



In The News

February Educational Program

CORE PURPOSE

To Enhance the Success of Women in the Construction Industry

CORE VALUES

- Believe in Ourselves;
- Persevere with the Strength of Our Convictions;
- Dare to Move into New Horizons

LEADERSHIP

Molly McClure
President

Cecyle Brock
Vice President

Katrina Clifford
Recording Secretary

Alisa House
Treasurer

Jessica Bowman
Corresponding Secretary

Brenda Smith
Immediate Past Pres.

Directors

Kelly Bell
Toni Brown
Ruth Fritts
Cyndi Parent
Tamara Schissel

We have an exciting program planned for those of you that are interested in LEED.

Angela Comish, PE LEED AP of Engineering and Waste Solutions will present the topic of Changes in LEED 2009.

Engineering and Waste Solutions believes in Sustainable Engineering.

Sustainable Engineering includes:

Using methods that minimize environmental damage to provide sufficient food, water, shelter, and mobility for a growing world population

Incorporating environmental and social constraints as well as economic considerations into engineering decisions

As the global population grows and standards of living improve, there is increasing

stress on the world's limited resources. Engineers are being asked to use the earth's resources more efficiently and produce less waste, while at the same time satisfying an ever-increasing demand for goods and services. Engineers need to understand the impact of their decisions on built and natural systems, and must be adept at working closely with planners, decision makers, and the general public. Sustainable Engineering emphasizes these and related issues.

Angela Comish, EWS's principal, is a LEED Accredited Professional and committed to providing sustainable civil engineering design solutions.

EWS specializes in site civil, roadway, and storm drain design.

waste solutions

Leadership (excerpts from Muddy Boots Leadership)

"Leadership is a potent combination of strategy and character. But if you must be without one, be without the strategy."

-Gen. H. Norman Schwarzkopf

Leadership Agreement

Disagreement is not disloyalty before the decision is made. You have a professional obligation to present honest opinions, assessments and disagreements during the decision process. After the boss has made a decision, there is no room for dissent. It is now your decision too.

Chairbound Ignorance

Get out of your office! If you remain glued to your comfortable and isolated chair, you will know little and be little. Reports, forms and briefings will tell you only what you ask for, not what you need to know to

be a good leader. Get out of your office, walk around and ask questions.

Common Sense

If it sounds like a dumb thing, looks like a dumb thing, maybe it is a dumb thing.

Your employees generally make decisions based on a little bit of education and a lot of common sense.

Courtesy

Be courteous, don't mistake courtesy for weakness.

Commendations

Discipline should always be done in private. Commendations should be public. This was good advice 2,000 years ago and good leadership today.

Meeting Meals Increase

The board has approved an increase to \$16.00 for monthly meeting meal costs. This increase was due to the overrun in our meeting meals budget last year. The costs of speakers and guest meals was more than we had anticipated for the year.

Committee News

Casino Night

The casino night held at the Stronghold Construction office on January 28th was a success. We supplied 3 blackjack tables and a roulette table. The tables were full and everyone seemed to be having fun. Thank you to the following people for helping with this event: Alisa House, Stan House, Cecyle Brock, Erika Sharp, Toni Brown, Evi Keller and Ruth Fritts.

WIC Week

The committee has decided to have a casino night as part of the WIC Week celebration. WIC Week is March 7th through the 13th. This years theme is Building Bridges, Past—Present—Future.

NAWIC women know their specialty is building bridges that instill confidence, develop leadership and expand knowledge. Let's take this week and show off the character, beauty and strength of our chapter and NAWIC.

Birthdays & Anniversaries,

Birthdays

Val Price—2/7
Ruth Fritts—2/7
Marilyn White—2/13

Anniversaries

Tina Lantz—5 years
Molly McClure—8 years
Val Price—18 years

If we have missed your birthday or NAWIC Anniversary, please e-mail date to ruthf@mcalvain.com.



Company & Affiliate of the Year / Future Leader Awards

Company of the Year

It is time to nominate a NAWIC members company who supports our organization and "Women in Construction". Please submit your nominations to Charlene Meadows at Wood Windows - charlene@woodwindowsinc.com by February 17th.

