

**NAWIC
OBJECTIVE**

To unite for their mutual benefit women who are actively employed in the various phases of the construction industry;

To promote cooperation, fellowship and a better understanding among the members of the association;

To promote education and contribute to the betterment of the construction industry;

To encourage women to pursue and establish their careers in the construction industry

**CORE
PURPOSE**

To enhance the success of women in the construction industry

**NAWIC
PLEDGE**

As material for the construction of our building, I pledge the agility of my hands, the ability of my mind, and the integrity of my heart.

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NAWIC

National Association of Women in Construction

Plans & Specs

Lansing Chapter #177

www.lansingnawic.com



VOLUME 40 ISSUE 7

APRIL 2011

MEMBERSHIP MEETING

Wednesday April 13, 2011

Recognition Night

"Accident Fund National Headquarters Project"

Speaker: Chad Clark, Project Manager

Christman Company

Location: Eagle Eye Golf Club

Hostesses: Tiffany Herrold, Barbara Strachan, Jane M. Smith

Please contact Jane Smith for Reservations

517.482.5501 or jane@hagerfox.com

See page 11 & 12 for Flyer and Map

*Note to non-members - We look forward to having guests at our chapter events. If you are not a NAWIC member and would like to ensure that you receive an invitation to a NAWIC event or you would like to be added to our mailing list, please contact President Traci Brower, tbrower@clarkcc.com or contact the person(s) for the particular event you are interested in.

Save the Dates

April 12, 2011

Forum Registration Due

April 20, 2011 -

Chapter Board Meeting

Located at Clark Construction
Company's Office at 5:30 pm

Next Membership Meeting:

Wednesday May 11, 2011

Forum Preparation

Location: Clark Construction Company

Hostesses: Traci Brower

President's Message



Traci Brower, LEED AP
Clark Construction Co.
President of Lansing
Chapter #177.

"Your work is to discover your work and then h all your heart to give yourself to it"

- Buddha

I am so proud of our Chapter for their active participation in WIC week (March 6-12).

Thank you to everyone for all that you did during the week to represent women in construction. A special thank you goes out to Jane M Smith, the WIC Week Chairperson, for motivating everyone and initiating so many opportunities for the Chapter. Melanie Myers, Region 4 Director, recognized Jane's extraordinary efforts with a plaque at the March meeting. Please be sure to check out the WIC Week report later in the newsletter for more details.

Our March membership meeting proved to be an interesting and informative meeting. Thank you to Megan Jacobs, Birthday Girl, for hosting an interesting and informative meeting at the Nuthouse, Downtown Lansing. Dr. Sarah Little from Total Health Chiropractic brought us an inter-

esting presentation on the "5 Secrets to Looking and Feeling Younger." Everyone left with lots of healthy ideas. Congratulations to Heidi Hitz, 4 Most Leader and to Tiffany Herrold, New Leader!!! Both of these women have showed tremendous dedication to the Chapter and are very deserving of these honors.

The Committee has been working very hard planning a great program for our April Recognition Night to be held at the Eagle Eye Golf Club in East Lansing. Please be sure to attend and invite guests. Chad Clark of The Christman Company will be giving an interesting overview of the Accident Fund project which we toured about a year ago toward the beginning of construction. It will be interesting to see the final product.

Michigan Construction Career Days will be held at the Ingham

County Fairgrounds April 26-27, 2011. They are expecting 3000-4000 high school age students from around the state to attend. This is an excellent opportunity to introduce students to Construction. Also the SkillsUSA Michigan Competition, a competition for Michigan high school students, will be taking place in Lansing April 16, 2011. Volunteers are needed for both of these events. Please contact Melanie Myers or Traci Brower for more information.

The Forum Committee has been hard at work planning Region 4 Forum 2011 in the Lansing Area. Please make plans to attend May 13-15. Contact Heidi Hitz or Megan Jacobs if you have questions.

Thank you,

Traci Brower

Time for a Drastic Career Change?

Stuck in a rut? More than half of all employed Americans are dissatisfied with their jobs, and 20 percent want to do something different. As part of the trend, a growing number of women are making drastic career changes. Looking for a creative outlet and a little more balance, Julie Hill, owner of specialty cake bakery Layers, went from practicing law back to her first passion – baking. Now an award-winning cake decorator, Hill has created a successful business.



"Do your homework and then jump!" suggests Hill. For her, that meant creating a business plan, determining how to make the business profitable and then simply "do it!" She adds, "part of being successful is being happy. It doesn't matter how much acclaim you receive if you don't love what you do."

