



National Association of Women in Construction  
San Diego Chapter 21  
PO Box 880725  
San Diego, CA 92168

# The Hard Hat Newsletter

## Letter from the President's Desk

Happy February!

The month of January flew by and I could not be more excited with the direction our Chapter is headed. Our January Membership meeting had an excellent turnout and I received great feedback! Chapter Members and guests were blown away by the wisdom and stories that our panel of "Women at Work" shared with us! Thank you to our Panelists and PDE Committee for making that such a memorable night for all.

Our NAWIC Calendar for February offers some great events, as well! Come out and show your support for NAWIC SD Future Construction Leaders Foundation, this Saturday 2/9 at Castelli Family Vineyards. We will be hosting a Wine Tasting & Opportunity drawing to raise funds to help support our Youth & Teen events. Wine, shopping and raising money for a great cause! What a perfect opportunity for a day date with your spouse or some friends! I hope to see everyone on Tuesday 2/12 at our joint meeting with the ASPE. Architect Steve Fobes will be presenting on the topic of the San Diego Children's Zoo Renovation.

Grab your calendar and start planning ahead because the next few months are filled with events that you will not want to miss! WIC Week is only a month away so it is time to register for and spread the word about our Toast to the Trades dinner and the RDO Demo Day! Then in April, NAWIC San Diego is celebrating our 60th Anniversary! At our Anniversary Celebration, we will be honoring our Scholarship Recipients, Block Kids & Design Drafting winners, as well as three awards to be voted on by membership, so don't forget to get your votes in (voting forms/info below)! These events are awesome opportunities to spread the word about NAWIC, grow our chapter and gain support in our San Diego Construction community. Make sure to forward the invite to coworkers, friends, colleagues and anyone else you know that may be interested in getting involved!

I look forward to seeing everyone at our upcoming events. Feel free to reach out to me with any questions!

*Ashley Carnevale*

Ashley Carnevale  
Tru-Duct Inc.  
NAWIC San Diego Chapter President

*Local chapters do not speak for NAWIC National.*



## Upcoming Events

**Wine Tasting Fundraiser Saturday,**  
February 9, 2019

**February Meeting**  
Tuesday, February 12, 2019

**March Meeting**  
Tuesday, March 13, 2019

**Design Drafting Competition Friday,**  
March 8, 2019

**PSW Regional Forum**  
Friday-Saturday, May 3-4, 2019

## March Chapter Meeting

JOINT MEETING WITH NAWIC AND ASPE SAN DIEGO CHAPTERS

### San Diego Children's Zoo Renovation: A Children's Zoo for the 21<sup>st</sup> Century

February 8, 2019, 5:30 pm - 9:00 pm

Riverwalk Golf Club

1150 Fashion Valley Rd, San Diego, CA 92108

Join your NAWIC and ASPE colleagues as we learn about what is in store for the San Diego Children's Zoo. A vision for San Diego's children's interaction with animals, nature, and adventure is due in large part to a \$30 million gift from T. Denny Sanford. The Sanford Children's Zoo will feature:

- A treehouse
- Supersized beehive
- Suspension bridges
- and more!

Presenter Steve Fobes is the Architect for the San Diego Zoo. He was also the principal architect for Africa Rocks.

*Please RSVP by February 8, 2019 at noon.*

[Register Online](#)



[February Meeting Flyer](#)

