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National Association of Women in Construction - Maine Chapter

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○ January/February/March

○ 2019

MAINE CHAPTER 276

NAWIC

focus

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

President's Message



Spring has Sprung! As much as I love winter and all things snow, I am glad to see Spring! Nothing better then warm days and hearing the birds start to chirp again.

The Annual Meeting Committee has already gotten together to start discussing our 40th Celebration this August. I am very excited about the meeting and what the committee has already come up with! Please keep an eye on your inbox for more information.

February's joint meeting with ASPE was another success. It is always great to get together with fellow construction folks to network and have great discussion!

March's meeting with Darcy Kent was one to get you on your feet and moving! Darcy spoke to us on the benefits of moving and eating healthy. Plus, we got to do the Wobble! If you haven't seen the Facebook post yet be sure to check out Robin Wood's page to see the full 3-minute video of our chapter doing the Wobble!

The 2020 Showcase committee is in the planning stages to help re-invent and rejuvenate our now bi-annual event. If you have idea's that you would like to share with the committee, please feel free to email me.

I am super excited for our own Brooke Glidden as she is expecting a baby April 1st! Brooke we wish you the best of luck with your delivery and can't wait to meet your bundle of joy once she arrives!

Spring Forum is right around the corner, April 25th thru 27th in Philadelphia, PA. Registration is still available – please go online to www.nawicnortheast.org/spring-forum-2019 for all the details.

Annual Conference this year is in Atlanta, Georgia and registration is now open! Conference this year will be from August 21st thru 24th. All the information can be found online at www.nawic.org

I look forward to seeing everyone at the April Membership event!

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Augusta, ME 04330

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In Case You Missed It!

January 16, 2019



Betty Balderston—Bridging the Gap

For our January meeting, Betty from Bridging the Gap in Augusta came to speak. NAWIC Maine chapter donated supplies to them in December in lieu of adopting a Christmas Family. Here's a little bit of background. Bridging the Gap is a low-barrier community resource center and safe place that assists individuals seeking to become the healthiest version of themselves. The vision is a community in which everyone is given the opportunity to thrive and live with dignity and the core values include empowerment, dignity and community engagement. Bridging the Gap includes: Addie's Attic Clothing Bank, Everyday Basic Essential Pantry, Resource Connecting, Augusta Community Warming Center, and No Person Left Behind Volunteer program. It is based out of A Ministry of Emmanuel Lutheran Episcopal Church. Addie's Attic is a free clothing bank that began in 1998. More than 700 households benefit from Addie's every year. Everyday Basic Essentials began in 2009 and provides items important to health, personal and household hygiene. Feminine hygiene products are not covered by the Federal Assistance Programs. The pantry serves well over 500 individuals every month! The warming center also began in 2009. It is open 7 days a week from late fall through March, the coldest time of the year. Typically there are 3,000 sign-ins each season or approximately 250 unduplicated individuals. Community Resource Connection has local case managers and community groups come to the site to meet with clients. Meaningful Volunteerism is critical to build skills, contributes to job readiness and boosts self-esteem. Annual these volunteers put in more than 3,600 hours. Here are some more general poverty statistics. Poverty rate in the U.S is 12.3%. In Kennebec County it is 12.4% and Augusta is 21%. There is a 5-10 year waiting period for Section 8 vouchers in the Augusta Housing market. Average monthly supply of diapers is approximately 880. Bridging the Gap/Everyday Basic Essential Pantry distributes approximately 1,000 diapers every month!

Betty was a fantastic speaker. She was so passionate about what she does and it showed. Many of these numbers really caught me and why I wanted to share. We always think about it during the holidays, Thanksgiving and Christmas but it is important all year round. They have a website and a Facebook page if you would like more information as well as a phone number and email address to contact.

Address: 209 Eastern Avenue, Augusta ME 04330

Email: bridgingthegapaugusta@gmail.com

Phone: 207-248-1782

Website: <https://www.btgaugusta.org/>

Facebook: www.facebook.com/BTGAugusta



NAWIC

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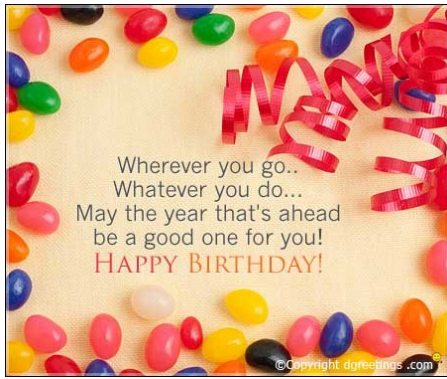
April's Meeting is the 4th Wednesday of the month (due to spring break)

It's also at AGC

It's a membership meeting!

