

**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 3

DECEMBER 2010

MEMBERSHIP MEETING

Wednesday December 8, 2010

**Christmas Party/Ornament Exchange &
Collecting Angle Gifts for St. Vincent's Children's Home**

Location: Spartan Hall of Fame

1601 Lake Lansing Road, East Lansing, MI

517-337-4680

Time: 5:30 Networking

6:00 pm Dinner

Hostesses: Karen Schulert & Heidi Hitz

RSVP by December 2, 2010

kschulert@agcmichigan.org Or hhitz@clarkcc.com

See flyer on page 10 for additional information



Save the Dates

December 1, 2010 -

Chapter Board Meeting

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

January 29, 2011 -

Block Kids at Lansing Community College

(see flyer on page 7 for additional information)

Next Membership Meeting:

Wednesday January 8, 2010

Home Depot Class - Painting

Location: Home Depot in Okemos

Hostess: Traci Brower

President's Message



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

"He who is not courageous enough to take risks will accomplish nothing in life."

- Muhammad Ali

"Neither privacy nor publicity is dead, but technology will continue to make a mess of both."
- Danah Boyd



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~ John Fitzgerald Kennedy

I hope all of you enjoy the holidays spent with family and friends and take the time to reflect on all you have to be grateful for.

On November 10th we had our general membership meeting at Jimmy's Pub in East Lansing. Georgia Harris, Wage Specialist with the State of Michigan provided us with some valuable information about prevailing wage. Thank you to Sara Cunningham for making the arrangements for the meeting location. Kudos to Heidi Hitz for organizing the Angel Gift Tags with Holiday Wishes for the children from St Vincent's Children's Home.

Melanie Myers, Traci Brower, Heidi Hitz and Jane M Smith attended APC, Annual Planning Conference, on November 5 & 6 in Indianapolis. This was the first event organized by Melanie Myers as Region 4 Director. It was a smashing success! You can read more about APC in the attached article. The Annual Holiday Auction on November 14, 2010 at the Brookshire Inn and Golf in Williamston proved to be a successful fundraiser for the Chapter. Thanks to everyone, members and guests, who put so much into this event to help make it so successful!! It would not be possible without the help of everyone involved.

I look forward to celebrating the upcoming Holidays with everyone at our Holiday Meeting on December 8 at The Spartan Hall of Fame Café at 5:30 pm. We will have an ornament exchange, so remember to bring yours.

For those of you participating, please remember to turn in your Angle Gift tags and gifts for the St Vincent's Children's Home. We will also be collecting cards for Christmas Cards for Soldiers to send to soldiers, veterans and/or their families. You can contact Heidi @ hhitz@clarkcc.com if you have any questions regarding any of these items.

2010 proved to be a very good year for the Lansing Chapter of the National Association of Women in Construction. We have gained a few new members, were able to accomplish many goals, and have made many new connections. I look forward to much of the same in 2011. Thanks to everyone for all of your time and support!!! All of your hard work is greatly appreciated!!

Thank you, *Traci Brower*

Social Media Mistakes

More companies are now using social media to keep tabs on their employees and make hiring decisions. Thirty-five percent of companies

use sites like Twitter, Facebook and LinkedIn to screen potential employees.

Too many workers have a false sense of privacy, believing there's an imaginary line between their public and private lives, warns Kristina Vaquera, Attorney at Jack-

son Lewis, LLP. "If you are uncomfortable with your mom reading something on your profile, your employer might be uncomfortable as well."

Think this can't get you fired? Larry Johnson a former Kansas City Chiefs NFL player and Octavia Nasr CNN's former senior editor of Mideast affairs were both fired because of their tweets.

Econsultancy created a list of "10 Common Social Media Mistakes"

<http://econsultancy.com/us/blog/5684-10-common-social-media-mistakes>

such as publishing first, thinking later and not training employees.

Companies like KPMG have added a social media section to their ethics and compliance training to remind employees how to properly project themselves online. Run your own search and make sure what comes up is what you want reflected of you, suggests Vaquera. "A lot of young women don't do that. You need to be aware of what you're putting out there." It can affect your career.

By Aleta Watson

Member Profile - Tiffany Herrold



What is your full name?

Tiffany Jo Herrold

What is your birthday?

