



Fargo-Moorhead, ND
Chapter #246

The Prairie Rose



As material for the construction of our building, I pledge the agility of my hands, the ability of my mind, and the integrity of my heart.

May 2014

Message From FM #246

Breaking News!!

Fargo-Moorhead, ND Chapter #246 has joined The Chamber!!

FM #246 became a member of the Fargo/Moorhead/West Fargo Chamber on April 17th. This membership will open up many new opportunities to help build our network of construction related businesses in the area while sharing NAWIC with them. Opportunities include Business After Hours events, advertising and many others. We look forward to making new contacts through "The Chamber".

➤ Thank you to Bethany Grahn for her sharing her "Green" cleaning recipes and techniques at the April meeting - for more details check out Bethany's website at www.cleanandgreenfargo.com.

➤ Please join us at the May meeting as Joanna Slominski, Construction Executive at Mortenson Construction gives us a preview of Sanford's new Medical Center project that they have just started construction on. This project is expected to complete in 2017. (options for future NAWIC programs)

➤ Check out June's meeting - we will be touring and meeting at the "DIY Wood Studio". They have the tools and you can sign up for a class to learn how to use them as well as build the project of your choice. More details at www.diywoodstudio.com.

➤ Help Habitat for Humanity kickoff their 2014 Women Build by attending their "Women Helping Women" event on May 16th - details are available on their website:

<http://www.lakeagassizhabitat.org/content/women-helping-women-may-16>

Space is limited - RSVP to Olivia at olivia@lakeagassizhabitat.org.

For more details about our upcoming programs go to:

www.nawicfm246.org

Or for more information about NAWIC as a whole go to:

www.nawic.org

We look forward to meeting you soon our upcoming events!!

Fargo-Moorhead, ND
Chapter #246

PO Box 763

Fargo, ND 58107-0763

nawicfm246@gmail.com

Website

www.nawicfm246.org

Chartered - June 3, 1978

Find us on

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Nominating Committee - Present Slate of Officers AMEC - Delegate				1 	2	3
				Region 13 Forum		
4	5 	6 Women Impact	7	8 FM 246 Membership Meeting	9	10
11 	12	13	14	15	16	17
				Region 1, 9 & 14 Forums		
18	19	20 Membership/ PR&M CC 6pm	21	22	23 Dawn Wiedewitsch 	24
25 Monthly reports due to Director	26 	27	28	29	30	31

Upcoming 2014 Events

ANNUAL FORUM

Dawn & Amy attended the 39th Annual Region 13 Forum in Davenport, IA on May 1-3. Director Diane Mike, Forum Coordinator Deb Swift and the Quad Cities #50 members hosted a fabulous weekend of educational workshops, NAWIC business and networking opportunities for all the attendees.

MAY 1-3, 2014
Quad Cities, IL

ANNUAL MEETING & EDUCATIONAL CONFERENCE (AMEC)

59th Annual Meeting
 Registration - due by June 30th
JW Marriot Indianapolis Downtown
 Room Rates - \$159 (Sgl, Dbl, Tri or Quad)
Keynote - "Speak to be Heard"
 Stacey Hanke, Communications Expert
 ➤ Mini Trade Show, Workforce, Business & Personal Development along with the Association Workshops & Seminars

SEPTEMBER 3 - 6, 2014
INDIANAPOLIS, IN

ANNUAL PLANNING CONFERENCE

SAVE THE DATE

Start making plans to attend Region 13's 2014 Annual Planning Conference (APC).

Downtown Milwaukee.

Watch for future updates & details!!

Leadership Training & Much More!!!

