



# The Centerline

## President's Message

*I hope you all are enjoying the Fall Season. Pumpkin flavored everything, Corn Candy, Halloween, and soon Thanksgiving. Of course, the first snow of the season has already come.*

*October was a busy month. We started off with a great Board Meeting with the new Board of Directors. Thank you Ally Jencson for filling in for me and leading this meeting as I had to be out of town to my Grandmother's Funeral.*

*As a NAWIC member this time of year also means Fall Conference. This year it was in San Diego. I had the pleasure of hanging out with and getting to know the Presidents from the other chapters in our Region and our National President Dove Sifers-Putman. (pictured with me below) The San Diego Chapter did a great job putting together and hosting Fall Conference.*

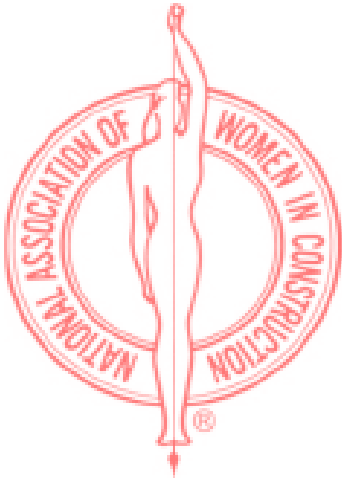
*This month we will have our Scholarship Fund Raiser, a Turkey Shoot themed Bowl-a-thon on November 10th. This will be a fun event. Bring friends and family and create teams of four or just come and join me to make a team. Wear camouflage hunting gear for fun and receive a \$1 door prize ticket.*



*Our General meeting will be at Mimi's on Powers. Our speaker will be Betsy Clark. She is a Mindset coach for women entrepreneurs. I hope to see you there.*

*Happy Thanksgiving,*

Valerie Bates  
NAWIC Pikes Peak Chapter 356 President



## Standing Committee Chairs 2018-2019

**Professional Development & Education** – Michelle Lipke 719-570-1774  
[m.lipke91@gmail.com](mailto:m.lipke91@gmail.com)

**Membership & Marketing** – Samantha Walter 719-649-2739  
[samantha.walter@ramparttile.com](mailto:samantha.walter@ramparttile.com)

**Finance** – Naomi Kidd 719-332-9868  
[nrkidd4ppc356@outlook.com](mailto:nrkidd4ppc356@outlook.com)

## Chapter Functions 2018-2019

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**Web Site** – Adele Swift 719-269-1173  
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**Occupation Research/Referral** – Alyssa Vernon 719-570-1774  
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**Centerline Editor** – Staci Calderon 719-339-5887  
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### Board of Directors 2018-2019

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**Vice President**  
Ally Jencson

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Berni Mount

**Directors**  
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Michelle Lipke  
Allison Mikulecky  
Paula Miller

*“We can do it.” – Rosie the Riveter*

## Special Committee Chairs 2018-2019

**Block Kids** – Naomi Kidd 719-632-9868  
[nrkidd4ppc356@outlook.com](mailto:nrkidd4ppc356@outlook.com)

**Bylaws** – Karen Mitchell, CBT, CIT 719-686-7482  
[kem0513@aol.com](mailto:kem0513@aol.com)

**CAD Competition** – Berni Mount and Paula Miller 719-599-7710  
[bmount@nunconstruction.com](mailto:bmount@nunconstruction.com)

**NEF** – Karen Mitchell 719-686-7482  
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**Publicity** – Valerie Bates 719-649-4615  
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**Scholarship** – Katie Trapp 719-635-0902  
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**Strategic Planning** – Kristen Ibarra 719-203-3323  
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**Fund Raising** – OPEN

**WIC Week** – Jennifer Walker 719-546-6829  
[jennifer.walker@hubinternational.com](mailto:jennifer.walker@hubinternational.com)

## Presidents Report Fall Conference 2018

The first speaker on Friday was Yehudi Gaffen of Gafcon. He discussed with us a revitalization project they are doing in San Diego, the Seaport Village Renovation. It was so interest and exciting to see.

In the afternoon Carol Hagen taught us how Tweet. Yes its true I now know how to TWEET!

I then met with Myrna, the other Chapter Presidents and Dove Sifers-Putman. We went over commitments and expectations.

Berni and I sold the beautiful jewelry our Chapter has made on both days. We sold \$493.00

Saturday we heard from the DA of San Diego County, Summer Stephan. She was very inspiring. She let us know that San Diego County is currently the safest county in California. She is passionate about safety. She went on to tell us about the first women in law enforcement in Las Angeles CA in 1910, Alice Stebbins Wells.

Next we learned about Cyber Security from CAN insurance. I learned that my laptop must be encrypted. (you probably knew that)

At this conference all Chapters were represented.

