



PRESIDENT'S Message

President's Corner: Building the Future Together

Happy August, Chapter 76!

Here it is—August already! It's hard to believe it's time for the children to head back to school. I hope everyone has had a wonderful summer so far.

In July, Kitzie Vander Kooi did an excellent job with our Excel class. I certainly learned several things about Excel that I didn't know before! Thank you, Kitzie, for sharing your knowledge and helping us learn something new.

It is getting close to the time when my term as President will come to an end and our new Board will take over. As I look back, I am incredibly grateful for the opportunity to serve Chapter 76 and for all of the support, encouragement, and friendships I have received along the way.

Broken Arrow High School is excited to offer a new career fair opportunity this year. They will be hosting a combined College and Career Fair on Tuesday, August 25th, from 5:30–7:30 PM at the Event Center on campus.

If your schedule permits, they would love to have us join them! Last year, their College Fair had more than 400 students attend from across the Tulsa Metro area. This will be a great opportunity for us to showcase our industry, promote our organization, and connect with students who may be interested in careers in construction.

Please RSVP by August 18th to reserve your table.

August Chapter Meeting

The Social, Membership, and Ways & Means Committees have a great event planned for our August meeting! I hope everyone who is able will join us. I can't wait to see everyone there!

The flyers have gone out, so please be sure to share them with your contacts and help us spread the word.

We are looking forward to an evening of fun, laughter, and fellowship as we come together to reconnect and enjoy time with one another.

Stay Cool & Stay Safe

August is turning out to be another hot month, so please remember to drink plenty of water, wear light clothing, and give yourself a chance to cool down when you need it. We want everyone to have a safe and healthy summer!

Thank you for being part of NAWIC Chapter 76. Whether you have been a member for years or recently joined, each of you brings something special to our chapter. I truly appreciate your

support, your friendship, and your commitment to helping women in construction grow and succeed.

Here's to a great August and another wonderful month together!

Paula Fennell,
NAWIC Tulsa Chapter 76 President 2025-26



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NEXT MEETING:

4th Tuesday of the Month
Membership Meeting
Excel Learning

LOCATION:

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

RSVP email by EOB 07/24

kostler@flemingconstructiongroup.com

UPCOMING EVENTS

AUGUST	BOD Meeting—08/04 11:30 am Teams Summer Social Fundraising Event — 08/18 6:00—8:00 PM at the Hard Rock Hotel & Casino
SEPTEMBER	BOD Meeting—09/01 11:30 am Teams New BOD Installation —09/15 6:00 PM TBD
OCTOBER	New BOD/New Year



UPCOMING WEBINARS: www.nawic.org

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.

07/09—2-3pm Navigating Recent Federal Actions on DEI

08/13-15 in Reno, NV—National NAWIC 71st Annual Conference

Celebrating Our NAWIC Sisters!

**Happy
Birthday**

08/29 Ronny Walker

**Welcome
New Members**

**Congratulations
On Your Anniversary**

08/2025 Elizabeth Clagg

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

Thank you. jklempa@pmgtulsa.com

Safety Notes for August:

Safety Starts at Your Desk: Office Safety Matters Too

When we think about workplace safety in construction, our minds often go straight to hard hats, steel-toed boots, and jobsite hazards. While field safety is critical, it's important to remember that safety doesn't stop at the construction site. Office employees face hazards every day that can lead to injuries, lost productivity, and unnecessary stress.

Ergonomics: Small Adjustments, Big Benefits

Poor workstation setup is one of the leading causes of neck, shoulder, wrist, and back pain. A few simple adjustments can make a significant difference:

- Keep your computer monitor at eye level.
- Position your keyboard so your elbows remain at a 90-degree angle.
- Sit with both feet flat on the floor or on a footrest.
- Use a chair that properly supports your lower back.
- Stand up and stretch every 30–60 minutes.

Remember, the best posture is your next posture. Regular movement is just as important as proper sitting.

Prevent Slips, Trips, and Falls

Office injuries often result from something as simple as a loose cord or an open file drawer.

Take a moment each day to:

- Keep walkways free of boxes and clutter.
- Secure electrical cords out of traffic areas.
- Clean up spills immediately.
- Close file cabinets and drawers after use.
- Wear appropriate footwear, especially during rainy or icy weather.

Lift Smart

Boxes of paper, office supplies, and deliveries may not seem heavy until someone lifts them incorrectly.

