

The Hard Hat Newsletter

Letter from the President's Desk

Hello and Happy September.

I hope everyone had a wonderful summer! Next Tuesday, we will kick off our 2019-2020 NAWIC year with our Installation on Tuesday 9/10 at Tom Ham's Lighthouse. I hope to see everyone there, as we celebrate the successes of our outgoing board and welcome our incoming board. Our 10th Annual Golf Tournament will be held Thursday 9/12 and finally, the She-Sheds our campers built in June, will be up for auction online, from September 8-14th. Keep your eyes out for the link and be sure to help us spread the word within your network! Our meetings will pick up, as usual, in October but I am happy to announce that we will be holding them at a new location, The Encore in Kearny Mesa.

As we head into a new NAWIC year, I want to thank the members that have stepped up as Officers, Directors and Committee Chairs. I also want to encourage everyone, who hasn't already, to get involved in a committee! This is not only a great way for us, to help grow our chapter and serve our community but from my personal experience, I can undoubtedly say that NAWIC involvement has the potential to help us grow as individuals, on both a personal and career level. Through your participation, you can expect to gain skills that will help you grow in the workplace and in your personal life. And in addition to that, you can expect to meet mentors and friends that will impact your life in so many amazing ways. If you are ready to get involved but not sure where your talents will be best applied, please reach out to myself or our Incoming President Kimberly Bell, so we can help connect you to the right committee for you!

Thank you all for the opportunity to serve as your President. Our chapter is filled with some of the most amazing women I have ever met and I cannot express what an honor it has been to serve you. I am thankful for the leaders that served beside me, the support, the hugs, the laughs, the lessons learned, the friendships, the accomplishments of our chapter, the memories and more than anything... the friendships. Thank you all for doing your part to make the last year a phenomenal one for NAWIC San Diego! I am looking forward to another successful and fun year with the awesome board we have lined up!

Ashley Carnevale

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

Local chapters do not speak for NAWIC National.



Events



NAWIC Chapter 21 Installation of the 2019-20 Officers & Directors

Join us for our 2019-2020 installation of officers and directors and hear guest speaker, Eric Smith, Associate Vice Chancellor of Capital Program Management discuss the UC San Diego's multi-billion dollar Capital Program (Transformational Building).

Tuesday, September 10, 2019

5:30 pm Reception, 6:00 pm Program

Tom Ham's Lighthouse
 2150 Harbor Island Drive
 San Diego, CA 92101

[RSVP Online](#)



Elevate to Great! Pacific Southwest Fall Conference

Join us for our Pacific Southwest Fall Conference hosted by the NAWIC Colorado Springs Chapter.

Consider sponsoring the event! All Sponsorships include sponsor logos printed on event signage and public recognition during the sponsored event. Pikes Peak sponsors receive one full-page ad and one conference registration. Seven Falls sponsors receive one full-page ad, Broadmoor sponsors receive one 1/2 page ad and Cheyenne Mountain sponsors receive 1/4 page ad.

Friday, October 4, 2019 – Saturday, October 5, 2019

Great Wolf Lodge
 9494 Federal Drive
 Colorado Springs, CO 80921

[Learn More](#)



10th Annual NAWIC Golf Tournament

Join us for our 10th annual NAWIC golf tournament. 50% of the proceeds will be donated to Rady Children's Hospital – San Diego and the other 50% will be donated to NAWIC SD Foundation Construction Leaders Foundation.

Thursday, September 12, 2019

10:00 am Registration, 12:00 pm Shotgun start Twin Oaks Golf Course

1425 N. Twin Oaks Valley Road
 San Marcos, CA 92069

[Learn More](#)



Need to recruit employees? Participate in the #CoolConstruction Careers: A Job Fair for Construction Companies

Come and participate in the next generation of job fairs that will be designed to not only be fun, but help the construction industry target the younger generation. Hosted by Belching Beaver, we will be providing live music, raffle prizes and auction items to encourage the next generation to come and learn more about the amazing jobs available in construction. Register today and bring a table, construction equipment/vehicle or both for free!

