## June 2023 Volume 80 Patient Association of Women in Construction NAWIC Chapter 356 PO Box 7455 Colorado Springs, CO 80933

## Pikes Peak Chapter 356

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"The older you get, the more you realize it's not what happens, but how you deal with it."

#### – Tina Turner

<u>Events</u> 06/10/2023 Rosie Run 06/15/2023 Membership Meeting

07/06/2023 Board Meeting

07/20/2023 Membership Meeting & Hard Hat Tour Greetings, Chapter 356!

We have made it to June. We are almost half way through the year! It has gone by quite quickly in my opinion.

June in NAWIC means Chapter Elections. This is the most important meeting to attend. You will vote in next year's Board of Directors. You get a say in who leads our chapter which will determine in which direction the chapter goes. Your opinion matters!

We also need members to run for these elected positions. Based on the member count on May 31, 2023 we need to elect 4 Directors. We also need a member to be the Vice President. VP has a prerequisite of serving on the Board of Directors for at least one year. You may hear from a member of the Board or the Nominating Committee again before the elections are held.

Let's talk about committees too. All of our committees are listed on our website and the back of each Member Meeting Program. If you are interested in a committee, talk to the chair or co-chair. If you need an introduction, let me know, I'm happy to help. We want our members involved in these committees! No committee can have too many people.

Lastly, don't forget to register or volunteer for the Rosie Run on June 10 starting at 8:30 am at Legacy Loop Plaza.

I hope you all have summer plans that you are looking forward to! Enjoy the sunshine and the rain that brings the growth for our gardens, backyards, and forests.

I look forward to seeing EVERYONE at June's Membership Meeting and Board Elections!

Cheers!

Kristen Ibarra, CDT

President

Pikes Peak Chapter 356



## 2023 <mark>June Centerl</mark>ine



# Standing Committees 2022-2023

Professional Development & Education/NEF – Ginger Parry, CBT,CIT, ESP & Ally Jencson • <u>pde.nef.pp356@gmail.com</u> Membership & Marketing – Jessica O'Connell, Christina Townsend, & Ashley Stoever • <u>membership@nawic356.org</u> Finance – Christina Townsend • 719-649-2739 • <u>treasurer@nawic356.org</u>



Historian – Kristen Ibarra, CDT Website – Samantha Walter Parliamentarian – Karen Mitchell, CBT, CIS, CIT Centerline Editor – Jessica O'Connell

719-203-3323	kibarra@rmg-engineers.com
719-635-0902	info@nawic356.org
719-686-7482	CO-kem513@outlook.com
719-310-4848	joconnell@pyramidconstructioninc.com

#### Board 2022-2023

President

Kristen Ibarra, CDT kibarra@rmg-engineers.com

> Immediate Past President

> > Ally Jencson

ally@FLFloorCoatings.com

Vice President Samantha Walter samantha.walter@ramparttile.com

Recording Secretary

Jennifer Zezlina, RA jzezlina@rmg-engineers.com

<u>Izezindering engineers.com</u>

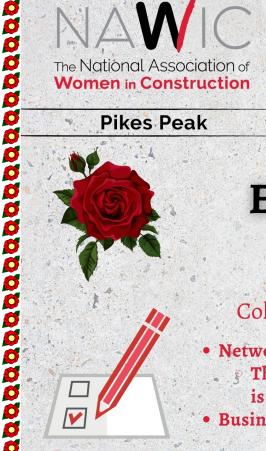
Treasurer Christina Townsend treasurer@nawic356.org

Directors Linda Sterrett Elysa Matthews Grace Houston Lela Nemimers boardmembers@nawic356.org

