

# The Blueprint



**NAWIC | FORT WORTH CHAPTER #1 | SOUTH CENTRAL REGION**

www.nawic-fw.org

*May 2024*

## **NAWIC Pledge**

As material for the construction of our buildings, I pledge the agility of my hands, the ability of my mind, and the integrity of my heart.

## **NAWIC Core Purpose**

To strengthen and amplify the success of women in the construction industry.

## **NAWIC Core Values**

Women focused, Courageous leadership, Commitment to inclusion and growth, Anticipate

## **Calendar of Events**

**Business Meeting – May 16<sup>th</sup>**  
The Woman's Club of Forth Worth

**Board Meeting – May 7<sup>th</sup>**  
Key Construction

**Annual Conference 2024 – Houston, TX – August 14<sup>th</sup> – 17<sup>th</sup>**

**Ways & Means Golf Tournament – April 29<sup>th</sup>, 2024.**

## *President's Message*

Ladies of NAWIC Chapter #1-

First, I want to thank the Ways & Means committee as well as all of the volunteers to helped to make our 40<sup>th</sup> Anniversary Ways & Means golf tournament a great success! If you missed this event, you really missed out. We ended up having a tremendous turnout as well as great weather. The ladies on this committee sold out the tournament in record time which means we will need to move our 2025 tournament to a new location that can accommodate us as this tournament has outgrown one golf course!

Next, I want to encourage everyone to attend the May 16<sup>th</sup> chapter meeting. This is our voting meeting for the 2024-2025 board of directors. We need as many voting members as possible to achieve the required quorum. The slate of candidates is listed in this Blueprint. This is a tremendous group of candidates and I want to thank everyone who is running. Serving on the board of directors for the Fort Worth Chapter is so rewarding!

Last, please note that registration for Annual Conference is open. Annual Conference will be held in Houston, Texas, August 14-17, 2024. If you are interested in attending, please note that your registration fees are reimbursed by the chapter with a written report. In addition, if you need assistance with a hotel room, we will have chapter rooms available for our members to stay in as well. I hope we have a good showing to represent the Fort Worth chapter at Annual Conference.

Megan Shaw  
Fort Worth Chapter #1 President

Welcome to Our  
New Members



Welcome to Our New Members





# Form 2024 Report

## Forum 2024 Report Corpus Christi, TX Submitted by Lori Donnell

On Friday, I attended the Personal Safety and Awareness session presented by the Corpus Christi Police Department. I learned a lot about both home and vehicle safety. Most of the information was common sense, but things a lot of people do. For example, many people will pull into their garage and shut the garage door, but then leave the door from the garage to the house unlocked. This door should always be locked as a second barrier to thieves. As far as vehicles go, of course, don't leave a key fob in the car. I know, sounds crazy, but they have had multiple car theft reports where that is exactly what happened. In one case, the spouses spare key fob was also left in the car opening up that car to theft as well. Also, don't leave your garage door opener in the car. CCPD arrested one theft ring and one of the thieves had a backpack FULL of garage door openers with the address written on the back. Had they not been arrested, all those homes would have been open to invasion. Finally, don't leave anything with personal information in the car, including insurance cards. Texas is one of at least 27 states that accept digital insurance cards by state troopers as well as local police departments.

The second session I attended was about Color Theory and Mental Wellness. This was very interesting and explained a lot about why we all like certain colors. Colors not only reflect our mood, but can also affect our physical and mental health. For example, red increases blood pressure and can cause stress. In my case, red energizes me and makes me more alert. Colors can also make different people feel differently. A friend that was with me said black is depressing, but another member has predominantly black in her home because it is relaxing to her.

The Welcome Party was aboard the USS Lexington and we had access to the flight deck and more. It was truly amazing to see the different types of aircraft and reflect on all the people who served on the ship while it was in commission.

Saturday's general session began with National Anthem presented by the TAMU Corpus Christi Instrumental Ensemble. It was beautiful with the trumpets. Donnita Dewey then led the Pledge of Allegiance, NAWIC Pledge and inspiration. We then heard from National Vice President Raven Hoffman on the President's report and Mid-Year Summary of Actions and the Director's report from Director Taylor.

Our keynote speaker was Stephanie Hadjucek, founder of *This One's for the Gals*. You really just need to check it out at <https://thisonesforthegals.com/>. What *This One's for the Gals* has accomplished in just a few years is amazing. This is the type of reach I really want our Fort Worth chapter to strive for (maybe in collaboration with Girls, Inc.). A regional conference is slated for Central Texas in 2025 with North Texas possibly to follow. We need to make sure we are involved in this!

