

May 2019 Centerline

Pikes Peak Chapter 356



May 2019
Volume 38

National Association of Women in
Construction NAWIC Chapter 356
PO Box 7455

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**"Here's to strong women. May we know them.
May we be them. May we raise them."**

Unknown

Upcoming Events

- 5/3 -5/4 Pacific Southwest Forum
- 5/6 Happy Birthday Cathy Andrew
- 5/7 Happy Birthday Eva Cosyleon
- 5/8 Happy Birthday Robin Mercier
- 5/9 Chapter Board Meeting 5:30pm
- 5/10 Happy Birthday Kelly Eustace
- 5/13 Happy Birthday Karen Mitchell
- 5/16 Membership Meeting 5:30pm
- 5/24 Happy Birthday Cyndi Wheatley

Congrats to Christina Townsend (4yrs), Jennifer Walker (4yrs), Eva Cosyleon (3 yrs) and Danielle Grover (1 yr)!

Hello NAWIC Sisters,
Welcome to Spring!

I hope you were able to attend our mixer Celebrating WIC Week in March and hope you were able to see our Billboard at Marksheffel and Constitution area. As of April 18th I was told it is still up if you didn't get a chance to see it earlier. The mixer was a lot of fun and we had three new members sign-up. I am sure we are all looking forward to getting to know them better. Great job, Jennifer Walker and Ally Jenson on a great event.

Our April meeting was about the FISH Philosophy. Erik Rusin and our very own Staci Calderon were the presenters and it was fun and interesting. If you didn't get a chance to be with us look up the [FISH! Philosophy](#) for your employer. This fun work culture philosophy has me hooked. LOL I have most definitely passed this information on to my boss.

We will be discussing some fundraisers at this month's meeting, to support our Fall Conference.

Watch for more news soon for our 2nd Annual 5K Rosie Run. This year it will be on June 15th. Mark your calendars even if you will not be running. Come and have fun, support the runners (ringing the cow bells and cheering as they come in...so much fun) visit the vendor booths and have a breakfast burrito.

I hope to see everyone at this month's meeting at Edelweiss at 34 E Ramona Ave, Colorado Springs, CO 80905. Cypress Williams from Meryl Lynch is our presenter. He is speaking about Finance and Wellness specifically for women. Our Regional Director, Myrna Smith will be with us. She would love to meet all the amazing ladies of the Pikes Peak chapter.

*Valerie Bates
President
Pikes Peak Chapter 356*

NAWIC
National Association of Women in Construction



Standing Committee Chairs 2018-2019

Professional Development & Education – Michelle Lipke	719-570-1774	m.lipke91@gmail.com
Membership & Marketing – Samantha Walter	719-649-2739	samantha.walter@ramparttile.com
Finance – Naomi Kidd	719-332-9868	nrkidd4ppc356@outlook.com

Chapter Functions 2018-2019

Historian – Kristen Ibarra	719-203-3323	kibarra@rmg-engineers.com
Web Site – Adele Swift	719-269-1173	aswift@tezakheavyequipment.com
Occupation Research/Referral – Alyssa Vernon	719-570-1774	alyssav@centralstatesroofing.com
Parliamentarian – Karen Mitchell	719-686-7482	kem0513@aol.com
Centerline Editor – Staci Calderon	719-339-5887	scalderon@rusinltd.com

Board of Directors

2018-2019

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Naomi Kidd

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Berni Mount

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Staci Calderon

Michelle Lipke

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"We can do it." - Rosie the Riveter

Special Committee Chairs 2018-2019

Block Kids – Naomi Kidd	719-632-9868	nrkidd4ppc356@outlook.com
Bylaws – Karen Mitchell, CBT, CIT	719-686-7482	kem0513@aol.com
CAD Competition Berni and Angelique	719-599-7710	bmount@nunconstruction.com
NEF – Karen Mitchell	719-686-7482	kem0513@aol.com
Social Media – Kristen Ibarra	719-203-3323	kibarra@rmg-engineers.com
Scholarship – Katie Trapp	719-635-0902	kt_trapp@yahoo.com
Strategic Planning – Kristen Ibarra	719-203-3323	kibarra@rmg-engineers.com
Fund Raising – OPEN		
WIC Week -Jennifer Walker	719-546-6829	jennifer.walker@hubinternational.com