## March Chapter Meeting

### Toast to the Trades with Guest Speaker Kayleen McCabe

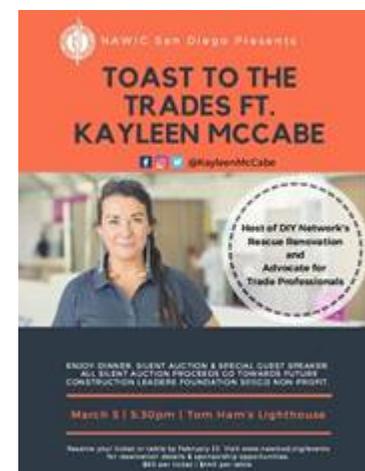
March 12, 2019, 5:30 pm - 9:00 pm

Riverwalk Golf Club

1150 Fashion Valley Rd, San Diego, CA 92108

Please join us for an evening to highlight careers in construction! Special guest speaker, **Kayleen McCabe**, host of DIY Network's Rescue Renovation and advocate for trade professionals, will emphasize the rising demand for trade professionals that's outpacing vocational training and advise on what you can do to help restore America's respect for the trades. It will be an enthusiastic presentation you don't want to miss! Check out one of Kayleen's previous talks here.

[Register Online](#)



[Toast to the Trades Flyer](#)

## Events

### Celebrate Valentine's Day at Castelli Family Vineyard

Saturday, February 9, 2019, 2:00 pm - 4:00 pm

Castelli Family Vineyard

17872 Oak Grove Rd, Ramona, CA 92065

Still trying to decide what to do for Valentine's Day? Maybe you just want to do something special for yourself!

We have the perfect event for you! There is still time to sign up! Bring your friends!

Come join us Saturday February 9th at the Castelli Family Vineyards.

**Registration is closed for this event.**



## WIC Week: March 3-9, 2019

WIC Week is quickly approaching! We are celebrating Women In Construction March 3-9 by hosting two events throughout the week:

### Toast to the Trades

Tuesday, March 5, 2019  
5:30 pm - 9:30 pm  
Tom Ham's Lighthouse  
2150 Harbor Island Drive  
San Diego, CA 92101

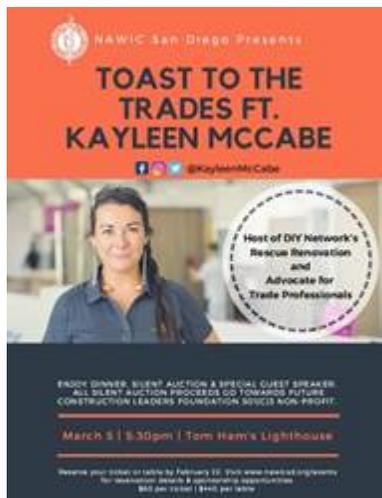
### RDO Demo Day

Thursday, March 7, 2019  
3:30 pm – 6:00 pm  
RDO Yard  
10108 Riverford Road  
Lakeside, CA 92040

We invite you to attend one or both events, spread the word throughout your company, and invite family & friends to show off what an impact you as a woman has on the construction industry.

We are looking for donations to the Toast to the Trades Silent Auction—all proceeds benefit the Future Construction Leaders Foundation. Visit the website for a list of donation ideas.

If you have any questions, would like to reserve tickets or make a donation to the auction please email your WIC Week Co-Chairs Shelby Ballow [shelbyb@dowlingconst.com](mailto:shelbyb@dowlingconst.com) or Tosha Carapella at [tosha@sunrisebobcat.com](mailto:tosha@sunrisebobcat.com).



[Toast to the Trades Flyer](#)

[Register Online](#)



[Toast to the Trades Sponsorship Flyer](#)



[RDO Dem Day Flyer](#)

[Register Online](#)

## NAWIC San Diego's Diamond Celebration

National Association of Women in Construction San Diego Chapter Cordially invites you to attend their Diamond Celebration  
Friday April 12th, 2019 6:00 pm (Networking), 6:30 pm (Dinner and dancing to Primo DJ)

Admiral Baker Clubhouse Presidio Room  
2400 Admiral Baker Rd  
San Diego, CA 92124

Please come join us as we celebrate NAWIC San Diego Chapter's 60th Annual Awards Dinner

Awards will be given out for:

- NAWIC member of the year
- NAWIC Outstanding Team Member
- San Diego Company of 2019
- Scholarship recipients
- Design Drafting & Block Kids winners

Cocktail attire

Cost:

\$60 per person/\$110 per couple  
\$425 for table of eight

[Register Online](#)



[Event Flyer](#)



[Sponsorship Flyer](#)

## Women Build: San Diego Habitat for Humanity

### Be part of the team!

The 2019 Women Build for Habitat for Humanity will be in Logan Heights on May 2-4 and May 9-11. Returning teams and sponsors will have priority for booking dates until February 8th.