After lunch, we heard a few more reports and then moved into new business. We elected new Region Fund Trustees for a two and a three year term. After much lively discussion, a motion was passed to eliminate an in-person Fall Conference. A virtual conference may be held to conduct business, but education sessions will be reserved for Annual Conference. Another motion to add a Regional Board Orientation was also passed. The orientations will be a one day event held in a couple of centralized locations to allow all chapters to participate. The entire incoming board of every chapter will be expected to attend.

Invitations for Fall Conference (Tulsa) and Annual Conference 2024 (Houston) were given. An exciting announcement for Forum 2025 was given by Director Taylor. The South Central, South Atlantic and Southeast regions will be coming together for a joint Forum in Atlanta, Georgia. This will be expanded to a three day event to allow a day for each region to meet individually in addition to all the combined events. Dates have not been set yet, but be on the lookout for more information.

Our final event of the conference was the Awards Gala, including a Construction Fashion Show. Our own Karen Weatherford was one of the models and did a fantastic runway strut! The Fort Worth Chapter won a Keys to the Future award from the Membership Committee. Julia Campbell's 30 year pin was presented and accepted by myself on her behalf. I hope to congratulate Julia in person and present her pin to her soon.

The small but mighty Corpus Christi chapter did an amazing job with the conference. I'm looking forward to Fall Conference in Tulsa and hope you all will join me!

# May Business Meeting



Fort Worth, TX

## **Electrical Hands-on Activity**

Join us for the final installment in our Contractor Series



### **Mike and Sharon Murphy, Accutex Electric**

Mike Murphy has been in the electrical trade for 38 years. He is a Master Electrician and Project Manager and is the Operations Manager. Sharon has an associate degree in Small Business Management and is the Office Manager. They have been together for almost 40 years and married for 38. Together they started AccuTex Electric in 2002. Through the years, they have also worked hand in hand with their two sons who also became Master Electricians and Project Managers.

AccuTex is WBENC, HUB, and NCTRC Certified and is a member of the IEC. We have done many projects through the years and are now specializing in commercial and industrial maintenance services

Thursday, May 16, 2024  
5:30pm-8:00pm

***Women's Club of Fort Worth***  
***1316 Pennsylvania Avenue, Fort Worth, 76104***

### **Menu**

Barbecue Buffet

**PLEASE RSVP NO LATER THAN NOON May 14, 2024**

Via email [reservations@nawic-fw.org](mailto:reservations@nawic-fw.org)

Link To Pre-Pay Dinner Cost \$40

<https://checkout.square.site/merchant/1HR5JES3R82XY/checkout/CH3WDTW36CE6BZIEP7SFJ7GG>

Please remember that members and guests not canceling dinner reservations before Tuesday noon prior to the meeting shall be responsible for dinner cost. This is necessary because costs are incurred based on the anticipated attendance (food, venue, supplies).



### **Reminder!**

**We are electing our 2024-2025 Board of Directors who will  
serve under President Jessica Steel.  
Come let your voice be heard!**



# Membership & Friendship



Please add your birthdate to the Google sheet to update our list!  
– Membership

## May 2024 Birthdays and Anniversaries



*Happy Anniversary!*

Lori Donnel 10 Yrs

Andrea Giron 3 Yrs

Tammy Blake 3 Yrs





# Safety

## Heat Exhaustion



Title: Staying Safe from Heat Exhaustion at Work: A Guide for Construction Workers

Introduction: When it gets hot outside, people who work outdoors, like construction workers, can get sick from the heat. One big worry is heat exhaustion, which can be really bad for workers' health and safety. In construction, where working hard in the sun is common, it's super important to take steps to stop heat-related problems and keep workers safe.

Recognizing Heat Exhaustion: Heat exhaustion happens when your body gets too hot and you don't drink enough water. It can make you feel really sweaty, weak, dizzy, and give you headaches and nausea. Your heart might beat faster too. If you don't treat it, it can turn into something worse called heatstroke, which is very serious.

Factors Making Heat Exhaustion Worse in Construction: Construction work makes it easier to get heat exhaustion because:

1. You're outside in the sun a lot with not much shade.
2. Doing hard physical work makes your body get even hotter and lose more water.
3. The gear you wear to stay safe, like helmets and vests, can make it hard for your body to cool down.
4. Sometimes, there's not enough time for breaks because of tight deadlines, which can make things worse.