Hill found that leaning into a career change when she felt intimidated helped. "I attended culinary classes, baked for charity and networked, while trying to decide if I

could make my passion lucrative."

Ready to test drive a career? Vocation Vacations sets you up with a mentor in your area for a one to three-day internship with professionals who have succeeded.

If you're ready to jump, have a back-up plan, determine whether you can afford to change careers, set career goals, know your strengths and weaknesses and stay realistic, says BankRate.com.

By Muriel Vega
Courtesy of Pink Magazine

NAWIC Chapter 177 - Carleen Hallman Scholarship

Carleen Hallman was a Charter Member of NAWIC - Lansing Chapter #177, which was Chartered on February 20, 1971. Ms Hallman served as Chapter Secretary and worked at the Builders Exchange. Ms. Hallman was only 20 years old when a private plane that she was traveling on, with three friends, crashed on Mothers Day, May 14,1972. She lost her life in the crash, and her family asked to start a scholarship in her name. Since establishing the Carleen Hallman Scholarship, NAWIC Lansing Chapter #177 has given over \$40,000 to students pursuing a career in construction. - Information provided by Jane M. Smith

Fiscal Year	Amount	Recipient	College
2000 - 2001	\$1,000.00	Julie Galambos	Michigan State University
	\$1,000.00	Amber Rogers	Michigan State University
2001 – 2002	\$1,000.00	Sarah Bedford	Michigan State University
	\$ 500.00	Rachel Brown	Ferris State University
2002 - 2003	\$1,000.00	Deirdre L. Greene	Michigan State University
	\$1,000.00	Robert Kalisz	Michigan State University
2003 – 2004	\$1,000.00	Dawn Vanderziel	Ferris State University
	\$1,000.00	Deirdre L. Greene	Michigan State University
	\$1,000.00	Jennifer N. Rheäume	Michigan State University
	\$1,000.00	Dawn Vanderziel	Ferris State University
2004 – 2005	\$1,000.00	Ryan Wegener	Ferris State University
2005 – 2006	\$1,000.00	La Tina Johnson	Oakland Community College
2006 – 2007	\$1,000.00	Sarah Johnson	Eastern Michigan University
	\$1,000.00	Ann Marie Price	Eastern Michigan University
	\$ 500.00	Ashley Frantz	Alpena Community College
	\$ 500.00	Ashley Rose Stark	Michigan State University
2007 – 2008	\$1,000.00	Chad Holman	Eastern Michigan University
	\$1,000.00	Amber Montri	Eastern Michigan University
2008 - 2009	\$1,000.00	Diana Cacko	Michigan Tech.
	\$ 500.00	Alicia Haydamack	Michigan Tech.
	\$ 500.00	Michael Fillinger	Ferris State University
2009 - 2010	\$1,000.00	Renee Eddy	Ferris State University
	\$1,000.00	Alicia Haydamack	Michigan Tech.

Total Scholarships Awarded Since 30th Anniversary - \$ 20,500.00

Green Tip: Find Your Litter Factor

Maybe you have heard of “The Latte Factor”. It is a phrase created as a metaphor for all the little things we spend money on over the course of the day without giving it much thought. The phrase applies to buying not only fancy coffee but also fast food, cigarettes, bottle water—you name it. I have long encouraged readers to identify their “Latte Factor” and eliminate it to start saving money. But small changes such as not buying coffee in a

disposable cup or water in a plastic bottle not only are good for your wallet, they actually better the planet. In the same way that “little things” add up to drain your wealth, “small changes” add up to make a big difference for the Earth.

Consider this: **Every year Americans drink more than 100 billion cups of coffee. Of these, 14.4 billion are served in disposable paper cups, enough to wrap the Earth 55**

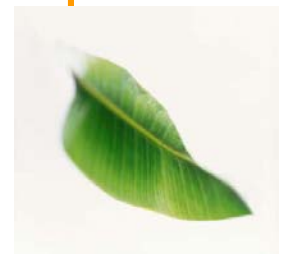
times if placed end to end!

Plus, those paper cups contain a plastic lining made from a petrochemical that would product enough energy to heat 8,300 homes a year.

SAVE: \$500 a year by breaking a bottle-a-day water habit.

RUN: \$100,000 cars each year on the oil saved if bottled water were history.

