

# June 2019 Centerline

*Pikes Peak Chapter 356*



June 2019  
Volume 39

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

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**"If you get, give. If you learn, teach."**

*Maya Angelou*

## Upcoming Events

- 6/6 Chapter Board Meeting 5:30pm
- 6/13 Member Meeting 5:30pm
- 6/14 Happy Birthday Victoria Bartz
- 6/15 Happy Birthday Michelle Lipke
- 6/15 2nd Annual 5k Rosie Run 8am
- 6/28 Happy Birthday Jessica Sharkey
- 6/28 Happy Birthday Staci Calderon

Hello Beautiful Ladies of NAWIC,

I don't know about you, but I feel like I am in a time warp and it is March again. I pray for all our sanity that we get good weather soon. At least by June.

I hope you were able to join us for our May meeting. We had it at the Edelweiss Restaurant. It is a neat venue and I hope we go there again.

The slate of officers and directors was presented by the Nominating Committee of Michelle Lipke, Hillary Roland and Christina Townsend. They did a fantastic job getting us a full slate of officers and directors. I am excited by the number of people that want to be more involved. It will only make this Chapter better and better. My biggest problem right now is trying to figure out who to vote for because they are all fantastic nominees. Results will be announced at our June member meeting!

Watch for more news soon for our 2<sup>nd</sup> Annual 5K Rosie Run. This year it will be on June 15<sup>th</sup>. 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.

It was great to see everyone at last month's meeting at Edelweiss. Cypress Williams from Meryl Lynch was our presenter. He spoke about Finance and Wellness specifically for women. The other thing that made this such an awesome meeting what the Myrna was here!

I hope you all got an opportunity to chat with her at our meeting. We had a lot of fun the three days she was here. She came out to meet our chapter and work on the Fall Conference. I gave her a whirlwind tour of the Pikes Peak area. We did a tour of the Great Wolf Lodge and worked on some of the details. Ally gave her a tour of Downtown. We got very lucky with the weather. Myrna is excited to help with the Fall Conference and is as in love with our Pikes Peak as we are.

We have a lot of exciting and interesting things planned for the summer. I love seeing everyone at our meetings and catching up from month to month. In June we will be revealing the results of the vote for Officers and Directors. If you are running for an office or Directorship (even if unopposed) please be at this meeting.

Thank you all for being a part of this amazing sisterhood.

*Valerie Bates*  
*President*  
*Pikes Peak Chapter 356*



**NAWIC**  
National Association of Women in Construction

## Standing Committee Chairs 2018-2019

<b>Professional Development &amp; Education</b> – Michelle Lipke	719-570-1774	<a href="mailto:m.lipke91@gmail.com">m.lipke91@gmail.com</a>
<b>Membership &amp; Marketing</b> – Samantha Walter	719-649-2739	<a href="mailto:samantha.walter@ramparttile.com">samantha.walter@ramparttile.com</a>
<b>Finance</b> – Naomi Kidd	719-332-9868	<a href="mailto:nrkidd4ppc356@outlook.com">nrkidd4ppc356@outlook.com</a>

## Chapter Functions 2018-2019

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

### Board of Directors

2018-2019

#### President

Valerie Bates

#### Vice President

Ally Jencson

#### Recording Secretary

Kristen Ibarra

#### Treasurer

Naomi Kidd

#### Immediate Past President

Berni Mount

#### Directors

Staci Calderon

Michelle Lipke

Allison Mikulecky

*"We can do it." - Rosie the Riveter*

## Special Committee Chairs 2018-2019

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

## Construction Career Days

By: Berni Mount

Their mission is to provide a venue for young people to explore the variety of career opportunities available in the construction industry upon graduation from high school. To host a day of hands-on experiences, to enable them to interface with expert contractors throughout the region. We encourage volunteers from all the trades in the construction industry to be enthusiastic and provide job specific training to the young people attending the workshop.

We are gearing up for this year's Southern Colorado Construction Career Days event on **Wednesday, September 18<sup>th</sup>**. We will be setting up on Tuesday, September 17<sup>th</sup>.

[CLICK HERE FOR VOLUNTEER AND ACTIVITY FORMS](#)

Hope to see you there! Please let me know if you have any questions.

