

**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 4

JANUARY 2011

## MEMBERSHIP MEETING

**Wednesday January 12, 2011**

**Home Depot Class - Painting**

**Location:** Home Depot in Okemos

1749 Newman Road, Okemos, MI

**Time:** 6:00 pm Painting Class

Dinner to follow Class at Home Depot

**Cost:** \$7.00 - 9.00 per person

**Hostesses:** Heidi Hitz

**RSVP by January 7, 2011**

[hhitz@clarkcc.com](mailto:hhitz@clarkcc.com)

**HAPPY NEW YEAR!**

## Save the Dates

**January 19, 2011 -**

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 8 for additional information)

**Next Membership Meeting:**

**Wednesday February 9, 2011**

Location: La Seniorita, Lansing

Hostess: Jane Smith

## President's Message



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

I trust everyone had a joyous Holiday Season filled with peace and laughter. Now it is a New Year and time for new beginnings. What are your goals for the New Year? How will you represent NAWIC to the fullest in this upcoming year?

The Lansing Chapter held its annual Holiday Celebration on December 8, 2010 at the Spartan Hall of Fame. We turned in our Angle tags and gifts for the St Vincent's Children's Home. We sent special Christmas wish cards to our troops to show our appreciation for their hard work

and dedication to our country. We also held our fun and semi-competitive ornament exchange. Thanks so much to Heidi Hitz and Karen Schulert for such a lovely Holiday Party. Many laughs and fun were had by everyone!!!

2011 is the NAWIC Lansing Chapter's 40th Anniversary year. Congratulations and Thank You to all for helping to make this Chapter what it is today. The Lansing Chapter NAWIC has a lot ahead us as we find the Holidays behind us and the New Year here. The Block Kids Building Program will be here before we know it.

It is being held on Saturday January 29, 2011 at the LCC West Campus from 9 am- 12 noon. Please contact Traci Brower if you are able to help out. Your help would be greatly appreciated. Also don't forget to keep working on your assignments for Forum, May 13-15, 2011. Please contact Heidi Hitz if you have any questions regarding your duties.

Happy New Year everyone!!!

Thank you, *Traci Brower*

"Love yourself, for who and what you are; protect your dream and develop your talent to the fullest extent."

- Joan Benoit Samuelson

"The ladder of success is best climbed by stepping on the rungs of opportunity."

- Ayn Rand



## Earn Like A CEO

With only a handful of women in top corporate jobs, and even fewer among the highest earners, what is it that these women leaders are doing that the rest of us can do, too? The road to the top is never simple, but all the women who have made it share one common characteristic: drive. So, what's the leadership style that got them there?

Sixteen women CEOs earned \$14.2 million – 43 percent more than their male counterparts' average in 2009.

"You just have

to keep asking questions," said Carol Bartz, chief executive of Yahoo! in a recent interview "Why do I have to be the know-it-all? I'm not that smart. But I'm smart enough to just keep asking questions and say, Is that the best you can do? Does that excite you? Will that excite the customer? Does this really have to work this way?"

Know your product, but, more importantly, know your market Kraft CEO Irene Rosenfeld restructured the iconic Oreo cookie into a wafer that Chinese consumers love.

Build a strong support base of employees who keep you motivated, advises Indra Nooyi, president of

Pepsi Co. Nooyi says she considers those at work members of her extended family.

Finally, to reach your highest earning potential, communicate with those at all levels of the company. Establishing relationships is crucial to mobility, notes Patricia Woertz, head of Archer Daniels Midland Company.

Courtesy of Pink Magazine

# What Are You Looking Forward to In the New Year?

Fellow members of Lansing Chapter #177 shared their thoughts on what they are looking forward to in 2011. See what they are looking forward to in 2011.

