

# RIVER CITY FOUNDATIONS

South Atlantic Region • Richmond, Virginia Chapter 141 Newsletter



## FEBRUARY 2018



NAWIC Richmond Chapter 141



@nawicrichmond



NAWIC Chapter 141 Richmond VA

[www.nawic.org](http://www.nawic.org) • [www.NAWIC-richmondva.org](http://www.NAWIC-richmondva.org)

Newsletter Articles: [nawic.newsletter141@gmail.com](mailto:nawic.newsletter141@gmail.com) by the 25<sup>th</sup> of each month

**CONNECT** with others

**GROW** your knowledge

**SHARE** your passion

### TABLE OF CONTENTS

Officers • Directors Page 2

Calendar Page 3

141 Update / Corporate Sponsors Pages 4-7

Attachments: February Dinner Reservation

2017 Fall Conference Member Reports

### CHAPTER MEETINGS

#### GENERAL MEETINGS

Richmond Chapter General Meetings are held on the

**3<sup>rd</sup> 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

Register to attend our general meetings at

[nawic.registration141@gmail.com](mailto:nawic.registration141@gmail.com)

#### BOARD MEETINGS

Board Meetings are held on the

**1<sup>st</sup> Tuesday of each month**

(unless otherwise notified)

SEE PAGE 3 FOR MORE DETAILS & EVENTS



February days are a marketing gimmick; love happens everyday

### MESSAGE FROM THE PRESIDENT

I hope that my monthly messages come to you as inspiration and encouragement. I don't want to recap what is already in the newsletter for you to read. I want each of you to feel motivated and excited about what we are doing or have planned.

We are working on ways to ensure we are meeting the **NAWIC Core Purpose** – “*To enhance the success of women in the construction industry.*” Let us know if you have ideas, suggestions or know of events that would be beneficial to our organization.

Never doubt that this small group of women can and will do great things. We represent such a dedicated and respected group of women, where our members are the most valuable asset.

This organization is a great opportunity for women to gain new skills and enhance self-confidence. I urge you to utilize the resources that you can find to aide in promoting the personal development and growth through various programs, seminars, workshops and monthly meetings throughout the year.

We have many ongoing projects and some new ones and hopefully this will help to promote, educate, retain and attract members. Check out what is happening and get involved. I always encourage you to do something new or different or take what you do to the next level. It might take a little **courage**, but you can do it. You will also have the support of your NAWIC Sisters and I am speaking from experience. I was scared to take this leap but with some **courage** and support, look at me standing here!

- “**Courage** is what it takes to stand up and speak. **Courage** is also what it takes to sit down and listen.” – Winston Churchill (Note: This is NOT the Hidden Quote)
- **Courage** - the ability to do something that frightens one. It is the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fear; bravery.

Wendy McQuiggan  
2017-2018 President



### CORE PURPOSE

To enhance the success of women in the construction industry

**YOUR MEMBERSHIP MATTERS**

**President**

Wendy McQuiggan  
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nawic.president141@gmail.com  
757-353-2608

**Vice President**

Missy Seal  
Mark Turner Construction, LLC  
nawic.vpresident141@gmail.com  
804-244-4994

**Recording Secretary**

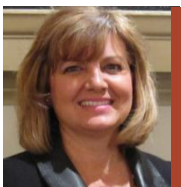
Kristie Gee LEED GA/C  
Donley's, Inc.  
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**Director**

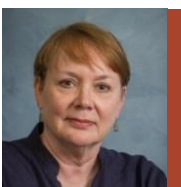
Jennifer Hamby LEED AP BD+C  
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**Director**

Jaclyn McCormick CCM, LEED AP BD+C  
MBP  
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**Director**

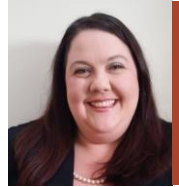
Chris Rittenhouse  
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804-608-0009

**Immediate Past President**

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**President-Elect**

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**Corresponding Secretary**

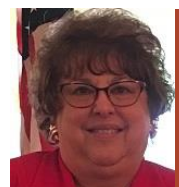
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**Director**

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susan@barranger.com  
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**CONNECT** *with others*  
**GROW** *your knowledge*  
**SHARE** *your passion*