Courtesy of Go Green, Live Rich



Lansing Chapter #177 Calendar of Events

2010-2011 OFFICERS

PRESIDENT

TRACI BROWER, LEED AP
CLARK CONSTRUCTION
TBROWER@CLARKCC.COM

VICE PRESIDENT

HEIDI HITZ, LEED AP
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JANE SMITH
HAGER FOX HEATING &
COOLING
JANE@HAGERFOX.COM

TIFFANY HERROLD
CLARK CONSTRUCTION
THERROLD@CLARKCC.COM

Membership Meetings - Second Wednesday of the Month:

April 13, 2011 - Recognition Night & 40th
Anniversary Celebration

Hostesses: Tiffany Herrold, Jane Smith, Barb
Strachan

May 11, 2011 - Hostess: Traci Brower

June 8, 2011 - Election Night

Hostess: Sara Cunningham

July 2011 - Fun Night

August 10, 2011 - State Meeting

Hostess: Barb Strachan, Karen Schultert

September 14, 2010 - Installation Night,
Women's Center Cindie Alwood - Hostess:
Shawn Hunter

October 12, 2011 - Mike Nystrom -
Builder's Exchange of Lansing

November 9, 2011 -

December 14, 2011 - Christmas Party

Hostesses: Karen Schultert & Heidi Hitz

Board Meetings - Third Wednesday of the Month:

Located at Clark Construction Company
April 20, 2011

May 18, 2011

June 15, 2011

July 20, 2011

August 17, 2011

September 21, 2011

October 19, 2011

November 16, 2011

Special Events:

April 26-27, 2011 - Michigan Construc-
tion Career Days - Ingham County Fair-
grounds, Mason MI

May 13-15th, 2011 - Region 4 Forum,
MSU Kellogg Center, East Lansing, MI

June 20-24th, 2011 - MAGIC Camp,
Lansing MI

August 31-September 3, 2011 - 56th
Annual Convention - St. Louis, MO

November 13, 2011 - Holiday Auction,
Brookshire Inn, Williamston, MI

August 29 - September 1, 2012 - 57th
Annual Convention - Denver, CO

Newsletter Deadline:

20th of each month

Chapter #177 - A Busy Little Chapter....

Our little chapter sure will be
busy for the next few months.

Michigan Construction Career
Days will be taking place on
April 26-27th, 2011 at the
Ingham County Fairgrounds in
Mason MI. There is additional
information on the event on
pages 10-12. For more infor-
mation or to volunteer please
contact Melanie Myers at
mamyers@oaklandcc.edu.

Region 4 Forum will be held
in Lansing, MI at the Kellogg
Center on May 13-15th,
2011. Lansing Chapter has
been busy planning a
"Green" event. Information
can be found on our website
or by contacting Heidi Hitz
hhitz@clarkcc.com or Megan
Jacobs jacobs@sme-usa.com.

Magic Camp will be held in
Lansing June 20-24th. For

more information please con-
tact Mary Ellen Brocklehurst
at brocklm@lcc.edu.

Annual Holiday Auction will
be held November 13th, 2011
at Brookshire Golf Course in
Williamston, MI. For addi-
tional information please con-
tact Traci Brower at
tbrower@clarkcc.com.

2010-2011 Committees

<u>COMMITTEE</u>	<u>CHAIRPERSON(S)</u>	<u>EMAIL ADDRESS</u>
Publicity/WIC Week	Jane Smith	jane@hagerfox.com
Recruitment/Mentorship	Jane Smith	jane@hagerfox.com
Officer Nominations		
New & Foremost Nominations		
Roster/Cheers & Condolences/Hostess Schedule	Karen Schulert	kschulert@agcmichigan.org
Newsletter	Heidi Hitz	hhitz@clarkcc.com
Legislative Awareness Occupation Awareness & Promotion		
Professional Education	Ruth Essenburg	ressenberg@douglassteel.com
Audit/Budget	Jane Smith	jane@hagerfox.com
Scholarship/TAG	Heidi Hitz	hhitz@clarkcc.com
Ways & Means	Traci Brower, Karen Schulert	tbrower@clarkcc.com kschulert@agcmichigan.org
Block Kids	Traci Brower	tbrower@clarkcc.com
CAD/Design/Drafting:	Megan Jacobs	jacobs@sme-usa.com
Michigan Construction Career Days	Melanie Myers	mamyers@oaklandcc.edu
Committee Service Projects	Heidi Hitz, Tiffany Herrold	therrold@clarkcc.com
Bylaws & Standing Rules	Karen Schulert	kschulert@agcmichigan.org
Industry Icon Award	Barb Strachan	bstrachan@agcmichigan.org
Historian/Scrapbook	Ruth Essenburg	ressenberg@douglassteel.com
Website	Heidi Hitz	hhitz@clarkcc.com

Your Lucky Break

You probably didn't become a stellar success by wishing on a star or knocking on wood. You did it with dedication, hard work and maybe a little luck.



