

**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 2

NOVEMBER 2010

MEMBERSHIP MEETING

Wednesday November 10, 2010

Prevailing Wage

Speaker: Georgia Harris - Wage Specialist with the State of Michigan

Location: Jimmy's Pub

16824 Chandler Road, East Lansing

517-324-7100

Time: 5:30 Networking

6:00 pm Dinner/Meeting

Hostess: Sara Cunningham



Save the Dates

November 6, 2010 - Annual Planning Conference (APC) - Indianapolis, IN

November 14, 2010 - Annual Holiday Auction - Brookshire Golf Course, Williamston, MI

For tickets contact

Traci Brower
tbrower@clarkcc.com

Next Membership Meeting:

Wednesday December 8, 2010

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

Location: TBD

Hostesses: Karen Schulert & Heidi Hitz



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

"It's a mistake to think that once you're done with school you need never learn anything new."

- Sophia Loren

"Ordinary people think merely of spending time. Great people think of using it."

Author
 Unknown



President's Message

October was a busy month for our chapter. On October 13th we had our general membership meeting at the Hall of Fame Café. Thank you to Heidi Hitz, LEED AP for hosting a fun and informative October Membership Meeting. During the meeting we held a Tomboy Tool Party Fundraiser where we had a helpful demonstration of many of the tools available. Proceeds are to benefit Forum 2010-2011. Jane M Smith was instrumental in installing Megan Jacobs as the 2010-2011 Treasurer since she was unable to attend installation. Jane also put together a last minute installation for our new member, Shawn Hunter. We were all glad to be able

to welcome Shawn into our NAWIC group. Our chapter also participated in the Making Strides Against Breast Cancer. Barb Strachan reported that Team NAWIC raised over \$1660.00 for breast cancer. Way to go Team NAWIC!!

APC is right around the corner on November 5 & 6 in Indianapolis. Please sign up soon if you plan to go. Space is filling up fast. The Holiday Auction is set for November 14, 2010 at the Brookshire Inn and Golf in Williamston. Please make sure to gather some items to sell and bring yourself and a guest(s). We have some excellent things planned including a silent

auction with some big ticket items. For questions and tickets, please contact Traci Brower at tbrower@clarkcc.com.

November is a time of thanksgivings and reflection. Please take a moment to remember all that you are grateful for and enjoy a wonderful Thanksgiving with friends and family.

Thanks to everyone for all of your time and support!!! All of your hard work is greatly appreciated!! Thank you,

Traci Brower

Adding Minutes to Your Day

Some of the busiest career women are actually finding ways to expand time with proper management a commodity in high demand for this demographic.

43 percent of Americans admit they're disorganized, and nearly half say that causes them to work late at least two or three days a week, according to a recent survey. Here are some tips

to stop the clock:

At work, establish processes for new clients. Create templates for documents and checklists. Don't be afraid to hire an assistant or intern and sometimes, it is more cost effective to hire an expert than trying to do it yourself.

During the day, screen calls. Let some go to voice-mail. Only check e-mail once an hour. Designate when you are not to be bothered and look into

software that can do the menial work for you, like updating contact info.

In your spare time, use aggregators like Huffington Post to read news (and celebrity gossip). Cluster errands with web applications like Mapquest or Google Maps – saving you time and money.

By Muriel Vega

Courtesy of Pink Magazine

Member Profile - Megan Jacobs, PE



1. **What is your full name**
Megan Sue Jacobs
2. **What is your birthday**
March 9, 1912
3. **Are you married?** Not that I know of. **Do you have any kids, if so what are their names?** Not unless co-workers count. **Do you have any pets?** Just the dust bunnies under my bed.
4. **What is your educational background?** I studied Pre-Medicine/Pre-Engineering at Delta College for two years and received my Bachelors Degree in Civil Engineering from Michigan State University. **Do you have any awards or certifications?** I am a licensed Professional Engineer in the State of Michigan
5. **What company do you**

work for? Soil and Materials Engineers, Inc. and “The Man”

6. **What is your occupation, and title, please describe a typical day on the job.** My occupation is Geotechnical Engineer and my title is Senior Engineer. Day to day activities involve design pavement systems, foundations, floor slabs, etc. and providing the recommendations in Geotechnical Evaluation Reports. I also set-up projects (schedule drilling, layout boring locations, contact Miss Dig, write confirmation letters and/or proposals, classify soil types, etc.) and perform field work (perform density tests, foundation bearing tests, concrete sampling/testing, observation of re-steel installation, observe deep foundation construction). I have been working on the Plant and Soil Science addition on the campus of Michigan State University for the past few months and will begin working on the Proton Therapy addition to the McLaren Hospital in Flint on October 25th.