It was so awesome to see the Regional OSHA COMMITTEE Chair is our own Karen Mitchell. I was also thrilled to see that the Regional Block Kids Chairs is our NAWIC Sister Leslie Miasnik.

We ended the conference with Leslie taking us on a tour to see where the Seaport Village Renovation will take place, a project she is working on. She showed us around San Diego, we had lunch at Tom Ham's Lighthouse. She then drove us to the Airport.

All in all it was a successful conference.

Thank you to our Chapter for giving me this opportunity.

Valerie Bates

NAWIC Pikes Peak Chapter 356 President



# Turkey Shoot Bowl-a-thon

King Pin Lanes - 3410 N Academy Blvd

Make Donations to Pikes Peak Chapter Scholarship Fund

You're  
**INVITED**

**\$5/game includes shoes**

**Nov. 10th, 2018 2 - 4 pm**

**PARTY**

**Door Prizes - \$1 & \$5**

**Wear Camouflage and receive a  
\$1/door prize ticket**



**Gift cards for high scorer on each  
team. \$100.00 prize for winning  
4 person team (3 games)**

**RSVP : Katie Trapp Kt\_trapp@yahoo.com**

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# NAWIC NFSF BOWLATHON REGISTRATION

**NFSF is a 509(a)(3) Corporation. All donations over the amount of Bowling costs are deductible as charitable contributions.**



## Contact Information for Person(s) registering

Name	
Street Address	
City State ZIP Code	
Home Phone	
Work Phone	
E-Mail Address	
Company Name	

## Team Information (if available at time of registration)

Team members (4 total)	Amount Paid (\$5/game/person)
TEAM NAME (if applicable)	

**PLEASE REGISTER EARLY!**

**Thank you**

**Email registration or intent to participate to: [kt\\_trapp@yahoo.com](mailto:kt_trapp@yahoo.com)**



## NAWIC FOUNDERS' SCHOLARSHIP FOUNDATION

Each year, NFSF is pleased to award over \$25,000 to worthy recipients in construction-related programs. Award amounts range from \$500 to \$2,500.

The NAWIC Founders' Scholarship Foundation is an equal opportunity organization and encourages applications from all individuals enrolled in an accredited construction related program. The Foundation is recognized by the IRS as a 509 (a) (3) Corporation so all designated donations are deductible as charitable contributions.

The Colorado Springs Chapter of NAWIC awards scholarships through NFSF and is holding a Bowl-a-thon to raise funds. "For a CORPORATE TEAM SPONSORSHIP in the amount of \$50.00 your company will be recognized at the event and will receive an ad in the chapter newsletter. If you are not able to sponsor a team but would like to help, any amount would be appreciated.

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ email: \_\_\_\_\_

Amount: \$ \_\_\_\_\_

Make checks payable to: **National Association of Women in Construction**  
**Pikes Peak Chapter 356 Scholarship Fund**

Mail to: Katie Trapp, Scholarship Chair, 855 Broadview Pl. C.S., CO 80904

November 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Board Meeting 5:30pm 	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> Bowl-A-Thon 2:00pm King Pin Lanes 
<b>11</b> Ally Jencson's Birthday 	<b>12</b>	<b>13</b> Brandee Ruiter's Birthday 	<b>14</b>	<b>15</b> Membership Meeting 5:30pm @ Mimi's 	<b>16</b>	<b>17</b>
<b>18</b> Beth Doty's Birthday 	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Davyne Ryals-Wellnitz's Birthday Thanksgiving Day 	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	





**KAREN MITCHELL, CBT,  
CIT, CIS**  
PACIFIC SOUTHWEST REGION  
OSHA COMMITTEE CHAIR



## November 2018 OSHA Committee Report

### OSHA-NAWIC ALLIANCE GOALS

Provide educational tools for NAWIC members entirely focused on worker safety and health in the workplace with an emphasis on how they affect women.

Find more information here:  
<https://www.osha.gov/dcsp/alliances/nawic/nawic.html>

### CONTACT INFORMATION

T 719-651-2824

E kem0513@aol.com

*Did you know...* OSHA has **ten regions** across the United States? NAWIC's largest geographical region, the Pacific Southwest, encompasses three OSHA regions, 6, 8, and 9. OSHA releases information by regions so if you know your region, you can quickly find information relevant to you and your company. Your OSHA region can be found here: <https://www.osha.gov/html/RAmap.html>. There is not much new to report in our OSHA regions for this past month, but I want to challenge you to make safety a priority in your company as **safety is everyone's responsibility**.

I believe safety and advances in research and technology which contribute to worker safety are quite interesting. I work in concrete and this past year we launched a new safety initiative which tacks on to our tagline, "Our quality is concrete!" Now, our **safety** is also **concrete**. We want to make it easier to be safe than not. While I can certainly appreciate this man's recognition of the need for personal protective equipment PPE, I do not believe this "hardhat" meets OSHA safety requirements for head, eye and lung protection. At our company, this man's foreman would have grabbed a spare hardhat, goggles and/or a respirator, readily accessible and got this man back to work.



