

News from the Plains

JANUARY 2018

UPCOMING MEETING

JANUARY 9, 2018

- **Connected Home Solutions**
- **Johnstone Supply**
- **335 N. Weber Ave.**
Sioux Falls, SD
- **Program starts @ 5:45pm**
- **Meal & meeting to follow**

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President's Message

Merry Christmas and Happy New Year! I hope that you all had an amazing Holiday with your family and friends. I know that I certainly did and I am looking forward to what 2018 holds!

That being said, 2018 is going to be great for NAWIC too! If you haven't had a chance yet, take a look at our Membership meeting schedule and the Social Events Schedule. The committees did a great job of setting up some awesome programs and some fun outings! Also be looking forward to WIC (Women in Construction) Week March 4-10. It is always a great week with fun events and promoting of Women in Construction and construction in general. Another event to have on your radar is NAWIC Spring Forum, May 17-20 in Rapid City. We are hoping to have a good showing to support our across the state NAWIC sisters. If you are at all interested, please let me know. We are going to do our best to accommodate anyone that would like to go through carpooling and sharing rooms. And look at that, already over half way through the NAWIC year!

As always, if you have any concerns or comments, please feel free to let me know!

Here's to 2018!

Gin Aguinaga

NAWIC's CORE PURPOSE

To enhance the success of women in the construction industry.

NAWIC's CORE VALUES

Believe. Persevere. Dare

Health & Safety: Winter Weather Related Hazards

Winter Driving

Although employers cannot control roadway conditions, they can promote safe driving behavior by ensuring workers: recognize the hazards of winter weather driving, for example, driving on snow/ice covered roads; are properly trained for driving in winter weather conditions; and are licensed for the vehicles they operate. Employers should set and enforce driver safety policies. Employers should also implement an effective maintenance program for all vehicles and mechanized equipment that workers are required to operate. Crashes can be avoided. Employers should ensure properly trained workers' inspect the following vehicle systems to determine if they are working properly: brakes, cooling systems, electrical systems, engine, exhaust system, tires, oil, and visibility systems.

An emergency kit with the following items is recommended in vehicles: Cellphone or two-way radio, Windshield ice scraper, Snow brush, Flashlight with extra batteries, Shovel, Tow chain, Traction aids (bag of sand or cat litter), Emergency flares, Jumper cables, Snacks, Water, Road maps, Blankets, and change of clothes.

Stranded in a Vehicle

If you are stranded in a vehicle, stay in the vehicle. Call for emergency assistance if needed, response time may be slow in severe winter weather conditions. Notify your supervisor of your situation. Do not leave the vehicle to search for assistance unless help is visible within 100 yards. You may become disoriented and get lost in blowing and drifting snow. Display a trouble sign by hanging a brightly colored cloth on the vehicle's radio antenna and raising the hood. Turn on the vehicle's engine for about 10 minutes each hour and run the heat to keep warm. Also, turn on the vehicle's dome light when the vehicle is running as an additional signal. Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow, and open a downwind window slightly for ventilation.

Watch for signs of *frostbite* and *hypothermia*. Do minor exercises to maintain good blood circulation in your body. Clap hands and move arms and legs occasionally. Try not to stay in one position for too long. Stay awake, you will be less vulnerable to cold-related health problems. Use blankets, newspapers, maps, and even the removable car mats for added insulation. Avoid overexertion since cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a vehicle can bring on a heart attack or make other medical conditions worse. Where possible, push the snow instead of lifting it. The use of proper lifting technique is necessary to avoid back and other injuries when shoveling snow: keep the back straight, lift with the legs and do not turn or twist the body.

Shoveling Snow

Shoveling snow can be a strenuous activity, particularly because cold weather can be taxing on the body. There is a potential for exhaustion, dehydration, back injuries, or heart attacks. During snow removal in addition to following the tips for avoiding cold stress, such as taking frequent breaks in warm areas, there are other precautions workers can take to avoid injuries. Workers should warm-up before the activity, scoop small amounts of snow at a time and where possible, push the snow instead of lifting it. The use of proper lifting technique is necessary to avoid back and other injuries when shoveling snow: keep the back straight, lift with the legs and do not turn or twist the body.

