

January/February 2021 Centerline

Pikes Peak Chapter 356

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

January/February
2021
Volume 54

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***Success is liking yourself, liking
what you do, and liking how
you do it!***

~Maya Angelou

Events

1/21 Membership Meeting via Zoom

Happy Birthday!

1/28 Stephanie Leclerc

2/18 Membership Meeting @ 6pm

Hello NAWIC Sisters!

Welcome to 2021! I am so excited to share this year as Chapter President with you all. I am blessed to have an absolutely stellar line up on the Chapter Board serving along side me. Our Directors are planning some GREAT meetings with intriguing topics we can all learn something from, whether we are meeting via ZOOM or in person! Be sure to join us in these ZOOM meetings. We want to see you and know how you are doing! Each of us misses the personal interaction, of course, but this is a great time to be able to attend ANY Chapter meeting you wish! Many of the Chapters are meeting via ZOOM and are posting their meeting times and RSVP info in the Pacific Southwest Regional Newsletter. So you never know when you could get an opportunity to meet a Sister from another Chapter!

The Pikes Peak Chapter is kicking off 2021 with a bang starting with our NEF CAD Design Drafting competition! Thank you to Amy Christiansen and Angelique Kallio for all your efforts to keep this competition alive despite the COVID-19 pandemic!

We have also added a Member Announcements section in the Centerline. If you have any kind of personal announcement (rental need, a fundraiser you support outside of NAWIC, a special event/volunteer opportunity you want to invite us to support, something you need to buy or sell, etc.) please send that info to Staci Calderon, Centerline Editor, at scalderon@rusinltd.com. This will help us to minimize the email communications to our members going forward as well as be our "go-to" for Chapter Member needs.

March is right around the corner and that means WIC Week is coming! Valerie Bates and I have WIC Week Posters so if you would like one to display at your office, please email one of us valeriePP356@outlook.com or presidentPP356@gmail.com and we will get one to you. We have some great ideas for our WIC Week celebrations this year but much will depend on the current state of the pandemic at that time. More info to come!

Again, I am very excited for the coming year! I'm looking forward to seeing many of you on the 21st for our January ZOOM Membership Meeting! Until then, keep taking action toward what you want to achieve this year! Actions, no matter big or small, still create forward momentum and make us all better today than we were yesterday

Actions Move Mountains!

**Allison "Ally" Jencson—President Pikes Peak Chapter 356 /
President CEO Front Line Floor Coatings/Founder—
GirderSkirts™**



Standing Committees 2020-2021

Professional Development & Education/NEF – Ginger Parry	719-596-0733	pde.nef.pp356@gmail.com
Membership & Marketing – Samantha Walter	719-649-2739	samantha.walter@ramparttile.com
Finance – Samantha Walter	719-649-2739	samantha.walter@ramparttile.com

Chapter Functions

Historian – Kristen Ibarra	719-203-3323	kibarra@rmg-engineers.com
Web Site – Valerie Bates	719-635-0902	ValeriePP356@outlook.com
Occupation Research/Referral – Christina Townsend	719-258-0421	christina.townsend@hubinternational.com
Parliamentarian – Karen Mitchell	719-686-7482	CO-kem513@outlook.com
Centerline Editor – Staci Calderon	719-339-5887	scalderon@rusinltd.com

Board 2020-2021

President

Ally Jencson

•

Immediate Past President

Valerie Bates

•

Vice President

Kristen Ibarra

•

Recording Secretary

Tammy Pascual

•

Treasurer

Samantha Walter

•

Directors

Amy Christiansen

Kelly Eustice

Ginger Parry

Shirley Clark

“We Can Do It!” – Rosie the Riveter

Special Committee Chairs 2020-2021

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

Social Media – Kristen Ibarra. 719-203-3323 . kibarra@rmg-engineers.com

Scholarship – Valerie Bates. 719-635-0902 . ValeriePP356@outlook.com

Strategic Planning – Jennifer Walker 719-505-6520 jennifer.walker@hubinternational.com

Marketing – Samantha Walter 719-649-2739 samantha.walter@ramparttile.com

WIC Week –Valerie Bates 719-649-4615 ValeriePP356@outlook.com

OSHA Alliance/Safety – Karen Mitchell, CBT, CIT 719-686-7482 kem0513@aol.com

Chapter Announcements

In our chapter announcement section, you will be able to see updates, news, announcements and any other important information that relates to our chapter and our members.

