Hello Beautiful Ladies of NAWIC,

We are moving right through Summer! If you did not get to come out and join us on the 15th for our 2nd annual Rosie Run 5K, mark your calendars for next year. It was an amazing success and we had almost 100 runners. Ally and Kristen ROCKED it! The weather was beautiful and we had so much fun. Some pictures are included here and all the others posted on our Facebook page.

I hope you were able to get the word out about our fundraiser at BJ’s Brewhouse. We will share the results at our July member meeting.

In July we will be doing a Hard Hat Tour of the Olympic Museum. We know there will be a lot of interest in this tour, however initially, we will keep this a member only tour. If we do not get many RSVP’s from members, we will open it up. This will be on July 18th at 3:00 pm with dinner and meeting to follow. Please watch for your invitation from Samantha for all the details.

We have only 4 months before we host the Pacific Southwest Regional Fall Conference. We will be looking for sponsors for each meal and snack breakout. This can be from companies outside of the NAWIC membership and even outside of Colorado but within the region.

I hope you are all able to get out and enjoy the sunshine we are finally getting.

Valerie Bates
President
Pikes Peak Chapter 356
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“We can do it.” – Rosie the Riveter

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DID YOU KNOW…?

By: Kristen Ibarra

This month's Did You Know is all about .......... (insert drum roll) Attending NAWIC Conferences!!!

What Conference(s) can I attend?

NAWIC hosts 3 types of conferences a year.

• The first and biggest conference is the Annual Meeting and Education Conference (aka AMEC). AMEC is held in the latter part of August. It is held in a different city each year. 2017 was held in Anaheim, CA. 2018 was held in Orlando, FL. 2019 will be held in Atlanta, GA on August 21-24. AMEC is the longest and most widely attended conference that NAWIC hosts.

• The second conference is the Fall Conference. It is a regional conference; there are 8 regions total. We are part of the Pacific Southwest Region. At least one chapter from the region hosts the Fall Conference. Our chapter is hosting the Fall Conference this year on October 4-5 at the Great Wolf Lodge. The 2018 Fall Conference was held in Denver.

• The third conference is the Spring Forum. Each region hosts a Spring Forum. Again, at least one chapter from the regions hosts the conference. 2018 Forum was held in Long Beach, CA on the Queen Mary. 2019 Forum was held in Las Vegas.

What happens at these Conferences?

AMEC is normally a 4 day conference with at least 2 keynote speakers, multiple breakout sessions (you choose what you want to learn about), the annual meeting is held (a very large version of our chapter meeting), and the national awards banquet is held.

Fall Conference and Spring Forum are smaller 2-3 day conferences. These can vary in agendas as it is up to each chapter how they want it scheduled. Some chapters do breakout sessions and some offer one topic for everyone. They are mostly construction related sessions and they try to tie into their conference theme. A regional meeting is held during these conferences.

All of the conferences normally hold NEF testing. It is a great time to get certifications.

Why Should I attend one (or all of these) conference?

These conferences are an inspiring experience. Members from all over our region to all over the United States attend them. AMEC even has attendees from other countries. Women who love the construction industry and want all women to succeed surround you.

You learn A LOT!! Whether you attend only construction related sessions or mix in a few sessions regarding bettering yourself, you walk away with more information than you know what to do with. I know it was worth the time when I can bring things back and implement them in my everyday work.

You meet wonderful women that stay in touch with you throughout the year. You set aside time to meet up at future events (conferences or vacations 😊). You will hear other ways of doing fundraisers, running CAD or Block Kids, getting and retaining members, etc. You will share your Chapters ideas with others and help them out as well.

There is free time (normally at night) when you can do whatever you want. Explore the city with your new found friends, try the local cuisine, find the nearest shopping center, catch a professional sports event, relax by the pool, read a book in your room, unwind however you like.

If I could attend every conference every year, I would! Please reach out if you have any questions or want more information.
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.