October 10-11, 2014
Milwaukee, WI



Fargo-Moorhead, ND Chapter #246

Monthly Program Notice

Thursday, May 8, 2014

Holiday Inn (Club I) I-29 & 13th Ave. - Fargo, ND

Social Hour	5:30 pm
Dinner	6:00 pm
<i>(Order from menu - paid by individuals)</i>	
Meeting	6:30 pm

Program 6:45 pm

“Sanford Medical Center - Under Construction”

Presented by: [Joanna Slominski](#)
Mortenson Construction

Joanna Slominski (North Dakota State University, B.S., Construction Engineering, 2004) is the construction executive at Mortenson Construction on the new Sanford Fargo Medical Center located at I-94 and Veterans Boulevard in Fargo. As construction executive, she plans, organizes, staffs, and oversees the budget and construction of what will be the single largest healthcare project in North Dakota history.

Please join us to learn about the Sanford Medical Center from the “ground and up”!

RSVP by **May 5th, 2014** to: Amy Berg
by phone: 218-234-6633
or email: aberg.nawic@yahoo.com

National Association of Women in Construction



Fargo-Moorhead, ND Chapter #246

Membership Meeting Agenda

Holiday Inn, Fargo, ND

May 8, 2014

CALL TO ORDER: _____ PM

NAWIC PLEDGE: As material for the construction of our building,
I pledge the agility of my hands, the ability of my mind
and the Integrity of my heart.

INTRODUCTIONS:

PROGRAM: **“Sanford Medical Center”** presented by Joanna Slominski

SECRETARY’S REPORT: April (printed in Newsletter)

CORRESPONDENCE: INCOMING: Passed
OUTGOING: Mail -
Email - Meeting Notice, Newsletter & reports to Director

REPORT OF OFFICERS:
Treasurer’s Report
Reports of Other Officers

COMMITTEE REPORTS: Printed in Newsletter

UNFINISHED BUSINESS: Chamber update
Forum reports - Dawn & Amy

NEW BUSINESS: Slate of Officers
Board Recommendations

ANNOUNCEMENTS:

Monthly Membership Recognition Month **April** Amy

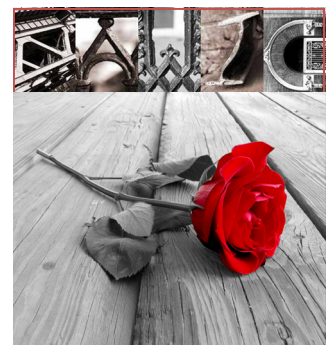
Chapter Amy - 24 Total Amy - 40

Construction Word Meaning _____

Safety - _____

Next Month - June 12 - DIY Wood Studio
July 10 - Networking of **“Wine Walk-downtown Fargo”**

ADJOURNMENT: _____ PM



National Association of Women in Construction

Fargo-Moorhead, ND Chapter #246 Membership Meeting Action Minutes Holiday Inn, Fargo, ND

April 10, 2014

CALL TO ORDER: The meeting was called to order at 5:42 pm by President Dawn Wiedewitsch

INTRODUCTIONS: Members present: Dawn Wiedewitsch, Amy Berg and two guests:
Jane Wiedewitsch & Bethany Grahn
There being 2 of 3 voting members in attendance, a quorum was established

NAWIC PLEDGE: As material for the construction of our building,
I pledge the agility of my hands, the ability of my mind
and the Integrity of my heart.

PROGRAM: **Bethany Grahn owner of Clean & Green Cleaning Service** shared her green cleaning techniques and cleaner recipes.

CORRESPONDENCE: *Incoming:* None
Outgoing: Email - Meeting Notice, Newsletter & Required Reports
Mailed – CDD projects for judging

SECRETARY’S REPORT: February– Approved as printed

TREASURER’S REPORT: February / March– Filed for Audit
Presentation of Bills: None
Reports of Other Officers None

COMMITTEE REPORTS: Printed in Newsletter - Updates were reported as needed

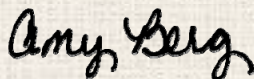
UNFINISHED BUSINESS:
Region 13 Forum May 1st-3rd in Davenport, IA - Dawn & Amy will be attending

NEW BUSINESS:
BOARD RECOMMENDATIONS: None
NEW MEMBER INSTALLATION: None
Election of Nominating Committee: Amy, Dawn & Suzi were elected to serve on the committee.

