

June 2022
Volume 69

June 2022 Centerline

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



Pikes Peak

Pikes Peak Chapter 356

INSIDE THIS ISSUE

- 1 President's Message/ Events
- 2 Standing Committees/Chapter Functions/Special Committees/Board
- 3-5 Membership Announcements
- 6 Quartey Community Outreach
- 7 Social Media Form
- 8 Education Corner
- 9-10 NAWIC National Safety & Health Awareness Committee
- 11-14 PD& E Committee
- 15 Regional & National
- 16 NAWIC Today and Career Center
- 17 Construction Humor
- 18-22 Build It Up Sponsors/Ads

"The success of every woman should be the inspiration to another. We should raise each other up. Make sure you're very courageous: be strong, be extremely kind, and above all be humble."

-Serena Williams

Events

- 6/19/22 Membership Meeting & Board Elections
- 6/24/22 The Hangar Donation Dropoff
- 7/21/22 Membership Meeting
- 7/23/22 Joint Chapter Picnic
- 8/18/22 Membership Meeting
- 9/15/22 Installation Ceremony

Happy June to all!

It's crazy to think that we are already almost halfway through 2022. As usual, our Chapter is doing wonderful things and I am super excited for our upcoming Chapter elections. The 5th Annual Rosie Run was a success! We have some T-shirts left so please let me know if you would like to purchase one from the Chapter. Cost is \$25.00 each.

If you have not RSVP'd for our June hard hat tour and membership meeting, PLEASE do so! You can RSVP for the hard hat tour and meeting separately. If you can't make the hard hat tour at 3:30 I completely understand but the membership meeting is **super important** to attend! It is our annual election meeting to elect the 2022-2023 Board for our Chapter. We want your votes!! Must be present to cast your vote. Additionally, there may be candidates added to the ballot during the meeting that you would not otherwise know about.

July is one of our slower months in NAWIC but we do have a joint picnic scheduled with our Denver sisters. We will be meeting at Phillip S Miller Park in Castle Rock on Saturday July 23rd. Keep an eye out for more details coming soon!

In August Kristen Ibarra, Karen Mitchell and myself will be traveling to Minneapolis, MN to attend Annual Conference. Pikes Peak 356 is representing STRONG. Kristen is simply a powerhouse all by herself as the incoming PP356 President. I don't know about you, but I know she is going to be a fantastic Chapter President!! The illustrious Karen Mitchell will be installed on the National Board as the new Pacific Southwest Region Director. This is cause for a celebration!! I will be giving a keynote presentation on Saturday morning, "The 3 A's of Recruiting and Retaining a Sustainable Workforce". Additionally, I will be doing a small break out session at some point during the conference for the Tradeswomen Industry Council.

I'm looking forward to the summer months, even though they are the business and craziest months of the year in the construction world. I wish you all a joyful summer full of sunny days and vacations! See you at the June meeting on the 16th!!

Shine Our Light. Expand Our Impact.

Allison "Ally" Jencson

President, Pikes Peak Chapter 356

President/CEO Frontline Floor Coatings

Founder, Girder Skirts™



Standing Committees 2021-2022

Professional Development & Education/NEF – Ginger Parry, CBT, CIT, ESP & Ally Jencson • pde.nef.pp356@gmail.com

Membership & Marketing – Christina Townsend, Jessica O’Connell & Rebecca McNabb • membership@nawic356.org

Finance – Samantha Walter • 719-649-2739 • treasurer@nawic356.org

Chapter Functions

Historian – Kristen Ibarra, CDT

719-203-3323 • kibarra@rmg-engineers.com

Website – Samantha Walter

719-635-0902 • info@nawic356.org

Parliamentarian – Karen Mitchell, CBT, CIS, CIT

719-686-7482 • CO-kem513@outlook.com

Centerline Editor – Jessica O’Connell

719-310-4848 • joconnell@pyramidconstructioninc.com

Board 2021-2022

President

Ally Jencson

•

President—Elect

Kristen Ibarra, CDT

•

Vice President

Tammy Pascual

•

Recording Secretary

Michelle Humphrey

•

Treasurer

Samantha Walter

•

Directors

Linda Sterrett

Jennifer Zezlina, RA

Ginger Parry, CBT, CIT, ESP

Grace Houston

Special Committee Chairs 2021-2022

Block Kids – Naomi Kidd • 719-632-9868 • nrkidd4ppc356@outlook.com

Ginger Parry, CBT, CIT, ESP • 719-271-7915 • pde.nef.pp356@gmail.com

Bylaws – Karen Mitchell, CBT, CIS, CIT • 719-686-7482 • CO-kem513@outlook.com

CAD Competition Amy Christiansen • 719-203-3340 • Amy.christiansen@ramparttile.com