#### Special Committee Chairs 2022-2023

Block Kids – Naomi Kidd • 719-632-9868 • <u>nrkidd4ppc356@outlook.com</u>				
Ginger Parry, CBT, CIT, ESP • 719-271-7915 • pde.nef.pp356@gmail.com				
Bylaws – Karen Mitchell, CBT, CIS, CIT • 719-686-7482 • <u>CO-kem513@outlook.com</u>				
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 – Grace Houston & Amy Christiansen • 847-721-9116 • fundraising@nawic356.org				
OSHA Alliance/Safety – Karen Mitchell, CBT, CIS , CIT • 719-686-7482 • <u>CO-kem513@outlook.com</u>				
Retreat Committee – Grace Houston • 847-721-9116 • grace.houston7@yahoo.com				
Rosie Run 5K Committee – Ally Jencson & Kristen Ibarra, CDT • 719-659-6618 • <u>ally@FLFloorCoatings.com</u>				
Social Media – Jessica O'Connell • 719-310-4848 • <u>nawicpp356@gmail.com</u>				
Scholarship (NFSF) – Michelle Humphrey • 719-649-0414 • michellelhumphrey@gmail.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 • 847-721-9116 • <u>wicweekpp356@nawic356.org</u>				
Craft Club— Ginger Parry, CBT,CIT, ESP & Amy Christiansen • 719-271-7915 • pde.nef.pp356@gmail.com				
Community Outreach— Samantha Walter• 719-649-2739 • <u>samantha.walter@ramparttile.com</u>				





**Pikes Peak** 

# June Membership

Meeting

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## Thursday, June 15, 2023

# **ELECTIONS!**

**Mi Mexico** 3956 N Academy Blvd. Colorado Springs, CO 80917

• Networking & Order Dinner 5:30 - 6:00 pm. P 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 via Eventbrite by Monday, June 12, 2023 ddddddddddddddddddddddddddddddddd

https://www.eventbrite.com/e/nawic-pikes-peak-chapter-356-june-membershipmeeting-tickets-611148781457



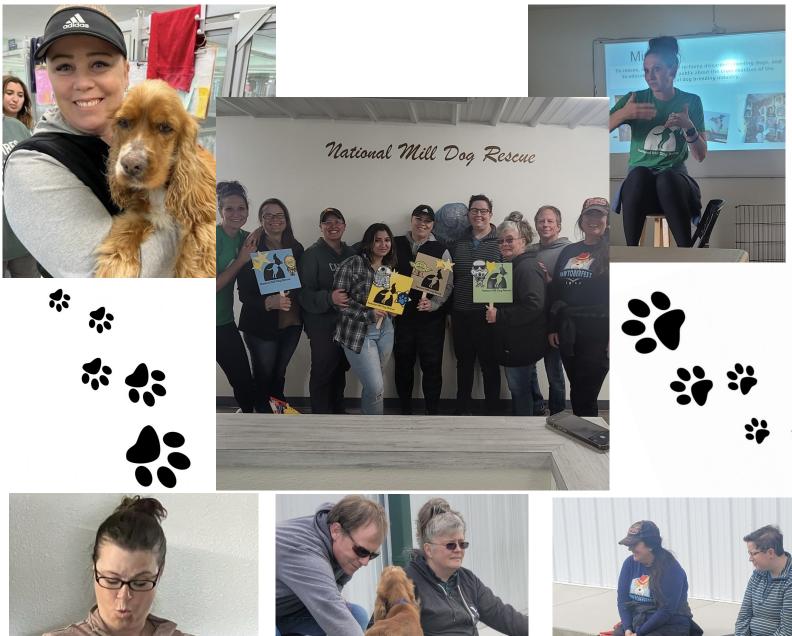
https://www.eventbrite.com/e/nawic-pikes-peak-chapter-356-july-hard-hattour-tickets-642466704207

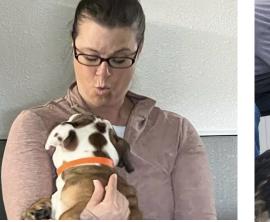


https://www.eventbrite.com/e/nawic-pikes-peak-chapter-356-july-membershipmeeting-tickets-647013333297



Thank you to all of the volunteers that made it out to the National Mill Dog Rescue on May 13! An especially big thank you to Joni Williams and the other NMDR volunteers for helping us spend a great day with these wonderful dogs.









NAWIC Pikes Peak 356 Quarterly Community Outreach

(July - September 2023)

Serving El Paso County, Colorado, and internationally, Pikes Peak Habitat for Humanity is a nonprofit that brings people together to build homes, communities, and hope. They partner with families and our community to provide affordable homeownership and home repair solutions. For our third quarter community outreach, we will be partnering with Pikes Peak Habitat for Humanity for two volunteer opportunities: one at a construction site for the quarterly Women Build and one at the ReStore South location.

Please use the links or QR codes below to sign up for our NAWIC group specific volunteer pages. If you would like to do a full day for either date, then sign up for the morning shift and the afternoon shift.