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**READ ALL ABOUT IT…**

*Click to preview NAWIC Today publication*

*Available for print or digital for purchase.*

This issue is all about Women in Construction Awareness! We share stories of how various chapters from across the country celebrated and brought attention to our association, plus offer ways to spur the momentum beyond our week-long efforts to continue the conversations about women in construction! We’ll hear from NAWIC Secretary Jill Hanson, CIT, on how to identify and appreciate your tribe. We’re also incredibly proud to share about member…
On Saturday, June 15, 2019 our Chapter hosted the 2\textsuperscript{nd} Annual Rosie Run 5K event at Cottonwood Park in Colorado Springs. It was a picturesque Colorado morning. We could not have asked for better weather! Our Chapter partnered with LYM Events again to put on a wonderful event, including timing for participants, a live DJ and the folks from 9Round Kickboxing keeping us upbeat and motivated. We even had delicious food from Scratch Mobile Kitchen food truck fueling us up before and after the race!

None of this would have been possible without the support from our incredible 5K Sponsors!

\textbf{THANK YOU ALL!!}

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- Pikes Peak Habitat for Humanity
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- DJ Shields

Our full color T-shirts and new Rosie Run logo, designed by Allison Jencson, were also a big hit with all the participants. We completely sold out of shirts! Our 2019 Chapter goal for registrations was 75. Officially, we had 84 finishers with about 10-12 no shows on race day. This is an incredible 400% increase from our first year! Thanks to all the registrations and support from our Sponsors, we were able to raise more than $1,000.00 toward our Fall Conference! We will know final numbers after our July Board meeting. Way to go Pikes Peak Chapter 356! The Rosie Run 5K is just going to keep getting bigger and better every year!
Membership Benefits

Ever wonder if you are getting value out of being a NAWIC member?

1. Professional Opportunities
2. Educational Opportunities
3. Business Opportunities
4. Employer Benefits of NAWIC Membership
5. Investment Dollars and Sense

“My NAWIC membership has given me the opportunity to expand my knowledge of the construction industry. Programs and workshops at chapter meetings, regional conferences and national conventions have improved my professional and personal skills. To sum it all up, I’ve been educated, enlightened, enriched, energized and entertained by belonging to this Association.”
~ Christine Parsons, CIT, Bluegrass, Ky., Chapter

The Value of a NAWIC Membership!

(Click here to read about the value in detail)

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)

Gear up for Annual Conference- Tues, July 9, 2019 @ 12 pm MT
Pacific Southwest Fall Conference

ELEVATE TO GREAT!

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

Register Now

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Questions? Email Karen Mitchell kem0513@aol.com

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| Non-Members/Guests |          |       |
| Conference Registration | _______ | $190.00 |
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| 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

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.

Michael A. Mincic, CSU Pueblo, Engineering Tech — Construction & Automotive Industry Management

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

AND MORE....

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.

Gerry Snider, GE Johnson — The Challenges of Building at 14,000 feet.

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ELEVATE TO GREAT!
Pacific Southwest
2019 Fall Conference
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Please email all sponsorship questions to Staci Calderon scalderon@rusinltd.com

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July 2019

OSHA Committee Report

This month’s Toolbox Talk about the prevention of falling objects from scaffolding really hit home with me, especially the part about wearing a hard hat. At a Habitat for Humanity Women Build, I was working on installing window trim with a dear fellow NAWIC member who left her hammer on top of a ladder. When I went to climb the ladder, the hammer slipped off and hit me square on the top of the head. Fortunately, I WAS wearing a hard hat. And it is not just around ladders and scaffolding that we must wear these invaluable PPE components. During a particularly windy day on a job site recently, one of my company’s employees was hit with a piece of flying siding that had broken loose. Fortunately, he, too, was wearing a hard hat, but the siding broke the phone that was in his chest pocket.