Angelique Kallio, CIT • 719-532-9988 • AngeliqueK@tms-companies.com

Diversity, Equity & Inclusion – **NEEDS A CHAIR**, Kelly Eustace • 719-667-4771 • kellyE@hpeinc.com

Fundraising – Amy Christiansen • 719-203-3340 • amy.christiansen@ramparttile.com

Staci Calderon • 719-339-5887 • scalderon@rusinltd.com

OSHA Alliance/Safety – Karen Mitchell, CBT, CIS, CIT • 719-686-7482 • CO-kem513@outlook.com

Retreat Committee – Grace Houston • 719-440-3878 • grace@kruegerbrothers.com

Rosie Run 5K Committee – Ally Jencson • 719-659-6618 • ally@FLFloorCoatings.com

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

Scholarship (NFSF) – Michelle Humphrey • 719-593-0355 • michelle@fpwhs.com

Strategic Planning – Christina Townsend • 719-884-0723 • christina.townsend@hubinternational.com

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

WIC Week – Grace Houston and Samantha Walter • 719-440-3878 • grace@kruegerbrothers.com

Craft Club – Ginger Parry, CBT, CIT, ESP & Amy Christiansen • 719-271-7915 • pde.nef.pp356@gmail.com

Community Outreach – Samantha Walter • 719-649-2739 • samantha.walter@ramparttile.com

2023 Spring Conference – Ally Jencson • 719-659-6618 • ally@FLFloorCoatings.com

Membership Announcements

Welcome to our newest members!

Wendy Murray with Fireplace Warehouse ETC .

We are at **44** Members now!

Tell your fellow Women in Construction!



Website: www.nawic356.org



Instagram: [@nawicpp356](https://www.instagram.com/nawicpp356)



Facebook: [@nawicpp356](https://www.facebook.com/nawicpp356)



LinkedIn: [NAWIC Pikes Peak Chapter 356](https://www.linkedin.com/company/nawic-pikes-peak-chapter-356)



National Website: <https://www.nawic.org/>

Membership Announcements

June Hard Hat Tour

JUNE 16, 2022 @ 3:30PM



Pikes Peak



PPE REQUIRED

ST. FRANCIS MEDICAL CENTER

6001 E. WOODMEN RD
COLORADO SPRINGS, CO 80923



Meet in the main lobby @ 3:30PM **SHARP!**

Tour: Intensive Care Unit & Critical Care Unit, 5th & 6th Floors, Loading Dock, Conference Rooms & Executive Suites

Personal Protective Equipment (PPE) *Required*

- o Hard Hats, Safety Glasses, Safety Vests, Pants, Proper Footwear
- o Contact Membership if you need any PPE by Monday, June 13th

Membership Meeting to follow immediately after the tour @ Dion's



Tour provided by:

Jessica R. Massie

Senior Associate, Interior Architect

RTA Architects

19 South Tejon Street, Ste. 300
Colorado Springs, CO 80903



Membership Announcements



Pikes Peak

June Membership Meeting

Thursday, June 16, 2022 - 5:30pm



Dion's

6385 Source Center Point
Colorado Springs, CO 80923



ELECTIONS!



- Networking & Order Dinner 5:30 - 6:00 pm.
 - There is no cost to attend this meeting. Each person is responsible for the cost of their own meal.
- Business Meeting to begin at 6:00 pm

Please RSVP to membership@nawic356.org by
Monday, June 13, 2022 at noon.

