



# On The Level

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

**Thursday, July 16<sup>th</sup> – Showroom Tour**  
**Creative Kitchen & Bath, 1141 Industry Road,**  
**Lexington, KY**

July, 2009

What's new in Kitchen & Bath design? What products will we be seeing more of in the future? Join us for a tour of Creative Kitchen & Bath. Their spacious showrooms feature a variety of products partnering with only the finest cabinet makers and plumbing manufactures. The company provides the latest in design for the kitchen and bath and also professional installation of cabinets. Chapter member Melani Fosson is the showroom manager.

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## Inside this issue:

President's Letter	2
Mark Your Calendar	3
Safety Zone	4
Girls Can Too!	5
Membership News	6
Company News	6
Contact Page	7

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## **R.S.V.P. INFORMATION**

**Where:** Creative Kitchen & Bath, 1141 Industry Road, Lexington, KY

**When:** Thursday, July 16, 2009

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

6:00 p.m. Dinner

6:30 p.m. Tour of the Showroom

**Cost:** \$7.00 Members & Guests

Reservations required. Contact Susan Cox, [scox@messer.com](mailto:scox@messer.com) by July 13th @ noon!

**Remember, A Reservation Made Is A Reservation Paid.**

## Letter from the President



It's JULY and that means \*FIREWORKS\* and a barking dog at my house because he doesn't like fireworks..... Last year kids (and probably some adult kids as well) in our neighborhood started shooting off fireworks around Memorial Day and it seemed to last most of the summer. This year the economic situation has slowed down the purchasing power apparently and so far I haven't had to get out the doggie tranquilizers! Have to look for any positive side of a slow economy that we can.



The weather is pretty darn HOT and MUGGY which may or may not be related to an increase in the construction industry but it was nice to hear several members say at the June meeting that they were very busy at the various companies we represent. Maybe the recession is ending!

One of our busy members is Melani Fosson however she has kindly offered to host our July meeting at her employment at

Creative Kitchens and Bath. I personally love show room tours and even though I may not be in the market to redo my kitchen or bath I love hearing about and seeing the really cool options. Please "mark your calendar", enter it in your iPhone, Blackberry, or Outlook to come Thursday July 16<sup>th</sup>.

My husband use to be a "Lowe's man" for those odds and ends you need for fixing things up but after the generosity of a large monetary contribution, material for our last minute "Potty talk" workshop, and the representation plus goodies Home Depot gave us for our Forum I have convinced him to head to Home Depot instead of Lowe's. I'd like to encourage other members to do the same if possible to support the ones who supported us. Also I'm working on a Yellow Pages book of what our members offer at their places of business. I'm asking everyone to bring a business card to our next meeting or if unable to attend please mail it to Clay Ingels, PO Box 2120, Lexington KY 40588. Note on the back or on a separate piece of paper whether your company is residential, commercial or both. Also the specialty along with other material and/or services offered. Let's support one another in business too.

On the subject of support and money our chapter's money

making project in the past has been the Ms. Fix-it Fair in the spring. The board voted not to have the event this spring due to the Forum we were hosting and maybe consider planning one for the fall. Most members I have spoke to feel with the elimination of perks, bonuses, and reimbursement of expenses most companies have adapted due to the economy, it would be uncomfortable to ask for financial support plus it would be unlikely many of them would be able to contribute. This creates a *small* problem. The chapter's budget for the year was based on having this money maker in order to send delegates to regional and national events, leadership seminars, first time guest meals paid, gifts and meals for speakers, etc. I'm looking for some brilliant ideas for other money making projects or volunteers to chair or co-chair the Ms. Fix-It for this fall in a manner that would make it profitable without the sponsorship. I am always bragging to other chapters how creative and talented the members in our chapter are so please start flooding my e-mail inbox with ideas and suggestions.

THANKS to all for making the Bluegrass Chapter what it is. Please keep Sally, who is one of the strong ladies that got our chapter started on such a solid base, in your thoughts and prayers as she faces the battle of breast cancer. We know you will win Sally!

Elaine

## Volunteer Opportunities

1. Auditor – audit this year's books after the fiscal year ends in September
2. Ways and Means Committee – plan fund raising events
3. Company and Member Spotlight chairperson – line up companies or specific employees from our chapter to feature
4. Construction Professional Education Chair and committee – line up speakers or tours for next year
5. PR/Marketing – get the word out about NAWIC
6. W.I.C. week committee – make plans for activities and/or projects for the first week of March 2010

**Please let Elaine Boyd know if you are interested in any of the leadership opportunities**

# MARK YOUR CALENDARS

## Thursday, August 20, 2009 – Strategic Planning

It's an all NAWIC night as we make plans for the coming year. We are a member driven association so be sure to participate and make your voice heard! Do you have requests for meeting topics or speakers? Would you like to be part of a study group for a NAWIC Education Foundation certification? Would you like to see joint meetings with other construction industry groups? Ms. Fix-It has been successful in the past as a community service / fundraising project as we offer home repair classes to women in our community. Do we want to plan an event for 2010? How can we enhance YOUR success?