- ◇ CAD Design Drafting has secured a Breakfast Sponsor for the Judging Event - THANK YOU DOUBLE M CONCRETE!! They have also secured a location for the judging, the JATC (Joint Apprenticeship Training Center) on Janitell Dr., thanks to Katie Trapp! Tammy Pascual is donating all the chairs we need and a couple of folding tables. All we need now is about 8 more tables (to borrow) and some hand sanitizer donated! You ladies are AMAZING!!! Thank you all!!!
- ◇ Upcoming Meetings - Feb 18th 6PM ZOOM - TOPIC: HBA Cares & their project, guest house at St. Francis North Hospital PLEASE NOTE: ZOOM Meeting ID and passcode will always be the same for each meeting going forward. Samantha will still email out invitations and the meeting links to those who have RSVP'd. (remaining meetings are included in the Centerline attached for your planning)
- ◇ Nominations are open for the Carol A Kueker Construction Education Visionary Award

PURPOSE: To provide recognition on a national level to an Educator/Advocate who has passion for and dedication to Construction Education. This award recognizes an individual who has worked aggressively to promote construction as a viable career path through training and education **and/or** has worked with Associations and other organizations to establish education programs to advance and benefit employees in the Construction Industry.

NOMINEES: Full or part time **Educator** with an accredited institution **or** an individual who is recognized as an **Advocate** in the area of Construction Education.

NOMINATIONS: Nomination form, resume and letter of recommendation **must** be submitted to the NEF Office via the link on the NEF website, www.nef-edu.org for review by the Selection Committee, who makes the final decision. The link can be found under the Forms tab.

CRITERIA: Nominees to be judged in the following areas:

Must demonstrate a passion and zeal for Construction Education beyond the requirements of his/her job

Minimum 5 years as an **Educator** or Construction Education **Advocate**

1/4 Recognition and service within the local/regional/national area

1/4 Participation in Construction Associations, Foundations, others

1/4 Advocate for education within the Construction Industry

AWARD: Recognition award and travel expenses for winner to include one night at the Meeting Hotel, meal/event ticket and airfare. Award to be presented at the NAWIC Awards Banquet.

FORMS: A PDF File of the Nomination Form, resume and letter of endorsement from nominating sponsor must be submitted to the NEF Office via the NEF website. See Nomination Form for specific permitted support documentation.

DEADLINE: Deadline is March 15th of the award year. Send to: NAWIC Education Foundation 1800 Pembroke Drive, Suite 300 Orlando, FL 32810 Phone: 407-667-3417

Chapter Announcements

Room for Rent: Shirley Clark has a room for rent 719-459-6159. You can text or call her for details/info

Chapter Fundraiser: Jewelry for sale! Earrings and fobs: \$5, Bracelets \$10 & Necklaces \$15. All proceeds go to our Chapter.

Please contact Katie for more info 719-332-7422

Meetings for 2021

Month	When	Where	Company	Topic
<i>January</i>	January 21st @ 6pm	Zoom	Mary Kay	"Maskney" and Dry Skin
<i>February</i>	February 18th @ 6pm	Zoom	HBA Cares	Guest House @ St. Francis Project
<i>March</i>	WIC week	TBD	WIC Week	WIC Week
<i>April</i>	April 15th @ 6pm	TBD	Cougars Gone Wired	Robotics
<i>May</i>	May 20th	TBD	TBD	TBD
<i>June</i>	June 17th			Depending on hard hat tour arrangements
<i>July</i>	July 15th			Depending on hard hat tour arrangements
<i>August</i>	August 19th	TBD	TBD	TBD
<i>September</i>		Installation	Installation	Installation

Educational Corner

NAWIC WEBINARS

No upcoming webinars at this time, but look at all of the archived and you may find something that interests you.

- [Click Here to Login and View All Webinars or to get further information.](#)

LORMAN WEBINARS

Check them all out [HERE!](#)

NEF RESOURCES

Check out the awesome website with all the education updates and recourses [HERE!](#)

NAWIC MENTOR PROGRAM

Chapter Mentor [Program Guidelines](#) and [Resource](#)

PD&E Committee

Ginger Parry

January and February tend to be a crazy months – especially for those who work in the accounting or back office of any business. This is the time of year we are closing the books on the previous year and preparing for what is to come. This can also be done in our personal lives – especially after a year like 2020! I don't know about you, but I am definitely looking forward to being able to move towards a more "normal" life as we come to an end of the COVID pandemic. I hope your January and February are full of wonderful new beginnings!

