Upcoming Events

WIC Week
March 1-7, 2020

NAWIC Mixer @ OFG in Irvine
March 5, 2020

Demo @ Thomas House with Atkinson/Clark Construction
March 6, 2020

National Self-Awareness Day
March 1, 2020

National Anthem Day
March 3, 2020

International Women’s Day
February 8, 2020

CAMP NAWIC Meeting - Mammoth Electric Office
March 10, 2020

World Plumbing Day
March 11, 2020

General Meeting - SMTD Law LLP
March 17, 2020

National Puppy Day
March 23, 2020

PSW Spring Forum
Phoenix, AZ
April 24-25, 2020
RSVP for Thursday NAWIC Mixer

please join us for

NAWIC MIXER

Drinks & Appetizers

THURSDAY EVENING

OFFICE FURNITURE GROUP - OFG
18650 MACARTHUR BLVD, SUITE 400
IRVINE, CA 92612
5:30 PM - 7:30 PM
PARKING WILL BE HOSTED
RSVP for Demo at Thomas House Apartment
American Airlines has teamed up with NAWIC and is offering a discount for travel to our PSW Region Forum in Phoenix, April 24-25. This agreement was set up with the National office. Please take advantage of this discount if at all possible.

Thank you for choosing American Airlines Group & Meeting Travel. Attached is your processed group agreement. Please read your contract carefully.

*IMPORTANT: Please include your Authorization Number in the Tour Code box of all tickets issued for this group. Specific instructions are attached.

Thank you for your business and support as we continue to build the world’s greatest airline.

*Go to AA.COM and see if you are ready for check-in. You may add all passport and emergency contact information at that time.

Not able to open the agreement? Copy & paste the link below into your browser's address box for possible solutions:

American Airlines Contract

MCD Terms & Conditions

PSW Forum 2020 Registration Packet
Start planning to attend the 2020 NAWIC Annual Conference in Houston, TX. This year is one you will NOT want to miss! Those who plan to register early can take advantage of special “Early bird” registration rates. The four-and-a-half day conference is designed for all women in construction, members and non-members alike.

Registration Rates
· Early Bird (March 1 to April 30)
  Members: $665; Non-members: $765
· Regular (May 1 to June 30)
  Members: $715; Non-members: $815
· Late (After June 30 & on-site)
  Members: $815; Non-members: $915

One Day Rates
· Thursday or Friday
  Members: $260
  Non-members: $360
· Saturday
  Members: $160
  Non-members: $260

Register Here

Keynote Speakers

Jessica Rector
Thursday Keynote Luncheon: Blaze Your Brain
Jessica’s mission is simple: Transform Lives. As the top mind wellness expert, Jessica Rector, MBA is the authority on tackling your inner game and turning it into outer success and positive action! As a former TV talk show host and an award-winning #1 top sales performer at a Fortune 100 company, Jessica uses her company’s research to help organizations, leaders, and teams to fire up your thinking, extinguish burnout, and ignite your people, while having a lot more fun. Jessica has three college degrees, including an MBA, and has written nine books. As a #1 best-selling author, she has worked with clients such as NBCUniversal, The Dallas Mavericks, and American Airlines and has been on ABC, NBC, CBS, and FOX for creating change. Jessica also enjoys learning about the exciting world of Transformers, so she can carry on real conversations with her seven-year-old son, Blaze, who is a #1 best-seller and the youngest published author in the United States.

Ally Jenson
Saturday Keynote Closing Brunch: Just One of the Guys
Ally is often referred to as the Tradeswoman Tigeress. She is fiercely passionate about helping women be successful and stay feminine in the trades, service and construction industries. Ally has spent the majority of her professional career in male dominated industries and knows first-hand how challenging it is to maintain our femininity being surrounded by men all the time. From commercial painting to window cleaning to grinding concrete and installing epoxy coatings, Ally knows exactly what it’s like being the only chick on a job site and in the office. She had to learn on her own how to take a broke and broken business to badass status with leadership mindset techniques, unique marketing strategies and communication savvy. Ally knows it takes more than just hard work and dedication to be successful in the construction trades industry. It takes becoming a Tigeress! Ally has been in business ownership with her husband, Barry, since 2005. Together they have four children, Ray, Cheyenne, Joe and Chance. They also have two cats, Cosmo and Luna, and a pit bull named Ollie. When not working, Ally enjoys camping and riding her ATV in the Colorado mountains. She also enjoys aerial painting, being physically active outdoors and holds a black belt in TaeKwondo. Ally is a strong believer in community and is active in her local Housing and Building Association and is a member of the El Paso County Contractors Association. Ally has been a member of NAWIC Pikes Peak Chapter 356 since December 2014 and was the 2016 Spirit Award recipient. Ally is currently President Elect for NAWIC Pikes Peak Chapter 356 and will serve as President from 2020-2022.

