Happy NEW YEAR Sisters!

What a great month December was!

We had a fun Christmas party with a White Elephant gift exchange at Staci’s beautiful home.

We wrapped gifts for underprivileged children and took advantage of a photo opp.

We helped with the breakfast and gift distribution on Christmas Eve.

I hope you are all as excited about 2020 as I am.

We will start it off with our annual visit to Coronado High School to visit the Robotics Team that we sponsor. If you have not been before, be prepared to be amazed by these very intelligent young men and women. Dinner will be sponsored by Rampart Tile.

I am looking forward to the Block Kids on January 26th.

I am sure WIC week in March will be amazing!

That is just the first quarter.

I would like to wish you all a Happy and Safe New Year!

Valerie Bates
President
Pikes Peak Chapter 356
Professional Development & Education – AVAILABLE

Membership & Marketing – Samantha Walter 719-649-2739 samantha.walter@ramparttile.com
Finance – Naomi Kidd (past)/Staci Calderon (current) 719-339-5887 scalderon@rusinltd.com

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

“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 Amy Christensen 719-203-3340 amy.christiansen@ramparttile.com
Alyssa Vernon 208-412-8001 alyssav@centralstatesroofing.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
Fundraising – OPEN
WIC Week Jennifer Walker. 719-546-6829. jennifer.walker@hubinternational.com
NAWIC Pikes Peak Chapter 356

January Membership Meeting

Thursday, January 16, 2020

5:30 - 6:00 Networking
6:00 - 6:45 Dinner will be provided and sponsored by Rampart Tile Company
6:45 - 7:30 Presentation by Cougars Gone Wired Robotics Team 2996
7:30 - 8:00 Business Meeting

Coronado High School
1590 West Fillmore Street
Colorado Springs, CO 80904

RSVP by Monday, January 13, 2020 to Samantha Walter at samantha.walter@ramparttile.com
or call/text 719-649-2739
Available Chair Positions

Fundraising

NAWIC Chapter 356 is looking for a Fundraising Committee and a PDE (Professional Learning and Development). One Committee Chair and two additional members per committee. Exciting opportunities to help our chapter get creative raising money, to help plan great activities and to help take our chapter to the next level of leadership, knowledge and empowerment through education. Please ask questions and challenge yourself. These are so important for our chapter! If you are interested or want to learn more, reach out to Valerie.

“We need women who are so strong they can be gentle, so educated they can be humble, so fierce they can be compassionate, so passionate they can be rational, and so disciplined they can be free.” – Kavita Ramdas

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...
So much fun with the ladies of NAWIC! Lots of yummy food, drink and great gifts. Looking forward to next year already!

“When what to my wondering eyes should appear... But 10 extra pounds on Hips, Thighs, and Rear!” - Anonymous
Good morning, Ladies! I hope everyone has enjoyed their holidays and are getting ready for the New Year.

This month’s Did you know? Is all about the Cougars Gone Wired Robotics Team 2996! You’ll hear more about the team and their upcoming challenge for the 2020 build season at our January Membership Meeting, but here is some information about the team in general.

Team 2996 - Cougars Gone Wired is a FIRST Robotics Competition team based in Colorado Springs, CO at Coronado High School. They are District 11’s official robotics team and they cater to all students interested regardless of their school. They were formed by their head mentor, Bryce McLean, with the help of Team 662, Rocky Mountain Robotics, in 2009. Bryce is also the head coach and is a Pre-Engineering Teacher.

FIRST stands for “For Inspiration and Recognition of Science and Technology”. It is a non-profit organization founded in 1989 by Dean Kamen dedicated towards designing programs for children that invoke a passion for STEM (Science, Technology, Engineering, and Math).

FIRST has four main programs – FIRST Robotics Competition (FRC), FIRST Tech Challenge (FTC), FIRST Lego League (FLL), and FIRST Lego League Jr. (Jr. FLL). Cougars Gone Wired Team 2996 is an FRC Team. However, in the past they had an FTC Team 3635 that also participated in FIRST. Currently, team 3635 is not active, but in future years they hope to be able to bring the team back.

