



National Association of
Women in Construction

June 2016
Volume 20, Issue 9

The Centerline

President's Message

Happy Summer!!

Summer is finally arriving in the Pikes Peak region. The weather may not always feel like summer but seeing all the kids out of school puts me in a summer mood! I was also inspired by the many creative xeriscaping ideas I picked up at the May meeting. I am looking forward to trying a few of the plants and ideas presented to make my yard more beautiful and environmentally friendly. Thanks to Colorado Springs Utilities for hosting this informative meeting and to Manitou Springs Subway for a great dinner.

This summer I am also looking forward to the Pikes Peak or Bust Rodeo and my daughter's role as Girl of the West along with the 2016 Summer Olympics. Plan on attending the June meeting where Olympian Erin Mirabella will share her story of the trials and triumphs of her own Olympic experience. Not only will you gain insight into the Olympic program, but you will leave feeling empowered to tackle your own obstacles. The June meeting will be followed by a July Hardhat Tour of the Great Wolf Lodge and an August social event at one of the final Sky Sox games to be played in Colorado Springs. Our summer may not be defined by traditional business meeting settings, but there will still be plenty of opportunities for networking, socializing and learning.

Congratulations to our 2016-2017 Pikes Peak Chapter 356 Board of Directors affirmed at the May meeting. If you missed the May meeting, our new Board of Directors will be:

President Berni Mount	Vice-President Valerie Bates
Secretary Kasey Chapot	Treasurer Jennifer Walker
Director Naomi Collins	Director Christina Townsend

I will also continue on the Board as Immediate Past President. I am looking forward to seeing what our new Board will accomplish!

Later in this newsletter is a contest to create a slogan for the 2017 Fall Conference co-sponsored by our chapter and the Denver chapter. Submit your ideas and you could win a free conference registration.

Enjoy the start to what is promising to be a beautiful summer!

Karen Mitchell, CBT, CIT

Karen E. Mitchell



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Standing Committee Chairs 2015-2016

Professional Development & Education – position open, contact Karen to sign up now!

Membership & Marketing – Valerie Bates 719-649-4615
valerie@vanguardhomes.com

Finance – Jennifer Walker 719-546-6829
jennifer.walker@hubinternational.com

Chapter Functions 2015-2016

Historian - Linda Champlin-Frank, CBT, CIT 719-667-8501
lindacf356@msn.com

Web Site – Adele Swift 719-269-1173
aswift@tezakheavyequipment.com

Occupation Research / Referral – Bonnie Morgan 719-930-1856
bonnie.morgan@thecpigroup.net

Parliamentarian – Victoria Bartz 719-685-2343
vbartz@expensereduction.com

Centerline Editor - Victoria Bartz 719-685-2343
vbartz@expensereduction.com

“We make a living by what we do, but we make a life by what we give.” - Winston Churchill

Board of Directors for 2015-2016

President

Karen Mitchell, CBT, CIT

President-Elect

Berni Mount

Vice President

Katie Trapp

Recording Secretary

Kasey Chapot

Treasurer

Jennifer Walker

Directors

Valerie Bates
Christina Townsend

Special Committee Chairs 2015-2016

Block Kids – Karen Mitchell, CBT, CIT 719-686-7482
kem0513@aol.com

Bylaws - Linda Champlin-Frank, CBT, CIT 719-641-1109
lindacf356@msn.com

CAD Competition – Berni Mount and Kasey Chapot 719-599-7710
bmount@nunnconstruction.com
kchapot@nunnconstruction.com

Construction Career Day - Linda Champlin-Frank, CBT, CIT 719-641-1109
lindacf356@msn.com

NEF – position open, contact Karen to sign up now!

Publicity – Valerie Bates 719-649-4615
valerie@vanguardnewhomes.com

Scholarship - Katie Trapp 719-635-0902
Kt_trapp@yahoo.com

Strategic Planning – Kasey Chapot 719-599-7710
kchapot@nunnconstruction.com

Ways & Means - Katie Trapp and Sandy Riggs
 719-635-0902 Kt_trapp@yahoo.com
 719-599-0168 sjr3555@aol.com

WIC Week – position open, contact Karen to sign up now!



The CCD Planning Committee met in April and planning has started for the 2016 event. Our next meeting will be held on Wednesday, June 8th.

Put the date of **Thursday, September 15, 2016** on your calendar and plan to be part of this great day! We will again be at the Norris Penrose Event Center.

In this newsletter you will find sponsorship forms. They are also available on the CCD website (address below) along with information about the event. We will be recruiting volunteers as the time gets near so watch for that information and forms which will be forthcoming.