Saturday, October 5, 2019, 12:00pm – 4:00pm

Belching Beaver
 980 Park Center Drive
 Vista, CA 92081

[RSVP](#)

News

NAWIC San Diego Attends Annual National Conference in Atlanta, Georgia

NAWIC Members from across the country gathered on August 21-24, 2019 in Atlanta, Georgia for the 64th Annual NAWIC Conference. Read some of our delegate reports below. Click the "Continue Reading" buttons to read their full reports and view photos from the event.



Author, *Mary Roscoe*

I am feeling very grateful for the opportunity to be a Delegate for our San Diego Chapter 21 and to experience the NAWIC 64th Annual Meeting and Education Conference in Atlanta, Georgia. The Conference was August 21st – 24th 2019. I flew out of the San Diego airport on the 22nd with our San Diego Chapter Past President, Paula Covert. We met up with Linda Young and Helen Panebianco as our flight on Southwest Air was 3 hours delayed due to a mechanical defect on an earlier flight. This was both Paula and my 2nd conference and I shared the journey as NAWIC members, traveling companions and roommates at the beautiful Marriott Marquis in Atlanta. We arrived late and ready for bed after a quick bite to eat. Although I would've loved to be in attendance on Wednesday evening my job schedule did not allow this ☹️ I am however blessed to have been part of this amazing conference and I came away from this experience with an even deeper appreciation for NAWIC and the Women of the Construction Industry – we are a remarkable group of ladies.

[Continue Reading](#)



Author, *Dianne Koehle*

I flew into Atlanta on Tuesday night 10:30 m.

Woke up bright and early on Wednesday to register, gathering up my name badge, registration packet and NAWIC swag bag.

I entered the Construction Zone where all the sponsors, partners and affiliates tables were set up. I spoke to the Texas Dept. of Transportation, UPS, Guignard Co, NFSF, Thalle Construction, United Rentals, BCSP, Charm and Hammer, PlanGrid, Lisa Fey, Columbia Southern University, Hilti, EF, USG, OSHA Alliance, Granite Construction, Judaline Cassidy, Ferguson and The Contractors Plan. I visited with onstructionJewelry.com and spoke to the following chapters: Fargo-Moorhead #246, Greater Sioux Falls #237, Montgomery #267, Philadelphia #145, Greater New York #240, Austin #7, Greater Orlando #73, and Greater Birmingham #53.

[Continue Reading](#)



Camp NAWIC San Diego 2019 Recap

Camp NAWIC San Diego exists to show girls in grades 8-12 that there are wonderful opportunities for them in the construction industry. Learn more about this incredible free, one-week introduction to construction.

[Watch Video](#)



NAWIC SD Board Votes to Support Tradeswomen Global Outreach 2019

The NAWIC San Diego board has voted to support a \$1000 donation to the Sisters in the Building Trades Tradeswomen Global Outreach 2019.

[Learn More](#)



NAWIC San Diego Chapter Moves Meeting Location

NAWIC San Diego Chapter regular meetings have moved! Monthly meeting beginning in October 2019 will be held at the Encore Event Center in Kearny Mesa.

The venue offers award winning catering in a uniquely decorated space.

Encore Event Center
8253 Ronson Road
San Diego, CA 92111

[View Location](#)



San Diego Chapter Wins Best Education Event Award

Congratulations to our Chapter for receiving the NAWIC WIC Week 2019 Education Event Award! A huge thank you to committee chairs @Shelby Ballow, @Tosha Carapella and all of the WIC Week committee for planning an amazing event. Toast to the Trades was nothing short of an astounding event. Thank you for your dedication and hard work.

"As WIC Week chair and co-chair this year, Samantha and I had a tough decision to make in choosing winners. But your submission stood out to us...Congratulations to all of the members of San Diego on a GREAT WIC Week!!," wrote Jennifer VanBreda NAWIC WIC Week Chair 2018-2019.

