

# GRAND RAPIDS

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[www.nawic194.org](http://www.nawic194.org)

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## Presidents Message



*Leslie Nelson, President*  
*NAWIC Chapter #194 Grand Rapids, MI*  
[www.nawic194.org](http://www.nawic194.org)

MESSAGE FROM THE PRESIDENT - FEBRUARY 2015

Happy Valentine's Day! I hope you ordered a bulb garden or two to brighten up your home or office for Valentine's Day! I love having bright flowers in my office in the middle of winter. And the gardens will be delivered at the February chapter meeting!

Our January meeting provided those in attendance with an opportunity to learn about the certifications available through the NAWIC Education Foundation from Past President Char Terpsma. Char has achieved all the certifications that NEF offers! If you missed the meeting, I am sure that Char would be happy to answer any questions you have.

On February 3, 2015, we will have another networking lunch. This time we will meet at Bistro Bella Vita at 11:00 am. Please join us if you are able! This is not a business meeting for the chapter, just an opportunity to get to know the women of NAWIC in a casual setting. These events have been fun so far, I hope you will consider attending!

Our February Chapter meeting on February 11 will be a presentation on healthy lifestyles called "New Year, New You!". Our presenter, member Tammy Clark, will be discussing simple ways to improve your health and well-being in the new year. Who doesn't want to drop a few pounds and improve skin tone while gaining energy? We hope to see you there!

Please know that I am available by phone, by email, and in person should you have questions, ideas, or need help. When I am not traveling, my schedule is very flexible during the day so don't hesitate to contact me. I can't wait to see each of you at an upcoming meeting or event!

Leslie Nelson, P.E., President



THE WATER  
COOLER



**A brief overview of  
what you need to know:**

• **February 11, 2015**

Genl Mtg—Healthy Lifestyle

• **March 4, 2015**

WIC Week Luncheon

• **March 11, 2015**

Genl Mtg—Speed Networking

• **April 8, 2015**

Genl Mtg—Body Language Do's & Don'ts

For more Event information  
Check out our website at  
[www.nawic194.org](http://www.nawic194.org)



WIC WEEK LUNCHEON  
**MARCH 4TH**  
DAVID D. HUNTING YMCA  
475 LAKE MICHIGAN DR  
GRAND RAPIDS MICH  
**12-1:15PM**

Join us in celebrating National Women in ConstructionWeek!

Megan Sall, Business Development Manager at the Right Place, will be the keynote speaker.

RSVP at [wicweek.eventbrite.com](http://wicweek.eventbrite.com) or email [ebc@fzcorp.com](mailto:ebc@fzcorp.com).

Share the invitation with other ladies at your company & those in our industry!





### Sponsorship Opportunities

The Women in Construction (WIC) week is a national holiday to celebrate women in the industry. Your organization has the opportunity to support the professional growth and networking of construction females. Megan Sall, Business Development Manager at the Right Place, will be the keynote speaker.

We need your help to sponsor the luncheon! In order to keep the event accessible to all, the luncheon is free for guests. Last year, the luncheon brought together 100 peers and fostered an environment of leadership and professional growth. Please help us make this year's WIC luncheon a success!

- \$100 Sponsorship
- \$250 Sponsorship
- \$500 Sponsorship
- \$\_\_\_\_\_ Other

All sponsors will be recognized during the event on signage, program, and presentation materials.

Company Name: \_\_\_\_\_  
Contact Name: \_\_\_\_\_ Title: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Email: \_\_\_\_\_

Please return this form and payment to WIC Week Chairperson, Alyssa Venekase. Checks payable to NAWIC #194.  
550 Kirtland St SW | Grand Rapids, MI | 49507 | 616.389.8766 | [alyssa@pioneerinc.com](mailto:alyssa@pioneerinc.com)