“Showing my Horse at local and distant shows throughout the spring and summer months.”  
- Ruth Essenberg

"Better Health"; "Staying Employed" and "More Fun!"  
- Karen Schulert

“I’m looking forward to a new job. I begin the new adventure

on January 3. I think I am really going to like this job. I am the administrative secretary for SCCMUA. The Southern Clinton County Municipality Utility Authority. This is the waste water treatment plant for Bath, DeWitt, and Watertown township.”

- Cheryl Fellem

“ Each day in the new year will be a blessing from the creator. I have a wonderful Career which I love. We have hired two new people who will report in the new year and I can get back to doing what I love to do helping

businesses and individuals in these hard times. As the holy man Kicking Bird once said "when you are in a good place with good people linger there". I am most looking forward to lingering with all of you more!”

- Mary Finch

“I’m looking forward to starting a new project at St. Johns Schools right in my backyard. Looks like I’ll be there for the next three years. Look forward to the new team of people that I’ll be working with, and welcome all the challenges that await.”

- Heidi Hitz

## Christmas Giving

Lansing Chapter #177 had their annual Christmas Party December 8, 2010, with many friends and family members in attendance. They had an exciting ornament exchange with snowman ornaments as the prized ornament of the evening.

The ornament exchange wasn't the only giving of the night.

Members collected gifts for the Children at St. Vincent's Children's Home In Lansing, MI. At the November meeting members selected angel cards from a tree to purchase gifts for the children. There were 20 children that had a Christmas gift to open on Christmas morning. We even had one

children request a snow shovel, an entrepreneur in the making!

Members also wrote Christmas cards to soldiers, 20 cards were collected for soldiers.

Thank you to all the members who donated gifts for the children, and writing cards for the soldiers.

## Green Tip: Volunteer More

It's been scientifically proven that people who volunteer are happier, healthier, and live longer. It just takes a few weeks for you - and your community - to start reaping those benefits, so start thinking about which cause you'd enjoy donating your time to in 2011.

Perhaps you'd be good at taking inner-city kids into the wild, spending time with animals, or cleaning a beach or river. Not sure where to start? Contact your local Sierra Club chapter for green opportunities, or find more general volunteering resources at [Serve.gov](http://Serve.gov).

Courtesy of Sierra Club



# 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  
CLARK CONSTRUCTION  
HHITZ@CLARKCC.COM

### TREASURER

MEGAN JACOBS, PE  
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ENGINEERS INC.  
JACOBS@SME-USA.COM

### SECRETARY

KAREN SCHULERT  
AGC OF MICHIGAN  
KSCHULERT@AGCMICHIGAN.ORG

### IMMEDIATE PAST PRESIDENT

MELANIE MYERS  
OAKLAND COMMUNITY  
COLLEGE  
MAMYERS@OAKLANDCC.EDU

### DIRECTORS

BARBARA STRACHAN,  
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AGC OF MICHIGAN  
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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:

**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:

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 - New Leader & 4-Most Member

*New Leader Award* is given to a person that has been a member for less than two years and has shown interest NAWIC and their chapter. This is through attending APC, Forums, construction related activities, and their passion for NAWIC. *4-Most Member* is given to a person that has been a member for 2 years or more. Like the *New Leader Award* has shown great interest in NAWIC

and their chapter, attends APC, Forums, and related construction activities. These awards are determined in the Spring.



## Women's Center - She Laughs VI

On Friday, January 14, 2011 the Women's Center is hosting "She Laughs VI", this will take place at the Radisson Hotel, in Lansing. This year's lineup: Stephanie Hirschert-Walton, Letitia Fowler, Cynthia Ward and introducing Christine Sayers - winner of several B-spot comedy competitions. Brenda Nelson will be back as our illustrious MC with more stories of her family adventures (!) We may also have a surprise comedienne....you'll just have to attend and find out. Tickets are available on the Women's Center website, with a credit card over the phone or in person at the Women's Center.

# 2010-2011 Committees

COMMITTEE	CHAIRPERSON(S)	EMAIL ADDRESS
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



*A message from VisionCare, your Vision Choices provider!*

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

January is National Glaucoma Month and we want to give you some background on this condition, aka: the “silent thief of sight.”

