

PHRANCLY SPEAKING: FROM THE PRESIDENT *PHRANC INCORPORATED??*

On June 4, 1998, five years and three days after the date when fifteen housing rehabilitation specialists from around the state of North Carolina met in Winston-Salem to discuss the formation of a professional organization, the Professional Housing Rehabilitation Association of North Carolina becomes a corporate entity.

Following through on the mandate given to the Board of Directors at the annual meeting in March, President Ed Vess signed the Articles of Incorporation prepared by PHRANC's attorney, Mr. Bill Slawter on April 23, 1998, which led to the June 4, 1998 organizing meeting in Asheville.

The incorporation of PHRANC is a milestone as well as a stepping stone for the organization to achieve the goals set forth in its mission statement. Incorporation accords official recognition of PHRANC as a non-profit by the State of North Carolina. In addition, the General Statutes provides exemption from personal liability on the part of members and officers of a corporation.

The organizing meeting included the adoption of by-laws and the election of officers. The by-laws were taken in essence from the PHRANC constitution and the incumbent officers were elected to their respective corporate offices. The actions of the Board of

Directors will be presented to the general membership for ratification at the general meeting, August 17 or 18, 1998. (See workshop agenda)

All Board members were present at the meeting held in Asheville and unanimously supported the adoption of the by-laws and election of officers. Looking forward, the board authorized Mr. Slawter to proceed with an application to the Internal Revenue Services for non-profit status under Chapter 501-A.



Top: President with attorney signing articles

Below: Board of Directors with attorney



DATES TO REMEMBER

September 7, 1998 Labor Day November 18-20, 1998 NCCDA Fall Conference and AUGUST 17&18, 1998 PHRANC FALL CONFERENCE/WORKSHOP

The annual Fall Conference and Workshop sponsored by the Professional Housing Rehabilitation Association of North Carolina will be held August 17 & 18, 1998 at the Holiday Inn Select in Hickory, North Carolina, which is located at exit 125 off Interstate-40 West.

The Education and Training Chairman (Bobby Thomas and his committee) and the Program Chairwoman (Therese Scott and her committee) has worked hard to bring excellent training opportunities at great locations designed for entitlement and small cities programs. Concurrent sessions will be held for housing rehabilitation specialists.

Register Early... space is limited! REGISTRATION IS ON A FIRST COME, FIRST SERVE BASIS. HVAC (heating and air conditioning) will be the main topic for our housing program specialists. PHRANC will provide a certificate of completion for this subject matter. See agenda for brief descriptions. To register, please call Therese Scott at: 919-856-6324. A confirmation number will be given to each registrant which provides you the opportunity to win one of several prizes that will be awarded at the end of the workshop.

The registration fee for members and non-members must be received by 5:00 P.M. August 14, 1998. The registration fee is: \$45.00 for members and \$75.00 for non-members with a \$10.00 late fee if not received on or before 5:00 P.M. August 14, 1998.

Hotel Accommodations

A block of rooms has been reserved at the Holiday Inn Select, exit 125 off Interstate-40 in Hickory until August 2, 1998, at the rate of \$72.00 per night, single or double occupancy. For reservations, please call 1-(828)-323-1000.

"Membership for 98-99 Fiscal Year"

PHRANC is incorporated and provides comprehensive Training at an affordable price, networking opportunities and a gold membership card to all active members.

As a professional, if you want to be part of a growing, well-versed, affordable and resourceful organization, then PHRANC is for you.

Annual membership dues are \$20.00, and Membership begins the first day of July each year and expires the last day of June the

Following year. If you would like to become a member, please see application with instructions within this newsletter.

HATS OFF!

To the North Carolina Community Development Association (NCCDA) for a fine conference that was held in Boone, NC June 17-19, 1998. The attendance was great as well as the program and activities.

Ms. Karen Jones and her committee (meetings) did a splendid job of location and selection of the Broyhill Inn and Conference Center. Also scheduled was a bus trip to Grandfather Mountain and Horn in the West. A fantastic dinner was furnished to all at The Horn in The West.

