



PRESIDENT'S Message

Hello NAWIC Sisters!

What an exciting month we are having! March has been filled with fun events and valuable information for our Chapter. We're so glad to have such an engaged membership, and we wanted to share a few highlights with you.

A Big Thank You to the WIC Week Committee

A huge thank you to the WIC Week Committee for their outstanding efforts in bringing us a week full of fun, giving back, and educational insights. Your hard work made it all possible! If you happen to see one of the committee members, be sure to thank them and let them know what you thought of the event. Your feedback is greatly appreciated!

Gratitude to PD&E for Fantastic Learning Events

We'd also like to extend our thanks to PD&E and Bailey Martin for hosting an excellent excel learning event. As well as PD&E/AGC, Paullei Tanner and Eric Daffren on Dos & DONuTs discussing 10 Killer Contract Provisions. I don't know about you, but I definitely walked away with new things I didn't know how to do! We are fortunate to have such knowledgeable speakers and opportunities to expand our skills.

Looking Ahead: Nominating Committee and Board Elections

As we move forward, be on the lookout for the Nominating Committee to reach out to each member. It's that time of year again when we start working towards next year's Board. If you haven't yet had the chance to get involved, consider starting as a Director to see if this is something you'd enjoy. Please note that to be considered for President, President Elect, or Vice President, you must have served on the Board for at least one year.

We encourage all members to consider stepping up and contributing to the growth and leadership of our Chapter!

Save the Date: Industry Appreciation Event Coming Next Month!

Keep an eye out for next month's

Industry Appreciation event, where we take the time to say a huge thank you to those who support us—whether it's your company, friend, or spouse. We want to show our appreciation to all those who help make our success possible.

Reminder: This event is free for members and one guest, with additional guests requiring a small fee. The Social Committee has been working tirelessly to put together a fantastic program, and we can't wait to see everyone there!

Dana Cookson,
NAWIC Tulsa Chapter 76 President



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NEXT MEETING:

3rd Tuesday of the Month
Industry Appreciation
6:00 PM

LOCATION:
Tulsa Country Club
201 N. Union Ave.
Tulsa, OK 74127

RSVP email by EOB 04/08
julianna@colburnelect.com

UPCOMING EVENTS

| | |
|---|--|
| MARCH | Committee Meetings |
| APRIL | BOD Meeting—04/01 6:00 pm TBD DEI Dinner— 4/03 6:00 :30pm TiAmo's DOs & DONuts—04/10 7-8:00 am AGCOK Tulsa Office Industry Appreciation—04/15 6:00 pm Tulsa Country Club |
| MAY | BOD Meeting—05/06 6:00 pm TBD DOs & DONuts—05/08 7-8:00 am AGCOK Tulsa Office Membership Lunch & Learn—TBD |
| JUNE | BOD Meeting—06/03 6:00 pm TBD DOs & DONuts—06/12 7-8:00 am AGCOK Tulsa Office Membership Meeting & BOC Voteing—06/17 6:00 pm TBD |
| JULY | BOD Meeting—TBD DOs & DONuts—07/10 7-8:00 am AGCOK Tulsa Office Summer Social—TBD |
| AUGUST | BOD Meeting—08/05 6:00 pm TBD DOs & DONuts—08/14 7-8:00 am AGCOK Tulsa Office Lunch & Learn—TBD |
| SEPTEMBER | BOD Meeting—09/02 6:00 pm TBD DOs & DONuts—09/11 7-8:00 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 7-8:00 am AGCOK Tulsa Office Membership Meeting —10/21 6:00 pm TBD |

DOs & DONuTs

Wake Up with a New Kind of Training

NAWIC and AGC Presents:

FREE Professional Development & Education Breakfast Series

Open to Everyone!

