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January, 2017

MAINE CHAPTER 276

NAWIC

NAWIC is an international association that promotes and supports the advancement and employment of women in the construction industry

focus

President's Message



As I write this it's almost time to say Happy 2017! I hope you all enjoyed a wonderful Christmas and got a little extra time off to enjoy before and after the holiday. As the New Year approaches we are in a good place and have lots of exciting things coming up for our chapter.

Our speakers this year are all lined up and will provide some great educational and networking opportunities for all of us. We are still working on setting up a joint meeting with another group and will keep you updated on that as we make progress.

On another note, we have connected with AGC and MDOL and we will **NOT** be pursuing the Job Fair event in April. MDOL has chosen to have several smaller scale events and make them more accessible to attendees and employers for this upcoming year. Perhaps in the future we will be able to work with them on an event. So, that being said we will need to start working on another fundraiser. I know that Mackenzie has taken great interest in this and she has provided a list of potential options. She has also added the list to this newsletter again so that everyone can take a few minutes to review it and pick a favorite or two. Everyone should plan to share their thoughts at the next meeting for a few minutes as we work to narrow it down to one event. If you email Mackenzie in advance with your top choices, we would be able to provide a more condensed list at the meeting for everyone to review.

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"Forget about the fast lane. If you really want to fly just harness your power to your passion."

Oprah

Upcoming Events

January Membership Meeting:

January 18, 2016 (resuming third Wednesday of the month)

This meeting will be held at the Senator and begin at 5:30 pm

Joan Dolan (Department of Labor) graduated from the University of New Hampshire with a Bachelor's Degree in Physical Education and is currently the Director of Apprenticeship and Strategic Partnerships for the Maine Department of Labor. She directs a number of workforce programs including the registered apprenticeship program, the competitive skills scholarship program and four federal grant programs. She also represents the Maine Department of Labor on the Department of Education's Work Ready steering committee and on the State's Science, Technology, Engineering and Math (STEM) Council, which supports STEM Education and Workforce Development in Maine. Joan's strategic partnership team works diligently to develop innovative workforce programs to assist unemployed individuals gain the skills and confidence necessary to find a new job and to advance incumbent workforce to meet employers workforce development needs.

February Membership Meeting:

February 15, 2016 @ 6:00 pm

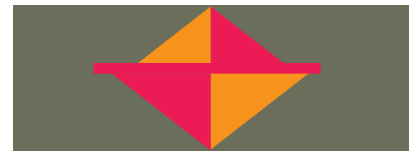
Where: Pedro O'Haras in Lewiston

Topic: Self Defense/Women's Health and Safety with Bob Burdick

Bob Burdick is a Professional Safety Consultant and Trainer with 28 years of experience as an Occupational Health & Safety professional in the General Industry and Construction field. He retired June 2014 from his role as a safety officer for FEMA MATF-I based out of Beverly, Massachusetts where he was part of the Urban Search and Rescue Team overseeing safety for team members during rescue deployments. Bob is an experienced trainer for General Industry, Construction, and the Fire Services and holds many certifications as an instructor for Hazardous Materials, Rope Rescue, Confined space rescue, Wind Turbine and Cellular Tower Rescue and Basic Firefighter Training.

Bob is an active member of the safety industry serving as Chair for the National Safety Council Conference Committee for Maine, Chair for the MESHE (Maine Employers for Safety and Health Excellent), member of SHARP and SHAPE with The Maine Department Of Labor and actively involved with OSHA. On a local scale, Bob serves his community as the Chair for the Town of Wilton Safety Committee, Training Officer for the Town of Wilton Fire & Rescue, and the Franklin County Hazardous Material Instructor.

Bob currently provides high-end services to assist a variety of industries in improving safety performance and organizational behavior. Most of his time is spent conducting safety culture assessments, implementing behavior-based safety systems, and providing management consulting on culture change for safety excellence.



MAINE
DEPARTMENT OF
LABOR



March 15th, 2017

Jean Paquette

Commissioner, Maine

Department of Labor

@The Senator Inn

Augusta, ME



As a reminder, the January session of NAWIC's Chapter Leadership Training Series will be held on Thursday, Jan. 19 at 7 p.m. Eastern time. The session, "Active Listening for Chapter Presidents" has a target audience of chapter presidents, but is open to any interested NAWIC member. Join this training session to learn "active" listening, the forgotten skill. Learn to listen to understand, not just to respond. To join, call the dial-in number at 515-604-9309 or go to <https://join.freeconferencecall.com/nawicleadershipskills> on your computer. You will need the meeting access code 391116.