#### Saturday, July 15, 2023 – ReStore Volunteer Day

411 S. Wahsatch Ave., Colorado Springs, CO 80903

- 5 spots morning shift (10:00 am 2:00 pm)
- 5 spots afternoon shift (2:00 pm 6:00 pm)

Online registration link: <u>https://www.cervistech.com/acts/console.php?</u>

console\_id=0364&console\_type=event\_list&event\_id=6&ht=1&res\_code=NAWIC

Please see all the specific details regarding arrival and start times for this volunteer opportunity on the registration page.

Saturday, August 5, 2023 – Women Build Volunteer Day

The Ridge at Sand Creek, 5303 Beauport Dr., Colorado Springs, CO 80915

- 10 spots Morning shift (8:30 AM 12 PM)
- 10 spots Afternoon shift (12:45 4:30 PM)

Online registration link: <u>https://www.cervistech.com/acts/console.php?</u> console\_id=0364&console\_type=event\_list&event\_id=8&ht=1&res\_code=NAWIC

• Please see all the specific details regarding arrival and start times and specific safety information for this volunteer opportunity on the registration page.

Please contact Samantha Walter at <u>samantha.walter@ramparttile.com</u> with any questions that you may have.





#### Women Build QR Code



# **Design Drafting Competition**



Amy Christiansen and Angelique Kallio are proud to announce that our Pikes Peak 356 entry for the PSW Regional NEF Design Drafting Competition won **SECOND PLACE.** 

A plaque and prize money were awarded at the PSW Spring Conference on April 29th.

On May 9th, Amy and Angelique were able to sur-

prise Kyrssa Moerman with the PSW 2nd Place award at Doherty High School in Jeff Neumeyer's classroom.



Congratulations Kryssa!! She will be attending CSU in the fall and plans to pursue an Engineering degree. She also received a volleyball scholarship.

We wish Kryssa the best of luck at college.

The PSW 1st place winner was sent to National in

April. We are anxiously

awaiting results from the Na-

tional level. Keep your fingers crossed for another PSW winner.



Please let Amy and Ginger know if you are interested in attending a Craft Club meeting. We will tentatively schedule a meeting for June 14th at Rampart Tile.

2023 June Centerline

Our next selection is "The Plant Paradox" by Steven R. Gundry, MD. There is a cookbook and a 30 day planner you can purchase as well, but I do not plan to cover these in our discussions. I have not decided on the breakout for this one yet - life has been a bit crazy! I do want to look at June 24th for our monthly meeting. If you have any that you would like for us to read, please let me know.

Our Block Kids Competition will be held in January of 2024. Some upcoming FUNdraisers for this event will include a painting night and a Halloween themed bowling event. More details as we get closer!

# Fundraising Committee

We are so close to The Rosie Run and I hope you all are ready to have a great time!! For anyone who was not at our May Membership Meeting or those who are seeing this for the first time. At this year's Rosie Run, the Fundraising Committee would like to sell some Homemade Love in a

Jar!

As a member of NAWIC for 5 years, I have come to know that we have a Myriad of members who have a talent in cooking/baking. I would like us to get creative and share our love through some unique and fun recipes that we have all personally enjoyed during our favorite moments in life. I am asking anyone who would like to participate to donate a jar filled with the dry ingredients of

their favorite recipe to sell at the Rosie Run as a fundraiser for or General Fund. Examples are Cookies, Soups, Pasta dishes, breads, dip/dressings, (Pinterest is an awesome resource). I have only one request ~ Please use fresh ingredients to guarantee only the best product we can provide.

Once you have filled the jar and have printed the full recipe including the remaining ingredients and baking instructions (if any), please bring the jar to Amy Christiansen at the Jewelry Table during the Rosie Run where she will be selling them for others to enjoy. If you will not be at the Rosie Run on June 10th but would still like to participate, please feel free to give Amy a call and she will arrange a time when she can come pick up your Homemade Love in a Jar at a time that is convenient to you. 719-429-4676.

For those who attended the May Membership meeting and brought a jar home to fill, and for those who will be providing their own jar to use for this donation, thank you greatly in advance. If you were not at the meeting but would like to participate, please contact Amy and we can discuss a plan of action.

