November/ December 2013

Dear Professional Ladies of Central Missouri:

Ladies, please take note of the calendar in this newsletter and mark your calendar with reminders of these important dates. Our ladies are working hard to bring you the best of construction education through our seminars and webinars. Share the wealth with your co-workers and friends in the construction or construction related industries.

Plans are underway to attend the Region 6 Annual Planning Conference in Pittsburg Kansas at the Pittsburg University, home of the new and exciting South East Kansas Chapter. Sharon Niekamp and I hope to see many Region Six friends there!!

Make plans to attend our Safety Training Seminar on Hazardous Communication Standards and Globally Harmonized Systems (GHS). All construction staff must be trained by December 1, 2013. Register your staff now.

Don't miss our "Jingle & Mingle" social mixer on December 9, 2013 with place TBD. Watch for notices!

Whether we are ready or not, Christmas is quickly creeping up on us. Remember the reason for this special season. Don't let all the commercialism take precedence. Enjoy family and friends. Have a happy and safe Thanksgiving.

Maggie, President
Central Missouri Chapter #341 2012-2013

The National Association of Women in Construction (NAWIC) originally began as Women in Construction for Fort Worth, Texas. Sixteen women working in the construction industry founded it in 1953. Knowing that women represented only a small fraction of the construction industry, the founders organized NAWIC to create a support network. Women in Construction of Fort Worth was so successful that it gained its national charter in 1955 and became the National Association of Women in Construction. Today, NAWIC provides its members with opportunities for professional development, education, networking, leadership training, public service and more. “To enhance the success of women in the construction industry”
Deer Safety: Tips for Avoiding a Collision

Like a scene straight out of a sports car commercial, you’re driving along a winding road in the dead of night, the eerie glow from your headlights meeting the narrow asphalt, when suddenly, two green eyes flash in the darkness ahead – and a deer steps onto the roadway.

Unlike the television ad when the driver swerves wildly around the animal and then speeds off carelessly into the blackness, encountering a deer while you’re on the road can be dangerous and scary. According to the National Highway Traffic Safety Administration (NHTSA), large animal-vehicle collisions resulted in an average of 187 fatalities in recent years.

So, what can you do to stay safe during deer season?

Read on to learn the latest statistics and a few tips for making your drive through deer country as safe as possible.

Deer Statistics

• Dawn and dusk are the times you are most likely to encounter deer along the roadside.
• Deer breeding season runs from October through early January, and during this time they are highly active and on the move. This is when deer-vehicle collisions are at their peak.
• Though deer may wander into suburban neighborhoods, they are most frequently found on the outskirts of town and in heavily wooded areas.
• As pack animals, deer almost never travel alone. If you see one deer, you can bet that there are others nearby.

Preventive Techniques

• The two most important ways to avoid a deer-vehicle collision are: slow down and SLOW DOWN. If you are driving through an area known for high deer populations, slow down and observe the speed limit. The more conservative you are with your speed, the more time you will have to brake if an animal darts into your path.
• Always wear a seatbelt. The most severe injuries in deer-vehicle collisions usually result from failure to use a seatbelt.
• Watch for the shine of eyes along the roadside and immediately begin to slow.
• Use your high beams whenever the road is free of oncoming traffic. This will increase your visibility and give you more time to react.
• Deer can become mesmerized by steady, bright lights so if you see one frozen on the road, slow down and flash your lights. Some experts recommend one long blast of the horn to scare them out of the road, as well.
• Pay close attention to caution signs indicating deer or other large animals. These signs are specifically placed in high-traffic areas where road crossings are frequent.
• If you’re on a multi-lane road, drive in the center lane to give as much space to grazing deer as possible.

Encountering a Deer

• Never swerve to avoid a deer in the road. Swerving can confuse the deer on where to run. Swerving can also cause a head-on collision with oncoming vehicles, take you off the roadway into a tree or a ditch, and greatly increase the chances of serious injuries.
• Deer are unpredictable creatures, and one that is calmly standing by the side of the road may suddenly leap into the roadway without warning. Slowing down when you spot a deer is the best way to avoid a collision. However, if one does move into your path, maintain control and do your best to brake and give the deer time to get out of your way.
• Don’t rely on hood whistles or other devices designed to scare off deer. These have not been proven to work.
• If you do collide with a deer (or large animal), call emergency services if injuries are involved, or the local police if no one is injured, but damage has been caused to your property or someone else’s. Never touch an animal that is in the roadway. Report the incident to your insurance company as soon as possible.
"DATES TO REMEMBER"

November 18, 2013 @ 5:30
Safety Training Seminar
Hazardous Communication Standard (HazCom)
& Globally Harmonized System (GHS)
Connie Leipard, CIT, Owner Quality Drywall
Hawthorne Bank Community Room
3600 Amazonas, Jefferson City MO 65109
(Note: All construction staff must be trained by December 1, 2013)
RSVP: Sharon@aireservcmo.com