Paradigm Mechanical Hosts Open House

Author Alyssa Burley, Rancho Mea Insurance

Lemon Grove's Federal Boulevard felt more like a summer block party than a transportation artery on Thursday, September 15, 2019 as Paradigm Mechanical Corp., a woman-owned heating, ventilating, and air-conditioning contractor hosted an open house.

Guests were greeted with friendly smiles, handshakes and hugs, while they enjoyed blue skies, sunshine and engaging conversation with industry professionals.

Like one opens her home to treasured family and friends, Paradigm Mechanical's founder, CEO and President Melinda Dicharry opened the doors to her company's headquarters to clients, vendors and industry leaders.

"As we step into the next level in our federal contracting business plan we have secured a steady backlog for finish 2019 and the years following," said Melinda Dicharry. "We are proud to say that everyone on the Paradigm team, including our vendors, suppliers, clients, and industry leaders are contributing to this success."

The aroma of sizzling tacos attracted guests to the tents that span the width of the company's yard. Cold drinks kept attendees refreshed and comfortable as they toured the facility and asked questions about the company's operations.

Those in attendance watched enthusiastically as Office Manager Laura Gutierrez periodically pulled names from a rotating drum full of potential raffle prize winners.

"Thank you to everyone who contributed and came out! Being at the front desk I have spoken in person as well as over the phone to many of our clients and vendors, this was a great opportunity for them to meet the entire team," said Laura Gutierrez. "Confidently I know it will be the start and/or continuance of many long lasting partnerships."

About Paradigm Mechanical Corp.

From concept through completion, woman-owned, SBA 8(a)-certified Paradigm Mechanical Corp. specializes in the design-build of heating,



ventilating, and air-conditioning (HVAC) mechanical systems for commercial, industrial, and government facilities in Southern California. Committed to excellence, solution-oriented, and always informed by safety, we find a way to get even the most challenging and mission-critical infrastructure jobs done. For more information, visit www.pmccontracting.com.

Industry News

Wellness in the Workplace

Author, Shane Medlin, Employee Benefits Account Executive, Rancho Mesa Insurance Services, Inc.

The care and concern by employers for their employees' well-being has significantly increased over the past few years. About 75% of employers indicated that their companies offered some type of employee wellness program or service, according to research conducted by the Society for Human Resource Management. Wellness programs can benefit employers in many ways, including better insurance rates, reduced absenteeism, increased productivity and a positive culture in the workplace.

[Continue Reading](#)

Fraudulent Claims Could Be on the Rise

Author, Casey Craig, Account Executive, Rancho Mesa Insurance Services, Inc.

California is in the middle of a construction boom. There is more work than qualified employees and contractors need people on their job sites. While fraudulent workers' compensation claims are relatively low right now, California contractors are asking what will happen when there is not enough work to keep everyone busy?

[Continue Reading](#)

Education (Workshops & Webinars)

Fighting Fraud within the CA Workers' Compensation System

ICW Group, a San Diego based Workers' Compensation insurance carrier, has been nationally recognized for its significant contribution towards the prosecution of, what California Department of Insurance deemed to be, one of the largest cases of Workers' Compensation health care fraud in state history.

Come join ICW Group's Special Investigations Unit for an overview of the elements of the cases which made up "Operation Back Lash", its direct ties to San Diego County, and the lessons learned from schemes of this type.

Attendees will come to better understand the complexity of these criminal schemes, learn strategies for better insulating themselves from fraud perpetrators, as well as ICW Group's holistic approach to addressing both the symptoms and the fraud disease.

Thursday, September 19, 2019
9:00 AM to 10:30 AM

Boys & Girls Club of East County
8820 Tamberly Way
Santee, CA 92071

[Register Online](#)

Contractor Strategies to Maximize Your Bank Line of Credit

Join us for an informative workshop where you'll learn how to put together a stellar submission package when applying for a business line of credit. These tips will assist your company in maximizing the amount of credit offered by your bank and avoid common mistakes that may hurt your chances of approval.