Chapter Announcements



Quarterly Community Outreach

(April – June 2022)

For our second quarter community outreach project, NAWIC Pikes Peak Chapter 356 will be holding a backpack and school supply drive to benefit The Hanger, a program of CASA of the Pikes Peak Region. CASA of the Pikes Peak Region is a nonprofit organization that trains and supervises volunteers to represent the best interests of victims of child abuse, neglect, and severe domestic conflict. CASA volunteers are appointed by judges to be a voice for these children in court and in the community. The desired result is that children be placed in safe, loving homes where they can thrive. The Hanger is a store in the back of the CASA office where foster teens can shop for donated clothing and accessories free of charge. It is a simple concept that most of us take for granted, but for a foster kid, being able to choose and wear your own clothes builds self-esteem.

In July, The Hanger holds a back-to-school party for teens in foster care, where they can pick out all their own school supplies and a backpack. This is so important to the youth, as they do not always have the same opportunities to get fun or cool or trendy items for school, so choosing their own items and having a good variety really helps build normalcy. They light up when they see all the options from which they can choose! The Hanger has school supplies available all year long so that they can pick up what they need throughout the year. This also helps when they have emergency placements, as these teens often are unable to grab many items before being removed from their homes and school supplies are not on their mind at that time.

For the months of April, May, and June, our chapter will be collecting backpacks and school supplies for The Hanger's back-to-school party. Things that they are currently in need of are:

- Backpacks
- Folders
- Dividers
- Paper – College and wide ruled. Filler paper, spiral notebooks, and composition books.

Teens really enjoy FUN school supplies! Look for items that are pretty, trendy, and/or have designs on them, for boys and girls, ages 13-21. This is a perfect time of year to look for clearance backpacks and school supplies at local stores like Hot Topic, Kohl's, JC Penney, Target, Walmart, Ross, TJ Maxx, and more. There are also great options available online that are fun prints and on clearance. This one was found on Pottery Barn Teen!

Please bring your backpacks and school supplies to our April, May, and June meetings or contact Samantha Walter to arrange for pick up or drop off. Feel free to share this donation opportunity with everyone that you know! The chapter will be making one big donation of all items collected in June. The donation date is currently TBD.



<https://www.casappr.org/the-hanger/>
<https://www.facebook.com/TheHangerCS>





Pikes Peak

NAWIC Pikes Peak Chapter 356 Social Media Post Request Form

Please fill out in the information below. Email **questions**, form, and photos/videos nawicpp356@gmail.com.

Date of Request:

Name/Committee:

SM Post Date:

****Please note, all Social Media posts are subject to review. Post content should remain NAWIC relevant and not include political/religious affiliations. ****

Repeat Post? If so, how many times? When?

Where would you like this post (please check): ☐ Facebook ☐ Instagram

Post Caption:

Please write the caption that you would like to be uploaded with the post. If you would rather Social Media Committee write something, please provide a description in the notes below for the purpose of the post, information on potential events (date, time, location, etc.), whatever information may be needed.

Additional Notes/Comments:

Educational Corner

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](#)



Your Concrete Finishing Experts!

719-482-6966

www.FLfloorcoatings.com

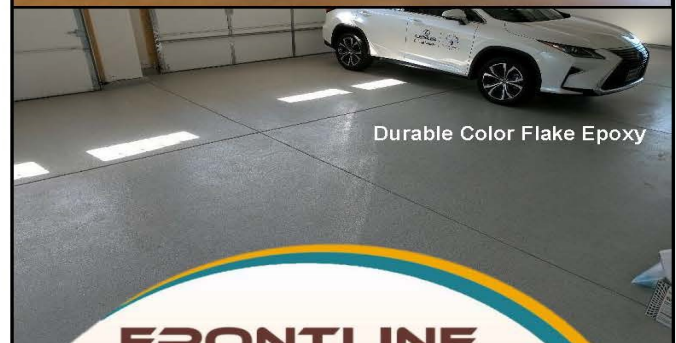
Local, Woman & Family Owned ♥ Residential & Commercial



Gorgeous Metallic Epoxy



Beautiful Polished Stained Concrete



Durable Color Flake Epoxy



NAWIC National Safety & Health Awareness Committee

FEATURE

A worker's wellbeing can be deeply affected by cumulative wear and tear on the body.

The Impact of Musculoskeletal Injuries

Editor's Note: This article is part of the series being authored by Cal Beyer, Vice President of Workforce Risk & Worker Wellbeing for Holmes Murphy. Cal invited CURT Wellness & Safety Committee member Kathi Dobson to be a guest author for this article.