November 26, 1980 (celebrated 30 in Hawaii!)

Are you married; do you have any kids, if so what are their names; do you have any pets?

I am not married and do not have any kids. I do have 6 nieces and nephews so I can spend lots of time with kids when I want to, then send them home after giving them lots of sugar. I have a cat named Riley, he is very social and loves visitors.

What is your educational background? Do you have any awards or certifications?

I graduated from Michigan State University with a bachelor's degree in Accounting.

What company do you work for?

I work for Clark Construction Company. I am also the Treasurer for the Michigan District Church of the Brethren.

What is your occupation, and title, please describe a typical day on the job.

Currently I work as a Project Administrator at Lincoln Consolidated Schools and help whoever needs me in the Southfield office. I drive to either Southfield or Belleville for work every day. When I'm in Southfield; I'll spend some time processing RFI's and Submittals that I receive, do some vendor data entry for the estimator in the Southfield office, respond to e-mails, ask around for random projects that people need help with like making power point presentations, and just help out with whatever needs done. When I'm at the jobsite in Belleville; I'll spend time with the Clark team and meet with contractors, the Superintendent will take me for a tour of the jobsite and teach me about construction (I have a degree in Accounting so I still have a lot to learn).

How did you get into construction?

I started working at Smith-Hammond Piping in Battle Creek in 2003 through a temp agency doing accounting. After working for a couple other companies and found myself unemployed. Then in 2006 my experience at Smith-Hammond got me the job at Clark.

How did you hear about NAWIC, and when did you join?

My first experience with NAWIC was a bowling night in 2007 with Heidi Hitz (Paul Clark was with us too). Then again in the spring of 2010 at the Mongolian BBQ event. I joined shortly after that night.

How many years have you been a member of NAWIC?

Less than a year; I joined in April of 2010.

What is one thing people in NAWIC don't know about you?

I went to Montessori for Elementary school and when I switched to Bath schools I got to skip 7th grade.

Happy Birthday!
 ~ Barb Alexander
 December 8th
 ~ Heidi Hitz
 December 20th
 ~ Karen Schulert
 December 22nd

Green Tip: Drive Right and Save Fuel

Plan to run your holiday errands in a clockwise pattern so the majority of turns you make are right-hand ones. Avoiding left turns reduces the time you sit at intersections with your engine idling. That means you not only save gas, you also help keep the air clean. Just think: Waiting even two minutes to

take a left turn uses about the same amount of gasoline as it would to drive 1 mile—and an hour's worth of idling can burn almost a gallon of fuel.

Source: California Energy Commission



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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TIFFANY HERROLD
CLARK CONSTRUCTION
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Membership Meetings - Second Wednesday of the Month:

December 8, 2010 - Christmas Party

Hostesses: Karen Schulert & Heidi Hitz

January 12, 2011 - Home Depot Class: Painting

February 9, 2011 - Hostess: Jane Smith

March 9, 2011 - Hostess: Megan Jacobs

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 Schulert

September 14, 2010 - Shawn Hunter

Board Meetings - Third Wednesday of the Month:

December 1, 2010

January 19, 2011

February 16, 2011

March 16, 2011

April 20, 2011

May 18, 2011

June 15, 2011

July 20, 2011

August 17, 2011

Special Events:

January 29, 2011 - Block Kids at Lansing Community College West Campus

February 2011 - NAWIC Lansing Chapter #177 - 40 Years

March 6th - 12th, 2011 - WIC Week (Women In Construction Week)

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

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

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

Newsletter Deadline:

20th of each month

NAWIC 101

Interested in becoming more active in your chapter? There are several committees that you can join and take part in. Please see page 5 of this newsletter for committees and the committee's chair person. Maybe you have a

flair for fundraising, and could help the Ways and Means Committee, or maybe you would like to help with the educational programs for K-12 students. If you are not sure what you would like to do, but are looking to be more

involved, contact the chair person for additional information.