If you would like to come and participate in the meeting this month, let me know and I will give you the details. Contact me at lindacf356@msn.com.

www.coloradoconstructioncareerdayssoutherncolorado.com

Linda Champlin-Frank, CBT, CIT
SCCCD Foundation President



"PROMOTING THE CONSTRUCTION INDUSTRY TO AMERICA'S YOUTH"



"PROMOTING THE CONSTRUCTION INDUSTRY TO AMERICA'S YOUTH"

The Colorado Construction Career Day of Southern Colorado and the construction industry are preparing to host high school students from the southern Colorado area at the 2016 Colorado Construction Career Day event in September 2016. The date is yet to be determined. Both volunteers and financial sponsors are needed to provide activities, equipment to meet our expected costs to host this unique, fun and hands on exploration of careers in the construction industry.

We are encouraging all industries to support this event which gives students the opportunity to explore careers in construction. We are in need of sponsorships to meet our expected budget for expenses. The expense budget is used to provide transportation for schools lacking funds for buses, student lunches, student safety equipment such as hard hats, glasses, safety vests, promotional costs and much more.

Look over the attached sheet to review the sponsorships and use the form below to send us your sponsorship information. We appreciate the support you have given us in the past for Colorado Construction Career Day. It has made an impact on students, administrators, legislators, and even our own industry. With your help and sponsorship, the 2015 Colorado Construction Career Day of Southern Colorado will continue sending the message to students that the construction industry is a viable career choice. If you have any questions or need more information, contact Linda Champlin-Frank at (719) 641-1109 lindacf356@msn.com or Jason Yezek at (719) 321-3018 jason.yezek@centralbancorp.com

Sponsorship Form for Colorado Construction Career Day

Name: _____ Title: _____
Company: _____ Address: _____
City: _____ State: _____ Zip: _____
Phone (____) _____ Fax (____) _____
Email: _____

Circle Sponsorship Level: Bronze Silver Gold Platinum

I am unable to make a donation at the levels above but would like to help with

\$ _____

Make Checks Payable to: Southern Colorado Construction Career Day Foundation

Mail to: Southern Colorado CCD Foundation
PO Box 25301
Colorado Springs, CO 80936



"PROMOTING THE CONSTRUCTION INDUSTRY TO AMERICA'S YOUTH"

BE A HERO – BE A SPONSOR FOR COLORADO CONSTRUCTION CAREER DAYS OF SOUTHERN COLORADO SEPTEMBER 2016

High School Students get a “Hands On” experience in the career areas in construction.

Bronze \$500

Your Recognition Value is:

- Hang Banner
- Recognition on t-shirt
- Web Site Recognition at Bronze Level

Silver \$1,000

Your Recognition Value Is:

- All the **Bronze** recognition **Plus**
- Web Site Recognition at Silver Level

Gold \$2,500

Your Recognition Value is:

- All the **Bronze and Silver** recognition **Plus**
- Recognition at Closing Assembly
- Web Site Recognition at Gold Level

Platinum \$5,000 and Above

Your Recognition Value Is:

- All the **Bronze, Silver and Gold** recognition **Plus**
- Platinum Poster Recognition on website
- A couple of minutes at the Podium at Closing Assembly

Southern Colorado Construction Career Day Foundation is a 501 (c) (3) organization. Donations are tax deductible to the extent allowed by law. **Please make payment payable to “Southern Colorado Construction Career Day Foundation”.**

Mail payment to: Southern Colorado CCD Foundation
PO Box 25301
Colorado Springs, CO 80936

**Create the slogan of
the 2017 Pacific
Southwest Region Fall
Conference and win a
free registration!**



The theme of the October 13-14, 2017 conference cohosted by Metropolitan Denver Chapter 112 and Pikes Peak Chapter 356 is “**Going Green**” in construction and in all other aspects of our lives.

We need a catchy slogan and that is where YOU come in. Send your slogan ideas to Denver Chapter President Lisa Reiswig at ereiswig@ur.com or Pikes Peak Chapter President Karen Mitchell at kem0513@aol.com. If your slogan is chosen, not only will you be going green, you’ll be going for free! The deadline for submissions is July 15, 2016.

Pikes Peak Chapter 356 June Meeting

Thursday, June 16

Black Bear Diner — 1340 W Garden of the Gods Rd,
Colo. Spgs., CO 80907

There is no cost to attend. Attendees will be
responsible for their own meal off the menu. menu.

In preparation for the Olympics we have a
special treat.

Olympian Erin Mirabella will be telling us
“What It Takes”.

If you would like to get a preview, go to
her website at erinmirabella.com

Networking – 5:30

Dinner – 6:00

Erin – 6:45

Business Meeting – 7:30

RSVP by Monday, June 13th to Valerie Bates
valerie@vanguardnewhomes.com
or 719-649-4615

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Board Meeting	3 Happy Birthday Cathy Andrew	4
5	6	7	8	9	10	11
12	13	14 Happy Birthday Victoria Bartz	15	16 Monthly Meeting	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

If we missed your birthday, it is because we don't have the date, so please let our Membership and Marketing committee leader Valerie know!

