

General Membership Meeting Minutes
Women's Self-Defense Workshop, Independent Martial Arts, Nashua, NH
Wednesday, October 7, 2026
5:30 PM – 7:30 PM

Meeting called to order at 5:45 PM. Members and guests signed in, followed by introductions.

Attendance List

1. Rachel Angelias, Redimix Companies
2. Paula Cantara, Gallagher
3. Lesa Courchaine, Charlotte Pipe & Foundry
4. Lorinda Gilbert, St. Mary's Bank
5. Sara Ihle, Turner Group
6. Logan Johnson, NeighborWorks Southern NH
7. Paige Levesque, WSP
8. Rachel Lindstrom, Chapman Construction
9. Ashley Perez, United Rentals
10. Catherine Schoenenberger, Stay Safe Traffic Products

Chapter Announcements

- Current membership is at 61. Please keep an eye out for emails from our National office or Membership Committee Chair, Maria Marotte, for membership renewals.
- Thank you to everyone who joined us for the 51st Annual Meeting & BOD Installation!
- Take advantage of Early Bird registration for the Northeast Region Fall Conference in Rochester, NY! Register by October 15th to secure the discounted rate of \$300 before regular registration increases to \$325.
 - Planning to attend? Contact Sara Ihle at sihle@ttgae.com or Catherine Schoenenberger at staysafetraffic@aol.com to connect at the conference!
- Keep an eye out for our upcoming **See's Candies "Yum-Raising" holiday fundraiser**, which will benefit the NAWIC Founder's Scholarship Foundation (NFSF)!
 - A link will be sent to you through our website, social media, and email.
 - 50% of all purchases go directly to help raise money for student scholarships!
- **Annual Sponsorship Committee:**
 - Treasurer Elizabeth Morse is putting together an Annual Sponsorship Committee.
 - Help develop sponsorship levels, benefits, and pricing
 - Brainstorm creative benefits that provide real value to our sponsors
 - Identify companies and industry partners we may want to approach
 - Create strategies for sponsor outreach, recruitment, and retention
 - Find ways to recognize and engage sponsors throughout the year
 - Help coordinate sponsorship opportunities with chapter events, communications, and initiatives
 - Bring fresh ideas from sponsorship programs you have seen work successfully elsewhere

You **do not need fundraising or sponsorship experience** to participate! We are looking for members who are creative, collaborative, connected within the industry, or simply interested in helping us build a strong and sustainable sponsorship program. If you are interested, please contact Elizabeth at emorse@lewisbuilders.com.

Upcoming Calendar of Events

- **October 21, 2026:** **The Village on Technology Hill**
 - *Hosted by North Branch Construction*6 Akira Way, Londonderry, NH
 - 440 modern apartments in 9 buildings surrounding a 3-acre village green with park benches and sitting areas.
 - The Village also has a dog park, children's play area, half basketball court and pickleball court, an exercise trail, a childcare center, and a village store.
 - Event: 5:30-7:30 PM; dinner will be served.

- **November 11-13, 2026:** **Northeast Region Fall Conference**
Hyatt Regency Rochester, New York
Registration & Hotel Details at: www.nawic.org

- **November 18, 2026:** **Friends of Forgotten Children Volunteer Event**
224 Bog Road, Concord, NH
Event: 5:30-7:30 PM; dinner will be served.
 - Come roll up your sleeves and help put together food baskets for families in need.
 - Lists for donation items will be sent out shortly.

- **December 9, 2026:** **2026 Granite State Holiday Party**
 - Location: Methuen Construction, Plaistow, NH
 - Co-hosted with East Coast Lumber
 - Additional details to follow!

- **January 13, 2027:** Save the date for **Block Kids!** Volunteers will be needed.
Keep your eye out for announcements.

- **January 16, 2027:** **UNH Career Fair & Women's Hockey Game** – Durham, NH
 - Volunteers are needed to staff the NAWIC booth at the Whittemore Center before the game and during intermission to talk about NAWIC and careers in the construction industry. Interested?
 - Please contact Sara Ihle at sihle@ttgae.com.Just want to attend the game?
 - Discounted game day tickets
 - Women's game at 2:00 PM:
 - Women's Single Game Ticket: \$9
 - Women's Family 4 Pack: \$28

- Men's game at 7:00 PM
 - Men's Single Game Ticket: \$16
 - Men's Family 4 Pack: \$56
- Link for ticket purchase will be available shortly.

Be on the lookout for RSVP information for all of our upcoming events!

The NAWIC Granite State Chapter was fortunate to participate in the Women's SAFE Personal Self-Defense Workshop, led by exceptional instructors Hanshi Christopher Marsh, Kyoshi Michael Susalka, and Sensei Hannah St. George from Independent Martial Arts School.

Throughout the workshop, participants engaged in important discussions about situational awareness, consent, prevention, and personal safety. Our group also learned practical self-defense techniques to help de-escalate potentially dangerous situations, protect ourselves, and get to safety.

The workshop was engaging, informative, and empowering, providing participants with valuable tools and greater confidence to establish boundaries, recognize potential threats, and know when and how to take action. Very special thanks to IMA for a fantastic event!

Respectfully Submitted,
Sara Ihle, Granite State Chapter #218 President



Granite State, NH

General Meeting - October 7, 2026

Women's Self-Defense Workshop - Independent Martial Arts, Nashua, NH

First Name	Last Name	Company	Member/Guest	Email	Signature
P Rachel	Angelias	Redimix Companies	Member	rachel.angelias@gmail.com	
P Paula	Cantara	Gallagher	Member	Paula_Cantara@ajg.com	
P Lesa	Courchaine	Charlotte Pipe & Foundry	Member	lcourchaine@charlottepipe.com	
~~Diane~~	~~Donaghey~~	Chapman Construction	Guest	dianed@chap-con.com	
P Lorinda	Gilbert	St. Mary's Bank	Member	lgilbert@stmarysbank.com	
P Sara	Ihle	Turner Group	Member	sihle@ttgae.com	
P Logan	Johnson	NeighborWorks Southern NH	Member	ljohnson@nwsnh.org	
P Paige	Levesque	WSP	Guest	paige.levesque@wsp.com	
P Rachel	Lindstrom	Chapman Construction	Guest	rachell@chap-con.com	
~~Kayla~~	~~Mitchell~~	Chapman Construction	Guest	kaylam@chap-con.com	
P Ashley	Perez	United Rentals	Member	Aperez13@ur.com	
P Catherine	Schoenenberger	Stay Safe Traffic Products	Member	staysafetraffic@aol.com	
Katy	Ward	Aries Engineering	Guest	kward@aries-eng.com	