For more information, contact:

Bridget Strickland

Corporate Partnership Manager

San Diego Habitat for Humanity

(619) 516-5275

[bridget.strickland@sandiegohabitat.org](mailto:bridget.strickland@sandiegohabitat.org)



## PSW Regional Forum in Las Vegas

### Register for the 2019 PSW Region Forum in Las Vegas, today!

Would you like to grow personally and professionally? Would you like a chance to network with other women working in the construction industry? How about getting your business in front of the industry's brightest professionals? Discover how NAWIC builds leaders, careers, and futures by attending or sponsoring the 2019 Forum!

### NAWIC Pacific Southwest 2019 Forum

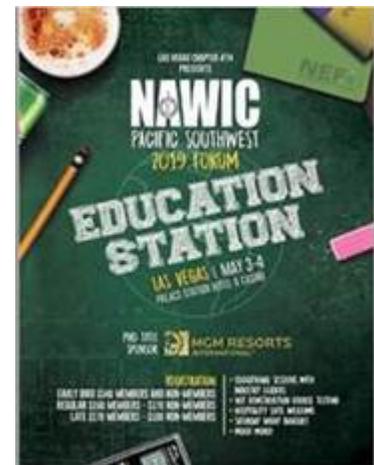
May 3-4, 2019

Palace Station Hotel & Casino, Las Vegas, NV

**Regular Registration:** December 1, 2018 – March 29, 2019

**Late Registration:** March 30, 2019 – May 2, 2019

Please send payment to the address on flyer or pay on line with credit card at: [www.lasvegasnawic.org](http://www.lasvegasnawic.org).



PSW Region Forum Flyer

## Camp NAWIC San Diego

### Calling all Girls Grades 8-12 for a Hands-on Construction Camp

June 17 - 21, 2019, 8:00 am – 4:00 pm

Location: Associated General Contractors

Apprenticeship Training Facility

6212 Ferris Square, SD 92121

The National Association of Women in Construction is ramping up for Camp NAWIC 2019. Join us for a FREE, week-long summer day camp.

Attendees have the opportunity to build take-home projects from the lessons in carpentry, electrical, solar energy, plumbing, and sheet metal. Operating heavy construction equipment and surveying are two of the favorite activities! Ladies, have fun with your friends for a whole week!

At graduation on Friday, you and your parents are invited for a barbeque lunch and a grand celebration!

[Learn More →](#)



Event Flyer



Sponsorship Flyer

## Anniversary Committee Requests Nominations for Member of the Year, Company of the Year and Outstanding Team Member of the Year

The Anniversary Committee is reaching out to you, our Chapter members, to help select this year's honorees in three Categories:

- Member of the Year
- Company of the Year
- Outstanding Team Member of the Year

### Member of the Year

This is your chance to brag about a member you know has gone above and beyond to support and promote our Chapter and our goals to enhance the success of women in construction.

They may shine as an outstanding support member on multiple committees, or works effortlessly spreading the word about NAWIC. Maybe they have been spotlighted in the community, in publications, or on TV.

### Company of the Year

We also are looking for a company, whether they are members of NAWIC or not, that has supported NAWIC this past year in a particular or outstanding way, or has supported women in construction in a noticeable fashion.

### Outstanding Team Member of the Year

This is someone who works tirelessly behind the scenes, to make our chapter and events a success. We don't usually hear their name or see them in front of the crowd. Let's recognize them for the work they do.

To date, we have only heard from two of you! We need your input! Remember we have multiple categories, and you can nominate more than one member.

Use the nomination forms to help in your submission.