A special thanks to the program presenters for doing a great job on the different topics covered. The program presenters were from: NCCDA, HUD, DCA, NCHFA, ASU, UNC-Chapel Hill, NC Prison Fellowship, Cabarrus Correction Center and closing session with Ms. Mary Beth Ledbetter's "Life After Conference."

We all enjoyed the conference, fine food and fellowshiping with our Rehabilitation families. Thanks again to NCCDA for providing us this opportunity.

Rex Kime
PHRANC Vice President

HAIL, FAREWELL and WELCOMES

The Phranc Board of Directors says:
Farewell and Thanks to Ms. Wanda Boykin of Winston-Salem for a job well done as Membership Chairperson.

And Welcome To:
Ms. Martha Chaney, The City Of Winston-Salem Housing and Neighborhood Development Department Rehabilitation loan Officer as our new Membership Chairperson.

And
Mr. Bill Slawter, Asheville City Attorney as PHRANC's Attorney to handle our legal matters.

PHRANC BOARD OF DIRECTORS

Mr. Ed Vess, President
704-259-5735

Mr. Rex Kime, Vice President
336-222-5095

Ms. Joan Painter, Secretary
704-866-6752

Ms. Susan Taylor, Treasurer
336-222-5095

Ms. Martha Chaney, Membership
336-727-8597

Mr. Bobby Thomas, Education and Training
910-323-6145

Ms. Therese Scott, Programs
919-856-6324

Mr. Robert le McFall, Newsletter
910-433-1595

PHRANC RECAPITULATION

June 1, 1993- A meeting was held in Winston-Salem attended by fifteen housing rehabilitation specialist from across North Carolina to discuss forming a state association for housing rehabilitation specialist. A volunteered organizing committee was formed.

December 8, 1994- A meeting was held in Winston-Salem to discuss and draft a constitution for an organization to be called Professional Housing Rehabilitation Association of North Carolina.

*January 26, 1995-*The Professional Housing Rehabilitation Association of North Carolina (PHRANC) was founded by the adoption of a constitution and election of officers (Ron Carter; President, Ed Vess; Vice President, Darryl Sansbury; Secretary, and Marsha Rooks; Treasurer) and board of directors (Rex Kime; Education and Training, Isaac Coleman; Programs, Cindy Mills; Membership, Robert McFall and Greg Burham; Newsletter) at a meeting held in Winston-Salem attended by 26 founding members.

March 22, 1995- The first Board of Directors meeting of PHRANC was

Held in Winston-Salem and planning began for the first PHRANC Workshop.

May, 1995- The first issue of PHRANC Talk Newsletter was published

By Greg Burnham and Robert McFall.

September 13 & 14, 1995 - The first workshop sponsored by PHRANC was

Held in Winston-Salem at the Lawrence Joel Coliseum.

August 22, 1997 - The first change of officers and directors by scheduled

Electoral process occurred and the first amendments to the PHRANC constitution were approved at the annual meeting in Charlotte.

February 12, 1998 - The Board of Directors met in Asheville and approved placing the issue of incorporation of PHRANC on the agenda for the Annual Meeting in New Bern.

March 16, 1998 - In a vote by the general membership at the Annual Meeting in New Bern, approval of the proposal to incorporate passed without opposition.

May 1, 1998 - The Board of Directors met with the representatives from HUD, (Thomas Ramsey and Kay Lawrence) NCHFA, (Brad Lankford) NCDCA, (Stanley King) and NCCDA (Teresa Johnson) in Fayetteville to approve the establishment of a task force to prepare recommendations for certification of housing rehabilitation specialists.



The Board of Directors meeting with their representatives



June 4, 1998 - The Board of directors held the organizational meeting for the incorporation of the Professional Housing Rehabilitation Association of North Carolina, adopted by-laws and elected officers.

We look forward to seeing you in Hickory North Carolina at our (FALL) training session, which will be held August 17 & 18 1998. Please send in *YOUR ARTICLE!* For the next issue of PHRANC TALK.

PLEASE ENROLL NOW!