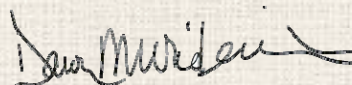
ANNOUNCEMENTS: Monthly Membership Recognition:
Feb - Overall - Dawn – 39/ Chapter - Dawn - 29
Mar - Overall - Amy – 64 / Chapter - Amy - 49
Construction Word Meaning: Jane Wiedewitsch got both
Safety: Fall Protection Word search - Dawn

Next Month Meeting: May Board Meeting - prior to meeting
May 8 - Sanford Medical Center-Under Construction - presented by Joanna Slominski,
Mortenson Construction at the Holiday Inn

ADJOURNMENT: There being no further business, the meeting was adjourned at 7:34 PM



Amy Berg, Secretary



Dawn Wiedewitsch, President

Chapter Member Information

Amy Berg, CBT, CIT

Joined - March 28, 1989
Innovative Window & Door Service, LLC
31576 SW Pickerel Lake Rd
Detroit Lakes, MN 56501
218-234-6633
aberg.nawic@yahoo.com

Lynn Madaus

Joined - December 1, 1996
Retired
3513 18th St. S
Fargo, ND 58104
701-200-8200
lynn_m89@yahoo.com

Suzi Retzlaff

Joined - October 1, 2006
Empire Engineering
1553 1st St
West Fargo, ND 58078
701-212-8484
retzlaff@hotmail.com

Dawn Wiedewitsch

Joined - February 1, 1998
Tomboy Tools
49234 245th Ave.
Pelican Rapids, MN 56572
218-849-2582
dmwied@yahoo.com



Quote of the Month

*“Never bend your head.
Always hold it high.
Look the world right in the
eye.”*



If you have anything you would like added to the Newsletter:

Please contact: Amy Berg:
Phone: 218-234-6633
(leave message)
Email: aberg.nawic@yahoo.com

Region
13
Information

Director

Diane Mike, CBT
Erdman Company
PO Box 44975
Madison WI 53744
Cell # 608-444-0531
Office: 608-410-8046
Email: dmike@erdman.com

WEBSITE

Visit the regional website at
www.nawic13.org

NAWIC Office Contact Info

NAWIC
327 S. Adams St.
Fort Worth, Texas 76104
Phone - 800-552-3506
Fax - 817-877-0324

WEBSITE

Visit our national website at
www.nawic.org

FACEBOOK

Connect with us on Facebook at
facebook.com/nawicnational



Committee Reports

MEMBERSHIP

Chapter goal for the year - "Build Membership"!!

One step to accomplishing this goal - we are sending out invites to 20 new companies per month, picked randomly from the yellow pages to introduce them to the Fargo-Moorhead, ND Chapter #246 of NAWIC.

NAWIC has a "Membership Challenge" for 2013-2014 - "Building your Chapter"

Each chapter is challenged to create their own form of a "building" and identify the components necessary to construct it. These components represent the chapter members - existing and potential. Examples would include a real estate firm to buy the land to place the building on, utility firm to layout existing and new lines, excavator, architect, engineer, contractor, roofer, mason, lawyer to settle purchase/leasing/contracts, facility personnel (client), etc. Suzi Retzlaff has finished our plan and since we are starting at the ground floor that is where our building is starting (see diagram and info on page 13).

This challenge works with our goal to build our chapter membership!! So if you know anyone who is actively employed in any facet of the construction industry, from trades to owners (Active/Corporate Membership); a strong supporter of the industry (Associate Membership) or a student in a construction related field of study (Student Membership) please contact Membership Chair - Amy Berg for more information or go to our website - www.nawicfm246.org.

UPDATE: The chapter has joined The Chamber to network with other companies in the area and help build our network of contacts in the construction industry.



Do any of these describe your job? Then NAWIC is for you!!!

