

# June 2020 Centerline

## Pikes Peak Chapter 356

National Association of Women in  
Construction NAWIC Chapter 356

June 2020  
Volume 47

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*The way I see it, if you want the rainbow,  
you gotta put up with the rain.*

—Dolly Parton

### Events

6/4 Board Meeting

7/11-7/18—Rosie Run Virtual 5K

Happy Birthday!

6/2 Kimberly Stimson

6/28 Staci Calderon

Happy Anniversary!

Allison Mikulecky (4 Years)

Hello Sisters!

I hope you are all doing well. I can't believe we are still going through this social distancing. I miss seeing my sisters and all the support we give each other. Fingers crossed we will still be going to AMEC in Houston in August.

Please stay tuned for what we will be doing for June's meeting. Unfortunately, it will likely be a last-minute thing.

I think everyone is doing an incredible job of rolling with the punches and being as flexible as we need to be in this crazy time.

An example of this is this year's 5K. We will be doing a virtual 5K. Who would have thought of such a thing a year ago? See details here in the Centerline.

Next month we will be doing the first election in our general meeting. If we do not have a physical meeting please watch your email as to how we will handle that.

*Valerie Bates*

*President*

*Pikes Peak Chapter 356*



**NAWIC**

National Association of Women in Construction

## Standing Committees 2019-2020

**Professional Development & Education** – AVAILABLE

**Membership & Marketing** – Samantha Walter

719-649-2739 [samantha.walter@ramparttile.com](mailto:samantha.walter@ramparttile.com)

**Finance** – Naomi Kidd (past)/Staci Calderon (current)

719-339-5887 [scalderon@rusinltd.com](mailto:scalderon@rusinltd.com)

## Chapter Functions

**Historian** – Kristen Ibarra

719-203-3323 [kibarra@rmg-engineers.com](mailto:kibarra@rmg-engineers.com)

**Web Site** – Adele Swift

719-269-1173 [aswift@tezakheavyequipment.com](mailto:aswift@tezakheavyequipment.com)

**Occupation Research/Referral** – Alyssa Vernon

719-570-1774 [alyssav@centralstatesroofing.com](mailto:alyssav@centralstatesroofing.com)

**Parliamentarian** – Karen Mitchell

719-686-7482 [kem0513@aol.com](mailto:kem0513@aol.com)

**Centerline Editor** – Staci Calderon

719-339-5887 [scalderon@rusinltd.com](mailto:scalderon@rusinltd.com)

### Board 2019-2020

#### President

Valerie Bates

•

#### President-Elect

Ally Jencson

•

#### Vice President

Kristen Ibarra

•

#### Recording Secretary

Tammy Pascual

•

#### Treasurer

Staci Calderon

•

#### Directors

Amy Christiansen

Alyssa Vernon

Samantha Walter

*“We can do it.” – Rosie the Riveter*

### Special Committee Chairs 2019-2020

**Block Kids** – Naomi Kidd

719-632-9868 [nrkidd4ppc356@outlook.com](mailto:nrkidd4ppc356@outlook.com)

**Bylaws** – Karen Mitchell, CBT, CIT

719-686-7482 [kem0513@aol.com](mailto:kem0513@aol.com)

**CAD Competition**

Amy Christensen 719-203-3340 [amy.christiansen@ramparttile.com](mailto:amy.christiansen@ramparttile.com)

Alyssa Vernon 208-412-8001 [alyssav@centralstatesroofing.com](mailto:alyssav@centralstatesroofing.com)

**NEF** – Karen Mitchell . 719-686-7482 . [kem0513@aol.com](mailto:kem0513@aol.com)

**Social Media** – Kristen Ibarra. 719-203-3323 . [kibarra@rmg-engineers.com](mailto:kibarra@rmg-engineers.com)

**Scholarship** – Katie Trapp.

719-635-0902 . [kt\\_trapp@yahoo.com](mailto:kt_trapp@yahoo.com)

**Strategic Planning** – Kristen Ibarra. 719-203-3323 . [kibarra@rmg-engineers.com](mailto:kibarra@rmg-engineers.com)

**Fundraising** – OPEN

**WIC Week** -Jennifer Walker. 719-546-6829. [jennifer.walker@hubinternational.com](mailto:jennifer.walker@hubinternational.com)

## 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*



## Annual Conference 2020



Thursday Keynote Luncheon:

