



PRESIDENT'S Message

Hello my NAWIC Sisters!

As we move through the month of May, I wanted to take a moment to reflect on the incredible events and opportunities we've experienced as a chapter recently, as well as share some exciting up-

dates for the coming weeks.

Last month, we had the privilege of hosting our Industry Appreciation event at the Tulsa Country Club. It was a wonderful opportunity to express our gratitude to our industry partners, whose support is instrumental in the success of our endeavors. At the event, we had the pleasure of presenting sponsorship certificates and membership awards, acknowledging the dedication and commitment of our partners and members alike. Congrats to all the ladies who were recognized for their hard work!!!

Our Diversity, Equity, and Inclusion (DE&I) committee organized a fantastic dinner event at El Maguey in Sand Springs. It was a laid-back occasion where our members came together to bond with their fellow NAWIC sisters. The next one will be Brunch at Fixins at 11 am on June 1st!

Looking ahead, our May membership meeting promises to be both informative and engaging. We're delighted to welcome Gayle Hahn, an esteemed instructor at Tulsa Technology Center, as our guest speaker. With expertise in drafting, welding, and manufacturing, Gayle will enlighten us about the programs offered at TTC, share insights into industry trends, and discuss how we can support students to excel in their studies and careers. This lunch and learn session, hosted at the AGC office in Tulsa, is an excellent opportunity for us to deepen our understanding and forge meaningful connections within the construction community.

Additionally, I'm thrilled to announce that the slate for our new Board of Directors has been posted. Candidate information will be provided in the newsletter, and voting will commence in June. Your participation in this process is vital, as it shapes the leadership that guides our chapter forward.

As we navigate through these dynamic times, let us continue to uphold the values of collaboration, innovation, and inclusivity that define our NAWIC chapter. Together, we can overcome challenges, seize opportunities, and build a brighter future for the construction industry and beyond.

Chrissie Humphrey,
NAWIC Tulsa Chapter 76 President



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NEXT MEETING:

3rd Thursday of the Month

**Lunch & Learn with
AGC**

May 21 11:30 am

LOCATION:

AGC Tulsa Office

12121 E. 51st St.

Tulsa OK, 74146

Register at:

<https://members.agcok.com/events/Details/agcok-nawic-lunch-and-learn-1056978?sourceTypeId=Website>



The National Association of
Women in Construction

Tulsa, OK

Membership Lunch & Learn with AGC

May 21, 2024

11:30 am to 1:00 pm

Tulsa AGC Offices

12121 E. 51st St.

Tulsa, OK 74146

Register by May 17, 2024 – limited seating!

<https://members.agcok.com/events/Details/agcok-nawic-lunch-and-learn-1056978?sourceTypeId=Website>



The registration fee for this event is the AGC fee of \$35 for NAWIC Members.

UPCOMING EVENTS

May

BOD Meeting
5/07 5:30—6:30 pm
TBD

AGC Lunch/Meeting
05/21 11:30-1:00 pm
Tulsa AGC Office

June

DE&I Brunch
6/01 11:00 am
Fixins Soul Kitchen
BOD Meeting
6/04 5:30—6:30 pm
TBD

Membership Meeting—
BOD Vote
06/18 6:-00 pm
TBD

July

BOD Meeting
7/02 5:30—6:30 pm
TBD

Summer Social & DEI
07/16 6:00 pm
TBD

Chapter Sponsorship Program

Please do not forget to get your Sponsorship Letters out to your favorite people. We have already received several donations and are so grateful. This money will go towards our events and programs for the year.

Thank you to everyone who put this together and has already made a push to get sponsorship.

For any questions about sponsorship, or if you need the pdf format please contact Nicole shields,
nlshields@garverusa.com



Tulsa, OK



2023/2024 NAWIC, Tulsa Chapter 76 Corporate Sponsorship Opportunity

NAWIC is committed to championing women to impact the direction of the construction industry. To fulfill this mission, NAWIC provides education, community, and advocacy through the core purpose of strengthening and amplifying the success of women in construction. By continuing the vision of its founding members of 1953, NAWIC advocates for the values and impacts of women builders, professionals, and tradeswomen in all aspects of the construction industry.

Benefits of NAWIC

- Networking
- Education
- Mentorship
- Community Involvement
- Professional Development
- Career Opportunities
- Friendships
- And Many more things!