Please send your nominations to Lorelee Langworthy at [llangworthy@allaccessrentals.com](mailto:llangworthy@allaccessrentals.com), or Isabel Moracco at [izmarocco@caspercompany.com](mailto:izmarocco@caspercompany.com).

**The deadline for submissions is March 25th to give us time to review all the nominees.**

A form titled "NAWIC MEMBER OF THE YEAR NOMINATION 2018-2019". It includes a field for "Nominee's Name" and a section for "Reason for Nomination" with several horizontal lines for text entry.

[Download](#)  
[Member of the Year Form](#)

A form titled "NAWIC COMPANY OF THE YEAR NOMINATION 2018-2019". It includes a field for "Nominee's Name" and a section for "Reason for Nomination" with several horizontal lines for text entry.

[Download](#)  
[Company of the Year Form](#)

A form titled "NAWIC OUTSTANDING TEAM MEMBER OF THE YEAR NOMINATION 2018-2019". It includes a field for "Nominee's Name" and a section for "Reason for Nomination" with several horizontal lines for text entry.

[Download](#)  
[Outstanding Team Member of the Year Form](#)

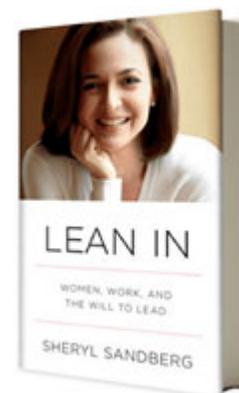
## NAWIC PD&E Book Club

The Professional Development & Education's (PD&E) book club is has started!

The club is currently reading "Lean In: Women, Work and the Will to Lead" by Sheryl Sandberg.

For more information about the Book Club, contact:

Paula Sorensen  
Arco Electric, Inc.- Vice President  
NAWIC Salt Lake Chapter #90  
801-566-1695 cell 801-598-1412  
[paula.sorensen@arcoelectric.com](mailto:paula.sorensen@arcoelectric.com)



## Design Drafting Competition

The National Association of Women in Construction— San Diego #21 is sponsoring the NAWIC Education Foundation (NEF) Design Drafting Competition for High School and College students.

The competition provides recognition to contestants for creative design, successful problem solving and craftsmanship in preparing architectural drawings and renderings. The drawings may be created utilizing any computer aided design (CAD) program available to the contestants, drawn by hand, or may consist of a combination of computer aided and hand drawn plans. Entries will be evaluated for detail, accuracy and originality of work.

Contestants will be judged at the local level with the local winning entry in each division being submitted for Regional and National Competition. Contestants will be furnished with an architectural problem developed by a design professional, a site description and plan, and a list of required drawings and information. Judging will be performed by construction industry professionals. Future

Construction Leaders Foundation believes the challenge of meeting future workforce demands emphasizes the importance of education, training, and preparing our youth for careers in construction.

### Drawings to be Judged March 8, 2019.

Please join us in sponsoring this motivational competition. Sponsorship information can be found on the event flyer.



[Download Flyer](#)

## Jim Bouchard is Coming to San Diego!

Jim Bouchard, The SENSEI LEADER, is coming to San Diego! You may have seen Jim speak for NAWIC in Orlando or Nashville, at the Annual Convention. Jim continues to work with NAWIC, your Chapters, and your companies around the country. He's deeply committed to NAWIC's ongoing mission, and supporting your members and company cultures.

We can thank Kizzy Ferrer and Bridget Pulsifer of the Greater Orlando Chapter for helping us create our Training Partner Cooperative, or TPC. The TPC allows two or more NAWIC companies to join forces for a customized half-day leadership workshop with Jim!

When your company acts as a TPC Partner, you'll share:

- **Ideas...**Share ideas to create leaders at all levels, with fresh viewpoints and solutions
- **Support...**Partner with fellow NAWIC members, to support and develop leaders with emotional intelligence, strong interpersonal skills, and genuine self-awareness.
- **Perspective...** Sometimes it just takes a fresh set of eyes to resolve a problem or break through to a new level!
- **Investment...**Cost sharing makes this program accessible to any organization, and any budget!



