

NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION Quad City Chapter 50

June 2012

OFFICERS

PRESIDENT:

- Deb Swift, KJWW Engineering

PAST PRESIDENT:

- Gina Jackson, Builders Sales & Service Co.

PRESIDENT ELECT:

- Jean McAdam, Bornquist/Sandberg

VICE PRESIDENT:

- Marilyn Burke-Knutsen, Sunderland Bro.

SECRETARY:

- Mary Crapnell, Crapnell Land Surveying

TREASURER:

- Missy Gasiorowski, Hodge Construction

BOARD OF DIRECTORS:

- Julia Anderson, Valley Construction Co.
- Jennie Hoover, Johnson Controls

CONTACT US

EMAIL:

NAWICQC50@hotmail.com

WEBSITE:

WWW.NAWICQC.ORG

PRESIDENT'S NOTES

Where is NAWIC Quad City Chapter No. 50 Headed?

(President's Notes on page 2)

As a long time member (26 years), I encourage the membership to fill the slate of officers for next year and not leave the office of **President-Elect** vacant. For a number of years, we have left this slot open; this is unhealthy for the continuity of the chapter. I feel so strongly about this that I put my name in last year even though I have served as Chapter President twice prior.

The purpose of the President-Elect position is to offer training and orientation so the individual has the necessary skills, knowledge, and motivation to lead the chapter in the following year. The role of the President-Elect is to observe and learn how the organization works. It is "on-the-job training" in conducting meetings so there will be a feeling of **confidence** and **competency** in performing the duties of president when the time arrives. The position offers **leadership training** in the nuances of **teamwork** and **team building**. The candidate will receive **mentoring** and the full **support** of the chapter. All that is required is that you believe in yourself as we believe in you.

If the office of President-Elect is left vacant, the chapter will be searching for someone next June to serve as Chapter President. This will allow only three months of planning and goal setting. Wouldn't it be better to have a full year to observe the things that worked or didn't work and set goals for the chapter?

Having a full year to keep notes on the workings of the board is essential so the individual can hit the ground running. It is crucial for ease of transition and the continuity of the chapter, so the members know their chapter will be in good hands for years to come. It is also important considering we will be hosting Region 13 Forum in 2014. Much of the planning and preparation for Forum will be accomplished by committee in 2012 and 2013, but the execution will be under the next President's watch.

The only qualification necessary for a member to serve as President-Elect is having served at least one year as an officer or director. This does not have to be a recent year, but any one year. We have many members capable and qualified to lead. **Will our future chapter President please step forward?** It is a wonderful opportunity to learn and grow in a comfortable environment; and I look forward to serving with you.

Jean McAdam



NEXT MEETING:

July 12th

(Details on Pg. 2)

President's Message

Hopefully all those who attended the Kone Centre tour have recovered from the "stair climber." It was a great tour - again we were able to view many different stages of construction. The view of the Mississippi River, Sylvan Slough and Arsenal Island from almost every floor is magnificent. We even went on the roof and had our picture taken.

Five members attended Forum 2012 in Naperville, Illinois on May 18 and 19. Highlights are (please see attendee reports in this and upcoming newsletters for additional details):

- Rhonda Washer gave the keynote address at the business meeting on Saturday - her subject was developing a Job Corps and NAWIC Partnership.
- Chapter 50 presented its bid for Forum 2014 and it was approved - time to seriously consider in which of many, many areas **you** can help.
- Chapter 50 (or member companies) won two Regional awards!!! Come to the June meeting to see them.
 - WIC Week - Best Partnering Event (Girl Scouts Thinking Day), \$25 award
 - Regional Safety Excellence Award for a Subcontractor - Iowa Illinois Taylor Insulation. Congrats Mary B. and IITI!!
- A motion was made to create a task force to look at options for Regional communication, including website, Facebook, and LinkedIn. It is possible chapters may be asked to contribute financially to support this effort.
- The Forum 2012 committee projects a shortfall of about \$1800. It was decided that all Region 13 chapters should be involved in reducing this shortfall, so the region will be holding some type of raffle between now and Annual Planning in October. Stay tuned for more information and details.