Using Powered Equipment like Snow Blowers

It is important to make sure that powered equipment, such as snow blowers are properly grounded to protect workers from electric shocks or electrocutions. When performing maintenance or cleaning, make sure the equipment is properly guarded and is disconnected from power sources. Snow blowers commonly cause lacerations or amputations when operators attempt to clear jams with the equipment turned on. Never attempt to clear a jam by hand. First, turn the snow blower off and wait for all moving parts to stop, and then use a long stick to clear wet snow or debris from the machine. Keep your hands and feet away from moving parts. Refuel a snow blower prior to starting the machine; do not add fuel when the equipment is running or when the engine is hot.

Clearing Snow from Roofs and Working at Heights

Employers must evaluate snow removal tasks for hazards and plan how to do the work safely. Workers should be aware of the potential for unexpected hazards due to the weather conditions, for example, layers of ice can form as the environmental temperature drops, making surfaces even more slippery. A surface that is weighed down by snow must be inspected by a competent person to determine if it is structurally safe for workers to access it, because it may be at risk of collapsing. Snow covered rooftops can hide hazards such as skylights that workers can fall through. Electrical hazards may also exist from overhead power lines or snow removal equipment. Employers can protect workers from these hazardous work conditions by using snow removal methods that do not involve workers going on roofs, when and where possible.

Preventing Slips on Snow and Ice

To prevent slips, trips, and falls, employers should clear walking surfaces of snow and ice, and spread deicer, as quickly as possible after a winter storm. In addition, the following precautions will help reduce the likelihood of injuries: Wear proper footwear when walking on snow or ice is unavoidable, because it is especially treacherous. A pair of insulated and water resistant boots with good rubber treads is a must for walking during or after a winter storm. Keeping a pair of rubber over-shoes with good treads which fit over your street shoes is a good idea during the winter months. Take short steps and walk at a slower pace so you can react quickly to a change in traction, when walking on an icy or snow-covered walkway.

Repairing Downed or Damaged Power Lines

Repairing and/or replacing damaged power lines in severe winter weather conditions are especially hazardous. A major hazard is snow, because the moisture can reduce the insulation value of protective equipment, and could cause electrocution. In these conditions de-energized work is safer, but if energized work must be done, qualified workers and supervisors must first do a hazard analysis that includes evaluating the weather conditions and identifying how to safely do the job. Other potential hazards include: electrocution by contacting downed energized power lines, or contacting objects, such as broken tree limbs, in contact with downed energized powerlines; fires caused by an energized line or equipment failure; being struck or crushed by falling tree limbs, collapsing poles, etc.

When working on downed or damaged power lines, electrical utility workers should use safe work practices, appropriate tools and equipment. Extra caution should be exercised when working in adverse weather conditions.

Member Roster

January Birthdays

Amy Dybedahl—
Jan. 8
Melissa Schmidt—
Jan. 8
Karen Krietlow—
Jan. 15
Kelly Frederick—
Jan. 16
Julie Hahn—
Jan. 28

January Anniversaries

Lisa Christenson—
1 Year
Cindy Cosand—
10 Years
Angie Schaer—
1 Year

Welcome, New Members!