As Ally mentioned, she and I are working on a program for the PD&E Contest being held by National. This year, they are challenging us to come up with a program or workshop that would be of benefit to our members across the association that meets real world career needs and fosters connection, collaboration, and construction. Some of the topics discussed are resume writing, interviewing tips, staying positive, and personal finance; but we would love your input!! Please send any ideas you have - even if they are just topics! - to me at pde.nef.pp356@gmail.com.

Some noteworthy items from National: The current book for the Leadership Book Club is *So Now What? A Guide for People Who Feel Stuck* by Catherine A. Brennan. The PD&E Webinar is *The Fundamentals of Biz Dev for Construction Professionals*.

Quote of the Month: "A doctor can bury his mistakes, but an architect can only advise his clients to plant vines." -Frank Lloyd Wright

Webinars: January 12, 2021 @ 10 AM – PD&E: *The Fundamentals of Biz Dev for Construction Professionals*

Leadership Book Club: *So Now What? A Guide for People Who Feel Stuck* by Catherine A. Brennan

Did You Know? In 1997, a group of enthusiasts began to build a castle in France, using only materials, tools and techniques that were available in the 13th century (800 years ago) and the project was scheduled to finish sometime in 2020.



Karen Mitchell, CBT, CIS, CIT

National OSHA Alliance Chair

CO-kem513@outlook.com

719-651-2824

Let's Connect!

Want to win a \$50 Amazon gift card?

And, more importantly, want to share your thoughts with OSHA at the national level? I will randomly draw the name of one NAWIC member who identifies a potential health and safety issue and shares at least one idea for addressing this issue by February 28. The purpose of this "contest" is to identify issues that may not yet be on the radar of OSHA and to share ideas for issues that are currently being researched. You may have an idea for a "better way" of bringing safety to the office and jobsite. I want to hear your voices. You can email your entry to me at CO-kem513@outlook.com.

OSHA-NAWIC Alliance

February 2021

Working from Home: How to Optimize Your Work Environment and Stay Healthy

Condensed from the November 20, 2020 NIOSH Science Blog by Brian D. Lowe, PhD, CPE; Jeannie A.S. Nigam, MS; Claire Caruso, PhD, RN, FAAN; Imelda Wong, PhD; and Julie Tisdale-Pardi, MA

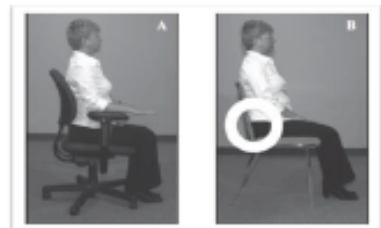
Many workers continue to telework during the pandemic. While some may be fortunate to have a designated home office, others are competing for workspace with family members. These new work arrangements combined with the additional stressors of working at home may be taking a toll on our health. Here are some tips to optimize your telework environment and help manage stress during these challenging times.

Start with creating a work-ready environment. Find space in your home where noise, lighting and temperature can be well-controlled. Even if you are home alone, a dedicated workspace will help keep you focused.

Seating

An intelligently designed workspace can help prevent workplace musculoskeletal disorders. Below are ideas for a healthful seating design.

- An office chair with armrests is ideal for seating, allowing your feet to rest flat on the floor with the hips and knees at, or slightly greater than, a 90° angle. If your feet are not flat on the floor, use a box or book as a footrest.
- In general, avoid working on a couch or soft chairs. If you have no other option, use pillows to provide some back support and work in an upright position.
- Varying your posture regularly is beneficial. If possible, periodically work standing up as a break to prolonged sitting.
- Working for prolonged periods of time at a kitchen table or while on the sofa can be uncomfortable for many. Ideally, a primary seated posture should support the low back in a position of lordosis – the natural inward curvature of the lumbar spine above the pelvis. This is shown in photo A. Photo B shows an ordinary flat back chair which does not support the inward curvature of the low back.

