



PRESIDENT'S Message

Hello NAWIC Sisters!

Wow—what a whirlwind August has been! We kicked off the month with a lively Membership Meeting at the AGC Building, which was filled by a night of laughter and music with Singo Bingo. A

huge thank-you to our Membership Committee for organizing such a fun-filled evening. Your hard work truly made the event a hit!

In even bigger news, NAWIC hosted its Annual Conference in the historic and beautiful city of **Boston, MA**, celebrating **70 incredible years of Leadership & Legacy**. This milestone event was truly something special.

It was my first National Conference, and I'm beyond grateful for the opportunity to attend. From the moment I arrived, I felt the energy and passion that radiates throughout this amazing organization. We witnessed the installation of new National Board Members and connected with inspiring women from Chapters all across the country.

One of the most impactful moments for me was hearing **Tamara Crooks** speak about the "Why" behind what we do. Her dedication to our Region and unwavering commitment to NAWIC's Core Values was nothing short of moving. She reminded us all of the deeper purpose that fuels our work—and I can't wait to see how her leadership continues to shape our Region.

Looking Ahead to September

As summer winds down, we turn our focus to an exciting new chapter: the installation of our **2025 Board of Directors**. September marks a time of renewal and fresh leadership, and we're so excited to welcome the incoming board. Each new leader brings their own unique strengths, passion, and vision—and we're confident they will continue to elevate our Chapter in meaningful ways.

Let's carry the momentum of this summer into fall, and keep building, supporting, and lifting each other up.

Dana Cookson,
NAWIC Tulsa Chapter 76 President



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NEXT MEETING:

3rd Tuesday of the Month
Membership Meeting
SINGO

LOCATION:

AGC Tulsa Office
12121 E 51st. St.
Tulsa, OK 74146

RSVP email by EOB 08/18
julianna@colburnelect.com

UPCOMING EVENTS

AUGUST	BOD Meeting—08/05 6:00 pm TBD DOs & DONuts—08/14 8-9:00 am AGCOK Tulsa Office Membership Meeting—08/19 6:00 pm AGC Offices SINGO
SEPTEMBER	BOD Meeting—09/02 6:00 pm TBD DOs & DONuts—09/11 8-9:00 am AGCOK Tulsa Office Membership Meeting BOD Installation—09/16 6:00 pm TBD
October New Leadership	BOD Meeting—10/07 6:00 pm TBD DOs & DONuts—10/09 8-9:00 am AGCOK Tulsa Office Membership Meeting —10/21 6:00 pm TBD



DOs & DONuts

NAWIC and AGC Presents:
FREE Legal Series for the Construction Professional
Open to Everyone!
Men/Women - Members/Non-Members

2nd Thursday of Every Month
8 am to 9 am
AGC - Tulsa Office
12121 East 51st Street, Suite 102
Tulsa, OK 74146
August's Topic:
Project Schedule:
Getting paid for delays

Please Register: <https://members.agcok.com/events>
Questions? Contact Paultei Tanner ptanner@crossland.com



**UPCOMING WEBINARS:
www.nawic.org/webinars**

Building a Better Future with Sustainable Materials 8/28—12:00-1:00 PM CST

National has stepped up and provided NAWIC members with some outstanding webinars throughout the upcoming year with the focus in two areas:

**Professional Development
 & Education (PD&E)
 & Membership**

The webinars should be available on the national website to view at your convenience if you can't attend the initial airing. The webinars are also listed in the Calendar of Events.

March 01-07 IS WIC WEEK!

**Celebrating Our
 NAWIC Sisters!**

**Happy
 Birthday**

- 08/23** Faith Schrader;
- 08/24** Marla Carter
- 08/29** Ronny Walker

**Welcome
 New Members**

- 7/28** Sara Shanklin
- 08/07** Elizabeth Clagg

**Congratulations
 On Your Anniversary**

- 08/24** Faith Schrader

If you have changed companies, please update your information on the National Website. Also, please forward preferred email, cell number, your birth day and month to Jaylee if not yet done so.

Thank you.

Heat Acclimation for Construction Workers

This summer has been hotter than usual. The safety committee wanted to take this month to focus on reviewing the OSHA recommendations for heat acclimation. Most outdoor fatalities from heat related illnesses - **between 50% and 70%** occurs within the first few days of working in warm or hot environments.

This is because the body needs to acclimate to heat gradually over time.

One of the main ways to prevent heat related illness is to encourage workers to:

- Consume an adequate amount of fluids like water and sports drinks
- Work shorter shifts
- Take frequent breaks
- Quickly identify any illness symptoms

OSHA has a Heat Hazard Recognition Tool on their website:

<https://www.osha.gov/heat-exposure/hazards#metabolicheat>

<https://www.osha.gov/heat-exposure/calculator>

This tool is a really useful guide to gauge how hot is too hot for work to be completed for acclimated and non acclimated employees.

