

# October/November 2019 Centerline

## Pikes Peak Chapter 356

National Association of Women in  
Construction NAWIC Chapter 356

November 2019  
Volume 43

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### Events

#### Congratulations Oct/Nov Anniversaries!

- Victoria Bartz (9 years)
- Adele Swift Dewey (7 years)
- Kelly Eustace (4 years)
- Robin Mercier (3 years)
- Alyssa Vernon (3 years)
- Berni Mount (12 years)
- Valerie Bates (5 years)
- Angelique Kallio, CIT (3 years)

#### Happy Birthday Oct/Nov!

- 10/17 Happy Birthday Hilary Roland!
- 11/20 Happy Birthday Shirley Clark!

#### Upcoming Events

- 11/7 Chapter Board Meeting @5:30pm
- 11/21 November General Meeting @5:30pm The Bench

Happy November my Sisters,

I seriously have no idea what has happened to this year let alone October! I am so proud of our chapter for putting on the best Fall Conference "EVER". LOL

I have a feeling we are in for a long snowy winter season. I really hope it's not too bad as this effects most of our jobs.

I am so thrilled with the speakers and topics that our amazing new Directors have in store for us for the coming meetings. Lot's of planning going on!

Please mark your calendars with the following events as I know everyone's calendars get full this time of year.

Nov. 21 at 5:30 – Membership Meeting

Nov. 23 at 6:30 – Gries Family Charity – Shopping Event – Wal-Mart on Woodman

Dec. 3<sup>rd</sup> at 6:00 – Gries Family Charity – Wrapping Event – Colorado Springs Christian School

Dec. 12<sup>th</sup> at 5:30pm – NAWIC Christmas Party – White Elephant gift exchange – Staci's House

Dec. 24<sup>th</sup> at 9:00 am – Gries Family Charity - Breakfast and Gift Unwrap – Colo Springs Christian School

Please watch your email for more information on these events.

Please don't forget to enjoy the ride! It will be 2020 before we know it.

Love you all,

*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 2019-2020***

##### **President**

Valerie Bates

•

##### **President-Elect**

Ally Jencson

•

##### **Vice President**

Kristen Ibarra

•

##### **Recording Secretary**

Tammy Pascual

•

##### **Treasurer**

Naomi Kidd

•

##### **Directors**

Amy Christiansen

Alyssa Vernon

Samantha Walter

*"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@nunnconstruction.com">bmount@nunnconstruction.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>

# New Member Corner

*Welcome to our New Members*



*Shirley and April!*



## 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.



*They whispered to her  
“you cannot withstand  
the storm”*

*she whispered back,  
“I AM THE STORM”.*

## 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...

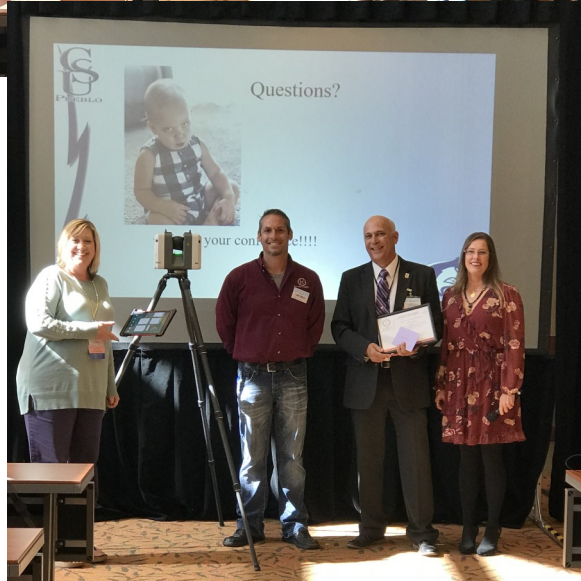


# 2019 Fall Conference





# 2019 Fall Conference





# 2019 Fall Conference





# 2019 Fall Conference





# 2019 Fall Conference

On behalf of Director Myrna Smith,

We hope that you enjoyed attending the 2019 Pacific Southwest Region Fall Conference!