Glaucoma develops from an abnormally high build-up of internal eye pressure. The optic nerve is damaged due to the pressure and causes vision loss, initially occurring peripherally. With over 3 million people having glaucoma and only half of these actually knowing it, it is no wonder glaucoma gets the nickname “the silent thief of sight”. It is also no surprise that glaucoma has become the 2<sup>nd</sup> leading cause of blindness in the world!

The most common form of glaucoma, Primary-open angle, contributes to the bad name “the silent thief of sight”. This form of glaucoma is painless and has no symptoms associated with it until vision loss has occurred. Unfortunately, once vision loss

has started with this disease, it is irreversible due to the damaged optic nerve. There are other types of glaucoma that can occur from previous eye injuries, heredity, and even a normal pressure level but an abnormally sensitive optic nerve.

A yearly eye examination is the best way to detect and monitor it. With medication and sometimes surgery, further vision loss may be halted. However, one of the main contributors of blindness due to glaucoma is associated with non-compliance to a medicated eye drop treatment. Since patients are not experiencing pain, they do not always feel the need for the medication.

Who is at risk for glaucoma? Simple: everyone. However, African-Americans, Asians, Hispanics, diabetics, those over 60 years of age, or those

with a family history of glaucoma have a higher chance of developing the disease. Thoroughly filling out family history forms and informing your doctor is very important.

If you or a loved one suffers from glaucoma, there are many ways to make living with limited vision easier. Buying objects with larger numbers and texts such as keyboards and books is one idea. Also, better overhead lighting and blinds or curtains to block outside glare make vision more comfortable.

Glaucoma is a life-long disease which requires life-long treatment since the disease can progress or change silently. Don’t underestimate the power of your yearly eye examination!

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

## Keeping New Resolutions



You have good intentions as you make those New Year's resolutions again this year. But, somewhere between work, family and everything in between, your vow to hit the gym more or work less on weekends is bound to get lost in the shuffle once again.

How can busy career women make practical New Year's resolutions – and stick to them?

"There are a lot of ways we can self-motivate so we don't go off the path we're

striving for," says Kip Morrison of top LA-based law firm Kip Morrison and Associates. "I'm big on goals and lists – a couple of times a year I ask myself, where am I going? What do I need to do differently?"

Friends, family or coworkers can be great motivators to keep you on track. Developing a buddy system will allow you and your friends to help each other stay focused.

One resolution that will benefit you and your ca-

reer? Incorporating more "me" time into your schedule. "As someone who runs her own business, I've learned to talk myself out of feeling guilty because, in anything I do with my interests, it's still promoting my business," adds Morrison. Being realistic (in terms of time and your commitment) and flexible, tracking your progress and using reminders will keep you focused on your goal, says Mind Tools.

By Megan Hylton Courtesy of Pink Magazine

*"You can teach a student a lesson a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives."*

- Clay P. Bedford

## Block Kids and Scholarship

Block kids will be Saturday January 29, 2011. This will be held at the Lansing Community College West Campus (see flyer on page 10 for additional information), this year you can register online by visiting our website

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

Scholarship forms will be

sent out in early January, they will also be available on our website. Scholarships are available to undergraduates junior or senior level, and range from \$500-\$1000.

There are also additional information on other scholarships available through National's office.

For any updates on these items or any questions please visit our website. You can also contact Traci Brower at [tbrower@clarkcc.com](mailto:tbrower@clarkcc.com) about Block Kids, or Heidi Hitz at [hhitz@clarkcc.com](mailto:hhitz@clarkcc.com) about Scholarship.

## Watch Lansing Chapter #177 Grow



Chapter has had a sudden growth spurt! We have three new members that we need to welcome to our chapter!

- Becky Przedwojewski with Haworth
- Judy Reed with Michigan State University, Project Coordinator Facility for Rare Isotope Beams
- Mary Ellen Brocklehurst with Eaton ISD - Career Preparation Center

Welcome ladies, look forward to getting to know each of you.



