruise

Sat., Aug. 7, 2010

Annual Planning Meeting

Tues. Aug. 10, 2010
5:30 – 6:30 PM

National Convention

Sept. 1 – 4, 2010
Louisville, KY

Installation of Officers

Tues. Sept. 14, 2010
5:30 – 8:30 PM
White House Inn

Steel Day

Sept. 24, 2010

Girls Gone Pink Making Strides Breast Cancer Walk

Oct. 10, 2010
Rodney Square, Wilm.

Region 1 APC

Oct. 23, 2010
Tarrytown, NY

Luau

Scholarship Fundraiser

Nov. 6, 2010

Forum 2011

April 8 & 9, 2010
Annapolis, MD

Member Spotlight

This month's spotlight shines on:

Debra L. Horn

Debbie is a Director with Rowland Johnson & Company, P.A... Her hometown is Newark, DE. She graduated from the University of Delaware with a Bachelor of Science in Accounting. She has 20 plus years in a Construction related field.

Debbie is a new Member – just recently joining our Chapter. She looks forward to networking, professional development and connecting with other women in the industry.

Her hobbies include: water & snow skiing, also hunting & farming. She is a supporter of the Middletown-Odessa Rotary Club. She has served as President & Treasurer of Wilmington Women in Business (1983-2000); Trade Show Chair (1993) & Associate Member Council (1994-1997) of the Delaware Contractors Association and is currently serving as Audit Committee Chairperson for New Castle County (2010-2012).

Committee News

If you would like to help on any of the committees, please contact the Committee Chair to let them know what you are able to do to help. Any help that you offer is greatly appreciated and goes a long way to the success of our many programs that we have throughout the year.

The Scholarship committee is currently working on the Luau. They are looking for ideas, hands on help, and donations for raffles for this year's event. If you would like to help out or can make a donation, please contact Mary Barnhart at 302-379-4129.

If you have something that you would like to share with the chapter or would like to have announced in the newsletter, please contact Mary Barnhart. You can email the article to her at mbarnhart@easternhighwayspecialists.com

Officers**President**

Rhonda Malatesta

Vice President

Donna Myers

Secretary

Jamie Hersey

Treasurer

Allison Schafferman

Directors

Deanna Burroughs

Pat Dalecki-Doble

Marla DiSalvo

Cheryl Fern

Stephanie Hayes

Lisa McGonigle

Rita Skinner

Committees**Block Kids**

Sallie Ann Conner

Industry Appreciation

"Open"

Professional Construction**& Education**

Donna Myers

Sunshine Committee

Rachel Rossitto

Marketing/Web

Jamie Arnold

Audit

Debra Horn

Scholarship

Mary Barnhart

Safety

Deanna Burroughs

"Open Oct 1st"**Membership**

Alice Lessig

WIC Week

Lauren Jock

Elections Committee

Jen Bagley

Newsletter

Mary Barnhart

HR Corner**How Much Job Stress Do You Have?**

Enter a Number 1 – 10 (1 = strongly disagree & 10 = strongly agree) that best describes you:

I can't honestly say what I think or get things off my chest at work. _____

I could usually do a much better job if I were given more time. _____

I seldom receive adequate acknowledgement or appreciation when my work is really good. _____

In general, I am not particularly proud or satisfied with my job. _____

I have the impression that I am repeatedly picked on or discriminated against at work. _____

My workplace environment is not very pleasant or particularly safe. _____

My job often interferes with my family and social obligations or Personal needs. _____

I tend to have frequent arguments with superiors, coworkers, or customers. _____

Most of the time I feel that I have very little control over my life at work. _____

Add up the replies to each question for your TOTAL JOB STRESS SCORE _____

If you score between 10-30, you handle stress on your job well; between 40-60, moderately well; 70-100, you're encountering problems that need to be addressed and resolved.

Source: AIS The American Institute of Stress www.stress.org/topic-workplace

Workplace Health**Managing Stress by Managing Time**

Take on Only one thing at a time.

Clean off your desk. Most of us spend many stressful minutes each day looking for things that are lost on our desks or in our homes.