Injuries to the head due to falling objects or bump hazards are often serious and have been known to be fatal. Wearing a hard hat not only protects the top of your head, it can also protect those things attached to your cranium. Such items include your eyes, ears, nose, and mouth. Too often employees perceive the hard hat as just “something else they make me wear,” and fail to recognize the full importance of this critical piece of personal protective equipment. In a study conducted by the Bureau of Labor Statistics, it was revealed that most employees who suffered impact injuries to the head were not wearing hard hats and were noted to have been performing their normal job duties.

Hard hats must be worn if there is a possibility that a falling object may strike the employee on the head, where fixed or protruding objects may lead to the employee striking his or her head against such object, and where there are electrical hazards that the employee’s head may contact.

Like all forms of PPE, hard hats must be inspected and maintained. If the shell is cracked, deformed or perforated, it must be taken out of service. Hard hats must be inspected daily and replaced if damaged or expired. Yes, they do expire. Check the manufacturer’s specifications for determining the expiration date of your hard hat(s). Employees must also be informed to clean their hard hats. Only use soap and water for proper cleaning. Never allow the use of chemical cleaners or solvents, they may weaken the shell and reduce the protective factor.

Your brain is the best PPE you have so be sure to protect it and use it!

Thank you to Optimum Safety Management for the information in this newsletter.
OSHA Training Toolbox Talk: Basic Scaffold Safety – Protecting Workers from Falling Objects

[Reference 1910 Subpart D / 1926 Subpart L]

Heads Up! That’s what you might expect to hear shouted out if someone working on a scaffold accidentally drops, kicks, or bumps a tool, piece of equipment, or material, causing it to fall to a lower level or the ground. However, such a verbal warning might very well be too little and too late. That is because being struck by something as small as a bolt or a nut falling from above can cause a severe injury, or could even be deadly, due to the increased velocity and force the object develops as it is falling.

Therefore, Federal OSHA scaffold standards spells out several requirements for preventive measures to be taken, including but not limited to the following, when we work on or near scaffolding so as to help avoid injuries and fatalities associated with falling objects:

- Rule number one is to *always* wear an approved hard hat when working on or near scaffolding;
- In addition to wearing hardhats, each employee on a scaffold shall be provided with additional protection from falling hand tools, debris, and other small objects through the installation of toeboards, screens, or guardrail systems, or through the erection of debris nets, catch platforms, or canopy structures that contain or deflect the falling objects;
- More specifically, where there is a danger of tools, materials, or equipment falling from a scaffold and striking employees below, the following provisions apply;
  - The area below the scaffold to which objects can fall shall be barricaded, and employees shall not be permitted to enter the hazard area; or,
  - A toe-board shall be erected along the edge of platforms more than 10 feet above lower levels for a distance sufficient to protect employees below.
- Protection options where tools, materials, or equipment are piled to a height higher than the top edge of the toe-board include:
  - Installing paneling or screening that extends from the toe-board or platform to the top of the guardrail for a distance sufficient to protect employees below; or,
  - Installing a guardrail system with openings small enough to prevent passage of potential falling objects; or,
  - Installing a canopy structure, debris net, or catch platform that is strong enough to withstand the impact forces of the potential falling objects over the employees below.
- When the falling objects are too large, heavy or massive to be contained or deflected by any of the above-listed measures, employees must make sure to place such potential falling objects away from the edge of the surface from which they could fall, and shall secure those objects as necessary to prevent their falling (*discuss general measures such as chocking rolling objects, utilizing tethers, etc.*);

Making sure the protective systems selected are installed and meet additional specific strength and design criteria established by OSHA is the responsibility of the Competent Person. However, we want you to have a basic understanding of the general protective measures required so you will avoid removing or by-passing them when working on a scaffold. So if you are ever in doubt about the precautions being taken to prevent being struck by falling objects, check with the Competent Person for further guidance.

Does anyone have any questions about these basic OSHA requirements to protect workers from being struck by objects falling from 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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