Website/Social Media

- Website: www.nawic.org
- Facebook: [NAWIC Tulsa Chapter 76](#)
- Twitter: [Tulsa NAWIC \(@TulsaNAWIC\)](#)
- Linked In: [NAWIC Tulsa](#)
- Instagram: [Tulsa NAWIC Chapter 76 \(tulsa.nawic.76\)](#)

2023/2024 NAWIC, Tulsa Chapter 76 Board Members

PRESIDENT
Chrissie Humphrey, Stout Construction

VICE PRESIDENT
Nicole Shields, Garver

TREASURER
Julianna Guglielmo, Colburn Electric

CORRESPONDING SECRETARY
Kristie Ostler, Rick Scott Construction

DIRECTOR
Paullei Tanner, Crossland Construction

DIRECTOR
Galina Newsom, Cyntergy

PARLIAMENTARIAN
Marla Carter, Tulsa Civil Contractors

PRESIDENT – ELECT
Dana Cookson, Stout Construction

PAST PRESIDENT
Jaylee Klempa, Program Management Group

RECORDING SECRETARY
Lauren Colwell, Arcoro

DIRECTOR
Hannah Humphrey, Stout Construction

DIRECTOR
Paula Fennell, Craftsmen Resources

PARLIAMENTARIAN
Joani Kelly, S B Systems – Retired

PARLIAMENTARIAN
Kem Maher Hagadorn, Dave Maher & Associates, Inc.



Corporate Sponsorship Details

PLATINUM SPONSOR \$1,000

Corporate recognition in all Chapter email announcements
Opportunity to provide firm spotlight presentation at one meeting
Opportunity to provide firm spotlight within Chapter Newsletter
Corporate listing on board displayed at NAWIC – Tulsa events
Corporate listing on NAWIC – Tulsa website
Corporate listing on the Chapter newsletter

GOLD SPONSOR \$750

Opportunity to provide firm spotlight within Chapter Newsletter
Corporate listing on board displayed at NAWIC – Tulsa events
Corporate listing on NAWIC – Tulsa website
Corporate listing on the Chapter newsletter

SILVER SPONSOR \$500

Corporate listing on board displayed at NAWIC – Tulsa events
Corporate listing on NAWIC – Tulsa website
Corporate listing on the Chapter newsletter

BRONZE SPONSOR \$300

Corporate listing on NAWIC – Tulsa website
Corporate listing on the Chapter newsletter

2023/2024 NAWIC, Tulsa Chapter 76 Corporate Sponsorship Agreement

We will make a contribution of:

_____ \$1,000 Platinum Sponsor

_____ \$ 750 Gold Sponsor

_____ \$ 500 Silver Sponsor

_____ \$ 300 Bronze Sponsor



We cannot participate as a full sponsor. Please accept the enclosed gift of \$ _____

Company Information

Company Name _____

Contact Name/Title _____

Address _____

City/State/Zip _____

Phone No. _____

Email Address _____

Please submit this completed form and donation to: **NAWIC Tulsa Chapter 76**

Attn: Kristi Ostler

P.O. Box 1558

Make checks payable to: NAWIC Tulsa Chapter 76 **Nowaso, OK 74055**

Please email corporate logo in high resolution JPEG, GIF, or pdf format to:

Tulsa NAWIC marketing at: TulsaNAWIC76@gmail.com

Or use the QR code to pay and submit your company logo



If you have any questions, please feel free to contact Nicole Shields,
NAWIC Vice President, at NLS Shields@GarverUSA.com or 918-613-9330



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.

Marketing Brand Awareness 5/13 2-3:00 pm

Best Practices in Sustaining and Supporting a Diverse and Inclusive Workforce 5/21 1-2:00 pm

Cocktails with Nat. President 5/29 6—7 pm

Public Info Social Meet-up 6/6 4:30 pm

Cocktails with Nat. President 6/26 6—7 pm

Working in the Trades & Stress Management & Caregiver 7/11 4:30 pm

Name: NAWIC Goes Green 7/15 8:30 pm

Cocktails with Nat. President 7/31 6—7 pm

Best Practices in Sustaining and Supporting a Diverse and Inclusive Workforce 8/01 4:30 pm

Celebrating Our NAWIC Sisters!

Happy Birthday

- 05/05** Carmen Clayton
- 05/13** Nicole Shields
- 05/15** Paulie Tanner
- 05/29** Debbie Martin

Welcome New Members

- 4/16** Bailey Martin
- 4/20** Cindy Castillo

Congratulations On Your Anniversary

- 05/2023** Dawn Reside
- 05/2023** Jennifer Helms
- 05/2022** Lauren Colwell

2024-25 BOARD SLATE

NAWIC TULSA CHAPTER 76

2024-2025 BOARD OF OFFICERS/DIRECTORS

PRESIDENT ELECT- Marla Carter, Nicole Shields

VICE PRESIDENT- Paula Fennell

RECORDING SECRETARY- Kristi Ostler, Ginger Cato

CORRESPONDING SECRETARY- Kaitlynn Henson, Dawn Reside

DIRECTOR(S)- Natasha Sanders, Sarah Hopper, Paullei Tanner, Sheila Sayne, Sierra Nunez, Jaylee Klempa

TREASURER- Juliana Guglielmo

**CONGRATULATIONS TO EACH AND
EVERY ONE OF YOU**

We will vote on our slate at the June Meeting. Ballots will be passed out at that time and any guests that have joined us at the meeting will need to leave the room while voting is taking place.