Their students are diverse and have many interests, but the one thing that brings them all together is their love for robots. The team consists of roughly 60 dedicated students, 14 of whom hold leadership positions.

The team structure is formed like a business, with an all-student run leadership and sub-teams. Team 2996 is focused on developing students’ creativity and leadership skills. To do this, the team has developed a system in which students are the main contributors in the design and build processes, with mentor guidance, and in which students lead their various sub-teams in the position of CEO, CFO, or VP.

The robotics team is a separate activity from their regular schoolwork. Students can earn a varsity letter for robotics by having completed 85% in build hours and 20 hours in community service. Students that participate on the team must maintain grades higher than a D in order to travel with the team for events and competitions.

Volunteers are an essential component of Cougars Gone Wired. Through a parent volunteer program “Cougar Kibble”, team members are provided with meals every day during build season. These volunteers give their time, money, and food to feed the team.

Community Outreach is a major part of team 2996. Everything from their school to their city to their sponsors are part of their community. In order to give back to those who support the team, they get involved. FIRST outreach, presentations, interactive demonstrations, volunteer work, school participation, and international outreach allow Team 2996 to spread FIRST ideas and contribute to the community. Community outreach is one way that they can recruit many new team members and disperse a passion for STEM to everyone for anyone. They make it a goal to give back to the community, while spreading the FIRST message.

The Cougars Gone Wired have hosted the Making A Difference (MAD) Robotics Summer Camp for current middle schoolers since 2016. Through the MAD Summer Camp, they teach and inspire tomorrow’s leaders with exciting hands-on experience and basic engineering practice. The camp uses an intriguing STEM based curriculum, in which campers build their own robots, as well as learn to program to play in autonomous and driver-controlled challenges.

Visit www.team2996.com to follow the Cougars Gone Wired teams progress and to read more about the team, the students, and the awards that they have earned. You can also follow them on Facebook, https://www.facebook.com/CougarsGoneWired/, and on Instagram, https://www.instagram.com/cougarsgonewired/
Block Kids is a building competition for students in Kindergarten through 6th grade. This is a national competition with local events hosted by NAWIC chapters around the country. During the competition, participants are given 100 micro Legos and may also choose up to three of the following supplemental items: a rock, up to 12" of string, a pre-measured square of aluminum foil, and/or a pre-measured square of poster board. They then have 45 minutes to build a structure that can be lived in, worked in, or played in. After the participants have built their structures, judges select their favorites based on appearance and brief conversations with the builders. The top five participants in each age group (K-3 and 4-6) are then interviewed further and the structures are ranked based on the overall structure, participant knowledge and creativity. Each of these ten "finalists" leave with a Lego set. However, all of our participants receive a certificate and a goodie bag. The structure of the student who receives the top score overall is then submitted to the regional building competition via pictures and descriptions of the structure. Regional winners are submitted to a national competition.

The purpose of this competition is to get young students thinking about future careers in the construction industry. The 2019 competition will be held Sunday, January 26, 2020 (NOT SUPERBOWL SUNDAY, don’t worry) at the East Library and Information Center (ELIC) off Union Boulevard. Set up begins at 1-1:30pm, with registration beginning at 2:00pm, and the competition beginning at 2:30pm. We are generally out of there by 4:30pm.

How can you help? The needs for the Block Kids program are listed below:

- Judges: We need between 6 and 10 judges to interview the top five participants in each of the two age groups. If you have a child or family friend participating, you can often still judge the other age group. Judges have a quick introductory meeting and then walk around and observe the students building their structures. They interact briefly with each student and list what they feel to be the top five projects in their age group. Once the top five structures in each age group are determined, the other participants are dismissed, and the "finalists" are asked additional questions and scored on a rubric. Scores are tallied, and the "finalists" are placed first through fifth.
- Goodie Bag Donations and Assembly: We can use small items to put in the goodie bags, please. These items can have your company logo (a total of 50 if possible, please) or just be a fun party favor a child would enjoy (school supplies, small toys, treats). Because of my hectic life, I’ll have a couple volunteers over to help assemble the goodie bags and have dinner in my crazy house. I will collect any and hopefully all donations before the event, I will be at our Cougars Gone Wired meeting, so that’s ideal for hand-offs. I will send out an email for donations and volunteers and update all of you as the event gets closer.
- General Volunteers: At the event, we will need 6-10 volunteers to set up and break down the room, serve snacks, hand out supplies, tally scores and whatever else may be needed. General volunteers should plan on arriving between 1-1:30pm and should be done for the day around 4:30-5pm.
- Event Snacks and Drinks: We will need donations of kid-friendly snacks and drinks for the day of the event, typically we have had roughly 25-40 participants in the past. I like to have all donations cover a total of 50 participants, just in case. All extra snacks are then donated to CAD in March, and remainder prizes are divvied up for future Block Kids competitions (minus any candy). Lego Set Donations: The lovely Karen Mitchell has already purchased and donated all the sets needed. You can find more information about Block Kids on the Programs page of our chapter website, http://nawic356.org/programs/, and on the NAWIC Education Foundation website at https://nef-edu.org/block-kids-building-competition/. Watch your email for additional information as the event date draws closer. Finally, feel free to email me with any additional questions.
BLOCK KIDS BUILDING PROGRAM
A Lego-building competition

Sponsored by the
NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION (NAWIC)
PIKES PEAK CHAPTER 356

Who: Grades K-6
When: Sunday, January 26, 2020
Where: East Community Meeting Room @
        The East Library
        5550 N Union Blvd, Colorado Springs, CO  80918
Time:  2:00pm--Registration
       2:30pm--Competition begins
       3:00pm--Judging begins

This competition is completely free. Each contestant will receive 100 micro-size Legos to construct an original structure.

Judging will be based on creativity, use of blocks and an oral interview.

Certificates of participation and gifts will be given to each contestant and those contestants whose structures rank in the top ten will be awarded additional prizes.

Pictures of the 1st place structure will be sent to the Regional level where it will be judged. Regional winning structures will be sent to the National level where Savings Bonds will be awarded to the top 3 structures.

Contact info: Naomi R Kidd @ 719.332.9868, email: NRKidd4PPC356@outlook.com
NAWIC EDUCATION FOUNDATION (NEF)
BLOCK KIDS BUILDING PROGRAM

Official Registration/Entry Form
(This form must accompany entry at all levels of judging.)
Please fill out all information requested. Please print legibly.

STUDENT'S NAME: _____________________________________________________________
MAILING ADDRESS: ____________________________________________________________
CITY, STATE, PROVINCE, ZIP: ____________________________________________________
PARENT/GUARDIAN NAME: _______________________________________________________
PHONE NUMBER: _______________________________________________________________
SCHOOL: _____________________________________________________________________
SCHOOL STREET ADDRESS: ______________________________________________________
CITY, STATE, PROVINCE, ZIP: ____________________________________________________
GRADE: ______________________________________________________________________
TEACHER: ____________________________________________________________________

Please select one:

___ American Indian or Alaska Native
___ Asian Hispanic or Latino
___ Black or African American
___ Hispanic or Latino
___ Native Hawaiian or other Pacific Islander
___ Prefer not to answer
___ White

SPONSOR:
National Association of Women in Construction (NAWIC) Pikes Peak Chapter 356
Colorado Springs, CO

Please mail registration forms to:
-518 Potter Dr, Colorado Springs, CO 80909
-OR email to: NRKidd4PPC356@outlook.com

NAWIC representative signature:

RELEASE:
_______________________________________
I hereby consent to the use of my child's name, photography, forms, interview in promoting or publish-
ing this program or the NAWIC Education Foundation, now or at a future date. Further, I understand
that this entry shall become the sole property of the NAWIC Education Foundation.

Parent or guardian signature:
________________________________________

This form must be received by January 24, 2020
## 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](https://www.nawic.org)

**CHECK OUT THE NEW AMAZING Website!**

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!](#)

Education Resources... [Click here](#)
January 2020 OSHA Committee Report

Happy New Year! Stay Warm Out There

Outdoor work requires proper preparation, especially in severe winter weather conditions. Although OSHA does not have a specific standard that covers working in cold environments, employers have a responsibility to provide workers with employment and a place of employment which are free from recognized hazards, including winter weather related hazards, which are causing or are likely to cause death or serious physical harm to them. Employers should, therefore, train workers on the hazards of the job and safety measures to use, such as engineering controls and safe work practices, that will protect workers’ safety and health. Dressing properly for cold weather on the job and in your personal life is one important way you can protect yourself during these often frigid months.