### **Blaze Your Brain** - Jessica Rector

Jessica's mission is simple: Transform Lives. As the top mind wellness expert, Jessica Rector, MBA is the authority on tackling your inner game and turning it into outer success and positive action! As a former TV talk show host and an award winning #1 top sales performer at a Fortune 100 company, Jessica uses her company's research to help organizations, leaders, and teams to fire up your thinking, extinguish burnout, and ignite your people, while having a lot more fun. Jessica has three college degrees, including an MBA, and has written nine books. As a #1 best-selling author, she has worked with clients such as NBCUniversal, the Dallas Mavericks, and American Airlines and has been seen on ABC, NBC, CBS, and FOX for creating change. Jessica also enjoys learning about the exciting world of Transformers, so she can carry on real conversations with her seven-year-old son, Blaise, who is a #1 best-seller author and the

Transformers, so she can carry on real conversations with her seven-year-old son, Blaise, who is a #1 best-seller author and the

Saturday Keynote Closing Brunch:

### **Just One of the Guys** - Ally Jencson

Women working in male-dominated industries face a variety of challenges, including:

- Pervasive stereotypes, such as that of the “caring mother” or the office housekeeper.
- The view that women are outsiders and threaten the norm.
- Higher stress levels and performance expectations
- Fewer mentoring opportunities
- Sexual harassment



Ally teaches other women in male dominated industries to be proud of and embrace our femininity. Through sharing her own personal experiences, Ally helps women to see the value of being a woman in a man's world. She mentors female audiences to tap into their own unique badassery, to confidently maintain their femininity and communicate with heart-centered assurance, despite any negative behavior from their industry peers.

# Annual Conference 2020

Brief Description of Activities and Sessions:

## Tuesday, August 11

### NEF Construction Industry Technician (CIT) Course & Testing

Purchase NEF's Construction Industry Technician (CIT) textbook and test, then take your exam during NAWIC's 2020 Annual Conference in Houston, TX!

NEF is offering their CIT program including exam for \$180.00 plus shipping and handling. Visit NEF's [Digital Bookstore](#) for purchase details.

Again this year, a webinar and course review session is included prior to taking the exam at NAWIC's Annual Conference. *(Must pre-register)*

## Wednesday, August 12

### NAWIC Chapter Leadership Training

Stepping into the top chapter leadership role can be daunting. This session will help ensure that you understand your role and responsibilities, NAWIC policies, and legal and financial responsibilities. *(Must pre-register)*

### First Timer's Orientation

### Opening Networking Reception

## Thursday, August 13

### NAWIC Annual Meeting

Join us as we kick off the Annual Conference with an annual report on the latest news and updates from NAWIC.

### Professional Development & Education

- [Angela Highland, CIT, CPC & Kizzy Ferrer, CIT](#)

Join National PD&E Co-Chairs Angela and Kizzy on a deep dive to discover all of the resources and tools available to all incoming Region PDE Chairs, Chapter Presidents, Vice Presidents, Chapter PD&E chairs and co-chairs. This workshop explores agenda templates, workshop/speaker resources, industry partnerships, as well as a primer on how to create a simple social media calendar to help get the word out. Learn how to create strategic PD&E programming for your chapter (and region) to offer maximum value to your members and recruit new members along the way.

### Construction-Driven Execution

- [Tricia Thibodeaux, Flour, Inc.](#)

Construction-Driven Execution is “the strategies, work practices and accountabilities that drive the delivery of construction and fabrication services in the most cost-efficient, predictable manner possible.” In other words, it is everything done in the home office, from the proposal phase until completion, to make construction efficient and safe for the craft. This workshop will explore practices that contribute to Construction-Driven Execution such as Advanced Work Packaging, Better Build Techniques, and Constructability. Practice these concepts with a fun hands-on activity to reinforce the learnings and answer the question, “Do you have a Construction-Driven Execution mindset?”



## Annual Conference 2020

### Building a Breachless Culture

- [Josh Levy & Angelin Perryman](#) The topic “Building a Breachless Culture” is taken from my construction project management philosophy for best practices called “Breachless Execution.” It is a construction philosophy I developed when I was the General Counsel for a construction company in 2002. Since then I have delivered seminars and training for contractors (and other clients) in the concept. Breachless execution primarily describes how contracts are used to plan and deliver projects with reduced financial and liability risk while enhancing customer satisfaction. Breachless Execution derives from the Law in Action approach which explored the realities of contracts in people’s daily lives. We strive to assist our clients in developing a Breachless Culture within their businesses. The goal is to have the client’s team understand the basic principles of contract law, and how to execute their obligations without a breach.