Who among us couldn't use a dose of good luck every now and then? When it comes to getting ahead, you've got to make your own luck, according to new research.

How can you get lucky more often?

"I believe hard work creates lucky breaks," author of five New York Times bestsellers Emily Giffin tells PINK. She attributes her own success more to luck as a result of hard work and determination than raw talent. Experts say having an open mind and being optimistic is key. Take a chance on an employee you have a good feeling about, make a new investment and focus on the positive outcome of a project or business deal. Studies show this can-do attitude can also increase customer satisfaction, productivity and reduce stress.

Creating luck is all about taking chances, says Quint Careers. They

suggest avoiding assumptions, playing the odds and always taking the initiative. Susan Roane's book *How to Create Your Own Luck* recommends straying from the path, making gracious exits and talking to strangers.

Some lucky women say it helps to constantly have a plan, maintain a schedule, avoid procrastinating and finish everything they start, adds Shine.

By Megan Hylton
Courtesy of Pink Magazine

Work Less, Make More



What does it really take for women to get ahead? Seems there's a disagreement between the sexes on this one. Sixty-eight percent of women surveyed say advancement comes from hard work and long hours – only 55 percent of the men agree.

In contrast, 42 percent of guys think women move up based on talent, compared to just 34 percent of women. That's according to Accenture's global survey in honor of International Women's Day (today!). So, what's the learning?

"Value your talent, work smart but not so hard that you burn out," Nellie Borrero, Accenture's managing director of global inclusion and diversity, tells PINK. "Get out a bit and show everyone what you can do."

Want more?

Borrero suggests spending time on building relationships and networks in lieu of having lunch at your desk with a "sole focus on results and productivity."

Women who move up in big companies, like Office Depot's Monica Luechtefeld, say getting noticed at work

means speaking up: "If you are committed to a project that you think could impact your company, you've got to step up to be the voice of it and continue to lobby for it."

Experts also suggest highlighting unique skills you bring to the table over ones shared by coworkers – called a "disruptive skill set" – so superiors recognize your individual value. All this could have more impact on your career than longer hours.

By Cynthia Good
Courtesy of Pink Magazine

"Yesterday is a canceled check; tomorrow is a promissory note; today is the only cash you have - so spend it wisely."

- Kay Lyons

Happy Birthday!

Rosemary Price
April 15th

Happy Anniversary!

Tiffany Herrold
1 Year!

Shawn Hunter
1 Year!

visioncare
associates p.c.

A message from VisionCare, your Vision Choices provider!

Treat your Children's "Pink Eye" at Vision Care

"Pink eye," the common name for conjunctivitis, is a well-known eye infection among children. Although people of any age can contract it, children are more at risk due to epidemics in the class room and day care. Newborn babies are also at risk for conjunctivitis. In fact, it is found in 1.6 to 12 percent of all babies born in the United States.

Additionally, contact lens wearers are also more likely to get conjunctivitis due to hygiene and care issues with their lenses.

Conjunctivitis is caused by the inflammation of the conjunctiva, the clear membrane that covers the eye and inner eyelids. The conjunctiva contains blood vessels that become

dilated when inflamed causing the eye to become pink. Other symptoms, besides the eye appearing pink, include burning, itching, pain, and light sensitivity among others. The variance of symptoms can lead to the diagnosis of which conjunctivitis the patient has either bacterial, allergic or viral.

Treatment of "pink eye" is easy and necessary. Continual conjunctivitis or bacteria in the eye can actually lead to vision loss. To ease the discomfort, a warm compress should be placed on the eyes. Many times, medicated eye drops are prescribed for treatment.

There are important steps that should be taken to avoid contracting conjunctivitis. These include:

- Avoid eye rubbing and touching which spreads bacteria and viruses.

- Wash hands frequently.
- Do not share personal items such as towels.
- Remove contacts when entering a warm body of water or bath to prevent bacteria from being trapped between the contact and eye.

It is vital for conjunctivitis to be treated. VisionCare offers its treatment as well as of other medical eye conditions. Make sure that your family is keeping their eyes healthy!

Sign up for Vision Choices through NAWIC to start getting your member benefits!

[For information on Vision Choices through your membership, contact Daphne Reznik 517-337-8182.](#)

Social Media Squatters



Is someone stealing your clients? Even posing as you or a representative of your company? Thanks to sites like Twitter, it's happening more and more.

So, how can women and their companies identify imposters, counterfeiters and squatters – and protect their companies from them?

“A squatter sits on a Twitter account and never posts any updates,” says Danica Kombol, managing partner at social networking firm everywhere.

“Posers or counterfeiters ‘pose’ as if they’re a celebrity or brand and post false up-

dates,” which can misrepresent businesses and misdirect customers.

