

August 2019 Centerline



Pikes Peak Chapter 356

National Association of Women in
Construction NAWIC Chapter 356
PO Box 7455
Colorado Springs, CO 80933

August 2019
Volume 41

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*"What you get by achieving your goals
is not as important as what you be-
come by achieving your goals. -Zig
Ziglar*

Upcoming Events

Congratulations August Anniversaries!

- Cyndi Wheatley (19 years)
- Val Andrews (1 year)
- Tammy Pascual (1 year)
- Cynthia Pulham (1 year)
- Jessica Sharkey (1 year)

8/1 Chapter Board Meeting 5:30pm @ RMG

8/15 August Member Meeting— 5:30pm @ Old
Chicago on Austin Bluffs/Academy

8/31 Happy Birthday Allison Mikulecky

Hello NAWIC Sisters,

We have been a very busy Chapter. I could not be prouder to be a part of this chapter filled with Amazing women! Thank you for everything each one of you do. I would like to do a special shout out to Jennifer Walker for arranging an amazing Hard Hat Tour of the new US Olympic Museum. I don't know about all of you, but I am so excited to go and experience it when it is competed next spring. (see pics on page 6)

This truly was an incredible tour. We got to experience amazing architecture and the experiences of each of our three unique tour guides.

We only have one more meeting until our installation of our new board members. Please put the special night on your calendar, Sept. 19th. This year it will be held at Biaggi's. Full invitation and detailed information will be coming soon.

We are all busy with Fall Conference preparations. Please email me or the person who oversees whatever area of the Conference you would like to help with. I need help with phone calls to locate restaurants for our restaurant directory we are creating for our guests. Please let me know if you can help with that. We need items for our Registration bags. If you have any items for the bags, we are looking for 100 pcs., please bring them to the next meeting. I am getting everything together and will let you know when we will be stuffing the bags. We will need people to work t-shirt sales. I will be putting a schedule together for that very soon. We are looking for someone to sing the National Anthem and a contact for someone at the AFA to see if we can get some cadets to do the color guard.

Thank you for all your help, I am so excited for our chapter to put together the best Fall Conference yet!

Love you all,

*Valerie Bates
President
Pikes Peak Chapter 356*



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

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

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@nunnconstruction.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

DID YOU KNOW...?

By: Berni Mount

Hello NAWIC Pikes Peak Sisters!

Did you know Southern **Colorado Construction Career Days** is in September? This year it will be Wednesday, September 18, 2019 at the Norris Penrose Event Center, 1045 Lower Gold Camp Road, Colorado Springs, CO. Students spend the day, from 8:30 a.m. to 1:30 p.m. engaging in hands-on events, stationary equipment activities and technology demonstrations. Lunch and door prizes are provided.

We have between 500-600 students come from southern Colorado and northern New Mexico. Chaperones and students will be given hard hats and safety glasses the moment they are off the bus. There are 50 exciting activities. 50-60 Group Leaders are asked to be at the event by 7:30 a.m. for a meeting where they receive the activities their students will do that day. Group Leaders take about 10-12 students with their chaperones around to the activities on their list. Each activity lasts about 20 minutes and then a whistle blows and they go on to the next activity. We have backhoes, scissor lifts, and other equipment for them to use. We also have benches to build, brick walls, drywall, concrete, etc. They can see how BIM, CAD and other technologies are used on job sites.

We have a speaker or speakers come at 1 p.m. to discuss how they ended up in construction and what they like about it.

If you have a chance, please come and see this great production. It takes 200-300 volunteers to put it on. We provide the volunteers breakfast, coffee, pizza and soda. As volunteers, we love doing this and hearing stories about students who are now working in the construction field.

We are always looking for more volunteers for set-up the day before and the day of the event. Also, we look for sponsorships from companies. Sponsors can place an ad in our brochure with a donation of \$500 dollars or more. We have a brochure that tells students and teachers about apprenticeships available for a field they are interested in, describing their pay scales.

Volunteer and sponsorship forms attached.

Hope to see you there!

Ms. Berni Mount

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.



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...



Strategic Planning

By: Kristen Ibarra

Hello NAWIC – Pikes Peak!