*"How wonderful it is that nobody need wait a single moment before starting to improve the world."*

**-Anne Frank**



St. Francis Hard Hat Tour

## BE THE POWER 2019 – 64<sup>th</sup> ANNUAL CONFERENCE

Wednesday, August 21 - Saturday, August 24, 2019

[Atlanta Marriott Marquis](#)

265 Peachtree Center Ave. Atlanta, GA 30303

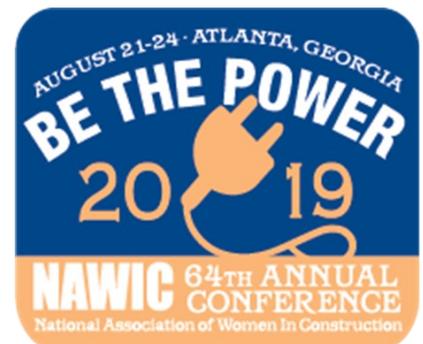
**Our 64th Annual Conference registration is now open! Register today! Join us for two powerful keynote speakers, two general sessions with industry panel discussions and 19 seminars and workshops.**

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.*

## Available Chair Positions

Whether you serve on the board or are a member who loves to participate and wants a little extra involvement, chair positions are VERY important for the success of our chapter. We have the following chair position available (in addition to Fundraising) and would love to hear from you!

### CAD Chair (Previously Berni Mount and Angelique Kallio) Responsibilities:

We have high schools in Colorado Springs, Florence and Canon City that use our CAD competition as their curriculum. CAD starts in the fall. We pull the problem off the national NEF website and then email to our teachers. In December we get the forms back from the students who are anticipating participating in our CAD competition. In January we find a venue to do the CAD judging in March. March is busy as we receive the plans from the teachers and then number them and set up the forms for judging. On a Saturday morning, we have approximately 25 judges (from construction backgrounds) come and look at each set of plans 3-4 times. Once the winner is determined, we send that set of plans to Regional to be judged for a winner there. In April we do an awards ceremony for the winners and all the plans are laid out for parents to look at. The plans are returned to the teachers with the judging forms, so they can go over them with the students.

Angelique Kallio and I would like someone to shadow us this year and take this wonderful NAWIC competition over. Angelique has been doing it for over 10 years. I have been doing it for three and we would like to pass it on. Please contact us with any questions. It is a lot of work in March, but well worth it and our teachers are very appreciative that we are doing this.



NAWIC 356 Billboard 2019

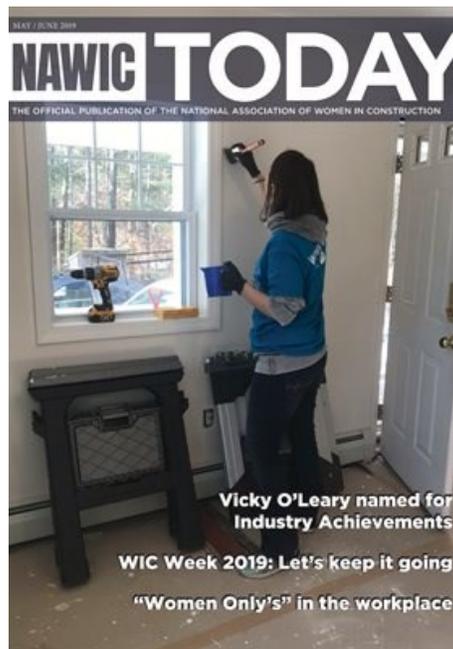


Our very own Myrna dancing to the accordion music!

## READ ALL ABOUT IT...

Click to preview  
NAWIC Today publication

Available for print or  
digital for purchase.



Myrna enjoying Colorado scenery!

Thank you Myrna!



## 2<sup>nd</sup> 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](mailto: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 April...*

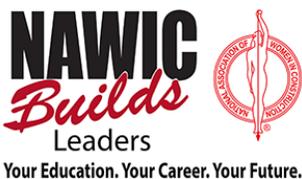
**Wendi Pacheco  
&  
Virginia (Ginger) Parry**

***Chapter 356 is now at 44 Members!!!***

## 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)

Your Personal Power—Tues, June 18 2019 @ 11am MT

Gear up for Annual Conference- Tues, July 2, 2019 @ 12 pm 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

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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

PO Box 7455

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](mailto:kem0513@aol.com)

You can find OSHA's Trenching and Excavation Safety Guide here: <https://www.osha.gov/Publications/OSHA2226.pdf>.

June 2019

## OSHA Committee Report



One of the topics I reviewed at this year's Pacific Southwest Forum was the stages OSHA undergoes to formulate a new OSHA safety rule. As a recap, here are the seven stages:

- Stage 1 – Identify a hazard (12-36 months).
- Stage 2 – Develop a proposed rule (12-36 months).
- Stage 3 – Obtain approval and publish the proposed rule (2-3 months).
- Stage 4 – Receive and review public comments (6-24 months).
- Stage 5 – Develop the final rule (18-36 months).
- Stage 6 – Publish the final rule to the *Federal Register* (2-3 months).
- Stage 7 – Provide outreach, training, directives and interpretations (4-12 months).

As you can see, OSHA does not take creating rules and guidelines lightly. It is a lengthy and time-consuming process. You can subscribe to OSHA updates at <https://www.osha.gov/>, and participate in stage 4 of the process by providing your feedback as we are more often the "boots on the ground" and can testify as to how an OSHA rule will affect our industry, from being too cumbersome and unnecessary to not going far enough to provide a safe work environment. Our voices can shape safety in our industry.