Non-Members/Members and Men/Women

Visit NAWIC's website for monthly topics and event details

www.nawictulsa.org/upcomingevents

2nd Thursday of Every Month

7 am to 8 am

AGC - Tulsa Office

12121 East 51st Street, Suite 102
Tulsa, OK 74146








UPCOMING WEBINARS: www.nawic.org/webinars

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.

Discover Wellness NAWIC Market Place 3/24 1-2 PM CST

Chapter Leadership Training, 3/26 11-12 CST

Tradeswomen Forum 4/03 4:30-5:30 PM CST

Biophilic and Regenerative Design 4/22 4-5 PM CST

2024-25 Nat. BOD Meeting 4/24 4-5 PM CST

2024-25 Nat. BOD Meeting 5/25 4-5 PM CST

2024-25 Nat. BOD Meeting 6/26 4-5 PM CST

2024-25 Nat. BOD Meeting 7/24 4-5 PM CST

Celebrating Our NAWIC Sisters!

Happy Birthday

03/13 Jennifer Cearly
03/23 Lisa Haney
03/29 Dawn Reside

Welcome New Members

02/18 Jennifer Bouchard

Congratulations On Your Anniversary

03/24 Ashley Norris
03/22 Carrie Gardenhire
03/23 Christi Farr
03/24 Keya Payton
03/11 Marla Carter
03/21 Ronny Walker
03/24 Sierra Nunez

Please help me congratulate Carmen Clayton on her recent promotion to Director of Administrative Operations for Thorpe Service Corporation! We are so happy for you and proud of you for this prestigious career accomplishment!



EXOSKELETONS IN CONSTRUCTION

AS A WHOLE, THE CONSTRUCTION INDUSTRY HAS TRADITIONALLY LAGGED BEHIND OTHER INDUSTRIES WHEN IT COMES TO TECHNOLOGICAL ADVANCEMENTS. THIS TREND MAY SOON CHANGE WITH THE INTRODUCTION OF NEW TECHNOLOGIES LIKE EXOSKELETONS THAT MAKE WORKING IN THE FIELD SAFER AND MORE COMFORTABLE.

WHAT ARE EXOSKELETONS?

Exoskeletons are wearable external frames that offer extra support and enhance a person's capabilities. While this technology has been around for a long time, especially in other industries like defense, it is still relatively new for construction.

INJURY STATISTICS

Work related skeletal and muscle problems are 16% higher in the construction industry than all other industries **COMBINED**.

EXOSKELETON STANDARDS

ASTM recently put out the first standards for exoskeletons. While this is a great step, the standards mainly address creating consensus definitions and labeling and not the exoskeleton itself.

EXOSKELETON RESEARCH

Eksobionics stated "In a study conducted in 2015 on the application of exoskeletons in industrial applications and their potential effects on physical workload, researchers discovered that exoskeletons greatly reduce fatigue while improving endurance. Additionally, exoskeletons reduce shoulder discomfort, thereby improving work quality and productivity among workers. Apart from decreasing the risk of workplace injury, exoskeletons also assist aging workers, and give them an opportunity to work beyond their age and physical limit."

5 BENEFITS OF CONSTRUCTION EXOSKELETONS

1. Injury and Strain Prevention
2. Withstanding Repetitive Tasks
3. Increased Productivity
4. More Work Accuracy
5. More Opportunities for Aged Contractors

DOWNSIDES TO CONSTRUCTION EXOSKELETONS

As we all know, there is a significant lag between safety and technological advancements in the field and OSHA legislation. These products do not have any current guidance on exoskeleton worker safety. They have stated their intention to provide guidance in the upcoming years.

FINAL THOUGHTS

With this in mind, make sure that you understand the intended use of any exoskeleton and how it will work with other required PPE before using. It is also important to make sure you know what is involved with upkeep and maintenance of the device.



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!!