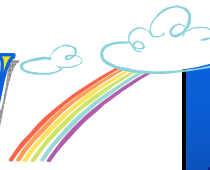
Elections for Chapter officers and Board will be held at the **June** meeting. We must have a quorum to conduct voting, so it is very important that members attend this meeting. Nominations will be taken from the floor before voting. Please read Jean's message on page 1 about the position of President-Elect. For those of you who have already declined, it isn't too late to reconsider!

National elections will also be held in June. You will receive an email ballot - please exercise your right to vote. In the case of a runoff (there are two offices with two or more candidates), you cannot vote in the runoff if you don't vote the first time around. Information on all the candidates can be found on the NAWIC website (www.nawic.org).

Our June meeting will feature a tour of North Hall, the newest student housing facility at St. Ambrose. Dinner and meeting will follow at Sippi's in downtown Davenport. Hope to see you all then!

Deb Swift, President

MEETING INFORMATION



JUNE

DATE:

Thursday, June 7th, 2012

TOUR:

St. Ambrose Student Housing Tour "North Hall"

The tour will be given by Jerod Engler, Project Manager for Bush Construction and Greg Gowey with SGGM. We will meet in the parking lot directly west of the building.

TIME:

Tour begins at 5:30 PM

Dinner at 6:30 PM

Meeting to follow

DINNER:

Sippi's — 406 W. 2nd Street, Davenport, IA

There will be a choice of Baby Back Ribs or Smothered Chicken with Garlic Mashed Potatoes and a Dinner Salad. This includes a non-alcoholic drink, taxes and gratuity.

Price is \$15.00/person

RSVP:

Julia Anderson at Valley Construction Company (janderson@valleyconstruction.com) 309-787-0292 by the end of business Friday June 1st, 2012.

JUNE BIRTHDAY

6/10 Mary Crapnell

6/24 Tracee Snyder

JUNE ANNIVERSARY

Jesika Duarte

Melissa Gasiorowski

Cathy Long

Brianna Wallington

Rhonda Washer

PLAN AHEAD

FUTURE MEETINGS:

July 12th: Augustana Student Housing Tour

Note the Date Change for July's Meeting

August: No General Meeting

August 29-Sept 1: Annual Meeting, Denver, CO

September 6: Founders Day/Installation of Officers

October 12-13: Annual Planning Conference,
Madison, WI

JUNE FACTS

In America June is known for having Father's Day on the 3rd Sunday of the month, but it is also recognized as National Dairy Month, U.S. Flag Month, Rose Month and Gay Pride Month.



JUNE HUMOR

One day a teacher read the story "Chicken Little" to her class. She came to the part of the story where Chicken Little tried to warn the farmer.

She read, "... and so Chicken Little went up to the farmer and said, 'The sky is falling, the sky is falling!'"

The teacher paused, then asked the class, "And what do you think that farmer said?"

One little girl raised her hand and said, "I think he said: 'Holy Cow! A talking chicken!'"

NAWIC General Meeting 05-03-12, LaFlama, Moline, Illinois

Members Present: Marilyn Burke-Knutsen, Mary V. Crapnell, Sharon Dietz, Missy Gasiorowski, Jennie Hoover, Gina Jackson, Cathy Long, Joyce Marinaccio, Jean McAdam, Rhonda Osbourne, Deb Swift, Judy Thomas and Chelle Tripplett

Guests: Dave McAdam, Phyllis Oakley and Jennifer Walker.

Members and Guests met for dinner after the Kone Building tour.

The meeting was called to order by President Deb Swift at 7:38 p.m.

NAWIC 04-05-12 General Meeting minutes: Approved

Treasurer's Report: After a small revision to Budget - re-submit to the Board for approval - Treasurer's Report and said Annual Budget period ending 4-30-12 will be filed for audit.

Incoming Correspondence: for hard copy or questions - contact Deb

1. The following were forwarded to members:
 - a) ASM Int'l Gold Outing & Dinner invitation, May 21
 - b) Acct/Off. Mgr. position available at Prime Construction Services
 - c) Forum 2012 agenda
 - d) NEF - CIT sale
 - e) Habitat for Humanity Women Building scheduled for May 12
 - f) Safety Focus and Safety & Health Awareness Newsletter - May 2012
2. QCESC 4-18-12 meeting
3. Greater Sioux Falls May newsletter