### The Art of Accelerated Resilience

- [Courtney Clark](#) Adapt Faster and Achieve More In today’s competitive world, there’s no time to recover from our setbacks slowly. The research-based strategies from Courtney’s new book, *The Successful Struggle*, will have you and your team managing change, chaos, conflict, and life’s other challenges in the fastest, most productive way possible. Building resilience means developing new behavior patterns in tough times, and Courtney will show you the research behind the quickest ways to get back on track and be successful, no matter the challenges you face in life and work.

### Fire Up So You Don't Burnout: How to Prevent, Break Through, and Extinguish Burnout (once and for all)

- [Jessica Rector](#) Burnout is like a wildfire—spreading quickly and affecting everything in its path. With the increased stress, pressure, and expectations to do more with less, the construction industry ranks among the highest for highest burnout rates...and women are more prone to burnout. With 79% of the workforce burned out, it’s the perfect time to extinguish this epidemic. The World Health Organization now recognizes burnout as a workplace syndrome, yet most don’t know how to identify it. When burnout is unresolved, you experience a decrease in productivity, safety, health and morale. In this powerful presentation, Jessica gets you fired up by sharing key strategies to prevent and extinguish burnout, pinpointing your contributing factors to burnout and showing you how to handle stress to improve focus, performance, and team dynamic. Participants will: • Examine Jessica’s Burnout Success Formula to locate how burnout affects your work and life • Apply proven burnout strategies to enhance time management, focus, and productivity • Identify and pinpoint your biggest “burnout moments” to prevent future stress and improve your health

### Real Solutions for the Skilled Trades Shortage - iBuild Panel Discussion

- [Debbie Rodriguez and Angela Highland CIT, CPC](#) The tide is turning and recruitment efforts are expanding in the effort to educate students, parents and our communities about careers in the construction industry.

## Friday, August 14

### Team Rubicon

- [Team Rubicon](#) Learn about TR’s mission and how they are helping veterans transition to civilian life while assisting communities around the world.

### The Art of Managing Workplace Conflict

- [MJ Clark](#) The ability to manage conflict is a highly sought-after quality in construction leaders. It also has a significant impact upon the organizations whose leaders possess it. In this interactive presentation, Ms. Clark will explain to participants the difference between criticism and constructive feedback and how conflict can be both positive and damaging to an organization. She will provide strategies for reducing conflict and mediating workplace confrontations through the use of emotional intelligence and a 3-step assertive conversation model. Audience members will leave with practical tips they may implement immediately to help themselves and their teams manage conflict more effectively.

## Annual Conference 2020

### **Suicide: Crisis in Construction**

• **Kathi Dobson, CIT, CSP, STS-C, SMS, CHST, LEED AP** Someone commits suicide every 12 minutes in the United States, and construction is the number two industry for suicides. Learn about this crisis and the risk factors associated with it. Kathi Dobson will discuss the issues that construction workers face that leads them down the dark path toward suicide. She'll also address other concerns that organizations and their leaders should be identifying when it comes to their workers' mental well-being. You will leave this session with a better understanding of the suicide crisis and what we can do to prevent it from overwhelming our industry.

#### Objectives:

1. Identify risk factors related to suicide in the construction industry
2. Identify intervention tactics
3. Identify resources for workers and employers

### **Harmony Through Teamwork! Counteracting the Cacophony of Miscommunication**

• **Jan Spence** Regardless of industry, location, or company size, ineffective communications and a lack of teamwork can obstruct information, hinder collaboration, and negatively impact employee and customer satisfaction. In this highly interactive, high-energy session, Jan Spence will use her vast knowledge helping companies and individuals take their teamwork, listening, and communication skills to the next level by sharing tips on how to set established protocols and clear processes of communication. Attendees will gain actionable tools they can immediately implement to increase teamwork and collaboration, thus increasing employee engagement and overall productivity. This fun, engaging session is not just another warm and fuzzy team-building program, but rather gives participants practical steps they can take to work more effectively within their teams and the overall organization.

### **NAWIC Finances**

• **Karen Hager, CIT, CBT** This interactive workshop will give the attendee insight into what is a good budget, who should do the audit and how, who files what reports when, and what to look for on your chapter's financials to know the health of your chapter.