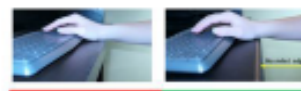


Monitor/Display

- An external monitor is more ideal for display, generally placed about an arm's length away with the top of the monitor at or below eye level. Use a book or box to elevate the monitor, if needed.
- Position your display perpendicular to any windows or adjust your blinds to help reduce screen glare.
- If you are using your laptop's display, take more frequent breaks from screen use. Increasing font size may decrease eyestrain.

Keyboard/Mouse

- If you cannot use a separate monitor, you may be able to use a keyboard and/or mouse that is separate from your laptop. External (USB or wireless) keyboards and pointing devices can be positioned independently of one another and independently from the screen/display.
- If using an external mouse, maintain a neutral (straight) wrist posture as shown here.
- When using a keyboard, the wrists should be as close to neutral (straight) as possible. Elbows should be at a 90° – 120° angle.
- To the extent possible, avoid resting the forearms and wrists on unpadded cornered edges of the work surface. (As in the left panel shown.) Rounded edges (right panel) are preferable to reduce localized contact pressure.



Eye Strain

Working from home could increase the hours of screen time. Eye strain can be caused from prolonged screen use, from excessively bright light in the telework setting, font size and other factors.

- Take regular breaks from screen use, including tablets and cell phones.
- Work in areas with less glare from outside light. Close drapes, blinds, or shades.
- Understand how to adjust your display brightness and contrast to reduce eye strain.
- Consider enlarging the font to avoid squinting, leaning forward, or placing the laptop closer.
- Try the 20/20/20 rule to help combat eye fatigue. Focus your gaze on an object 20 feet away for 20 seconds every 20 minutes.

Take a Break

- Periodic rest breaks and changes in posture are beneficial.
- NIOSH research has found that overall levels of musculoskeletal discomfort and eyestrain are significantly reduced when twice-daily conventional rest breaks were supplemented with hourly 5-minute breaks.
- Take at least one prolonged break (such as at lunchtime).
- Set a timer for your other 5-minute break from screens and from sitting. Stretch, walk the dog or yourself, climb a set of stairs, get the mail, or rehydrate.

Paying attention to your home office setup can help prevent physical discomfort and musculoskeletal disorders. The good news is that raising awareness of these principles will also help improve your “regular” work environment when we one day return.

Announcing the third annual

NAWIC PACIFIC
SOUTHWEST REGION

SAFETY AWARD

DOES YOUR COMPANY HAVE A REMARKABLE SAFETY CULTURE, THOSE SHARED BELIEFS, PRACTICES, AND ATTITUDES THAT EXIST AT A SAFE BUSINESS? THEN WHY NOT GET RECOGNIZED FOR ALL THAT HARD WORK? THE APPLICATION FOR THE PSW SAFETY AWARD CAN BE FOUND IN THIS NEWSLETTER.

Submit completed applications to:



719-686-7482



Co-kem513@outlook.com



Karen Mitchell
c/o Double M Concrete
14290 Herring Road
Colorado Springs, CO 80908

What? The third annual Pacific Southwest Region safety award to be presented at the 2021 PSW Forum

Who? Any company located in the Pacific Southwest Region that employs at least one NAWIC member

Deadline: Emailed or postmarked no later than March 1, 2021

ID # _____



Pacific Southwest Region

NAWIC Pacific Southwest Region Annual Safety Award Application

PSW Region Safety and
OSHA Committees
Karen Mitchell, CBT, CIT, CIS
719-651-2824
Co-kem0513@outlook.com

Applicant Information

Company Name: _____ Date: _____

NAWIC Member Name: _____ Title: _____

Chapter Number: _____ Region: _____

Address: _____
Street Address Apartment/Unit #

City State ZIP Code

Phone: _____ Email: _____

Introduction

The NAWIC Pacific Southwest Safety & OSHA Committee Chairs are pleased to offer the Safety Excellence Award to distinguish NAWIC member companies in the Pacific Southwest Region who recognize safety as a corporate value and commitment. These companies have implemented excellent safety and health programs, and innovative solutions for creating strong safety cultures within their organizations. The means of achieving this include owner/upper management commitment, proactive safety and health programs, consistent enforcement policies, employee training, management committee initiatives, and program implementation creativity/innovation.

The Pacific Southwest Safety Excellence Award is modeled after the national NAWIC Safety Excellence Award. Although a separate application is needed at the national level, answers to the questions on each application should be identical.