- Accounting / Contract Administrator
- Business Owners
- Engineers / Architects
- Office Manager
- Project Managers
- Operations Managers
- Tradeswomen
- College Student (Construction Major)

PR & MARKETING

Information is being sent to our PR & Marketing contacts on a monthly basis for inclusion in their monthly news happenings.

Watch for upcoming articles in the FM Extra and ads on WDAY as a benefit of joining The Chamber.



\$CHOLAR\$HIP - DUE TO NFSF BY FEBRUARY 28TH!!!

Please let all students you know who are enrolled in one of the many construction fields that they may be eligible for a scholarship from the NAWIC Founders' Scholarship Foundation (NFSF). Applications are available on the NAWIC website - www.nawic.org> Education> NFSF and must be returned to the Foundation by February 28th each year to be considered.



Committee Reports

BYLAWS

The two national bylaws that had been circulated were voted on at NAWIC's Mid-year board meeting. Watch for further details from Director, Diane Mike.

WAYS & MEANS (FUNDRAISING)

Sponsorship Opportunities

Information packet is available on the chapter website: www.nawicfm246.org

Auction

November 20th is the date of our 2014 Auction. It's never too early to start thinking of who to invite and start gathering auction items.

Golf Tournament

September 11th, 2014 - golf at Rose Creek Golf Course - dinner & awards following provided by Seasons at Rose Creek. Watch for further details!!

PROGRAMS, EDUCATION AND PROJECTS (PEP)

Upcoming Events - Monthly Programs & Events

Letters were sent to 5 companies as possible speakers for upcoming meetings. Below is the list of dates & planned events through March:

<i>Date</i>	<i>Event</i>	<i>Topic</i>
May 8	Membership Meeting	"Sanford Medical Center-Under Construction"
June 12	Membership Meeting	"Tour of DIY Wood Studio" in Fargo
July 10	Fun Networking Night	Wine Walk—downtown Fargo
August 14	Membership Meeting	"STEM"
September 11	Golf Tournament	14th Annual Industry Programs Fundraiser

If you have an idea for a program for the coming year, please let us know at nawicfm246@gmail.com.

WIC WEEK - MARCH 1 - 7, 2015

It's never too soon to start planning for next year - start thinking about what we can do to promote and enhance the success of women in the construction industry!!

Women In Construction (WIC) Week

Committee Reports

SAFETY - RESPIRATORY PROTECTION *(Taken from "Safety Puzzles for OSHA's Top Ten Violations")*

What is a Respirator?

A respirator is a protective device that covers the nose and mouth or the entire face or head to guard the wearer against hazardous atmospheres. Respirators may be:

- Tight fitting - such as half masks that cover the mouth and nose and full face pieces that cover the face from the hairline to below the chin; or
- Loose fitting - such as hoods or helmets that cover the head completely.

Training must be provided to employees who are required to use respirators. The training must be comprehensive and understandable and recur annually (more often if necessary). This training should include the following at a minimum:

- ✓ Why the respirator is necessary and how improper fit, use, or maintenance can compromise its protective effect
- ✓ Limitations and capabilities of the respirator
- ✓ Effective use in emergency situations
- ✓ How to inspect, put on, remove, and check the seals
- ✓ Maintenance and storage
- ✓ Recognition of medical signs and symptoms that may limit or prevent effective use

Tight-fitting face piece respirators must not be worn by employees who have facial hair that comes between the sealing surface of the face piece and the face or that interferes with valve function. Respirators that do not rely on a tight face seal, such as hoods or helmets, may be used by bearded individuals.

If an employee wears corrective glasses or goggles or other personal protective equipment, the employer must ensure that such equipment is worn in a manner that does not interfere with the seal of the face piece to the face of the user. Kits are available from all respirator manufacturers that allow the mounting of prescription lenses inside the respirator.

Contact lenses can be worn with any type of respirator, but their use is not recommended in dusty atmospheres while wearing a half-mask face piece.