For more information, visit [www.ThatBlackBeltGuy.com/TPC](http://www.ThatBlackBeltGuy.com/TPC).

Jim's regular rate for a half-day leadership workshop is \$10,000. Because he'll already be in your area, we're pleased to offer this program at 10% off, and include our ongoing NAWIC Preferred Discount of 10%, saving your organizations \$2000.

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our shared TPC investment of \$8000 includes:

- Half-day leadership workshop (up to 4 hours)
- Lively, focused discussion -- this is a conversation, NOT a lecture
- SL15 Pre-Event Leadership Survey - This helps Jim identify the leadership needs, goals and most important to YOU
- Supply of books, workbooks and materials for your participants
- Lifetime SENSEI LEADER Movement membership for your participants
- Preferred Rates for ongoing training and events
- Complimentary access to our online programs
- Actionable STRATEGIES and DISCIPLINES you can put to work right away
- Online follow up to keep the momentum going -- long after your workshop!

AND...a **FREE** program with Jim for your NAWIC Chapter while he's in town! TPC Partner companies will enjoy recognition as Corporate Sponsors for the NAWIC Chapter event, including:

- Logo and contact information in all traditional marketing efforts
- Mention in all social media marketing efforts (LinkedIn, Facebook, Twitter)
- Interview with Jim on his leadership podcast "Walking The Walk"
- Recognition at NAWIC event

**Jim will be in San Diego for events on April 29 and 30, and then again on June 12, 13 and 14.** We can book your TPC Program and NAWIC Chapter event around those dates. Lisa Thibodeaux, Ashley Carnevale and I will work together to coordinate scheduling.

I'm always available by phone or email to answer questions:

Alex Armstrong

[Alex@JimBouchard.org](mailto:Alex@JimBouchard.org)

207-751-4317 (direct)

We continued to be inspired by the tremendous women of NAWIC, and we hope to have the pleasure of serving you while we're in San Diego!

## Committee Reports

**Professional Development and Education: Lisa Thibodeaux / Alyssa Burley**

**February:** San Diego Children's Zoo Renovation and Revitalization joint meeting with ASPE San Diego Chapter 4

**March:** WIC Week Toast to the Trades Kayleen McCabe @ Tom Ham's Lighthouse

**Membership Committee: Kayla Shumate / Edna Rodriguez**

New Members = 1

Total Current Members = 69

Active Members: 44

Corporate Members: 20

Associate Members: 2

Student Members: 3

Retired Member: 0



[Read Full Report](#)

**Social Media – Helen Panebianco**

This month we've seen an incredible hike in our post views and engagements. Our first social media contest is coming to a close and we've had a generous amount of members participating! Our FACEBOOK LIVE opportunity drawing will be on Saturday February 9th, don't forget to tune in to see if you are one of the lucky winners. Don't worry if you don't win this time, we will have another social media contest soon!

**Mentoring – Linda Young/Jan Prathemer**

**Camp NAWIC 2019** is a soon to be reality – June 17-21 at the AGC Apprenticeship Training Center. Preliminary structural plans are in the making. We are expecting 100 apprentices this year of which we already have 85 registered. Awesome numbers – BIG RESPONSIBILITY!

A new thing this year - We are searching for volunteers who can be counselors for an afternoon or a full day or the full week. – Being a counselor means that you are in partnership with the same 20-25 students for the entire period you are there. You will sign them in, make sure they get their meals and snacks, wear their PPE, work with them in their classes – just like at Summer Camp!

In the past, volunteers would arrive and not know what they should be doing – this system will give them a job from the get-go and our campers will be unknowingly mothered and protected!

There will be many other volunteer opportunities too! We will have a list published in late February with a place to register. Please consider the many ways you can help – With 100+ young ladies to be responsible for – the committee needs all the help it can get!