## Goodbye to Retirement?

With women living longer (our average life expectancy is around 80 in the U.S.) and nest-egg dollars tighter than ever, it may be time to rethink retirement plans. Don't panic, but do consider revising plans, advises Mary Claire Allvine, CPA and Principal with Brownson, Rehmus & Foxworth, Inc. "Make sure you have skills you can use to keep on working past retirement," she adds. If you plan to live off your investments, anticipate be-

ing able to spend about 5 percent of what you have saved. That's \$50,000 a year if you have \$1 million in assets. Older workers are already remaining in the workforce; for the first time they're outnumbering teens, reports AARP. Older workers are taking advantage of considerable skills, experience and wisdom to continue earning in their chosen field or a new career. Want more? Socyberly suggests turning

a hobby into a job by substitute teaching, being a tour guide or a consultant. Don't want to work but aren't sure you've got the funds? Be content with less. Women & Co. offers financial tips for those who plan to retire, like knowing your employee stock options considering an IRA rollover and how divorce can impact planning. Plus, Social Security Online allows you to calculate your estimated benefits  
Courtesy of Pink Magazine

"The only way to enjoy anything in this life is to earn it first."

- Ginger Rogers

## Home Depot Workshops



More saving.

### Upcoming Home Depot Workshops for January 2011

Do-It-Yourself Workshop: Interior Painting Made Easy - Every Saturday 10 am-11 am

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

Bath Makeover: Redo and Renew - Every Saturday 1 pm - 2 pm

Closets and Storage Solutions - Every Sunday 1 pm - 2 pm

Replacing and Refinishing Cabinets - Every Sunday 2 pm - 3 pm



## Glossary of NAWIC Terms

**NEF LADDER CLUB:** This is an NEF fundraiser. NEF tracks the donations and sends a new pin at ascending levels of contributions.

**IMAGE:** NAWIC's national publication. Published and

distributed by the NAWIC Office in Fort Worth, TX.

**FORUM:** Regional Spring conference. NAWIC has fourteen regions.

**CONVENTION:** Annual National Convention of NAWIC. Held each September or August in a location selected several years in advance. Four days of meetings, professional seminars and Association workshops.

# BLOCK KIDS!

The Block Kids Building Program is a national building program competition 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 posterboard.

## Rules

1. All building projects must be completed where and when designated by Sponsor.
2. All building projects must be completed within the allotted time.
3. All building projects must be completed using approved materials only.
4. All building projects must be relevant to the construction industry. Projects which depict people or animals will not be allowed.
5. All building projects must be completed by entrant, with no outside assistance from parents, teachers, adults, etc.
6. Every Participant must submit the Official Registration/Entry Form, signed by parent or guardian.

## Prizes

1. Fourteen regional semi-finalists will each receive a US Savings Bond Series E in the amount of \$100.00. Each of these winning regional entries will be submitted for consideration in the National finals, becoming eligible for one of three National prizes.
2. There will be a First Place, Second Place and Third Place National prize award.
3. Other prizes may be awarded at the discretion of local sponsors.

## Prize Awards

1. Regional semi-finalists will be announced by March 30th. All winners will be notified and prizes will be distributed by the local sponsor.
2. National winners will be announced by April 30th. All winners will be notified and prizes will be distributed by the local sponsor.

## Eligibility

The contest is open to ALL children, currently enrolled in grades 1-6, except Previous National Winners. Entry in contest must be through a Recognized Sponsor.