Addressing Heat Exhaustion Risks: To stop heat exhaustion at construction sites, everyone needs to do their part:

1. Drink Water: Bosses should make sure there's plenty of water around and remind workers to drink it often, even if they don't feel thirsty.
2. Find Shade: Workers should take breaks in shaded areas to cool down.
3. Plan Work Better: Try to do tough jobs when it's not so hot, like in the morning or evening. If it's super-hot, bosses should think about giving workers lighter tasks or more breaks.
4. Wear the Right Gear: Safety gear is important, but it should be light and let air through to keep workers cool.
5. Learn About Heat: Everyone should know the signs of heat exhaustion and what to do if someone gets sick. Training can help with this.
6. Keep an Eye on the Weather: Check the forecast and change plans if it's going to be really hot.
7. Have a Safety Plan: Bosses should make a plan for how to deal with heat and make sure everyone knows it. This can include things like what to do if someone gets too hot.

Conclusion: Heat exhaustion is a big worry for construction workers, especially when it's hot outside. But by being careful and following these tips, bosses and workers can make sure everyone stays safe. Drinking water, taking breaks in the shade, wearing the right gear, and planning work smartly can all help stop heat exhaustion and keep construction sites safe places to work, even when it's hot.

# Safety



Building Safety Month is an international celebration that takes place in May to raise awareness about building safety. Our goal is to help educate individuals, families and businesses on what it takes to create safe and sustainable structures, reinforce the need for the adoption of modern, regularly-updated building codes and highlight the well-trained professionals who work year-round to ensure our safety.

- 2024 marks the 44th edition of Building Safety Month.
- Last year, almost 400 jurisdictions proclaimed May 2023 Building Safety Month, including President Biden, governors, mayors, county executives and others.
- The Code Council provides resources to promote Building Safety Month including safety tip brochures, promotional graphics and resources for students.
- Celebrate with us by sharing this year's poster, your celebrations and more by using our hashtag #BuildingSafetyMonth2024 on social media.

# June Teaser

## **Professional Development & Education**

Mark your calendar for June 20, 2024

The final installment in our contractor series features a Panel Discussion presented by

Holly Green – Brettco Roofing  
Renee Urso – O'Hara's Son Roofing  
Tina Hall – Joe Hall Roofing





# 2024-2025 Slate of Candidates

## 2024-2025 Slate of Candidates

**Elections are May 16, 2024!**

**Please mark your calendar now to come vote and support the candidates!**

### President Elect



**Lori Donnell** CBT, CIT  
Accounts Receivable/Job Cost,  
Double Eagle Electric  
Member since 5/2014  
2023-2024 Parliamentarian, PD&E  
Chair, Regional Membership Chair  
Past Positions- President 18-19, P-E  
2017-18, VP, Treasurer, Director,  
Chapter, Regional and National  
Committee Chairs,  
National Lean-In Award,  
Chapter Member of Year



**Andrea Giron**  
North Texas Technical Sales,  
Neenah Enterprises  
Member since 5/2021  
2023-2024 VP,  
2022-2023 Director,  
Friendship Chair, DEI Chair,  
Blueprint Editor  
2022 Future Leader of the Year

### Vice President



**Jamie Greenway**  
Project Manager,  
Texas Materials Group  
Member since 1/2022  
2023-2024 Director  
2022-2023 Director, President Select  
Member Award



**Toni Najjar**  
VP of Business Development,  
Talon Industries, Inc.  
Member since 1/2022  
Former member 2001-2008

### Secretary



**Patty Bird**  
Workforce Development Manager  
Progress Residential  
Member since 1/2023  
2023-2024 Secretary

### Treasurer



**Raina Webb**  
Fire Sprinkler Precon Sales,  
Caruth Protection Services, LLC  
Member since 12/2021  
2023-2024 Treasurer, 2023 NEF  
Design Drafting Committee Co-Chair  
2022-2023 NEF Design Drafting  
Committee Chair, Safety Committee  
Chair

# 2024-2025 Slate of Candidates

## 2024-2025 Slate of Candidates

### Director



**Francine Alegeh**, CAPM, CTS, EAVA,  
DMC-D-4K  
Owner, Alegeh Drafting &  
Consulting Design Eng, Diversified  
Member since 2007  
2023-2024 Director, NEF Design Drafting  
Committee Co-Chair  
Past Positions: President, Vice President,  
Secretary, Director, CAD Chair

**Alejandra Ayala**  
Senior Project Manager  
City of Ft Worth TX,  
Member since 11/2023



**Adama Ba**  
Sr. Project Engineer  
HJ Russell & Co  
Member since 1/2020  
2023-2024 Director, Blueprint Editor,  
Regional DEI Committee Chair  
2022-2023 Director