Teri McKenney
Kenney Acoustical
Tile

Virginia	Aguinaga	Graybar Electric
Lisa	Christenson	Custom Touch Homes
Amy	Christoffels	Sunkota Construction
Brooke	Cosand	Henry Carlson Co.
Cindy	Cosand	Egger Steel
Amy	Dybedahl	BX Civil & Construction
Stacy	Fisher	Syverson Tile & Stone
Kelly	Frederick	Edward Jones
Julie	Hahn	Sands Drywall
Holly	Hansen	Journey Group Companies
Ann	Hill	Gage Brothers Concrete
Raven	Hoffman	Syverson Tile & Stone
Tracy	Kerkhove	G & R Controls
Ashley	Kimmel-Miller	Tull Companies
Katie	Krantz	VanDeWalle Associates
Karen	Krietlow	Muth Electric
Jamie	Lambertz	Associated General Contractors, SD Bldg Chapter
Carole	Lee	Honorary Member
Amy	Olson-Miller	McKinney Olson
Katrin	Profilet	P & M Steel Co.
Angie	Schauer	Lloyd Construction
Katie	Scheuer	Boen & Associates
Melissa	Schmidt	Minnehaha County Highway Department
Gaila	Schreurs	O'Connor Company
Leah	Simmons	Johnstone Supply
Amy	Sorlien-Lee	Sorlien Electric
Charlene	Swanson	Border States Electric
Christine	Therkildsen	Midwestern Mechancial, Inc.
Michelle	Tull	Tull Crane & Rigging, LLC
Stephanie	Verhey	Howalt + McDowell Ins.

2017-2018 Chapter Board Members

Gin Aguinaga	President
Raven Hoffman	Vice President
Gaila Schreurs	Treasurer
Tracy Kerkhove	Corresponding Secretary
Katie Scheuer	Recording Secretary
Michelle Tull	Director
Amy Dybedahl	Director
Stacy Fisher	Director
Karen Krietlow	Director
Brooke Cosand	Immediate Past President

2017-2018 Committee Chairs & Members

Committee volunteers welcome and appreciated
Contact committee chairs or Gin Aguinaga at Graybar for more information.

Membership: Chair—Gaila Schreurs, Raven Hoffman, Tracy Kerkhove

Calling Committee: Chair—Tracy Kerkhove

Roster Book: Raven Hoffman

Public Relations/Marketing: Chair— Brooke Cosand, Karen Krietlow

Historian/Scrapbook: Chair—

WIC Week/Industry Appreciation: Co-Chairs— Brooke Cosand, Amy Sorlien-Lee, Michelle Tull, Karen Krietlow

Newsletter: Chair— Amy Dybedahl, Gin Aguinaga, Stacy Fisher

Social Media (Website/Face book/email) — Chair—Karen Krietlow, Stacy Fisher

Bylaws: Chair— Gaila Schreurs

Nominating Committee: Chair— Tracy Kerkhove

Finance/Ways & Means: Chair—Gaila Schreurs/Chapter Treasurer, Gin Aguinaga/Chapter President, Raven Hoffman/Chapter Vice President

Audit 2018 Chair—Brooke Cosand, Cindy Cosand

Budget: Chair—Gin Aguinaga/Incoming Chapter President, Gaila Schreurs/Incoming Treasurer, Brooke Cosand/Immediate Past President, Raven Hoffman/Incoming Vice President

Golf Tournament /2018 Fundraising: Co-Chairs—Tracy Kerkhove/Gin Aguinaga, Karen Krietlow, Katie Scheuer, Lisa Christenson, Carol Lee, Julie Hahn

50/50 Raffle: Chair—Katie Krantz

Professional Education/Construction Industry: Chair—Karen Krietlow, Michelle Tull, Tracy Kerkhove, Lea Simmons

Safety/OSHA: Chair—Katie Scheuer, Amy Sorlien-Lee

Scholarship: Chair—Raven Hoffman, Cindy Cosand, Katie Krantz, Michelle Tull

Block Kids 2018: Co-Chairs—Raven Hoffman/Karen Krietlow, Katie Krantz, Amy Sorlien-Lee, Stacy Fisher, Michelle Tull, Leah Simmons

Winter/Summer Social: Chair— Brooke Cosand, Stacy Fisher, Michelle Tull, Cindy Cosand, Gin Aguinaga, Katie Krantz

Committees

FOR THE GREATER SIOUX FALLS CHAPTER OF NAWIC

Below are brief descriptions of our committees. Committees and chairperson are established when the fiscal year begins in October. Information on the type of help a committee needs will be found throughout the year in the chapter's monthly newsletter. If you see something you are interested in or would like more information on, contact the chairperson listed in the newsletter.