It can be an arduous process to reclaim your user name. Luckily, Twitter has a name squatting policy, and Facebook a copyright infringement policy, with step-by-step info on getting your profiles back.

How to keep your accounts safe? “Your best bet is to get there first,” advises Kombol. “Be visible. A brand that is active in social media won’t get confused with a fake account or posers.” She adds that making sure your website prominently displays

your social media links, letting followers know that your account is the real one and reporting any fake accounts you find will help keep your profiles protected.

Want more? Generally, proving that you own the trademark of a name is the quickest way to reclaim the domain, says the Wall Street Journal. Plus, don’t respond to requests for personal information through a message, as a hijacker may be to blame, according to S Commerce.

By Caroline Cox
Courtesy of Pink Magazine

“Always be a first-rate version of yourself, instead of a second-rate version of somebody else.”

- Judy Garland



Home Depot Workshops



More saving.

Upcoming Home Depot Workshops for April 2011

Live Green. Save Green. Spring Eco Workshop - Every Saturday 10 am-11 am

Spring Interior Projects Checklists - Every Saturday 11 am - 12 pm

Gardening Workshop: Spruce Up for Spring - Every Saturday 11 am - 12 pm

Eco-Friendly Gardening - Every Saturday 1 pm - 2 pm

Spring Lawn Prep & Landscaping - Every Sunday 1 pm - 2 pm

Glossary of NAWIC Terms

CCA: Certified Construction Associate. A six-part, home study certification program of the NAWIC Education Foundation.

ITC: Introduction to Construction. A 16 part-series of classes developed by the NEF, which provides a basic overview of the construction process.

Planning Conference: Each NAWIC Region holds their Annual Planning Conference (APC) in the fall. An opportunity for newly elected officers and all new members to plan the new year.

March 9, 2011 Membership Meeting at The Nuthouse Grill



WOMEN IN CONSTRUCTION WEEK: MARCH 6 – 12, 2011

Back: Mary Finch, Becky Przedwojewski, Heidi Hitz, Traci Brower, Jane Smith,
Front: Barbara Strachan, Melanie Myers, Megan Jacobs, Sara Cunningham

The National Association of Women In Construction – Lansing Chapter #177 celebrated Women In Construction Week in many ways this year. In fact, we had so many activities that it took more than a week to get it all in.

February 28, 2011 – Mayor Virg Bernero presented a City of Lansing Proclamation to President Traci Brower at the City Council Meeting as part of the Special Ceremonies Program. Region 4 Director Melanie Myers and Lansing Chapter WIC Week Chairperson Jane M. Smith were included in the ceremony. Chapter Treasurer Megan Jacobs also attended and served as the Chapter Photographer. Traci, Melanie, and Jane were all given an opportunity to speak to those present as well as a television audience.

March 1, 2011 – A local radio/television show entitled “The Morning Coffee Break Show with Jack Robbins” at LCC-WLNZ 89.7 FM featured WIC Week and other NAWIC programs via a ten minute interview with Director Melanie Myers. Topics discussed included everything from upcoming labor shortages, NAWIC educational programs, and Region 4 Spring Forum hosted by the Lansing Chapter #177!

March 8, 2011 – WILX TV 10 (NBC Affiliate) featured a NAWIC mug on the morning news program. A photo of our 2011 Block Kids winner was also presented and an invitation to attend the Membership Meeting was extended by Darrin Rockhole, Chief Meteorologist.

March 8, 2011 – Cheryl Fellem, CIT of the Lansing Chapter received word from a friend employed by the State of Michigan that Governor Rick Snyder posted a State Proclamation for WIC Week acknowledging the four Michigan NAWIC Chapters. Director Melanie Myers later informed us that Kathi Dobson of the Detroit Chapter had worked on getting the State Proclamation. Congratulations Kathi Dobson!

March 9, 2011 – The Lansing Chapter conducted their Membership Meeting at a downtown Lansing restaurant, The Nuthouse Grill. What an appropriate place – we are nuts about NAWIC! A program entitled “5 Secrets to Looking and Feeling Younger” was presented by Dr. Sarah Little of Total Health Chiropractic. Posture began improving as soon as the doctor mentioned the word.

March 10, 2011 – Barbara of The Lansing State Journal responded to the WIC Week press release issued by Jane M. Smith and conducted an interview about women in construction with Jane, the article will print in the next week or two.