7. **How did you get into construction?** I was thinking about changing majors from Mechanical Engineering to Civil Engineering at MSU and heard about the SME Co-op program. I talked to some former Co-ops

about the position and decided to give it a try so I worked as a Co-op at SME for two years while completing my degree. SME offered me a full time position in Lansing upon graduation.

8. **How did you hear about NAWIC, and when did you join?** Ruth Essenberg gave some information about NAWIC to one of my co-workers and I contacted Ruth about meeting dates/locations. However, I was never able to make it to any meetings due to working in the field full time. A few years went by and I heard about all the things some of my colleagues were doing with NAWIC so I asked Myndi Bacon (Kalamazoo Chapter) to contact the Lansing Chapter President so I could attend some meetings. The rest is history.

9. **How many years have you been a member of NAWIC?**
Almost two years.

10. **What is one thing people in NAWIC don't know about you?** I was diagnosed with Juvenile Rheumatoid Arthritis (JRA) when I was 2 years old and appeared in print and television ads as the Michigan JRA Posterchild.

Green Tip: Green Your Roof

We hope that President Obama's recent decision to install solar panels on the White House roof will inspire others to rethink their shingles. This tip is about methods to make your roof eco-friendly.

Tip: Harness the Sun

If your roof receives a fair

amount of sunlight, consider following the president's lead by installing solar panels, which should face south if you live in the Northern Hemisphere. Panels can be pricey, so don't forget to take advantage of state and federal rebates for solar installation.

Courtesy: Sierra Club Weekly email green.life@sierraclub.org



Happy Birthday!

Sara Cunningham

Nov. 9

Tiffany Herrold

Nov. 26

Lansing Chapter #177 Calendar of Events

2010-2011 OFFICERS

PRESIDENT

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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:

November 17, 2010

December 15, 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

Did you know that you can set up a standing reservation for each membership meeting?

By setting this up, the host knows for each meeting you plan on attending, you don't have to remember to let the hostess know for

that month. This then allows the hostess to plan how many people to make reservations for at each meeting.

Contact Karen Schulert and let her know that you would like to have a standing reservation.

This is then noted on the chapter's roster, so each member know.

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, Sagata Bhawani
- * **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

Happy Anniversary!
 Jane Smith
 24 Years



A message from VisionCare, your Vision Choices provider!

“Diabetic Eye Disease” is not a prevalent term. However, its subsets, cataracts, glaucoma and diabetic retinopathy, are heard too often. 53 million people over the age of 18 suffer from a Diabetic Eye Disease and it is one of the leading causes of blindness.

Diabetic retinopathy affects the retina of the eye. Much like the film of a camera, if it is folded, wrinkled or smudged, vision becomes blurry. In those people with diabetes, changes occur in the walls of small blood vessels causing them to swell and possibly leak blood into the retina. Scarring can occur in the eye if the vessels become too large causing retinal detachment which leads to permanent vision loss. We utilize technology such as the Optos to look for reti-

nopathy.

Glaucoma is often referred to as the “silent thief of sight” and believe it or not, half of the 2.2 million people over the age of 40 that are affected have no idea! Those affected by glaucoma lose sight due to damages to the optic nerve (the nerve that sends information from the eye to the brain). Vision loss starts with spots of peripheral vision but over time can damage central vision (straight-ahead).

Cataracts: More than half of all Americans have cataracts by the time they are 80 years of age. Cataracts are the clouding of the lens which blocks light from entering the eye. Since the lens helps focus images onto the retina which

then transmits information to the brain, cataracts lead to blurry or dim vision. The risk of cataracts increases with family history, diabetes, smoking, eye injuries and even long-term exposure to UV rays.

November is Diabetes Awareness Month. We ask you to take matters into your own hands. Make sure you are scheduling annual comprehensive eye exams...and when you are with the doctor, share your family history and ask what tools s/he is using to detect the conditions we discussed.

Sign up for Vision Choices through NAWIC to receive savings at VisionCare.

Breast Cancer Walk 2010



Members gather for a group photo. Survivors are in the frame.

Despite the rain members from Lansing Chapter #177 braved the walk to support breast cancer on Saturday October 23, 2010. The group was lead by member, survivor Barbara Strachan. She is a 3 1/2 year survivor that shows the chapter that you can do anything that you put your mind to. Member Megan Jacobs is supporting her mother who is currently

going through treatment for breast cancer.