CAMPAIGN MESSAGES



Tulsa, OK

SOLID AS A ROCK & DEDICATED TO THE SUCCESS OF TULSA CHAPTER 76

Hello my name is **MARLA CARTER** and I am running for President Elect for the 2024-25 Board

Dear NAWIC Sisters,

The time has come for us to shape the future we want to see. It's time for fresh ideas, strong leadership, and unwavering dedication. That's why I am thrilled to announce my candidacy for the office of President Elect of the Tulsa Chapter 76.

Why Choose Marla, you ask yourself?

✓ **Experience:** 13 years as a dedicated NAWIC Member-

1. President
2. Vice President
3. Director
4. Correspondence Secretary
5. Parliamentarian
6. Chaired &/or Co-Chaired all Committees

✓ **Vision:** I will work for my Chapter at the Local level!

✓ **Integrity:** Honest, transparent, and accountable leadership

Your Vote Matters!

This message is approved by MARLA CARTER

Hey Ladies!

I'm Kaitlynn and I'm running for Corresponding Secretary for the 2024-2025 board. While this is my first year joining NAWIC I am really excited to be a part of such an amazing organization that supports women in construction. It is my goal to service to our local chapter and community while showing girls and women that being in construction is a community truly filled with great support and friendship.

I can't wait to meet everyone at the June meeting!

Kaitlynn Henson



Hello NAWIC Sisters!

As most of you know I am currently your Tulsa NAWIC Chapter 76 Vice President for the 2023-2024 year and I am also running for President-Elect for the 2024-2025 term. Although I am only entering my 3rd year in NAWIC, I have jumped in feet first over the past 2 years and have been very involved in our chapter.

During my first year I became a Director and co-chaired a few committees. I also joined other committees to learn more about them and how NAWIC operates overall. This past year as Vice President I have learned about our bylaws, our history and what our future could hold. I was the chair of Block Kids, Ways and Means, and the co-chair for WIC Week, and was also on many other committees where I devoted my time and efforts to help NAWIC Tulsa Chapter have a successful year. Being part of this chapter and all of the committees has allowed me to see the impact that NAWIC has on our community, how it brings Women in Construction together on different levels, and on me personally! All of these things combined only make me want to be involved that much more and being your President-Elect would allow me that opportunity.

Thank you to everyone and NAWIC Tulsa Chapter 76 for impacting my life and showing me ways to help support ALL WOMEN IN CONSTRUCTION!
Please join me at our June membership meeting to cast your votes.

Nicole Shields, PE

It's already 80°F, Ladies!

QUIZ

Take the quiz, and stay safe!

STAY COOL

BY WESLEY WHEELER

As we enter into the summer months when temperatures and humidity begin to rise and severe weather pops up unexpectedly, workers need to prepare for these possibilities. With heat regulations possible in the future and new enforcement programs being implemented, employers must train all workers, take every precaution and ensure workers get the water, rest and shade they need while on the job and adjusting to new working environments. Answers are on page 20. To take the quiz electronically, visit ecmag.com.



- 1 According to Cal-OSHA, shade is required when the outside temperature reaches _____ °F.
 A. 80
 B. 85
 C. 90
 D. 95
- 2 Symptoms such as dizziness, weakness, headaches, irritability and wet skin can indicate a worker is suffering from heat _____.
 A. Stress
 B. Exhaustion
 C. Stroke
 D. Rash
- 3 Symptoms that include fainting, collapse, dry skin, confusion and seizures are a sign of heat _____.
 A. Stress
 B. Exhaustion
 C. Stroke
 D. Rash
- 4 According to OSHA recommendations, a worker beginning a new work assignment where heat and humidity could be at elevated levels or transferring from an indoor, air-conditioned project to working outside in direct sunlight should limit that worker's exposure to _____ % in the new environment the first day and increase their time, on average, an additional _____ % each day until the worker is fully acclimated.
 A. 10, 10
 B. 15, 15
 C. 20, 20
 D. 25, 25
- 5 On average, a worker should drink at least _____ ounces of water every 20 minutes while working outside in a hot environment, even if they do not feel thirsty.
 A. 4
 B. 8
 C. 16
 D. 24
- 6 Heat that is produced in warm or hot surroundings is known as _____ heat.
 A. Natural
 B. Metabolic
 C. Environmental
 D. Wet bulb globe temperature
- 7 Heat that is generated by the body during strenuous work or physical activity is known as _____ heat.
 A. Natural
 B. Metabolic
 C. Environmental
 D. Dry bulb globe temperature
- 8 There may be a high risk of heat-related illness when performing strenuous work at temperatures _____.
 A. Below 70°F
 B. Between 70°F and 77°F
 C. At 77°F
 D. Above 77°F