It is our job to notice unsafe practices and report them to the proper personnel. As safety is **everyone's** responsibility, you can help advance safety by liking the NAWIC OSHA Alliance Committee on Facebook and following and retweeting @NAWIC\_Alliance on Twitter.

This month's **toolbox talk** concerns **reverse polarity** when working with electricity. Hopefully, our resourceful (?) worker above has not tampered with the polarity on his extension cord as he saw cuts that concrete!

Please do not hesitate to contact me if you have any questions or information to share or with any suggestions for future topics. My goal is to make my monthly report informative, but also fun, something you will **want to read!**



## **OSHA Training Toolbox Talk: Basic Electrical Safety – Avoiding the Hazards of Reverse Polarity**

*[Reference 1910 Subpart S / 1926 Subpart K]*

We discussed in an earlier toolbox talk about how electrical tools or equipment which are double insulated have a power cord with a two-pronged plug on the end and no ground prong. But have you ever noticed how one of the two prongs (or blades) is wider than the other? And perhaps you have also noticed one of the two vertical slots is also larger on most electrical receptacles (*refer to handout to see examples of these*). The reason for this is because it is critical to our safety that the electricity flowing to and through the tool or equipment and back through the wiring system follow the proper path.

When electricity flows to and through the receptacle to the plug to the tool or equipment, it should be traveling through the “hot” wire. Once it gets to the tool or equipment, it typically flows to the on-off switch or control, and once the switch is turned on or activated, the current flows on to the motor, heating element, light bulb or whatever else needs electricity to make the device function. From there it flows back out of the tool or equipment to the receptacle via the “neutral” wire, and from there back through the electrical system to the ground.

But if for some reason somebody switched around the “hot” and “neutral” wires in the system, a condition known as “reversed polarity” occurs. The electricity no longer stops at the on-off switch, but instead runs through the entire circuit inside the tool or equipment up to the point where the on-off switch or control is located. This may not seem like a big deal because the tool or equipment will typically run like normal when the on-off switch is activated (even if it is wired backwards). But reverse polarity can present a very serious potential danger for a couple of reasons.

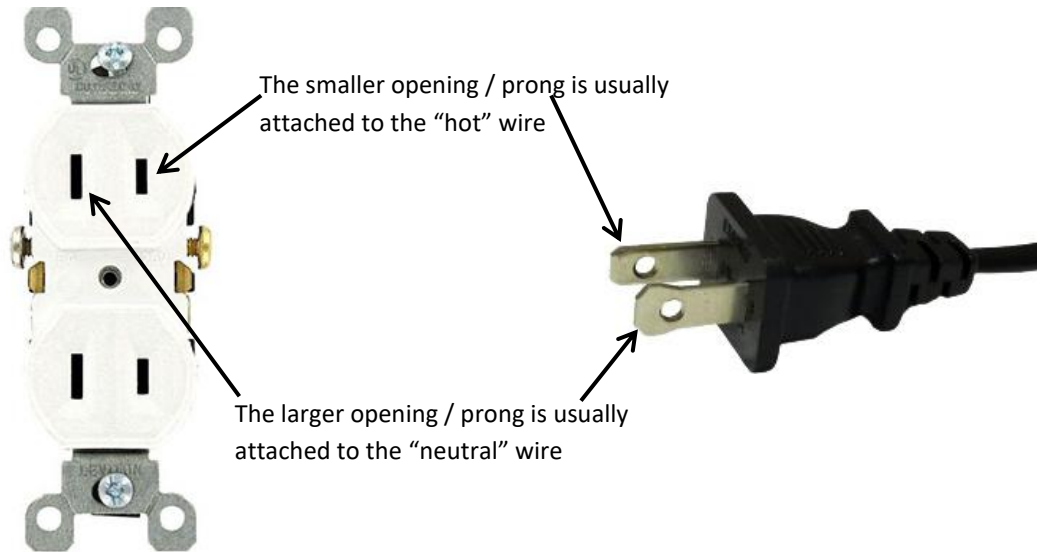
First of all, if a tool such as a portable grinder wired in a reverse polarity situation were to short out, the grinder would suddenly turn on and start to run even without the on-off switch being activated. To make matters worse, you would not be able to turn the grinder back off unless you unplugged it from the receptacle. Also, with devices like lamps and light fixtures with standard screw-in light sockets, the neutral wire that is attached to the socket would effectively become a hot wire in a reverse polarity situation, energizing the screw-in portion of the light socket. That means that anyone who accidentally touched the screw-in part of the socket while installing or removing a bulb could be accidentally electrocuted. These are reasons why plugs and receptacles are polarized; to prevent them from being plugged in backwards.