Thursday, September 19, 2019
2:00 PM to 3:00 PM

Online

[Register Online](#)



Maximize Your NAWIC Membership

At the June 2019 NAWIC San Diego Chapter meeting, Lisa Thibodeaux and Alyssa Burley encouraged the San Diego Chapter members to maximize their NAWIC membership by joining committees, becoming an officer or director and volunteering.

[Watch Video](#)

Submit Your Stories

Please submit your NAWIC stories to Alyssa Burley at aburley@ranhcomesa.com by the **15th of each month** to be included in the following month's newsletter.

Please send links to videos, images with captions, announcements and anything else you would like to have included.

Birthdays

Shlby Ballou - 7/9
Lindsey Kelley - 7/11
Jenna Schechtel - 7/16
Ashley Carnevale - 7/16
Kathy Garat - 7/16
Cheri Seitz - 7/16
Esperanza Lopez - 7/17
Anne Wright - 7/23
Carrie Montes - 7/24
Tosha Carapella - 8/6

Shelia Holdway - 8/9
Christina Denning - 8/14
Misti Kummerfeld-Taylor - 8/23
Kerrie Castagnera - 8/30
Sarah Williams - 9/3
Myrna Smith - 9/6
Kayla Schumate - 9/13
Patti Brownier - 9/25
Angie Mercer - 9/28
Gwen Miller - 9/30

Officers

Ashley Carnevale, Tru-Duct, Inc.

President
(619) 672-6186
NAWIC@Tru-Duct.com

Kimberly Bell, Pulice Construction

President Elect
(702) 755-1588
kbell@pulice.com

Lisa Thibodeaux, Construction Experts, Inc.

Vice President
(760) 634-2474
lisa@constructionclasses.com

Helen Panebianco, Dynalectric San Diego

Recording Secretary
(858) 527-2639
hpanebianco@dyna-sd.com

Edna Rodriguez, Herc Rentals, Inc.

Corresponding Secretary
(619) 322-3190
edna.rodriguez@hercrentals.com

Directors

Lorena Quintero, Williams Scotsman

Director
(866) 892-0188
lorena.quintero@as.willscot.com

Mariana Rosillo, ETC Building & Design

Director
(619) 864-0682
mosillo@etcusa.net

Shelby Ballou, Dowling Construction Inc.

Director
(858) 277-7988
ShelbyG@dowlingconst.com

Amber Webb, Ryan Companies US, Inc.

Director
(858) 812-7917
amber.webb@ryancompanies.com

Carol Hutchinson, United Site Services

Director
(619) 218-0815
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).

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.



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. CAN-SPAM ACT.
NAWIC San Diego Chapter 21 | PO BOX 880725, San Diego CA 92168
© Copyright 2019. NAWIC San Diego Chapter. All rights reserved.

Alyssa Burley, MA, CIT, RMSS

Media Communications and Client Services Manager

Rancho Mesa Insurance Services, Inc.

A National "BEST PRACTICES" Agency

250 Riverview Parkway, Suite 401

Santee, CA 92071

619-438-6869

aburley@ranchomesa.com

www.ranchomesa.com/alyssa-burley

www.ranchomesa.com

License #OC3-2169



Developing Solutions • Building Trust • Protecting Clients – ONE RELATIONSHIP AT A TIME.™

Please be advised that no coverage can be bound or modified by voice mail, email, fax or online via the agency's website and is not effective until confirmed directly with a licensed agent.

Confidentiality Statement: This message, together with any attachments, is intended only for the use of the individual or entity to which it is addressed. It may contain information that is confidential and prohibited from disclosure. If you are not the intended recipient, you are hereby notified that any dissemination or copying of this message or any attachment is strictly prohibited. If you have received this item in error, please notify the original sender and destroy this item, along with any attachments. Thank you.