No meeting minutes for the membership mixer that took place for the meeting in February,

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 from February:

Comment 1:



SCHOLARSHIP FUNDRAISER

**CORNHOLE
RUSH**

Royal

-&-



Flush

- 2-Player Teams or Singles
- \$200/team, \$100/person
- 2 meals/team, 1 meal/person

- Single player registration
- \$100 per person,
- \$1000 in chips + 1 meal

1st, 2nd, and 3rd place prizes to be presented

Blackjack Tables • Craps Tables • Roulette Table

June 6th, 2025

NAWIC
The National Association of
Women in Construction

Tulsa, OK

Registration @ 11am

Lunch @ 11:30am

Games Begin @ 12pm

Mike Fretz Event Center

11545 E. 43RD ST. TULSA, OK 74146

PLATINUM/GOLD/SILVER/BRONZE SPONSORSHIPS GLADLY ACCEPTED

HELP US REACH OUR GOAL FOR A SECOND ENDOWED SCHOLARSHIP AT OSUIT! WE ARE \$10K

SHORT, HELP US ACHIEVE THIS GOAL! LONG WITH SCHOLARSHIPS FOR TRADE SCHOOL

STUDENTS IN GREEN COUNTRY, WE ARE MAKING AN IMPACT ON OUR INDUSTRY!

Please see our Sponsorship page or email Paula questions: pfennell@craftsmenresources.com

NAWIC TULSA Scholarship Fundraiser Cornhole & Casino Event

Friday, June 6, 2025 Sign in @ 11am

REGISTRATION FORM

| | | | |
|------------------|----------------------|--|----------------------|
| Company: | <input type="text"/> | Main Phone: | <input type="text"/> |
| Contact: | <input type="text"/> | Cell Phone: | <input type="text"/> |
| Address: | <input type="text"/> | Email: | <input type="text"/> |
| | <input type="text"/> | | |
| City, State, Zip | <input type="text"/> | Email Completed Registration Form to: pfennell@craftsmenresources.com | |

| REGISTRATION OPTION | <i>if more than four (4) Attendees, complete additional form.</i> | ATTENDEE NAME |
|---|---|---|
| <input type="checkbox"/> \$200 - Cornhole Team of Two + meals | \$ <input type="text"/> | 1 <input type="text"/> |
| <input type="checkbox"/> \$100 - Cornhole Single Player + meal | \$ <input type="text"/> | Email: <input type="text"/> |
| <input type="checkbox"/> \$100 - 1 Ticket for \$1000 Chips + meal | \$ <input type="text"/> | 2 <input type="text"/> |
| <input type="checkbox"/> \$75 - Networking Only + meal | \$ <input type="text"/> | Email: <input type="text"/> |
| <input type="checkbox"/> \$50 - \$1000 Chips (add-on purchase only) | \$ <input type="text"/> | 3 <input type="text"/> |
| | | Email: <input type="text"/> |
| SPONSORSHIPS | | |
| <input type="checkbox"/> Platinum Sponsor \$3000 (next page for info) | \$ <input type="text"/> | 4 <input type="text"/> |
| <input type="checkbox"/> Gold Sponsor \$1500 (next page for info) | \$ <input type="text"/> | Email: <input type="text"/> |
| <input type="checkbox"/> Silver Sponsor \$1000 (next page for info) | \$ <input type="text"/> | |
| <input type="checkbox"/> Bronze Sponsor \$500 (next page for info) | \$ <input type="text"/> | |
| Prize Baskets & Silent Auction Donations welcome! | | Total Cornhole Players: <input type="text"/> |
| TOTAL: \$ <input type="text"/> | | Total Casino and Single Players: <input type="text"/> |
| | | Total Networking ONLY Attendees: <input type="text"/> |

NOTE: Lunch Buffet, Tea & water are included with Registration. We will have an open bar, however alcoholic beverages are on the individual.
 *Contact Paula (pfennell@craftsmenresources.com), Nicole (NLShields@GarverUSA.com) or Kaitlynn (kaitlynn.henson@apac.com) for Silent Auction and Prize Items.