How Does It Work?

There are charts for environmental heat, physical activity load, and clothing adjustment factors that are then put into the chart. This will help determine if it is too hot for work to be performed and can help employers plan necessary tasks.

Prevention » Heat Stress Calculator

Fill in the following form to determine whether a worker's heat stress is above recommended limits. Please read OSHA's [Heat Hazard Recognition page](#) for more information about WBGT, workload, acclimatization status, and clothing.

Wet bulb globe temperature (WBGT, degrees Fahrenheit):	<input type="text" value="65"/>
Workload:	<input type="text" value="Moderate"/>
Acclimatization status:	<input type="text" value="Acclimatized"/>
Clothing:	<input type="text" value="Normal work clothing"/>
Body weight:	<input type="text" value="Normal weight"/>
	<input type="button" value="Submit"/> <input type="button" value="Reset"/>

Result



Please remember our NAWIC Endowed Scholarship at OSU

whenever you're in a giving mood. The full name of our scholarship is the

NAWIC Tulsa Chapter 76 Endowed Scholarship In Honor of Gene Harris Fund.

On your checks or online donations,
please note the fund number: 26-75750

On-line donations: <https://osugiving.com/>
please see the "Give" tab at the top right.

Mailing Address:
OSU Foundation
400 S. Monroe, Stillwater, OK 74074

Your Scholarship Committee thanks you!!

NAWIC TULSA CHAPTER 76

General Membership Meeting – July 22, 2025—was our Annual Summer Social at a Drillers Baseball Game. No minutes were taken just food, fun and fellowship at the game.

NOTES TO THE PRESIDENT

We Value Your Feedback!

We've set up a QR code for you to easily share any comments, questions, concerns, or compliments. If you have suggestions on how we can address a concern or improve something, we'd love to hear from you. Likewise, if there are any ideas or features, you'd like to see, please let us know!

If you'd like your comment to not be anonymous, please feel free to include your name. Additionally, I'll have a box available at each meeting where you can leave messages as well.

We are committed to providing transparent communication, and each newsletter will feature updates on any concerns, questions, or compliments we've received, along with responses when appropriate.

Thank you for helping us improve!

NOTES July/August Edition:

Question 1 - N/A



NAWIC

The National Association of
Women in Construction

Tulsa, OK

Membership Meeting



(Musical Bingo)

(Dinner with non-alcoholic beverage is included in payment – BYOB)

Tuesday August 19th @ 6:00-8:00 pm

AGC Tulsa Office

12121 E 51st St.

Tulsa OK, 74146

RSVP EOB August 15th to julianna@colburnelect.com

NAWIC Tulsa Committee Info

Back to School Supply Drive - 7KDDR u!

We'd like to take a moment to sincerely thank everyone who donated to our Back to School Supply Drive! Your generosity made it possible for us to deliver much-needed supplies to Park Elementary and Union 8th Grade Center.

6SHFDW/KDQWPKHDPDQGHKKHSHGSHUHWWDGQHUIUWKHGQWQ

/H\ & Clark Elementary
QWQHUIUHGE\HSDUHDGDDHGO
BIFHYIGE\BESDQUH\

Union 8th Grade Center
QWQHUIUHGE\UWLDWW:DW7HFKBQZDUJDCGCB
HDDIWPHE\FHV BIFHYIGE\BESDQKHQV
OHDDGHUDDG6FKDQ6GGTK BBSDO

Our support truly made a difference as students head into the new school year prepared DG
UHDGW\FHHG

QFN7BFBPWSSRW6FKBSSDVKDQKFDWQDWWHUV
ODNBUHHEH

Rose Recipient
NAWIC
NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION
Tulsa



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.

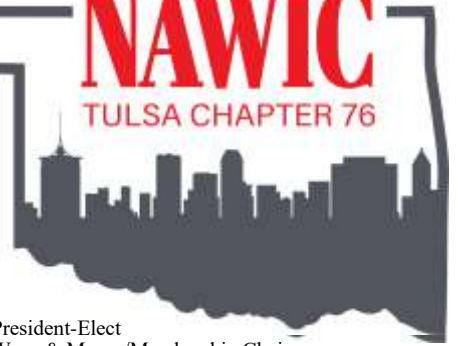
Bailey Martin has not yet had the chance to bestow the red rose to another member.

2024-2025

BOARD/COMMITTEE

CONTACT LIST

NAWIC
TULSA CHAPTER 76



President
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