Please look for the sponsor flyer in the newsletter – To accommodate this number of Campers, our budget is \$50,000. WE CAN DO IT WITH YOUR HELP! Thank you!

### WIC Week – Shelby Ballow/Tosha Carapella

2 events have been finalized for WIC Week.

Tuesday March 5 - Toast to the Trades at Tom Hams. There will be a silent auction to benefit the FCLF. Now accepting donations!

Thursday March 7 - RDO Demo at RDO Equipment in Lakeside. This is a free event that will provide hands on opportunities as well as the chance to discuss various positions held by women at RDO. Please spread the word and register today for a fun-filled WIC Week!

### Design/Drafting – Kimberly Bell/Marissa Lidyoff

Program and Guidelines have been sent to the participating schools and college students.

Currently there are two (2) high schools with approximately 20 students and two (2) colleges with approximately 3 students that will be participating.

Some important dates:

February 8th – Job walk for students. Location - Legacy International Center Jobsite with Clark Construction, at 875 Hotel Circle South, San Diego, CA 92108 (Off Interstate 8 Freeway).

Completed Visitor Release and Indemnification Forms are Mandatory for entrance to the site. All participants will need to have on PPE (boots, pants, shirts with sleeves 4"+ long; Required at the Site will be - hard hat with chin straps, safety glasses, safety vest and gloves).

March 7th – All Student applications are due in the Pulice Construction office. Student codes will be assigned and distributed at that time by the Sponsor Administrator.

March 7th – All drawings and essays must be delivered to the Pulice Construction Office by 4:00 pm to be considered for the competition – 3111 Camino Del Rio N, Suite 720, San Diego, CA 92108

March 8th – Judging will take place. Location at 3111 Camino Del Rio N, Suite 720, San Diego, CA 92108 (in The Pulice Construction Office at 9am)

March 15th – Winner of Chapter competition will be forward/received by the Regional Competition. April 12th – Awards will be given out at the NAWIC San Diego Chapter's 60th Annual Awards Dinner!

NOTE: All students entries are to be submitted with: 1) a hard copy of the drawings and the narrative, and 2) an electronic copy in PDF of both the drawings and the narrative. Regional requires both hard copy & electronic version.

The Design Drafting Committee looks forward to another fun and exciting competition this year!

## Welcome New NAWIC Members!

Please welcome our newest member to the NAWIC San Diego Chapter!



### Francesca San Diego, Pro Back Office

(Recruiter: Tina Denning)

Francesca "Fran" works for Pro Back Office (PBO) as a fractional CFO and a member of PBO's Executive Management Team. PBO works closely with their clients to design a personalized solution that meets their finance and human resource needs.

Fran has 20+ years of leading accounting and finance teams to support the financial health, profit goals and operational objectives for her clients.

She enjoys spending time with her family, hiking and gardening.

## Industry News

### Cal/OSHA 300A Form Posting Begins February 1st

*Author, Lauren Stumpf, Media Communications Assistant, Rancho Mesa Insurance Services, Inc.*

Rancho Mesa Insurance Services, Inc. would like to remind construction companies that February 1, 2019 marks the start of the Cal/OSHA Form 300A posting period. The Cal/OSHA Form 300A is a summary of the company's annual work-related injuries and illnesses. It must be posted from February 1, 2019 to April 30, 2019.



[Read More →](#)

### California SB 1343 Expands Sexual Harassment and Abusive Conduct Prevention Training Requirements

*Author, Alyssa Burley, Client Services Coordinator, Rancho Mesa Insurance Services, Inc.*

In September 2018, former California Governor Jerry Brown approved Senate Bill 1343 (SB 1343) which expands the requirements for Sexual Harassment and Abusive Conduct Prevention training within the workplace.