March 11 – 13, 2011 – Gil O’Doherty of WLNS – TV 6 (CBS Affiliate) invited NAWIC Lansing Chapter to host a booth to promote WIC Week and all the great programs that our chapter is involved with at the Meridian Mall Home Improvement Showcase. We learned of this opportunity with less than 2 weeks to prepare. National Office was most helpful on short notice to provide the certificate of insurance that we needed to participate in this show.

We used a contest to entice more people to stop at our booth. A large canning jar full of nails was displayed in our booth. Guests were encouraged to guess the number of nails in the jar. In order to guess the nails, participants completed a short questionnaire about what NAWIC programs may interest them, including NEF Block Kids, CAD/DD,

MAGIC Camp, Scholarships, e-Newsletter, etc. We had 50 entries and many of them were interested in specific NAWIC programs. Teresa Schimke, Manager of Regis Salon of Meridian Mall donated a beautiful basket of hair care products to use as a prize for the contest.

Special thanks are due to members Barbara Strachan, Melanie Myers, Becky Przedwojewski, Heidi Hitz, Karen Schuler, Traci Brower, and Cheryl Fellem (listed in order of appearance) for working at the mall on very short notice. The WIC Week Chairperson, Jane Smith, filled in the hours that other members were not available, so we staffed the booth the entire weekend. A lot of heads turned as they read our signs for "Women In Construction Week," so even the people that did not stop into our booth will remember NAWIC!

WIC Week – March 6 – 12, 2011 – The NAWIC Lansing Chapter members wore NAWIC clothing and WIC Week Buttons to Work all Week. We also used special labels promoting WIC Week on the back of our business cards to invite guests to our March Membership Meeting. Overall, we had a very successful Women In Construction Week 2011. - Written by Jane M. Smith



Is Coffee Good For You?

For many of us, a pot of coffee is as essential to the morning routine as getting dressed for work. But could it be good for your health too? Those who require a cup of roasted brew to wake up may find comfort in knowing drinking coffee can offer some positive effects.



Experts say filtered ground coffee offers the most health benefits. For those

with sensitive stomachs, the cold brewing process – using coffee extract or syrup and adding cold water – will make your coffee less acidic and caffeinated.

Coffee provides antioxidants. Research shows chlorogenic acid found in coffee can help fight against dementia, Parkinson’s disease and type 2 Diabetes.

Overindulging is never a good thing. Too much coffee can cause heightened anxiety, caffeine addiction and dry skin, research suggests.

Assuming you aren’t drinking eight cups a day, which can lead to high cholesterol, two cups with low calo-

rie cream/sugar should do no harm and can even cut your risk of a stroke.

The types of coffees that are richest in chlorogenic acid include: Arabica, Robusta, Green coffee beans or an organic kind, like Healthy Bean. For optimal benefits, 100 percent organic coffee offers high concentrations of antioxidants to protect the cells from free radical damage and premature aging.

Let's drink to that!

By Sheilah Fulton
Courtesy of Pink Magazine

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PHONE - (517) 322-2050 / FAX (517) 322-0050

<http://www.douglassteel.com> / email: info@douglassteel.com

NAWIC

*National Association of Women
in Construction*

Lansing Chapter 177



Please join our celebration

- Wednesday, April 13, 2011, this celebration will begin with a Social Hour at 5:45 PM
- The Eagle Eye Golf Club, 15500 S Chandler Rd in Bath MI 48808, 517/641-4570 (map and directions found at www.hawkhallow.com)

Featured Speaker

- Chad Clark, Project Manager for The Christman Company will present The Accident Fund National Headquarters Project.

Awards

- In conjunction with the NAWIC 40th Anniversary, the NAWIC Construction Industry Icon Award will be bestowed.
- Recognition of the NAWIC Block Kids and CAD/Design/Drafting Winners along with the Carleen Hallman Scholarship Award.
- Special honors will be given to the 2011 Foremost Leader & Newest Leader.

Cost per person is \$35. Please RSVP by calling Jane Smith at 517/482-5501 or email at jane@haverfox.com no later than April 8, 2011

Maps & Directions

EAGLE EYE GOLF CLUB

15500 Chandler Road, Bath, Michigan 48808-9600, Telephone: 517-641-4570

DRIVING EAST ON I-96 (from Grand Rapids)

- Exit onto I-69 East (to Flint)
- Exit at the Old Business 27 exit (third exit after merging onto I-69 from I-96).
- At the top of the ramp, turn right, heading south, onto Business 27 and get into the left lane immediately.
- At the very first traffic light (approximately a ¼ mile ahead) at Business 27 and Clark Road, turn LEFT onto Clark Road heading EAST (there is a Speedway Gas Station on the Southwest corner of that intersection).
- Travel approximately 3 miles to the first 4-way stop sign at the intersection of Clark and Chandler Roads. Turn RIGHT, heading SOUTH, on Chandler Road.
- Hawk Hollow Golf Course will be on your LEFT after you cross over the overpass to I-69.
- Eagle Eye Golf Club will be on your RIGHT.