## North Central Region presents Forum 2015



# *The Magic of NAWIC*

April 17-19, 2015

Hosted by Cleveland Chapter #156

### *Join us for:*

- ★ Networking
- ★ Composting
- ★ DIY: Succulent Garden Workshop
- ★ The Architecture of Cleveland
- ★ A CIT Boot Camp (Separate Registration Required)
- ★ Learn how to Inspire Leadership
- ★ DARE Communication Styles
- ★ Interactive NAWIC Workshops to help improve your NAWIC Chapter

### *Speakers include:*

- ★ Jonathan Walsh, Cleveland ABC Channel 5
- ★ Stephanie Crane, NAWIC Treasurer
- ★ Dave Gilbert, Positively Cleveland President

## Hotel Information

Renaissance Cleveland Hotel  
24 Public Square, Cleveland, OH 44113  
For Reservations:  
Toll Free: 1-800-Hotels1, 216.696.5600  
Reservation Code: WOMWOMA  
Cut-Off: March 26<sup>th</sup> 2015  
Rooms: Cost: 2 Double or King \$149.00  
per Night (up to 4 people)

**Deadline to RSVP:**

**March 26<sup>th</sup> 2015**



## Parking Information

Parking: Self-Park: \$18.00/Day  
Valet: \$30.00/ Day

## Questions? Contact:

Pia Foss  
Phone: 216.367.8096  
[pfoss@oswaldcompanies.com](mailto:pfoss@oswaldcompanies.com)



## February Meeting Notice

### National Association of Women in Construction Grand Rapids Chapter #194 Invites you to:

#### Healthy Lifestyle Speaker: Tammy Clark

Tammy Clark, Health & Safety Consultant, will be discussing simple ways to improve your health and well-being in the new year. Who doesn't want to drop a few pounds and improve skin tone while gaining energy and a sense of control? As women in the construction industry, our lives are so busy that we rarely have time for ourselves. Squeezing in exercise can be impossible, and fatigue can be a constant companion. However, there are simple diet techniques that can keep the weight off and energy levels high while regulating hormones and cholesterol!



Please join us for this informative presentation.

#### Details:

**When:** February 11, 2015 at 5:30pm

**Where:** Tommy Brann's, 4157 Division Ave S,  
Wyoming, MI 49548

**What:** Dinner Meeting and Presentation

Please RSVP by February 6, 2015 to  
Michelle at [meuker@boumacorp.com](mailto:meuker@boumacorp.com)



Announcements

# SAVE THE DATE March Membership Meeting Speed Networking



When: **March 11, 2015** at 5:30pm  
Meeting location: Bouma, 4101 Roger Chaffee Blvd,  
Grand Rapids, MI 49548  
Flyer: TBD - Check your next E-Minder for  
March Membership Meeting Information!  
RSVP: Michelle at [meuker@boumacorp.com](mailto:meuker@boumacorp.com) .

### Happy Birthday

Barbara Nugent 2/2      Jenny Waugh 2/12  
Hailey Savola 2/5      Sarah Pattison 2/17  
Heidi Blanck 2/5      Lisa Wisniewski 2/19  
Kimberly Mudrak 2/10

### Happy Anniversary

Heidi Blanck Feb 2014  
Michelle Euker Feb 2014  
Erin Caszatt Feb 2013

## Sounds of Success:

# NAWIC CELEBRATES 60 Years!

60th Annual Meeting and Education Conference  
Nashville, Tenn. • Sept. 2 - 5, 2015

A graphic celebrating NAWIC's 60th anniversary. It features the text 'Sounds of Success: NAWIC CELEBRATES 60 Years!' in a stylized font. The number '60' is large and yellow with a black outline. Below the text, there are musical notes and a silhouette of a guitar.

Start planning to attend the 2015 NAWIC Annual Meeting & Education Conference in Nashville, Tenn. Once again, those who plan ahead and register early can take advantage of special “Early Bird” registration Rates.