[Read More →](#)

## Education

### Doing Business with the San Diego Housing Commission

**Tuesday, February 5, 2019 – 10:00 AM – 11:00 AM**  
SDHC Achievement Academy Conference Room 119  
1045 11th Avenue  
San Diego, CA 92101

- Bidding Requirements & Opportunities
- Types of Solicitations
- Vendor Registration
- PlanetBids
- DocuSign / Contract Execution
- Insurance & Bonding
- Equal Opportunity Contracting
- HUD Section 3 Regulations
- Labor Compliance
- SDHC Website

To register, contact Edgar Felix at [edgarf@sdhc.org](mailto:edgarf@sdhc.org).



[Event Flyer](#)

## Anniversaries

**Congratulations to our NAWIC sisters with anniversaries, this month!**

**Amber Webb** – 2017 (2)  
**Misti Taylor** – 2014 (5)  
**Kristina Snell** – 2011 (8)  
**Kayla Shumate** – 2018 (1)  
**Marissa Lidyoff** – 2014 (5)  
**Lindsey Kelley** – 2018 (1)  
**Teran Breceda** – 2006 (13)  
**Kimberly Bell** – 2016 (3)

## Birthdays

**Happy Birthday to our NAWIC sisters!**

**Kathy Esposito** – February 3  
**Donna Walton** – February 15  
**Shannon Carner** – February 19  
**Jodi Valdivieso** – February 19

# 2018 – 2019 NAWIC San Diego Chapter Officers & Directors

## Officers

**Ashley Carnevale, Tru-Duct, Inc.**

**President**

(619) 672-6186

[NAWIC@Tru-Duct.com](mailto:NAWIC@Tru-Duct.com)

**Kimberly Bell, Pulice Construction**

**President Elect**

(702) 755-1588

[kbell@pulice.com](mailto:kbell@pulice.com)

**Lisa Thibodeaux, Construction Experts, Inc.**

**Vice President**

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[lisa@constructionclasses.com](mailto:lisa@constructionclasses.com)

**Helen Panebianco, Dynalectric San Diego**

**Recording Secretary**

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**Edna Rodriguez, Herc Rentals, Inc.**

**Corresponding Secretary**

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## Directors

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**Director**

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**Mariana Rosillo, ETC Building & Design**

**Director**

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**Shelby Ballow, Dowling Construction Inc.**

**Director**

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**Amber Webb, Ryan Companies US, Inc.**

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**Director**

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[carol.hutchinson@unitedsiteservices.co](mailto:carol.hutchinson@unitedsiteservices.co)

## About NAWIC

For more than 55 years, NAWIC has helped women take advantage of the opportunities in construction. Whether you want to embark on a new career, establish a networking base, be a mentor/mentee, make a difference in your community, continue your education, or invest in great friendships, NAWIC offers a variety of opportunities — large and small. Savvy NAWIC members, business owners and managers can expect value from their investment in NAWIC. NAWIC membership affords many opportunities, professional, educational and through the NEF (info from [NAWIC.org](http://NAWIC.org)).

**Core Purpose:** To enhance the success of women in the construction industry.

The Value of a NAWIC Membership:

val•u•a•ble —

- 1: having monetary value
- 2: worth a good price
- 3: having desirable or esteemed characteristics or qualities
- 4: of great use or service
- 5: NAWIC membership.

For more info, please visit: [www.nawic.org](http://www.nawic.org).

Thank you for reading the NAWIC San Diego Newsletter. Please email all submissions for future newsletters to Alyssa Burley, Newsletter Editor at [aburley@ranchomesa.com](mailto:aburley@ranchomesa.com).



To no longer receive newsletter emails from NAWIC San Diego, please reply to this email with "remove from list" in the subject line. Or, contact Alyssa Burley at [aburley@ranchomesa.com](mailto:aburley@ranchomesa.com). CAN-SPAM ACT.  
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**Alyssa Burley, MA, CIT**

Client Services Coordinator

Media Communications

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[www.ranchomesa.com/alyssa-burley](http://www.ranchomesa.com/alyssa-burley)

[www.ranchomesa.com](http://www.ranchomesa.com)

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