

On The Level

NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION
BLUEGRASS CHAPTER #367, LEXINGTON, KENTUCKY

Thursday, October 15th – Accountability & You!

**October,
2009**



- Do you see the glass as half full or half empty?
- Do you welcome feedback or react defensively to suggestion for improvement?
- Do you spend time worrying about things you can't control?

Find out how your answers to these questions will make the difference between success and failure in your professional life. Gwen Hart, Director of Event Management with Marriott will address the 'victim cycle' and how to recognize it. No matter where you are in the hierarchy of your company this presentation will help you rise above circumstances and get results!

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R.S.V.P. INFORMATION

Where: Marriott Griffin Gate, 1800 Newtown Pike, Lexington

When: Thursday, October 15, 2009

5:30 p.m. – 6:00 p.m. Networking & Registration

6:00 p.m. Dinner

6:30 p.m. – Business Meeting

7:30 p.m. – Board Meeting

Cost: \$20.00 Members; 1st time guests are free

Reservations required. Contact Susan Cox, scox@messer.com by Oct. 13th

Remember, A Reservation Made Is A Reservation Paid.

Letter from the President



We had our first board meeting Monday September 28th. It was a *long* one..... but the officers the chapter voted to serve hung in there and we got through the legal necessities such as the signing of the Code of Ethics, Conflict of Interest, Expense Reimbursement Policy, Joint Venture Policy, Record Retention/Document Destruction Policy, and the Whistleblower Protection Policy. I bet you didn't know there were these documents! It is fairly new procedures but it assures we are the real deal. We are a non-profit organization and need to stay within the guidelines set by IRS and other such governing policies. With that taken care of, we moved on to the coming year and the great things we can do as a chapter. Thank you, board members, for a strong start to our new NAWIC year.

First I'd like to remind everyone who can, to support Laura Lynch and the "Girls Can Too" program. The next class is with Debra Shockley on architecture and leadership in environmental and energy design on **Saturday October 10th**. Let's support two of our members at the same time!

Second reminder is on our general membership meeting this month on **Thursday October 15th** with Gwen Hart, Director of Event Management at Marriott, as our speaker. I've had the pleasure of knowing Gwen for several years. She is witty, intelligent, successful and passionate on the "Accountability and You" subject she is presenting. Let's pack the room with members and guests. Our company spot light will be on Messer Construction who we are proud to have three of their employees as members.

Third event to keep in mind is Boo Blakey's endeavor with Capacity, a non-profit organization that generates awareness and support for Career Advancement Initiative for unemployed women. Capacity Inc. and Lorillard Lofts are hosting "Naturally Chic Decorator Showcase" on **October 24th and 25th**. Members - this is what we are about, "promote education, encourage women to pursue and establish careers in the construction industry". Maybe we could get 12 members to do the group tour sometime from **October 20th through October 22nd**. I'll be the first on the list. Who else would like to join me?

Dee Brown, Cindy Hiens, Christine Parsons and I are going to our Region 4's Annual

October 24th and 25th. We will share our experience and the knowledge we gain with the chapter in November. More members can join us. The deadline is October 13th. Call me if interested.

Fourth notice is just a "teaser" of things to come. Stacia Chenoweth has a fantastic program lined up for the November meeting. Boo Blakey is making plans for our annual holiday and anniversary social to be held on **Tuesday, December 1st**. Spouses, significant others, or guests have been invited to attend also. Joan Markwell is working on a FUN event to keep everyone having a good time. Susan Cox is gathering information and making plans for our chapter's first ever Block Kids competition. Mary Gail Engle and Stacia are beginning the discussions and planning of Ms. Fix-It for the spring. If any of these events sound like some strange episode from the Sci-Fi channel just ask anyone on the board for clarification. Remember all of us went through a beginning of NAWIC wondering "what are these people talking about".

I'll end with the super exciting news that as of October 1st we have 25 renewed members! That is retention of 71% and I couldn't be more thrilled and grateful for each and every member!!!! Of course it's never too late to rejoin and we always want to grow bringing in new members. Elaine

HAPPY NAWIC ANNIVERSARY

Celebrating their involvement in NAWIC!

Laura Lynch -member since 2002

Melani Fosson - member since 2006

MARK YOUR CALENDARS

Thursday, November 19, 2009 – Get Connected!!