CAD 2019

By Berni Mount- CAD Co-Chair

We had 43 sets of student's plans from two local high schools participate this year – Doherty and Rampart. 21 judges came on March 9th to look at each set of plans 4 times to determine the winners. The project this year was a study hall. Some of the judges thought this was the best ever they had seen the students do. Some of the judges thought last year's effort was better. Thank you to all the judges and volunteers for the judging and bringing wonderful breakfast items to share. It was a great success!

Please come to the awards on Sunday, April 7th at 2:00 p.m. at Rampart High School Cafeteria to see all the student plans and find out who the top 10 students were, including the winner. (See attached flyer).

Thank you to my Co-Chair Angelique Kallio who always makes CAD a success!

“You can always tell who the strong women are. They are the one's who build each other up, instead of tearing each other down.”

-unknown



BE THE POWER 2019 – 64th ANNUAL CONFERENCE

Wednesday, August 21 - Saturday, August 24, 2019

[Atlanta Marriott Marquis](#)

265 Peachtree Center Ave. Atlanta, GA 30303

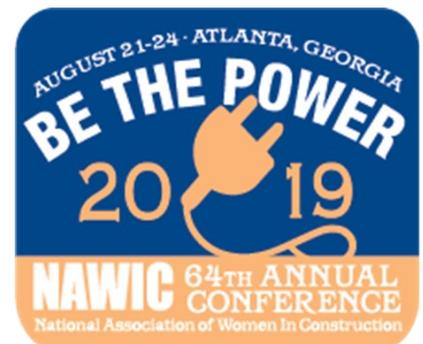
Our 64th Annual Conference registration is now open! Register today! Join us for two powerful keynote speakers, two general sessions with industry panel discussions and 19 seminars and workshops.

NAWIC has hotel rooms blocked at the Atlanta Marriott Marquis where all conference functions will be held. Be sure to identify yourself as being with NAWIC. **Please note: This is a smoke-free hotel.**

Special rates for the NAWIC Annual Conference are:
\$156 single, double, triple or quad (+16% tax per night)

To make reservation, book online at:
<https://book.passkey.com/go/NAWIC2019>
or call: 800-228-9290 or 404-521-0000.

For more information about the conference, please use the [NAWIC National Conference Website](#) to see speaker bios, schedules, transportation options, etc.



Become a
SPONSOR!

Click [here](#) to see how.

Start planning to attend the 2019 NAWIC Annual Conference in Atlanta, GA. This year is one you will not want to miss!

The four-and-a-half day conference is designed for all women in construction, members and non-members alike.

WIC WEEK RECAP

By Jennifer Walker-WIC Week Chair

Our chapter had a very eventful WIC Week this year! We began the celebration by purchasing billboard space in Colorado Springs, CO- see the photo below. Our billboard announced the celebration of WIC Week but also encouraged the public to visit our chapter website to learn more about our talented group of women.

The Thursday of WIC Week, March 7th from 5-7pm we planned a membership drive/mixer which served two purposes- of course, it was a celebration of women working within our industry, but we also used it as an opportunity to promote new membership. This is the second year we've held this event as it was met with great success last year. The mixer was held at the Housing & Building Assoc. of Colorado Springs office and we managed to have a few of their members attend the event as well. With the generous sponsorship of several companies we were able to make this event FREE and gave out some great door prizes. In addition, we requested \$2 donations from each attendee to go towards raising money for 2019 Fall conference which will be held in our city. We had over 50 people in attendance with close to half of those in attendance being non-members. We had a laptop available for folks interested in joining our chapter and offered a promotion for those who signed-up at the event they would receive a \$25 gift card. It was extremely successful; I believe we added 4 new members that night and another 2 or 3 that made verbal commitments. I'm waiting for the final confirmation of funds raised that week but believe it is close to if not over \$1,000. We continually posted about WIC Week on social media and continued our daily affirmation emails celebrating and encouraging all of the hard work that we do. Membership also hung the beautiful WIC Week posters in their offices. I couldn't have done all this without the help of my WIC Week committee member who happens to also be our amazing vice president, Ally Jencson and our membership chair, Samantha Walter. Thank you for all that you do and supporting the NAWIC mission.