Again, please provide a printed recipe to include with the jar. Amy will have items with her to decorate the jars to make them more visually appealing, however, if you would like to decorate the jars yourself, she always encourages personal crafting and excited to see your completed cre-

#### ation‼

The Committee appreciates any help with this and can't wait to see what you all come up with!



#### **Professional Development & Education Committee**

#### **Employment Gone Wrong: Are You Prepared?**

Harassment, Fraud, Aggression, Misconduct...How do you address these and other issues with employees? Find out from board-certified attorney, Karen Ensley.



#### Karen Ensley, Partner

ENSLEY BENITEZ LAW, PC

Karen Ensley is a board-certified construction law attorney focused on representation of small and large commercial and specialty contractors throughout Texas. Karen "grew up in the business," working firsthand in the construction industry prior to becoming an attorney. Karen has developed specialized expertise in assisting those working within the storm restoration industry, including storm restoration contractors, estimators, appraisers, public insurance adjusters, and policyholders whose claims have been wrongfully denied or underpaid. Karen and the team at Ensley Benitez law have defended TDI investigations and represented clients throughout the storm restoration industry with

all manner of legal issues that are unique to this very specialized area of law.

Karen is also well versed in lien and bond claim law, collecting for unpaid work, and defending against claims of improper workmanship, Karen also regularly drafts, reviews and negotiates construction contracts, provides counsel to her clients with employer/employee issues and implementation of general best business practices.

Karen is a regular speaker providing education, counseling and advocacy of the firm's clients and the contracting industry in the areas of contract review, lien and bond law, employment issues, best practices, and related legal topics.

Tuesday, June 13, 2023 11:00 am (CT) <u>Register Here</u>

# Registration is OPEN!! SAVE THE DATE!

ONSTRUCTIO

Colorado

2023 June Centerline

Southern

## September 28, 2023

We invite you and high school students (grades 11-12) to volunteer at the 14th annual Colorado Construction Career Days of Southern Colorado on September 28, 2023. The purpose of Construction Career Days is to broaden student knowledge about the multi-faceted opportunities available and to increase the number of men and women entering the construction industry. This event also puts them in contact with local contractors.
Students spend the day from 8:30 AM to 1:30 PM engaged in hands-on events, stationary equipment activities and technology demonstrations.

Lunch will be provided.

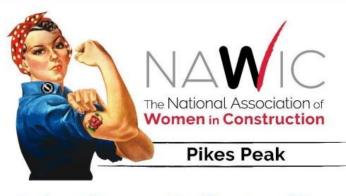
Registration and information will be available on line at

https://www.sococareerdays.com/

prior to the event.

Planned and Organized by:

Southern Colorado Construction Career Day Foundation





5K Run/Walk with Vendor Expo & Food Truck At Legacy Loop Plaza https://www.runningguru.com/E1.asp?eID=106153



## **Sponsorship Opportunities**

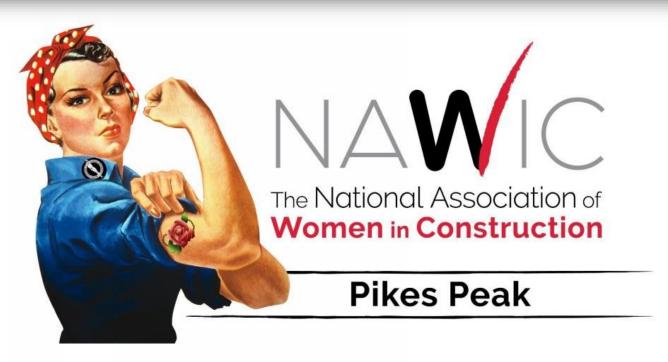
Come one come all to the 5th Annual Rosie Run 5K and 12K Bike Ride! This community event is hosted by The National Association of Women in Construction (NAWIC) Pikes Peak Chapter 356 in partnership with LYM Events. Bring the whole family out to walk, jog, run or ride your bike in a safe, outdoor environment. All participants will receive a cotton blend T-shirt! Professional timing included for all run/walk participants (no bike timing). Before and after the 5K, hang out with us and have even MORE FUN with our live DJ and amazing Vendor Expo! Sponsorship and vendor opportunities are always available – will you be one?