PHRANC ANNUAL MEMBERSHIP FORM (JULY 1, 1998 - JUNE 30, 1999)

Name (Please Print) _____ Title _____
Mailing Address _____
City _____ State _____ Zip Code _____
Organization/Firm _____ Phone # _____

Membership Dues: \$20.00. Please make check or money payable to:
PHRANC
The City of Winston-Salem, Housing/Neighborhood Development
Attn: Ms. Martha Chaney
225 W. Fifth Street
Winston-Salem, NC 27101

PHRANC FALL TRAINING SESSION AUGUST 17-18, 1998 REGISTRATION FORM

NOTE: Due to limited registration (first come, first served), you must have a confirmation number to register. Please call Therese Scott at: 919-856-6324.

Name (Please Print) _____ Title _____
Mailing Address _____
City _____ State _____ Zip Code _____
Organization/Firm _____ Phone # _____

Registration Fee is as follows: \$45.00 for members, \$75.00 for non-members, and a \$10.00 late fee for all registration fees received after 5:00 p.m., Friday, August 14, 1998. (Please make check payable to: PHRANC and mail to:

The City of Burlington, Planning and Community Development
Attn: Ms. Susan Taylor
P.O. Box 1358
Burlington, NC 27216-1358

SAFETY CORNER

HEAT STRESS PREVENTION CHECKPOINTS

Within the past two weeks we've had the hottest days of the year with temperatures rising above 100 degrees. Normally July and August is the hottest months of the year, with this in mind, we have several weeks ahead of hot weather to come, following is several steps to recognize and prevent heat stress:

(1) Know Your Environment-You or your company controls the work or play environment so it's safe. You can help by knowing which factors increase your risk of heat stress. Talk with you doctor or supervisor about ways to reduce them, so you can take special precautions to protect yourself when the risk is especially high such as on hot, humid days.

(2) Drink Plenty of Water-Increase the water you drink to replenish the water you lose from sweating. Drink more than you need to satisfy your thirst. It's best to replenish regularly by drinking small amounts frequently throughout the day. You may need to drink a glass of water or more every hour.

(3) Take Appropriate Breaks- Whether you need rest breaks depends on conditions such as air temperature. Sun exposure and how hard you are working, if employed your company monitors these conditions and establishes a safe work/rest regimen for you and your coworkers.

(4) Wear Proper Clothing-When possible, wear loose, lightweight clothing, which encourages heat to be released or your employer supplies you with heat protective clothing and equipment.

(5) Acclimatize Yourself-Your employer may give you guidelines to help you adapt to the heat. This natural process, called acclimatization, takes about 7 to 10 days. It usually consists of short periods of working in the heat, which gradually increase in time and intensity. If you spend time out of the heat due to vacation or reassignment, you may need to acclimatize yourself.

(6) Stay in Good Shape-Conditioned muscles work more efficiently and generate less body heat, while extra body weight makes you work harder. People in good condition tend to acclimatize better because their cardiovascular systems respond better.

(7) Eat Wisely- Hot, heavy meals add heat to your body and divert blood to your digestive system, so eat lightly during your work day. Remember, too, a normal diet usually supplies all salt you need to replace the salt lost through sweating.

(8) Know Special Risks-Alcohol (including beer) Caffeine, medications such as those used to control blood pressure or allergies, medical conditions including diabetes, recent illnesses such as flu, and increasing age all increase your risk of heat stress.

"TEAMWORK HELPS YOU BEAT THE HEAT"

In many jobs, heat is a fact of life. Since too much heat can be harmful to your health and be a safety problem, you or your company would want to reduce the risk of heat stress by monitoring and controlling the leisure time and work environment. Be sure to follow your company procedures, such as adjusting gradually to working in the heat and drinking plenty of water. You'll feel better on and off the job knowing what heat stress is and how to prevent it.

Robert Le McFall
Newsletter, Chairman

Cumberland County Community Dev. Dept.
Attn: Mr. Phil Leflew, Rehab. Specialist
P.O. Box 1829
Fayetteville, North Carolina 28302-1829

Neighborhood Service Department
433 Hay Street • Room 320
ATTN: R.L. McFall, PHRANC Newsletter Chairman
Fayetteville, North Carolina 28302