Members that supported the great cause include Barb Strachan, her two sisters, Jane Smith, with her two nieces; Heidi Hitz, with her mother, sister and niece and nephew. Tiffany Herrold, Melanie Myers, and President Traci Brower.

The ladies raised \$1,705 to

support the great cause.

To see additional photos please visit our website www.lansingnawic.com.



"The greatest wealth is health."

-Virgil

Is Cancer Avoidable?

By Murial Vega

It seems there's always a new study detailing what you can (or can't) eat to avoid cancer, or warnings about the impact of stress; which is no stranger to working women. But then a week later, another study debunks the previous one. So what should you believe? Seventy-five percent of all women with breast cancer have no known risk factors, according to the American

Cancer Society. Want to be proactive? Among the established factors that increase your cancer risk are postmenopausal hormones, higher body weight and family history. Susan G. Komen for the Cure lists possible causes like meat consumption, stress and larger breast size. Every 11 pounds you gain as an adult may increase your risk of postmeno-

pausal breast cancer by 3 to 5 percent, according to American Institute for Cancer Research. Introduce omega-9s (almonds, avocados and olive oil), lignans (beans, oats and flaxseed) and Vitamin D for a healthy breast diet. While red wine in moderation can be good for you, this study found that it could increase the risk of cancer in women ages 25 to 42.



Glossary of NAWIC Terms

ABC: Associated Builders and Contractors

AGC: Associated General Contractors

Block Kids: One of NEF's initiatives to interest K-12 student's in the industry. Students are given 100 in-

terlocking blocks plus 3 other building materials, and have a time limit to construct a project. Local winners advance to regional and national competitions.

NEF: NAWIC Educational Foundation. Separately in-

corporated organization, which develops educational programs for NAWIC members and non-members. Donations to NEF are fully tax deductible.

Tomboy Tool Party



Member Mary Finch demonstrating the drill from Tomboy Tools. and smaller for a women's hand. Christine was able to show the ladies many of the tools that Tomboy makes and how they work.



Member Megan Jacobs demonstrates the caulk gun from Tomboy Tools.

On October 13, 2010 as apart of their membership meeting the group had Tomboy Tool representative Christine Carter come out and demonstrate tools that are designed lighter

Members and guests were able to take part in the demonstrations and ask questions about the tools.

The chapter used this opportu-

nity to raise money for their upcoming Forum in May 2011.

To see additional photos please visit the website www.lansingnawic.org.

Home Depot Workshops



More saving.

Upcoming Home Depot Workshops for November 2010

How to Install a Garbage Disposal - Every Saturday 9am-10 am

Building and Maintaining Your Toolbox - Every Saturday 10 am - 11 am

Fall Energy Workshop - Every Saturday 1pm - 2 pm

Last Minute Touch-ups - Every Sunday 1 pm - 2 pm

Can You Detect Business Lies?

By Cynthia Good

Many successful career women pride themselves on their reputations of being dependable and honest. But the fact is not everybody can make this claim. So, how do you know when you're being duped in business?

The average person is lied to 200 times a day, according to Pamela Meyer, author of Liespotting "We tend to think we'll know deception when we hear

it," says Meyer, a Harvard MBA graduate. "But not only do people miss the lies they hear, they don't actually recognize many of the lies they tell others." How can you detect deception? "Watch for an insincere smile. Also, liars struggle to keep words, facial expressions and body language in sync," says Meyer. Another sign? Liars may, "quickly touch or sweep across

their mouth as if to 'speak no evil.'"

The popular TV show Lie to Me shows how asymmetry in gestures such as smiles, frowns and shrugs are often a mask. Also, liars' stories tend to lack details and they sweat, according to Forbes.

Courtesy of Pink Magazine



**The Lansing Chapter #177
will be hosting our**

Annual Holiday Auction

**at the
Brookshire Inn Restaurant & Golf Club
205 W Church St, Williamston, MI
517/655-4694**

On

**Sunday, November 14, 2010
Preview open at 12:30 pm
Luncheon 1 PM with
Holiday Auction to follow
Ticket Price: \$18**

Door Prizes



Raffles




Cash Bar




Funds raised at this event will support NAWIC Scholarships/Grants, CAD/Design/Drafting Competitions, Block Kids, MAGIC Camp & Committee Projects.


Sponsors & Member Companies



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WOMEN'S CENTER
of Greater Lansing

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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

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E-mail: 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 or www.lansingnawic.com.

