

**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



VOLUME 41 ISSUE 4

JANUARY 2012

MEMBERSHIP MEETING

Wednesday, January 11, 2012

“Home Depot Plumbing Class”

Meeting Location: Okemos Home Depot

1749 Newman Road, Okemos, MI

Time: 6:00 pm Meeting and Dinner, Class 6:30 - 8:00 pm

Cost: \$6.00-9.00 will be catered

Hostess: Melanie Myers

Please RSVP by Friday January 6th to Melanie Myers at

mamyers@oaklandcc.edu

*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) hostessing for the particular event you are interested in.

Save the Dates (please see our year calendar on page 5 for additional events)

January 18, 2012

Board Meeting - Meeting's start at 5:30 pm - Held at Clark Construction Co.

February 16, 2012

Board Meeting - Meeting's start at 5:30 pm - Held at Clark Construction Co.

Next Membership Meeting:

Wednesday, February 8, 2012

“Geotechnical Lessons Learned”

- Dave Hurlburt, SME

Time: 6:00 pm Meeting & Dinner,

Location: Old Chicago Restaurant, Okemos, MI

Hostess: Megan Jacobs

President's Message



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

"Cheers to a new year and another chance for us to get it right."

- Oprah Winfrey

I trust that all of you enjoyed the holidays with family and friends!! I know I did.

Thanks to Heidi Hitz and Karen Schulert for pulling together another fun and exciting Christmas Party complete with our friendly but competitive ornament exchange, Christmas trivia, raffles, prizes, good food, friends and lots of laughs.

The Lansing members were very generous with their gifts to fill the Holiday Wishes of the children from St Vincent's Children's Home. Many also showed their appreciation by filling out numerous Christmas cards for our soldiers and/or families.

The party was a great success!! Fun was had by all!!

I look forward to seeing each of you at the January 11, 2012 Membership meeting at Home Depot in

Okemos where the Lansing Chapter will learn hands on about plumbing and enjoy a pizza party. Please feel free to join us for this informative meeting.

The Chapter has a full year ahead. The committees have been busy. Huge thanks to those planning for the year and preparing for upcoming events. We want to be ready and engage those involved in our endeavors. There are committees that need you. It's not too late to hop on board, even though we are a quarter of the way through our NAWIC year already. Find your niche and move us forward with your contribution.

We are constantly challenged. As we look to the future, it is very clear that together we have the vision to see where we need to go, the experience to identify the problems, the creativity to

come up with solutions, and the determination to get the job done.

As the holidays bring us into the New Year it is my hope 2012 will hold many blessings and may we all experience an up-lift in the construction professions we are connected with. Our goal to increase membership is a priority and we need to share the message to ensure our vitality. If you are a woman in any facet of the construction industry- **YOU BELONG HERE.**

Thank you,

Traci Brower

NAWIC 101 - Reasons to be a NAWIC Member

Member Benefits -

As a NAWIC member, you receive numerous discounts, career enhancement tools and other resources to help you both personally and professionally. Savings include

discounts on continuing education through Lorman Education Services, discounts on shipping through FedEx and discounts on NAWIC Career Center services to name just a few.



Keeping New Resolutions



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.

You have good intentions as you make those New Year's resolutions again this year. But, somewhere between work, family and every-

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 career? 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 Little Pink Book

Green Tip: Do It Online

Go Green in your home office, too. Paying bills online is simply a no-brainer. It saves you time and money, saves millions of trees from being clear cut and used for paper, and saves companies money—savings that may eventually be passed along to you.

Here are the facts. If all U.S. households received electronic statements instead of paper and paid their bills online, collectively we'd save 18.5 million trees every year, enough wood for more than 216,000 houses; 2.2 billion tons of carbon dioxide and other greenhouse gases; and 1.7 billion pounds of solid waste.

Many of the companies you do business with— for your credit

cards, cell phones, cable TV, utilities, and so on—will offer you the option to receive an electronic statement. Once you access it (via email or logging in to your payee's web site), you can pay electronically— either through an online bill-pay service, though your online bank account, or directly through the payee.

Having payments automatically drawn from your checking or savings account ensures that you'll never miss a payment and never rack up a late fee—saving you from a few dollars to more than a hundred dollars a month.

Go Green Action Steps

- Take an hour this week to set up your bills online. Call your bank or log onto their web site. Most large banks—and even many

smaller ones—now offer free online bill payments to customers who enroll in online banking. The following are some other online bill paying services:

www.mycheckfree.com

www.paytrust.com

www.myezbills.com

www.quicken.com

- Get a free 30-day trial of the Automatic Money Manager, an online tool that my team and I developed with Finicity. It's a great way to not only pay your bills but automate all of your finances. Go to: www.automaticmoneymanager.com

Courtesy of Go Green, Live Rich

How to Break the Rules



"Power can be taken, but not given. The process of the taking is empowerment in itself."