## FEBRUARY

- 6 BOARD MEETING** Open Meeting  
6:00 pm - 8:00 pm ▪ Kjellestrom + Lee / 1607 Ownby Lane, RVA 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”** – see Page 5

## MARCH

- 4-10 WIC WEEK** Open Events  
Activities each day during the week – see Page 6 for more details
- 6 BOARD MEETING (WIC Week Event)** Open Meeting  
6:00 pm - 8:00 pm ▪ The Grapevine Restaurant / 11055 Three Chopt Road, RVA 23233
- 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
- 27 DESIGN DRAFTING COMPETITION JUDGING** Volunteers Needed  
5:30 pm - 8:00 pm ▪ Emerald Construction / 2219 Dabney Road, RVA 23230 - see Page 5

## APRIL

- 3 BOARD MEETING** Open Meeting  
6:00 pm - 8:00 pm ▪ Active Technology Solutions / 16025 Continental Blvd, Colonial Heights 23834
- 6-8 ANNUAL SPRING FORUM** Registration Required  
Durham, NC
- 16 BUILD DESIGN JUDGING** Volunteers Needed  
5:30 pm – 7:30 pm ▪ KBS Training Center / 8050 Kimway Drive, RVA 23228 – see Page 5
- 17 GENERAL MEETING** Reservations Required  
5:30 pm - 8:00 pm ▪ Jefferson Lakeside Country Club / 1700 Lakeside Avenue, RVA 23228  
**Program:** Asset Management / Amilee Bobbin with Hilti and a member of the Greater Tidewater Chapter #137

## Important Upcoming 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:

**AUG 15-18 2018 63<sup>rd</sup> 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

**FEBRUARY** is the **Membership Committee's Annual Fundraising Event**, otherwise called **TRICKY TRAY NIGHT**. This is a huge event that our members look forward to each year — and one of the most attended meetings. Bring a guest or prospective member and receive extra raffle tickets — **See PAGE 5 for further details.**

Don't forget to look for the **"hidden quote."** Read the newsletter thoroughly. Email or text to Lorie Lythgoe ([L.lythgoe@sbcoxdemolition.com](mailto:L.lythgoe@sbcoxdemolition.com)) what you think is the quote. Your name will be put in a hat and drawn for a special gift.

## + Member Spotlight



### Welcome Back Rachael McKinney, PE Emerald Construction

Rachael is a former member. Please welcome her back to NAWIC and the Chapter!

**Rachael** grew up in central Pennsylvania and graduated from The Pennsylvania State University in 2002 with a B.S. in Civil & Environmental Engineering. Currently she is working as an Estimator in the Preconstruction Department at Emerald Construction Company. Rachael began her career at Emerald as a Project Engineer after interning with the Company during her studies at Penn State. She then became the Director of Preconstruction for several years. Rachael left Emerald in 2006 to pursue her Professional Engineer's license, working for RK&K for 11 years and Timmons Group for a year. After being the lead engineer for many projects managing site plan design services, Rachael returned to her roots, estimating at Emerald in 2017.

Emerald Construction Company opened its doors in April, 1993. Located in Richmond, Emerald has built its reputation on being **"CLIENT-DRIVEN"**-building partnerships with customers and assisting them with all of their construction needs - no matter how large or small - for as long as they need us. We are proud of the fact that over 85% of our clients return for repeat business. Projects include retail, office, hospitality/multi-family, pharmaceutical and healthcare facilities, historical renovations and adaptive reuse. We excel in interior tenant up-fits in operational facilities to out-of-the-ground new construction that includes managing the site work.

Rachael has been married to her husband, Cecil, for 15 years. Together, they raised Cecil's 25-year old son, Justan, and have a 5-year old daughter, Carragan. Away from work, Rachael enjoys running, cooking, college football, and spending time with her family.