June 2 – Board Meeting

June 14 – Happy Birthday Victoria Bartz

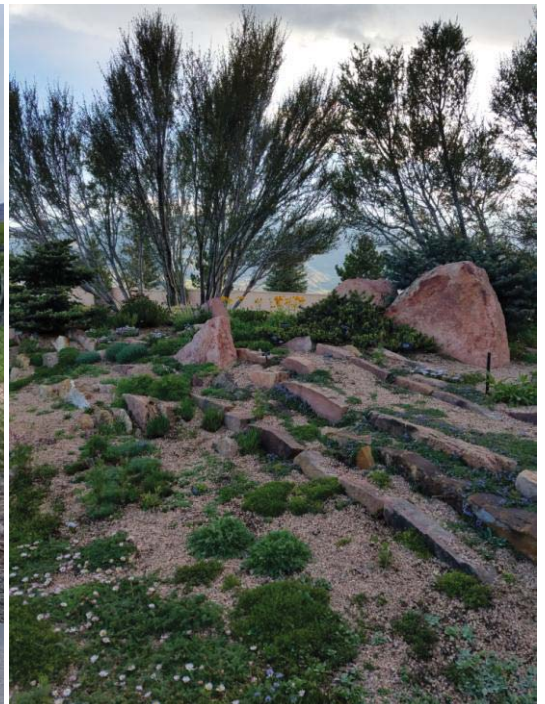
June 16 – Monthly Meeting

Future Dates:

August 12 – Summer Social & Picnic at Colorado Springs Sky Sox vs. Albuquerque Isotopes

August 17-20 – National Conference

September 15 - Construction Career Day



3 Laws of Productivity That Can Move You to Where You Want to Be

BY NICOLAS COLE

Want to get things done? Here are the 3 golden rules.

There are 3 laws I live by when it comes to being productive. They are simple. They are effective. And they "move the needle" from where I currently am, to where it is I want to be.

1. Do What Is Important, Not What Is Urgent

There is a massive long-term difference between what is "urgent" and what is truly important. "Urgent" tends to encompass a lot of little things: "I have to call this person back, I have to respond to this e-mail, I have to drop off this piece of paperwork." Yes, all those things have to and should get done--but not at the expense of what matters. The important work is what moves the needle. It's finishing the book; it's launching the product; it's the big leap that will move you from point A to point B. When you hyper-focus on what is "urgent," you forget and ultimately de-prioritize the important stuff. But if you reflect after the fact, you'll always see that what was at the time "urgent" was really not all that important. And unless you put in the hard work of doing the important things, you are most likely in the same position today as you were last week, or last month, or last year. ***Do not mistake being busy with being productive. There is a difference.***

2. Do What You Need to Do, Before You Do What You Want to Do

This requires an extreme amount of self-discipline. Knowing where you want to go in life isn't the hard part. Anyone can write down a mission statement or a New Year's Resolution. Anyone can set a goal and talk about it. Very few people can actually take the actionable steps required to turn that goal or dream into a reality. Doing what you need to do means doing it even if you're tired, even if you're worn down, even if you're burned out, even if you don't want to. Doing what you need to do is a habit, and a fundamental one required for any type of success. If you are able to do what you need to do before relaxing into what you "want" to do, then you will start to see how quickly you can make real moves towards where you want to be. Things never take as long as we think they take. The only reason they take so long in the first place is because we tend to prioritize what is easy or what we "want" ahead of what needs to get done.

3. Remove All Distractions

Even if you live by the first two laws here, you still won't be very productive if you are constantly interrupted. Doing what needs to get done is not always easy. If you have distractions around you, they turn into temptations the moment the journey becomes challenging. If you're tired, the T.V is right there. If you're bored, the Internet is a click away. If you want to get something done, then get rid of anything and everything during that time period that could pull you out of your flow. Turn off the Internet. Hide your phone. Turn off the T.V. Put yourself in complete and utter silence. It is vastly underestimated how much more productive you are when you go long stretches of time without being interrupted. It's in that flow that all creativity emerges. And every time your phone dings with a notification, or an e-mail pops up on your screen, you are taken out of your flow. ***Remove all distractions. Find your flow. And get to work.***

10 Signs You Really Are a Leader (and Might Not Know it)

Many times people who influence us the most aren't even aware they are leading us.