Affiliate of the Year

During WIC Week we also recognize an organization and/or company within the community that supports "Women in Construction" These nominations also need to be sent to Charlene at Wood Windows Inc. by February 17th.

Please make sure that you submit a nomination for a company that supports us. There are many companies out there that support us all year long and deserve to be recognized for their continued support of our goals.

Future Leader of the Year

This prestigious award is given to a new member with two years or less with our chapter. The winner is someone who has been involved with committees and/or events, she has shown herself to be dedicated to our purpose. Our chapter winner is submitted to Region 9 to compete against the other chapters in our region. The Region 9 Future Leader of the Year is awarded at Forum each year in April or May. We will be voting on this award at the February meeting.

Lifetime Achievement Award

It is time to nominate someone from our chapter for the Regional Lifetime Achievement Award. This award is based on NAWIC years of service with a commitment to chapter, regional and national events, the construction industry and our communities. Forward any nominations to Molly McClure, chapter president for consideration.

Safety Corner

Discuss Heart Attack Symptoms During National Heart Month

If you're ever going to have to deal with a serious medical emergency, chances are pretty good that it will be a heart attack. Heart attacks are a leading cause of death among North Americans. They can occur anywhere, and that includes the workplace. And since February is National Heart Month, now's a good time to raise the subject in your workplace.

7 Possible Signs of a Heart Attack

There are many possible symptoms for a heart attack, which can be confused with other ailments, such as digestive problems or muscle strain. However, these symptoms need to be taken seriously. The patient may dismiss the symptoms, but an alert co-worker may be able to recognize the possibility of a heart attack and therefore save that person's life.

Here are some of the symptoms to watch for:

1. Chest pain is the classic symptom. Pain may occur suddenly. It may even occur when the person is at rest.
2. The pain may radiate to one or both arms, and up to the jaw, neck or back. The pain may be described as a sensation of choking, squeezing, burning, or pressure. The pain may also be described as intense and is usually constant.
3. The person may also experience nausea, vomiting, feelings of gas or

other digestive discomfort.

4. The patient may also experience fear and may feel that he or she is going to die.
5. Weakness, especially in the arms, is another symptom. Perspiration and skin pallor may also be present.
6. Shortness of breath or difficulty breathing may occur.
7. Weak and rapid pulse, or possibly a decrease in the pulse rate may also be symptoms.

If You Suspect Someone's Having a Heart Attack

Many heart attack patients die before they reach medical help. Immediate aid can be a lifesaver. That's where CPR training comes in. With the proper training, you could be able to keep someone alive long enough for medical help to arrive.

Here's what to do if you suspect someone may be having a heart attack:

1. Call for medical help immediately. How fast the person gets to a hospital can be the most important factor in saving a heart attack patient.
2. Call for someone trained in CPR.
3. Keep the patient calm, quiet and still, lying down if possible. Continue to re-assure the patient.

Many victims have survived cardiac arrest and returned to a normal life

because someone recognized the symptoms and called for medical help right away. Many others have survived because someone knew how to perform CPR (cardiopulmonary resuscitation) to keep the victim alive until the ambulance arrived.

8 Lifestyle Habits for a Healthy Heart

1. Quit smoking.
2. Maintain a healthy weight. Eat a diet low in fat and cholesterol.
3. Control your blood pressure, by prescribed medication if necessary.
4. Learn to handle stress.
5. Exercise regularly.
6. Limit alcohol consumption.
7. Have regular physical examinations.
8. Follow your doctor's orders if you're under care for heart problems.

Many heart attacks can be prevented, and many victims can be saved. Adopt a healthy lifestyle, and learn to help others survive a heart attack.



Recycle Book/DVD Program

Remember to bring your slightly used books and DVDs for recycling. Toni will have a table set up for purchase.

This program will bring extra \$\$\$\$ to our chapter funds while allowing you to donate and recycle your used books and DVDs.

Please limit your donation to 3 or 4

items per person at each meeting.

Purchase Prices:

Books - \$2.00 each

DVDs - \$3.00 each

Bring extra \$\$\$ so that you can pick up a few to take home and enjoy.

We will have books and DVDs for sale at each meeting as long as we have donations.

Books left over after three meetings will be donated to a local charity.