## Thursday, September 17, 2009 – American Arbitration Association



Ryan Loghry is an Associate with Stites & Harbison, PLLC based in the Lexington office and a member of the Construction Service Group. He is a litigator who handles commercial construction disputes of all kinds, including defending general contractors against nonpayment and defect claims and asserting and defending mechanics' and materialmen's lien claims on public and private projects. He is a frequent author and speaker on construction law topics. Mr. Loghry led the Construction Service Group's effort to write Kentucky Construction Law, 2007. He wrote the chapters for Design Professional and Contractor Licensing, Mechanics' and Materialmen's Liens, Residential Construction, and Theories of Liability in addition to editing the chapters written by other members of the construction service group.

## Thursday, October 15, 2009 – TBD

## Thursday, November 19, 2009 - TBD

## Other Dates to Remember:

- Ø National Convention is August 26-29<sup>th</sup> in Phoenix, AZ.
- Ø 9/17/09 Installation of Officers at the Membership Meeting

## We can all use a little humor now and again:

If you can start the day without caffeine,  
 If you can get going without pep pills,  
 If you can always be cheerful, ignoring aches and pains,  
 If you can resist complaining and boring people with your troubles,  
 If you can eat the same food every day and be grateful for it,  
 If you can understand when your loved ones are too busy to give you any time,  
 If you can take criticism and blame without resentment,  
 If you can resist treating a rich friend better than a poor friend,  
 If you can conquer tension without medical help,  
 If you can relax without liquor,  
 If you can sleep without the aid of drugs,  
**...Then You Are Probably The Family Dog!**



# SAFETY ZONE

## Household Hints & HELP!

### Home Remodeling Safety

submitted by Lorene Bartos, Extension Educator

*This article appears in the October 9, 2004 Lincoln Journal Star Newspaper.*

Planning to remodel or renovate your home this year? Indoor air quality is important at all times and must be kept in mind when working with the home.

There can be some hidden environmental health hazards if the work is not done carefully. This is especially true in older homes. The good news is in many cases, a few simple measures can reduce these hazards. Give some thought to the environmental health hazards that might be in or on your walls. A few precautions during the job can keep things healthier for occupants and workers too.

What sort of hazards do you need to be concerned about? One of these is lead paint, common in homes built before 1978. Opening up walls, removing moldings, replacing windows and especially exterior painting, can produce a lot of lead contamination. Even careful cleanup might not be adequate. Tiny amounts of lead dust, or a few small paint chips, if swallowed by young children, can cause lifelong learning and behavioral problems.

If you are working on an older house, you can assume there is lead paint present, although testing can also be done. Using lead-safe work practices provides a good approach to minimizing contamination and hazards. (Research has shown site protection is more reliable than depending on a good cleanup afterwards.) Information on proper work practices is available from the US Department of Housing and Urban Development. This agency also provides an excellent free booklet detailing safe work practices <http://www.hud.gov/offices/lead/training/LBPguide.pdf>.

Asbestos represents another potential hazard—especially in older homes, where it can be found in pipe, duct and furnace insulation, regular insulation and various other products such as floor coverings, asbestos-cement siding and even spackling compound. If demolition will result in disturbing such materials, state and federal regulations may be involved, so make sure this work is done by qualified persons. Amateur attempts at removal can create serious environmental contamination in the home.

Wet or damp conditions in buildings, either current or past, can lead to mold growth. Opening up walls with such contamination can cause problems for workers and occupants, especially the young, the elderly and those with special health problems. Such work needs to be done carefully, and if large contamination is involved—more than 10 square feet—expert assistance may be needed (although bleach solution can kill mold, the dead spores can still be harmful; such material must be carefully removed).

A common denominator for many types of remodeling health risks is dust. So health risks in any remodeling project can be reduced by careful attention to dust control. Some general ways to control dust include isolating the work area from the rest of the house; sealing doors and air ducts in the work area; removing furnishings, etc. from the work area and covering items that can't be removed; and using demolition methods that keep dust to a minimum.

Another way to reduce the health impact of remodeling is to choose or specify "friendly" materials, such as "Low VOC" (Volatile Organic Compounds) paints, adhesives and coatings. Ask about certified carpeting having low emissions. It is also helpful if carpeting can be unrolled in a protected location before installation. Such "airing out" can allow most of the new carpet fumes to escape.

While the above measures may involve some extra time, effort and work, the result will be a healthier environment for your family.



