

RIVER CITY FOUNDATIONS

South Atlantic Region • Richmond, Virginia Chapter 141 Newsletter



JANUARY 2018



NAWIC Richmond Chapter 141



@nawicrichmond



NAWIC Chapter 141 Richmond VA

www.nawic.org • www.NAWIC-richmondva.org

Newsletter Articles: nawic.newsletter141@gmail.com by the 25th of each month

CONNECT with others

GROW your knowledge

SHARE your passion

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CHAPTER MEETINGS

GENERAL MEETINGS

Richmond Chapter General Meetings are held on the
3rd Tuesday of each month at
Jefferson Lakeside Country Club
1700 Lakeside Avenue, Richmond 23228
(unless otherwise notified)
Cash bar / networking opportunities • 5:30-6:00 pm
Dinner / Program / Business Meeting • 6:00-8:00 pm

BOARD MEETINGS

Board Meetings are held on the
1st Tuesday of each month
(unless otherwise notified)

SEE PAGE 3 FOR MORE DETAILS & EVENTS



Happy Winter



MESSAGE FROM THE PRESIDENT

The New Year has always been a time for looking back at our accomplishments over the past year, and more importantly, forward to the coming year. Instead of resolutions I would like to share with you a few things that I have come across that have spoken to me.

- Pick up where you left off. Finish the half-read books on your shelf. Eat what's in the cupboard. Wear what you own in ways you never thought of before. Apologize and mean it. Call old friends. Revisit old projects. Try other routes.
- Find meaning and joy in the work you do, not the work you wish you did. Finding fulfillment in work is never about pursuing your idea of what your "purpose" is. It is always about infusing purpose into whatever it is you already do.
- Aspire to be someone who gives things meaning, not who seeks things to give them meaning. Rather than chasing "success," chase kindness. Rather than believe wealth is the mark of a life well lived, believe that intelligence is, or kindness is, or open-mindedness is.

Please take a look at the calendar and join us for some rewarding upcoming events. No matter what your passion may be, we have something for you.

And remember - Every day may not be good, but there is good in every day.



Wendy McQuiggan
2017-2018 President



CORE PURPOSE

YOUR MEMBERSHIP MATTERS

To enhance the success of women in the construction industry



President

Wendy McQuiggan
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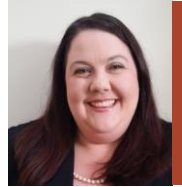
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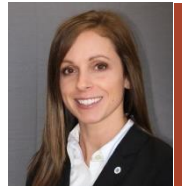
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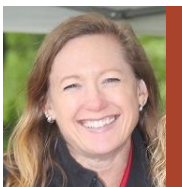
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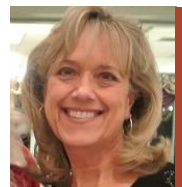
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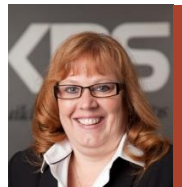
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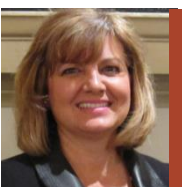
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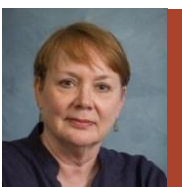
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GROW *your knowledge*
SHARE *your passion*



JANUARY

- 2 BOARD MEETING** Open Meeting
6:00 pm - 8:00 pm ▪ Fast Glass / 1808 Coyote Drive, Suite 103, Chester 23836
- 16 GENERAL MEETING** Reservations Required
5:30 pm - 8:00 pm ▪ Jefferson Lakeside Country Club / 1700 Lakeside Avenue, RVA 23228
Program: Anna Jolly / Circle Safety ▪ Topic: New OSHA 30 Safety Construction Regulations
- 24 BLOCK KIDS COMPETITION** Volunteers Needed
3:30 pm - 5:00 pm ▪ Mary Munford Elementary School / 211 Westmoreland Ave, RVA 23226

FEBRUARY

- 6 BOARD MEETING** Open Meeting
6:00 pm - 8:00 pm ▪ Kjellestrom + Lee / 1607 Ownby Lane, Richmond 23220
- 20 GENERAL MEETING** Reservations Required
5:30 pm - 8:00 pm ▪ Jefferson Lakeside Country Club / 1700 Lakeside Avenue, RVA 23228
Program: Membership Fundraising featuring “TRICKY TRAYS”