### **Conceptual Planning, Scheduling & Risk Mitigation**

• **Lana Coble** Where can a project fail and lose time, lose money, or lose both? As a construction professional, building the plan and sticking to a schedule is made complicated by the unknowns, but to what extent can you control the process to identify and quantify schedule risk for a more secure project? This interactive session will walk through processes of analysis, audits, and more to illustrate where and how you can mitigate your risk in your builds moving forwards.

### **Sustainable Concrete**

• **Jennifer Mitchell** Jenny will speak about how LinkedIn is utilizing low carbon concrete strategies to drive down embodied carbon in the build of their new LinkedIn Headquarters campus in Mountain View, and the future opportunities for low/zero carbon concrete.

### **Awards Cocktail Reception, Dinner, and After Party**

## Saturday, August 15

### **What no one tells you about breaking down barriers: The Importance of Knowing Your Worth**

• **Michelle Tull** Interactive discussion on barriers women face and how to break down those barriers. Learn why it's important to know your value, how your self-esteem and self-respect play into that, and how all of these things help shape you and your career.

## Annual Conference 2020

### Chapter Expansion Committee

- [Dena Rowland and Kristey Stewart, CIT](#) HELP WANTED! NEW NATIONAL COMMITTEE- Seeking all NAWIC Members that have the passion and desire to assist with working on this committee to help with future chapter chartering's and remodeling of our current chapters. All members are encouraged to attend who want to take part in this groundbreaking opportunity to expand our association. No Experience Necessary – Training Provided!

### Trade Secrets of a Successful Region Event

- [Diane Mike, CBT and Debbie Lesar, CIT](#) Until you start planning your regional event, you are not sure of what it takes. It takes teamwork, collaborations, planning and communication. This workshop will share tips about what has worked and what you can do to make your regional event a success.

### Committee Open House

- [President-Elect, Anne Pfleger, CIT and the 2020/2021 National Committee Chairs](#) How are the National committees going to Connect-Collaborate-Construct during the upcoming NAWIC year? Find out by attending this workshop where you will hear of such plans from the Membership, Marketing, Emerging Professionals, OSHA Alliance, Safety, and Women in Construction Week committee chairs that will strengthen and amplify you and your chapter to construct a successful NAWIC year. DON'T MISS OUT!

### Brunch: Just One of the Guys-How to Stay Feminine in the Construction Industry

- [Ally Jencson](#) Women working in male-dominated industries face a variety of challenges, including:
  - Pervasive stereotypes, such as that of the “caring mother” or the ‘office housekeeper.’
  - The view that women are outsiders and threaten the norm.
  - Higher stress levels and performance expectations
  - Fewer mentoring opportunities
  - Sexual harassment.

Ally teaches other women in male dominated industries to be proud of and embrace our femininity. Through sharing her own personal experiences, Ally helps women to see the value of being a woman in a man's world. She mentors female audiences to tap into their own unique bad-assery, to confidently maintain their femininity and communicate with heart-centered assurance, despite any negative behavior from their industry peers.

Register: <https://www.nawic.org/assnfe/ev.asp?ID=19>

Hotel: <https://www.nawic.org/nawic/Hotel.asp>



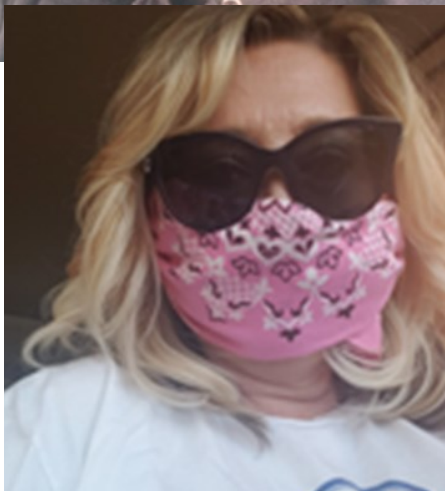
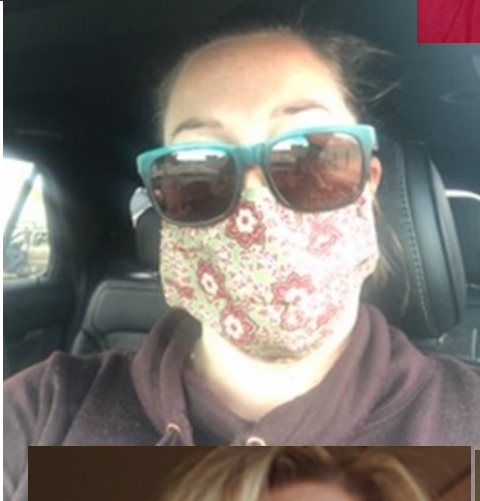
# Educational Corner