We also have a special request from President-Elect Catherine Schoenenberger:

"In honor of my friend Viola who was a NAWIC Sister of nearly 34 years, I ask all of you to add to your email signature that you are a proud member of the National Association of Women in Construction. It is time to "Toot your own horn" as Past-President Ricki Lovejoy loved to say (and still does). If you have not already done so, make sure you ask your employer's permission to add to your email signature that you are a member of the NAWIC. In doing this, not only are we nationally 100 percent participating in WIC Week, but we are 100 percent membership-wide participating in WIC Week "every day." This also honors all of our sisters that have passed." Catherine Schoenenberger, President-Elect

We also have some exciting news to share! Over the Christmas holidays our very own Vice-President **Heather Berlinski announced her engagement**. We're so happy for her and wish her the very best. Congratulations Heather!

I look forward to the upcoming year with excitement and anticipation. I hope everyone enjoys the holidays and is ready to jump into the new year with determination so we can achieve our goal of providing scholarships to students in need.

Best,
Robin Wood, President



WIC Week Committment

Our Chapter is planning on hosting an Event with Jeanne Paquette as the headline speaker. She is the Commissioner of Labor in Maine. The even will serve two purposes. The first part will be a presentation to inform attendees about the new internship programs that the state is offering to encourage students (16 and older) to enter the trades. This program offers to cover the employer costs of training as well as the salaries for the students within the internship program. The program also offers the students credits toward graduation.

The second part of the event would be a panel discussion celebrating Women in the industry with a focus of encouraging employers to strongly consider female students to fill the internship positions.





Ugly Sweaters



Committee Updates

Friendship Committee: Rachel Theriault

Birthdays in January:

Bethany Martin	4 th
Jane Henry	6 th
Joanne Gagnon	16 th
Jody Watson	16 th
Jennifer Dubay	24 th
Shelly Chipman	31 st



Membership Report: Connie Gemmer

We have secured our March speaker—Commissioner Jeanne Paquette. She will be the keynote at this year's new member recruitment event. Please remember to invite at least one possible member to this informative and fun evening with Jeanne. It is our goal to increase the membership by 9 new individuals this year.

Scholarship Committee: Jody Watson

The 2017 scholarship application will be available on the website in early 2017, with only minor changes from last year's application. As the chapter works to formalize the budget for next year, the committee will work to be good stewards of the scholarship funds, especially as the funding may be less than in previous years. We are proud to have provided financial assistance to students in construction-related programs of study for the past 30+ years.



I have a favor to ask...!!!

Please Take a Moment...



Fundraising Committee: Mackenzie Kersbergen

As Robin mentioned in the President's Message, NAWIC Maine chapter is NOT participating in a joint venture with AGC and DOL this year. So, that means it is on us ladies to come up with another fundraising event as we are also not planning a Construction Showcase.

On the following page are a list of Fundraising Ideas that I came up with after the decision to not hold Construction Showcase last year. Please review and choose **your top 3 ideas and send them to me, please!** Once I hear back from every chapter member, I will look at the list and see what the most common are and what can make us the most money!

Also, our PDE Committee has already done a great job with a tentative schedule for the year, on the following, following page (pg 6). The Membership Committee is also pushing quite hard for a great turnout in March when Jean Paquette, Maine Department of Labor Commissioner speaks at the Senator Inn in Augusta. And for our Annual Meeting, we have Joyce Taylor, Maine Department of Transportation's Chief Engineer speaking. She spoke at a NAWIC Regional Event in South Portland a couple of years ago which went over very well.

Both of these events can be large successful events if **EVERY MEMBER** of NAWIC Maine #276 does their part! Please be thinking about other fundraising ideas and how to recruit more members and attendance at our meetings.