## +Membership Series



### CHRIS RITTENHOUSE Cincinnati Insurance Company

If you wish to be a part of our Membership Series and speak at our general meetings about yourself and company, please contact:

**Chris Rittenhouse**  
[chris\\_rittenhouse@cinfin.com](mailto:chris_rittenhouse@cinfin.com)

## +Member Recognition



### DECEMBER Member of the Month Pam Stalnaker Boynton Rothschild Rowland Architects Member since 2005



### JANUARY Member of the Month Dianne Hilterbrant RonDi Properties Member since 2006

Each Member of the Month is eligible for Member of the Year announced at Industry Appreciation Night. Other members nominated so far include:

- **June** — Kristin Smith
- **July** — Wendy McQuiggan
- **August** — Ann Vass
- **September** — Lorie Lythgoe
- **October** — Chris Rittenhouse
- **November** — Mickey Jennings

### Know a member going above and beyond?

Send your Member of the Month nominations by the 10<sup>th</sup> of each to  
**Candy Cecil** [ccecil@centuryconstruction.com](mailto:ccecil@centuryconstruction.com)

## + What's our Pickle: Lorie Lythgoe

At the January meeting, I spoke about the pickle. What is that one extra special thing that keeps you coming back to the meetings, staying involved, and renewing every year. We will be sending out a questionnaire soon for your input. This will help our chapter attract members and grow. We need your help. Just give them the pickle!

Want to know more about the "pickle giveaway" story?

[http://www.giveemthepickle.com/pickle\\_principle.htm](http://www.giveemthepickle.com/pickle_principle.htm)

## PROFESSIONAL DEVELOPMENT &amp; EDUCATION

+ This Month's Program features ...

**February** • **TRICKY TRAYS****Annual Membership Fundraising**

Members provide themed gift baskets or items that are raffled off at the end of the evening. Tickets are \$1.00 each. The Membership Committee would love to see all 55 members attend and bring a gift item/basket — and bring as many gift giveaways as you want. Tickets can be purchased prior to the meeting by contacting Lorie Lythgoe, Lori Butler or Kristin Smith with your ticket order. Cash or check (made payable to NAWIC Richmond 141) will be due when you pick up your tickets (tickets can be purchased that evening as well). You are NOT limited to the pre-purchased tickets either — buy more if you desire!



**Need Ideas?** Dinner for 2, Claws & Paws, Lottery Tickets, Wine Basket, Movie Night, Chocolate Lover's Basket, etc. Usually members are asked to spend around \$25-30 for their item/basket - You can join forces with another member to come up with an extra special gift item (Pinterest is a great source for ideas as well). We also have 3 members who have outside sales business and we will be supporting them by having parties with all of the goods earned becoming Tricky Trays next month. This will provide baskets for the Membership Committee and support our members. All will be available online. Feel free to share with your friends to increase the sales.

- Cynde Cecil's online party for Paparazzi Jewelry:  
<https://paparazziaccessories.com/party/82257/join/>
- Lisa DeGiorgio's online party for Thirty-One:  
<https://www.mythirtyone.com/1963868/shop/Party/EventDetail/10443439>
- Kristin Smith's online party for Younique products:  
<https://www.youniqueproducts.com/KristiMussoSmith/party/8666746/view>

**Bring a Guest or Prospective Member**

- Any member who brings a guest will receive 5 tickets per guest.
- Any member who brings a guest that works in the construction industry will receive 10 tickets per guest.

+ **Upcoming Meeting Programs \***

\* Subject to change due to unforeseen circumstances

**March: Sustainability**

Tracey Winkelman Ruff • Kine Vue, LLC

**April: Asset Management**

Amilee Bobbin • Hilti (Member of the Greater Tidewater Chapter)

**May: Industry Appreciation Night**

Know of any program topics or speakers you would like to see at our meetings, contact Missy Seal at [nawic.vpresident141@gmail.com](mailto:nawic.vpresident141@gmail.com)

**BLOCK KIDS COMPETITION****RESCHEDULED: JANUARY 31 • 3:00 – 5:00 pm****Mary Munford Elementary School**

211 Westmoreland Avenue, RVA 23226

If you are interested in being a judge, let Jennifer Hamby know ([jhamby@sballard.com](mailto:jhamby@sballard.com)).



Please enter at the front main entrance and proceed to the office to sign in — must have your ID. We will have a section of the cafeteria for our use for the competition.