NAWIC 356 Billboard 2019



WIC WEEK MIXER 2019

READ ALL ABOUT IT...

Click to preview
NAWIC Today publication

Available for print or
digital for purchase.





2nd Annual Rosie Run

Saturday, June 15, 2019 @ Cottonwood Creek Park

This fun event was created to raise awareness and support for women in the construction industry and our Chapter!

NAWIC Pikes Peak Chapter 356

Race Registration and Vendor Expo Details at <https://www.runningguru.com/E1.asp?eID=54955>

Sponsorship Opportunities

2' x 6' All Weather UV Resistant Banner

\$500.00

All banners displayed on start/finish line fencing and displayed for at least 4 (four) additional LYM Events running events over the coming year. Your banner will be right where all the photos and social media post pics will be taken!

Race T-Shirt Sponsor

\$125.00

Your company logo on the back of all 5K participants T-Shirt

Race T-Shirt PLUS Race Registration Site Sponsor

\$150.00

Your company logo on the back of all 5K participants T-Shirts AND logo on race registration site

10' x 10' Vendor Expo Booth

\$50.00

Market your business in person to all who attend the race and who may just be at the park that day!

Please provide your own tent, 6' or 8' table, 2 chairs and 2 booth attendees.

Vendors are requested to bring a Door Prize (minimum value \$25) to be given away at the finish of the race and you have an opportunity to share about your business with a microphone/ speakers.

Don't have a table? Rent a 10'x10' pop up, 6' folding table with table cover and 2 chairs

ADD \$50.00

Provided, set up and taken down for you! Rental fees payable to LYMevents on race day.

Race Registration Site Sponsor

\$50.00

Your company logo on the Race Registration website where all participants must register.

To become a Sponsor today please contact

Ally Jencson—ally@FLFloorCoatings.com -719-659-6618 call text

Mail checks to NAWIC Chapter 356 PO Box 7455 Colorado Springs CO 80933

Please let Ally know if you wish to pay by credit/debit card when reserving your Sponsorship

NEWS YOU CAN USE

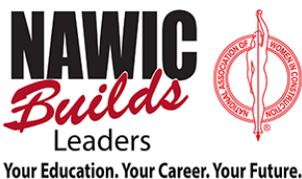
New Member Corner

Welcome to our new member for March:
Kristin Fausnaugh, Brittany Woodson and Michelle Humphrey



Pacific Southwest Region

If you ever want to see information
within our region.
Visit our regional website.



Educational Corner

Upcoming Webinars this month.
(Click links in name to take you to webinar login)

[Corporate Linkage: Understanding the Family Tree of Business](#)—Thurs, May 2, 2019 @ 11am MT

[What are we doing right and wrong with membership?](#) Tues, May 7, 2019 @ 12pm MT

[Mentoring 101](#)—Tues, May 14, 2019 @10am MT

[Finding your voice](#)—Tues, May 21, 2019 @11am MT

Missed a webinar from the past? [Click here for the archive!](#)

NAWIC

Pacific Southwest Fall Conference



ELEVATE TO GREAT!

