

National Association of Women in Construction

Wilmington, DE

Newsletter

Issue 13: Aug /Sept 2011

August/September 2011

President's Message

Dear Members,

As my term as your President comes to an end I want to extend my sincere appreciation for all of your contributions. This year has been amazing and our members deserve a lot of the credit. Your hard work and dedication have made my year very rewarding, both professionally and personally. I have said this one hundred times before, at least, but I will continue to repeat myself as long as anyone is listening, I am part of the best organization anyone could be affiliated with...Chapter 96 ROCKS!

As you all know personal tragedy prevented me from attending two of the final events of my Presidency, I was looking so forward to both. A few little birdies told me that the site tour of the Girl Scout's Lynn W. Williams Science and Technology Lodge was great. I was also unable to attend the National Convention in St. Louis, however our delegates Vice President Mary Barnhart & President – Elect Gladys King brought home a lot of information & ideas to share with the chapter.

The Chapter is looking for a few good women....I am hoping to fill Committee Chair positions Elections Committee & Safety Committee, if you are interested in serving as a Chair person or on any committee, please let me know. Our very own Mary Barnhart & Karen Burton have accepted positions as Region 1 Chairs for WIC Week & Membership respectively. Thank you ladies!

I am looking forward to working with our new officers, board of directors & members to make next year even better!

P.S. Thank you so much for the message that you all gave to my daughters and I....we cannot wait to find a day that we are all available and take advantage of the mother/daughter time.

Respectfully,
Cheryl Fearn
President

“Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has. “

-Margaret Mead

NAWIC

Chapter 96

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Chapter 96 Board News

Board Meeting

The next Board Meeting will be in October 18, 2011 @ 5:00pm
at the Christiana Club house.

As always – board meetings are open to all members.

Upcoming Events

Region 1 APC 2011
Oct. 14 - 15, 2011
Newark, DE

October Board Meeting
Oct. 18, 2011
5:00pm

November Board Meeting
Nov. 15, 2011
4:30pm

November Member Mtg
Nov. 15, 2011
5:30pm

Holiday Dinner Meeting
Dec. 20, 2011
5:30pm

January Board Meeting
Jan. 17, 2011
4:30pm

January Member Mtg
Jan. 17, 2011
5:30pm

Block Kids
Feb 4, 2011

Region 1 Forum 2012
April 28 – 29th, 2012
Philadelphia Chapter
Loews Philadelphia Hotel
Philadelphia, PA

57th Annual Convention
Aug. 29 – Sept. 1, 2012
Denver, CO

APC Meeting

The Next APC Committee Meeting will be October 6, 2011 @ 4:30pm
DCA Board Room

Jobsite Tour

Longwood Gardens as part of APC
October 14, 2011

Region 1 Annual Planning Meeting

October 15, 2011 beginning at 7:00am
Christiana Hilton Newark, DE

"Excellence is not a skill. It is an attitude."

~ Ralph Marston

Committee News

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 14th & 15th at the Christiana Hilton. Please contact Gladys King to find out what you can do to help make this regional event a great success! We need help with Registrations, raffles, chapter sales, etc.

Community Outreach

The Chapter will again be doing a holiday program to help families in need. As more information becomes available we will pass it on to the membership. We anticipate having another successful year!

Chapter 96 History

Chapter 96 History is being collected by Mary Barnhart. If you have documents from events and/or pictures of events from over the years, please contact Mary. She will make copies and return the originals to you. We are compiling a Chapter History book for our 50th anniversary.

***For everyone of us that succeeds, it's because there's somebody
there to show you the way out.***

-Oprah Winfrey



Office Tips

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

Attitude

“ The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...ahome. The remarkable thing is we have a choice every day regarding the attitude we embrace for each day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you...we are in charge of our Attitudes.”

~ by Charles Swindoll

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

Cheryl Fearn

Safety

Janet Killian

Membership

Karen Burton

WIC Week

Lauren Jock

Elections Committee

Alice Lessig, Alisha Bryson,

Stephanie Hayes

Region 1 APC 2011

Gladys King

Newsletter

Mary Barnhart

Health

The Twenty Questions: How Do I Know If I'm a Workaholic?

1. Do you get more excited about your work than about family or anything else?
2. Are there times when you can charge through your work and other times when you can't get anything done?
3. Do you take work with you to bed? On weekends? On vacation?
4. Is work the activity you like to do best and talk about most?
5. Do you work more than 40 hours a week?
6. Do you turn your hobbies into moneymaking ventures?
7. Do you take complete responsibility for the outcome of your work efforts?
8. Have your family or friends given up expecting you on time?
9. Do you take on extra work because you are concerned that it won't otherwise get done?
10. Do you underestimate how long a project will take and then rush to complete it?
11. Do you believe that it is okay to work long hours if you love what you are doing?
12. Do you get impatient with people who have other priorities besides work?
13. Are you afraid that if you don't work hard you will lose your job or be a failure?
14. Is the future a constant worry for you even when things are going very well?
15. Do you do things energetically and competitively including play?
16. Do you get irritated when people ask you to stop doing your work in order to do something else?
17. Have your long hours hurt your family or other relationships?
18. Do you think about your work while driving, falling asleep, or when others are talking?
19. Do you work or read during meals?
20. Do you believe that more money will solve the other problems in your life?