**DESIGN DRAFTING COMPETITION****JUDGING: TUESDAY, MARCH 27 • 5:30 PM****Emerald Construction / 2219 Dabney Road, RVA 23230**

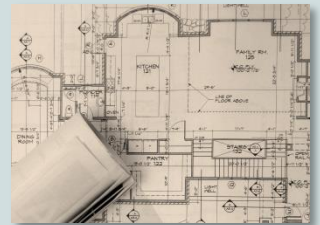
Please add to your calendar.

Contact either

Chris Rittenhouse

([chris\\_rittenhouse@cinfin.com](mailto:chris_rittenhouse@cinfin.com))

or Jaclyn McCormick

([jmccormick@mbpce.com](mailto:jmccormick@mbpce.com))

if you would like to assist with judging. We have 78 High School entries and 6 College entries for judging — so we need all the help we can get.

**BUILD DESIGN COMPETITION****JUDGING: MONDAY, APRIL 16 • 5:30 PM****KBS, Inc. Training Center / 8050 Kimway Drive, RVA 23228**

Please add to your calendar and let Meredith McMahon / [mmcmahon@kbsgc.com](mailto:mmcmahon@kbsgc.com) or Melissa Stallard / [melissa@mycibs.com](mailto:melissa@mycibs.com) know if you plan to attend to assist with the judging.

2017 1<sup>st</sup> Place House Winner2017 1<sup>st</sup> Place Garden Shed Winner

## FRIENDSHIP



## February Celebrations

## Birthdays

Susan Cochrane	4th
Lori Butler	6th
Crystal Watson	13th
Pat Winston	24th

## NAWIC Anniversaries

Lisa DeGiorgio	1 Year
Debra Duty	1 Year
Tiffany McRae	1 Year
Merredith McMahon	2 Years
Melissa Stallard	2 Years
Ashley Brown	3 Years
Sarah Simmons	4 Years
Dianne Hilterbrant	12 Years



I just want to thank my NAWIC sisters for the beautiful flowers you sent and all of the cards & well wishes. It means a lot to me! xoxo. - Valerie Farmer



Dear Secret Pal thank you so much for my wonderful coffee cup and coffee. Can't wait to meet you. Also my Christmas gift was a cute surprise. You are great!  
- Margarette Culley

## CORRESPONDENCE

## Items Sent

- Richmond Chapter 141 Newsletter and Meeting Invitation to NAWIC National Officers, South Atlantic Region Director, and all South Atlantic Region Chapter Presidents
- Sympathy card to Mary "Bobbie" Hartford of the Greater Tidewater Chapter in the passing of her husband Louis

## WIC WEEK: March 4-10

The focus of Women in Construction (WIC) Week is to highlight women as a visible component of the construction industry. WIC Week also provides an occasion for NAWIC's thousands of members across the country to raise awareness of the opportunities available for women in the construction industry and to emphasize the growing role of women in the industry. It is also a time for local chapters to give back to their communities. Below is a summary of the Chapter activities scheduled for WIC Week.