Eligibility: Eligible participants must employ a NAWIC member and have a physical location within the Pacific Southwest region. Completed applications must be submitted by March 1 to OSHA Committee Chair Karen Mitchell, CBT, CIT, CIS at Co-kem0513@outlook.com. The top three winners will be awarded at the 2021 Pacific Southwest Region Forum in Salt Lake City, Utah. Awards are based on leading indicators, not lagging indicators. However, this year the National Committee is asking for your organization's lagging indicators in the form of OSHA 300 logs, EMR rate, DART Incident Rate and Recordable Case Rate for use in the event of a tie. Therefore, we will also ask for this information at the regional level. Proper business letter etiquette such as spelling, punctuation, grammar, and formatting will also be used for scoring in the event of a tie.

Deadline: The completed safety award must be emailed or postmarked no later than March 1, 2021. Please submit completed safety award applications to:

Karen Mitchell
Co-kem0513@outlook.com
c/o Double M Concrete LLC
14290 Herring Road
Colorado Springs, CO 80908

ID # _____

Section 1: Program Assessment Checklist

Select 'Yes', 'No' or 'Not Applicable' for each of the items. There may be items in the checklist that do not apply to your company. If so, the N/A response would be appropriate.

Yes	No	N/A	
			Written safety and health policy signed by the company principal
			Your location employs a safety manager or director
			Have an annual safety and health budget, and budget(s) for each job
			Company policy allows field employees authority to "shut down" a job or operation because of a hazard that presents imminent danger to employees
			Safety & health policies or requirements are written into contracts to require subcontractors to meet your safety requirements
			Utilize a pre-qualification safety and health-screening method to select subcontractors, suppliers or vendors
			Require a site-specific orientation for all subcontractor, vendor, support personnel prior to project access
			Provide contractual provisions for termination of contractors for unsatisfactory safety performance
			All new hires are trained on how to report injuries, unsafe conditions and work practices
			New hire orientation includes location of first-aid kits/facilities and use/care of personal protective equipment (PPE)
			Have personnel on each job trained in first-aid and CPR
			Supervisors w/OSHA extensive (i.e. 10/30hr) hazard recognition/competent person training certification
			Competent person safety training applicable for your business (scaffolds, trenching, excavations, etc.)
			Your location has a written safety plan and emergency crisis response plan
			Site-specific written safety plan (fall protection, confined space, etc.)
			Site-specific written emergency/crisis response plan
			Conduct weekly safety meetings (tool box talks) on site
			Maintain safety and health recordkeeping requirements
			Accident reports are reviewed regularly to determine corrections
			Require safety and health inspections of each jobsite at least weekly by supervisor
			Written drug and alcohol prohibition policy
			Drug and alcohol testing protocol (pre-employment, post-accident, etc.)
			Inclusion of subcontractors in testing policy
			"No texting/hands free" phone policy while operating company owned vehicles
			Defensive driving training/program
			Provide written material and signs in language other than English
			Provide safety training in a language other than English
			A health promotion program is available to employees and their families (smoking, weight loss, heart health, etc.)
			Active participation in a construction-related association safety committee
			Attend local or regional safety seminars

Provide an explanation for all "N/A" responses on the next page.

ID # _____

Section 2: Tell NAWIC About Your Safety Program

This is your opportunity to demonstrate that "special something" that sets your company apart from the others. Answer the following questions using no more than one page of Times New Roman, 12 Font, per question.

1. Describe your safety program. What sets your safety program apart from others? Include examples which demonstrates hard work, persistence, innovation, teamwork, and the passion for continuously improving your safety management systems above and beyond minimum state and federal safety standards.
2. What single element of your safety process was the most critical to your success in safety over the past 3 years and why? Describe any new systems, procedures, or elements (if any) that were integrated into your overall safety process during the past year.
3. Describe methods used to recognize and/or reward employees for safety performance.

ID # _____

Section 3: Tie-Breaker

In the event of a tie, provide the following information:

OSHA 300/300A Log Information	2018	2019	2020
Fatalities (300 column G)			
Lost Time Injuries (300 column H)			
Days Away and Restricted Work Cases (300 column H and I)			
Total Recordable Cases (300 column G+H+I+J)			
Annual Average Number of Employees (300A)			
Total Hours Worked (300A)			

	2020	2019	2018
EMR			
RCR ((total # of cases x 200,000)/total hours worked))			
DART ((total # cases away or restricted x 200,000)/total hours worked))			

I certify that my answers are true and complete to the best of my knowledge.