Outgoing Correspondence: nothing to be addressed

Report of the Board Meeting held on 04-16-12

Committee Reports - Standing

1. CP&E: Marilyn reports the following programs:
 - June - SAU Student Housing tour
 - July - Augustana Student Housing tour
 - August - no meeting scheduled
2. Finance - Revised 2011/2012 Budget
3. Membership: currently 29, new members will be inducted at future general meeting

Committee Reports - Special

1. Friendship: Jesika and Brianna report
 - a) anniversary cards mailed to: Mary Buczek, Betty Fraker, Pat Hoffman, Jolinda Naffziger and Denise Spindel all on 4-01 and Jean McAdam on 4-04
 - b) birthday wishes sent to: Mary Buczek on 4-18, Jennie Hoover on 4-19 and Dianne Huber on 5-01
2. PR/Marketing: Rhonda continues to submit information to area newspapers
3. Scholarships: Committee met 4-23-12 and chose 8 winners from 26 applicants

Unfinished Business: Will formally submit bid to host Forum 2014.

New Business:

1. Regional 13 President's April Conference call - contact Deb for details
2. Nominating Committee consisting of Gina, Cathy and Rhonda present the following:
President: Jean McAdam, Vice President: Gina Jackson,
Secretary: Rhonda Osbourne, Treasurer: Brianna Wallington,
Directors - 2 positions are open, a vote will be conducted between:
Julia Anderson, Cathy Mason, Chelle Triplett
3. Nominations as listed above have been accepted therefore, the aforementioned Nominating Committee is discharged.

Announcements:

1. 05-18 thru 5-20-12: Annual Forum, Chicago, IL
2. 05-21-12: Board Meeting, 5:30 P.M., KJWW, Rock Island, IL
3. 06-07-12: Gen. Meeting, St. Ambrose tour, Dinner to be announced -ELECTIONS
4. 07-12-12: Gen. Meeting, Augusta tour, Dinner to be announced
5. 08-29-12 thru 09-01-12: Annual Meeting, Denver, CO
7. 10-12-12 thru 10-13-12: Annual Planning Conference in Madison, WI

50/50 won by Sharon Dietz

Meeting Adjourned at: 8:02 p.m.

Respectfully Submitted: Mary V. Crapnell, Secretary

RECLAIM YOUR TIME AND RECONNECT WITH YOURSELF

By Dana Samardzich, CPC – Life Coach

1. Reconnect with your soul
 - A. Who are you? Roles
 - B. Do you remember what you were like before you acquired these roles?
 - C. What was the fire that got you out of bed in the morning?
 - D. This is highly introspective work. What are your core values?
 - E. Don't judge yourself.

2. Live with Integrity
 - A. Definitions of integrity
 - 1) adherence to moral principals – honesty
 - 2) quality of being unimpaired - soundness
 - 3) unity – wholeness
 - B. Identify what is important to you
 - C. Set a goal - S M A R T goal
 - 1) Specific
 - 2) Measurable
 - 3) Attainable
 - 4) Realistic
 - 5) Timely

3. Declutter Your Day
 - A. Simplify
 - 1) Do less; Be more
 - 2) Get more organized and more efficient
 - B. What is the result I want for this situation?
 - C. Organize yourself!
 - 1) Lists
 - 2) Calendar – Charles Gilkey “productiveflourishing.com”
Monthly, Weekly, Daily Calendars
 - D. Learn to say “No” – Focus

4. Key Time Wasters
 - A. What do you do to waste time?
 - B. What triggers you to waste time?
 - 1) Boredom
 - 2) Stress – Overwhelmed
 - 3) Fear
 - 4) Being Tired

5. Be the Efficiency Expert in Your Life – Journal
Become Aware, Physically & Emotionally
 - A. Goals vs. Action
 - 1) How does this action align with the goal I have set for myself?

RECLAIM YOUR TIME (continued)

- B. Coping Habits for Wasting Time
 - 1) Get Active – Meditate, Stretch, Yoga
 - 2) Get Creative
 - 3) Be aware of breathing
 - 4) Take Small Steps
 - 5) Get Rest – very important
 - 6) Eat Healthy (make small changes)
- C. When you don't take adequate time for yourself, you tend to run down. Your health will suffer.
- D. When you are well-rested and well taken care of, you can be more productive. You can work at an optimum level.

Notes on Life Coaching

Only You have the Power
Get to Know Yourself
Take Small Steps
Be Productive
Move Forward

What does Life Coaching Involve?