Colorado Springs, CO - October 4th & 5th, 2019

Register Now

Name: _____
 Company: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Chapter: _____ Region: _____
 First Timer: Yes No

Members	Quantity	Fees
Conference Registration	_____	\$180.00
Late Registration (After 9/4)	_____	\$190.00

Non-Members/Guests

Conference Registration	_____	\$190.00
Late Registration (After 9/15)	_____	\$200.00
Saturday Luncheon	_____	\$30.00
Saturday Dinner	_____	\$40.00
Dietary Restrictions:	_____	

Payment Information

Make checks payable to: NAWIC Chapter 356
 Mail Payments to: NAWIC Pikes Peak Chapter 356
 PO Box 7455
 Colorado Springs, CO 80933

Highlights

Friday, October 4, 2019

Betsy Clark, Mindset Coach - Comparison, the thief of joy and how it can erode your confidence.

Julie Miller Davis, JMD Productivity Training

Prioritize with Power and Proactive Problem Solving.

Trevor Dierdorff, AMNET—Company Culture and why it's important.

Ally Jencson, Frontline Floor Coatings—Communicate like a Tigress!

Saturday, October 5, 2019

George Hess, Founder of the Careers in Construction Program—Talking about the Careers in Construction Program and how it has elevated our future worker resources.

Colorado Springs Mayor John Suthers- Talking about Olympic City USA and all the improvements we have made in our City

Hotel Information

Great Wolf Lodge

9494 Federal Dr - Colorado Springs, Co 80921

Room Rate: \$159++/Per Night (Thurs-Sat nights)

Plus Resort Fee: \$29.99/per night*

UNLIMITED WATER PARK ACCESS UNTIL 8PM

Call: 1-844-554-9653

Cut-off: 9/4/19

Group Code: #1910NAWI (MUST mention)

Space is limited—Book ASAP!

* (This includes unlimited access to wireless internet access, in room coffee, two bottles of

water, local/toll-free telephone calls and incoming/outgoing facsimile service, pool towels, luggage storage. Access to the Iron Horse Fitness Center is also included)

ELEVATE TO GREAT!
Pacific Southwest
2019 Fall Conference
October 4th & 5th, 2019
Great Wolf Lodge Colorado Springs, CO



Sponsorship Opportunities

Name: _____

Company: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Email: _____ **Chapter:** _____ **Region:** _____

Pikes Peak Sponsor—\$2,000—Conference Sponsor

Seven Falls Sponsor—\$1,000—Saturday Luncheon Sponsor

Broadmoor Sponsor—\$500—Saturday Breakfast Sponsor

Cheyenne Mountain Sponsor—\$250—Program Sponsor



Pikes Peak, Seven Falls and Broadmoor Sponsorships include sponsor logos printed on event signage and public recognition during the sponsored event. Pikes Peak and Seven Falls sponsors receive one FREE full-page ad and one FREE conference registration. Broadmoor sponsors receive one FREE 1/2 page ad.

Ad Space

Business Card—\$25.00

1/4 Page—\$50.00

1/2 Page—\$100.00

Full Page—\$200.00

Make checks payable to: NAWIC Chapter 356

Mail Payments to: NAWIC Pikes Peak Chapter 356

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Colorado Springs, CO 80933



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

OSHA-NAWIC ALLIANCE GOAL:

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

You can find OSHA's Trenching and Excavation Safety Guide here: <https://www.osha.gov/Publications/osa2226.pdf>.

May 2019

OSHA Committee Report



On April 16, two Colorado construction workers died when the 15' deep trench they were laying pipe in collapsed, burying them beneath 10,000 lbs. of dirt. Although citations related to these types of accidents are not ranked first nationwide,* they are the #1 ranked citation category in our area of the country. This increased number of citations stems from

OSHA taking a more proactive approach to keeping workers safe when working in trenches. In 2016, when the number of trench and excavation related fatalities doubled the average of the previous five years, OSHA began a campaign to increase education about, and enforcement of trenching and excavation safety. The preliminary reports for the April Colorado accident indicate that the trench had no shoring, trench boxes or hydraulic support and may have had inadequate sloping, resulting in two lives lost and a company destroyed.