Prioritize your tasks. Make a daily "to do" list and try to stick to it. Categorize things you must do today, the things that you have to do but not immediately, and the things that it would be nice to do.

Don't be afraid to say No. All too often we do things out of fear of what someone may think.

Avoid interruptions. When you have a project that requires total concentration, schedule uninterrupted time. Unplug the phone or let your answering machine get the call.

Break overwhelming tasks into smaller pieces, and assign a certain amount of time to each. If you are having trouble with a task, move on and come back to it when you're refreshed.

Reward yourself for being efficient. Take some time out of the day for "you". Go for a walk. Start reading something you've been wanting to read, but haven't had time for.

Resources: AIS www.stress.org HMSI www.hmsincorp.com

Member News**Help Wanted!**

We have open positions in a couple of our committees and we really need some volunteers to step up and take the reins for us. If you would like more information about a particular committee or would like to volunteer, please contact Rhonda Malatesta rmalatesta@emcbrick.com.

The following Committee Chair positions are open: Industry Appreciation

The Safety Committee Chair is looking for a person to take it over after October 1st as Deanna would like to concentrate on her new Treasurer responsibilities.

Safety News

Contributed By Deanna Burroughs

OSHA's Severe Violator Enforcement Directive Is In Effect

Jun 21, 2010 2:47 PM, By Laura Walter

<http://ehstoday.com/safety/news/severe-violator-enforcement-directive-effect-3433/>

OSHA's Severe Violators Enforcement Program (SVEP) directive became effective June 18.

The agency **announced in April** that it was implementing the program to focus on employers who continually disregard their legal obligations to protect their workers.

OSHA's SVEP focuses enforcement efforts on employers who willfully and repeatedly endanger workers by exposing them to serious hazards. The directive establishes procedures and enforcement actions for the severe violator program, including increased inspections, such as mandatory follow-up inspections of a workplace found in violation and inspections of other worksites of the same company where similar hazards or deficiencies may be present.

The directive explains that the SVEP is intended to focus enforcement efforts on employers who have demonstrated recalcitrance or indifference to their OSH Act obligations by committing willful, repeated or failure-to-abate violations in one or more of the following circumstances: a fatality or catastrophe situation; in industry operations or processes that expose workers to severe occupational hazards; exposing workers to hazards related to the potential releases of highly hazardous chemicals; and all egregious enforcement actions.

Visit the **Severe Violator Enforcement Program** directive for more details.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to assure these conditions for America's working men and women by setting and enforcing standards and providing training, education and assistance. For more information, visit <http://www.osha.gov>.

"A Successful person is one who can lay a firm foundation with the bricks that others throw at him or her." – David Brinkley

Safety Training and Education Resources

OSHA Local Office and Website	www.osha.gov
Associated Builders & Contractors (ABC)	www.abcdelaware.com
Delaware Contractors Associations (DCA)	www.e-dca.org
Delaware Safety Council	www.delawaresafetycouncil.org

Your Insurance Agent and Carrier are excellent resources for safety training as well as on site safety inspections to help your company focus their safety training and education programs more effectively.



Date: 08/07/2010

Time: 05:30 sharp!!!

NAWIC / Lantern Queen Riverboat Cruise & Dinner



www.lanternqueen.com

*Boat is docked at : Frank J Hutchins
Memorial Park at the foot of Con-
gress Ave—100 Congress Ave.,
Havre De Grace, MD 21078*

Send Checks to: NAWIC Chapter 96
*4308 Christiana Meadows
Bear, DE 19701*

Tickets are \$65.00 ea
INC: DINNER AND 3 HOUR CRUSIE

Rhonda Malatesta
443-466-6997

*Please join us for the third an-
nual Lantern Queen Riverboat Din-
ner Cruise. We will have music,
dinner, cash bar, raffle items and a
50/50.*

*Dinner includes: Baked Chicken
Bruschetta and Classic French Beef
Bourgionne and fabulous desserts!*

Event will be held rain or shine!
Be at boat dock by 5:30.

NAWIC