

National Association of Women in Construction

Wilmington, DE

Newsletter

Issue 7: August 2010

August 2, 2010

President's Message

Dear Members:

On behalf of Chapter 96 members I would like to congratulate Skanska USA Building, Inc specifically, Lyle Frederick and Lauren Jock. Their company was selected as the recipient of the 2010 NAWIC Region 1 Safety Excellence Award in Building Construction! This award recognizes a NAWIC members company that stands out above the rest in Construction safety. Our chapter submitted two entries into the Regional Contest and Skanska was chosen #1 from all the entrants received from Maine to Washington D.C!

Summer is in full swing and though we may not be having too many members meetings due to summer vacations, there are several committees who are still very busy with planning fall events. The Scholarship committee is busy planning the 2010 Luau fundraiser. Members should be receiving news about tickets sales for the Luau. Mary Barnhart will be emailing out a "sponsorship/donation" letter to each of you. We ask that you send this letter out to your customers, vendors, etc that you feel may want to take part in this event. Save the date: November 6, 2010 at the Christiana Meadows Clubhouse. Wear your best Hawaiian wear!!

Deanna Burroughs, our current Safety chair has been busy planning a "live-burn" event with Austin Pruitt. This event will be a membership meeting taking place on location. We will be taught the proper use and handling of a fire extinguisher. We will actually be taught how to read the meter, how they are restored and inspected and we will get hands on practice with putting out a barrel style fire. I feel that this will be an exciting meeting and very educational. We are planning a dinner to follow.

Members should be seeing their renewal emails coming very soon. Please be sure to renew, and while taking the time to renew, please reach out to a few of your associates and tell them about NAWIC. We are always looking to recruit new members!

See you on the Lantern Queen Riverboat on August 7. Tickets are still available!

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

New Board Training

The incoming new board members met Tuesday evening for training with Rhonda Malatesta. The evening was a great way for the new board members to get to know each other and interact on key issues while learning to work as a team. The 2011 Board members would like to thank Rhonda for taking the time and putting this event together.

Annual Planning Meeting

Our annual planning meeting will be on Tuesday, August 10th @ 5:30pm. Please bring all your ideas to help us plan another great year of activities. The meeting will be held at the Christiana Meadows Clubhouse.

National Convention

We will have two new board members attending the convention this year; Cheryl Fearn (incoming President) and Mary Barnhart (incoming Vice President). They will be traveling to Kentucky on August 31st and returning September 5th. We look forward to hearing all about convention and the many events that they attend.

Upcoming Events

Lantern Queen Dinner Cruise

Sat., Aug. 7, 2010

Annual Planning Meeting

Tues. Aug. 10, 2010
5:30 – 7:30 PM
Christiana Meadows
Clubhouse

National Convention

Sept. 1 – 4, 2010
Louisville, KY

Installation of Officers

Tues. Sept. 14, 2010
5:30 – 8:30 PM
TBD

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:

Pat Dalecki-Doble

Pat is a Project Manager with Battaglia Electric, Inc. Her hometown is Wilmington, DE. She has completed a 4 year Electrical Apprenticeship. Starting her career in the Air Force Reserves, she now has 31 years in construction. Pat is a seasoned member of NAWIC. She has been a member for 18 years in which she has served as Vice President and as a Board Member. Pat enjoys the camaraderie, the networking and the confidence building that she has found while being a NAWIC member. She also takes pleasure in giving back to the industry through her NAWIC membership and volunteer activities.

Her hobbies include playing games and watching movies. She is a supporter of the Boys & Girls Club and the Cancer Society.

While working for Hatzel & Buehler, she became a member of NAWIC, which she says is one of the highlights of her career.

Committee News

2010 Fundraiser Luau

The Scholarship committee is currently working on the **2010 Luau**. The event will be held on November 6, 2010 at the Christiana Meadows Club House. Tickets are \$35 ea or \$60/couple. We are looking forward to a very successful Luau this year! To purchase tickets, to help out or to make a donation, please contact Mary Barnhart at 302-379-4129 or MaryB.NAWIC96@yahoo.com

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 at rmalatesta@emcbrick.com.