Answers: 1.A 2.B 3.C 4.C 5.B 6.C 7.B 8.D



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 – April 2024

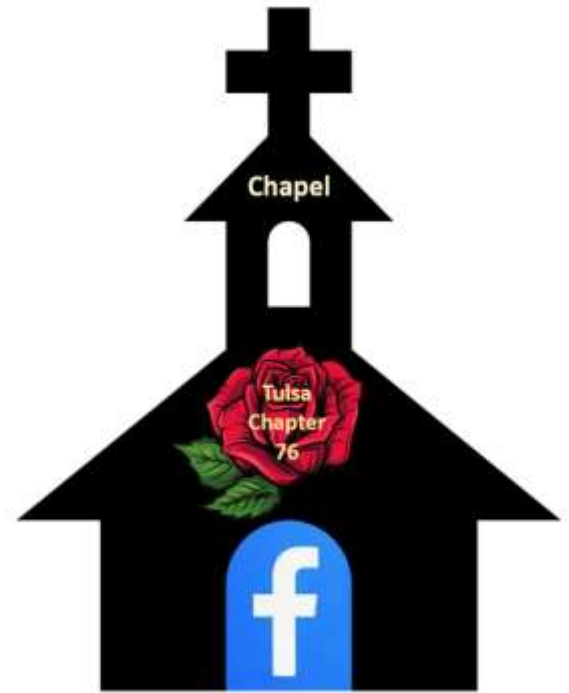
WE had Industry Appreciation Celebration—no minutes were taken.

Page reserved for minutes for future.

NAWIC Tulsa Prayer Chapel

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 with that, please contact me.

Thanks,
Jaylee Klempa
NAWIC Membership Support



NAWIC Meetings/ Dinners/Events Policies

Just a quick 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 guest(s), 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.

Per our Guidelines & Traditions para. 12.a. The Treasurer will assume all Members will attend the monthly meeting and will be billed for said meeting unless they notify the Treasurer that they will not be able to attend said meeting the Friday prior to the meeting (unless otherwise communicated). Even if you cancel at the last minute, we need you to pay.

Our BOD has decided we need to be more vigilant and again start applying this to our monthly meetings starting in March. We run the risk of losing money as a chapter without this policy and we can't afford that.

**Ladies—do you have something to report?
Exciting News / Your Committee / Awards**

Please let Jaylee Klempa know and she will get it in the Newsletter
jklempa@pmgtulsa.com



CLAIM YOUR SEAT FOR SOUTH CENTRAL REGION FALL CONFERENCE OCTOBER 4-6, 2024

Now that Spring Forum is officially behind us, the 2024 Fall Conference is officially live! It is such an honor getting to host the last Fall Conference for the foreseeable future!

Early registration opens on May 15th, please visit the official Fall Conference website to register, or learn about our sponsorship opportunities.

[Fall Conference GLR 2023 - NAWIC South Central Region](#)

Be sure to keep an eye out for our Fall Conference Friday posts! Once a month we will be doing a gift card giveaway!



South Central Region



Hannah Humphrey has not had the opportunity to pass along the Red Rose.

NAWIC PLATINUM SPONSORS

ARCORO
TRANSFORMING HR FOR CONSTRUCTION



NAWIC GOLD SPONSORS



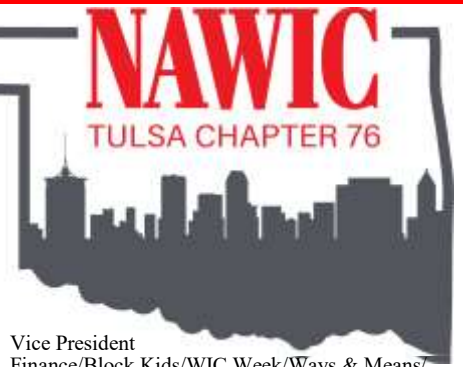
NAWIC SILVER SPONSORS



NAWIC BRONZE SPONSORS



2023-2024 BOARD/COMMITTEE CONTACT LIST



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Finance/Strategic Planning
Chrissie Humphrey
Email: chrissiehumphrey@stoutconstruction.net
Cell: 918-530-9183



Vice President
Finance/Block Kids/WIC Week/Ways & Means/
Marketing/Membership
Nicole Shields
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Treasurer
Finance/Safety
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President Elect
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Ways & Means
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Recording/Corresponding Secretary
PD&E/Social
Kristi Ostler
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Director
WIC Week/Membership/Strategic Planning/Social
Hannah Humphrey
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Immediate Past President
DE&I
Jaylee Klempa
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