Westin Galleria Houston
NAWIC Exclusive Special

Room Rates:
Conference Highlights

- Two General Session Panels
- Two Keynote Speakers and Saturday Brunch
- Awards Gala and After-Party
- The Construction Zone: The Construction Zone is the center of activity between sessions. Here you can meet a friend or buy from chapter and vendor tables.

Be Featured in our Future Newsletters
Advertise your company in our monthly newsletters reaching out to Southern California

Have you RSVP’d yet?
We are pleased to announce that Mr. Ali Salamirad, founding and managing partner of SMTD Law LLP, will be our guest speaker. Mr. Salamirad concentrates his practice in the areas of construction and surety law. Many of the nation’s leading surety companies, general and specialty contractors trust Mr. Salamirad’s guidance and counsel when dealing with the myriad of issues that arise in the construction industry. Mr. Salamirad’s experience includes a wide range of cases on federal, state and private construction projects, including bid disputes and protests, subcontractor substitutions, labor claims, extra work disputes, differing site condition claims, delay, productivity and efficiency claims, default terminations, takeover and completion efforts, and surety financing arrangements.
Meeting Recap

Our February Dinner Meeting was a wonderful success due to the charismatic and informative presentation given by attorney Erick Becker of Cummins & White, LLP. Mr. Becker provided us with a concise, practical guide and information on new laws and their potential impact on employers. AB 51 and other laws recently passed were discussed in great length and we all left the meeting with a wealth of knowledge under our hats.
Weekend Volunteers Needed

We’re just like you. We’re construction professionals, account executives, business owners, retirees, students...you name it. But the one thing we all have in common is our dedication to enhancing the success of women in the construction industry. And the more volunteers we have, the bigger impact we can all make on our future workforce.

One apartment down and 7 more to go!! In just a few weeks we will need volunteers to start working on the new apartment unit that just opened up at Thomas House Family Shelter.

Weekend Volunteer Schedule TBA.

NAWIC PLEDGE
As a 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.

NAWIC Core Purpose
To strengthen and amplify the success of women in the construction industry.

NAWIC CORE VALUES
- Women-Focused
- Courageous Leadership
- Commitment to inclusion & growth
- Anticipate change
By Julie Cantoni  
Chairperson  
Safety Committee

Commuting to work by driving alone or carpooling was the most common method of transportation for Orange County residents in 2018 according to census data. Congestion on the freeways is constantly increasing making the commute to work longer. These commutes can become dangerous when drivers on the road are driving drowsy a combination of driving and sleepiness or fatigue.
Although exact numbers are hard to calculate the National Highway Traffic Safety Administration’s census estimates that in 2017, 91,000 police-reported crashes involved drowsy drivers. These crashes led to an estimated 50,000 people injured and nearly 800 deaths.

There are many factors that can cause fatigue and sleepiness such as, working a late shift, a new baby, changes in the time of work that disrupt the body’s “internal clock”, human factors such as age, health issues and physical fitness. There are also medications that can cause drowsiness. Drowsiness can happen at any time of day. It’s important to know the symptoms of feeling drowsy and fatigue to avoid drowsy-driving crashes. If feeling any of the symptoms below avoid getting behind the wheel or pull over to take a 20-minute nap:

1. A burning sensation in the eyes
2. Wandering, disconnecting thoughts
3. Twitching or muscle tension
4. Eyelids feeling heavy

Making it a priority to get seven to eight hours of sleep each night is the best way to avoid becoming drowsy behind the wheel. Eating a well-balanced and healthy diet as well as avoid drinking alcohol prior to driving will help provide a clear state of mind.

Accidents can happen at any time ... Be alert today – Alive tomorrow.
DROWSY DRIVING

Drifting from your lane, tailgating or hitting a shoulder rumble strip

Difficulty focusing, frequent blinking, heavy eyelids

Involuntary micro sleeps (brief 1/2 second sleep episodes)

Feeling restless and irritable

Yawning repeatedly, or rubbing eyes

Back tension, burning eyes, shallow breathing or inattentiveness

Abnormal speed, tailgating or failure to obey traffic signs

Day-dreaming, wandering or disconnected thoughts

Trouble remembering the last few miles driven; missing exits or traffic signs

How did I get here?