When lifting:

- Test the weight before lifting.
- Bend your knees—not your back.
- Hold the load close to your body.
- Ask for help or use a cart when needed.

There's no award for lifting something that should have been a two-person job.

Protect Your Eyes

Hours spent looking at computer screens can lead to eye strain and headaches.

Try the **20-20-20 Rule**:

Every 20 minutes, look at something at least 20 feet away for 20 seconds. This simple habit helps reduce eye fatigue and allows your eyes to refocus.

Be Prepared

Even office employees should know:

- Where emergency exits are located.
- The location of fire extinguishers and first aid kits.
- Emergency contact procedures.
- What to do during severe weather or other emergencies.

Preparation builds confidence and can save valuable time during an emergency.

Safety Is Everyone's Responsibility

Whether you're reviewing blueprints in the office or managing work in the field, every employee contributes to a culture of safety. Paying attention to your surroundings, practicing good ergonomics, and addressing small hazards before they become accidents helps create a safer workplace for everyone.

At the end of the day, safety isn't just about preventing injuries—it's about taking care of ourselves and each other.



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!!
We will add the information for our OSUIT scholarship as
soon as we can!

NAWIC TULSA CHAPTER 76
General Membership Meeting – July 2026

The General Membership of NAWIC Tulsa Chapter 76 met on July 28th, 2026, at AGC Office in Tulsa.
The meeting was called to order by President Paula Fennell at 6:05 p.m. Members present were:

Paula Fennell	Karley Potter	Jaylee Klempa	Kitzi Vander Koi
Dana Cookson	Sydney Stehm	Jessica Spraklen	Dawn Reside
Nicole Stagner	Abigail Sullivan		
Ronny Walker			

REGULAR ORDER OF BUSINESS:

A Quorum was established.

There was not a flag present, so the Pledge of Allegiance was not recited, but the NAWIC Pledge was recited. The Red Rose was given by Karley Potter to Nicole Stagner for being welcoming and always being someone, Karley could look up too!

REPORTS FROM OFFICERS:

President – Paula Fennell – no report

Vice President – Jaylee Klempa – fundraising event for August Summer Social.

President Elect – Nicole Stagner – no report

Recording Secretary – Jennifer Cearley – no report

Correspondence Secretary – Sarah Hopper – no report

Treasurer – Kristi Ostler – no report.

STANDING COMMITTEE REPORTS:

Finance/Budget – Kristi Ostler – no report

Membership – Jaylee Klempa – previously stated event.

Block Kids – Christi Wyatt – no report

Professional Development & Education (PDE) – Kylie Belden – Excel Training from Kitzi.

Diversity, Equality & Inclusion (DEI) – Vacant – for now

Marketing – Sarah Hopper – no report

SPECIAL COMMITTEE REPORTS:

Social – Jenn Cearley – No report.

Ways and Means – Kaitlynn Stockam – ditto Jaylee on event.

WIC Week – Nicole Stagner – no report

Safety – Dana Cookson – no report

Strategic Planning – Paula Fennell – no report

Industry Outreach – Paullei Tanner – no report

UNFINISHED BUSINESS: None.

NEW BUSINESS: None

PROGRAM – PDE Excel Training

ANNOUNCEMENTS: None

ADJOURNMENT: There being no further business, the meeting was adjourned by Paula Fennell at 6:30 pm.

EVERYONE HAS A VOICE

EVERYONE HAS A VOICE

We Value Your Feedback!

Please use this new 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.

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 November Edition:

Question 1 - N/A





Tulsa, OK

NETWORKING MIXER & FUNDRAISER



18th August 2026 | 5:00 PM to 8:00 PM

**Hard Rock Hotel and Casino
777 W Cherokee St. Catoosa, OK 74015**

**Entry Fee \$35
Cash Bar**

**Silent Auction &
Other Games**

**Heavy Hors
D'oeuvres**

Please RSVP by 11th August, 2026 To JCearley@murraywomble.com



The National Association of
Women in Construction

Tulsa, OK

NETWORKING MIXER & FUNDRAISER



Plus other auction items and games!