<b>Early Bird: March 2-April 30, 2015</b> Members: \$595 Nonmembers: \$695	<b>Regular: May 1-June 30, 2015</b> Members: \$645 Nonmembers: \$745
	<b>Late: After June 30, 2015</b> Members: \$745 Nonmembers: \$845

**NAWIC Core Values:**  
*Believe, Persevere, Dare.*

**NAWIC Core Purpose:**  
*To enhance the success of women in the construction industry.*

**Have a question or an announcement? Contact the Newsletter Editor!**  
Tanya Fredricks ~Builders Exchange ~PH: 616-949-8650 FX: 616-949-6831 ~[nawic194newsletter@gmail.com](mailto:nawic194newsletter@gmail.com)

## Chapter / National Contact Information

### 2014-2015 GRAND RAPIDS CHAPTER #194 OFFICERS Chapter Website: [www.nawic194.org](http://www.nawic194.org)

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**Secretary**

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**Past President**

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### 2014-2015 NATIONAL BOARD OF DIRECTORS Website: [www.nawic.org](http://www.nawic.org)

**President**

Sandy K Field, CBT, CIT  
[sfield@hgusa.com](mailto:sfield@hgusa.com)

**President Elect**

Riki F Lovejoy, CBT, CIT  
[rlovejoy@rfl-consulting.com](mailto:rlovejoy@rfl-consulting.com)

**Vice President**

Connie Leipard, CIT  
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**Secretary**

Amy Berg, CBT, CIT  
[Aberg.nawic@yahoo.com](mailto:Aberg.nawic@yahoo.com)

**Treasurer**

Stephanie Crane, CIT  
[stephaniec@mjharris.com](mailto:stephaniec@mjharris.com)

### 2014-2015 Chapter 194 Committees

### 2014 -2015 North Central Region

[www.nawic4.org](http://www.nawic4.org)

**Director**

Anne Pflieger, CIT  
Charles Construction Service, Inc  
[akpnawic@charlesinc.com](mailto:akpnawic@charlesinc.com)

Are you ready to get more involved in 2015?

We have committees that focus on membership and programs for the chapter. Please talk to Leslie Nelson if you have questions or are ready to get more involved.

This is your opportunity to help shape the year for our chapter!

### LINKS

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

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

NEF – Education Insider  
[www.nawiceducation.org](http://www.nawiceducation.org)

North Central Region  
[www.nawic4.org](http://www.nawic4.org)

### NAWIC EXPLANATIONS

**NAWIC:** National Association of Women In Construction

**North Central Region:** 1: NAWIC is divided into 14 regions 2: North Central Region represents Michigan, Indiana, Ohio, Kentucky and West Virginia 3: Currently has 15 Chapters 4: Currently there are no Chapters located in West Virginia 5: North Central Region is the largest region in respect to the number of members.

**Regional Director:** 1: Each Region is represented by a director that serves on the National Board. 2: The director is elected by the members of their region and their term is for two years.

**Annual Meeting and Educational Conference**

**AMEC:** 1: The coming together of NAWIC members from the United States and Canada, international affiliates and event sponsors, typically in September of every year 2: Keynote speakers, professional workshops and association workshops are offered during this three-four day event 3: Business requiring member voting is conducted 4: Installation of National Officers and Directors.

**Forum:** Forum \ 'For-em \ noun – 1: The coming together of NAWIC Chapters (i.e. North Central Region = Michigan, Indiana, Ohio and Kentucky), typically in the Spring of every year 2: Three day event, full of educational and networking opportunities via keynote speakers and workshops 3: Core purpose is to enhance the opportunities of women in the construction industry.

**APC:** Annual Planning Conference – 1: This regional one day event is typically held in October or November on a Saturday. 2: Workshops focus on officers' job descriptions and committee functions.

**NEF:** NAWIC Education Foundation – 1. Provides certification programs related to the construction industry 2: Provides K-12 programs that promote the construction industry 3: Provides online Health & Safety programs 4: Provides additional construction related educational opportunities.

**NFSF:**NAWIC Founders Scholarship Foundation – Administered by past NAWIC National Presidents, 2: Provides scholarships to individuals pursuing a college degree based on specific criteria, 3: Applications are due in February of every year.