100 mph
Jobsites' Most Universal Hazard: Personal Cell Phones

The use of mobile phones for wireless streaming of music, podcasts or other entertainment is everywhere. Walk down any street in the country and you'll often see more people wearing headphones than those that aren't. Some of these listening devices even come equipped with sound-canceling features that completely block off noises from the outside world.

The growing use of headphones, especially among young Americans, has left some construction companies scrambling to formulate policies for their use on the jobsite. At orientations and safety meetings on Miller & Long Concrete Construction jobsites in the Washington, D.C. area, managers let employees know that earpods and headphones are not acceptable, said Frank Trujillo, vice president of the Bethesda, Maryland-based contracting company.

It's a never-ending battle, he said, because the use of listening devices is so prevalent that sometimes workers don’t even realize they have them in their ears when they enter the jobsite.
SELF INJURY AWARENESS DAY
Self-Injury Awareness Day on March 1st each year focuses on increasing education and support on a misunderstood problem. When someone causes deliberate self-injury or harm, the action is an indication of emotional distress. The day is designed to help friends and family recognize the signs and to help those in emotional distress find help. There is help and support to be found. Self-injury can occur in many forms from cutting and scratching to punching and ingestion of chemicals. It’s important to know there are resources and support available to help understand and treat self-injury better.

HOW TO OBSERVE
- Spread the word about Self-Injury Awareness Day.
- Wear orange to show your support.
- Help remove the stigma associated with this and other mental health concerns.
- Open a dialogue by starting the conversation.

Fort McHenry is built on a peninsula of the Patapsco River, and the city of Baltimore is just across the Northwest Branch. In 1814, the population of Baltimore was roughly 50,000 people, hardly the metropolis it is today. The country itself was still young, and often families of soldiers lived nearby and provided support to their soldiers.

The British navy abandoned Baltimore and turned their full attention on Fort McHenry on September 13. As the 190-pound shells began to shake the fort, mother nature brought a storm of her own. Thunder and rain pelted the shore along with the bombs and shells. Throughout the night, parents, wives, and children in their homes could hear and feel the bomb blasts across the way. There were reports of the explosions being felt as far away as Philadelphia. It was a long night of fear, worry and providing comfort to one another.
Written by Francis Scott Key, the “Star Spangled Banner” is the national anthem of the United States of America. National Anthem Day commemorates the day our nation adopted “The Star Spangled Banner” as our National Anthem.

The story behind “The Star Spangled Banner” is as moving as the anthem itself. While an attorney, Key was serving in the Georgetown Light Field Artillery during the War of 1812. In 1814 his negotiation skills as a lawyer were called upon to release Dr. William Beane who was a prisoner on the British naval ship, Tonnant. Early in September Key traveled to Baltimore in the company of Colonel John Skinner to begin negotiations. Key and Skinner secured Beane’s release, but since the British navy had begun attacking Baltimore, the trio had to wait at sea to return to Georgetown.

International Women’s Day

About International Women’s Day
International Women’s Day (IWD) is celebrated annually on March 8. The day has occurred for well over a century, with the first IWD gathering in 1911. The day is not country, group or organization specific - and belongs to all groups collectively everywhere. Gloria Steinem, world-renowned feminist, journalist and activist once explained “The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights.”

So make International Women’s Day your day and do what you can to truly make a positive difference for women.
International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. No one government, NGO, charity, corporation, academic institution, women's network or media hub is solely responsible for International Women's Day. Many organizations declare an annual IWD theme that supports their specific agenda or cause, and some of these are adopted more widely with relevance than others. International Women's Day is a collective day of global celebration and a call for gender parity. International Women's Day is all about unity, celebration, reflection, advocacy and action - whatever that looks like globally at a local level. But one thing is for sure, International Women's Day has been occurring for well over a century - and continue's to grow from strength to strength. Learn about the values that guide IWD’s ethos.

What colours signify International Women’s Day?
Internationally, purple is a colour for symbolising women. Historically the combination of purple, green and white to symbolise women's equality originated from the Women's Social and Political Union in the UK in 1908. Purple signifies justice and dignity. Green symbolises hope. White represents purity, but is no longer used due to 'purity' being a controversial concept.

What’s the history of IWD?
International Women's Day (IWD) has been observed since the early 1900's - a time of great expansion and turbulence in the industrialized world that saw booming population growth and the rise of radical ideologies.

World Plumbing Day!

World Plumbing Day Mar.11

Plumbing improves the world

More on World Plumbing Day

It is a date that has been fixed on the calendars of the World Plumbing community since its establishment by the WPC in 2010 and is now a fixture on the calendars of political and social institutions around the globe.