By Kathi Dobson, Safety Director for Alberici Constructors

Construction is a difficult and strenuous career. Regardless of a worker's age or physical capabilities, the risk for musculoskeletal injuries is significant. Heavy manual material handling and lifting; working in tight, cramped quarters in awkward positions; temperature extremes, production pressures, and schedule deadlines create an environment where musculoskeletal injuries are likely to occur.

The more productive an individual is, the more likely they are apt to be kept working during shutdowns and outages, regardless of the risks placed on their bodies. Hard work, and the willingness to work without asking for help or using equipment, is often expected and rewarded. Manually handling equipment is seen as a positive effort. When workers do this repeatedly, they increase their exposure to injury. Construction activities required of workers can introduce overexertion stress if worker's techniques are incorrect or if they work with poorly designed equipment.

Often, it isn't the initial stress on one's body, but the cumulative wear and tear on vulnerable body parts that lead to the point where a small twist or turn can cause an injury that may be life- and career-changing. Although a single event (acute) may trigger the pain, most musculoskeletal disorders (MSDs) are brought on over time (chronic), and the Occupational Safety & Health Administration (OSHA) considers these to be illnesses for recordkeeping purposes.

MSD injury statistics

In a 2021 study by the Center for Construction Research & Training (CPVTR), researchers [Gambatese & Jin] noted that MSDs accounted for 19,380 cases in 2018 (Bureau of Labor Statistics [BLS], 2020). The incident rate was 28.9 per 10,000 full-time workers. They also reported that musculoskeletal disorders are revealed through signs and symptoms – "sprains and strains" and "soreness, pain." In 2017, this represented 27.3 percent and 17.3 percent of all construction worker injuries and illnesses, respectively (Center for Disease Control [CDC], 2018).

In 2014, Dong et al., found that during their working lives, 21 percent of construction workers experienced "overexertion" injuries, a type of MSD-related injury that poses lifetime risks. More recently, Dong et al. (2020)

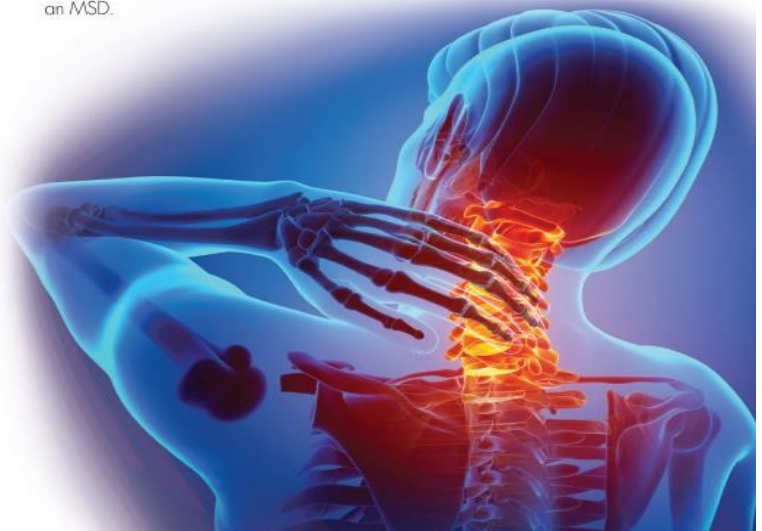
pointed out that about 34 percent of construction workers had at least one MSD symptom. Research has also shown that MSDs are an important cause of functional impairment and disability among construction workers (Boschman et al., 2012).

A June 2018 online article by Kevin Lombardo, President of Dorn Companies, reports annual costs from injuries to construction workers amounts to \$11.5 billion in the United States. This increases with multipliers of indirect costs of lost workdays, decreased productivity, and the lingering effects of chronic pain after an MSD-type injury occurs.

Some companies have found success addressing the MSD problem among construction workers by initiating proactive plans to reduce injury risk at job sites. By setting goals and implementing holistic, data-informed strategies, an organization can mitigate the risk sources to their construction workers and make a measurable impact on injury rates and the significant costs associated with MSDs (Lombardo, 2018).

MSD injury prevention strategies

Education is key. Providing multiple resources to workers on a regular basis assures that they have the information they may need if they experience an MSD.