Clarity
Fundamentals
Issues
Actions
What to do next

Dana Samardzich does all her life coaching sessions by phone.

For more information: <http://commoncentscoach.com/>

Phone 219-617-7932

dana@commoncentscoach.com

Region 13 Forum 2012 report by Jean McAdam

This is only one of four seminars I attended on Friday, May 18, in Naperville. All four were informative, thought-provoking, and well presented. Thank you for the opportunity to broaden my knowledge. I hope you find this information helpful. Forum attendance was low this year, but as always, it was educational and fun!

COMMITTEE NEWS

COMMITTEE NEWS

Many Hands Make Light Work!

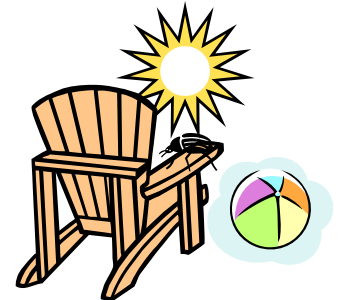
The following is a list of the 2011-2012 committees, chairs, and members. Contact the chair(s) if you are interested in serving on the committee or have ideas to share (contact information elsewhere in this newsletter). Contact President Deb Swift if you would like to chair or co-chair a committee currently without a leader.

1. Standing Committees

- a. CP&E (Construction Profession and Education):
 - 1. Co-Chairs: Marilyn Burke-Knutsen and Julia Anderson
 - 2. Members: Entire chapter (program suggestions)
- b. Membership:
 - 1. Chair: Gina Jackson
 - 2. Members: Entire chapter (recruit, Recruit, RECRUIT!)
- c. Finance:
 - 1. Members: Deb Swift, Gina Jackson, Missy Gasiorowski, Jean McAdam

2. Special Committees

- a. Auction:
 - 1. Co-Chairs: Denise Spindel and Judy Thomas.
 - 2. Members: Entire chapter (donate, sell, spend money)
- b. Block Kids:
 - 1. Co-Chairs: Mary Buczek and Mary Crapnell.
- c. Friendship:
 - 1. Co-Chairs: Jesika Duarte and Brianna Wallington.
 - 2. Members: Entire chapter (the committee is always in need of cards).
- d. Girl Scouts Thinking Day (new):
 - 1. Co-Chairs: Jean McAdam, Cathy Long
 - 2. Members: Gina Jackson, Cathy Mason.
- e. Historian:
 - 1. **This committee needs a chair.**
- f. NEF (NAWIC Education Foundation):
 - 1. Chair: Mary Buczek.
- g. Newsletter:
 - 1. Co-Chairs: Judy Thomas and Julia Anderson
 - 2. Members: Entire chapter
(send articles of interest to others)
- h. PR/Marketing:
 - 1. Chair: Rhonda Osbourne.
- i. Scholarships:
 - 1. Chair: Megan Hudachek.
 - 2. Members: Cathy Mason, Jean McAdam, Gina Jackson, Cathy Long



j. Special Events (Industry Appreciation, Founders Day/Installation):

1. Chair: Jennie Hoover
2. Members: Cathy Long

k. Sponsors:

1. Chair: Judy Thomas.

l. Website: www.nawicqc.org .

1. Liaison: Gina Jackson

m. WIC Week:

1. **This committee needs a chair.**

n. Organization Liaisons:

1. CFMA (Construction Financial Management Association) - Missy Gasirowski
2. CSI (Construction Specifications Institute) - Deb Swift



MEMBERSHIP

The membership Committee Chair is Gina Jackson. If you have any questions, please contact her.

ANOTHER RUN FOR THE ROSES — NewWIC for NAWIC

Here's your chance to help yourself while you help our chapter. Members will be eligible for a gift card drawing according to the number of new members they recruit! You will also received an appliqué to be work with your name tag and recognition in the newsletter!

Recruit:

- 1-3 new members for a chance to win a \$25 gift card— rose bud level
- 4-6 new members for a chance to win a \$50 gift card — open rose level
- 7+ members will give you a chance to win a \$75 gift card— bouquet level

WAIT! Rewards for your efforts don't end here! You could be eligible to win one of two \$10 gift cards!! If you are eligible for one of the three categories above, but your name isn't drawn, it will go into the \$10 gift card drawing. So you still have another chance to win!!