- Gloria Steinem

There's something to be said for following the rules. But as the famous saying goes, "Well-behaved women seldom make history."

Maybe it's time you stopped being well behaved at work – and started breaking some rules.

That's what Jill Flynn, Kathryn Heath and Mary Davis Holt, authors of *Break Your Own Rules*, say. "Each of us have thoughts and beliefs that limit our potential." Which rules are worth breaking? Being too modest, thinking hard work is enough and focusing too

much on others, say the authors, adding that it's time to "start asking for what you want."

Rules to stick to include being politically savvy, proceeding until apprehended (instead of always asking for permission), projecting personal power by taking credit for accomplishments and projecting confidence through body language.

Limiting rules and beliefs can stem from individual experiences or result from gender stereotypes that surround us, the authors add. "We get in our own way when we

buy into self-limiting beliefs, but we have it within our power to change the way we think."

After all, when it comes to success, "There is no single way to succeed. Women should avoid black-and-white thinking and remain flexible."

Still unsure of how to break free? CNN explores eight more ways to throw out old rules and get ahead at work, like taking opportunities instead of waiting for them to come to you and being more receptive to honest feedback and criticism.

By Farren Davis
Courtesy of The Pink Book

Carleen E. Hallman Scholarship

The 2011-2012 Carleen E. Hallman Scholarship is available for students that are enrolled in a course of study related to the field of construction and is an undergraduate in the state of Michigan. Awards range from

\$500-\$1000, and can be awarded to multiple students. Since the Scholarship was founded, Lansing Chapter #177 has given out over \$40,000 to students pursuing a career in construction. Deadline for the scholarship is

February 28, 2012.

For more information on the scholarship you can visit www.lansingnawic.org or contact Heidi Hitz, LEED AP at hhitz@clarkcc.com.

Michigan Construction Career Days

Michigan Construction Career Days Kick-Off Telecon: This week the executive committee for the 2012 CCD event held their Kick-off Telecon. Lansing NAWIC members Melanie Myers Region 4 Director, Barb Strachan AGC and Mary Finch from FHWA were all present. The planning has begun, it will be held at the Ingham County Fairgrounds on April 24th and 25th. We are going with a half day event this year so please mark your calendars we desperately need volunteers. We will keep you posted as the planning continues!

NAWIC - Lansing Chapter #177 Calendar of Events 2011 - 2012

| OCTOBER | | | | | | |
|---------|----|----|----|----|----|----|
| T | M | T | W | TR | F | S |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

- Day Event**
- 1 New NAWIC Year
 - 7\8 APC - Terra Haute, IN
 - 12 Membership Meeting
 - 19 Board Meeting
 - 20 Newsletter Deadline
 - 29 Breast Cancer Walk at Capital
 - 31 Halloween

| NOVEMBER | | | | | | |
|----------|----|----|----|----|----|----|
| M | T | W | TR | F | S | |
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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

- Day Event**
- 9 Membership Meeting
Hostess - Barb Strachan
"Social Media For Business" - Anne Craft
 - 13 Holiday Auction
 - 20 Newsletter Deadline
 - 24 Thanksgiving
 - 30 Board Meeting

| DECEMBER | | | | | | |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

- Day Event**
- 14 Christmas Party - Hostesses
Karen Schuler & Heidi Hitz
 - 20 Newsletter Deadline
 - 25 Christmas

| JANUARY | | | | | | |
|---------|----|----|----|----|----|----|
| T | M | T | W | TR | F | S |
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| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

- Day Event**
- 1 New Year's Day
 - 11 Membership Meeting
Hostess - Melanie Myers
Plumbing Class - Home Depot
 - 18 Board Meeting
 - 20 Newsletter Deadline

| FEBRUARY | | | | | | |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | | | |

- Day Event**
- 8 Membership Meeting
Hostess - Megan Jacobs
Geotechnical Lessons Learned
 - 15 Board Meeting
 - 20 Lansing Chapter 41st Anniversary
 - 20 Newsletter Deadline

| MARCH | | | | | | |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

- Day Event**
- 14 Membership Meeting
Hostess - Traci Brower
"MIOSHA Updates 2012"
 - 21 Board Meeting
 - 20 Newsletter Deadline

| APRIL | | | | | | |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

- Day Event**
- 8 Easter
 - 11 Membership Meeting
Hostess - Mary Finch
Lansing's USGBC Chapter
 - 18 Board Meeting
 - 19-22 Forum - Toledo Chapter
 - 20 Newsletter Deadline

| MAY | | | | | | |
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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