**Tammy Bettis Blake**  
Director of Distribution and Contractor  
Sales of North Texas,  
Nexgen Lighting Solutions  
Member since 5/2021  
2023-2024 Membership Chair  
2022-2023 Director, Membership Chair



**Cristy Crookes**  
Sales,  
Sunstate Equipment  
Member since 3/2022



**Dana Goolsby**  
District Sales Manager  
Kone  
Member since 1/2024



**Paulette Poynor**  
Member since 6/2021  
2022-2023 PD&E Committee Co-Chair



**Renee Urso**  
Southern Branch Manager,  
O'Hara's Son Roofing  
Member since 3/2020  
2022-2023 Director

**Elections are May 16, 2024!**

**Please mark your calendar now to come vote and support the candidates!**

# Corporate Sponsorship

**Talk to your company about our new sponsorships – You choose your benefits!**

		<b>2023-2024 Sponsorship Opportunities</b>					
<b>BRONZE</b>	<b>SILVER A</b>	<b>SILVER B</b>	<b>SILVER C</b>	<b>GOLD A</b>	<b>GOLD B</b>	<b>PLATINUM</b>	<b>CORPORATE ADVOCATE</b>
\$1,000	\$1,500	\$1,500	\$1,500	\$2,500	\$2,500	\$3,750	\$1,500
<ul style="list-style-type: none"> <li>❖ Annual Dues</li> <li>❖ Business Card Ad in Newsletter</li> <li>❖ Monthly Dinners (non-refundable)</li> <li>❖ (2) Tickets Industry Appreciation</li> <li>❖ Logo/Link on NAWIC FW Website</li> </ul>	<ul style="list-style-type: none"> <li>❖ Annual Dues</li> <li>❖ ½ Page Ad in Newsletter</li> <li>❖ Monthly Dinners (non-refundable)</li> <li>❖ (2) Tickets to Industry Appreciation</li> <li>❖ Golf Tee Box Sponsorship</li> <li>❖ Region Fall Conference Registration*</li> <li>❖ Region Forum Registration*</li> <li>❖ Logo/Link on NAWIC FW Website</li> </ul>	<ul style="list-style-type: none"> <li>❖ Annual Dues</li> <li>❖ ½ Page Ad in Newsletter</li> <li>❖ National Annual Conference Registration*</li> <li>❖ (2) Tickets to Industry Appreciation</li> <li>❖ Golf Tee Box Sponsorship</li> <li>❖ Logo/Link on NAWIC FW Website</li> </ul>	<ul style="list-style-type: none"> <li>❖ Annual Dues</li> <li>❖ ½ Page Ad in Newsletter</li> <li>❖ (2) Tickets to Industry Appreciation</li> <li>❖ Golf Tee Box Sponsorship</li> <li>❖ (4) Person Team Golf Tournament</li> <li>❖ Logo/Link on NAWIC FW Website</li> </ul>	<ul style="list-style-type: none"> <li>❖ Annual Dues</li> <li>❖ Full Page Ad in Newsletter</li> <li>❖ Monthly Dinners (non-refundable)</li> <li>❖ (2) Tickets to Industry Appreciation</li> <li>❖ Golf Tee Box Sponsorship</li> <li>❖ Region Fall Conference Registration*</li> <li>❖ Region Forum Registration*</li> <li>❖ (4) Person Team Golf Tournament</li> <li>❖ Logo/Link on NAWIC FW Website</li> <li>❖ Supporter Plaque</li> </ul>	<ul style="list-style-type: none"> <li>❖ Annual Dues</li> <li>❖ Full Page Ad in Newsletter</li> <li>❖ Monthly Dinners (non-refundable)</li> <li>❖ (2) Tickets to Industry Appreciation</li> <li>❖ Golf Tee Box Sponsorship</li> <li>❖ Region Fall Conference Registration*</li> <li>❖ Region Forum Registration*</li> <li>❖ Nat'l Annual Conference Registration*</li> <li>❖ Logo/Link on NAWIC FW Website</li> <li>❖ Supporter Plaque</li> </ul>	<ul style="list-style-type: none"> <li>❖ Annual Dues</li> <li>❖ Full Page Ad in Newsletter</li> <li>❖ Monthly Dinners (non-refundable)</li> <li>❖ (2) Tickets to Industry Appreciation</li> <li>❖ Golf Tee Box Sponsorship</li> <li>❖ Region Fall Conference Registration*</li> <li>❖ Region Forum Registration*</li> <li>❖ Nat'l Annual Conference Registration*</li> <li>❖ (4) Person Team Golf Tournament</li> <li>❖ Logo/Link on NAWIC FW Website</li> <li>❖ Supporter Plaque</li> </ul>	<ul style="list-style-type: none"> <li>❖ Full Page Ad in Newsletter</li> <li>❖ (2) Tickets Industry Appreciation</li> <li>❖ 4) Person Team Golf Tournament</li> <li>❖ Golf Tee Box Sponsorship</li> <li>❖ Logo/Link on NAWIC FW Website</li> <li>❖ Supporter Plaque</li> </ul>
<p>All packages reflect membership benefits for one person/representative. Contact <a href="mailto:info@nawic-fw.org">info@nawic-fw.org</a> for pricing for additional representatives.</p> <p>*Registration for region and national events is for <u>Early Bird</u> rate. Any difference in the actual registration fee must be covered by the member.</p>							