The international plumbing community, as represented by the Council, has a vital role in promoting the link between good quality plumbing, health, environmental sustainability and, increasingly, economic prosperity. March 11 is marked by celebrations, competitions, seminars, and activities all around the world. People from within and outside the plumbing fraternity come together to learn, share knowledge, build connections and find opportunities to collaborate to improve the quality of, and access to, fresh water and safe sanitation.

There are now hundreds of annual World Plumbing Day events, promoting the link between good plumbing sanitation and human and environmental health.
National Puppy Day!

Observed each year on March 23rd, National Puppy Day celebrates the unconditional love and affection puppies bring to our lives. Their cuddles and wiggles make us smile and without a doubt, there are squeals of delight when there are puppies around! National Puppy Day is also a day to bring awareness to the need for care of and homes for orphaned pups as well as to educate people about the horrors of puppy mills across the country.
Puppies are a big responsibility. Be sure to consider everything involved and adopt from a shelter. The puppies there need love and a home just as much as any other and they grow into loyal pets, too!

Visit our National Puppy Day!

DoveTail Workwear

Meet Dovetail Workwear

My NAWIC and WHY! Dovetail $150 Workwear GC Giveaway! What does NAWIC mean to you? Why do you choose NAWIC?

Submit now until March 15!

Shop Now

OUR COMMUNITY PARTNERS

"Partnering with like-minded community groups is the oxygen of our business. Groups like these enable women to enter traditionally male-dominated occupations by providing training, mentoring, community and support resources that lead women to success. Without such guiding partners, Dovetail Workwear would not be able to do the work that we do."

Sara Deluca, Co-Founder/Director of Product Development
One-Pot Paleo Zucchini Beef Skillet

This zucchini beef skillet is one of those throw together meals that is crazy easy to make. I used freeze-dried onions and refrigerated chopped garlic in place of fresh, so all I had to chop was the zucchini and parsley from our garden. We’ve decided we really like eating our zucchini beef skillet over rice to stretch the cost, and probably because I’m from Hawaii, so our rice pot is pretty much always full of rice.

PREP TIME I 5 MINUTES  
COOK TIME I 25 MINUTES  
TOTAL TIME I 30 MINUTES

Ingredients
- 1 lb lean ground beef, thawed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 TBS dehydrated minced onion or 1/4 cup freeze-dried chopped onion (1/2 medium onion, chopped)
- 1 teaspoon jarred minced garlic (2 garlic cloves, chopped)
- 1 cup chunky salsa, we use medium Pace Salsa
- 1 teaspoon ground cumin
- 2 cups medium fresh zucchini, sliced into half circles (3-4)
- fresh cilantro, chopped

INSTRUCTIONS
1. Add the ground beef, salt, pepper, onion, and garlic to a large skillet on medium high heat.
2. Stir while cooking for about 5-8 minutes, until the meat is browned.
3. Stir in the salsa and cumin, reduce heat to low. Cover and simmer for 10 minutes.
4. Stir in the sliced zucchini. Cover and simmer an additional 5-10 minutes until the zucchini is just softened but not mushy.
5. Sprinkle with chopped cilantro just before serving.

NUTRITION INFORMATION: YIELD: 4 SERVING
SIZE: 4 servings
Amount Per Serving: CALORIES: 198
SATURATED FAT: 2.55g
CHOLESTEROL: 70.06mg
SODIUM: 838.88mg
CARBOHYDRATES: 10g
FIBER: 2.46g
SUGAR: 7.47g
PROTEIN: 25.82g
Nutrition information is an estimate only.

Member News

Happy Anniversary

Lisa Bates
2009

Renee Brandon
2018

Mercy Canul
2017

Patti Rascon
1997

Welcome
New Members

Renee Collins
Angel Handlon
Swinerton Builders

Melissa Zell
KDC Construction

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Safety & Health Awareness
Julie Cantoni
julie@cantoniplumbing.com
For more than 60 years, NAWIC has helped women take advantage of the opportunities in construction.

Whether you want to embark on a new career, establish a networking base, be a mentor/mentee, make a difference in your community, continue your education, or invest in great friendships, NAWIC offers a variety of opportunities — large and small.

Learn more about becoming a member by visiting the following NAWIC links:

- Membership Value
- Membership Types
- Online Membership Application
- Printable Membership Application
- Renew My Membership
- Request Information
Thomas House we will be accepting Target Gift Cards to help out families in need. This will help families with purchasing items for their kids' school, new home and all the little things in life a family needs. You can bring to our dinner meetings.

If you have any questions please feel free to contact us.

Furniture Donations

As you declutter your home please donate any furniture, clothing, applicances and anything that a family in need could use to start life over again. Please contact Thomas House Family Shelter for more information.