- Day Event**
- 9 Membership Meeting
Hostess - Barb Strachan
Recognition Night
 - 16 Board Meeting
 - 20 Newsletter Deadline
 - 28 Memorial Day

| JUNE | | | | | | |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

- Day Event**
- 13 Membership Meeting / Election Night
Hostess - Jane M Smith
Overview of Eastwood Towne Center
 - 20 Board Meeting
 - 20 Newsletter Deadline

| JULY | | | | | | |
|------|----|----|----|----|----|----|
| T | M | T | W | TR | F | S |
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| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

- Day Event**
- 4 Independence Day
 - 11 Fun Night
Hostess - Heidi Hitz
 - 18 Board Meeting
 - 20 Newsletter Deadline

| AUGUST | | | | | | |
|--------|----|----|----|----|----|----|
| M | T | W | TR | F | S | |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

- Day Event**
- 8 Membership Meeting - Hostesses
Karen Schuler & Becky Przedwojewski
 - 15 Board Meeting
 - 20 Newsletter Deadline
 - 29-1 Annual Convention - Denver, CO

| SEPTEMBER | | | | | | |
|-----------|----|----|----|----|----|----|
| W | M | T | W | TR | F | S |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 30 |
| | 31 | | | | | |

- Day Event**
- 3 Labor Day
 - 12 Membership Mtg/Installation Night
 - 19 Board Meeting
 - 20 Newsletter Deadline

* Board meetings are held at Clark Construction Company

Lansing NAWIC Chapter - Monthly Meeting's 2012

Wednesday January 11, 2012

"Home Depot Plumbing Class"

Time: 5:30 Networking, 6:00 pm Meeting

Location: Home Depot In Okemos, MI
Dinner will be catered
Hostess: Melanie Myers

Wednesday February 8, 2012

Geotechnical Lessons Learned
Dzve Hulbert - SME

Time: 5:30 Networking, 6:00 pm Meeting

Location: Old Chicago - Okemos, MI
Hostess: Megan Jacobs

Wednesday March 14, 2012

"MIOSHA Updates 2012"

Patricia Myer, Director
Construction Safety & Health Division
Time: 5:30 Networking, 6:00 pm Meeting

Location: Nuthouse
420 E Michigan Ave, Lansing, 517-404-6887
Hostess: Traci Brower

Wednesday April 11, 2012

Lansing's USGBC Chapter
Speaker: Steve Willobee

Time: 5:30 Networking, 6:00 pm Meeting

Location: Delhi Café and Family Restaurant
4625 Willoughby Rd, Holt, 1 block east of Cedar
Hostess: Mary Finch

Wednesday May 9, 2012

Recognition Night

Time: 5:30 Networking, 6:00 pm Meeting

Location: Eagle Eye - Lansing, MI
Hostess: Barbara Strachan

Wednesday June 13, 2012

Elections &
Overview of Eastwood Towne Center
Tour of Site to Follow Overview
Steve Hayward, Executive Director
Downtown Development Authority
Time: 5:30 Networking, 6:00 pm Meeting
Location: P. F. Chang's China Bistro
Hostess: Jane M Smith

Wednesday July 11, 2012

Fun Night

Time: 5:30 Networking, 6:00 pm Meeting

Location: TBD
Hostess: Heidi Hitz

Wednesday August 8, 2012

Michigan Joint Chapter Meeting

Time: 5:30 Networking, 6:00 pm Meeting

Location: TBD
Hostesses: Karen Schulert & Becker Przedworski

Wednesday September 12, 2012

Installation of Officers

Time: 5:30 Networking, 6:00 pm Meeting

Location: La Senorita - Lansing MI
Hostess: Traci Brower

Wednesday October 12, 2012

"Getting the Most Out of
Your NAWIC Membership"
Speaker: Heidi Hitz, LEED AP

Time: 5:30 Networking, 6:00 pm Meeting

Location: Jimmys Pub - East Lansing MI
Hostess: Becky Przedworski

Wednesday November 9, 2012

Speaker: TBD

Time: 5:30 Networking, 6:00 pm Meeting

Location: La Senorita - Lansing, MI
Hostess: Megan Jacobs

Wednesday December 15, 2012

"Christmas Party"

Time: 5:30 Networking, 6:00 pm Meeting

Location: Jimmy's Pub - East Lansing, MI
Hostess: Karen Schulert & Heidi Hitz

**2011-2012
BOARD
MEMBERS**

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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NAWIC Christmas Party

It was a week before Christmas Eve and the Lansing Chapter 177 NAWIC members met for their Annual Christmas Party & Ornament Exchange!