MARCH

- 4-10 WIC WEEK** Open Events
Details forthcoming – events each day during the week
- 6 BOARD MEETING** Open Meeting
6:00 pm - 8:00 pm ▪ Location TBD (part of WIC Week)
- 20 GENERAL MEETING** Reservations Required
5:30 pm - 8:00 pm ▪ Jefferson Lakeside Country Club / 1700 Lakeside Avenue, RVA 23228
Program: Sustainability ▪ Tracey Winkelman Ruff / Kine Vue, LLC

Future Chapter Events:

- MAY 3 ANNUAL GOLF TOURNAMENT**
- MAY 15 INDUSTRY APPRECIATION NIGHT**

Future Regional / National Events. Pre-registration is required for all the events listed below:

- APR 6-8 2018 ANNUAL SPRING FORUM – Durham, NC**
Hosted by the Durham, NC Chapter
- AUG 15-18 2018 63rd ANNUAL CONFERENCE**
Orlando, FL
- OCT 12-13 2018 FALL CONFERENCE– Williamsburg, VA**
Great Wolf Lodge, Williamsburg / Hosted by the Richmond and Greater Tidewater Chapters

MEMBERSHIP

Don't forget to look for the "hidden quote." Read the newsletter thoroughly. Email or text to Lorie Lythgoe what you think is the quote. Your name will be put in a hat and drawn for a gift card.



Welcome

new member **Nancy Ahrens** with **Scott Insurance**

Please reach out and welcome her to NAWIC and the Chapter!



FRIENDSHIP

January Celebrations

Birthdays

Debra Duty	20th
Sarah Simmons	20th
Christie Knable	31st



NAWIC Anniversaries

Chris Rittenhouse	3 Years
Lula Lamb	9 Years
Ann Vass	39 Years

BLOCK KIDS COMPETITION

JANUARY 24 / 3:00 – 5:00 pm
Mary Munford Elementary School
 211 Westmoreland Avenue, RVA 23226



Block Kids is the Elementary School construction competition, open to 4th & 5th graders. Each student is given 100 blocks, and their choice of up to 3 of the following items: string, aluminum foil, a rock, and paper. They have 1 hour to build anything construction related.

Judges collaborate to choose 1st, 2nd, and 3rd place winners. If you are interested in being a judge, let Jennifer Hamby know. This is so much fun and the kids will amaze you with their imaginations. If you have items for the goodie bags, please let Jennifer know – approximately 30 items will be needed. "Motivation is when your dreams put on work clothes." B. Franklin

Crazy Construction Facts

- In 1997, a group of enthusiasts began building a castle in France, using only materials, tools and techniques available in the 13th century (800 years ago). The project is scheduled to be completed sometime in the 2020s.
- In 1983 hundreds of workers broke a world record by building a 3 bedroom home in just 3 hours. It was later sold to buyers who weren't told about the home's origin. The home was an instant nightmare: uneven slab, burst pipes, flawed roof, mismatched paint, buckled walls, crooked doors, faulty sewer, etc.
- A guy implied he was going to build a 480 ft. skyscraper but labeled all the plans as 480". Then he had it built 40' tall as per the plans, pocketed the investment money and won in court because he didn't technically defraud anyone. The Newby-McMahon Building is the World's Smallest Skyscraper.
- Sears used to sell entire houses in a 'Do It Yourself' kit.
- A Chinese construction company built a 30-story hotel in 15 days. The hotel is energy efficient, has air 20 times cleaner than comparable hotels, and can withstand earthquakes up to magnitude 9.
- U.S. bridges and roads are being built by Chinese firms not American because it's "faster and cheaper."
- The Mohawk Indians were employed by construction companies in NYC since they did not fear heights.



Christmas Board Social

PROFESSIONAL DEVELOPMENT & EDUCATION

+ This Month's Program



Anna Jolly JD, CHMM ▪ Circle Safety
www.circlesafety.com

Program: New OSHA regulations within the last year.