2010-2011 Committees

MEMBERSHIP - Committee
Chair: Karen Schulert - Secretary

- * **Publicity/WIC Week:** Sub Committee Chair — Jane Smith
- * **Recruitment/Mentorship:** Sub Committee Chair - Jane Smith; Committee Members: Karen Schulert, Traci Brower, Heidi Hitz
- * **Officer Nominations/New & Foremost Nominations:**
- * **Roster/Cheers & Condo-lences/Hostess Schedule:** Sub Committee Chair - Karen Schulert; Committee Member: Megan Jacobs
- * **Newsletter:** Sub Committee Chair: Heidi Hitz, Committee Member: Karen Schulert

CONSTRUCTION PROFESSIONAL AND EDUCATION - Committee Chair - Barb

Strachan - Director

- * **Legislative Awareness Occupation Awareness & Promotion:** Sub Committee Chair
 - * **Professional Education:** Sub Committee Chair - Ruth Essenburg; Committee Member: Heidi Hitz
- FINANCE - Committee Chair - Megan Jacobs - Treasurer**
- * **Audit/Budget:** Sub Committee Chair - Jane Smith; Committee Members - Traci Brower, Melanie Myers
 - * **Scholarship/TAG:** Sub Committee Chair - Heidi Hitz; Committee Chairs - Sara Cunningham, Barb Strachan, Karen Schulert
 - * **Ways & Means:** Sub Committee Chair - n/a; Committee Chair - Traci Brower,

Karen Schulert (Helper)

NEF AND COMMUNITY PROGRAMS - Committee Chair - Jane Smith- Director

- * **Block Kids:** Sub Committee Chair - Traci Brower; Committee Members - Melanie Myers
- * **CAD/Design/Drafting:** Sub Committee Chair - Megan Jacobs; Committee Members - Cheryl Fellem, Barb Strachan, Traci Brower
- * **Michigan Construction Career Days:** Sub Committee Chair - Melanie Myers
- * **Committee Service Projects:** Sub Committee Chair Committee Members - Heidi Hitz, Tiffany Herrold



A message from VisionCare, your Vision Choices provider!

Drs. Lee Rigel, Cheryl Vincent-Riemer and Sarah Knapp of VisionCare Associates

Ensure your Holidays are Eye Injury Free!

Thousands of eye injuries occur each year to children under 14 due to toys. There are many steps that can be taken to ensure children remain safe while playing with toys including supervision. However, safety starts with purchasing the toy. Follow these guidelines when buying:

Read all warnings and directions posted on the box.

Look at the recommended age on the box but also keep in mind your child's ability which can differ amongst the same age group due to developmental differences.

Inspect the construction of a toy before

purchasing. Large toys that can be broken down into smaller ones or toys that break into pieces upon impact are not suitable for younger children.

Toys with sharp or rigid points, spikes, rods or other danger edges should be avoided.

Toys with projectile components such as things that can fly are hazardous.

Look for the letters ASTM on the box. These stand for The American Society for Testing and Materials and means that the toy meets national safety standards.

By following these safety tips, your loved ones are sure to enjoy a new present free of eye injuries and

possible blindness!

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





After Hours Email

E-mail is the backbone of most companies – it's how we interact with clients, communicate and stay on top of the industry. But that 5A.M. or weekend e-mail likely does more harm than good.

"Other than life or death situations and critical business scenarios, such as negotiating a critical contract or an urgent employee situation, e-mails should not be sent after work hours," says Karen Benjack, President of GH Consulting Group. She adds that constantly being

copied on e-mails unnecessarily can also lead to stress. According to a recent survey, 62 percent of workers check e-mail on weekends, and 50 percent check it on vacation. Benjack suggests creating an auto-response saying you're out of the office and to call if it's urgent to help eliminate the urge to constantly check in.

Ignoring after-hours e-mail also helps in maintaining the Life/Work balance. "I have a philosophy that, Friday night at 7 o'clock, I shut down until 7 o'clock Sunday night,"

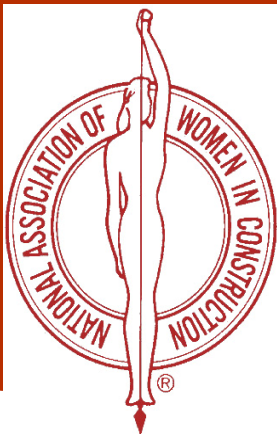
says Pam Blalock, Distribution VP of Individual Business at MetLife. "I shut down one side of my life and make sure I focus on the other side."

