

## President's Message

Dear Members,

As we start our new year I look forward to working with all of you to strengthen and grow our Chapter. I encourage all of you to invite prospective members to join us as a guest to one of our meetings. Reach out to clients and contractors that you have contact with, you never know where you'll find our next new member.

I attended the 55<sup>th</sup> Annual NAWIC Convention in Louisville, Kentucky along with Mary Barnhart, in early September. As a newly elected president I was feeling a bit overwhelmed, but I can honestly say that I returned from convention with a new found enthusiasm, as I was blown away by the support and words of encouragement from so many wonderful ladies from around the country. I hope that every one of you gets the opportunity to attend at least one convention during your NAWIC lifetime.

I would also like to take a moment to thank last year's Officers Rhonda Malatesta, Donna Myers, Jamie Arnold, Allison Schafferman and board of directors for all of their hard work and continued support.

Just a reminder to all, Region 1 APC is scheduled for October 23<sup>rd</sup> in Tarrytown, New York. I am in the process of putting together the presentation for our chapter. If you have any information or pictures from any events from last year, please forward them to me as soon as possible. ([cheryl@bc-const.com](mailto:cheryl@bc-const.com))

Respectfully,  
***Cheryl Fearn***  
President



NAWIC

Chapter 96

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## Chapter 96 Board News

### APC – Chapter 96 Presentation

Please get your presentation information and pictures into Cheryl as soon as possible so that we can forward them to the APC coordinator. If you have any questions, please email Cheryl at [Cheryl@bc-const.com](mailto:Cheryl@bc-const.com)

### Membership Renewals

It's that time again to renew your membership – please go to the home office site to do your renewal online! We have a great year planned for the chapter and we look forward to seeing all of you there.

### Live Burn & Dinner Meeting

With October being Fire Prevention Month we would like to help educate all of our members the proper use of fire extinguishers and how to handle an emergency when it involves a fire. We have arranged for a live demonstration at Austin Pruitt on Brookside Drive, Wilmington, DE on October 12<sup>th</sup>. Please join us for the demonstration and some networking at the James Street Tavern afterwards.

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### Upcoming Events

**Girls Gone Pink  
Making Strides Breast  
Cancer Walk**  
Oct. 10, 2010  
Rodney Square, Wilm.

**Live Burn & Dinner Mtg**  
Oct. 12, 2010  
Austin & Pruitt

**Region 1 APC**  
Oct. 23, 2010  
Tarrytown, NY

**Luau  
Scholarship Fundraiser**  
Nov. 6, 2010

**Christmas Dinner Mtg**  
Dec. 14, 2010  
TBD

**Forum 2011**  
April 8 & 9, 2010  
Annapolis, MD

**January Monthly Meeting**  
Jan. 11, 2011

**Block Kids**  
Feb. 5, 2011

**WIC Week**  
Mar 6 – 12, 2011

**March Monthly Meeting**  
Mar. 8, 2011

**April Monthly Meeting**  
Apr. 12, 2011

**Industry Appreciation  
Dinner**  
May 10, 2011

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## Member Spotlight

This month's spotlight shines on:

**Lauren Jock**

Lauren has been working in the construction field for 6 ½ years. She works as a Field Administrator for Skanska USA Building Inc. Who recently won our Regions Safety Award.

Lauren has only been a member of our Chapter for 1 year but is eagerly looking forward to getting started as our newly elected Chapter Secretary. She says NAWIC gives her the opportunity to meet new people, have fun and helps her realize how great it is to be a woman!! She has volunteered to be the WIC Week Chairperson and is looking forward to planning an event filled week for us all.

Lauren lives in Newark with her 5 year old son Daniel. He is the love of her life and she is always looks forward to the next adventure that she can get into with him. In her spare time you might find Lauren singing, dancing, drinking margaritas or supporting the National MS Society.

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## 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](mailto:MaryB.NAWIC96@yahoo.com)

We will be raffling off a 32" LCD Flat Panel TV for \$10 per chance. Please contact Rhonda Malatesta if you did not get any raffle tickets to sell. You can email her at [rmalatesta@emcbrick.com](mailto:rmalatesta@emcbrick.com)

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**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*

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**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***Rhonda Malatesta***Membership***Alice Lessig***WIC Week***Lauren Jock***Elections Committee***Jen Bagley***Newsletter***Mary Barnhart*

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## HR Corner

### Work-Life Balance

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Work-life balance is a concept that supports the efforts of employees to split their time and energy between work and the other important aspects of their lives. Work-life balance is a daily effort to make time for family, friends, community participation, spirituality, personal growth, self care, and other personal activities, in addition to the demands of the workplace. Work-life balance is assisted by employers who institute policies, procedures, actions, and expectations that enable employees to easily pursue more balanced lives.

The pursuit of work-life balance reduces the stress employees experience. When they spend the majority of their days on work-related activities and feel as if they are neglecting the other important components of their lives, stress and unhappiness result. Work-life balance enables employees to feel as if they are paying attention to all the important aspects of their lives.

Because many employees experience a personal, professional, and monetary need to achieve, work-life balance is challenging. Employers can assist employees to experience work-life balance by offering such opportunities as flexible work schedules, paid time off (PTO) policies, responsible time and communication expectations, and company-sponsored family events and activities.

Managers are important to employees seeking work-life balance. Managers who pursue work-life balance in their own lives model appropriate behavior and support employees in their pursuit of work-life balance. They create a work environment in which work-life balance is expected, enabled, and supported. They retain outstanding employees to whom work-life balance is important.

