NAWIC
The National Association of Women in Construction
Memphis, TN

NEWSLETTER

TUESDAY
07/21 / 2026

President's Message

Dear NAWIC Memphis Members,
As we continue to grow and support one another, I am proud of the impact our chapter is making across the construction industry. Your dedication, leadership, and commitment to uplifting women in construction are what keep our mission strong.

This month, we celebrate excellence and achievement as we open nominations for our Annual Chapter Awards. I encourage each of you to recognize the outstanding professionals within our chapter—or even nominate yourself!
Let's continue building each other up and shaping the future of construction.

With appreciation,
Catherine White

June Membership Meeting

At our June Membership Meeting, we were honored to welcome fellow NAWIC member Keisha Blair as our guest speaker. Keisha shared her inspiring journey from working in the skilled trades to achieving success in executive leadership, demonstrating the many opportunities available to those who are willing to learn, grow, and persevere.
Keisha L. Blair represents the full evolution of a skilled trades professional—from the field to the office—while remaining a passionate advocate for the next generation entering the construction industry. She is also the author of Alpha Intuition: Don't Stop, Keep Climbing, where she chronicles her personal story of resilience, leadership, determination, and growth.
Through her leadership, mentorship, and advocacy, Keisha continues to show that skilled trades professionals can rise from working with the tools in the field to positions of influence and impact. Her commitment to opening doors for others serves as an inspiration to women and tradespeople across our industry.
Thank you, Keisha, for sharing your story, your wisdom, and your encouragement with our members. Your journey is a powerful reminder that there are no limits to what can be achieved through hard work, dedication, and a willingness to keep climbing.

Tradeswoman Committee

🚧 The Tradeswomen's Corner Website Is Live! 🚧
The NAWIC Southeast Region's Tradeswomen's Corner website is officially live!
Visit the site to:
📬 Read the latest newsletters
⭐ Submit a nomination for the Tradeswomen Spotlight
📖 Access the Tradeswomen Committee Handbook
🤝 Join the Tradeswomen Committee
🎁 Support the Site Sister Kit Initiative through donations
Why donate?
Your Site Sister Kit donations help ensure these kits remain completely free for women working in the field.
Whether you're a superintendent, subcontractor, project manager, or other construction professional, you can submit a request through the website to receive Site Sister Kits at no cost.
Every donation helps support women on jobsites throughout our region.
👉 Donate today and explore the website:
https://www.nawicsoutheastregion.org/tradeswomen
#Tradeswomen #NAWIC #WomenInConstruction #SiteSisterKit #ConstructionIndustry #NAWICSoutheastRegion

What is NAWIC Annual Conference?

NAWIC's Annual Conference is a premiere event that brings together industry leaders to network, share knowledge and access professional development opportunities.
It fosters industry innovation, leadership growth and collaboration across the construction spectrum. This year in Reno, we're raising the bar.
2 keynote speakers
9 programming tracks across 40+ sessions
30+ exhibitors in the R.E.D. Zone
Pre-conference certificate programs
Luxe Lane fundraiser & RED Gala After Party

2026 Annual Conference – NAWIC.ORG

🎉 NAWIC Memphis Members Featured at the 2026 Annual Conference! 🎉

NAWIC Memphis is proud to celebrate two outstanding members who will be sharing their knowledge, experience, and inspiration at this year's Annual Conference!
📖 Tammie Ross will be presenting two breakout sessions:
🔹 BOLD Leadership in Construction: Frameworks to Build Trust, Teams & Legacy
📅 August 13
🕥 10:30 AM – 11:30 AM
🔹 RED Talk — Leadership Is Architecture: Build What Pressure Can't Break
📅 August 14
🕥 10:30 AM – 11:00 AM
Tammie's leadership, expertise, and commitment to developing others continue to make a lasting impact on our industry. We know conference attendees will leave her sessions empowered and inspired.
📚 Keisha Blair has also been invited to participate in:
🔹 W Café — ALPHA INTUITION: Don't Stop, Keep Climbing
📅 August 13
🕙 10:00 AM – 11:00 AM
Keisha's remarkable journey from the skilled trades to executive leadership, along with the lessons shared in her book Alpha Intuition: Don't Stop, Keep Climbing, continues to inspire professionals throughout the construction industry.
If you haven't already, be sure to purchase copies of their books and support these incredible women. Both Tammie and Keisha are talented authors, influential leaders, and exceptional representatives of our association.
NAWIC Memphis is honored to call these outstanding women members of our chapter. Congratulations, Tammie and Keisha! We are proud of your accomplishments and excited to see you share your knowledge and passion with attendees from across the country.
👏 Please join us in congratulating these amazing women on this well-deserved recognition!