## Richmond Chapter WIC Week Activities

**SUNDAY, MARCH 4 Sip & Stencil with Tidewater**

**Time / Cost:** 4:00 pm / Cost TBD

**Location:** J. C. Pallet Company

18427 New Kent Highway, Barhamsville 23011

**MONDAY, MARCH 5 Construction Law Seminar**

**Time / Cost:** 9:30 am — 4:30 pm / \$89 per person

**Location:** Trane Commercial Systems

10408 Lakeridge Parkway, Ashland 23005

**TUESDAY, MARCH 6 Open Board Meeting / Social**

**Time:** 5:30 pm

**Location:** Grapevine Restaurant

11055 Three Chopt Road, RVA 23233

**WEDNESDAY, MARCH 7 Hard Hat Job Site Tour**

**Time:** 5:30 pm

**Location:** Beulah Elementary School

4216 Beulah Road, N. Chesterfield 23237

**THURSDAY, MARCH 8 • Lunch & Learn: "Recruiting Raw Talent" (CI Apprenticeship Prgm)**

**Time:** 11:30 am — 1:00 pm

**Location:** Capital Interiors

3201-A Rosedale Avenue, RVA 23230

• **New Member Social**

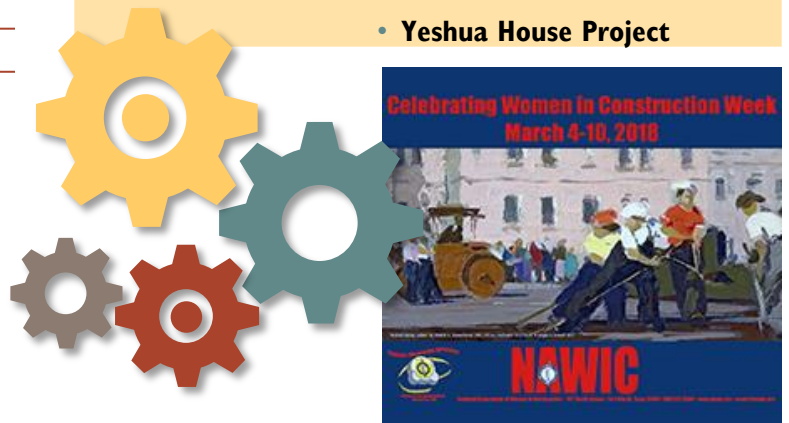
**Time / Location:** TBD (Short Pump Area)

**FRIDAY, MARCH 9 RVA Brewery Trolley Tour**

**Time:** 4:30 pm Trolley Pick Up / 5:00-8:00 pm

**Location:** Midnight Brewery / Cost TBD

2410 Granite Ridge Rd., Rockville 23146

**SATURDAY, MARCH 10 • Painting Project for the Chesterfield Co. Fair Assoc.**• **Yeshua House Project**



## HEALTH & SAFETY: Preventing Injuries: Good Attitude is Key

A healthy appreciation for safety will help keep you and others safe! The purpose of this article is to help minimize your risk of injury by showing the value of developing a good safety attitude. Start each day with a healthy respect for your own safety — and that of others.

### Behaviors we avoid:

You wouldn't stroll down the middle of a busy freeway at rush hour, would you? Or stick your tongue in an electrical socket? Or peer inside a full gas can with a lit match? Why not? The answer is obvious. You'll get a bad result. You'll get hurt. That same thought process — that some behaviors can have harmful results — can help keep you safe in the workplace, too. It's really not complicated. Once you accept and practice safe behavior, it becomes second nature. For instance, 30 years ago almost no one wore a seat belt. Now almost everyone does.

### What's a good attitude?

Remember, your attitude is the approach you take mentally. So what's a good safety attitude? Here are a few:

- Accidents have causes.
- Safe work is efficient work.
- My company is interested in safety.
- My co-workers are interested in safety.
- Working safety is a skill!
- My co-workers and I respect and appreciate safe work habits.

Everyone has a responsibility when it comes to safety. Here are some:

- I've learned to recognize safety hazards.
- I will report safety hazards.
- I will follow all safety procedures.
- I will practice good housekeeping and encourage others to do the same.
- I will use personal protective equipment when required.
- I will make the most of my safety training.

### Unsafe Attitudes:

- **Irresponsibility:** Not taking responsibility for what you know you should be doing, like putting on PPE or closing a drawer when you're done.
- **Cluelessness or ignorance:** Taking on a task you don't know how to do safely, and not asking for assistance.
- **Tolerance:** This is when you look the other way when you see someone else doing something unsafely.
- **Willfulness:** This is one of the worst violations. As the name suggests, it's knowingly and willingly doing something hazardous or unsafe.
- **Procrastination:** Why fix it now when you can fix it later? Because it's not safety and someone could get hurt. If it impacts safety, do it or fix it now.
- **Carelessness:** Ever reach for a cup of coffee and spill it because you weren't watching closely enough? That's simple carelessness.
- **Complacency:** People grow complacent when they've done something so many times and for so long that they've been lulled into a false sense that nothing bad will ever happen to them.



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





## NAWIC Richmond Chapter #141

### Meeting Reservation Form

Social: 5:30 p.m. – Dinner: 6:00 p.m.

February 20, 2018

Please make \_\_\_\_\_ reservation(s) for the **Tuesday, February 20, 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 – February 15, 2018***

*Dinner Menu: Garden Salad, Chicken Marsala, Mashed Potatoes, Sauteed Broccolini with Oven Roasted Tomatoes, Red Velvet Cake or NY Cheesecake*

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](mailto: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, YESHUA'S HOUSE, AND YOUR SECRET PALS**