Have you ever been on a phone call with a bad connection? Have you ever plugged in a lamp that you know works into an outlet that you know has power only to find out there's no light? Have you ever lost a game of Connect Four to a Six year old? Connections or a lack thereof can be frustrating to say the least! On November 19th Turner Construction Regional Marketing Director, Bethany Rustic Smith, CPSM will teach us "How to Get Connected as Women in Construction Businesses." With help from some peers and colleagues she will be sharing information on the Women Business Enterprise certification program, loan and grant sources, and networking opportunities. In other words...how to get connected to jobs, monies, and people with jobs and money!



Tuesday, December 1, 2009 – Holiday Social & 8th Anniversary Celebration

Did "it" come this holiday season; or did "it" come in the past for no reason?

Ugly, useless and cheap; Something you would never keep.

Place "it" in a simple brown bag; No frills, no hassle, no tag.

Blue jeans and comfortable shoes; For just relaxing is good news.

Come on Tuesday, December the First; B.Y.O.B. to quench your thirst.

Your board promises finger food; To be oh-so very good.

Bring a friend, your spouse or other; So your picks will seem tougher.

Each brings their own; So there is a fight to the bone.

See you at 3322 Grasmere Drive; Sometime after Five.

Please remember at this time the needy; Bring an envelope for the hostess' choice of charity

And thank you Boo; And her husband too!

Other Dates to Remember:

- Ø 10/9/09 ASCE Annual meeting @ Embassy Suites – "Going Green in the Bluegrass" (email Grace at gnorthcutt@messer.com for details)
- Ø 10/17/09 Decorator's Showcase (see page 6 for details)
- Ø Jan/Feb 2010 Block Kids (more details to follow!)
- Ø January 21st – Membership meeting
- Ø February 18th – Membership meeting
- Ø 3/16/09 WIC WEEK & Spring Social
- Ø SPRING 2010 – Miss Fix-it #4 (aka MFI4)
- Ø JUNE 2010 – Summer Social (Date & location TBD)

October Dates to Remember:

10/12 Columbus Day
 10/15 National Grouch Day
 10/16 Boss's Day
 10/17 Sweetest Day
 10/25 Mother-In-Law Day
 10/29 National Organization of Women
 was founded on this day in 1966
 10/31 HALLOWEEN

October is:

- Hunger Awareness Month – do you have extra plastic grocery bags? Please bring them to Grace at the October meeting to help with her Sandwich Ministry, which helps to feed the hungry every Sunday!
- Breast Cancer Awareness Month – We all know someone who has been affected by this disease. As strong women, let's help support & encourage all who battle this disease!

SAFETY ZONE



Fall Safety Tips

Autumn is a busy and beautiful time of year, but it also can be deadly. That's why MidAmerican Energy is urging customers to take the time this fall to ensure that their homes are safe.

Carbon monoxide isn't the only danger associated with autumn, which is also a peak period for fires and some types of injuries. To simplify home safety measures this season, MidAmerican offers its customers the following fall safety tips:

1. **GET A SENSOR:** During cold weather, your furnace will be running and your windows will be closed, so you should install a carbon monoxide detector near your home's bedrooms.
2. **SERVICE FURNACE:** Before the heating season, a qualified heating technician should service your furnace to ensure that it will operate safely and efficiently.
3. **CHECK THE CHIMNEY:** Inspect your chimney to make sure it is unobstructed. Because many furnaces vent into the chimney, it must be free of debris to allow products of combustion to vent to the outside atmosphere. If you will be burning wood in a fireplace, have the chimney inspected to make sure it is in good condition and free of creosote buildup.
4. **CLEAR THE AREA:** Make sure the area around your furnace is clear for good air circulation. Keep all flammable materials, such as clothing, cardboard boxes, paint thinners, fuels and solvents, far away from the furnace.
5. **NEVER HEAT WITH AN OVEN:** On chilly autumn mornings, avoid the temptation to warm the kitchen with a gas range or an open oven door. The unvented products of combustion can quickly build to toxic levels.
6. **WATCH SPACE HEATERS:** Be cautious with portable heaters or space heaters, making sure to follow manufacturer instructions for safe venting and use. Place them at least three feet away from any combustibles, such as wallpaper, bedding, draperies, clothing and furniture. Never leave them operating when you are away from the room or asleep. Don't leave children or pets unattended with space heaters, and never use them to dry clothing, shoes or mittens.
7. **LOOK UP:** When cleaning gutters, installing storm windows, picking apples, or harvesting fall crops, avoid overhead power lines. Before you work, look up from your work area to inspect for overhead power lines. Then make sure to stay clear of electrical lines when working with ladders, pruning poles, tractors, grain augers, equipment with antennas, etc.
8. **STAY ABOARD:** If your tractor or other moving equipment contacts an overhead power line, stay on the vehicle, and get someone to contact MidAmerican immediately to remove the danger. Stepping away from the vehicle can cause you to become the path for the electricity to follow and result in electrocution.
9. **DIAL BEFORE DIGGING:** Anytime you plan to dig, whether as part of a construction job or homeowner project (such as putting up a fence or basketball hoop, planting trees or shrubs, installing a pool, building a home addition, deck, etc.) please call your state's one-call system at least 48 hours prior to the excavation — it's a free service and it is the law. In Iowa, call 800-292-8989; in Illinois, 800-892-0123; in South Dakota, 800-781-7474; in Nebraska, 800-331-5666. One Call will contact MidAmerican locators, who will mark MidAmerican-owned underground gas and electric utility locations within 48 hours of your call. Customer-owned wires and piping, including those running to grills, yard lights or outbuildings will not be marked. The services of a plumbing and heating dealer or qualified private contractor should be sought for locating customer-owned gas piping or electric lines.
10. **LIGHT FOR SAFETY:** As days grow short, make sure outdoor lighting is in good working order. Good lighting can protect you against crime and falls or accidents caused by darkness. Inspect fixtures and outlets for weather damage and replace burnt-out bulbs.