**FORT WORTH CHAPTER #1**

**THANK YOU SPONSORS**

# Sponsorship Application



**Fort Worth, TX**

**Sponsorship Information:**

Business Name \_\_\_\_\_  
Contact Person \_\_\_\_\_  
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City, ST, Zip Code \_\_\_\_\_  
Phone 1 / Phone 2 \_\_\_\_\_  
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**Sponsorship Level:**

- |                          |                            |                          |                  |
|--------------------------|----------------------------|--------------------------|------------------|
| <input type="checkbox"/> | Platinum \$3,750           | <input type="checkbox"/> | Silver A \$1,500 |
| <input type="checkbox"/> | Gold A \$2,500             | <input type="checkbox"/> | Silver B \$1,500 |
| <input type="checkbox"/> | Gold B \$2,500             | <input type="checkbox"/> | Silver C \$1,500 |
| <input type="checkbox"/> | Corporate Advocate \$1,500 | <input type="checkbox"/> | Bronze \$1,000   |

**Payment Information:**

Cash     Check     Credit Card     Other

Credit Card Type / Exp. Date \_\_\_\_\_  
Credit Card Number / CVV \_\_\_\_\_  
Billing Address / Zip Code \_\_\_\_\_  
Authorized Signature \_\_\_\_\_

**PLEASE MAKE CHECKS PAYABLE TO: NAWIC FORT WORTH CHAPTER #1**

## **Sponsorship Committee –**

We have three new chapter sponsors this year! Please consider a sponsorship at your renewal and share the benefits with your potential members. Contact Lori Donnell or Riley Seahorn for more information.

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## **Sponsorship Packages Available!!**

For information contact:

[president@nawic-fw.org](mailto:president@nawic-fw.org)



**Advertise in the Blueprint – Contact [president@nawic-fw.org](mailto:president@nawic-fw.org) for more info**



# 2023 – 2024 Fort Worth Chapter #1

**South Central  
Regional Director  
& National Board  
Director:**  
Angela Taylor

**National  
President:**

Karen Hager

## **Board Members:**

**President:** Megan Shaw  
**President-Elect:** Jessica Steel  
**Vice President:** Andrea Giron  
**Secretary:** Patty Bird  
**Treasurer:** Raina Webb  
**Immediate Past President:**  
Karen Weatherford

**Parliamentarian:** Lori Donnell

**Directors:** Adama Ba  
Francine Hawkins Alegeh  
Jamie Greenway  
Renee Urso  
Riley Seahorn  
Sharon Murphy

## **Committee Chairs:**

**Audit:** Dena Rowland  
**Badges & Reservations:** Renee Urso  
**NEF Block Kids:** Sharon Murphy/ Lara Siegel  
**Blueprint Editor:** Adama Ba  
**Bylaws/Chapter Manual:** Karen Weatherford  
**Construction Industry Safety / OSHA:** Karen Weatherford  
**Foundation Liaison:** Karen Weatherford  
**Membership/Friendship:** Tammy Blake/ Angelique Davis/ Patricia Jackson  
**NEF Design/Drafting:** Raina Webb / Francine Hawkins Alegeh  
**DE&I:** Adama Ba  
**New Member:** Jessica Steel  
**Professional Development:** Lori Donnell & Karen Weatherford  
**PR/Marketing:** Andrea Giron/ Katie Marek  
**Sponsorship:** Lori Donnell  
**Strategic Planning:** Jessica Steel  
**Ways & Means:** Shelie Murphy/ Jamie Greenway/ Evelyn Gorman  
**WIC Week:** Riley Seahorn / Karen Weatherford/ Evelyn Gorman

## **Contact Info:**

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# NAWIC

The National Association of  
**Women in Construction**



NAWIC Fort Worth Chapter #1  
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