

# September 2019 Centerline

## Pikes Peak Chapter 356

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

September 2019  
Volume 42

### INSIDE THIS ISSUE

- 1 President's Message/ Upcoming Events
- 2 Standing Committees
- 3 Did You Know...?
- 4 Chair Positions Available/NAWIC Today Issue
- 5 Annual Conference Report
- 6 Installation Invitation
- 7 News you can use
- 8-9 PSW Fall Conference 2019 Info
- 10-12 OSHA Committee Report and Info
- 13-16 Advertising and Ad Info

**"When sisters stand shoulder to shoulder,  
who stands a chance against us?"**

*-Pam Brown*

### Upcoming Events

#### **Congratulations August Anniversaries!**

- Kimberly Stimson (3 year)
- Jackie Fugate (1 year)

9/5 Chapter Board Meeting 5:30pm @ RMG

8/19 Installation — 5:30pm @ Biaggi's Ristorante

9/7 Happy Birthday Sandra Riggs

9/11 Happy Birthday Linda Sterrett

9/12 Happy Birthday Alyssa Vernon

9/21 Happy Birthday Samantha Walter

9/24 Happy Birthday Danielle Grover

9/25 Happy Birthday Naomi Kidd

Hello NAWIC Sisters,

I am writing this to you from the Annual Conference in Atlanta Georgia. Oh, my Lord, it is hot and humid. I am a Colorado girl to the core. How anyone breathes down here is beyond me. LOL

I can't believe August is almost behind us.... And will be behind us by the time you read this. Last month we got to learn about Partners in Housing, how and what they do in our community and how we can help them.

I hope you all came to the Strategic Planning session. This is all about you and what you want in the future and how we did in the past.

This month we will have our installation of the Board of Directors and Officers. It will be on September 19th at Biaggi's. Dinner is being sponsored by Double M Concert. You should receive your invitation shortly if you have not already received it. Please RSVP as soon as you get it. Your family and friends are welcome to come and help us Celebrate our Members and all our Accomplishments. This is a dressy affair; Cocktail attire is appropriate.

Finally, on October 4 & 5 we will be hosting the Pacific Southwest Regional Fall Conference. We have 43 members currently and I hope all of you come, help and learn. Especially if you have not been to a conference before. The women you will meet and the things you will learn, you will carry with you for years to come.

Love you all and hope to see you at installation!

*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>

## 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 Position

### Fundraising



NAWIC Chapter 356 is looking for a Fundraising Committee. One Committee Chair and two additional members. An exciting opportunity to help our chapter get creative raising money and to help plan great activities. If you are interested or want to learn more, reach out to Valerie.



*Every woman is your sister;  
treat her accordingly.  
-the goddess rebellion*

## 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...



# 64th Annual Conference Presidents Report

**By: Valerie Bates**

I would like to thank all of Chapter 356 for sending me as one of your representatives to Atlanta GA, to the NAWIC's 64<sup>th</sup> Annual Conference.

Let me start off by saying it is Hot in Atlanta and I think these folks have gills you cannot see. LOL

I had the opportunity to take classes in the following:

*Chapter Leadership Training*

*Engaging New Volunteers*

*How We Build*

The Construction of the Governor Mario M. Cuomo Bridge Project in New York

I also had the honor of listening to Major MJ Hegar. Her heroic action in Afghanistan, when she was shot down on a Medivac mission were pivotal in rescuing her crew and patients. She became the second woman in history to earn a Distinguished Flying Cross with Valor; Second only to Amelia Earhart.

I could go on and on about this woman but will just let you watch the movie when it comes out. "Shoot like a girl".

It is such a delight to reconnect with my Regional sisters and meet new ones from the other side of the country.

Special thanks to the best roomie, Kristen Ibarra, who put up with me for five days.

Thank you again,

Your President

Valerie Bates



*You are Invited to*

*2019*

**Pikes Peak Chapter 356**

**Installation**

CELEBRATING OUR 23rd YEAR!