December 9, 2013
Business card exchange & social mixer
Webinar: Importance of Networking
Jingle & Mingle
Time and Place TBD

NAWIC REGION 6
Annual Planning Conference
November 8 & 9 2013
Pittsburg State University Campus
1701 S Broadway,
Pittsburg, Kansas, 66762

NAWIC 59th Annual Meeting and Educational Conference
September 3 thru 6 2014
Indianapolis IN

Find us on Facebook & www.nawic-centralmissouri341.org
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| 09.23.13   | Leadership Coaching & Installation Officers 2013-2014 Webinar:  
              The Happy Secret to a Better Workplace, Shawn Achor |
| 10.14.13   | Helen Cripps, Cripps & Simmons LLC Attorneys at Law, Estate Planning & Board  
              Meeting                                                     |
| 11.08.13   | Annual Planning Conference Pittsburg KS (8th & 9th)                            |
| 11.18.13   | Safety Training: (HazCom) Hazardous Communication Standard & Globally Harmonized  
              System (GHS)  (Note: All construction staff must be trained by December 1, 2013) |
| 12.09.13   | Business card exchange & social mixer  Webinar: Importance of Networking       |
| 01.11.14   | Breakfast Chapter Meeting (Saturday) Isle of Capri Casino & Webinar: Success;  
              Is it Luck or Planning?                                         |
| 02.10.14   | Planning Session: Construction Appreciation Night, Outstanding Woman Award     |
| 03.02.14   | Women-In-Construction Week (3rd -7th)                                          |
| 03.06.14   | Construction Appreciation & Outstanding Construction Woman Awards Dinner       |
| 04.05.14   | 2014 Spring Forum (4th & 5th)                                                 |
| 06.10.14   | CSI/NAWIC Golf Tournament                                                      |
| 07.14.14   | Jobsite Tour: St. Mary’s Health Center, Jefferson City MO                      |
| 08.11.14   | Wine & Unwind Business Card Exchange & Social Mixer Les Bourgeois Winery        |
| 09.03.14   | Annual Meeting and Education Conference Indianapolis IN (3rd-6th)              |
| 09.15.14   | Leadership Coaching & Installation of Officers 2014-2015 & Webinar:  
              Attitude Can Make or Break You, Be assertive But Not Aggressively Assertive |

We encourage you to bring guests!

Contact Sharon Niekamp @ Sharon@aireservcmo.com or Maggie Eichholz @ eegam_17@yahoo.com for more information
Central Missouri #341
National Association of Women in Construction

November 18, 2013
~Presents~

The Globally Harmonized System of Classification & Labeling of Chemicals Training
Trainer - Connie Leipard, CIT

Cost: $15

This seminar will complete mandatory training required by OSHA meeting December 1, 2013 deadline

Networking begins: 5:30 PM
Training: 6-7 PM

Thank you to our Sponsor:

Location:
Hawthorne Bank
3600 Amazonas
Jefferson City, MO 65109
RSVP: Sharon@aireservcmo.com
By: November 13, 2013
Time is Running Out!!

OSHA's Deadline for HazCom 2012 GHS Training is Rapidly Approaching

The OSHA Hazard Communication and other chemical regulations were revised in 2012. The Hazard Communication regulation contains a requirement that employees receive training on the new label and safety data sheet format adopted in revised OSHA regulations on chemicals in the workplace. All employers are required to complete this training before **December 1, 2013**.

Who should attend? Employers & Key Employees needing information and training resources to complete this mandatory training!

- **Training:** November 18, 2013
- **Time:** Networking: 5:30
- **Training:** 6-7 PM
- **Location:** Hawthorne Bank Community Room
- **Address:** 3600 Amazonas
  Jefferson City, MO 65109
- **Contact:** Sharon Niekamp
- **RSVP:** Sharon@aireservcmo.com
- **By:** November 13, 2013
- **Cost:** **$15.00**

Thank you to our Sponsor!

[Image of Midwest Block & Brick]
Central Missouri Chapter #341

National Association of Women in Construction

GHS Training November 18, 2013

Registration Form

Name: ________________________________
Company: ________________________________
Address: ________________________________
Phone: ________________________________
Are you: Employee or Owner Representative (circle one)

Make Checks Payable: Central Missouri #341 NAWIC
Mail to: Sharon Niekamp
        Aire Serv of Central Missouri
        2521 E. McCarty
        Jefferson City MO 65101

Networking: 5:30 PM
Training Begins: 6:00 PM
Location: Hawthorne Bank Community Room
Address: 3600 Amazonas
         Jefferson City, MO 65109
Contact: Sharon Niekamp (573) 636-4490
RSVP: Sharon@aireservcmo.com
By: November 13, 2013

Thank you to our SPONSOR!

Register now!! $15