NAWIC National Safety & Health Awareness Committee

FEATURE

- Always establish a pre-task analysis, which increases awareness of how the work is going to be performed. Identify high-risk body positioning or maneuvers that could lead to strains/sprains and/or create a longer-term MSD.
- Assure workers have the proper tools for the tasks they are performing.
- Assure workers are properly using their tools.
- Perform ergonomic assessments of various activities using a third-party, such as a physical or occupational therapist, who can provide alternative, improved body, or body part positioning for performing their tasks.
- Share findings with workers. Solicit their input regarding tool use and body positioning.
- Always encourage the use of assistive devices, such as hand carts, dollies, and mobile equipment rather than manually handling materials.
- Always encourage workers to ask for help when manually moving heavy, bulky, or awkward materials. In most industrial settings, heavy is defined as that which is more than 35 to 50 pounds in weight.
- Dynamic exercises that focus on large muscle groups give workers a chance to see how they feel at the start of their work shift, and to make them aware of aches and pains they may not know they have. Encourage workers to be conscientious about how they perform work every day. This also gives them the opportunity to advise their supervisor that they have some discomfort or limitation that day.
- Educate the workforce to report all injuries, regardless of whether they believe them to be significant or not. This may improve the chances of early intervention and treatment before more significant injury/illness occurs.
- Use advances in technology to gain ergonomic advantages for the workforce. Using artificial intelligence has allowed companies to evaluate both their workers and the work environment simultaneously, detecting risk factors and alerting management so that hazards can be removed and problematic worker techniques can be corrected in realtime. Technology to identify fatigue can identify risks before the employee starts their day, helping to drive down injuries and overall risk. For example, ergo-assistive robotic tools are now available and accessible to many.
- If feasible, and not prevented by any bargaining unit agreements, evaluations made postoffer ensure workers have the ability and

agility to successfully perform job tasks that require a high level of physical exertion. These tests are typically designed by a Certified Industrial Ergonomist and are completed either at a clinic or on site if the proper safeguards are in place. They can screen out candidates who cannot perform the physical job demands, reduce work-related injuries, and gather baseline data in motion, strength, and functional status.

Chronic pain and opioids

Unfortunately, many workers find themselves in chronic pain, but because of their circumstances, believe they must remain at work and suffer. This affects work performance and their long-term health and wellbeing. Over time, workers may turn to treatment choices that may create additional health problems. Opioids are one of those choices.

Recent BLS data (2019) shows us that:

- The vast majority of preventable drug overdose deaths (73 percent) involve opioids.
- Preventable opioid overdose deaths increased 457 percent since 1999.
- The drug category most frequently involved in opioid overdoses and growing at the fastest pace is synthetic opioids other than methadone (specifically, fentanyl and drugs chemically like fentanyl).

First dose options to opioids

When workers treat on their own (outside the workers comp system), they are significantly more likely to be prescribed opioids and to remain on opioids long after their effectiveness is over. One key strategy to prevent physicians and other health care providers from prescribing opioids is to establish a working relationship with the clinic of choice. If health care providers know that alternate methods are preferred, that modified duty is available, and that the employer understands the importance of following a treatment plan, they are more likely to prescribe alternatives to opioids.

The National Safety Council (NSC) has many resources for workers, employers, and prescribers (<https://www.nsc.org/community-safety/safety-topics/opioids/prescription-drug-misuse>). There are alternatives to opioids that may offer equal or better pain relief. To ensure workers are prescribed an opioid only if needed, get "Opioids: WarnMe" labels (<https://www.nsc.org/community-safety/safety-topics/opioids/prescription-drug-misuse>) from the National Safety Council. A WarnMe label on an insurance card or prescription card is a sign to doctors and

pharmacists that answers to the following questions are imperative:

- Is what is being prescribed an opioid?
- If so, is there a non-addictive alternative?
- If not, is a short-term prescription possible?
- Are there medical conditions, mental health issues or a family history that could increase the risk of addiction?

Keeping our workforce both physically and mentally healthy is our most important job. Not only will we see the benefits reflected in a project's safety, productivity, and scheduling stats, we'll achieve our most important goal – ensuring our team members make it home to their loved ones after every single shift.

Kathi Dobson is a Safety Director, registered nurse, and passionate advocate for worker well-being and a zealot regarding issues affecting the underrepresented in the construction industry. Her 20-plus year career with Alberici Constructors has taken her across North America to improve safety cultures (and yes, she got into safety by accident). You can contact Kathi at kdobson@alberici.com.