Officers

President

Rhonda Malatesta

Vice President

Donna Myers

Secretary

Jamie Arnold

Treasurer

Allison Schafferman

Directors

Deanna Burroughs

Pat Dalecki-Doble

Marla DiSalvo

Cheryl Fern

Stephanie Hayes

Lisa McGonigle

Rita Skinner

Committees

Block Kids

Jamie Arnold

Construction Profession & Education

Donna Myers

Sunshine Committee

Rachel Rossitto

Marketing/Web

Jamie Arnold

Audit

Debra Horn

Scholarship/ Industry Appreciation

Mary Barnhart

Safety

Deanna Burroughs

"Open Oct 1st"

Membership

Amy Grubb

WIC Week

Lauren Jock

Elections Committee

Jen Bagley

Newsletter

Mary Barnhart

HR Corner

Time Management Tips

Keep Prioritized "to do" Lists: List tasks you must complete in order of priority (most important to least important). Cross off items as you complete them.

Schedule Breaks: Schedule breaks at regular times. You'll be less likely to goof off when you should be working.

Learn to Delegate: Don't try to do it all yourself. Assign jobs to others.

Get Organized: It's much easier to accomplish tasks if your work area is organized.

Learn to Say "No" to your boss: What can you do when your boss gives you more work than you can complete on time? It's better to turn down an assignment than fail to complete it.

Stop Procrastinating: Procrastination can ruin your career if it results in completing projects late or not at all.

Get Enough Sleep: Although it's tempting to work long hours, in the end you're actually less efficient when you're tired.

Workplace Health

Too Busy for Hour Long Workouts?

There are many ways to work in daily exercise into your life – just get up and build a life-long habit of moving more.

At home - Pace while thinking or talking on the phone. Walk the kids to school or to the bus stop. Welcome the day with a walk and a blast of fresh air. Walk through a shopping mall or do errands on foot. At the grocery store while shopping – walk up and down every aisle to add a few more steps. In the parking lot – skip the closest spot and add a few steps to and from your destination. Just do some basics with some resistance bands while talking on the phone or watching TV. Ride a bike, rollerblade or walk around the neighborhood. If you can't miss your TV in the evening – buy a treadmill and place it near the TV!

At work – move some things around so they are not so "convenient". Rolling the chair from your desk to the printer doesn't count – you need to get up and move! As you complete projects – take care of them then – file, take to another office etc., just get up and move. Take a quick walk at lunch time around the block or around the building.

Where a step counter to work one day – do your normal routine and see how many steps you take. Then see how you can add steps to your day and build up the count a few steps every week. It not only helps your physical health but also aids in your mental health by helping to relieve stress. Take a deep breath and just get up and move!

Member News

Girls Gone Pink

Come out and Support Donna Myers & Allison Schafferman's "Girls Gone Pink" team to help "Hammer Out Breast Cancer" at the 2010 Making Strides Breast Cancer Walk. The Walk will start at Rodney Square in Wilmington on October 12, 2010, rain or shine. If you would like to join the team or support them in other ways, please visit their team page for more information at:

<http://main.acsevents.org/goto/girlsgonepink>

Safety News

Contributed By Deanna Burroughs

Heat Exhaustion/Sunstroke



Excessive heat causes accidents in many ways. It becomes more difficult to concentrate on the job, you sweat, and you get tired and nervous, and begin making errors in judgment. When the temperature exceeds 90o, everyone needs to be aware of the danger signs.

How to prevent heat exhaustion: Avoid consuming alcohol and ice water while working. Drink plenty of cool fluids; citrus or fruit juices work best. Avoid heavy, fatty-type foods. Avoid fatigue; get plenty of rest. Replace lost body salts. See a doctor if you are not feeling well.

How to recognize heat exhaustion: A person is dazed, staggers or becomes dizzy. There is a feeling of nausea or vomiting; the person also can feel chilly. Their face looks pale. There is a weak pulse and body temperature is below normal. A person is lying out unconscious.

What to do: Call for emergency medical assistance. Keep the victim lying down with their head lower than their feet. Loosen the victim's clothing. Keep the victim warm. (Remember, one of the results is the person feels chilly.) Give fluids if possible. Avoid ice water and alcohol. Salt solutions are best.

Remember – both heat exhaustion and sunstroke are serious matters. In both cases, the body is reacting to a life threatening situation. Do not take chances. Should you begin to feel ill, take a break and drink some cool (not ice) water or something else other than an alcoholic beverage. Both injuries frequently cause a lack of consciousness; in our business, that can lead to a serious injury.

“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.

Congratulations!

NAWIC would like to announce the winner of this year's Region 1 Safety Excellence Award is our own Skanska, Wilmington office! This award is given to companies who excel at safety performance, occupational health management and risk control and is selected from all submissions in region 1, covering the Mid-Atlantic corridor from Maine to Washington DC. In addition, we would like to give honorable mention to EDiS Company, which also had a stellar submission this year.