Anna Jolly is the Owner and Managing Director of Circle Safety & Health Consultants. She is currently serving a 3rd consecutive term as a member of the Virginia Safety and Health Codes Board.

She is an authorized trainer for the OSHA 10- and 30-Hour Construction and General Industry Outreach courses, as well as Confined Space and Hazwoper training. An authority on OSHA regulations, her expertise includes VOSH citation and abatement assistance, industrial hygiene auditing, safety program development, employee exposure analysis, safety systems, and interpretation of standards.

Ms. Jolly is widely recognized as an authority in occupational and safety and health regulations and is known for her ability to integrate technical and legal requirements relating to occupational and environmental regulations.

January

Know of any program topics or speakers you would like to see at our meetings, contact **Missy Seal** at nawic.vpresident141@gmail.com

+ Upcoming Meeting Programs *

* Subject to change due to unforeseen circumstances

February: "Tricky Trays" ▪ Annual Membership Fundraising

March: Sustainability ▪ Tracey Winkelman Ruff / Kine Vue, LLC

April: Asset Management ▪ Amilee Bobbin with Hilti and a member of the Greater Tidewater Chapter

Register to attend our general meetings at
nawic.registration141@gmail.com

WAYS & MEANS: Golf Tournament

REMINDER: The Early Bird Corporate Sponsorship deadline is January 31, 2018



We have now received 3 Early Bird Corporate Sponsors!!! Thank you so much to Donley's, Fast Glass, and Liphart Steel!

We need your help in soliciting more sponsors. The Early Bird Corporate Sponsorship flyer is attached to this email - please send it to your employer or any industry contacts you may have and ask if they would consider becoming a 2018 Corporate Sponsor. *The personal contact from you makes all the difference in the world in recruiting sponsors* - a simple email, phone call, or asking in person will help us reach our goal! **The deadline is January 31, 2018.**

The NAWIC Golf Tournament is our only chapter fundraiser and will be Thursday, May 3rd 2018 at Hunting Hawk Golf Course in Glen Allen. Proceeds from the Golf Tournament go to our NAWIC operational costs, educational programs, and provides the funds for the Scholarships we give out each year to students pursuing construction. The Corporate Sponsorship is \$2,000 and includes a foursome and advertising prominently throughout our Golf Tournament and the whole year.

Other sponsorship levels and foursome registration will be available in February 2018.

If you have any questions, please reach out to amy.atkins@fast-glass.com

CORRESPONDENCE

Items Received

- South Atlantic Region Save the Dates for 2018 Conferences

Items Sent

- Richmond Chapter 141 Newsletter and Meeting Invitation to NAWIC National Officers, South Atlantic Region Director, and all South Atlantic Region Chapter Presidents



HEALTH & SAFETY: Driving in the Snow and Ice

If you find yourself driving in inclement winter weather, stay alert, slow down and stay in control. These are the three key elements to safe driving in the snow and ice. Here are a few other tips for driving in the snow and ice:

- If you think you may be heading into snow or there is a possibility of driving in the snow, make sure you do a maintenance check on your vehicle before making the trip. Check the vehicle battery, belts and hoses, anti-freeze, oil, lights, brakes, heater and defroster and check the exhaust system for leaks which may allow carbon monoxide to enter the vehicle if it becomes stranded in the snow.
- Plan your route ahead of time and give yourself extra travel time. Make sure someone knows your travel plans.
- Wear comfortable clothing that does not restrict your movement while at the wheel. Keep warm clothing available for when you exit the vehicle or if your vehicle become stranded.
- Always clear any snow and ice from all windows, lights, mirrors, roof, hood, and trunk lid before driving. After starting the vehicle wait for the interior windows to be clear of fog visibility will not be obstructed.
- Make sure there is sufficient windshield washer fluid in the vehicle reservoir and that it is rated for freezing temperatures.
- It takes longer to stop on slippery surfaces, so add additional time to the three-second rule.
- Know the proper handling procedures for a skidding vehicle. Turn into the direction of the skid.
- Slowdown in snow and icy conditions, make turns slowly, and make all starts and stops slow and smooth.
- Remember that bridges and overpasses may freeze before the regular travel lanes of a roadway. Watch out for black ice, areas of the roadway that appear black and shiny and where your vehicle can suddenly lose traction. Slowdown in these areas and apply the brakes slow and steady if needed.
- If you get stuck or stranded, don't panic. Stay with your vehicle for safety and warmth. Wait for help to arrive. If you have a cell phone and are in an area with cell phone service, try calling for help. Try to always know your exact locations while driving.
- Keep your clothing dry. Wet clothing can lead to dangerous loss of body heat.