I am your Strategic Planning Committee Chair and 2019 is a year we conduct our bi-annual Strategic Planning Meeting.

If you are wondering what Strategic Planning is, you are not alone. Strategic Planning is a fancy term for what we want to see our NAWIC Chapter achieve in the next 2 years. At the meeting we review the previous strategic plan. We discuss what was achieved, what we didn't achieve and why (i.e. did it become non-relevant to our chapter, did we try something for the first and it failed, etc.). We also create a new plan for the upcoming 2 years. We value input from **ALL** chapter members and hope to see many of your faces at this year's meeting.

Meeting Information

Date: Thursday, August 29th

Time: 5:30 pm – 7:30 pm

Place: Nunn Construction (925 Elkton Dr., Colorado Springs, CO 80907)

Nunn Construction will sponsor dinner and RMG will sponsor drinks.

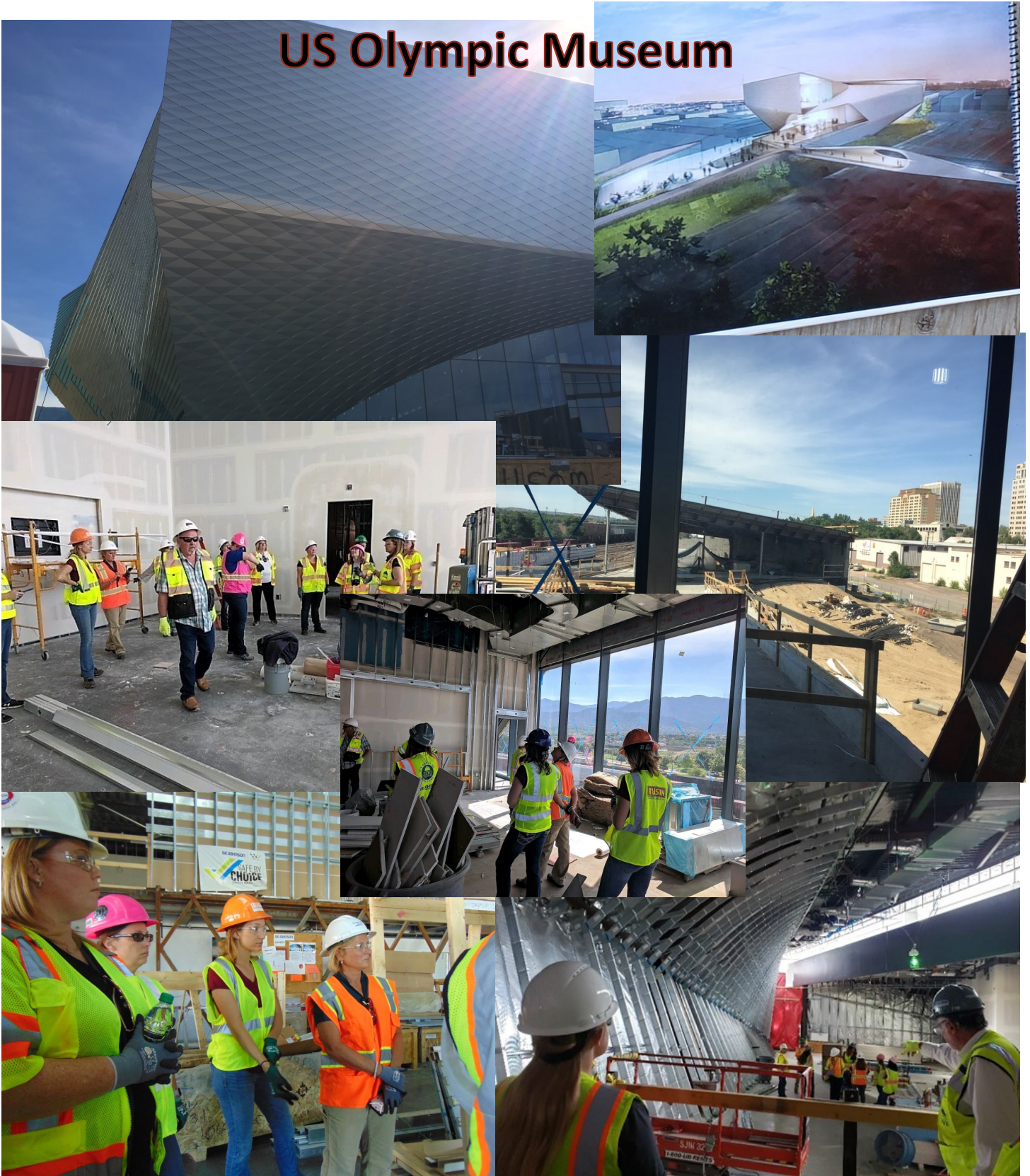
We will need a headcount for dinner, **please RSVP to me (Kristen Ibarra) no later than Monday, August 26th.**