JRA is proud to announce that we were the recipient of the 2009 We Care Award from Republic Bank in the category of Marketing & Design. JRA is a firm that believes architecture represents a perfect union of art and function. JRA Architects has provided services in the state of Kentucky for 63 years. Community and volunteer examples include: Juvenile Diabetes Walk, Special Olympics, The Nest, Hospice and the Salvation Army. **CONGRATULATIONS TO NAWIC MEMBER, BARB SHARP AND HER COWORKERS AT JRA ARCHITECTS FOR THIS OUTSTANDING ACHIEVEMENT!!**



Girls Can Too!

Helping girls explore and experience careers in construction is the goal of the “Girls Can Too”. Created through a partnership of our NAWIC chapter #367 and Bluegrass Community & Technical College (BCTC) the program is targeted at middle and high school girls. The programs free and open to the public will take place on BCTC Leestown Campus, 164 Opportunity Way in Lexington on the second Saturday of each month from 10:00 a.m.-12:00 p.m. Projects and take home kits are made available to the girls through a grant from the American Association of University Women.

The Fall Schedule includes:

October 10- Architecture and Leadership in Environmental and Energy Design

Debra Shockley, Ross Tarrant Architects, Inc., will present her personal story of becoming an architect and quality control manager. The educational path she pursued and hurdles she faced along with advice on how to prepare for the future in her field. Debra will also educate the girls about her firms focus on Leadership in Environmental and Energy Design or LEED. The firm’s office was remodeled into a LEED certified building and they have designed several others in Kentucky to include one for BCTC. Following Debra’s talk, PowerPoint presentation and question and answer session participants will receive a cut and assemble house kit to assemble and take home with the help of NAWIC members to facilitate further one on one discussion about possible careers in construction.

November 14- Building Materials and Sales

Anna Wientjes, Clay Ingles Brick Inc and Melanie Fosson Creative Bath and Kitchens will share their interior design educational paths and their experience and expertise in building materials and sales. Anna Wientjes will also share an informative and interesting presentation on Julia Morgan 1872-1957 The architect of over 700 buildings in California, she is best known for her work on Hearst Castle in San Simeon, California. Throughout her long career, she designed multiple buildings for institutions serving women and girls. Upon completion of the program girls will assemble brick and mortar kits stone replicas of world famous structures to take home. Kit mortar dissolves in water to so structures can be built again.

The spring schedule is currently being created if you are interested in joining Elaine Boyd and Christine Parsons on the spring schedule or know a girl who would like to attend please contact Laura Lynch at 859 246-6583 or laura.lynch@kctcs.edu. Registration is required in order to provide enough materials and take home kits for participants.



"Naturally Chic"

lofts in a renovated tobacco warehouse in Lexington, KY.
Lorillard Lofts 201 Price Road

**Kentucky's First
Eco-Friendly
Decorator's
Showcase
Cool Lofts!**

Group Tours: Oct. 20 – 22 10:00 AM – 6:00 PM DISCOUNT TICKETS

College Night: Friday Oct. 23 6:00 PM – 10:00 PM

\$5.00 With College ID Hot 102.5 Live * KY ALE * PIZZA!

