



NAWIC Tucson Chapter #122

Tucson, AZ

December 2023



Dear NAWIC Members,

As we wrap up a wonderful year filled with empowering events and valuable connections, we extend warm wishes to you all for a joyous holiday season and a prosperous New Year.

Recap of Recent Events:

- Our recent gathering at Antsy Nancy was filled with laughter and camaraderie. The charcuterie boards created by each of you were not only a feast for the eyes but a delight for the taste buds!

- A heartfelt thank you to Amanda for coordinating the recent donation drive benefiting PACC. Your generosity makes a meaningful impact in our community.

- Special kudos to Florence for orchestrating a fantastic Gaslight event. Courtney, your efforts in selling raffle tickets contributed to the event's success, selling out the entire venue. Your dedication and hard work are truly appreciated.

Looking Ahead to January:

As we usher in the New Year, let's turn our focus to Women's Health Awareness month in January. Stay tuned for upcoming events and initiatives supporting this important cause.

Holiday Greetings:

May this festive season bring joy and

happiness to you and your loved ones. Wishing you a Merry Christmas, a Happy Hanukkah, and a joyous New Year filled with new opportunities and continued success.

See You Next Year:
Thank you all for your unwavering support throughout this year. We look forward to another year of growth, collaboration, and success. See you in 2024 for more exciting NAWIC events and initiatives!

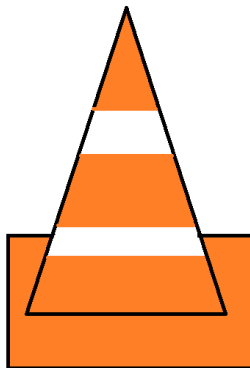
Warmest Regards,
Jamie
2023/2024 President
NAWIC Tucson Chapter

Speaking of the incoming Board, we are still looking for volunteers to fill the following positions:

Website
NEF Blocks Kids
Mentorship

If interested reach out to Jamie Thrush jamie.nawic@yahoo.com

Safety Moment



This month's safety moment is going to highlight OSHA's top 10 most cited violations for 2023.

1. Fall Protection – General Requirements (29 CFR 1926.501): 7,271 Violations
2. Hazard Communication (29 CFR 1910.1200): 3,213 Violations

3. Ladders (29 CFR 1926.1053): 2,978 Violations
4. Scaffolding (29 CFR 1926.451): 2,859 Violations
5. Powered Industrial Trucks (29 CFR 1910.178): 2,561 Violations
6. Lockout/Tagout (29 CFR 1910.147): 2,554 Violations
7. Respiratory Protection (29 CFR 1910.134): 2,481 Violations
8. Fall Protection – Training Requirements (29 CFR 1926.503): 2,112 Violations
9. Eye and Face Protection (29 CFR 1926.102): 2,074 Violations
10. Machine Guarding (29 CFR 1910.212): 1,644 Violations

Welcome to our newest member:

Shelly Smith

"I am a Construction Quality Control System Manager for Barnard Construction. I'm currently working on a joint venture project with Spencer Construction for the Department of Homeland Security - Tucson Sector, designing and installing attributes along the US/Mexico border. I've been in the construction industry for 20 years in various different capacities. I'm a graduate of Boise State University and will be pursuing my master's in Construction Management at Arizona State University in the fall.



I'm a mom of 1 daughter and 4 grandkids. Boise, Idaho is where "my stuff lives" but I am 100% traveling for the job. When I'm not working I love to travel to new places. Experiencing different cultures and ways of living is what excites me. "



Alexandra Miller - December 15th
Laura Edwards - December 16th




Laura Vertes - 2019
Becky Johnson - 2019
Debra Keiser - 2021

Membership Dinner
Wednesday, January 10, 2024



Tucson, AZ



5:30 p.m. - 5:45 p.m. Networking
5:45 p.m. Dinner
6:00 p.m. - 7:30 p.m. Program

DoubleTree Reid Park
Boojum Room
445 S. Alvernon Way
Tucson, AZ 85711

January's focus is on Women's Health and we are so lucky to have 3 great speakers for this dinner!
Our guest speakers are:



Ashlee McDougall

Ashlee is a Yoga Loft Tucson's Founder and co-owner. She's also a lululemon ambassador and started practicing yoga to help her manage the symptoms of a life-threatening lung disease, cystic fibrosis. She found the practice extremely healing, and is now a self-proclaimed yoga nerd. She's completed more than 1,500 hours of training with expert teachers and enjoys studying movement and creating sequences that will help you build strength and mobility, so you can feel as good on the mat as you do off.

Ashlee is inspired by Bhakti Yoga (the yoga of love and devotion) and very passionate about offering trauma-aware and inclusive classes.



Dr. Marsha Brooks-Candela

Dr. Marsha Brooks-Candela graduated from the Sophie Davis School Biomedical Education of the City College of New York in 1984. She then received her MD from the State University of New York at Buffalo in 1986. Her residency in obstetrics and gynecology was completed, also in Buffalo, New York, in 1990. She has maintained her American Board of Obstetrics & Gynecology Certification throughout her career.