Employers can avoid and minimize the risk of injuries and fatalities to their workers by taking these proactive measures:

- Train employees about the dangers of trenching and excavation work and how to identify potential dangers.
- Keep heavy equipment away from trench edges.
- Identify other sources that might affect trench stability.
- Keep excavated soil (spoils) and other materials at least 2 feet from trench edges.
- Test for atmospheric hazards such as low oxygen, hazardous fumes, and toxic gases when more than 4 feet deep.
- Inspect trenches at the start of each shift.
- Inspect trenches following a rainstorm, other water intrusion events, or after any other situation that could have changed conditions in the trench.
- Do not let employees work under suspended or raised loads and materials.
- Ensure that personnel wear high visibility or other suitable clothing.

Approximately 40 workers die each year due to trenching and excavation accidents. Taking the proper safety precautions can bring that number closer to zero.

*Citations related to fall protection are ranked first overall nationwide.



OSHA Training Toolbox Talk: Clarifying Two Key Definitions in the OSHA Excavation Standards

[Reference 1926 Subpart P]

Most everyone is familiar with the general meaning of the terms “*Excavate*” and “*Excavation*.” You dig a hole in the ground with a shovel or a backhoe, and you have excavated the soil and formed an excavation. However, the type of excavation work regulated by the Occupational Safety and Health Administration, or OSHA, goes well beyond these simple examples. To understand why, let’s dig a little deeper into two key definitions that are listed in the OSHA excavation standards.

The first OSHA definition we will cover is “**Excavation**”, which means “*any man-made cut, cavity, trench, or depression in an earth surface, formed by earth removal.*” The previous examples of digging with a shovel or backhoe certainly fall within the meaning of this definition. But be aware that there are many other activities that can create an excavation as defined by the OSHA standards. Examples include:

- Scraping or contouring the ground using powered equipment outfitted with a blade or bucket
- Plowing in a cable with a blade attached to a tractor or track machine
- Pushing or driving a stake or post into the ground with a post-driver or other device
- Drilling a pier or other hole into the soil, either vertically or horizontally, with an auger or bit
- Removing tree stumps, posts, and other objects buried in the ground by pushing them with a blade or bucket or by pulling with a chain or cable attached to a vehicle or piece of equipment

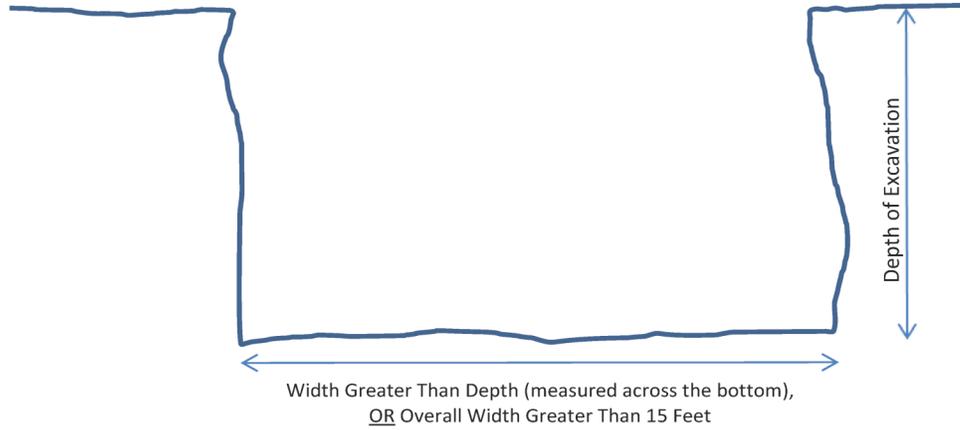
It is very important to note that depth is not a component of the OSHA definition for an excavation; if you make any man-made cut, cavity, trench, or depression in the surface of the earth by removing soil, regardless of the depth, then you have created an excavation.