DRIVING WEST ON I-96 (from Detroit)

- Take exit 106B to merge onto I-496 W/US-127 N toward Lansing (3.3 miles)
- Slight right at US-127 N (2.6 miles)
- Take the Lake Lansing Rd exit
- Turn right on W Lake Lansing Road (1.2 miles)
- Turn left (north) at Chandler Road (Abbott Road) (1.4 miles)
- Eagle Eye will be on your left off of Chandler Road
- Hawk Hollow will be on your right off of Chandler Road



Region 4 Forum – “Turning the Leaf” A Green Forum Lansing, MI May 13–15, 2011 Hosted by Lansing Chapter #177

Registration Information and Payment Due – April 12, 2011
No Refunds After April 12, 2011
(Please print)

Name for Badge: _____ Phone: _____

Employer: _____ Fax: _____

Mailing Address: _____

Email: _____

Chapter Name: _____

NAWIC Active or Corporate Member NAWIC Associate, Student or Retired Member

1st Time Region 4 Forum attendee Delegate Guest

Conference Registration: Registration (Members & Guests) \$155.00 \$ _____

Late Registration (After April 12) \$175.00 \$ _____

Additional Fees (from page 2) \$ _____

TOTAL ENCLOSED: \$ _____

Vegetarian meals requested

Food Allergies/Special Requests: _____

Saturday Night Banquet will be a Beef Entrée.

Please mail registration forms and check to: (Make checks payable to: NAWIC Forum 2011)

Hager Fox Heating & Air Conditioning, Inc.
ATTN: Jane M. Smith
1435 Diamond Reo Way
Lansing, MI 48910

Questions? Contact: Heidi Hitz @ (517) 230-2813 (cell) – hhitz@clarkcc.com

Or Megan Jacobs (517) 819-2657 (cell) or www.lansingenawic.com

REGISTRATION DESK OPENS THURSDAY, MAY 12TH AT 6:00 PM

HOTEL RESERVATIONS MUST BE MADE DIRECTLY WITH Kellogg Hotel & Conference Center:

Kellogg Hotel & Conference Center
55 South Harrison Avenue
East Lansing, MI 48824-1022
Phone: (517) 432-4000

RESERVATIONS: 800-875-5090

Room Rates: \$ 96 Standard Double \$ 96 King

www.kelloggcenter.com



Shuttle Service is available through the hotel from the airport, please be sure to let the Hotel know at time of reservation.

**Region 4 Forum 2011 – “Turning the Leaf” A Green Forum
Additional Activities**

Friday Morning Classes:

BIM Hands On Course	8 am – 11:30 am	\$50	Total \$ _____
<i>(Limited to 20 attendees)</i>			
“Communication Skills for Women in the Construction Industry”	8 am – 11:00 am	\$25	Total \$ _____
“YOGA to Improve Your Health”	9 am – 10 am	\$8	Total \$ _____
<i>(Limited to 15 attendees)</i>			
“Using Golf In Business”	9 am – 11 am	\$25	Total \$ _____

Guest tickets to meal functions:

Friday Night Welcome Party	\$36	# of Tickets ____	Total\$ _____
Saturday Morning	\$20	# of Tickets ____	Total\$ _____
Saturday Luncheon	\$30	# of Tickets ____	Total\$ _____
Saturday Banquet	\$50	# of Tickets ____	Total\$ _____
Sunday Morning	\$23	# of Tickets ____	Total\$ _____

Total Additional Fees (add this amount to page one): Total\$ _____

Hotel Rooms include the following amenities:

- Cable and pay-per-view movies; Voice mail; High-speed wireless and access through Hair dryers; Fitness Center; Irons and ironing boards; USA Today; Coffee makers;

Meeting Attire is Business Casual, and Banquet on Saturday Night is Semi-Formal.





Region 4 Forum – “Turning the Leaf” A Green Forum

Lansing, MI May 13–15, 2011

Hosted by Lansing Chapter #177

Speakers & Workshops

Friday Morning Classes

BIM Hands On Course 8 am – 11:30 am

Cost of Class - \$50.00

A hands on course taught by Garry Myers an Estimator from Clark Construction Company and Andy O’Nan from Beck Technology. Laptops will be available with the software already loaded for your use.

This 3 ½ -hour semi hands-on course is recommended for all users who wish to experience the basics of DProfiler software. Beck Technology trainers provide a comprehensive walkthrough building 3D models while costing is automatically accumulated in the background.