Heidi Hitz provided games for the Holiday trivia buffs, good food and spirits were plentiful and festive camaraderie was had by all.

These lovely ladies with the 'big hearts' donated many gifts to St. Vincent's Orphanage (*from Angel Cards that have the childrens' Christmas present wishes on them*) and then these same generous women addressed Christmas cards to our military troops and their families wishing them 'Godspeed' and thanking them for their service and sacrifices that give us and our great Country the freedom that we all enjoy and treasure so much.

Next was our Annual Ornament Exchange which has become a fun and favorite tradition for our Chapter. As always, it was full of 'oohs & ahhs', much laughter (*maybe even a snort or two*) and I'm happy to report "no hair-pulling or crying was evident this year!" Why, there even was an absence of 'reindeer poop' that is usually hidden with one of the loveliest ornaments!

A small cash raffle and Poinsettia giveaway rounded out the evening.

And as they drove away, you could hear them exclaim **"Merry Christmas to All and to All A Good Night!!"**



2011-2012 Committees

| COMMITTEE | CHAIRPERSON(S) | EMAIL ADDRESS |
|--|----------------|-----------------------------|
| Publicity/WIC Week | Jane Smith | jane@hagerfox.com |
| Recruitment/Mentorship | Jane Smith | jane@hagerfox.com |
| Officer Nominations | Megan Jacobs | jacobs@sme-usa.com |
| 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 | tbrower@clarkcc.com |
| 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 | Jane Smith | 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 |

Cracking The QR Code

There's a new must-have gadget every time we turn around. From tablets to e-readers, it seems like there's a race to create the smallest and fastest "next big thing." But one new piece of marketing technology can bring your small business big benefits at a budget-friendly price: the QR code. These codes can be posted in print or online. They vary from the size of a fingernail to as big (or bigger) than a sheet of paper.

Those with a QR code scanning app (they're free) on their Smartphones simply open the app, point it at the code, and your company's web page or marketing campaign instantly pops up on the screen.

"QR codes are an inexpensive way to make many aspects of your business – website, email, text – more accessible to customers," says Jean Van Rensselar of Smart PR Communications.

"They coordinate nicely with other marketing efforts, such as email campaigns, where adding a QR code to an email could allow a reader to scan and call your business immediately."

How do companies benefit? "A retail store can display the code in the front window so shoppers who get to the store after it's closed can scan the code and shop online," explains Van Rensselar.

"Once you have your QR codes set up, you can start experimenting

[and] figuring out the best ways to create a nexus between marketing communications." (You can scan our QR code in the upper right box!)

Sites like Kaywa <http://qrcode.kaywa.com/> let you easily generate a unique QR code for free. You can get a better idea of how other companies use this new marketing strategy by downloading a scanning app and pointing it at codes you see in magazines, ads and store windows.

By Caroline Cox
Courtesy of The Pink Book



Home Depot Workshops



More saving.

Upcoming Home Depot Workshops for January 2012

High Efficiency Lighting

- Saturday's 10 am-11 am

Kitchen Redesign - Replace, Reface, Renew

- Saturday's 1 pm - 2:30 pm

Bath Safety

- Saturday's 1 pm - 2:30 pm

Storage and closet Organization Solutions

- Sunday's 1 pm - 2:30 pm

Placing and Ad in Plans & Specs

Interested in placing an ad in our newsletter, or renewing an existing ad?

You don't have to be a member to advertise your company!

Rates for 2011-2012 year

(Year starts October 2011- September 2012):

For a full page ad: Cost will be \$25.00

For a half page ad: Cost will be \$15.00

For a 1/4 page ad: Cost will be \$10.00

For a business card size: Cost will be \$5.00

**For additional information on placing an ad or renewing an existing ad, please contact Heidi Hitz, LEED AP
at hhitz@clarkcc.com**

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

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.

AGC of Michigan recognizes and supports the endeavors of NAWIC

National Association of Women in Construction Lansing Chapter #177

Best Wishes for the
2012 MAGIC Camp
"Mentor a Girl in Construction"



Lansing Office
2323 N. Larch
Lansing, MI 48906

(517) 371-1550
Fax (517) 371-1131

Detroit Office
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Redford, MI 48239

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

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of Greater Lansing

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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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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.