Cartridge service life is when the total amount of contaminant captured by the absorbent has been reached and the respirator is no longer effective. Factors that can reduce cartridge service life include the following:

- Exertion level
- Cartridge variability
- Temperature
- Humidity
- Multiple contaminants



As a rule of thumb, humidity above 85% will reduce the service life of a cartridge respirator by 50%.

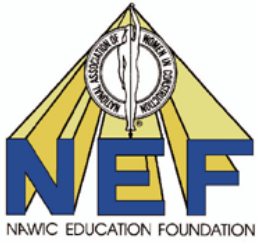
There are two major classes of respirators:

1. Air purifying, which remove contaminants from the air.
2. Atmosphere supplying, which provides clean, breathable air from an uncontaminated source (as a general rule, atmosphere-supplying respirators are used for more hazardous exposures).

Choosing the right respirator involves:

- Determining what the hazard is and its extent;
- Considering user factors that affect respirator performance and reliability; and
- Selecting an appropriate respirator certified by the National Institute for Occupational Safety and Health (NIOSH).





NAWIC Education Foundation



Educating the Construction Industry Today . . . and Tomorrow.

NAWIC Education Foundation

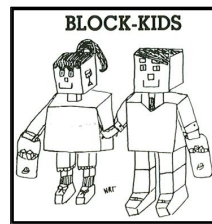
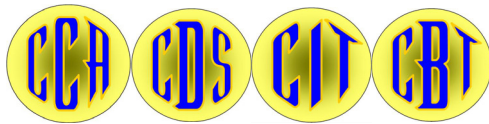
651 Danville Dr., Suite 100
Orlando, FL 32825

NEF Administrator - Patti Susko

Phone #: 407-384-9429
Fax #: 407-384-9430
Toll Free: 866-277-2883
Email: nef@bellsouth.net

ADULT EDUCATION PROGRAMS

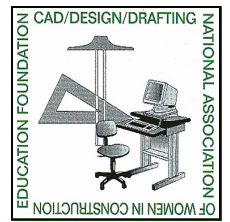
- Certified Construction Associate (CCA)
- Construction Document Specialist (CDS)
- Construction Industry Technician (CIT)
- Construction Bookkeeping Technician (CBT)



Grades 1 - 6



Grades 8 - 12



Grades 9 - 12

Youth Programs

CAD/Design Drafting -



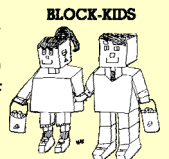
UPDATE!!

Congratulations to Macensie Lange of Dickinson High School the winner of the local and regional competitions. Her entry has been submitted to the national competition.

For more details go to <http://www.nawicfm246.org> / Contact/Links / 2013-14 NEF CAD Project

Block Kids -

Introduces children to the construction industry in an effort to create an awareness of and to promote an interest in future careers in one of the many facets of the industry.



NOTE: All "blocks" shall be interlocking types of the "Micro" size 2, 4, 6, 8 and 10 posts. (No "Duplo" size blocks).



BECOME AN NEF AMBASSADOR... Would you like to help promote NEF to all of the Construction Industry?

Ambassadors will receive:

- A **bronze pin** for completing **one** item,
- A **silver pin** for completing **two** items, and
- A **gold pin** for completing **three** items or more.



The criteria to become a NEF Ambassador and the nomination form are available on the NEF website at www.nawiceducation.org.

The Fargo-Moorhead, ND Chapter has the following NAWIC promotional items for sale

For more details contact:

Amy Berg, CBT, CIT
 aberg.nawic@yahoo.com

Tote Bag

SanMar Microfiber
 14" X 17 1/2"

\$30.00 each.



Back Pack

Port & Company
 14" X 17 1/2"

With Front Zipper Pocket

\$10.00 each.



Golf Towel

With hook
 11 1/2" X 17 1/2"

\$10.00 each.