If you do need to glance at your e-mail, Priority Inbox from Google automatically sorts your messages for importance based on which ones you read and reply to the most. Benjack's no-nonsense e-mail method simply states, "information needed and action required."

By Megan Hylton
Courtesy of Pink Magazine

"There is more to life than increasing its speed."

Mohandas K. Gandhi



Home Depot Workshops



More saving.

Upcoming Home Depot Workshops for December 2010

Interior Painting Made Easy - Every Saturday 10am-11 am

Tile: The Right Looks and Tools for the Job - Every Saturday 11 am - 12 pm

Holiday Decorating and Gifts - Every Saturday 1pm - 2 pm

Installing Interior Doors - Every Sunday 1 pm - 2 pm

Glossary of NAWIC Terms

CAD/HD: Another NEF initiative for K-12 students. Students are given a design problem, which changes each year, to be either Computer or Hand Drafted. Locally, several high schools have included

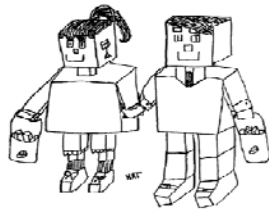
this problem as a part of their curriculum. Local winners advance to regional and national competitions.

CAREER DAYS: Across the US and Canada, NAWIC chapters conduct

special activities to interest young people in careers relating to our industry.

NFSF SCHOLARSHIP: NAWIC Founders' Scholarship Foundation.

NAWIC



Block Kids Program

DATE: 01/29/2011

TIME: 9:00 AM - 12:00

LCC West Campus
5708 Cornerstone Drive
Lansing, MI, 48917

The Block Kids Building Program is a national building program that introduces children to the construction industry. 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.

Highlights

- Open to Students grades 1-6
- Open to the first 100 children
- Introduce students to Construction

CONTACT TRACI BROWER

Phone: 800-522-3506

Fax: 817-887-0324

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Annual Planning Conference (APC), 2011 Report

Melanie Myers, Traci Brower, Heidi Hitz and Jane M Smith attended APC, Annual Planning Conference, on November 5 & 6, 2010 in Indianapolis. This was the first event organized by Melanie Myers as Region 4 Director. It was a smashing success! Friday night there was a Welcome Party with food, the NAWIC Store, complimentary massages, and a hospitality suite later in the evening. The Indianapolis Chapter did a wonderful job hosting the event.

Saturday morning began with the general session that presented new and proposed national bylaw changes, pre and post con highlights, and regional committee highlights. The rest of the day we split our time between the following workshops:

Chapter Presidents/Leadership Meeting- Melanie Myers, Region 4 Director
Chapter Treasurer Training, Jan Sullivan- CBT, CCA, CDS, CIT
Masonry Fixes
Are There Really New Chapter Members Out There?- Christine Parsons, CIT & Wendy Baxter-CIT, LEED AP
How to Make the Most of Your Chapter Committees- Melanie Myers, Region 4 Director
Home Depot Workshop- Door repairs
How to start NEF K-12 Programs and MAGIC Camp- NEF Region 4 Committee Chairs
So you want to be a NAWIC Leader?- Debra Gregoire, CIT-National President
Mold: Protecting your family

We ended the day with a game of NAWIC Jeopardy, an 'interesting' invitation to Forum 2011 in Lansing, Michigan and RAFFLES. There were 92 attendees. Please feel free to contact Heidi, Jane or I if you have any questions regarding APC. Great Job Melanie!!

Traci Brower, NAWIC Lansing Chapter 177 President

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Seasons Greetings

**NAWIC Lansing Chapter #177
Christmas Party**

Wednesday December 8, 2010

**Christmas Party/Ornament Exchange &
Collecting Angle Gifts for
St. Vincent's Children's Home**

**Location: Spartan Hall of Fame
Restaurant**

**Time: 5:30 pm Networking & Cocktails
6:00 pm Dinner**

Friends and Family are welcome!

Hostesses: Karen Schulert & Heidi Hitz

kshulert@agcmichigan.org or hhitz@clarkcc.com

RSVP by December 2, 2010

NAWIC

National Association of Women in Construction

NAWIC National Office

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Phone: 800-522-3506

Fax: 817-887-0324

E-mail: nawic@nawic.org

**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. 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.