☀️ Beat the Heat: Hydration & Heat Safety on the Jobsite ☀️

This summer has been a hot one, with extreme temperatures and high heat indexes impacting jobsites across the region. Staying safe in the heat requires more than just toughing it out—it takes planning, hydration, and paying attention to what your body is telling you.

💧 Hydrate

Drink water consistently throughout the day—don't wait until you're thirsty.
Aim for approximately 1 quart (32 oz) of water per hour during heavy work in hot conditions.
Start your day hydrated and continue drinking before, during, and after your shift.
Encourage coworkers to drink plenty of water in the hours before beginning work.

⏸️ Take Breaks

One of the most effective ways to prevent heat-related illness is taking regular breaks.
Rest in a cool or shaded area.
Supervisors should encourage and enforce scheduled breaks.
Heat exhaustion and heat stroke can develop quickly when workers push through fatigue.

🕒 Modify Work Schedules

Consider adjusting work hours during periods of extreme heat.
Start work earlier in the morning when temperatures are lower.
Schedule the most physically demanding tasks during cooler parts of the day.
Reduce or stop strenuous work during the hottest afternoon hours when possible.

🌳 Create Shade & Cooling Areas

If natural shade is not available:
Set up canopies, tents, or temporary shelters.
Provide portable fans and cooling stations.
Ensure workers have easy access to cool drinking water.

⚠️ Employer Responsibility

Remember, employers have a responsibility to provide a safe workplace. Heat-related illnesses and injuries are preventable, and jobsite leaders should proactively implement heat safety measures to protect their teams.

⚡ Electrolytes Matter

When we sweat, we lose more than water.
Key electrolytes include:
Sodium
Potassium
Magnesium
Calcium
These minerals help regulate fluid balance, muscle function, and nerve activity.
Tips:
Use electrolyte drinks or supplements during long or high-heat workdays.
Alternate between water and electrolyte beverages to maintain proper hydration.

☕ Coffee & Caffeine Awareness

Many of us start our day with coffee, but it's important to understand its impact during hot weather.
Caffeinated beverages can contribute to fluid loss.
Heavy coffee consumption may increase the risk of dehydration when working in extreme heat.
Enjoy your coffee, but be sure to balance it with additional water and electrolyte intake throughout the day.

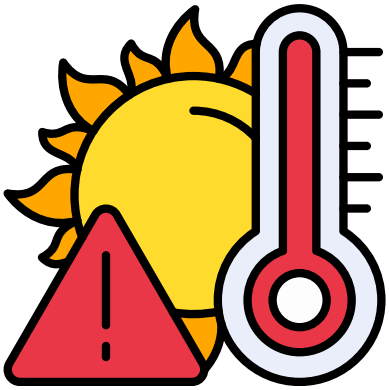
🚨 Watch for Signs of Dehydration

Know the warning signs and look out for one another.
Common symptoms include:
Dizziness or lightheadedness
Fatigue or weakness
Headaches
Dark-colored urine
Muscle cramps
If you or a coworker experiences these symptoms, stop work immediately, notify a supervisor, move to a cool area, and begin rehydrating.

🤝 Take Care of Your Crew

Heat-related illnesses are preventable when we plan ahead and make hydration a priority. Let's continue to watch out for one another, speak up when someone needs a break, and ensure everyone goes home safely at the end of the day.

Stay hydrated. Stay cool. Stay safe. 💙🏗️



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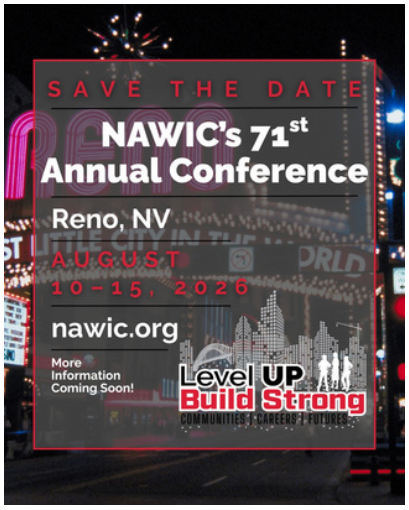
NAWIC Memphis Safety Chair



SAVE THE DATE!!

Annual Conference 2026
Reno, NV
August 11th-15th

Fall Conference 2026
Savannah, GA
November 5th-7th

Upcoming Membership Meetings

🌟 Memphis NAWIC Gala Support Request 🌟

We are in the midst of planning our annual NAWIC Memphis Gala and are excited about making this year's event truly special!

We are currently seeking:

Event Sponsors

Swag/Promotional Items

Raffle Donations

Your support helps us continue our mission of empowering and advancing women in the construction industry right here in Memphis. If you or your company are interested in contributing swag items or raffle donations, please email us at nawicmemphis@gmail.com

We truly appreciate your continued support and partnership—it makes a lasting impact on our chapter and community! 💛 Thank you for helping us make this year's Gala a success!