Qty	Item	Cost Ea.	Extended Cost
	Tote Bag	\$ 30.00	\$
	Back Pack	\$ 10.00	\$
	Golf Towel	\$ 10.00	\$
		Subtotal *	\$
* Plus Shipping			

Name: _____

Company ** _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email address: _____ Contact Phone #: _____

(please provide a contact email address and/or phone #)

We will contact you with the final amount due that will include the shipping charges.

CONSTRUCTION EDUCATION - *Do you know?*

RESPIRATORY PROTECTION: TRUE OR FALSE *(BRING YOUR ANSWERS TO THE MEETING)*

NOTE: *Not all of the statements below are true! Read through the list and see if you know which are correct.*

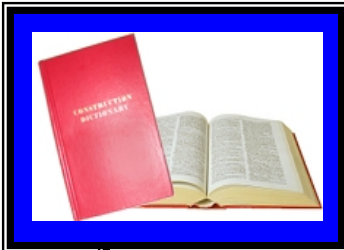
- True False 1. Respirators should be selected based on what fits best.
- True False 2. Proper respirator size is determined through a fit test. Employees using negative or positive pressure tight-fitting face piece respirators must pass an appropriate fit testing using the procedures detailed in OSHA's respirator standard.
- True False 3. Disposable respirators can be shared by many people.
- True False 4. Tight-fitting piece respirators must not be worn by employees who have facial hair that comes between the sealing surface of the face piece and the face or that interferes with valve function. Respirators that do not rely on a tight face seal, such as hoods or helmets, may be used by bearded individuals.
- True False 5. Respirators with replaceable filters are reusable. Filters must be replaced when they are damaged or soiled or when they cause noticeably increased breathing resistance (e.g., cause discomfort to the wearer).
- True False 6. Once a respirator fits properly, it does not need to be inspected.
- True False 7. Respirators must be stored to protect them from damage, contamination, dust, sunlight, extreme temperatures, excessive moisture, and damaging chemicals. A good way to store a respirator that is used routinely is to hang it on a peg.

CORE PURPOSE

TO ENHANCE THE SUCCESS OF WOMEN IN THE CONSTRUCTION INDUSTRY.

CORE VALUES:

BELIEVE • PERSEVERE • DARE



THIS MONTHS CONSTRUCTION WORDS:

What do I mean?

- 1) Doloment _____
- 2) Reeving _____

➤ Whoever brings the correct definition to the meeting will receive a small prize.
Good luck to all!!! *(From - Construction Dictionary)*

Answers from last month's Words:

- 1) Baffle - *A surface used for deflecting fluids, usually in the form of a plate or wall.*
- 2) Stillicidium - *Dripping eaves of a Doric building*