50/50 Raffle – Sells tickets at monthly meetings. 50% given to winning ticket holder, 50% contributed to Chapter funds.

Audit – Audits the books kept by the Treasurer. Done each October for the previous fiscal year. Requires three members. At least one must be a Board member.

Block Kids – Conducts a building contest for the purpose of educating elementary school children and promoting interest in construction related careers.

Budget – Develops budget for upcoming fiscal year. Held by Chapter Incoming President, Outgoing President, Incoming Treasurer and Incoming Vice President.

Bylaws – Presents bylaw amendments to the chapter when the National Board or the chapter makes a change.

Calling Committee – Calls on members to see if they will be in attendance at meetings.

Finance/Ways & Means – Held by Chapter President, Vice President and Treasurer.

Golf Outing – Plans the golf tournament, which raises funds for the chapter.

Historian/Scrapbook – Maintains the scrapbook and chapter history.

Industry Appreciation – Plans annual appreciation recognition to thank employers of our members for their support during the past year.

Membership – Devises ways to increase and maintain membership.

Newsletter – Compiles information for the chapter's monthly newsletter and distributes it to the members.

Nominating Committee – Recruits members to run for Board and Officer positions.

PEP - Professional Education Programs – Develops monthly programs that are directed toward professionalism, construction and self-improvement.

Public Relations – Writes and submits news releases on chapter meetings and activities to the news media.

Roster – Maintains and updates the chapter roster book.

Safety & OSHA – Provides members an awareness of safety and health issues as they pertain to the construction industry.

Scholarship – Distributes applications to the area schools and selects the chapter's scholarship winners.

Social Media – Keeps the chapter's website and Facebook page content current. Check's Chapter email.

WIC Week – Plans activities to celebrate Women in Construction Week (held in March).

Winter and Summer Social – Plans the December and July meetings, which are casual social events.

JANUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 Member Meeting	10	11	12	13
14	15	16 Board Meeting	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Upcoming Events:

- } January 9
Membership Meeting:
Connected Home Solutions
Johnstone Supply
- } January 9
Chamber Mixer
Media One Advertising/
Marketing
- } January 16
Board Meeting @
G&R Control
- } May 17-20
NAWIC Spring Forum in
Rapid City, SD.

Chamber Mixer

You are encouraged to attend Chamber events such as Ribbon Cuttings and Mixers! Wear your NAWIC name badge to these events to promote NAWIC as a member! January Membership Mixer, Tuesday, January 9th, 4:30pm-6:30pm. Media One Advertising/Marketing, 3918 S. Western, Sioux Falls, SD. Join us for the monthly Membership Mixer, featuring networking, food and beverages! Sponsored by the Media One Advertising/Marketing. Cost: \$5 or use your Mixer Pass. RSVP: vwillson@siouxfalls.com. Contact Gin Aguinaga if you can make an appearance.



2017-2018 Membership Meetings

Month	Date	Topic	Venue
January	1/9/18	Connected Home Solutions	Johnstone Supply
February	2/6/18	OSHA Speaker	O'Connor Group
March	3/5-3/9/18	WIC Week	
April	4/3/18	Landscaping	Beef O'Brady's South
May	5/1/18	Homebuilder/Residential Tour	TBD
June	6/5/18	Architecture Scavenger Hunt	TBD
July	TBD	Summer Social	SOCIAL COMMITTEE
August	8/7/18	Tour - Downtown bldg TBD	Stockyard Ag Exp/Falls Park
September	9/11/17	Contracts 101	TBD
October	10/2/18	Installation of Officers	TBD
November	11/13/18	Dakota Floors Tour	Tailgators
December	TBD	Winter Social	SOCIAL COMMITTEE

