

President's Message

Dear Members,

We have almost made it through another winter...thank goodness Spring is just around the corner. Spring is also one of the busiest times in N.A.W.I.C. Get ready to get involved. Ask your committee chairs what you can do to help.

This month we had another successful Block Kids Competition at Hodgson Vo-Tech, congratulations to Sallie Ann, Rachel and the entire committee for a great day!

Our next Board Meeting is scheduled for March 8th at 4:30 in the DCA classroom and we are planning to have a member meeting immediately following. The member meeting will be a speaker meeting focusing on personal safety. This meeting will be free and all are encouraged to bring along a friend or two.

WIC Week is just around the corner, March 7th – 11th, contact Committee Chair, Lauren Jock and ask her how you can help out.

The APC committee has also been busy with preliminary plans for the 2011 Region 1 APC to be hosted by our Chapter. Stay tuned for e-mails from the Committee Chair, Gladys King, as she starts to recruit more members for the committee. We are hoping for all chapter members to attend APC and to help contribute.

Hope to see everyone at the March Meeting!

Respectfully,
Cheryl Fearn
President

"Nothing is impossible; the word itself says, 'I'm possible!'" ~ Audrey Hepburn

Inside:

Upcoming Events	2
Board News	2
Member Spotlight	2
Committee News	2
Health	3
HR Corner	3
Chapter News	4
WIC Week Flyer	6
Safety Tid Bit	7



Chapter 96 Board News

Board Meeting

The next Board Meeting will be Tuesday, March 8th @ 4:30PM. The meeting will be held in the DCA Training room.

As always – board meetings are open to all members.

Membership and Safety Meeting

Immediately following the board meeting on March 8th we will have a Women's Personal Safety demonstration. The meeting will start promptly at 5:30PM. Light refreshments will be served. We are encouraging all members to attend and please bring potential new members and guests.

WIC Week Events

See Committee News for scheduled events for WIC Week March 6 – 12, 2011

Upcoming Events

WIC Week

Mar 6 – 12, 2011

March Monthly Meeting

Mar. 8, 2011

5:30PM

Region 1 Forum 2011

April 8 & 9, 2011

Annapolis, MD

National Work one Awareness Week

April 4-8, 2011

April Monthly Meeting

Apr. 12, 2011

5:30PM

Women's National Health Week

May 8 – 14, 2011

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

Oct. 21-22, 2011

Newark, DE

*"May all your troubles last
as long as your New
Year's resolutions." ~
Joey Adams*

Member Spotlight

This month's spotlight shines on:

Janet Killian



Janet has been a member of our Chapter for just over a year but has been a very active member contributing time to committees such as Luau and APC. She is on the Board of Directors and is the Chair for Industry Appreciation. In 1983 she started Gemini Building and Maintenance, a residential cleaning company and served as President until 1997 when she restructured the business as a commercial - construction cleaning company and renamed it Gemini Building Systems where she is President. She resides in Wilmington, DE. She enjoys reading and playing golf in her spare time as well as contributing to the United Way, Fresh Start and the Mental Health Association. Janet says that NAWIC offers her the opportunity to meet women in the construction industry and develop long lasting friendships.

Committee News

WIC WEEK

Lauren Jock is the WIC Week Chair this year. She has planned the following activities for us this year. So please mark your calendars as this looks to be an AWESOME WIC Week:

- Personal Safety Speaker – Tuesday, March 8th 5:30pm – This meeting will be a great opportunity to learn some key personal safety. We are encouraging you to invite potential new members as well as co-workers and friends to come and learn about personal safety as well as network with our other chapter members. This meeting will be free and we will provide beverages and light snacks.
- Community Service – Donations to the Salvation Army – See flyer page 6. This event will be ongoing from now until the end of WIC Week. We will be collecting donations which will be delivered to the Salvation Army on March 14th.
- Jobsite Tour of Wilmington Hospital followed by dinner at the Washington Street Ale House. The jobsite tour and dinner will be Thursday March 10th @ 5 PM
- Hard Hat Happy Hour - Friday, March 11th at the Iron Hill Brewery at the Riverfront beginning at 5 PM
- We have WIC Week pins for members to wear all week. Mary Barnhart will have them at the meeting on Tuesday, March 8th.
- We also invite you to register and attend the 26th annual Delaware Women's Conference on March 12th 9am – 3pm See HR Corner for more information

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

"Open"

Region 1 APC 2011

Gladys King

Newsletter

Mary Barnhart

Health

February is American Heart Month

Cardiovascular diseases, including stroke, are our nation's no. 1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month." The American Heart Association led initial efforts to develop Annual American Heart Month. Visit www.americanheart.org for more information.