Last months winner (s) - guest, Jane Wiedewitsch go both correct

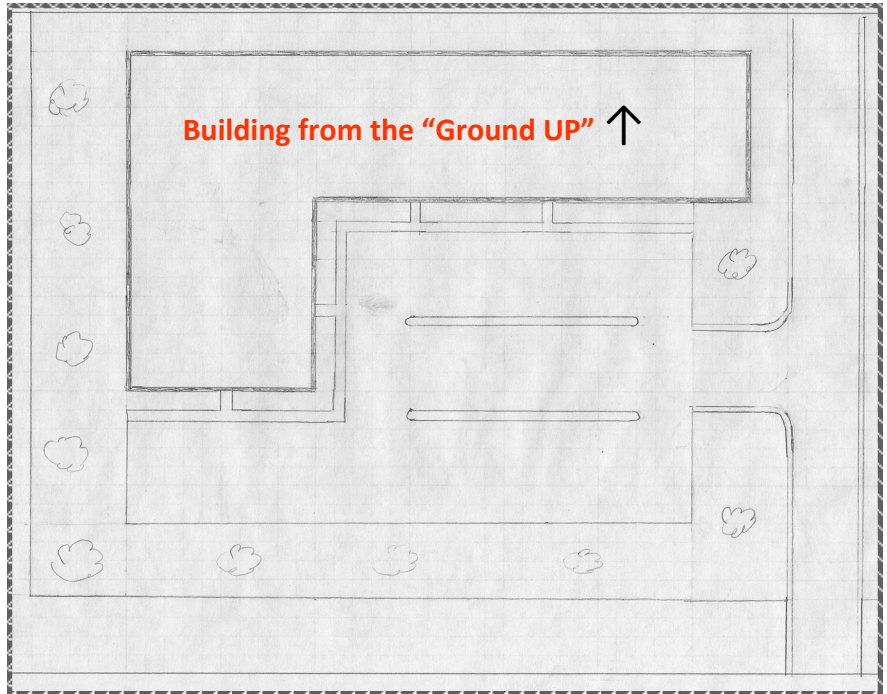


Membership Challenge

“Building Chapter #246”

Do you know of or are you a women employed in one of the many phases of the construction industry listed below? If so, we NEED you to help build the Fargo-Moorhead, ND Chapter #246.

For more information contact:
 Membership Chair - Amy Berg
 aberg.nawic@yahoo.com
 218-234-6633



Architecture	Engineering	Interior Design
	Suzi Retzlaff (Empire Engineering)	
CONTRACTORS		
Electrical	HVAC	Plumbing
Roofing	Carpentry	Earthwork
Utilities	General	Paving
	Amy Berg (Innovative Wdw & Dr Service, LLC)	
Landscapers	Construction Equipment	Real Estate
Financials	Material Suppliers	Safety / Training
	Lynn Madaus (Brock White Co.) Retired	
	Dawn Wiedewitsch (Tomboy Tools)	
Insurance	Marketing	Other

National
Association
of Women
in Construction

NAWIC
Builds



Your Career.



Your Education.



Your Future.

Fargo-Moorhead, ND Chapter #246

Monthly Meeting Notice

Thursday, June 12, 2014

DIY Wood Studio - 3231 4th Ave S. Studio A - Fargo, ND

Meet / Tour	5:30 pm
Dinner	6:00 pm
<i>(Pizza will be served @ \$15.00 / person)</i>	
Meeting	6:30 pm

“DIY Wood Studio”

Owners - Jim & Ann Clapper

The DIY Wood Studio is a work shop is committed to promoting the joy and art of wood craftsmanship to the Fargo/Moorhead community by offering:

- A full range of woodworking and woodturning classes
- A full range of membership opportunities
- Individual Instruction
- State-of-the art, high quality power and hand tools
- Safety certified, experienced Studio Technicians
- Friendly staff and a relaxed comfortable environment

RSVP by June 9, 2014 to: Amy Berg
by phone: 218-234-6633
or email: aberg.nawic@yahoo.com

Greening your Spring Cleaning

Make Your Own **Green** Cleaners! - Recipes



From: Bethany Grahn of Clean & Green Services LLC

All Purpose Cleaner

1 quart warm water
1 tsp liquid soap (like Dr. Bronner's Castile soap)
1 tsp Borax
½ C distilled white vinegar

Glass Cleaner

1 T Lemon Juice
1 Quart Water

Stainless Steel Polish

Pour about ½ to 1 tsp olive oil (any grade) on a microfiber cloth and rub over stainless steel appliances, garbage cans, sinks, etc. Unbelievable shine!! Even causes rust spots to seemingly disappear!

Scouring Powder

3 parts Baking Soda
1 part Borax
Use as you would any scouring powder, being sure to rinse thoroughly. For lighter jobs, use baking soda alone. Note that baking soda is an alkaline substance that can damage vulnerable surfaces if not rinsed.

Oven Cleaner

1 quart warm water
2 tsp Borax
2 T Liquid Soap
Mix ingredients. Spray on, wait 20 minutes, then clean.

Toilet Bowl Cleaner

¼ - ½ C Borax
Pour into toilet bowl and let sit for half an hour to overnight, then scrub with toilet brush.

Source: Natural Home & Garden magazine
(March/April 2005) www.naturalhomeandgarden.com