Signature: _____ Date: _____

Reviewed by: _____
Printed Name/Title of Company's/Location's Most Senior Executive

Signature: _____ Date: _____

NAWIC 356 CAD Drafting Competition 2021

The Pikes Peak Chapter 356 Design Drafting Committee is thrilled to announce that they will carry on the tradition and will be hosting the 2020-2021 Design Drafting Competition! The Competition was designed for High School Students by a licensed Architect or Engineer to introduce students to the construction industry and to recognize their problem-solving abilities through creative design work using AutoCAD, Revit or Hand Drafting methods.

This year, our students are challenged with The RowHouz Remix. The Taylor Family has purchased a vacant lot on the beautiful and historic Washington Street, on the Park Slope neighborhood of Brooklyn New York. The challenge is to design a brand new multi-story row house for Doctors Jack and Ann Taylor, Ann's mother and their 3 young children Liala, Lilou and Stephon. Drawings must consist of a minimum of a floor plan of each level, exterior elevations of the row house and site plan placement of the structure.

The students must use their creativity and drafting skills to design this RowHouz. The competition encourages the students to learn "real world skills" including meeting the clients' wants and needs, researching the site and architectural history of the area, and developing a design that is not only environmentally friendly, but also cost efficient.

On Saturday March 6th, at the JATC (Journeyman's Apprenticeship Training Center), the Pikes Peak Chapter will showcase the top designs at our local awards ceremony. Our 1st place winner will be sent on to [compete](#) at Pacific Southwest Regional level. Then, each regional winner will have the chance to be part of the National Competition.

Stay tuned for more exciting information of the upcoming competition. If you are interested in becoming a part of the CAD design competition [as a volunteer or sponsor](#), feel free to contact either Amy Christiansen at 719-429-4676 or Angelique Kallio 179-377-0590.

NAWIC 356 CAD Drafting Competition 2021

Sponsorship Opportunities

Hello all of you INCREDIBLE women!

It's Happening!!! 😊

I am excited and honored to say that NAWIC Pikes Peak Chapter 356 Education Foundation is hosting the National 2021 CAD/Design/Drafting Scholarship Award Competition. Again this year as Chairperson, along with

Co-Chairperson, Angelique Kallio; we are so very thankful to be able to be a part of the committee and giving our students the chance to participate in this wonderful opportunity. Please take a look at the attached letter with information on how you can donate.

Thank you so much for your help in creating a successful competition for your students.

Request for Sponsorship -NAWIC Pikes Peak Chapter 356 – CAD/Drafting Competition

NAWIC (National Association of Women in Construction) Education Foundation is hosting the National 2020-2021 CAD/Design/Drafting Scholarship Award Competition. The Pikes Peak Chapter 356 Design Drafting Committee is thrilled to announce that they will carry on the tradition and hosting the Competition once again! Students from both

Doherty High School, and Rampart High School will be competing on a local level with winners moving forward to compete on Regional and National levels.

This CAD/Design/Drafting Scholarship competition was designed to introduce high school students to the construction industry in a positive and challenging manner. It fosters a sense of self-worth, builds confidence in the participants, and encourages mentoring programs between students, educators, and the construction industry.

This year, our students are challenged with The RowHouz Remix. The Taylor Family has purchased a vacant lot on the beautiful and historic Washington Street, on the Park Slope neighborhood of Brooklyn New York. The challenge requirements are to design a brand-new multi-story row house for Doctors Jack and Ann Taylor, Ann's mother and their 3 young children Liala, Lilou and Stephon. Drawings must consist of a minimum of a floor plan of each level, exterior elevations of the row house and site plan placement of the structure.

The students must use their creativity and drafting skills to the design this RowHouz. The competition encourages the students to learn "real world skills" including meeting the clients' wants and needs, researching the site and architectural history of the area, and developing a design that is not only environmentally friendly, but also ADA accessible and cost efficient.

To help fund this competition we are hoping we can count on you for your support. Your donation as a financial sponsor helps us provide gift certificates/prizes/awards for students and judges. We would like each participating student to leave the contest with a gift certificate and/or merchandise. In addition, we would like to acknowledge our judges for offering their time and expertise to the competition with a gift of appreciation. (This cannot be done without their help!) Our goal this year is to raise \$2000.00. Donations with a check should be made payable to:

NAWIC Pikes Peak Chapter 356 and designated as "CAD Sponsorship". Please mail to: NAWIC – Pikes Peak Chapter 356

P.O. Box 7455 • Colorado Springs • 80933

Sincerely,

Amy Christiansen

CAD Chairperson

NAWIC Pikes Peak Chapter 356

Core Purpose: To enhance the success of women in the construction industry.



