

National Association of Women in Construction

Wilmington, DE

Newsletter

Issue 10: January 2011

January 2011

President's Message

Dear Members,

HAPPY NEW YEAR!!!!!!!!!!!!!! I hope that 2011 is a happy, healthy and prosperous year for all of us. Thank you to everyone contributing to our holiday Adopt A Family this year and to those of you that joined us at the Holiday Meeting, the food was great at Firebirds, but the company was even better. A special thank you to Donna Myers for standing in for an over emotional me and giving the toast.

As the holiday season comes to an end and the new year begins, let us remember to keep the season of giving going. Gifts come in many different ways, not just monetarily. Many of us have elderly or retired neighbors checked on, sometimes just stopping by to say "hi" brightens their day. Offer to shovel their drive or some baked goods. Many people are in dire need of help at this time due to unemployment but are too proud to ask for help – small purchases can help them out, an offer of a gallon of milk can even be a big gift in itself.

Block Kids is just around the corner and I am hoping for a great turn out this year. Please contact Sallie Ann Conner or Rachel Rossitto to find out what the committee needs. This event is always one of our biggest and most fun, so bring the family and tell your friends!

Respectfully,

Cheryl Fearn

President

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day. ~ Edith Lovejoy Pierce

NAWIC

Chapter 96

Inside:

Upcoming Events	2
Board News	2
Member Spotlight	2
Committee News	2
HR Corner	3
Workplace Health	3
Member News	4



Chapter 96 Board News

Board Meeting

Our next meeting will be held on January 11, 2011. We will be having a jobsite tour of Margaret Sterck School for the Deaf beginning at 5pm followed by dinner at Brio Tuscan Grille at Christiana Mall. We look forward to seeing everyone there!

Adopt-A-Family

This year we did Adopt-A-Family for our Holiday activity. We adopted a Single Mom with 4 children. The event was a great success. We were able to give each member of the family a new coat; each child a new outfit and a couple items from their wish list; along with a grocery gift certificate and a Visa Gift Card for Family household needs. We can really make things possible when we work as a team.

Holiday Dinner Meeting

We had our annual Holiday dinner meeting at Firebirds Wood Fired Grill. It was a wonderful evening relaxing by the fireplace for cocktails and dinner with friends.

What a fabulous group of ladies to celebrate the holidays with!



Upcoming Events

January Monthly Meeting

Jan. 11, 2011
5:30PM

Block Kids

Feb. 5, 2011

WIC Week

Mar 6 – 12, 2011

March Monthly Meeting

Mar. 8, 2011
5:30PM

Region 1 Forum 2011

April 8 & 9, 2011
Annapolis, MD

April Monthly Meeting

Apr. 12, 2011
5:30PM

Industry Appreciation Dinner

May 10, 2011

June Monthly Meeting

June 14, 2011
5:30PM

56th Annual Convention

Aug. 31 – Sept 3, 2011
St. Louis, MO

Region 1 APC 2011

TBD
Wilmington, DE

Member Spotlight

This month's spotlight shines on:

Rachel Rossitto

Rachel is a Commercial Loan Officer with the Wilmington Economic Development Corporation/Delaware Community Development Corporation.

Her home town is Wayne, NJ. She has a dual bachelor's degree in Finance and Business Administration from the University of Delaware.

Prior to working for WEDC/DCDC, she was a Financial Advisor for Diamond State Financial Group. In her spare time she enjoys running, reading and supporting causes such as Breast Cancer research and Diabetes research.

Relatively new to the Construction field, she has enjoyed the opportunity to meet and network with other women in the construction industry the past 2 years she has been a member of NAWIC. She is currently serving as a Director and she is on the Block Kids Committee.

Rachel says that when she started working after college, she hardly knew anyone since she didn't grow up here, her office only has 2 other employees besides her. She says that NAWIC is a great way to meet people who are instantly welcoming!

Committee News

Membership Committee

Do you know anyone that would benefit from becoming a member of NAWIC? Please refer them to our website as well as the National Website for more information.

Block Kids

Block Kids is approaching fast with just weeks to go before the big event. The committee is still looking for additional help with this activity. Please contact Sallie Ann Conner 302-731-5566 or Rachel Rossitto 571-9093 to see what they need help with. This is one of our biggest events!

*"Cheers to a new year
and another chance for
us to get it right!" ~
Oprah Winfrey*

HR Corner

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

Alexis King

Marketing/Web

"Open"

Audit

Debra Horn

Scholarship

Mary Barnhart

Industry Appreciation

Janet Killian

Safety

Rhonda Malatesta

Membership

Alice Lessig

WIC Week

Lauren Jock

Elections Committee

"Open"

Newsletter

Mary Barnhart

January is the most depressing month of the year so it is essential that we beat the January blues in the workplace - With people suffering from the Christmas overindulgence - Money is low and summer seems so far away, with low moods comes low productivity – it's of vital importance that we approach this month more positively. So, how can we and our employees avoid the January blues?