2017-2018 Board Meetings

Month	Date	Venue
January	1/16/18	G&R Control
February	2/20/18	Syverson Tile & Stone
March	3/20/18	G&R Control
April	4/17/18	Syverson Tile & Stone
May	5/15/18	G&R Control
June	6/19/18	Syverson Tile & Stone
July	7/17/18	G&R Control
August	8/21/18	Syverson Tile & Stone
September	9/18/17	G&R Control
October	10/16/18	Syverson Tile & Stone
November	11/20/18	G&R Control
December	12/18/18	Syverson Tile & Stone

NAWIC's Code of Professionalism

WHEREAS, the NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION, hereinafter referred to as NAWIC, is an international association dedicated to the advancement of women in the construction industry, and

WHEREAS, integrity, professionalism, respect and courtesy are all fundamental values of NAWIC, and

WHEREAS, NAWIC's officers, directors, staff and members represent the Association to others within and outside of the construction industry, and

WHEREAS, NAWIC and its members wish to set out in writing the code of professionalism by which they strive to implement their fundamental values in all their actions, for both internal and external activities,

NOW, THEREFORE, the following is adopted as the CODE OF PROFESSIONALISM of the National Association of Women in Construction:

NAWIC members will act at all times in conformance with the following Association Policy NAWIC is self-governing, non-profit, non-partisan and non-sectarian.

NAWIC members will use their best efforts to ensure that the statements made and positions taken fairly represent the view of the entire group on behalf of which they are authorized to speak.

NAWIC members, when representing members of the Association, will take steps to hear and consider the views of all their constituents and make those members feel that their views are important, even if the position taken is in disagreement with any member's particular views.

NAWIC members, when representing the Association, its Committees, Regions, Councils or Chapters shall give those positions their full support.

NAWIC members shall treat as confidential any information to which they are given access by virtue of being an officer or director, candidate for office, or director-elect.

NAWIC members shall conduct themselves professionally in the course of any activities affecting the Association, including campaigning for office.



Looking for an opportunity to volunteer with some other women on Habitat for Humanity projects? A group of women called "The Rosies" work from 8:30 - 11:30 on the third Saturday of each month... and they can always use more helping hands. Contact Gaila Schreurs if you are interested or want more information... gaila@oconnorco.com or 605-336-0333.

Members may order a NAWIC Name Badge anytime. To order, email gaila@oconnorco.com.



Dimensions: 2" x 3"

Cost: \$ 12.50

Name: _____

Company: _____

Congrats

Our NAWIC Chapter would like to congratulate Sandi Anderson, a NAWIC supporter and past member, on her retirement from Insurance Specialty Group. Congrats Sandi! Wishing you the best in your upcoming adventures!

RSVP Reminder

Just a reminder that RSVP's for our monthly meetings are due by noon on the Friday previous to the meeting. If you have changes to your RSVP after noon on that Friday, please only contact your calling committee person directly. The calling committee will take care of notifying the correct people of the changes. Also, please take the time to respond to the calling committee when they send out the Meeting/RSVP notice. It will help in the amount of extra time spent if they can get responses the first time around. Thank you much for your cooperation! **STANDING RULE #13:** Reservations for dinner meetings are made through the Calling Committee. Any member who makes a reservation and does not cancel in sufficient time is responsible for paying half the cost of the dinner. The Chapter and/or hotel cannot guarantee dinner to any member who does not make a reservation for dinner but does attend.

RSVP's are how we plan for a meeting. Please have the courtesy to reply to the RSVP email with a Yes or No by the deadline so we have an accurate count. Thanks for the cooperation on this!

2018 Safety Excellence Award

Applications have been mailed out and are also available on the committee page (member center > committees > safety & health awareness > main page), or you can contact Raven Hoffman. This year applications need to be turned in directly to National. Please also send a copy to Raven, as the Midwest Region will also have an award. Deadline for applications is March, 31 2018.

Thank you!