For questions or concerns contact:  
Traci Brower  
Clark Construction  
tbrower@clarkkcc.com  
(517) 346-5151



January 29, 2011  
from 9am to 12pm  
Lansing Community College  
West Campus  
5708 Cornerstone Drive  
Lansing, MI 48917

## Prizes valued at:

- 1st Place: \$100
- 2nd Place: \$75
- 3rd Place: \$50

## Class Awards

- Grades: 1-2
- Grades: 3-4
- Grades: 5-6

Space is limited, register early.  
Applications must be received  
by January 22, 2011.



register online at [LansingNAWIC.com](http://LansingNAWIC.com)

Student's Name: \_\_\_\_\_ Gender:  male  female  
 Email Address: \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_  
 City, State, Province, Zip: \_\_\_\_\_  
 Parent/Guardian Name: \_\_\_\_\_  
 Home Phone Number: \_\_\_\_\_  
 School Name: \_\_\_\_\_  
 Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_  
 School Street Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_

### RELEASE:

I hereby consent to the use of my child's name, photography, entry, interview in promoting or publishing this program or the NAWIC Education Foundation, now or at a future date. I understand that this entry shall become the sole property of the NAWIC Education Foundation.

Please return this form to:  
Traci Brower  
Clark Construction Company  
3535 Moores River Dr.  
P.O. Box 40087  
Lansing, MI, 48951  
Voice: 517.346.5151  
Fax: 517.372.0668

(Parent/Guardian Signature)

# BUILD WITH THE BEST

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

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## National Association of Women in Construction Lansing Chapter #177



Headquarters  
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Lansing, MI 48906  
(517) 371-1550  
Fax (517) 371-1131

Detroit Regional Office  
26001 Five Mile Rd.  
Redford, MI 48239  
(313) 533-3509  
Fax (313) 533-3574

[www.agcmichigan.org](http://www.agcmichigan.org)  
[info@agcmichigan.org](mailto:info@agcmichigan.org)

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<http://www.douglassteel.com> / email: [info@douglassteel.com](mailto:info@douglassteel.com)

# Ready to get in shape for 2011?



## Yoga Classes *for a cause*

All proceeds collected will support the mission of The Leukemia & Lymphoma Society: to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families.

**Led by a certified yoga instructor, learn valuable yoga skills and support the Leukemia & Lymphoma Society.**  
The course fee is 100% tax-deductible.

**Where: Howard Johnson Hotel  
Trowbridge Rd, East Lansing**

*Just off US-127 on the North Side of Trowbridge  
Classes will be held in the first floor meeting room*

**When: 6:00 - 7:00pm  
Mondays in January**

*Beginning January 10, through January 31*

**How Much: \$8 per class  
or \$30 for all four**

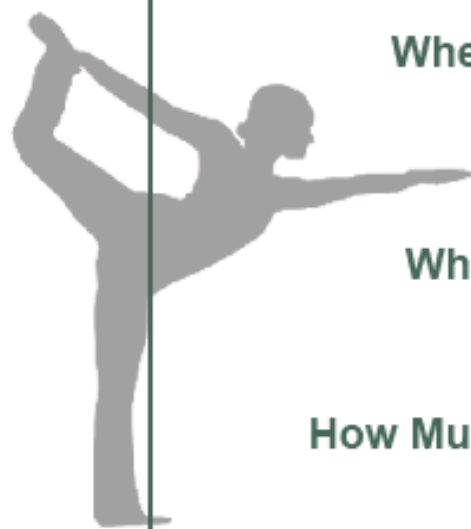
*You can pay at the door via cash or check  
or register and pay via credit card online:*

**[pages.teamintraining.org/mi/cmc111/yogaclass](http://pages.teamintraining.org/mi/cmc111/yogaclass)**

*Please bring a mat or large towel.*

*For more information or to sign-up, call:*

*Laura (517) 819-7402 or Bette (517) 899-7319*




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517.372.0940 517.372.0668 fax



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**WOMEN'S CENTER**  
of Greater Lansing

1710-1712 E. Michigan Ave.  
Lansing, MI 48912  
Office 571-372-9163  
Fax 517-372-7981  
womenscentergl@yahoo.com  
[www.womenscenterofgreaterlansing.org](http://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

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: [someone@example.com](mailto:someone@example.com)

**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](http://www.nawic.org) or [www.lansingnawic.com](http://www.lansingnawic.com).

