

# National Association of Women in Construction

Wilmington, DE

Newsletter

Issue 13: April 2011

April 2011

## President's Message

Dear Members,

Thank you! Thank you! Thank you! I was completely surprised to receive the Region 1 Rising Star Award at our Annual Forum this past weekend. I would like to thank all of you for the support during my NAWIC career, it really means a lot. Our chapter is one that is looked up to by other chapters within Region 1 for our ability to maintain and grow our membership as well as one that "gets things done". It takes all of us to make Wilmington Chapter 96 a success.

WOW! What a fantastic Region 1 2011 Forum. The ladies of the Baltimore Chapter put together a fantastic event. It was great to meet new people from other Chapters and our very own National President Debbie Gregoire was in attendance. The speakers were very informative and had great ideas on how to market our association, our companies and ourselves.

With elections for 2011-2012 Board coming up, Debbie offered our region a challenge. The Region with the greatest increase in participation in voting for the National Officers will win a prize. Our Region had only 12.87% participation last year. I know that the region can do a lot better and I challenge each of you to cast your votes. Since the ballots can be sent via e-mail, there is no reason not to vote, I know we can do our part and have 100% participation. You can learn about the candidates simply by going to the national website, [www.nawic.org](http://www.nawic.org). All members with an e-mail address should receive a ballot via e-mail, if you do not receive it, please let me know.

Our elections committee has been formed, thank you Alice Lessig, Alisha Bryson & Stephanie Hayes for stepping up and volunteering. We will be receiving an e-mail from the committee nominations for the open positions.

Respectfully,

***Cheryl Fearn***

President

***Coming together, sharing together, working together, succeeding together.***  
***~unknown~***

NAWIC

Chapter 96

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## Chapter 96 Board News

### Board Meeting

The next Board Meeting will be Monday May 2 @ 5:00PM. The meeting will be held at Bancroft Construction Company in their Board Room. We will be finalizing the details for Industry Appreciation dinner.

As always – board meetings are open to all members.

### Upcoming Events

#### Women's National Health Week

May 8 – 14, 2011

#### May Board Meeting

May 2, 2011 @ 5pm

#### Industry Appreciation Dinner

May 10, 2011

#### June Board Meeting

June 14, 2011 @ 4pm

#### June Election Dinner Meeting

June 14, 2011 5:30PM

#### 56<sup>th</sup> Annual Convention

Aug. 31 – Sept 3, 2011  
St. Louis, MO

#### Region 1 APC 2011

Oct. 14 - 15, 2011  
Newark, DE

#### Region 1 Forum 2012

April 28 – 29<sup>th</sup>, 2012  
Philadelphia Chapter  
Location: TBD

#### 57<sup>th</sup> Annual Convention

Aug. 29 – Sept. 1, 2012  
Denver, CO

### Industry Appreciation Dinner

May 10, 2011 @ Timothy's on the Riverfront

Cocktails: 5:30pm Dinner: 6:00pm

**Please send in your Reservations!**

### June Board Meeting

Will be held on June 14, 2011 @ 4:00pm.

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*Life is really simple, but we insist on making  
it complicated. ~ Confucius*

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## Committee News

### WIC WEEK

Was a great Success – Thanks to Lauren Jock for putting together such a great week of events!

### 2011 Region 1 APC Committee

There are many ways you can help the committee organize and get ready for hosting this fall's APC event. It will be held the Weekend of October 14<sup>th</sup> & 15<sup>th</sup> at the Christiana Hilton. Please contact Gladys King to find out what you can do to help make this regional event a great success!

### Elections/Nominating Committee

Alice Lessig, Alisha Bryson & Stephanie Hayes have volunteered to be our Elections Committee this year. An email has gone out to all members requesting nominations. Please make sure you get in your nominations by 5/4. Voting Ballots will be sent out on 5/9 with two weeks to get votes in. We are looking for 100% voting participation.

### Committee Chair Opening

The Safety Committee Chair position will be coming open. If you are interested in being a committee chair – please contact Cheryl Fearn.



## Health

### Officers

#### **President**

Cheryl Fearn

#### **President Elect**

Gladys King

#### **Vice President**

Mary Barnhart

#### **Secretary**

Lauren Jock

#### **Treasurer**

Alice Lessig

#### **Directors**

Janet Killian

Donna Myers

Rachel Rossitto

#### **Immediate Past President**

Rhonda Malatesta

### Committees

#### **Block Kids**

Sallie Ann Conner

Rachel Rossitto

#### **Construction Profession & Education**

Donna Myers

#### **Sunshine Committee**

Rachel Rossitto

#### **Marketing/Web**

Gladys King

#### **Audit**

Debra Horn

#### **Scholarship**

Mary Barnhart

#### **Industry Appreciation**

Janet Killian

#### **Safety**

Rhonda Malatesta

#### **Membership**

Alice Lessig

#### **WIC Week**

Lauren Jock

#### **Elections Committee**

Alice Lessig, Alisha Bryson,  
Stephanie Hayes

#### **Region 1 APC 2011**

Gladys King

#### **Newsletter**

Mary Barnhart

### Computers and Your Eyes

#### Can looking at computer screens damage my eyes?

No. While complaints of eye fatigue and discomfort are common among computer users, these symptoms are not caused by the computer screen itself. Computer screens give off little to no harmful radiation. All levels of radiation from computer screens are below levels that can cause eye damage such as cataracts.