The second key definition from the OSHA excavation standard we will discuss is “**Trench**”, which is also commonly referred to as a “**Trench Excavation**”. According to OSHA’s definition, a trench is an excavation made below the surface of the ground that is narrow in relation to its length. In addition, the depth of a trench is always greater than the width of the trench when measured from side to side across the bottom. But OSHA’s definition also says the width of a trench does not exceed 15 feet when measured at the bottom; anything wider than 15 feet is still an excavation, just not a trench excavation. Also, if you have an excavation that is wider than 15 feet but then you place or build a form or other structure inside of that excavation which results in the distance measured from the bottom of the form or structure to the side(s) of the excavation being 15 feet or less, that part of the excavation is also considered a trench excavation. (See the handout attached to this toolbox talk for examples of excavations and of trench excavations).

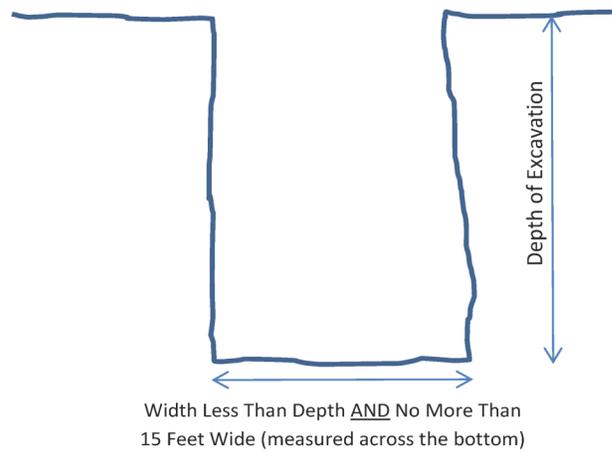
While it may seem nitpicky to separately define the terms excavation and trench excavation, it is necessary to do so. That is because some OSHA excavation standards specifically refer to, and therefore only apply to, a trench or trench excavation, whereas standards referring to “an excavation” would apply to all types of excavations. So pay attention during the next several toolbox talks on excavation safety, and you will recognize how some OSHA rules apply to all excavations, whereas others only apply to trench excavations. And if you have any questions about these definitions on the job site, check with the excavation site’s “**Competent Person**”, which is one more important term we will define during an upcoming toolbox talk.

Can anyone give me another example of an activity which we did not already discuss that is considered to be excavation work? Thank you for your participation, and please be sure to sign your name on the training certification form so you get credit for attending today’s training session.

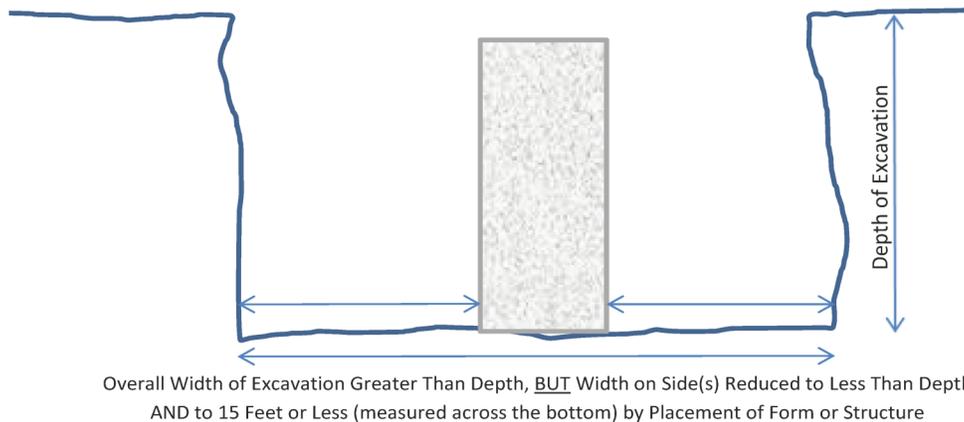
EXCAVATION



TRENCH (or TRENCH EXCAVATION)



TRENCHES (or TRENCH EXCAVATIONS)



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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

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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

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Remember that for only \$15 per year 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... How? It's easy...

1. Send your business card and check for \$15.00 Payable to Pacific Southwest Region Fund to:

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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