NAWIC 2018-2019 SCHEDULE OF EVENTS

November 14, 2018 Margaritas—Augusta Topic: Committee Meetings and Mentorship Program	December 19, 2018 Location TBD Cookie Swap / Social	January 16, 2019 Senator Inn—Augusta Speaker:	February 20, 2019 Location Auburn Joint Meeting with American Society of Professional Estimators	March 20, 2019 Senator Inn—Augusta Speaker: Darcy Hatfield-Kent, Interactive Fitness Trainer Topic: Women's Wellness & Health—Work life Balance—How to make it work
April 24, 2019 Location AGC? Networking / Wine Social Membership	May 15, 2019 Senator Inn—Augusta Speaker: Heather Peel & Crystal Hamlin, Flick the Tick & Foliage Web Design Topic: Maine Startup Success—How we did it	June 19, 2019 Senator Inn—Augusta Officer Elections / Social	August 21, 2019 Senator Inn—Augusta NAWIC's 40th Birthday Bash! With keynote speaker Matt Marks, AGC	September 18, 2019 Senator Inn—Augusta Speaker: Alyssa Parker, Wright-Ryan Topic: Installation of Officers / Being a Woman in a management Role and Leadership Styles



Friendship Committee

Angela LeVassuer

February:

Mackenzie Kersbergen 13th

Marion Thomas and Melissa Hall
26th

March:

Pat Adriance 17th

Michelle Cummings 24th



WELCOME Red Rose Ceremony



Penny Shorette (Right) - United Rentals

Courtney Beirman (Left) - Cianbro



New members are still joining—next meeting we have AN-OTHER Red Rose Ceremony!





PD&E/PR/Marketing/Dinner Meetings

Chair: Robin Wood

Bethany Martin
Brooke Glidden
Mackenzie Kersbergen

Membership

Chair: Mackenzie Kersbergen

Bethany
All members

Ways & Mean/Friendship

Chair:

Angela LeVassuer

Annual Meeting/Christmas Meeting

Chair:

Brooke Glidden
Jen Dubay
Mary Matthews

Block Kids

Chair: Mackenzie Kersbergen

Jen Dubay

Nominating

Chair:

Jody Watson

Newsletter

Chair: Mackenzie Kersbergen

Robin Wood

Scholarship

Chair: Jody Watson

Joanne Gagnon
Robin Wood
Bethany Martin
Brooke Glidden
Mary Matthews
Jeanne Letourneau
Jane Henry

Budget

Chair: Bethany Martin

Robin Wood
Joanne Gagnon

WIC Week

Chair: Angela LaVassuer



NAWIC Executive Board of Directors



The 2018-2019 NATIONAL

Dove-Sifers-Putnam—President

Diane Mike—President Elect

Anne Pfleger, Vice President

Jill Hanson, Secretary

Doreen Bartoluds, Treasurer

Catherine Schonenberger , Immediate Past
President



The 2019-2020 NATIONAL

Diane Mike—President

President Elect: Doreen Bartoldus and
Anne Pfleger

Vice President: Jill Hanson

Secretary: Lauline Mitchell

Treasurer: Karen Hager and Laurie
Jimenez

Dove Sifers-Putnam—Immediate Past
President

Maine Chapter 276 Officers and Board of Directors 2017-2018

President : Heather Groves

Vice President: Mackenzie Kersbergen

Recording Secretary: Rachel Theriault

Treasurer: Jennifer Dubay

Corresponding Secretary: Bethany Martin

Board of Directors : Angela LeVasseur

Brooke Glidden Denise Dyer

Karen McGuire

Immediate Past President Robin Wood

Maine Chapter 276 Officers and Board of Directors 2018-2019

President : Heather Groves (2 yr)

Vice President: Mackenzie Kersbergen (2yr)

Secretary: Jennifer Dubay (1 yr)

Treasurer: Bethany Martin (1yr)

Board of Directors

Brooke Glidden Karen McGuire
Mary Matthews (all 2 yr terms)