If you have any questions about Strategic Planning, please reach out. I am more than happy to chat with you! I have attached the notes from the 2017 meeting for your review.



July HARD HAT TOUR 2019–

US Olympic Museum



NEWS YOU CAN USE

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)

National Level Website

NAWIC.org

National Newsletter:

THE CONNECTION

Pacific Southwest Region Website

Visit our regional [website](#).



Educational Corner

No Upcoming Webinars this month.

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

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



Sponsorship Opportunities

Please email all sponsorship questions to Staci Calderon scalderon@rusinltd.com

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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



All Sponsorships include sponsor logos printed on event signage and public recognition during the sponsored event. Pikes Peak sponsors receive one full-page ad and one conference registration. Seven Falls sponsors receive one full-page ad, Broadmoor sponsors receive one 1/2 page ad and Cheyenne Mountain sponsors receive 1/4 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

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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://](https://www.osha.gov/dcspl/alliances/nawic/nawic.html)

www.osha.gov/dcspl/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/OSHA2226.pdf>.

August 2019

OSHA Committee Report



Sadly, another worker has been killed after being struck by a falling rebar frame wall that collapsed on a construction site at the University of California San Diego. On behalf of the NAWIC Pacific Southwest region, I offer our deepest condolences to Clark Construction, the San Diego NAWIC chapter, and the family of the worker killed. Wanting to make sense of this tragedy, I searched for a meaningful lesson, but I have come to the conclusion that regardless of how careful a company is, accidents will happen. Accidents are unexpected and unintended, and the best vigilance often times cannot prevent them. However, we never want to become complacent with safety. It should always be our goal to work towards zero accidents. While there are many rewards of working in our industry, there are also inherent dangers, which is why OSHA is such a vital institution, and why the OSHA-NAWIC Alliance is so important to our organization.

The week of August 12-18 is Safe & Sound Week, a week when OSHA joins businesses and organizations nationwide to recognize the importance and successes of workplace safety and health programs. The week-long event encourages employers to implement workplace safety initiatives, and highlight workers' contributions to improving safety. Businesses that incorporate safety and health programs can help prevent injuries and illnesses, reduce workers' compensation costs, and improve productivity. Organizations of any size or in any industry looking for an opportunity to show their commitment to safety to workers, customers, the public, or suppliers should participate. You can find more information about Safe & Sound Week here: <https://www.osha.gov/safeandsoundweek/>.



Within our own region, I was remiss in congratulating the winners of our first Pacific Southwest Region Annual Safety Award, presented at the 2019 Forum. These companies recognize the importance of workplace safety and serve as examples for the rest of us. Congratulations to Balfour Beatty (1st place), Harper Construction (2nd place), and University Mechanical & Engineering Contractors, Inc. (3rd place). The judging was difficult for our independent judges because so many companies in our region make safety a priority. I hope the judging is even more difficult next year with additional entries.

OSHA Training Toolbox Talk: Basic Scaffold Safety – Keeping It All Together!

[Reference 1910 Subpart D / 1926 Subpart L]

A scaffold may appear to be one large object, but in reality it is an assembly made up by multiple smaller parts that are held together by even smaller parts. So this toolbox talk will focus on those smallest parts; the pins, clamps, and couplers that serve as the glue for a scaffolding system.