General Public Oct. 24 & 25 Sat. & Sun 10:00 AM—6:00 PM

\$10.00

Gift boutiques, food
and art show

Premier Party

Oct 17th

6 pm - 10 pm

Live Music

Hors d'oeuvres

Lovers Leap Winery

Kentucky Ale

Meet the Designers

First Bids on Décor

\$50.00 Donation



Four lofts will be transformed by:

Ethan Allen.....

Urban Contemporary

Scout Antiques & More.....

Once Vintage, New Again

Environmental Décor.....

Eclectic Bachelor's Retreat

Urban Sanctuary

The Outdoor Veranda, Indoors

**Dedicated to The
Celebration of
Women**

Who will you celebrate!

Purchase tickets on line:

www.capacityinc.org/events.htm

Or For Information Call

(859) 583—8007

Tickets available at the door



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This is care.

VINEYARDS & WINERY

PROCEEDS BENEFIT THE:

CAREER ADVANCEMENT

INITIATIVE FOR UNEMPLOYED

WOMEN OF THE BLUEGRASS

Capacity Inc is a 501(c)3 Non Profit Organization

Nawic national officer s

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COMMITTEE NOTES

Membership: Chair – Christine Parsons. Goals – triple the membership over the next five years!! That means we ALL need to recruit, recruit, recruit!! Invite women you work with to the next meeting!! The membership committee has once again decided to allow 1st time guests to attend for FREE.

PR/Marketing: Chair – Susan Cox. Goals – get our name out there as much as possible!! Do you belong to another organization that we could trade a newsletter page with? Do you have marketing ideas? Send them to Susan right away!!

Construction Profession & Education: Chair – Stacia Chenoweth. Goals – provide educational & entertaining speakers/joint meetings/tours for our members every month. Send speaker ideas to Stacia & the CP&E committee right away!!

Ways & Means (aka MF14): Chairs – Mary Gail Engle & Stacia Chenoweth. Goals – FUNDRAISING Miss Fix-It #4 will be held Spring 2010. MF14 co-chairs are in the process of choosing a date for our next event. Make plans to attend the October meeting for more details and a possible exact date. If you are interested in helping the committee, please let Stacia or Mary Gail know.

Do you need to update your information on the National website? You can keep your information up-to-date by logging in to www.nawic.org à Member sign-in à Member Center à Update Your Info

Have you thought about pursuing a certification via NEF (NAWIC Education Foundation)? Below is information regarding all three certifications currently offered by NEF. NEF will soon be rolling out a 4th certification – Certified Construction Bookkeeper (CCB). Watch future newsletters for additional details!



NAWIC Education Foundation



Educating the Construction Industry Today . . . and Tomorrow.



The **Construction Industry Technician (CIT)** is a self-paced, home study program. Passing an examination at the end of the course establishes mastery of the material and upon successful completion of the program, the participant will receive the **Construction Industry Technician Certifications**. This certification acknowledges the accomplishment of attaining a higher professional level in the construction industry.



The **Certified Construction Associate (CCA)** Program is an advanced, six-part, self study course in construction terminology, procedures and processes. NAWIC Education Foundation (NEF) requires the program be completed in three (3) years. Participants study at their own pace but must pass all six parts within three (3) years with 2 possible one year extensions. Extensions must be approved by the NEF Executive Committee. After successfully passing certification exams in all six parts, participants receive Certified Construction Associate certificates, pins and are entitled to use the letters, CCA after their names.



Construction Document Specialist (CDS). This book deals with interpreting information conveyed from the architect/engineer to the contractor by way of a legal document and with implementing that fundamental understanding. It discusses the many components of the legal agreement that binds the parties in a construction project: working drawings, specifications, and contract requirements of the Project Manual. A comprehensive understanding of the project's construction documents is necessary to prepare an estimate for submitting a bid and to prepare a project schedule for controlling costs after the contract is awarded.

Kentucky Construction Career Days

Members:
Boo Blakey
&
Laura Lynch



Bulletproof Your Job: 4 Ways to Stay Employed

By CareerBuilder.com writer

Recent news about the [economy](#) and the job market hasn't been encouraging. Companies are taking a much closer look at their [operating expenses](#), especially their [payrolls](#). Writer Stephen Viscusi asserts that in this atmosphere, "You must understand that your job is your most valuable asset -- and your primary objective is to protect it." That's just part of the advice he outlines in his book "Bulletproof Your Job: 4 Simple Strategies to Ride Out the Rough Times and Come Out on Top at Work." Viscusi's book discusses tactics for being visible, easy, useful and ready in order to keep one's job.