References:

1. Boschman, J.S., van der Molen, H.F., Sluiter, J.K., and Frings-Dresen, M.H. (2012). Musculoskeletal disorders among construction workers: A one-year follow-up study. *BMC Musculoskeletal Disorders*, 13:196, <https://doi.org/10.1186/1471-2474-13-196>
2. Dong, X.S., Ringen, K., Welch, L., and Dement, J. (2014). Risks of a lifetime in construction part I: traumatic injuries. *American Journal of Industrial Medicine*, 57(9), 973-983, <https://doi.org/10.1002/ajim.22363>
3. Dong, X.S., Brooks, R.D., and Brown, S. (2020). Musculoskeletal disorders and prescription opioid use among U.S. construction workers. *Journal of Occupational and Environmental Medicine*, 62(11), 973-979, https://journals.lww.com/joem/Abstract/2020/11000/Musculoskeletal_Disorders_and_Prescription_Opioid.13.aspx
4. Gambatese, John, Jin, Ziyu. (2021). Identification and Assessment of Musculoskeletal Disorders (MSDs) Risk for Concrete Formwork Systems. Oregon State University, <https://www.cpwv.com/wp-content/uploads/SS2021-Gambatese-identify-assessMSDs.pdf>
5. Lombardo, Kevin (2018). Managing Musculoskeletal Disorders among Construction Workers. <https://damcompanies.com/managing-msds-among-construction-workers>

PD&E COMMITTEE



2021-2022 NATIONAL PD&E CONTEST

THE NATIONAL PROFESSIONAL DEVELOPMENT & EDUCATION (PD&E) COMMITTEE IS CHALLENGING EACH CHAPTER TO PARTICIPATE AND COMPETE IN THIS YEAR'S CONTEST IN DEVELOPING THE MOST IMPACTFUL PD&E PROGRAM/WORKSHOP THAT WOULD BENEFIT MEMBERS ACROSS THE ASSOCIATION.

"Chapters are encouraged to think strategically to think outside the box and create a unique construction and personal development and education program that meets the needs of the NAWIC members".

SUBMISSIONS ARE DUE BY JULY 1, 2022, VIA EMAILED SUBMISSION FORM TO PDE@NAWIC.ORG.

AWARDS TO BE PRESENTED AT ANNUAL CONFERENCE 2021-2022 IN MINNEAPOLIS, MN.

NOTE: EXTRA POINTS WILL BE AWARDED TO THOSE CHAPTERS WHO ENGAGE THEIR MEMBERS TO ENVISION EQUITY AS PART OF THEIR PD&E PROGRAM.



NAWIC
The National Association of
Women in Construction

*Leading
Builders.
**Building
Leaders.***

SUBMISSION FORM

Why Should Your Chapter Be Awarded This Contest?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Please email this form to pde@nawic.org by July 1, 2022.

PD&E COMMITTEE

WEBINAR CONSTRUCTION SURETY



**THE PROFESSIONAL
DEVELOPMENT &
EDUCATION COMMITTEE**

**Learn the ins and outs of
construction bonding.**

June 21

11 a.m.

Register at www.nawic.org



PD&E COMMITTEE

Upcoming PSW PD&E ZOOM **Thursday June 16th at noon Mountain time (11am Pacific)**. Be Your Own Inspiration. Small presentation by Aly Jencson then group discussion and support around inspiration and where we get it from.

Join Zoom Meeting

<https://us02web.zoom.us/j/6034576573?pwd=cExHYkMrQU9mM2d5dkJma1ZYcFM2dz09>

Meeting ID: 603 457 6573

Passcode: REBEL

One tap mobile

+16699006833,,6034576573#,,,,*046151# US (San Jose)

+12532158782,,6034576573#,,,,*046151# US (Tacoma)

Dial by your location

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 603 457 6573

Passcode: 046151

Find your local number: <https://us02web.zoom.us/j/keDa2tcLEO>

Thursday July 7th - Tradeswomen Industry Council ZOOM - Guest Presenter Marjorie Del Toro, PSW Region Safety Chair. Marjorie will be presenting about women and safety as well as sharing her story and how she got into the safety business for herself.