1. Organize your workspace - there is definite evidence that an organized workspace will raise your mood and encourage you to work more effectively. Put aside half an hour this week to organize your workspace and then ensure at the end of every working day you spend 2 minutes setting it back to this level of organization.
2. Continue positive themes from December - a very positive month with the joy of Christmas and the thought of the new start the New Year brings - focus on positive areas of the business and keep employees continually aware of them.
3. Start up internal events - Christmas doesn't have to be the only fun time of year in the workplace. Set up internal events within the organization. These could be charity based, such as cake sales or fancy dress days. Alternatively, you could set up internal exercise classes, such as dance or aerobics. Being more sociable has been shown to decrease depression levels, therefore creating a sociable working environment will go some way to help combat those January blues.
4. Set personal objectives - having a focus and something to aim for in January can be one sure fire way to push away the January blues. These could be small objectives, such as spending time chatting to each member of your team every day, or larger objectives such as a further skill or qualification. Having a focus in January will see the month fly by!
5. Lower your expectations - many people expect a lot from the New Year. They believe the New Year will bring with it new beginnings, such as the end of the recession, a more stable working environment, or even the underperformer within the organization to suddenly step up to the mark. Expectations are often so high that, when these aspirations are not met, moods can very quickly be lowered. Do not go into the New Year with high expectations, unless you are committed to ensuring change does actually occur. Change lies with you, not with the New Year.

Excerpts from PRLog – Press Release 1/2009



Workplace Health

Our winter commutes to work are not always an easy one.

Be prepared for anything. The weather might be fine on your way in to the office but may turn hazardous while we are in our offices.

Winter Storm and Extreme Cold Preparedness - Prepare your Car

Check or have a mechanic check the following items on your car:

- Antifreeze levels – ensure they are sufficient to avoid freezing
- Battery ignition system – should be in top condition and battery terminals cleaned
- Brakes – check for wear and fluid levels
- Exhaust System – check for leaks and crimped pipes
- Fuel and Air Filters – replace and keep water out of the system by using additives and maintaining a full tank of gas – maintaining at least ½ tank of gas during the season
- Heater and defroster; thermostat – ensure they work properly
- Lights and flashing hazard lights – check for serviceability
- Oil – check for level and weight, heavier oils congeal more at low temps and do not lubricate as well
- Windshield Wiper equipment – repair any problems and maintain proper washer fluid level
- Winter Tires – make sure tires have adequate tread
- Place a winter emergency kit in each car – a shovel; windshield scraper & small broom; flashlight; battery powered radio; extra batteries; water; snack food; matches; extra hats, socks & mittens; first aid kit with pocket knife; necessary medications; blanket(s); tow chain or rope; road salt & sand; booster cables; emergency flares; fluorescent distress flag

Member News

Victoria Petrone has made Partner!

Congratulation to Victoria! She is now partner in Logan & Petrone, LLC. Send Victoria a note to congratulate her on her awesome accomplishment! Her email address is: vpetrone@loganllc.com



NAWIC Region 1 Newsletter

Have you read Jennifer's December Newsletter yet? A "must read" is on page 1 entitled **10 Winning Gifts**. It's a list of 10 things to give yourself in the coming year!

Determine that the thing can and shall be done, and then we shall find the way.

~ Abraham Lincoln

Block Kids

Overview

The Block Kids Program is a national building program competition that is sponsored on the local level by NAWIC chapters and other organizations. The award winning program introduces children to the construction industry in an effort to create an awareness of and to promote an interest in future careers in one of the many facets of the industry. The program is open to all elementary school children in grades 1- 6. The competition involves the construction of various structures with interlocking blocks and three of the following additional items: a small rock, string, foil and poster board. Local winners advance to Regional competition, and one semi-finalist from each region is entered in the National Program competition. National prizes are awarded to the top three projects.

History

Erma Lamousin, member, Gr. Mississippi Gulf Coast NAWIC Chapter initiated the first contest held in Biloxi. Erma shared the idea with president-elect Carol Ericson of the Connecticut/New York Line Chapter, who enlisted Susan Levy, (Past NAWIC President), member of the Long Island NY Chapter to write guidelines. Carol then recruited NAWIC President Judy Short, member, Cincinnati, Ohio Chapter to assist the contest kickoff with a special presentation at the 1989 NAWIC Convention in Seattle, WA. The rest is history. The contest was off and running. Erma's granddaughter, Natalie Smith, designed the NAWIC Block Kids who were then named in a special contest. "Connie Struction" and Bill Ditt" became the official Block Kids names.

As taken from the NEF NAWIC Education Foundation website.