# 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:

## September 12 -Carpentry, Plumbing, and Other Skilled Trades

Laura Lynch, Assistant Professor of Carpentry at BCTC and Joan Markwell, Licensed plumber and developer will share their stories of their education and life in the skilled trades' residential building teaching and development of property. Following their demonstration of Google Sketch Up and Sage Timber Line estimating soft ware and question and answer session participants will join them in the carpentry shop to learn to use basic hand tools and assemble a take home tool box.

## 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.lynn@kctcs.edu](mailto:laura.lynn@kctcs.edu). Registration is required in order to provide enough materials and take home kits for participants.

## Membership News

Our Bluegrass chapter membership has grown with 9 new members since October 1, 2008. We welcome these women and the talent they bring to our organization. Have you met all of them yet?

Dee Brown, Tri-State Roofing & Sheet Metal Co  
 Nancy Meade, Meade Block & Stone  
 Lisa Jeter, Third Fire Designs, LLC  
 Boo Blakey, Environmental Decor  
 Grace Northcutt, Messer Construction Co.  
 Laura Bennett, Stites & Harbison, PLLC  
 Deborah Besser, PE, Eastern Kentucky University  
 Melanie Roederer, Perspectives Inc.  
 Laura Lynch, Bluegrass Community & Technical College

One of the benefits of belonging to NAWIC is the networking with other women in our industry. We can learn from each other and share the wealth of knowledge we have. Members representing every aspect of the construction process give us a broader understanding of the industry and thus enhance our professional success. The more members we have, the more we'll succeed!

The membership committee needs your help! Do you have thoughts on how we can spread the word about NAWIC? Any ideas on ways to contact women in the industry? Should we plan a special recruiting meeting for this fall? If you have ideas, please contact me at [parsons@parsonselectric.com](mailto:parsons@parsonselectric.com) or give me a call at 859-294-2614.

Remember to bring a guest to any of our meetings in order to get your name put in the hat for a Home Depot gift certificate at the end of the year!

Christine Parsons, CDS, CIT  
 Bluegrass Membership Chair

### Newport Central Catholic High School - Goes Green with roofing system by Holland Roofing's Special Projects Division



Holland Roofing SPD was awarded the Green Roof Project earlier this year. The special projects division (SPD) of Holland Roofing rose to the challenge of this unique and eco-friendly roof system. The layers of a green roof must, like any roof, accommodate drainage and protect the building from the elements with a waterproof membrane. But they also must create a growing area and potentially provide support, irrigation and root protection barriers while staying as light as possible.

Green roofs last longer than conventional roofs, reduce energy costs with natural insulation, create peaceful retreats for people and animals, and absorb storm water, potentially lessening the need for complex and expensive drainage systems. On a wider scale, green roofs improve air quality and help reduce the **Urban Heat Island Effect**, a condition in which city and suburban developments

absorb and trap heat. Anyone who has walked across a scalding parking lot on a hot, summer day has felt one effect of an Urban Heat Island. With society focusing now more than ever on environmentally-friendly concepts, we anticipate our clients and our business to increase in these types of initiatives. Our company strives to be kind to the environment. We have available to our clients just such roofing systems to achieve that goal. Please contact Holland Roofing today to find out if one our eco-friendly roofing systems will meet your requirements. 877.455.ROOF (7663) or visit us on the web: [www.hollandroofing.com](http://www.hollandroofing.com)



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## About Our Organization...

**Bluegrass Chapter #367**  
[www.bgnawic.org](http://www.bgnawic.org)

**Region 4 – NAWIC's Core**  
[www.nawic4.org](http://www.nawic4.org)

**NAWIC National**  
[www.nawic.org](http://www.nawic.org)

**NAWIC Education  
Foundation (NEF)**  
[www.nawiceducation.org](http://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.

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## Executive Board

President	Elaine Boyd	<a href="mailto:eboyd@clayingels.com">eboyd@clayingels.com</a>
Vice-President	Angela Goodlett	<a href="mailto:angela.goodlett@yahoo.com">angela.goodlett@yahoo.com</a>
Treasurer	Cindy Hiens	<a href="mailto:chiens@messer.com">chiens@messer.com</a>
Corresponding Sec.	Mary Gail Engle	<a href="mailto:mgengle@uky.edu">mgengle@uky.edu</a>
Recording Secretary	Stacia Chenoweth	<a href="mailto:stacia@masonstructure.com">stacia@masonstructure.com</a>
Director	Melani Fosson	<a href="mailto:mfosson@creativekitchenandbath.net">mfosson@creativekitchenandbath.net</a>
Director	Teri Fox	<a href="mailto:tfox@bbandt.com">tfox@bbandt.com</a>
Director	Faye Miller	<a href="mailto:fmiller@bbandt.com">fmiller@bbandt.com</a>
Membership Chair	Christine Parsons	<a href="mailto:parsons@parsonselectric.com">parsons@parsonselectric.com</a>
Newsletter Editor	Susan Cox	<a href="mailto:scox@messer.com">scox@messer.com</a>