She was the Co-owner of the Women's Health and Wellness Center, a multispecialty women's health center, located in Cheshire, CT from 1990 until 2006 when she and her family decided to move to the warmer climate of Arizona.

Dr. Brooks-Candela worked in several practices across AZ until she settled in Tucson, AZ with the MHC Healthcare organization in 2013. Her practice includes all of general obstetrics & gynecology, including well woman exams, pap smears, and contraception; as well as treating disorders including irregular menses, pelvic pain, endometriosis and fibroids. She performs surgery including tubal ligations, endometrial ablations and hysterectomies when needed. She treats women in all stages of life from adolescents to post-menopausal patients. Her obstetric practice delivers at Northwest Women's Center in collaboration with her 2 physician partners and 3 midwives.

Lifelong, her social interests include swimming and bowling; she just started working out regularly after she turned 60, proving that it's

never too late to establish new healthy habits! She has been married to someone within the entertainment industry for almost 30 years and has a young adult daughter who never ceases to make her proud as she is working in the field of public health to improve healthcare on a larger scale.

She looks forward to meeting you and establishing a partnership to maintain and improve your health!



Autumn Ball

Autumn is the owner and head coach of Southwest Endurance Training, a group coached running group in Tucson. She is also a lululemon and Noxgear Ambassador. She started running 14 years ago and started coaching in 2011. She purchased Southwest Endurance Training from her coaches and mentors 5 years ago. She is an RRCA certified running coach and W.O.W certified race walking coach.

As a bigger bodied runner, she is a firm believer in the power of utilizing run/walk intervals. It's her passion to create a welcoming and inclusive community for beginner and intermediate runners, helping them achieve their distance goals.

Dinner Menu:

Tuscany

Caesar Salad, Parmesan Cheese and Herb
Croutons and Creamy Caesar Dressing
Chicken Breast with Mushroom Marsala
Sauce

\$40 Per NAWIC Member

\$50 Per Non-Member / \$35 students

*RSVPs received after the date cannot be
guaranteed a meal.*

Penne Pasta with Pesto Cream Sauce
Garlic Bread
Chef's Choice of Dessert

*Cancellations within 78 hours of the event and
No-Shows will be charged.*

Note in your RSVP if you require gluten-free or vegetarian options.

RSVPs are due by January 3rd

RSVP HERE



Pacific Southwest Region



Pacific Northwest Region

SPRING FORUM 2024

Ala Moana Hotel, Oahu, Hawaii

MAY 8-10, 2024

Join us for the 2024 Pacific Southwest Region
and Pacific Northwest Region Joint Spring Forum!



Nā Wāhine in Construction Unite!

Women in Construction Unite!

Donation Drive



The National Association of
Women in Construction

Tucson, AZ





Here are the results of our donation drive for the Pima Animal Care Center. A huge thanks to everyone who donated ! Shout out to DPR Construction for letting us use their office as the drop off point.

NAWIC Family Night

NAWIC

The National Association of
Women in Construction

Tucson, AZ

**Please join us for Family
Night at the Tucson
Convention Center!**

Watch the **Tucson
Roadrunners** take on the
Bakersfield Condors.

**Saturday,
February 24, 2024
7:00 p.m.**

Tucson Convention Center
260 S Church Ave, Tucson, AZ 85701

\$30 Per Person

Tickets Are Selling Fast

RSVP to
nawictucaz122@gmail.com

Make it a family-fun night !



Mark your calendars for these events:

January 10th - NAWIC Membership Dinner

February 24th - NAWIC Family Night

May 8th thru 10th – PSW & PNW Spring Form in Hawaii

Website Updates -- Is Your Listing Up To Date?

Membership Listings

Members, please check your listing on our chapter's website and confirm whether your information is correct or you want to add/delete information.

Testimonials

How has NAWIC helped you and your business? Please send a testimonial that we can add to our website. Video or written is accepted.

Please contact Debra at dkeiser@tofeldent.com with your updates and testimonials.

Have news to share?

Send job postings, new jobs, promotions, awards, special events, wedding & birth announcements, and more to amandafr@dpr.com by the 15th for that month's issue. Let's celebrate your good news!

NAWIC Monthly Membership Meeting Raffle Sponsorships Available

Get your five minutes of fame at the Membership Meeting.

For a donation of a \$50.00 gift card of your choice, your personal bio, photo, business bio, logo, and link to your website will be included in that month's newsletter, meeting flyer, and chapter website.

Contact Tracy Miller at jamie.nawic@yahoo.com for details or to reserve a month.



JOIN NAWIC NOW

Not a NAWIC Member?

Know of someone who may be interested in becoming a member?

Contact **Jamie Thrush** for membership information.

CONNECT WITH US!



Strengthen and amplify the success of women in the construction industry

NAWIC Chapter 122 | 2840 N. Country Club Rd Ste. 100, Tucson, AZ 85716

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