*About.com – Human Resources*

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## Workplace Health



### October is Breast Cancer Awareness Month

Many women are fearful of Breast Cancer. One reason is that breast cancer is personal. Breast cancer affects 1 in 8 women during their lives, and many of us know someone – a mother, sister, friend – who has had it. Another reason is that breast cancer is a real threat to women. It is the second leading cancer killer of women in the United States, next to lung cancer. It also can affect our sexual health, overall health, and emotional health. The good news is that most women who get breast cancer survive it. Thanks to screening, breast cancer often can be found early, when it's easiest to treat. In fact, many women are even cured of the disease.

To learn more about Breast cancer you can visit the following websites:

The National Women's Health Information Center @ [www.womenshealth.gov](http://www.womenshealth.gov)

American Cancer Society @ [www.cancer.org](http://www.cancer.org)

Breastcancer.org @ [www.breastcancer.org](http://www.breastcancer.org)

National Cancer Institute @ [www.nic.nih.gov/cancertopics/types/breast](http://www.nic.nih.gov/cancertopics/types/breast)

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## 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 10, 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>

## The ABC's of Fire Extinguishers

Just as there is a right tool for every job, there is a right extinguisher for every fire. The class of an extinguisher, identified on its nameplate, corresponds to the class or classes of fire the extinguisher controls. On most construction jobs, we are concerned with Class A, B and C fires. Consequently the best extinguisher to have on a job is a multi-purpose Class ABC extinguisher, which contains a dry, powdered chemical under pressure. The following describes the classes of fire and the kind of extinguisher that can be used on each.



**CLASS A Fires** - Wood, paper, trash, and other materials that have glowing embers when they burn. Extinguishers to Use: For Class A fires, use a Class A or Class ABC extinguisher. Always remember that a Class A Extinguisher contains water and should be used only on a Class A fire. Used on gasoline, it can spread the fire; used on electrical fires, it can cause you to be electrocuted.

**CLASS B Fires**- These are fires involving flammable liquids and gases, such things as gasoline, solvents, paint thinners, grease, LPG, and acetylene. Extinguisher to Use: Use Class B or Class ABC extinguishers.

**CLASS C Fires** - These are fires in energized electrical equipment. Extinguisher to Use: Use a Class BC or Class ABC extinguisher.

Some important points to remember:

1. Use the fire extinguisher whose class corresponds to the class of fire.
2. Never use a Class A extinguisher, which contains water or foam, on a liquid or electrical fire.
3. Know where extinguishers are located and how to use them. Follow the directions printed on the label.
4. Keep the area around the fire extinguisher clear for easy access.
5. Don't hide the extinguisher by hanging coats, rope, or other materials on it.
6. Take care of the extinguisher just as you do your tools.
7. Never remove tags from extinguishers. They indicate the last time the extinguisher was serviced and inspected.
8. Report defective or suspect extinguishers to your Supervisor, so that can be replaced or repaired.
9. When inspecting extinguishers, look for cracked hoses, plugged nozzles, and corrosion. Also look for damage that may have been done by equipment running into the extinguishers.
10. Don't use extinguishers for purposes other than fighting fires.



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"While we might not be able to control all that happens to us, we can control what happens inside us." – Benjamin Franklin

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## Safety Training and Education Resources

OSHA Local Office and Website

[www.osha.gov](http://www.osha.gov)

Associated Builders & Contractors (ABC)

[www.abcdelaware.com](http://www.abcdelaware.com)

Delaware Contractors Associations (DCA)

[www.e-dca.org](http://www.e-dca.org)

Delaware Safety Council

[www.delawaresafetycouncil.org](http://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.



# Chapter 96 in the Community



## Linda Siano – Volunteering for the USO at Dover Air Force Base

When I emailed Linda to ask her about her volunteer work at the DAFB with the USO – this is what she shared with me:

Yes, I have just started volunteering there, it entails taking care of the lounge and the children's room. There are also volunteers that serve the families of Distinguished Transfers (fallen soldiers), I have chosen not to do that part at this time.

I serve snacks and drinks,(make coffee, lemonade and tea). Everything that is served is donated by folks. There is a beautiful theatre room where the soldiers can watch movies, also, internet and x-box and play station. It is a beautifully renovated space, with televisions, a pool table, all around a fireplace. There are games, cards, and paperback books for entertainment also.

I make sure that all these things are available for the soldiers (deploying and coming back), retired personnel, and the families of both.

Because everything is donated, I would ask that if anyone is interested in sending something down with me, I will gladly take it with me. I will be going down every weekend.

Things that could be donated: Snacks, homemade goodies, microwave meals (like macaroni and cheese), popcorn, coffee, tea, ice tea mix, lemonade mix, Kool-Aid, plastic ware, paper plates and bowls, candy, chips.

Good paperback books, movies, x-box and play station games, Wii games, children toys and books, baby blankets, diapers, wipes. Cleaning supplies. Paper and pens or pencils.

I will submit a donation slip in your name and you should get a letter of thanks from the USO.

I will be doing this for a long time to come, so if interested in donating, at anytime, just let me know. I will come to you if you decide you would like to send something.

It has been wonderful, a very fulfilling experience. If anyone would like to donate their time and become a volunteer, I have been told I can bring you an application. You have to get a security clearance so it does take a little time after your application is submitted. They do need help, there are very few volunteers and they are trying hard to keep it open 24/7.

Linda Siano