

# May 2025



## Women In Construction New Mexico Newsletter

Visit our Website

### Mission Statement

*“The purpose for which the association is organized is to promote common interests of its members through membership, networking, community outreach, training, and to advance and maintain an enlightened understanding of women in the construction industry.”*

### 2025 Dates

Volunteer Day at the Women's Housing Coalition - Date Coming soon!

June 18th Member Happy Hour

July 18th School Supply Drive Benefiting Locker 505

September 11th Red White & Bougie Bowling Tournament

Dear WICNM Community,

As 2025 continues to unfold, I remain deeply inspired by the strength, passion, and purpose that each of you brings to this incredible industry. Every event, conversation, and connection reaffirms the value of our growing community of builders, leaders, and change-makers.

I'd like to extend a special invitation to three outstanding industry leaders to join us as featured panelists at our upcoming event, “Beyond the Build: New Mexico Construction Forecast for the Rest of 2025” taking place on June 18th:

- Aimee Gonzalez – Titan Development

- Trula Howe – CGI

- Mike Reeves – CLA

Your experience and insights would bring tremendous value to this important discussion, and we would be honored to have you represent your organizations and share your voice with our WICNM audience.

Also, a heartfelt thank you to everyone who participated in our Eggs for Hope event.

Thanks to your generosity, we raised \$864 to support the New Mexico Women's Coalition, helping further their mission to uplift and protect women across our state.

Let's continue showing up, lifting each other up, and building a legacy we can all be proud of — together.

With gratitude and pride,

# Diane Huerta

Diane Huerta – Buildology Inc.  
President, Women in Construction New  
Mexico

## Membership Matters!

Membership in WICNM is only \$55 per year and leaves no doubt to its value and return on investment. As a member, you receive a membership discount on membership meetings, and are able to attend our networking events at no-charge. Just the networking events only are a \$45 face value!

The real value of membership is not monetary though, it's about connecting and belonging to a group of women that understand and take pride in the industry of construction just like you. It's what we all have in common whether you're wearing a hard hat in the field or a suit to the office. If you have a hand in the construction industry, this is where you belong.

## Why Join?

- **Belong to the only association in New Mexico specifically for Women in the construction industry**
- **Support women in our industry**
- **Networking evening events**
- **Membership Meetings with relevant, informative, and interesting speakers**
- **Monthly Newsletter highlighting our association, our members, women in the industry, events, and community support opportunities.**
- **Committees - Planning, Marketing & Membership, Philanthropy**
- **Opportunities to give to and help women in our community**
- **It's FUN!**

[Click Here to Join Now and for Sponsorship Opportunities](#)

# WOMEN IN CONSTRUCTION

Beyond the Build: New Mexico  
Construction Forecast for the Rest of 2025



## EVENT HIGHLIGHTS:

- Panel Discussions with Industry Leaders
- Networking Opportunities

**JUNE 18 | 5:30 PM**

**377 BREWERY**

**2027 YALE BLVD SE**

**ALBUQUERQUE, NM 87106**

**ADMISSION: FREE**

- Inspiring Stories from Women on the Job Site

PRESENTED BY



**Who should attend:** Women currently working in construction, those interested in entering the field, students, and supporters of women in skilled trades



**LET'S BUILD A MORE INCLUSIVE INDUSTRY— ONE BRICK AT A TIME.**

[Register Here!](#)

**May is Mental Health Awareness Month!**

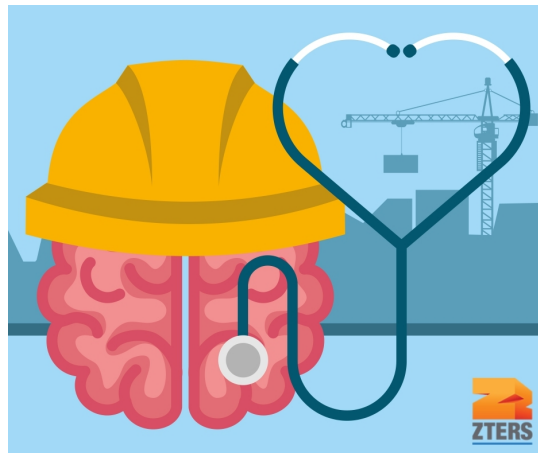
# 1 IN 5

**CONSTRUCTION WORKERS  
STRUGGLE WITH ANXIETY,  
DEPRESSION & OTHER  
MENTAL HEALTH ISSUES**

(Industry Research)

