



President's Message

Happy New Year!

As we step into a new year, I am filled with excitement and optimism for what lies ahead for our chapter. The new year presents a fresh opportunity to build on our successes, embrace new challenges, and continue to empower women in the construction industry.

This year, our focus will remain on advancing our mission of supporting women in construction through mentorship, education, and networking opportunities.

Here are some highlights of what you can look forward to:

- *Professional Development:* Provide training programs to ensure our members have access to the resources needed to grow in their careers.
- *Community Engagement:* Giving back to our community.

- *Social and Networking Events:* Having opportunities to connect with fellow members and industry professionals.
- *Membership Growth:* A key goal for this year is to expand our membership. Together, we can invite more women to join our community and benefit from the opportunities NAWIC provides.
- *Celebrating Milestones:* We'll be marking our achievements along the way, honoring the hard work and dedication of our members who make our chapter thrive.

I encourage each of you to take an active role in shaping your future. Let's continue to support all in the construction industry.

Karen LaGrange

President,
Chapter 160

In this newsletter you can expect:

President's Message

Professional Development & Education

Member Highlight

WIC Week

Safety Snippet

Sponsors

Professional Development and Education Calendar

Join us for these upcoming Chapter 160 activities!

January 25

Block Kids Event - Plumbers and Pipefitters School

January 29

National Webinar - Equity in Safety: A Global Report on Women's Access to Proper PPE

February 4

NAWIC Membership Meeting & Teams Training Part 1 (virtual lunch meeting)

February 13

National Webinar - Powerless to Empowered: Discover Your Voice with Cultural Intelligence

March 4

Industry Appreciation Night - The Midnight Gem

March 6

Teams Training Part 2 (virtual lunch meeting)

April 1

NAWIC Membership Meeting & Jobsite Tour - Eastern Iowa Airport



Chapter 160 Board Members

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Karen LaGrange

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Michelle Riedinger

Secretary

Kerry Dixon

Director

Ginger Zenor

Melissa Carlson

Denise Carnahan

Immediate Past President

Darby Winger





WICs in Action

Darby Winger and Rinderknecht won the Communications “Series of Events” award for our celebration of Employee Owner Month in October 2023 at the National ESOP Convention. The Employee Engagement Committee, led by Darby, created an award-winning month of festivities highlighting our employee ownership. She was in Las Vegas at the convention when she won!!



Chapter 160 Welcomes...

Angie Bilyeu with Pella as our newest member of NAWIC Chapter 160. Angie's energy and enthusiasm will be a valuable addition to our chapter, and we look forward to her contributions and involvement in our upcoming projects and events!

Industry Appreciation Night



March 4th, 2025

WOMEN IN CONSTRUCTION WEEK

NAWIC
The National Association of
Women in Construction

WOMEN IN CONSTRUCTION WEEK



Events • Tours • Presentations • Luncheons • Virtual Events

March 2-8, 2025

Learn more at wicweek.org



RISE TOGETHER FOR **WIC** WEEK 2025!

This Women in Construction Week, we're celebrating the power of unity, growth, and inspiration within our industry. Since its inception in 1998, WIC Week has shone a spotlight on the incredible contributions of women in construction, bringing us together to lead, connect, and inspire.

This year's theme, "Together We Rise," captures the strength we build as a community. Through local events like job site tours, engaging workshops, and school outreach, WIC Week is your chance to celebrate, learn, and make meaningful connections.

Be part of the movement—together, we'll rise to new heights!

Kelly Aust
NAWIC President

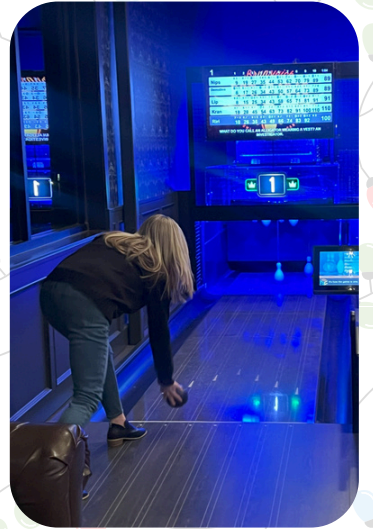
Find events near you at wicweek.org.



2024 Holiday Party



happy holidays



Safety Snippet - Cold Stress

Have you ever been so cold that your fingers or toes felt numb? Or, your teeth started chattering and your body was shivering uncontrollably? Or, perhaps you were so cold that you could not think clearly about your work because you were miserable? If so, those are some of the ways your body reacts to try and get warm in a cold environment. Unfortunately, it is also telling you it is struggling with the early stages of cold stress, which may eventually lead to injuries or illnesses.

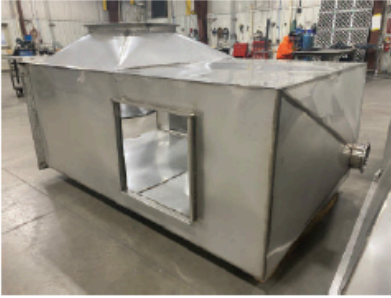
Cold stress refers to the physical stress experienced by the body when it's exposed to cold environments, especially for prolonged periods of time. Cold stress happens when your body loses heat faster than it can produce it. Over time, this causes your core body temperature to drop, leading to problems that can affect your health and safety. Recognizing the early signs of cold stress is the first step to staying safe in cold weather.

Shivering is one your body's first responses to try and defend itself against the cold. When temperatures drop to the point that you get cold, sometimes you notice that parts of your body begin shivering. That is because your brain is subconsciously sending repeated signals to your muscles to contract and then relax very rapidly, making you shiver. Those muscle contractions require energy, which your body provides by burning calories, a process that literally generates body heat. However, shivering also uses up your energy very fast, which can leave you feeling fatigued, and eventually make it harder for the body to continue to warm itself. So it is important when working in cold weather to keep refueling your body by consuming high-energy foods like nuts, granola bars, or even hot soup or broth, to help keep your metabolism up.

Tingling or numbness in your fingers and toes is another early sign of cold stress. The tingling or numbness occurs because, as your body's core temperature beings to drop and hypothermia begins to set in, your brain subconsciously sends out signals to cause specific major blood vessels in your arms and legs to constrict, or tighten. This, in turn, redirects blood away from your extremities and towards your core, thereby protecting your vital organs by helping keep the most important parts of your body warm. However, there is an unfortunate trade-off, as this process leaves your fingers, toes, ears, nose, and other extremities not only feeling tingly and numb, but also at risk of freezing.

So, if you recognize any of these signs or symptoms of cold stress, it is important to get to a warm place, and then we can assess what can be done to help keep you warmer as you work.

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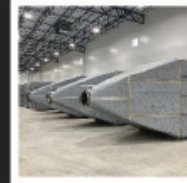
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A large architectural rendering of a modern, multi-story building with a mix of brick and light-colored panels. A large logo is visible on the brick section. People are shown walking and a person is riding a bicycle in the foreground. A red car is parked in the lot.

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