Please take a moment to let us know what you thought about the event by participating in a short survey.

<https://www.surveymonkey.com/r/NGQVBDZ>

All responses are confidential. Your opinion is very important and will be used to better serve you in future events.

Thank you!



NAWIC Pikes Peak Chapter 356

# November

## Membership Meeting November 21, 2019

5:30 - 6:00 Networking and order dinner

6:00 - 6:45 Dinner - There is no cost to attend the meeting. Attendees will be responsible for the cost of their own meals off the menu.

6:45 - 7:30 Presentation - Our presenter will be Sheva Willoughby, with RTA Architects, and she'll be speaking about Biophilic Design

7:30 - 8:30 Business Meeting



The Bench - 424 S. Nevada Ave.,  
Colorado Springs, CO 80903

RSVP by Monday, November 18, to Samantha Walter:  
719-649-2739 call/text or  
[samantha.walter@ramparttile.com](mailto:samantha.walter@ramparttile.com)



# MERRY CHRISTMAS

*Please join us for our Annual NAWIC  
Christmas party!*

*When: December 12th @ 5:30pm*

*Where: 5789 Leon Young Dr*

*What: Potluck Dinner, White  
Elephant Gift Exchange\* and Fun!*

*Potluck Sign Up & RSVP: HERE!*

*Please RSVP to Staci by December 4th\**

*\*Bring one \$25 gift if you would like to  
participate.*



*Pikes Peak Chapter 356*

# 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!](#)





**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/dccsp/alliances/nawic/nawic.html>

**CONTACT INFORMATION**  
T 719-651-2824

E [kem0513@aol.com](mailto:kem0513@aol.com)

Check out  
this free  
resource!

## October 2019

### OSHA Committee Report



My home state of Colorado consistently ranks among the top ten states with the most deaths resulting from opioid use. Regardless of where you live, however, opioid addiction wreaks havoc in the workplace and most employers are ill equipped to handle it. A survey released by National Safety Council (NSC) earlier this year found 75% of responding employers had been directly impacted by opioid misuse, but just 17% feel extremely well prepared to address it.

In response to their survey, NSC called on all employers to equip their workplace first aid kits with naloxone, an overdose reversal drug, provide supervisor education around opioid misuse and include access to treatment options in their Employee Assistance Programs (EAPs). To further help employers address the opioid crisis, the NSC developed a free toolkit. More than two dozen resources can be found in the Opioids at Work Employer Toolkit, including educational materials about opioids, prevention, treatment and recovery. The toolkit includes a sample policy for HR professionals to use when updating or creating a drug-free workplace policy; an overview of how impairment impacts safety; a guide for supervisors who need to communicate with employees about opioids; a PowerPoint presentation for company leadership to deliver to staff when the organization is ready to unveil its policy; and a suite of videos, including one from an emergency room doctor explaining how drugs affect the brain. Other relevant data and statistics can be found throughout the materials.

“Two-thirds of American adults with opioid use disorders are in the workforce,” said Lorraine M. Martin, president and CEO of the NSC. “Everyone has a role to play in ending opioid overdose, including employers, who are often on the front lines. Organizations big and small will find life-saving information in this new toolkit – information that not only will help employers protect profits, but most important, their people.”

The kit is available for general download at [nsc.org/opioidsatwork](https://nsc.org/opioidsatwork).