Three (3) Payment Options:

Make Checks Payable to
 NAWIC TULSA #76
 PO Box 155B
 Owasso OK 74055

Pay with Credit Card

Check Enclosed: Check # Check Amt

Visa MC Discover American Express

Credit Card Name:

CC Number:

Expiration Date: Security Code:

Billing Address:

City, State, Zip:

Signature:

CANCELLATION POLICY:

1. If the event is canceled entire entry fee will be considered a donation. No refunds will be issued.
2. If player cancels, 72-hour notice is required to receive 50% of entry fee
3. If player is a "no-show", entry fee is non-refundable.

Sign Up and Pay with QR Code
 (Fee Charged by CheddarUp)



SPONSORSHIPS

PLATINUM SPONSOR—\$3000

- Six Casino Tickets (worth \$6000 play chips)
- Three 2-person teams for cornhole (or 6 single players)
- Six meals included
- Advertising—premier spot(s) on event media, website recognition and posts on social media (we request your logo)

GOLD SPONSOR—\$1500

- Four Casino Tickets (worth \$4000 play chips)
- Two 2-person teams for cornhole (or 4 single players)
- Four meals included
- Advertising—spot on event media, website recognition and posts on social media (we request your logo)

SILVER SPONSOR—\$1000

- Two Casino Tickets (worth \$2000 play chips)
- One 2-person teams for cornhole (or 2 single players)
- Two meals included
- Advertising—spot on event media, website recognition and posts on social media (we request your logo)

BRONZE SPONSOR—\$500

- Advertising—spot on event media, website recognition and posts on social media (we request your logo)

NAWIC Tulsa is a 501c(6) non-profit organization. Please note that Sponsorships may not be 100% tax deductible; you'll need to check with your CPA to determine deductibility. Also, no additional benefits are available beyond those listed on the chart showing Sponsorship Levels and Benefits.

DONATIONS:

We are in need of Silent Auction Items, with Raffle and Prize Basket Donations. Contact Paula Fennell (pfennell@craftsmenresources.com), Nicole Shields (NLShields@GaraverUSA.com) or Kaitlynn Henson (kaitlynn.henson@apac.com) to coordinate transfer of items.

WE APPRECIATE YOU!

JOIN US FOR THE
**INDUSTRY
APPRECIATION**
Celebration

NAWIC

The National Association of
Women in Construction

Tulsa, OK

TUESDAY

15

AT 6:00 PM

APRIL

TULSA COUNTRY CLUBB

701 N Union Ave. Tulsa, OK 74127

Please RSVP to Julianna Gugielmo by April 8 EOB
Julianna@colburnelect.com

**Free event for members and their first Guest.
Additional guests will be \$35**

A Special thank you to our sponsors for this event:
Crossland Construction
Platinum Mechanical
Murray Womble

Please know we have a prayer chapel on Facebook.

It's a private group and you may post your own prayer requests at any time or if you'd rather, please e-mail me and I'll post them for you.

This is open to all members but is strictly optional. We would ask that you read the pinned post at the top of the page.

If you'd like to join the chapel, simply request to be added. If you have any issues, please contact me:
jklempa@pmgtulsa.com

Thanks, Jaylee Klempa
NAWIC Membership Support

We have an email for all questions:

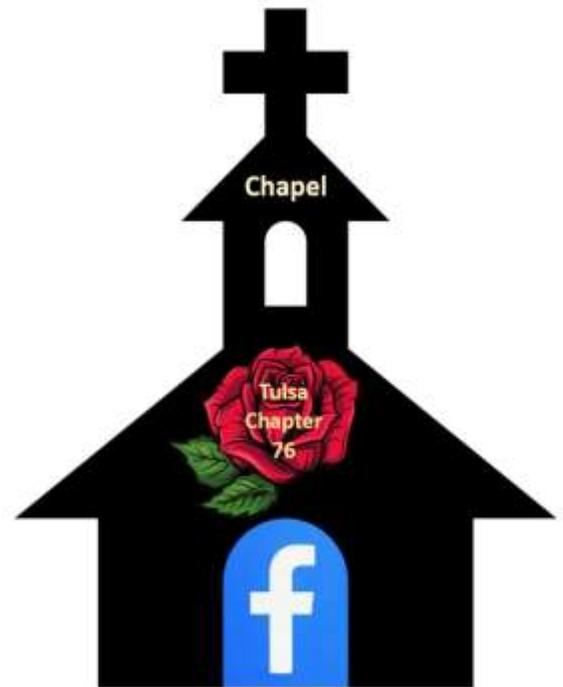
Email: TulsaNAWIC76info@gmail.com

Check out our website on the go!

Find us at: nawictulsa.org

We have links to the national website along with current calendar events for our chapter and each newsletter at your fingertips!

FOLLOW US ON SOCIAL MEDIA:





NAWIC Meetings/ Dinners/Events Policies

A reminder of our Tulsa chapter policies concerning all of dinners and events. Please RSVP by the deadlines. We need confirmed counts for our restaurants ahead of time. If you are bringing guests, please supply their name and company.

All guests are paid for by the chapter the first time they visit, as well as new members—your first meeting is on us! After that, meetings/events will be charged unless otherwise indicated.

Members shall RSVP to attend the monthly meeting the Friday prior to the meeting (unless otherwise communicated) and will be billed for said meeting. Even if you cancel at the last minute, we need you to pay.

Our BOD has decided we need to be more vigilant. We run the risk of losing money as a chapter without this policy and we can't afford that.

We very much appreciate your understanding and your cooperation!

Julianna Guglielmo, Tulsa Chapter Treasurer julianna@colburnelect.com

March Membership Meeting is a
PD&E Excell Spreadsheet Class by
Bailey Martin.

We will also include new member
installation. Congratulations, Ladies!

Do you have something to report?

Exciting News / Your Committee / Awards

Please forward info to Jaylee Klempa by
EOB 1st Friday of the month to get it in the Newsletter.
jklempa@pmsgtulsa.com

A series of ten horizontal red bars are located on the right side of the page, extending from the middle section down to the bottom.

Save the Date!

The Cornhole Casino Event has been rescheduled to June 6, 2024!

We appreciate everyone who attended the Singo event and made it a success! Now, we want your help to make this next event even bigger. Please share this new date with everyone you know, and watch for the official event flyers emailed out, on social media and in this newsletter. We can't wait to see you there!

Exciting News!

We are thrilled to welcome Jennifer Bouchard as a new member of our organization! Please join us in giving her a warm welcome and a big shout-out! Jennifer is with APAC Central, and we couldn't be more excited to have her on board. Please join us in giving her a warm welcome and a big shout-out!

See the Scholarship Fundraiser Registration for more info! Have a fantastic rest of the month!

Email Paula Fennell, Chair, with questions:
pfennell@craftsmenresources.com

Please remember coming up in April is our Industry Appreciation. There is a flier with more information in this newsletter. Please bring your boss, coworker or favorite supporter of your career in the construction industry! Please remember you and a guest are free, any additional guests are \$35 each.
Jennifer Cearly, Social Committee Chair



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.

Jennifer Cearly did not bestow the Red Rose in February due to Membership Mixer. It will be done in March.

2024-2025

BOARD/COMMITTEE

CONTACT LIST

NAWIC
TULSA CHAPTER 76



President
Finance/Strategic Planning
Dana Cookson

Email: accounting@stoutconstruction.net
Cell: 918-671-9370



President-Elect
Ways & Means/Membership Chair
Paula Fennell

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Recording Secretary
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Kristi Ostler

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Immediate Past President
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Parliamentarian
WIC Week/Block Kids
Joani Kelly

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Cell: 918-640-7081



By Laws
Scholarship Chair, Marketing
Kem Hagadorn

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Cell: 918-809-1185