-Raven Hoffman, Midwest Region Safety & OSHA Alliance Chair

Build Dakota Scholarship

The Build Dakota scholarship program was created through a \$50 million investment, funded by a \$25 million donation from T. Denny Sanford and a \$25 million contribution from the South Dakota Future Fund. **The application window for the 2018-2019 school year will be January 1, 2018 through March 31, 2018.**

Build Dakota focuses on offering scholarships in numerous specialized fields of study that are in high-demand in South Dakota. There are many opportunities in construction trades. Participating schools are:

- Lake Area Technical Institute
- Mitchell Technical Institute
- Southeast Technical Institute
- Western Dakota Technical Institute



Employers are invited to work with these schools to partner in training and placing candidates. Visit www.builddakotascholarships.com for more information.

NAWIC Spring Forum

NAWIC Spring Forum: May 17-20th in Rapid City, SD. I really hope that we can have a good turn out to this one as we love to support the Rapid City Chapter as much as possible. So put this on your calendar if interested and please let Gin know. We will work on carpooling and sharing rooms so we can make it as reasonable as possible for anyone that is even remotely interested in going!

New Reimbursement Forms

Gaila has reformatted our chapters reimbursement form to fit our chapter's financial account in making the treasurer's job more efficient. Attached is the new form as well as a description of all of the accounts. Any questions, please let Gin or Gaila know.

ready.SET .go!

[science. engineering. technology.]

On November 18th, South Dakota State University hosted Ready SET-Go! This annual camp is a one-day workshop for high school girls and their parents. (SET stands for Science, Engineering, and Technology.) The goals of this workshop are to:

- Introduce high school-aged women to engineering, math, and science through a highly dynamic program of hands-on activities,
- Increase student and parent knowledge of engineering, math, and science with regard to academic preparation and professional opportunities,
- Provide an environment that facilitates learning and excitement about engineering, math, and science,
- Inspire young women to continue to pursue the courses of study introduced during the workshop.

This year, they invited our NAWIC Chapter to present the key-note message over lunch. Gaila Schreurs and Amy Sorlien-Lee made the trip to Brookings. Their presentation was entitled “Construction Connections” and covered the many opportunities for rewarding careers in construction... as well as the connections that help people find these careers and succeed. The attendees especially enjoyed Amy’s story of her journey to becoming a licensed electrician, and the courage it took to tackle something unfamiliar, and to break stereotypes.

Other sessions available to the girls and their parents throughout the day were:

- Construction Management – an interactive exercise that introduced students to the steps in a construction project.
- Mathematics, Markov Chains and You! – a session that investigated mathematical theory and how it is applied in information management
- Materials in Mechanical Design – which included some hands-on laboratory testing
- Parent sessions on preparing for STEM career opportunities, a discussion with a panel that consisted of SDSU students and industry professionals, and a tour of the SDSU College of Engineering.

A fun fact... When Gaila arrived, she got to talking with a former SDSU student who told her she was familiar with NAWIC because when she was in grade school, she participated in Block Kids! In fact, this student told Gaila that’s what motivated her to pursue engineering!! HOW COOL IS THAT!!



You Are Invited!

The National Association of Women in Construction
would like to invite you to our
January program & meeting!

Program: Connected Home Solutions

Wi-Fi connectivity has given residential and commercial contractors access to a variety of tools and resources to better serve their customers, enhance home comfort and increase the longevity of their HVAC equipment. Learn more about some of the latest connected home products for contractors!

Johnstone Supply

335 N Weber Ave, Sioux Falls, SD

Parking in main lot, enter through showroom door

Program starts at 5:45pm

Meal/Meeting will follow

January 9, 2018

NAWIC member - \$20.00

NAWIC related First Time Guest– Free!

Non-Members - \$30.00 for entire night.

RSVP by 10am, January 5, 2018

Contact the person who extended this invite to you or email us at sfnawic@gmail.com.

Check out our website at www.siouxfallsnawic.org