67th Annual Conference



The Premier Conference for Women in Construction

NAWIC's 67th Annual Conference is shaping up to be the biggest and best Annual Conference yet! With three educational tracks, jobsite tours, networking opportunities and more, you won't want to miss any of the action.

Educational Tracks:

- Equity
- Infrastructure & Sustainability
- Leadership

Early Registration opens April 1. Don't miss out on our best price for this event! Go to **nawic.org** to find out more and to register.

READ ALL ABOUT IT...

*Click to preview
NAWIC Today publication*



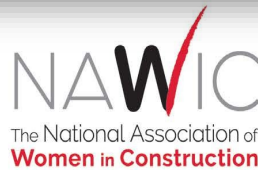
Looking for a change or a new career in construction?

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

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

Construction Humor





Pikes Peak

PIKES PEAK CHAPTER 356 CHAPTER SPONSORSHIP FORM

NAWIC's core purpose is to enhance the success of women in the construction industry and our chapter's goal is to help educate and promote leadership to women in the construction industry. A NAWIC sponsorship allows companies to annually demonstrate commitment and support of these values within our community.

With a variety of sponsorship opportunities available, sponsors like you allow the leadership and membership of our chapter to execute programs that introduce construction as a viable career path, promote construction trades as another alternative to a successful career choice, work with students from elementary to high school with our Block Kids and Design Drafting Competitions, and introduce a wide variety of professional development and education to promote professional growth.

SPONSORSHIP LEVELS

Build It Up Sponsorships at all levels include company logo on the welcome page of the chapter website with a link to the company's website, a specific sized business ad in our monthly chapter newsletter, the Centerline, recognition at each chapter meeting and events, and other benefits as outlined below. The sponsorship period is October thru September.

- Build It Up Platinum Sponsor \$2,000 - Includes all items listed above, with a full-page ad in the Centerline, one annual corporate membership, and \$500 applied to two chapter events of your choice.
- Build It Up Gold Sponsor \$1,500.00 – Includes all items listed above, with a full-page ad in the Centerline, and \$500 applied to two chapter events of your choice.
- Build It Up Silver Sponsor \$1,000.00 - Includes all items listed above, with a 1/2-page ad in the Centerline, and \$500 applied to two chapter events of your choice.
- Build It Up Bronze - \$500.00 Includes all items listed above, with a 1/4-page ad in the Centerline, and \$250 applied to one chapter event of your choice.

For more detailed information regarding our chapter events and programs, please contact our chapter president at president@nawic356.org.



Pikes Peak

Yes! I would like to partner with NAWIC Pikes Peak 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.

Company Name: _____

Company website: _____

Contact Name: _____

Contact Email address: _____

**** Please email your company logo to info@nawic356.org ****

Sponsorship Level Selected:

____ Platinum \$2,000 ____ Gold \$1,500 ____ Silver \$1,000 ____ Bronze \$500

I would like a portion of my donation to be applied to the following chapter events:

Please select two chapter events for a Platinum, Gold, or Silver sponsorship and one chapter event for a Bronze sponsorship.

____ [NEF Block Kids](#)

____ Rosie Run 5K

____ [NEF Design Drafting](#)

____ Katie Trapp Conference Fund

____ Women in Construction (WIC) Week

____ Annual Installation & Awards Ceremony

I would like to make an additional donation of _____ to the following chapter event(s): _____

***Total sponsorship and donation amount:** _____

Make checks payable to and mail to:

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

*Email Credit Card Payment information to treasurer@nawic356.org :

Name as it appears on Credit Card: _____

Credit Card Number: _____

Expiration Date: _____

CVV Code: _____

Billing Zip Code: _____

***3.5% convenience fee applies**



Residential • Commercial Post-Tensioned Concrete

- Patios
- Sidewalks
- Driveways
- Stained concrete
- Decorative concrete
- Stamped and colored concrete
- Paving and curbing
- ADA and loading ramps
- Pre-stressed structural slabs



Double M Concrete LLC

doublemconcrete.com

719-686-7482

Fully Licensed
& Insured



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



Advertise in the Centerline!

We are offering you an opportunity to advertise in our
monthly NAWIC Newsletter "The Centerline"

Business Card Size	\$35.00
1/2 Page	\$75.00
Full Page	\$100.00

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.