Biaggi's Ristorante Italiano  
Thursday Sept. 19th AT 6:00PM  
CASH Bar at 5:30  
1805 Briargate Pkwy  
Colorado Springs, CO 80920

please rsvp to Samantha at  
[Samantha.Walter@ramparttile.com](mailto:Samantha.Walter@ramparttile.com) by Sept. 16th

# 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](http://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!](#)

# 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  
 Email Address: \_\_\_\_\_  
<http://nawic356.org/regional-events/>  
 Questions? Email Karen Mitchell [kem0513@aol.com](mailto:kem0513@aol.com)

### Members Quantity Fees

Conference Registration (Includes Saturday Meals)	_____	\$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.

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

**Ally Jencson, 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.

**Michelle Dusserre-Farrell** 1984 Olympic Silver Medalist Gymnast

### 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 **EXTENDED TO 9/11/19**

**Group Code: #1910NAWI (MUST mention)**  
 Space is limited—Book ASAP!

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

**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](mailto:scalderon@rusinltd.com)

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*



*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**

**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/osa2226.pdf>.

## September 2019

### OSHA Committee Report



This mission of OSHA is to assure safe and healthful working conditions for men and women by setting and enforcing standards, and by providing training, outreach, education and assistance. OSHA establishes and enforces mandatory standards for workplace safety and health. I serve as the Pacific Southwest Region OSHA-NAWIC Alliance Chair and the National Co-Chair because I believe in OSHA's mission. My husband and I co-own a small business providing concrete flatwork services. While he is out in the field, I handle everything that comes through the office, including our formal safety program (which he implements). I consider safety my most important job because our workers are invaluable to us. We have never had a claim (although we are prepared should one ever occur!) and we have won the Colorado Circle of Safety Award for the past three years.

At my company, we believe in "making it easy to do the right thing" by empowering our employees to make personal and jobsite safety decisions without any repercussions. The owner and site foremen hold daily meetings to discuss jobsite safety concerns. All employees know they can stop working and communicate safety concerns to a jobsite foreman who has the authority to suspend the job if safety becomes an issue. As an example, in a previous year, a concrete truck backed into a home where employees were finishing exterior concrete. The jobsite foreman halted the job and sent the employees to another jobsite until the home could be assessed for any structural damage that may have occurred, seen or unseen. My husband, Mark, and I fully supported this decision *after it had been made* and Mark dealt with the unpleasant task of mediating between the concrete supplier and General Contractor.

It is important to remember that employees are the most vital resource of any company. I would venture to say they are more important even than our clients. It is the skills of employees that keep businesses operating and it is imperative that employees' safety is always the forefront consideration at any company.

Wishing you all a safe and productive NAWIC new year!

**OSHA Training Toolbox Talk: Basic Scaffold Safety – Work Platform Construction**

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

The whole idea of using a scaffold is to provide workers with a sturdy platform upon which they can stand and safely perform their work. So, it is vitally important to be aware of requirements that apply to the construction of the work platforms on our scaffolds. Federal OSHA requirements include the following:

- Each platform on all working levels of scaffolds shall be fully planked or decked between the front uprights and the guardrail supports. Platform units could include scaffold-grade wooden planks, approved composite or metal fabricated planks, a fabricated deck, or a fabricated platform;
- Each platform unit shall be installed so that the space between adjacent units and the space between the platform and the uprights is no more than 1 inch wide. One exception to this rule is where the Competent Person has determined that a wider space is necessary (for example, to fit around uprights when side brackets are used to extend the width of the platform). In those special cases, the platform shall be planked or decked as fully as possible and the remaining open space between the platform and the uprights shall not exceed 9 ½ inches;
- The front edge of all platforms shall not be more than 14 inches from the face of the work, unless guardrail systems are erected along the front edge, and/or personal fall arrest systems approved by the Competent Person are used to protect employees from falling. There are only two other exceptions to this 14-inch rule:
  - The maximum distance from the face for outrigger scaffolds shall be 3 inches;
  - The maximum distance from the face for plastering and lathing operations shall be 18 inches.
- Each end of a platform shall extend over the centerline of its support at least 6 inches, be maintained in place by cleats, or otherwise restrained by hooks or equivalent means (*see handout*);
- On scaffolds where platforms are overlapped to create a long platform, the overlap shall occur only over supports, and shall not be less than 12 inches unless the platforms are nailed together or otherwise restrained to prevent movement;
- Each end of a platform 10 feet or less in length shall not extend over its support more than 12 inches, unless the platform is designed and installed so that the cantilevered portion of the platform is able to support employees and/or materials without tipping, or has guardrails which block employee access to the cantilevered end. And each platform greater than 10 feet in length shall not extend over its support more than 18 inches, unless it is designed and installed so that the cantilevered portion of the platform is able to support employees without tipping, or has guardrails which block employee access to the cantilevered end;
- On scaffolds where scaffold planks are butted end-to-end to create a long platform, each abutted end shall rest on a separate support surface, except where common support members such as "T" sections are used to support abutting planks, or hook-on platforms designed to rest on common supports are used;
- On scaffolds where platforms are overlapped to create a long platform, the overlap shall occur only over supports, and shall not be less than 12 inches unless the platforms are nailed together or otherwise restrained to prevent movement.

Alert the Competent Person if you notice anything that does not look right. And please make certain to sign your name on the training certification form so you get credit for attending today's training session.

## SCAFFOLD PLATFORMS

Each end of the plank must extend over the centerline of its support by at least 6" . . .



. . . or be secured with cleats or some other positive means

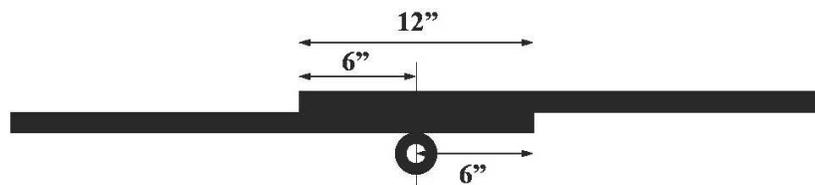
Platforms less than 10' long must not extend past its support more than 12" unless secured or guarded



Platforms greater than 10' long must not extend past its support more than 18" unless secured or guarded



Overlapping planks which form a long platform must overlap a minimum of 12", and only over a support, unless nailed or secured



# Advertising



**“MAKE IT EASY ON YOURSELF, TRUST WHAT OVER 100 CONTRACTORS RELY ON EVERY DAY!”**

Since 1997 Rusin has established itself as a proficient and innovative concrete subcontractor providing the finest foundations for Residential and Commercial contractors. We devote skilled crews on every project to ensure speed, quality and service . Our goal is to develop our relationships with long term Trade Partners that share our vision and appreciate the value we bring to their team.

Respect, Teamwork, Quality, Tenacity, Ownership and Safety lead the way to building a  
**“GREAT COMPANY, WITH GREAT PEOPLE, PRODUCING GREAT RESULTS”.**

**CALL US TODAY AT: 719-476-0801**

**NEED AN ESTIMATE? EMAIL US AT: [needestimate@rusinltd.com](mailto:needestimate@rusinltd.com)**

# Advertising



**Yeh and Associates, Inc.**

Geotechnical • Geological • Construction Services

---

**FRONTLINE  
FLOOR COATINGS**

Concrete

Tile & Grout

Vinyl

# Advertising

## Double M Concrete LLC

*Our quality is concrete!*

### Concrete slabs

- Residential
- Commercial

### Post Tension Cables

- Post-Tension Institute Certified Installer
- Residential
- Commercial
- Special Application

### Decorative Concrete

- Stamped
- Acid-etched / Stained
- Exposed Aggregate
- Concrete Overlays

### 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)

**Your benefit is the ad!! Regional benefit is the ad! (Click [here](#) to see current sponsors)**