Tell 5 women you want them to live! Tell 5 friends how they can fight heart disease. Heart disease is still the No. 1 killer of women, taking the life of 1 in 3 women each year. If your 5 tell five, your mission can eventually impact hundreds and thousands of women. For more information visit www.goredforwomen.org.

Heart Attack Warning Signs

Chest discomfort – most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body – symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of Breath- may occur with or without chest discomfort.

Other signs – these may include breaking out in a cold sweat, nausea or lightheadedness.

Did you know that the symptoms of a female heart attack can be quite different than that of a man's? Many women do not experience chest pain or discomfort which is a hallmark symptom in men. Women have other "atypical" symptoms such as nausea, dizziness, lower chest discomfort, upper abdominal pressure, upper back pain and discomfort that feels like indigestion. Pay attention to heart attack symptoms – assert yourself – make sure that you call 911 right away and seek medical attention. Heart attacks are often mis-diagnosed in women – if you experience symptoms of a heart attack or stroke – insist on a complete evaluation and proper tests.

HR Corner

Delaware Women's Conference

Change, Inspire, Motivate

Saturday March 12th 9am – 3pm

This is the 26th year that the Delaware Women's Conference has brought together women from across age groups, ethnicities, and socioeconomic groups to network, learn, relax and grow.

Kay Frances will lighten the mood by using humor to confront our daily stressors. When it comes to humor, Kay is the "real deal" having performed as a professional standup comedian for many years.

Workshops will cover health, well-being, personal growth, financial planning, marketing yourself and cross-cultural awareness. Attendees will also have the opportunity to attend one of two cooking demonstrations in the afternoon.

There will be vendors for both non-profit and for profit organizations offering ways to volunteer, improve health, shop and purchase items, or locate resources for Delaware Women.

Visit the website at www.delawarewomen.org to register for the conference, or to learn more about our choice of 13 workshops, our keynote speaker, exhibiting opportunities and community outreach.



Block Kids

Block Kids was an outstanding success again this year! The Block Kids Co-Chairs Sallie Ann Connor and Rachel Rossitto did a fabulous job along with Marla DiSalvo and Jamie Arnold. We had 140 children participate in the event this year which is the most children that we have had for the event so far! The weather was a little damp but it didn't dampen the enthusiasm and excitement of all that attended the event. So many wonderful creative minds in one room. Thank you to all the volunteers that helped to set up for the event as well as the volunteers that helped the day of the event! The judges were fantastic! We look forward to another successful record breaking year again next year!



“Great changes in the destiny of mankind can be effected only in the minds of little children”

~ Sir Herbert Read







WIC Week March 6-12

Please help us donate to



To help needy families

Suggested items:

- Non Perishable Food Items
- Men & Women's Gloves, Hats & Scarves
- Paper Products
- Toiletries

We will be collecting Donations
February 14, 2011 through March 11, 2011

Sponsored by:
NAWIC Chapter 96
Wilmington, DE
www.nawicde.org

Any questions, please contact
Lauren Jock lauren.jock@skanska.com
Or
Mary Barnhart mbarnhart@easternhighwayspecialists.com



National Association of Women in
Construction
Wilmington, DE www.nawicde.org



02/01/11

SAFETY TID BIT

On-Site
Consultation

OSHA's On-Site Consultation Service



To learn more
about OSHA
please visit their
website at
www.osha.gov



Upcoming Topics

- SHARP Program
- Top 10 construction Safety Violations
- Crane safety updates



Did you know that small businesses can receive a free and confidential On-site consultation visit from an OSHA consultant? Enterprise Masonry took advantage of this service last year. Local OSHA consultants came to our shop/office and visited two of our bigger job sites. They reported back to me any violations that they found. We took care of the violations and reported back to OSHA that these issues had been resolved.

Why did Enterprise Masonry decide to participate in this program? I will share the two most important reasons for our company:

1. **A surprise inspection on our job site.** Just like a regular OSHA inspection, there is no notice given, so what you see is what you get. I wanted to see how tight our job sites were when the foreman had no idea that a safety inspection was going to occur.
2. **A trained eye to evaluate our safety and health program.** It was beneficial to have this OSHA consultant take a look at our recently updated Safety Manual and our "safety tool box talk" items. He was able to let us know if we should add anything to our manual/tool box talks.

The consultant and I toured our Shop/Office and I was educated on safety tips that should be applied in our office work environment. Many times, we concentrate on our job sites and neglect our shop and/or office areas. Please remember to do a weekly safety inspection of your shop and office areas.

If you are interested in this program, please visit <http://www.osha.gov/dcsp/smallbusiness/consult.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