Fundraising Committee Ideas



- Two large events a year
 - Annual Meeting
 - Something else entirely, maybe large Block Kids Event, do more with WIC Week
 - Both events would have significant sponsorship, asking twice a year wouldn't be as harsh on companies or members time
- Annual Meeting
 - Get rid of Entertainment and make the Annual Meeting more formal, an event that members would want to bring their company bosses to and our scholarship recipients would learn what NAWIC does
 - Gala and/or with silent Auction or large 50/50
 - This year: I made the recommendation to Brooke regarding Jeopardy
- Expo/Showcase brings in \$30,000 = operating budget
 - About \$10,000-15,000 for scholarships, the rest is operating budget
 - Decrease number of scholarships awarded, keep to two recipients between \$1,000-2,500
 - Currently, NAWIC reimburses all members who attend Spring Forum and Fall Conference as long as they participate according to our bylaws which were changed this year, limit to two members during transition to maintain budget
 - PDE Committee increased dinner meeting fees as well as included a non-member rate (intent was to pay for speakers, some dinners we would make money, others would be spent, balance in the end)
- Incorporate the following ideas into the Annual Meeting (Gala), or WIC Week, or just small by themselves when we have time or a lull
 - Fashion Show
 - Battle of the "Equipment" (Equipment Auction)
 - Game Night
 - Clinics/Training (I have always been a proponent of this but not sure if the interest is there)
 - Oddball Event
 - Trivia
 - Best Seat in the House?
 - Speed Dating (with companies, great networking meeting)?
 - Nail the Stud?
 - Jail and Bail? (pick someone to be in "jail" set bail and that's the fundraising goal, online)
 - Supervisor Rental? (not sure how to play this one, loved it in high school "Rent a Senior")
 - Fundraising Matching
 - Charity to Women's Shelter, do more
 - Use ideas that all members came up with at previous Expo/Showcase Meetings that we didn't necessarily incorporate because we couldn't do everything in one show, break it up for individual events so that no one gets burnt out



Connie Leopard , President

Dove Sifers-Putman, CBT, Vice President

Diane Mike, Secretary

Anne Pflieger, CIT, Treasurer

Riki F. Lovejoy, Immediate Past President



“The secret of getting ahead is getting started.”

National Education Foundation

Melanie Myers—President

Sue Ellen Stoddard—President
-Elect

Janet Sullivan—Vice President

Wendy Jarred—Secretary

Robin Fulton Meyer —
Treasurer

Karen Long—Immediate Past President



Contact Information:

Patti Susko, NEF Administrator

866-277-2883

651 Danville Drive

Suite 100, Orlando, FL 32825.6393

Online Testing now available for CCA, CIT, CDS & CBT.

NEF has released a new construction industry certification—Construction Industry Specialist (CIS). This certificate program conveys a comprehensive introductory look at the construction industry and will prepare the participant for further training and educational opportunities needed in the various construction career pathways.

Course Description: Created through the NA-WIC Education Foundation (NEF), the Construction Industry Specialist is a certificate program created for those individuals wishing to increase their overall knowledge of the construction industry. This comprehensive introductory look at the construction industry will prepare the participant for further training and educational opportunities needed in the various construction career pathways.

<http://nawiceducation.org/CIS>

Whole Wheat Spinach Mac n Cheese

with Broiled Tomatoes

Ingredients

8 ounces whole-grain medium shell pasta
4 plum tomatoes, halved lengthwise
2 tablespoons whole wheat breadcrumbs
1 teaspoon plus 1 tablespoon olive oil
1/2 teaspoon Italian seasoning
1 tablespoon all-purpose flour
1 clove garlic, minced
1/2 cup canned pumpkin puree
One 12-ounce can nonfat evaporated milk
1/2 cup reduced-fat shredded Cheddar
1/2 cup part-skim mozzarella
1/4 cup grated Parmesan
Kosher salt and freshly ground black pepper
4 cups baby spinach (about 3 ounces)
2 cups grapes



Directions

Preheat the broiler to high.

Bring a large pot of water to a boil. Add the shells and cook according to package directions. Drain, reserving some of the pasta water and set aside.

Meanwhile, arrange the tomatoes, cut-side up, on baking sheet and broil until wrinkled and soft, 4 to 5 minutes. Combine the breadcrumbs, 1 teaspoon of the oil and the Italian seasoning. Sprinkle over the tomatoes. Continue to broil until golden brown, about 1 minute.

Heat the remaining 1 tablespoon of oil in a medium saucepan over medium heat. Add the flour and garlic, stirring until the flour turns light brown, about 1 minute. Add the pumpkin puree and evaporated milk, bring to a simmer, stirring, and cook until sauce just begins to bubble and thickens, 4 to 5 minutes. Stir in the Cheddar, mozzarella and Parmesan, 1/2 teaspoon salt and some pepper. Stir until melted, about 1 minute.

Add the spinach and stir until wilted, about 1 minute. Add the cooked pasta and stir until coated, thin out with the reserved pasta water as desired. Divide the mac n cheese, tomatoes and grapes among four plates.

Read more at: <http://www.foodnetwork.com/recipes/food-network-kitchens/whole-wheat-spinach-mac-n-cheese-with-broiled-tomatoes-recipe.html?oc=linkback>



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