**ARE YOU OR SOMEONE YOU KNOW IN A MENTAL  
HEALTH EMERGENCY?**

**YOU ARE NOT ALONE:**



## **Five Ways Construction Employees Can Deal With Stress and Anxiety**

By Adam Jablin

### **1. Share or Journal**

Share with at least one person what's really going and how you are feeling. Even write it down. Sharing cuts the problem in half. A 2011 University of Chicago study "Writing About Testing Worries Boosts Exam Performance in the Classroom," proved that students who talked or wrote about their worries immediately before taking an exam performed significantly better on that exam than did those who didn't unload their anxieties. The same is true in life.

## 2. Exercise

Though jobs may be demanding, people still all need to exercise. Exercise reduces the levels of the body's stress hormones, such as adrenaline and cortisol. Plus, it stimulates the production of endorphins, chemicals in the brain that are the body's natural painkillers and mood elevators.

## 3. Read Positive Material

Take a look where spiritual and religious people are right. See where other people find a sense of peace and faith. Read something uplifting and positive.

## 4. Acts of Kindness

Simple things like complimenting a loved one goes a long way. Maybe reach out to old friend and see how they are doing during this stressful time. It's not all about us. We are not the center of the universe. We are all going through this together. Realize that this is a human experience.

## 5. Ask for help

Now's the time. If you have a dependence on a substance—ask for help. If you're late on a credit card payment, call them and ask for help. If your kids are struggling—ask for help. Nobody knows a person is suffering if they don't ask for help.

By Adam Jablin

Adam Jablin is a life coach and author of "Lotsaholic."

[Click to Read More](#)

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# Thank you 2025 Sponsors!

Turquoise Level



Red Level



Yellow Level





## 2025 Board Member Highlight **Jessica Miranda - Director** The Specialist Electrical Contractor



# JESSICA MIRANDA

OWNER & FOUNDER - THE SPECIALIST ELECTRICAL CONTRACTOR

505-315-4389

THESPECIALISTELECTRICALENM.COM



My name is Jessica Miranda, and I am the proud owner of The Specialist Electrical Contractor, a dynamic electrical company serving New Mexico. The construction industry has long been a space where women are underrepresented, but I am committed to challenging that narrative. My mission is not just to build exceptional electrical systems but to also pave the way for future generations by creating an industry culture that fosters both personal and professional growth.

One of my favorite quotes comes from Rihanna: There's something special about a woman who dominates in a man's world. It takes a certain grace, fearlessness, and the nerve to never take no for an answer.

I embody that fearlessness—and I hope to inspire others to do the same.

Years ago, I faced a serious health challenge—one that doctors believed would leave me unable to work in a physical trade. They told me I'd be lucky to have a desk job. Today, not only do I run an office, but I also lace up my work boots and wear my toolbelt with pride. I don't let limitations define me. I turn obstacles into fuel.

I attribute my success to consistency, integrity and resilience. There is no secret formula—just a commitment to always doing the right thing, even when no one is watching. Success is built on effort, ethics and an unwavering dedication to excellence. I specialize in the electrical trades with expertise in Programmable Logic Controllers (PLC), photovoltaic (PV), residential projects, and large-scale developments. However, my passion truly lies in commercial and industrial projects, as well as new apartment and condo developments of 200+ units.

I believe in leading with purpose—which is why I don't have "employees" — I have a team. Together, we are redefining what it means to work in the trades by prioritizing craftsmanship, integrity and opportunity. The construction industry has evolved gradually, and while women are now pursuing careers in the trades more than ever, the progress has been slow. It's astonishing to think that it's been only 47 years since the first woman was admitted into the Electrical Apprenticeship Program, making me part of just the second generation of women in this field. At The Specialist Electrical Contractor, we are not just adapting to industry shifts—we are driving them forward by prioritizing inclusion, education and high-quality workmanship.

Beyond being woman-and-minority-owned, what truly sets us apart is our uncompromising commitment to quality and our belief in investing in our team. We recognize and reward hard work—not just with financial incentives, but with opportunities for personal and professional development.

## Thank you to the 2025 WICNM Board of Directors

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**Vice President** – Sharon Montoya

**Secretary** – Melissa Eavenson

**Treasurer** – Bertha Bolivar

**Past President** – Stephanie Peña

**Directors:**

Analisa Perez

Angie Ruth

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We Want To Hear From You!

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