Tulsa, OK

NETWORKING MIXER & FUNDRAISER

SPONSORSHIP OPPORTUNITIES

Venue Sponsor (1) - \$200

Advertising spot on our website and at the Venue

Free Admission for 2

Food Sponsor (5) - \$300

Advertising spot on our website and at the Venue

Free Admission for 2

Prize Sponsors - \$50 - \$500 or Donated Prize items

Advertising spot on our website and at the Venue



TULSA



<https://www.zeffy.com/en-US/ticketing/networking-mixer-and-fundraiser>

Please know we have a Private Membership page on Facebook

It's a private group and you may post your own prayer

Requests, birthday celebrations, congratulations or announcements at any time.

Or if you'd rather, please e-mail Jaylee and she'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 page, simply request to be added. If you have any issues with that, 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 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.

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!

Kristi Ostler, Tulsa Chapter Treasurer kostler@flemingconstructiongroup.com

NAWIC Chapter 76 mailing address
NAWIC
PO Box 1743
Owasso, OK 74055

Do you have something to report?

Exciting News / Your Committee / Awards

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

NAWIC Tulsa Committee Info

NAWIC Construction Industry Outreach Committee

We have been busy promoting NAWIC and construction as a gender-neutral career field. Below is a summary of 2026 to date.

January 22: Union 8th Grade College & Career Fair – Ronny Walker, Paula Fennell, Kitzi VanderKooi, Paullei Tanner
March 9: Tulsa Public Schools Dare 2 Dream College & Career Fair @ McLain HS – Ronny Walker and Paullei Tanner
March 10: OSU-IT Scholarship Appreciation Luncheon – Paula Fennell, Ronny Walker, Paullei Tanner
March 19: Home Builders Association lunch to discuss HBA and NAWIC collaborating on few events – Paula Fennell, Ronny Walker, Paullei Tanner
March 25: Tulsa Tech Construction Career Fair – Ronny Walker, Karley Potter, Jenn Cleary, Paullei Tanner
March 31: OSU-IT Women in Industry Event – Ronny Walker, Kristi Olster, Christi Wyatt, Paullei Tanner
April 2: ABC Showcase @ Expo Square – Paullei Tanner, Kristi Olster, Jaylee Klempa, Paula Fennell
April 15: HBA Building Her Legacy – Celebrate Women in Architecture & Building
April 19-20: Career Tech SkillsUSA State TeamWorks Competition @ Arvest Convention Center
June 8: Project Tour at the BA Reagent Amphitheater
July 21: Tulsa Welding School

Up and coming:

Broken Arrow High School—College/Career Fair Tuesday, Aug. 25, 5:30-7:30 PM @ Event Center (south of the football field).

Your NAWIC Construction Industry Outreach Committee would like to schedule job site tours of your projects for NAWIC members to see what you do and for your company to see your NAWIC sisters. If you have a project you want to nominate to visit, please contact Paullei Tanner.



SUMMER FUNDRAISING SOCIAL EVENT THIS MONTH!

Get ready for an exciting summer event that combines the creativity of the Social Committee, the fundraising expertise of the Ways & Means Committee, and the welcoming spirit of the Membership Committee!

This collaborative effort is designed to strengthen connections among our members, celebrate our chapter, and support our important initiatives through a fun and engaging fundraising opportunity. Whether you're a longtime member or new to the organization, this event is being planned with everyone in mind.

Please see the invitation this month and the flier that was sent out to membership earlier. We are in need of sponsorships, auction items and prizes!

This is open to all and there is a \$35 entry fee.
We can't wait to celebrate you!

Fun • Fellowship • Fundraising



Rose Recipient NAWIC Tulsa

NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION

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.



Dana Cookson was honored to receive the NAWIC Red Rose Award presented by Nicole Stagner. Dana has been a member of NAWIC Tulsa Chapter 76 for six years and is grateful to be part of an organization that supports and encourages women in the construction industry.

Dana has worked in the construction industry for the past eight years and currently serves as Controller for Stout Construction. She enjoys the challenges that come with construction accounting and is passionate about continuously learning, improving processes, and helping others succeed. Throughout her time with NAWIC, she has enjoyed building friendships, supporting chapter activities, and volunteering

wherever she is needed.

Outside of work, Dana enjoys spending time reading and making memories with her grandchildren. She is truly honored to receive the Red Rose Award and appreciates the kindness and recognition from her fellow NAWIC members. She looks forward to continuing to support the Tulsa Chapter and the amazing women who make it such a special organization.

2025-2026 BOARD/COMMITTEE

CONTACT LIST



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Immediate Past President
Finance/Strategic Planning, Safety Chair
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Block Kids Chair
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