**OSHA Training Toolbox Talk: Basic Scaffold Safety – Tips for Ensuring Safety on Work Platforms**

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

In the previous toolbox talk, we discussed key safety requirements that pertain to the construction of the work platforms on our scaffolds. Now we need to talk about some general safety rules so we can avoid accidents and injuries while performing work while on scaffold platforms. Key requirements to remember include the following:

- Keep work platforms clear of excess materials, tools, and equipment that may accumulate and create a tripping hazard to workers on the platforms;
- Never perform work on scaffolds covered with snow, ice, or other slippery material, except when approved by the Competent Person for the removal of such materials;
- Make sure that platforms do not deflect more than 1/60 of the span when loaded. Heavy items such as, but not limited to, pallets of bricks or blocks, mortar boards or buckets, compressors, and other heavy materials or equipment, might need to be separated, or be placed at or near the vertical frames to lessen the load on the center of platform planks;
- Work on or from scaffolds is prohibited during storms or high winds unless a Competent Person has determined that it is safe for employees to be on the scaffold, and those employees are protected by a personal fall arrest system or wind screens. However, wind screens shall not be used unless the scaffold is adequately secured against the anticipated forces imposed by the wind;
- Make-shift devices, such as pallets, concrete blocks, boxes, or barrels, shall not be used as platforms to stand on while performing work on a scaffold;
- Ladders shall not be used on scaffolds to increase the working level height of employees, except on large area scaffolds where the Competent Person has specifically approved the use of ladders that have been set up to meet additional OSHA safety criteria;
- Do not climb up or stand on cross braces, guardrails, cross-members on frames, or other scaffold components to gain height while working on a scaffold platform; and,
- Where swinging loads are being hoisted onto or near scaffolds such that the loads might contact the scaffold, tag lines or equivalent measures to control the loads shall be used.

These are but a few tips that can help us avoid accidents while working on scaffolds. Can you think of some others that we can include in our discussion today?

Thank you for your participation. Please make certain you sign your name on the training certification form so you get credited for attending today's training session.





NAWIC PIKES PEAK CHAPTER 356  
BUILD IT UP SPONSORSHIP FORM

Yes! I would like to partner with NAWIC Chapter #356 to help fund educational and service projects in the construction industry within our community. I understand my sponsorship will also help with NAWIC Education Foundation programs held throughout the year.

Build It Up Sponsorships at all levels include company logo on the first page of the chapter website, a link to company on the chapter website, a business card sized ad and link on the NAWIC Pacific Southwest Region website, recognition at each chapter meeting and event, and other benefits as outlined below.

I would like to support the Pikes Peak NAWIC Chapter #356 at the following level:

**Build It Up Bronze - \$250.00**

Includes all of the items above plus a 1/4 page ad in the monthly chapter Centerline newsletter.

**Build It Up Silver - \$500.00**

Includes all of the items above plus a 1/2 page ad in the monthly chapter Centerline newsletter.

**Build It Up Gold - \$1,000.00**

Includes all of the items above plus a full page ad in the monthly chapter Centerline newsletter.

**Build It Up Platinum - \$1,500.00**

Includes all of the items above plus a full page ad in the monthly chapter Centerline newsletter and one annual chapter membership.

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Mail to:  
NAWIC Pikes Peak Chapter #356  
PO Box 7455  
Colorado Springs, CO 80933

Date Received: \_\_\_\_\_  
Expires: \_\_\_\_\_

# Advertising



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**"GREAT COMPANY, WITH GREAT PEOPLE, PRODUCING GREAT RESULTS".**

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# Advertising



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**Vinyl**

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## Double M Concrete LLC

*Our quality is concrete!*

### Concrete slabs

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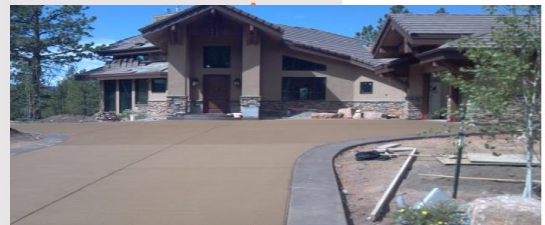
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- Post-Tension Institute Certified Installer
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## Double M Concrete LLC

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Woodland Park, CO 80863  
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[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.

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[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)**