Be visible

In terms of bulletproofing your job, one of the biggest priorities is to be a visible part of the team. "The invisible guy is the first to go," Viscusi observes. "What you need to do is create a perception that makes you more visible, more notable and ultimately more valuable to your company." Viscusi has several ideas on how "invisible" employees can increase their visibility:

- Arrive early and stay late. Let your boss see your commitment to work, rather than your clock-watching abilities.
- Pay attention to your apparel and your appearance. Make sure your office attire is appropriate. Take note of everything from your hair to your shoes, because everyone else in the office (including your boss) will.
- Develop an eye for the small details.
- Listen up and, when appropriate, speak up. Introduce yourself. Prepare your 30-second personal pitch, or "elevator pitch," that explains who you are and what you're all about.
- Introduce yourself with eye contact and a strong handshake -- a personal, warm greeting that Viscusi calls the "Viagra handshake."

Be easy

Being an "easy" employee doesn't mean you need to be a passive nodding machine who does your manager's bidding. What Viscusi is suggesting is that employees be easy to communicate and interact with. Workers can take the "easy" way by keeping these ideas in mind:

- Don't gripe, especially if the issue is inconsequential. If there is a serious challenge, communicate without complaining. Stay clear of personal gossip about co-workers and [managers](#).
- Watch what you say and how you say it at work. Neutral language doesn't matter if it's delivered with a sarcastic tone.
- Avoid obvious touchy subjects (race, sex and religion) as well as the not-so-obvious (your salary). If you do talk with co-workers, Viscusi says "Discuss, don't argue."

Be useful

Every employee is expected to be useful, but as Viscusi notes, "You have to actively look for ways to do more." Exceeding expectations sometimes requires an investment of time and effort, but just as often you can impress the boss with [creativity](#) and [efficiency](#). Viscusi recommends these approaches to be "Mr. or Mrs. Above-and-Beyond" at work:

- Find ways to be a [mentor](#) at work. You can reach out to new workers, as well as share your knowledge with [executives](#) and [CEOs](#). (They'll remember you for it.)
- Be a "utility player" -- the multifaceted worker whom the "coach" (your boss) can pull off the bench and put in the game when another worker is injured (or quits without notice).
- At the same time, cultivate a role as a [specialist](#) on the job (or in some of the tasks that you perform).
- Add dollar value to the company by keeping customers happy and minimizing [expenses](#).

Be ready

Viscusi suggests that being prepared for any outcome instills an air of confidence and calm that looks good on you. "When you're ready for anything," he says, "you behave with a certainty that you'll succeed when all is well and land on your feet if you hit a bump in the road." Viscusi suggests that workers can make these preparations:

- Have money in the bank.
- Keep your résumé current and establish a relationship with a [recruiter](#) in your field.
- Establish and enhance your [network](#).
- Be a part of [professional organizations](#) and reach out to help the contacts in your professional circles.
- If possible, publish articles or make presentations on your specialized subject matter.
- Be aware of what your peers are doing.
- Avoid getting stuck in a rut. Continue your [education](#), and strive to learn new skills at work.

Though Viscusi warns against indulging in personal gossip, "Company gossip is gold and can help you bulletproof your job." You can set alerts on Web sites like Technorati and Google with your company's name. He also suggests setting a Google alert with your boss's name (though these should be sent to your personal e-mail accounts).

And while you're busy building your professional networks online, see if your boss and co-workers have a profile. You can stay on top of what's happening with them, and stay informed if there are any problems or issues happening that might affect you at work.

About Our Organization...

Bluegrass Chapter #367
www.bgnawic.org

Region 4 – NAWIC's Core
www.nawic4.org

NAWIC National
www.nawic.org

**NAWIC Education
 Foundation (NEF)**
www.nawiceducation.org

The Bluegrass
 Chapter is on
 Facebook!
 Join our group!

Since its founding, NAWIC, an international non-profit organization, has grown to a membership of 5,500 women with more than 179 chapters. In its 51 years of service to its members, NAWIC has advanced the causes of all women in construction whose careers range from business ownership to the skilled trades. With almost 900,000 women working in construction today, the industry is becoming more accepting of their non-traditional roles

NAWIC's objectives are:

- To unite for the mutual benefit of the women who are actively engaged in the various phases of the construction industry.
- To promote cooperation, fellowship and a better understanding among members of the Association.
- To promote education and contribute to the betterment of the construction industry.
- To encourage women to pursue and establish careers in the construction industry.
- To provide members an awareness of the legislative process and legislation as it relates to the construction industry.

Executive Board

President	Elaine Boyd	eboyd@clayingels.com
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