National 2020-2021 CAD/Design/Drafting Scholarship Award Competition Sponsor Form

Company Name: _____
Address: _____ City: _____ State: _____ Zip: _____
Contact Person: _____ Phone: _____
Email: _____

I would like to offer my support with a check written in the amount of

Total amount enclosed: _____

All checks should be made payable to: NAWIC Pikes Peak Chapter 356
and designated as "CAD Sponsorship".

Please mail to:

**NAWIC – Pikes Peak Chapter 356
P.O. Box 7455 • Colorado Springs • 80933**

Questions regarding any other types of donations, please feel free to contact:

Amy Christiansen

719-429-4676

amy.christiansen@ramparttile.com

Green Buildings Struggle to Catch On

The American Institute of Architects has for years challenged its members to design buildings to combat climate change, setting a goal to hit "net zero" edifices by 2030. The architects have a ways to go. Last year, 27 of the 19,000 building-design firms owned by AIA members reported meeting their annual mark. That figure was an improvement: 16 firms met targets the year before, and 11 the year before that. Buildings generate a surprisingly large share of the greenhouse gases that contribute to climate change. About 40% of annual emissions in the U.S. come from heating, lighting, cooling and constructing buildings, according to the AIA.

The architects learned a lesson when trying to meet their green challenge, one that applies broadly to industrywide efforts to address climate change: Customers have to want the products first. "The architecture profession tends to give what the client asks for and the vast majority of clients aren't asking" for green structures, said Mike Fowler, a senior associate at Mithun Inc., a Seattle-based architecture firm that was among the few to hit the mark. Mithun always presents at least one energy-efficient design option to clients and works to educate them on climate benefits and potential cost savings, he said.

Not all clients are interested. One thing that can scare away clients is that few contractors have experience on high-performance buildings, and those that do say they can cost 2% to 3% more than regular construction, according to Passive House Institute US Inc., a nonprofit organization that promotes high-performance buildings. Architects know how to build very efficient buildings, and use heat pumps and solar panels to reduce net energy consumption, said Christoph Reinhart, director of the Building Technology Program at the Massachusetts Institute of Technology School of Architecture and Planning.

"We have off-the-shelf technologies to do this," he said. The payback on energy-efficiency investments, such as extra insulation and solar panels, is usually about seven years, longer than most commercial investors are willing to wait, according to building designers and developers. The AIA began to confront the climate impact of its work more than 15 years ago, after a 2003 cover story in the magazine *Metropolis* titled "Architects Pollute" triggered a conversation. In 2009, the group adopted what it called a climate challenge to reduce the energy-usage footprint of its new buildings.

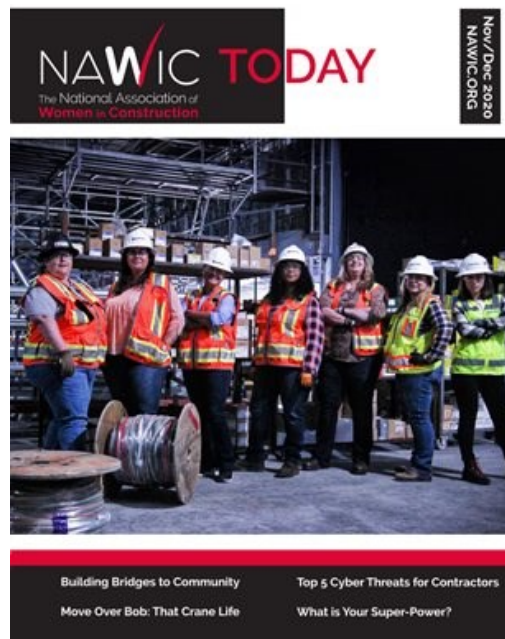
Last year, the campaign called for a 70% reduction compared with a 2003 baseline. This year, the reduction ratchets up to 80% and is headed to net-zero buildings -- structures that generate enough power to offset their consumption, usually by adding solar panels -- by 2030. Though the AIA is far short of meeting those targets, leaders of the group say it has made strides. Last year, more than 310 architecture firms reported energy-use data from more than 20,000 new- and renovated-building projects. Overall, the predicted energy savings were 49% versus the 2003 baseline.