A recent final OSHA rule that affects most of our companies revises 14 provisions in the recordkeeping, general industry, maritime, and construction standards that may be confusing, outdated, or unnecessary. The revisions are expected to increase understanding and compliance with the provisions, improve employee safety and health, and save employers an estimated \$6.1 million per year. You can read more about that rule here: <https://www.osha.gov/recordkeeping/finalrule/>.

I enjoyed meeting with many of you at Forum. If you were able to attend my presentation and have any questions, please send them my way.

My chapter is gearing up for the Pacific Southwest Fall Conference right here in beautiful Colorado Springs. I hope you can attend and even to bring your family. The Great Wolf Lodge has an amazing water park and...the best part from a safety perspective...is the training and commitment of their many lifeguards!





**OSHA Training Toolbox Talk: Basic Scaffold Safety – OSHA Fall Protection Rules for Scaffolding**

*[Reference 1910 Subpart D / 1926 Subpart L]*

Working on top of a scaffold presents many potential hazards, including falling to a lower level. So in today's toolbox talk we will concentrate on understanding a few of the major requirements for the use of guardrails and fall protection systems when we work on different types of scaffolding:

- Federal OSHA requires that each employee working on a scaffold platform located more than 10 feet above a lower level shall be protected from falls by guardrails or a fall arrest system, except those on single-point and two-point adjustable suspension scaffolds *(also address your state OSHA/company/jobsite rules here if the threshold requiring fall protection on scaffolding is different than Federal OSHA)*. Each employee on a single-point and two-point adjustable suspended scaffold shall be protected by both a personal fall arrest system and a guardrail. Each employee on a boatswains' chair, catenary scaffold, float scaffold, needle beam scaffold, or ladder jack scaffold shall be protected by a personal fall arrest system. And each employee on a self-contained adjustable scaffold shall be protected by a guardrail system when the platform is supported by the frame structure, and by both a personal fall arrest system and a guardrail when the platform is supported by ropes;
- When guardrail systems are utilized, they must be installed along all open sides **and** ends of platforms. No guardrail is required on a side or edge of any work platform that is no more than 14 inches from the face of the work for most operations, and no more than 18 inches for plastering and lathing operations. If these distances are exceeded, fall protection must be provided;
- The height of the top-rail for scaffolds must be between 38 inches and 45 inches above the work platform. The mid-rail shall be installed at a height approximately midway between the top edge of the guardrail system and the platform surface. When the cross-point of cross-bracing (also known as x-bracing) is located between 38 inches and 48 inches above the work platform, it can be used as the top-rail of a guardrail system as long as the end connections are no more than 48 inches apart vertically. And when the cross-point of cross-bracing falls between 20 inches and 30 inches above the work platform, it may be used as the mid-rail of a guardrail system, as long as the end connections are no more than 48 inches apart vertically;
- When vertical lifelines are used, they shall be fastened to a fixed safe point of anchorage, shall be independent of the scaffold, and shall be protected from sharp edges and abrasion. Safe points of anchorage include structural members of buildings, but do not include standpipes, vents, other piping systems, electrical conduit, outrigger beams, or counterweights. Vertical lifelines, independent support lines, and suspension ropes shall not be attached to each other, nor shall they be attached to or use the same point of anchorage, nor shall they be attached to the same point on the scaffold or personal fall arrest system;
- When horizontal lifelines are used, they shall be secured to two or more structural members of the scaffold, or they may be looped around both suspension and independent suspension lines (on scaffolds so equipped) above the hoist and brake attached to the end of the scaffold. Horizontal lifelines shall not be attached only to the suspension ropes.

If you are ever in doubt about when or how to prevent falling from a scaffold platform, check with the Competent Person for further guidance. Does anyone have any questions about these basic OSHA fall protection requirements for scaffold platforms? Thank you for your participation. Please make sure to sign your name on the training certification form so you get credit for attending today's training session.

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# Advertising



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### Shotcrete Erosion Control



## Double M Concrete LLC

203 Debbie Circle  
Woodland Park, CO 80863  
719-686-7482  
[www.doublemconcrete.com](http://www.doublemconcrete.com)

# Advertising



Over 100 years ago Olson Plumbing & Heating Co. opened as a one man plumbing shop.

Since that time Olson Plumbing & Heating Co. has worked on some of the most distinct landmarks in the Pikes Peak Region. Today, we are still family owned and guided by the same simple rules – do excellent work at a fair price, provide prompt service day or night, and stand behind every job.

**719-635-3563**

[www.olsonph.com](http://www.olsonph.com)



# Advertise in the Centerline!

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

# Region Sponsorship!

## NAWIC Benefit Is A Two Way Street!!!

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](mailto:lvwic@ix.netcom.com)

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