Dressing Properly for the Cold

Dressing properly is extremely important to preventing cold stress. When cold environments or temperatures cannot be avoided, the following would help protect workers from cold stress:

Wear at least three layers of loose fitting clothing: Layering provides better insulation. Layers should include:

An inner layer of wool, silk or synthetic (polypropylene) to keep moisture away from the body. Thermal wear, wool, silk or polypropylene, inner layers of clothing that will hold more body heat than cotton.

A middle layer of wool or synthetic to provide insulation.

An outer wind and rain protection layer that allows some ventilation to prevent overheating.

Insulated coat/jacket. Remember that tight clothing reduces blood circulation. Warm blood needs to be circulated to the extremities.

Knit mask to cover face and mouth (if needed).

Hat that will cover your ears. A hat will help keep your body warmer. Hats reduce the amount of body heat that escapes from your head.

Insulated gloves (water resistant if necessary), to protect the hands.

Insulated and waterproof boots to protect the feet.

NAWIC Safety & Health Committee Webinar

Suicide and Workplace Violence Prevention - January 28, 2020 More information coming soon!

PSW Annual Safety Award

See attached flyer and application for more information.
OSHA Training Toolbox Talk: Basic Scaffold Safety - Safety While Working on Suspended Scaffolds

[Reference 1910 Subpart D / 1926 Subpart I]

Working from suspended scaffolding and rope descent systems present many potential safety hazards, with falling being one of the most prevalent concerns, for obvious reasons. Unfortunately, too many employers and workers either do not understand what precautions are necessary to prevent falls when working on a suspended scaffold or using a rope descent system, or they get complacent and take shortcuts to save time and effort, and end up paying a high price for their decision.

So today we are going to review a few important safety tips that can help us avoid injuries and fatalities associated with falling while working with this equipment.

- Under no circumstances are you allowed to work from a suspended scaffold or similar equipment, such as a boson’s chair connected to a rope descent system, without also being protected by wearing a full body harness attached to an independent safety line.

- By independent, we mean that the anchor or attachment point on the building or structure where the safety line for your personal fall arrest system attaches must NOT, under any circumstances, also be used to attach the suspension lines for the suspended scaffold or rope descent system you are utilizing; it MUST be a separate anchor point.

- Do not attach your independent safety line to just any item that may be conveniently available on top of the roof or structure, such as roof vents, conduits, access ladders, or air conditioner units; instead, make sure the Competent Person confirms that whatever you plan to tie off to has been approved for use as an anchor point.

- Only use fall arrest equipment specifically designed and issued for personal fall arrest systems; ropes, harnesses, and other equipment that are not designed for such use may break or otherwise fail, resulting in you falling in spite of the fact you were tied off.

- Make certain that ropes used for fall arrest systems and for equipment suspensions are protected from cuts and abrasions at points where they contact sharp edges of the building or structural components. And immediately report any damaged ropes or other fall protection components that you see to the Competent Person.

- Although you may be tied off to an independent safety line does not mean that you are relieved from maintaining safety rails on suspended work platforms. So do not remove top or mid-rails installed along the sides and ends of any suspended work platform.

These are just a few important safety tips that can help us avoid accidents, injuries, and fatalities when working on suspended scaffolds and similar equipment. Who can think of any others that that we should make sure to discuss today?

Thank you for your participation. Please make certain you sign your name on the training certification form so you get credit for attending today’s toolbox training session on this topic.
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
“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
Yeh and Associates, Inc.
Geotechnical • Geological • Construction Services

FRONTLINE
FLOOR COATINGS
Concrete
Tile & Grout
Vinyl
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
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
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.

<table>
<thead>
<tr>
<th>Business Card Size</th>
<th>$35.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 Page</td>
<td>$75.00</td>
</tr>
<tr>
<td>Full Page</td>
<td>$100.00</td>
</tr>
</tbody>
</table>

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

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