Winter Driving Survival Kit

It's a good idea to keep a winter survival kit in your vehicle if you might be traveling into an area where you could encounter snow. Having essential supplies can provide some comfort and safety for you and your passengers. The following items are recommended for your winter driving survival kit:

- Ice scraper/snowbrush
- Shovel
- Sand or other type of traction aid
- Tow rope or chain
- Booster cables
- Road flares or warning lights
- Flashlight and batteries
- First aid kit
- Fire extinguisher
- Small tool kit
- Extra clothing and foot wear
- Non-perishable energy foods, like chocolate or granola bars, juice, instant coffee, tea, soup, and bottled water
- Candles and a small tin can to hold the candle
- Water proof matches



Winter driving can be safe with planning and extra caution.



NAWIC's Safety & Health Awareness Committee is pleased to offer the 2018 Safety Excellence Award to distinguish NAWIC member companies who recognize safety as a corporate value and commitment! These companies have implemented excellent safety and health programs, and innovative solutions for creating strong safety cultures within their organizations. The means of achieving this include owner/upper management commitment, proactive safety and health programs, consistent enforcement policies, employee training, management committee initiatives, and program implementation creativity/innovation. **Please note that the application process has changed from previous years.** Any company who qualifies may complete and turn in their application **directly** to the National committee for the National Safety Excellence Award. In the past, the award was given top three-member companies at the Chapter, the Regional, and the National level, with a progressive winning progress. We still encourage the Chapters and Regions to participate at their levels with the understanding that these will not follow the old progression up to the National level.

Eligible participants must employ a NAWIC member. Completed [applications](#) must be submitted by **March 31, 2018** directly to the Safety & Health Awareness Committee. Send applications to safety@nawic.org.

Best of luck to all this year!



Thanks to everyone who participated in the annual Breakfast at The Doorways on December 2.

The Doorways is a "place to call home" for patients of area hospitals and their families undergoing some type of medical crisis. They are Richmond's premier provider of temporary lodging and non-medical services to 'referred' patients and families. The 8th floor is reserved for pediatric patients and their families. Some of these children are referred through World Pediatric Project (WPP).



2018 CORPORATE SPONSORS - Thank you for helping us "Support the Industry that Supports Us."



DEADLINE: January 31, 2018 to be a Corporate Sponsor. Your company logo will be advertised in the Newsletter, on Banners, Event Programs, Website. See **Page 5** for details.



Tacky Sweater Winner:
Ann Vass





NAWIC Richmond Chapter #141

Meeting Reservation Form

Social: 5:30 p.m. – Dinner: 6:00 p.m.

January 16, 2018

Please make _____ reservation(s) for the **Tuesday, January 16, 2018** meeting of the RICHMOND CHAPTER #141, NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION to be held at **Jefferson Lakeside Country Club, 1700 Lakeside Avenue, Richmond, VA.** Enclosed is a check in the amount of \$_____ (\$25 per person). I understand that I am responsible for payment if cancellation is not received by the deadline.

RESERVATION OR CANCELLATION DEADLINE: Thursday – January 11, 2018

Dinner Menu: Sweet & Smoky Baby Back Ribs, Roasted Red Potatoes, Vegetable Medley, Cookies & Brownies

Make check payable to: **RICHMOND CHAPTER #141, NAWIC**

MEMBER: _____

COMPANY W/ADDRESS: _____

MEMBER: _____

COMPANY W/ADDRESS: _____

GUEST: _____

COMPANY W/ADDRESS: _____

EMAIL RESERVATION FORMS TO:

mjennings@kjellstromandlee.com

Please advise if you have any dietary restrictions. Thank you.

Mail reservations to: Mickey Jennings, Kjellstrom + Lee, 1607 Ownby Lane, Richmond, VA 23220

PLEASE DON'T FORGET THE DOORWAYS AND YOUR SECRET PALS