"Change is hard," said Jane Frederick, a South Carolina architect and AIA immediate past president. Ms. Frederick made climate a central issue of her yearlong term. "I'm pleased that we're progressing. I would be happy if we were progressing faster," she said. In addition to reticence from clients, the set-up of most architecture firms emerged as an obstacle. Typically, architects design a building and then bring in mechanical and civil engineers as consultants. Many firms meeting the climate challenge integrate engineering and architecture at the start of the design process. "That traditional practice, I think, is broken and really can't address the issues that we need to in today's world," said Dan Heinfeld, president of Southern California-based architecture firm LPA Inc.

LPA and Mithun, which integrate engineering and energy modeling into their architecture, were the only two firms of more than 100 employees to meet the recent 70% energy-use reduction goal. The AIA said its 2030 challenge has been valuable in creating a library of high-efficiency buildings that others can learn from. The group has also moved into political advocacy, starting in 2018 to urge cities to adopt stricter building codes, including one that would compel new construction to include solar panels and other efficiency measures. Others are pushing tenants and investors to raise their voices. Lotte Schlegel, executive director of the Institute for Market Transformation, a Washington, D.C., think tank that seeks to accelerate market demand for super-energy-efficient buildings, said there are three ways for green building practices to be widely adopted: "Tenants ask for it. Investors ask for it, or regulation requires it."

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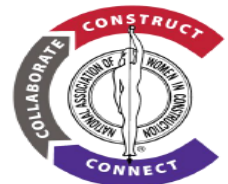
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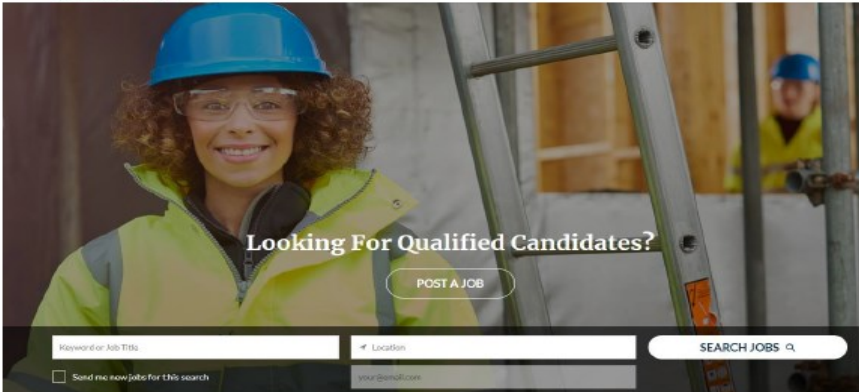


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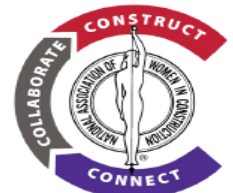
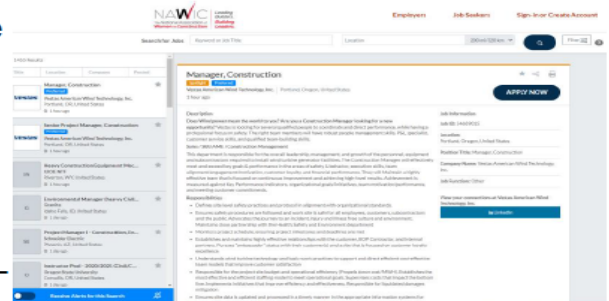


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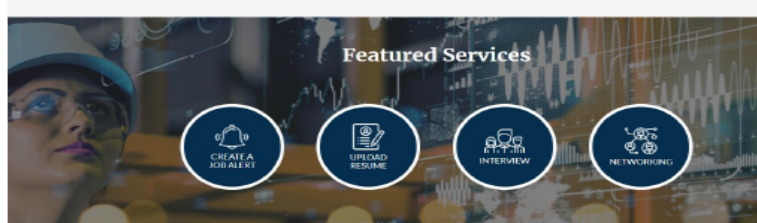


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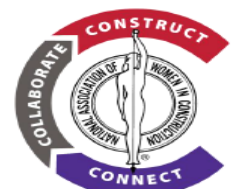
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