DProfiler™ is the first and only construction technology to integrate 3D modeling and cost estimating in real time. Users can develop conceptual estimates, analyze energy costs, and analyze site costs within a single software application. DProfiler™ provides a quick and easy way for all project stakeholders to collaborate, study what-if scenarios and make the best value design decisions.

After completing the class, each participant will receive a full working program, with a temporary license. This is a great price since the training that each participant will be receiving is worth several hundred dollars.

“Communication Skills for Women in the Construction Industry” 8 am-11 am Cost of Class \$25.00

Class will be taught by Daryl Galant who has an MA from Western Michigan University and BA from the National Labor College. He is the Coordinator for the Michigan Laborers Training & Apprenticeship Institute.

How can women communicate successfully in the male dominated construction world? For women to succeed in the current economic situation and uncertain times they need to know how to effectively communicate. Dr. John Gray says that women are from Venus and men are from Mars, but the construction male is a unique character. What planet do you think he comes from? Ork? This workshop is based on a problem-based learning curriculum that should prove to be fun and engaging. Be prepared to roll up your sleeves as we break into teams to exchange ideas of how you learn to communicate in your current situation with real-life cases.

“Yoga To Improve Your Health” 9 am – 10 am

Cost of Class \$8.00

Class will be taught by Kerry Petty, a certified Pilates and Yoga Instructor, Licenses Massage Therapist and personal trainer. What a great way to relax from your travel and by loosening up and learning how to improve your overall health before general session begins. This will be a (1) hour long class, please bring a mat or towel and your exercise clothes for a great workout.

“Using Golf In Business” 9 am – 11

Cost of Class \$25.00

Want to make that golf outing more productive next summer? Take this 2 hour course to learn what the students in the Business Program at Michigan State University learn to make golf a useful tool in business. Jan Brintall, Class ALPGA Professional Instructor will cover topics such as: What is it about Golf that makes it so Beneficial for Business?; The Business Golf Culture; The 19th Hole; Body Language and Personality Types found in Business Golf; Business Golf Etiquette and more.

Lansing's MAGIC Camp

We Provide For You:

- Information and hands-on experience in a wide range of construction-related fields taught by local women employed in the construction industry.
- Knowledge and practice in areas such as carpentry, electrical, plumbing, drywall, and masonry.
- Projects to create and take home.
 - Hard hats, safety goggles, gloves, and other protective equipment.
 - Safety training sessions are scheduled each morning. Lunch will be provided every day. Completion ceremony will occur on the final camp day.



DEADLINE: June 3, 2011

Applications received after the deadline will be processed on a space available basis.

Eaton Intermediate School District

MaryEllen Brocklehurst, Camp Coordinator
 1790 E. Packard Hwy.
 Charlotte, MI 48813
 Phone: 517-483-1323
 Fax: 517-483-9967
 E-mail: brocklm@lcc.edu



Eaton Intermediate School District
Find some MAGIC this Summer

Mentoring a Girl in Construction Summer Camp
June 20-24, 2011





Lansing Office
2323 N. Larch
Lansing, MI 48906

Detroit Office
26001 Five Mile Rd.
Redford, MI 48239

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Fax (517) 371-1131

(313) 533-3509
Fax (313) 533-3574

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Since 1916, the AGC of Michigan has been a major force in Michigan's construction industry by providing quality leadership and services.

AGC of Michigan recognizes and supports the endeavors of the

National Association of Women in Construction Lansing Chapter #177

*Best wishes for a
successful 2011
Region 4 Forum!*



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Lansing, MI 48912
Office 571-372-9163
Fax 517-372-7981
womenscentergl@yahoo.com
www.womenscenterofgreaterlansing.org

The Women's Center of Greater Lansing is a place where women can participate in personal and career counseling, comprehensive employment services, talk with an attorney, all under one roof and on a sliding scale.

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NAWIC

National Association of Women in Construction

NAWIC National Office

327 S. Adams Street
Fort Worth, TX 76104

Supporting Women in the
Construction Industry

The Lansing Chapter #177 is a small chapter in Lansing MI, that hosts several events during the year to promote construction education to students and parents. As well as community involvement. Some of the events the chapter is involved in are, **Block Kids, CAD/Design/Drafting and Scholarships**, which educate students and their parents about **Career Possibilities in the Construction Industry**. Community Events include **Walk at the Capital for Breast Cancer, Grand River Clean up, and Habitat for Humanity**.

For more information on becoming a member please visit the national office, or our local chapter website: www.nawic.org or www.lansingnawic.com.