Immediate Past President Robin Wood

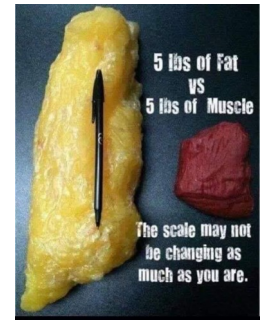
Nominating Committee

Chair: Jody Watson

Mary Matthews (board member) and Robin Wood



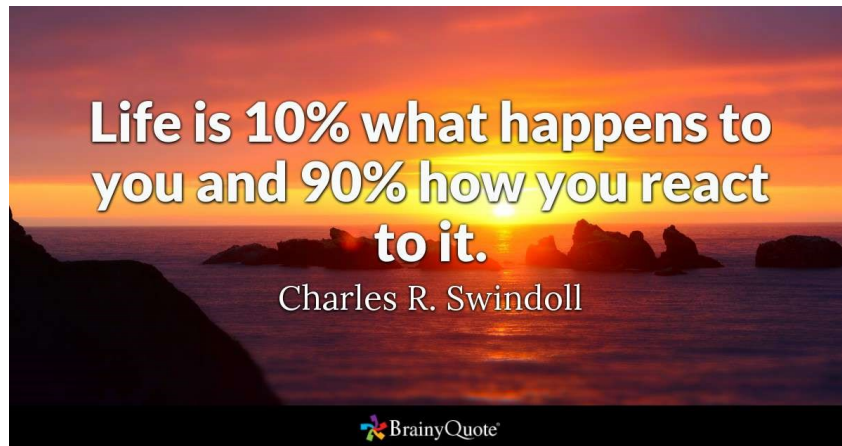
At our last meeting, held at the Senator Inn on Wednesday March 20th, Darcy Hartfield Kent was our speaker. She presented on Women's Wellness and Health—Work/Life Balance and how to make it work! Darcy gave us a packet with some interesting information on it. Two things that stood out to me was a picture of how much 5 lbs of fat looks like and how much 5 lbs of muscle looks like. And related to that, pictures a different women all weighing 150 lbs but looking entirely different because of height and body type and therefore size. It really struck a chord with me.



The best part about Darcy's presentation was she got us up and moving! We did stretches right there at the meeting and that we can also do at our desks using the floor and/or chair to help. These felt so good after a long day at work. Then we sat down and listened. At the very end, everyone got together in the middle and we did Zumba. There is even video of it on Facebook.

She also brought up various ways to get moving. Whether it's yoga, palates, walking, running, TRX, Zumba, weight lifting, being a member of a gym or not. There's importance to all of these things and which works for you. She also spoke about diet and not going on a diet but being self aware. The closer to a raw diet the better. But at the same time knowing that you like sweets, don't cut out all sweets, cut out cookies or donuts first. We've heard it all before, if setting goals, set attainable goals. It's the only way it's going to work.





We also celebrated one our very own, Brooke Glidden! She is pregnant with a baby girl due April 1st, and as of today, she is still sitting comfortably. It was beautiful to see everyone chip and support Brooke on this next journey. We had delicious cake (even Darcy had some), it's okay. Thank you to everyone who helped out and made this possible for her, it was really special.



20-Minute Chicken Thighs and Couscous with Dill

Ingredients

1 teaspoon unsalted butter
Kosher salt
1 1/4 cups couscous
1 cup loosely packed dill fronds,
chopped
8 boneless, skinless chicken thighs,
trimmed
1 cup grape tomatoes, each pierced half-
way through with a paring knife
Zest of 2 lemons, plus juice of 3 lemons,
plus 1 medium lemon, cut into 4 wedges
2 tablespoons olive oil
1/2 teaspoon dried oregano
Freshly ground black pepper
2 medium Persian cucumbers, quartered
and cut into 1/2-inch chunks
1/2 cup 2 percent Greek yogurt



Directions

1. Position an oven rack about 4 inches away from the broiler heat source, and preheat. Bring 1 1/2 cups water, the butter and 1/2 teaspoon salt to a simmer in a covered medium saucepan over medium-high heat. Remove from the heat, quickly stir in the couscous and let stand, covered, for 5 minutes. Fluff the couscous with a fork, stir in the dill, cover and set aside.
2. Meanwhile, toss the chicken, tomatoes, lemon zest and juice, olive oil, 1 teaspoon salt, oregano and 1/2 teaspoon pepper together on a rimmed baking sheet. Unfold the chicken thighs so they're covered with the marinade, and lay them as flat as possible. Broil until the chicken is cooked through and browned, 10 to 12 minutes, rotating the pan and flipping the tomatoes and chicken halfway through.
3. Transfer two chicken thighs and a few tomatoes to each plate. Stir the pan juices into the dilled couscous. Place 1 1/4 cups of couscous on each plate, and top with a scoop of chopped cucumbers, a dollop of yogurt and a lemon wedge.

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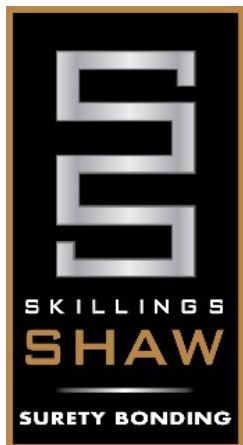
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