This opportunity starts with any new member who joins in the 2011-2012 NAWIC year thanks to your efforts! Drawings will be held in September 2012.

Also, if you bring a potential member to a regular monthly dinner meeting, her meal is FREE!
(Just remember, she would have to be a potential member, not a newly recruited member)

NAWIC CONTACT DATABASE

Please forward updates for our continuing database of company contacts to Deb Swift. This information will be used for sponsorships, construction awards, and the auction.



SPONSORS

GOLD SPONSORS:

Associated General Contractors of the Quad Cities
Builders Sales & Service Company
Climate River Valley
Crapnell Land Surveying Company
Estes Construction
Illowa Construction Labor and Management Council
Iowa-Illinois Taylor Insulation
KJWW Engineering Consultants
Missman, Stanley & Associates, P.C.
The Baker Group, Formally Quint Co., Inc.
Roofing Technology
Scholtz Gowey Gere Marolf Architects & Interior Designers
Treiber Construction
Valley Construction
White Roofing Company
Zimmer & Francescon

SILVER SPONSORS:

Civil Constructors, Inc.
Gierke-Robinson
Industrial Steel Erectors

BRONZE SPONSORS:

Builders Sand & Cement
Bornquist/Sandberg Co.
Goetz Concrete Construction
Ken Curry Construction, Inc.
Sunderland Brothers
Terry Knutsen Builder
Verbeke-Meyer Engineers



Meet Our Members

Julia	Anderson	Valley Construction Company	janderson@valleyconstruction.com
Ethel	Boguess	Retired - (honorary)	
Mary	Buczek	IA-IL Taylor Insulation	marybuczek@iailti.com
Marilyn	Burke-Knutsen	Sunderland Brothers Co.	marilyn.burke@sunderlands.com
Mary	Crapnell	Crapnell Land Surveying Co.	mary-lou.c@hotmail.com
Kathleen	Dallinger	Caterpillar Equipment	dallinger_kathy_a@cat.com
Patty	Denner	King's Material	pdenner@kingsmaterial.com
Sharon	Dietz	Roofing Technology - (honorary)	sdietz123@aol.com
Jesika	Duarte	Ryan & Associates, Inc.	jduarte@ryangrp.com
Bettie	Fraker	Retired - (honorary)	
Melissa	Gasiorowski	Hodge Construction	missyg@hodgeconstructionco.com
Pat	Hoffmann	White Roofing	phoffmann@whiteroofing.com
Jennie	Hoover	Johnson Controls	jenny.m.hoover@jci.com
Dianne	Huber	Bush Construction	de_huber@bushconstruct.com
Megan	Hudachek	Missman Stanley & Assoc.	meganh@missman.com
Gina	Jackson	Builders Sales & Service	ginaj@bssccompany.com
Cathy	Long	Swanson Construction	cathy@swansonbuilt.com
Joyce	Marinaccio	KJWW Engineering	marinacciojl@kjww.com
Cathy	Mason	KJWW Engineering	masoncs@kjww.com
Jean	McAdam	Bornquist/Sandberg	jmccadam@bornquist.com
Becki	McClaine	Bush Construction	rj_mcclaine@bushconstruct.com
Jolinda	Naffziger	Morton Buildings, Inc.	jolinda.naffziger@mortonbuildings.com
Rhonda	Osbourne	Scholtz Gowey Gere Marolf	rhondao@sggm.net
Candace	Plavec	Morton Buildings, Inc.	candace.plavec@mortonbuildings.com
Kim	Pyles	Estes Construction	kimp@estesconstruction.com
Tracee	Snyder	Industrial Steel Erectors	tracee@industrialsteelerectors.com
Denise	Spindel	Quint Co., Inc.	spindeld@thebakergroup.com
Deb	Swift	KJWW Engineering	swiftdk@kjww.com
Judy	Thomas	Valley Construction Company	jat@valleyconstruction.com
Chelle	Triplett	Morton Buildings, Inc.	Chelle.Triplett@mortonbuildings.com
Brianna	Wallington	Ryan & Associates, Inc.	bwallington@ryangrp.com
Rhonda	Washer	DESI Job Corps	rhondawasher@hotmail.com

****If you are interested in membership, please contact Gina Jackson at the above email address****