So why should we be aware of the hazards of reverse polarity? Because most electrocutions and other accidents that occur due to reverse polarity do so because someone who is not a qualified electrician decides to try and repair a broken or non-functioning circuit, switch, receptacle, tool, or piece of equipment, and they mistakenly get their hot and neutral wires crossed. So long story short, it is VERY CRITICAL that you DO NOT ever make any unauthorized repairs on any electrical circuitry, tool, or piece of equipment. Instead, report the condition to your supervisor or safety rep, so the work can be done by a qualified electrician who can also conduct tests necessary to ensure everything is wired correctly.

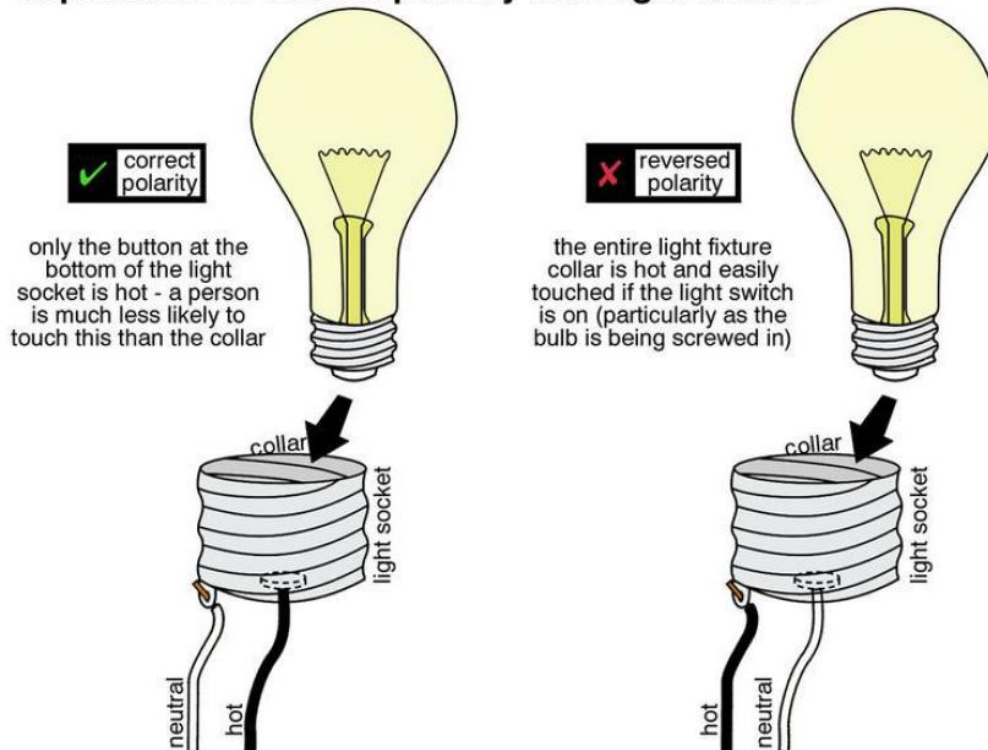
Are there any questions or comments about today’s discussion on the hazards of reverse polarity? Thank you for attending today’s OSHA training toolbox talk. Please be sure to sign your name on the training certification form so you will get credit for being here today.

## REVERSE POLARITY – The Hazards and How to Avoid Them

### *How Properly Wired Polarized Receptacles & Plugs Work*



### **Importance of correct polarity with light fixtures**



Source of Image: White House Inspections

**OSHA SAFETY TRAINING CERTIFICATION FORM**

**Toolbox Topic Covered:** Basic Electrical Safety – Avoiding the Hazards of Reverse Polarity

Company Name: \_\_\_\_\_ Date: \_\_\_\_\_

Training led by: \_\_\_\_\_

**PRINT NAME**

**SIGNATURE**

_____	_____
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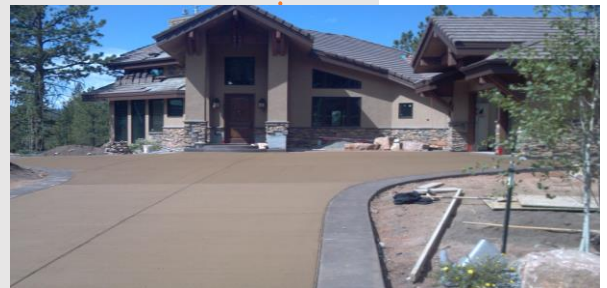
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CHECK OUT THE SPONSORS ON WWW.NAWIC.NET

Do you remember that for only \$15 you can advertise your company OR show your personal support to the Pacific Southwest Region Fund? Provide a business card or a Logo of your company and a statement of 75 words or less about your company and we will ask our Web Wizard Will to put it on the site for you from now thru NEXT September...

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

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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