#### Can looking at a computer screen cause eyestrain?

Fatigue, dry eyes, bad lighting, or how you sit in front of the computer can cause eyestrain. Symptoms of eyestrain include sore or irritated eyes and difficulty focusing. You may also have symptoms of eyestrain if you need glasses or a change in your glasses.

#### How to Prevent Eyestrain

Making changes to your computer workspace and visiting your eye doctor can help prevent eyestrain.

Place your screen 20-26 inches away from your eye and a little bit below eye level

Use a document holder placed next to your computer screen. It should be close so you don't have to swing your head back and forth or constantly change your eye focus.

Change your lighting to lower glare and harsh reflections. Glare filters over your computer screen can also help.

Get a chair you can adjust.

Choose screens that can tilt and swivel. A keyboard that you can adjust is also helpful.

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

## Common Eye Myths

Myth: Eating carrots will improve your vision.

Fact: While it is true that carrots are high in vitamin A, which is an essential vitamin for sight, only a small amount is necessary for good vision.

Myth: There is nothing you can do about preventing sight loss.

Fact: Regular eye exams and proper safety eyewear can save your sight.

Myth: An eye exam is only necessary if you're having problems.

Fact: Everyone should follow a proper eye health program that includes a regular eye exam, whether or not they're having any noticeable signs of problems.

Myth: Reading in dim light can damage your eyes.

Fact: Reading in dim light can cause eye fatigue, but it will not hurt your eyes.

Myth: Failure to use proper glasses will hurt your eyes.

Fact: This statement does have some truth for a small number of people. Some children have eye problems that can be corrected, and it is important that they wear their glasses. While corrective glasses and contacts are needed to improve eyesight, using your eyes with or without glasses will not damage them further.

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



Region 1 Forum was an awesome weekend full of educational speakers, announcements and getting to know members of our sister chapters.



National President Debbie Gregoire was in attendance and gave an excellent presentation on Leadership Skills.

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*Life is like riding a bicycle.  
To keep your balance, you  
must keep moving.*

*Albert Einstein*

Our very own Cheryl Fearn was the proud recipient of the Region 1 Rising Star Award - pictured here with our Region 1 Director Jennifer McElroy.



Maura Hesdon of the Philadelphia, PA Chapter 145 was the recipient of the Region 1 Super Star Award.

Maura is also our Region 1 Director Elect. She is looking forward to her new duties with the guidance from Jennifer. She will assume her roll as director immediately following Convention.



## Member News

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WIC Week We had a week full of fun!

Wilmington, DE Chapter 96 was the recipient of the Region 1 Best Community Service Event/Project Award.



Corporal Evans & Corporal Derbyshire showed us some self defense moves as well as some great pointers.



Christopher Gilbert, Project Director for Skanska USA Building Inc., guided us through a tour of the Wilmington Hospital. We had dinner at Washington Ale House following the tour.



Hard Hat Happy Hour was held at Iron Hill Brewery. We had a great time! Janet Killian was the winner of the word scramble with 264 words – she won a massage at Mind, Body & Soul Massage. Pat Dalecki-Doble was the lucky winner of the Pink Hard Hat raffle.



We finished the week with putting all the donations together that were collected for the Salvation Army. We had collected a generous amount of food and clothing along with \$200 in cash donations.



National Association of Women in  
Construction

Wilmington, NC

www.nawicde.org

NAWIC

## SAFETY TID BIT

04/01/11

Cranes & Derricks

### OSHA issues Guide to help Small Businesses comply with Crane & Derricks



To learn more about OSHA please visit their website at [www.osha.gov](http://www.osha.gov)

On March 8, 2011 OSHA released a guide to help the small entity comply to the Crane and Derricks in Construction rule that was released in August 2010.

The guide explains the requirements for training, qualification and certification for operators, signalperson, riggers and maintenance/mechanics as well as all other rules pertaining to the safe operation and maintenance of cranes and derricks.



The rule was last updated in 1971. The equipment and the industry has changed dramatically over the last 40 years and an updated was needed. I am attaching the link for the guide and encourage all of you to read it. I have also attended a seminar at DCA given by Willis Construction. Both the guide and the seminar helped me to identify the issues that I needed to update for the use of our boom truck.

Upcoming Topics

- SHARP Program
- Top 10 construction Safety Violations

If you should have questions after reading the guide, please direct them to Vince Soss at OSHA. His email address is [Soss.Vince@dol.gov](mailto:Soss.Vince@dol.gov)

Website link for guide: [www.osha.gov/cranes-derricks/small\\_entity.html](http://www.osha.gov/cranes-derricks/small_entity.html)



Please contact Rhonda Malatesta, Safety Chair for NAWIC Chapter 96 with any safety questions or topics that you would like information on or would like to share with other chapter members. [Rmalatesta@emcbrick.com](mailto:Rmalatesta@emcbrick.com)