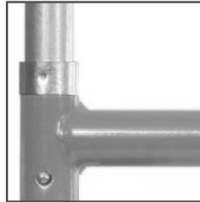
Here are some of the types of things to keep an eye out for when performing work on or around supported scaffolds (refer trainees to the hand-out for examples of the accessories to be discussed):

- Look out for instances where the heads on spring locks inserted into the ends of collared coupler pins are not fully seated through the holes on the scaffold frames. This can occur due to the spring pins becoming weak and not fully expanding, or because the heads of the spring locks are not properly aligned with the holes in the scaffold frame;
- Make sure that swivel devices which depend on gravity to fall into the locking position, such as the pivoting retainer on a toggle pin, are properly positioned so as to prevent the accidental removal of the pin. This can occur when the retainer gets rusty, or caked with dirt or mud;
- Look to see that pigtail style retainer pins are inserted so the portion that lies against and wraps around the scaffold frame post is hanging below the portion that slides through the post. Pig tail retainer pins that are installed upside down can be easily dislodged;
- Keep an eye out for span pins with wire retainers that are not attached to both ends the pin. This often occurs when these wire retainers get stretched out, bent, or if someone forgets to snap them closed. Such conditions could allow the pin to accidentally slide out of the post;
- Make sure that swivel chips and other restraint devices used to hold cross-braces and guardrails in place are fully opened so that the brace or rail cannot slide back off the mounting pin. These retaining devices often become stuck in the closed position due to damage, rust, and dirt or mud;
- Ensure that the nuts on tube clamps are installed, and that they appear to be fully tightened. Missing or loose nuts mean the clamp is not able to do its job of holding the parts together;
- Make sure the pins on spring-loaded levers, which are utilized on some types of adjustable scaffold boards, are fully seated into the holes on the scaffold posts when released. Problems can occur when the pins on the levers are not aligned with holes in the post, as well as when the pins are bent, or when the springs on the levers are weak, missing, or damaged; and,
- Last but not least, watch out for make-shift connectors being used, such as bent nails, welding rods, or tie-wire. Using anything other than the manufacturer recommended devices can lead to failure of the connections, which could then lead to the separation of the scaffold components.

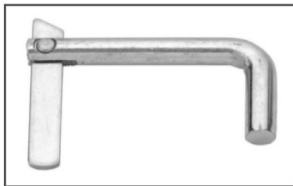
While it is the Competent Person who is responsible for making sure a scaffold is properly assembled with the proper pins, clamps, and couplers, each one of us can help ensure the scaffold maintains its structural integrity by making sure we do not remove or damage any of these critical parts. We can also help by looking out for any potential problems, such as missing, damaged, and malfunctioning parts, so that if any are detected we can immediately report them to the Competent Person so the issue can be rectified.

Does anyone want to share another example of potential problems you've seen with pins, clamps, and couplers used on scaffold systems? Thank you for your participation. Please make certain to sign your name on the training certification form so you get credit for attending today's training session.

EXAMPLES OF SCAFFOLD PINS, CLAMPS, & CONNECTORS



Collared coupling pin w/ spring lock



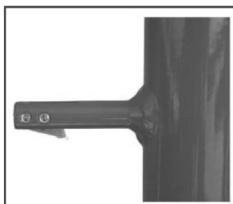
Toggle pin



Pig tail pin



Span pin



Swivel chip



Tube clamps (swivel)



Spring-loaded lever

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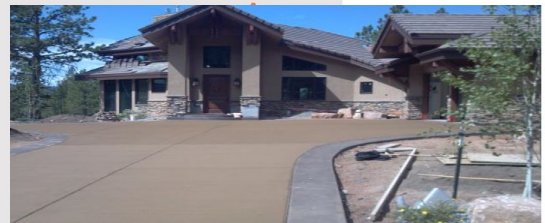
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We are offering you an opportunity to advertise in our
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The Colorado Springs newsletter is distributed to our members, posted on our website, sent to our
Regional Director and is available on the 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

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NAWIC Benefit Is A Two Way Street!!!

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words or less about your company and we will ask our Web Wizard Will to put it on the site for you from
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