Three positive answers are considered an indicator there may be a problem with workaholism. After carefully considering your answers to the above questions and perhaps even talking about them with your family and friends, you may come to realize that there is a problem. Most of us were slow to fully comprehend the signs of our problem. Recovery began when we identified with workaholic behaviors. It was our first step. Awareness of our problem opens the door to possible solutions.

~ Workaholics Anonymous



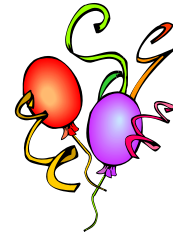


August Birthday's

Gladys King
Cheryl Fearn

September Birthday's

Sallie Ann Conner
Donna Myers
Lauren Jock



Announcements

The installation of Officers ceremony and dinner were held at Timothy's on the Riverfront on September 13th. It was a beautiful ceremony performed by Pat Dalecki-Doble. Below is a picture of our newly installed officers. Please be sure to congratulate them at the next member meeting!!

The future belongs to those who believe in the beauty of their dreams

~ Eleanor Roosevelt



I think the key is for women not to set any limits.

~ Martina Navratilova



Proper Lifting

Most of us forget the importance of our backs for the enjoyment of a normal, happy and successful life. However, the back contains one of the most critical muscle groups in the body, as well as the spinal cord and associated vertebrae and disks. Everyone working in the building industry must lift materials to either put them into place or to expedite from one location to another. Back injuries are cumulative; a lot of small injuries lead up to a big one. It is, therefore, important to remember the key elements of proper lifting.

Preparing to Lift

- Do you need help? Get help if needed.
- Do you need to stretch before preparing to lift?
- Determine the load capacity
- Determine your ability to handle the load
- Wear safe shoes
- Wear gloves to protect your hands if the surface is rough
- Make sure you have a clear walkway

Making the Lift

- Center the load between your legs or shoulders
- Always bend with your legs
- Keep your back straight
- Lift with your legs (you can feel your legs muscles doing the work)
- Keep the load close to your body (hug the object you are lifting)

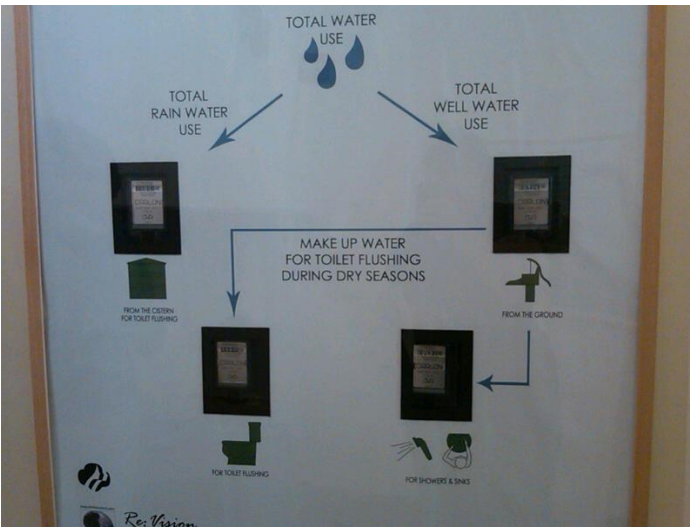
Moving the Load

- Keep your back as vertical as possible
- Keep the load close to you
- Don't twist your body – move your feet
- When lowering your load, bend with the knees and keep your back straight

Remember to follow these rules of lifting and you will give your back a break rather than break your back.

Note to remember - The only thing you will prove by lifting more than you should is that your back is a poor substitute for a forklift. Think before you lift – every time!

Lynn W Williams Science & Technology Lodge - Girl Scouts



An amazing amount of talent and knowledge went into the planning, design, and building of this very fascinating lodge. The women that developed this idea and made it happen were just amazing. The talent and determination of the project team as well as the contractor that took the concept and made it into a reality. The amount of information that we were given as we toured this outstanding facility was just overwhelming at best. From inside out this LEED Platinum building is an education in itself to just hear about how the concept had to be turned into a reality and all of the challenges that came with that.

It was also amazing to meet the woman that this lodge was named after, Lynn Williams. What an amazing woman. Her dedication and enthusiasm to see this project succeed from conception to ribbon cutting was just pouring out of her as she spoke about the beginnings and some of the small stumbling blocks that they over came as they worked to make this dream into a reality. Unknown to her ~ the sign would be changed just before the actually opening to unveil the final name for the facility.

We look forward to future tours with these amazing women as well as working with them on future projects.