## NAWIC WEBINARS

- June 16 4pm Build Like the Big Primes Webinar Series with Michael Riegel of AEC Business Strategies: Finance [Register here!](#)
- June 23 @ 4pm Build Like the Big Primes Webinar Series with Michael Riegel of AEC Business Strategies: Operations [Register here!](#)
- June 30 @ 4pm Build Like the Big Primes Webinar Series with Michael Riegel of AEC Business Strategies: Communications [Register here!](#)
- July 7 @ 12pm Membership & Marketing Webinar: Cultivating Sponsorships  
Dial: 712-770-4598/Pin: 841450 [join.freeconferencecall.com/marketingnawic](https://join.freeconferencecall.com/marketingnawic)
- July 7 @ 4pm Build Like the Big Primes Webinar Series with Michael Riegel of AEC Business Strategies: Personal Branding [Register here!](#)
- July 14 @ 4pm Build Like the Big Primes Webinar Series with Michael Riegel of AEC Business Strategies: Marketing [Register here!](#)
- July 21 @ 4pm Build Like the Big Primes Webinar Series with Michael Riegel of AEC Business Strategies: Human Resources [Register here!](#)
- July 28 @ 4pm Build Like the Big Primes Webinar Series with Michael Riegel of AEC Business Strategies: Coaching and Mentoring [Register here!](#)
- August 4 @ 4pm Build Like the Big Primes Webinar Series with Michael Riegel of AEC Business Strategies: Work-Life Balance [Register here!](#)
- [Click Here to Login and View All Webinars or to get further information.](#)

# NAWIC Strong

***During good times and tough times, we are strong women  
working in our essential businesses!***





# Announcements

## NAWIC Officer Election Results

**NATIONAL President Elect:**

Doreen Bartoldus, PE, CCM,  
Assoc. DBIA, ENV SP

**Vice President:**

Lauline Mitchell

**Secretary:**

Kristey Stewart, CIT

**Treasurer:**

Karen Hager, CBT, CIT



**North Central Region**

**Northeast Regional Director:**

**Pacific Southeast Region Director:**

**Midwest region Director:**

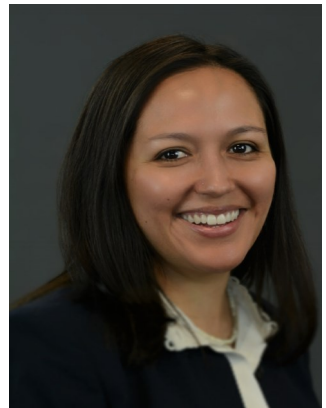
Raven Hoffman

**Director:**

Marshell Carissimi

Romina Byrd, SHRM-CP

Karen Ellis



# 5K Rosie Run

**gone Virtual!**



*3rd Annual Rosie Run*

**Stay tuned for more information  
regarding our Annual Rosie Run**

***...gone VIRTUAL!***

**July 11-18th**

# NAWIC Scholarships

- **Kenna Droog**

Colorado State University Pueblo, MAJOR:  
Construction Management  
Scholarship Award Amount: \$1000

- **Sarah Olden**

Colorado School of Mines, MAJOR: Civil En-  
gineering  
Scholarship Award Amount: \$1000

*Looking for a change or a new career in construction?*

Visit NAWIC's awesome job site search for jobs all  
over the U.S!

<https://nawic-jobs.careerwebsite.com/>



# Construction Humor





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

# Advertising

## Double M Concrete LLC

*Our quality is concrete!*

### Concrete slabs

- Residential
- Commercial

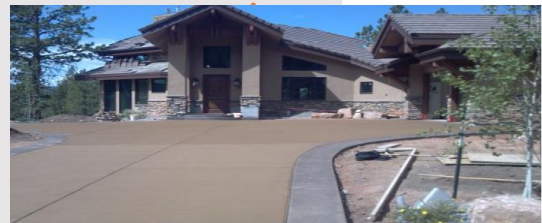
### Post Tension Cables

- 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)**