BY LOLLY DASKAL

We often feel that to be a leader, you need to be born a leader, or be drawn to leadership, or have a “leader-ly” position. We think of leadership as a title that has to be deserved or earned. But leaders are rarely, if ever, born. If we had to isolate a factor that creates leaders, it's probably some combination of circumstance and persistence. Many,

many leaders walk among us--in all kinds of people, places and positions. Some of the greatest leaders you'll ever meet aren't even aware of their own leadership. Here are 10 signs that you may be one of them:



1. You have an open mind and seek out other people's opinions. If people are drawn to you because you are open to others people's opinions, you are a leader.
2. You offer advice and counsel. If you find yourself advising your colleagues, and your friends are asking you to counsel them--if people seem to seek out and value what you say--then your empathy is strong and your perspective has real-world usefulness to those around you. If you often help those around you navigate their rough patches, you are a leader.
3. People count on you. If people rely on you, it follows that they trust you to follow through and deliver on your promises. If you hold yourself accountable and demonstrate the kind of day-in, day-out responsibility that leads others to trust you, you are a leader.
4. You're a good listener and people confide in you. Being able to listen to others, having people speak to you frankly without worrying about who you'll tell or how you might use that knowledge against them, are signs of strong leadership--not to mention of being a nice person. If you understand that listening is more important than speaking, and if people know they can confide in you, you are a leader.

5. Others follow your example. The most powerful form of leadership isn't persuasion or argument or force, but example. Whether times are good or bad, people notice who's present, who's effective, who's working hard without distraction. When that person is you, others naturally follow you--and you are a leader.
6. You insist on excellence. As Aristotle said, we are what we repeatedly do, and therefore excellence is not an act but a habit. When you are in the habit of standing up for excellence and you hold yourself and those around you responsible for quality, you are telling others that you act rather than talk, show rather than say, deliver rather than promise. If you are not making excuses or blaming others but holding up the standard of excellence and quality, you are a leader.
7. You have a positive attitude. Positive, optimistic people make people around them happy. A positive outlook doesn't blind you to problems or issues but allows you to seek out something good in almost every situation and to know that eventually things will be all right. It's the kind of spirit that keeps people motivated and spreads optimism, and it means you are a leader.
8. You treat people with respect. Knowledge may give you power, being smart may give you an advantage, but when you give respect you will always receive respect in return. If you look for the good in everyone you meet and respect them for who they are, it's likely that they hold you in high esteem and that you are a leader.
9. You genuinely care about others. If you spend time supporting, guiding and sharing your knowledge with those around you, giving them the opportunity to achieve success, and if you care about their well-being and do all you can to help them attain their own success, you are a leader.
10. You are confident and passionate. Most people are always watching each other, looking for cues about how to behave. Being confident means moving with assurance, being passionate about what you believe and refusing to let anything get in your way. If you work consistently toward a cause with vision and confidence, you are a leader.

Are you failing to see something important within yourself? Weigh yourself against these traits, reconsider what you think you know, and recognize yourself for the leader you may really be.

Check it out!

We make these beaded items to sell for fundraising for our chapter. We take them to regional and national events as well as our own meetings. We take special orders too. To order, contact Katie Trapp. (Her contact info is on page 2 of this newsletter.)



Lanyards are \$20

Bracelets are \$10

Fobs and Bugs are \$5





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Nancy Eaton

2740 W 5700 N

Cedar City, Utah 84721

2. E Mail me your ad and scan your Logo to:

lvwic@ix.netcom.com

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NAWIC BUILD IT UP SPONSORSHIP FORM

I would like to partner with NAWIC Chapter #356 to help fund educational and service projects in the construction industry within our community. I understand my sponsorship will also help with NAWIC Education Foundation programs held throughout the year.

I would like to support the Colorado Springs NAWIC Chapter #356 at the following level:

Build It Up Bronze - \$250.00 _____

Build It Up Silver - \$500.00 _____

Build It Up Gold - \$1,000.00 _____

Build It Up Platinum - \$1,500.00 _____
(includes one free annual membership)

Name: _____

Company: _____

Address: _____

City, State, Zip _____

Mail to:

NAWIC Colorado Springs Chapter #356
PO Box 7455
Colorado Springs, CO 80933

Date Received: _____

Expires: _____

Advertising Opportunity Available...



We are offering you an opportunity to advertise in our monthly NAWIC Newsletter "The Centerline"

The Colorado Springs newsletter is distributed to our members, posted on our website, sent to our Regional Director and is available on the NAWIC Region 8 website.

Business Card Size	\$35.00
1/2 Page	\$75.00
Full Page	\$100.00

Your ad will run for one full year from the time of receipt.

Send your business card or copy and check to:

NAWIC Chapter #356
PO Box 7455
Colorado Springs, CO 80933

Thank you for your support of Colorado Springs NAWIC
Chapter #356