<b>"We Can Do It" Level - 2' x 6' All Weather UV Resistant Banner</b> Sponsors receive a 2'x6' all weather banner and logos will be on 5K registration site and T-shirts. All banners displayed on start/finish line fencing and displayed for at least 4 (four) additional LYM Events running events over the coming year. Your banner will be right where all the photos and social media post pics will be taken! <b>DEADLINE of May 19th for NEW Banner Sponsors</b>	\$500.00
<b>Moxie Level - Race T-Shirt PLUS Race Registration Site Sponsor</b> Your company logo on the back of all 5K participants T-Shirts AND logo on race registration site	\$250.00
DEADLINE of May 26th for all T-Shirt Sponsorships	
<b>Jive Bomber (A Good Dancer)</b> 10' x 10' <b>Vendor Expo Booth</b> <i>Market your business in person to all who attend the race and who may just be at the park that day!</i> Please provide your own tent, 6' or 8' table, 2 chairs and 2 booth attendees. <b>Vendors are requested to bring a Door Prize (minimum value \$25) to be given away at the finish of the ra and you have an opportunity to share about your business with a microphone/speakers.</b>	\$75.00
Don't have a table? Rent a 10'x10' pop up, 6' folding table with table cover and 2 chairs Provided, set up and taken down for you! Rental fees payable to LYMevents on race day.	ADD \$50.00*
<b>Dame Level - Race Registration Site ONLY Sponsor</b> Your company logo on the Race Registration website where all participants must register.	\$50.00

To become a Sponsor today please contact

Ally Jencson ally@FLFloorCoatings.com 719-659-6618 call or text

Mail checks to NAWIC Chapter 356 PO Box 7455 Colorado Springs CO 80933 If you wish to pay by credit/debit card email forms to <u>treasurer@nawic356.org</u>





# Saturday June 10, 2023 1800 Recreation Way, Legacy Loop Plaza

Rosie Run 5K Shirts available for purchase while supplies last (FREE with 5K Registration!)

Live DJ V FUN for the Family V Food Truck Vendor Expo and MORE!!



This 5K event was created to raise awareness

and support for women in the construction industry

and



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NAWIC Pikes Peak Chapter 356 (nawic356.org) Like us and follow us @NAWICPP356

Race Registration and Vendor Expo Details online

https://www.runningguru.com/E1.asp?eID=106153





LORMAN WEBINARS Check them all out <u>HERE!</u>

<u>NEF RESOURCES</u> Check out the awesome website with all the education updates and recourses HERE!

<u>NAWIC MENTOR PROGRAM</u> Chapter Mentor <u>Program Guidelines</u> and <u>Resource</u> BUILD. LEAD. SUCCEED.



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Leading Builders. **Building** Leaders.



**READ ALL ABOU 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**

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Found an extra pair of boots at the worksite so I decided to give my boss a heart attack







**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.





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**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 inf		
Sponsorship Level Selected:		
Platinum \$2,000 Gold \$	1,500 Silver \$1,0	000 Bronze \$500
I would like a portion of my donation to l Please select two chapter events for a Pla Bronze sponsorship.		
NEF Block Kids	Rosie Run 5K	
NEF Design Drafting	Katie Trapp Confe	erence Fund
Women in Construction (WIC) Week	Annual Installatio	n & Awards Ceremony
I would like to make an additional donatic 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 <u>treasurer@nawic356.</u>	org:
Name as it appears on Credit Card:		
Credit Card Number:		
Expiration Date:	CVV Code:	
Billing Zip Code:	*3.5% convenience fee	e applies





#### 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:			note, all Social Media posts ect to review. Post content
Name/Committee:		not in	emain NAWIC relevant and nclude political/religious
SM Post Date:		affiliation	ns. **
Repeat Post? If so, how many times? When?			
Where would you like this post (please check):	Facebook	Instagram	🗖 LinkedIn
Post Caption:			

Please write the caption that you would like to be uploaded with the post. 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.

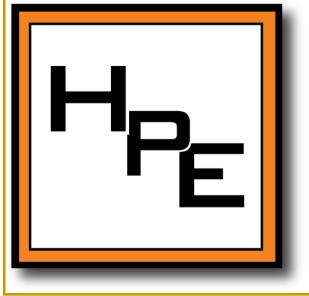
Additional Notes/Comments:

Would you like to have the post boosted/promoted/advertisement?

If yes, what is your budget?







# Heating & Plumbing Engineers, Inc.

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MECHANICAL CONTRACTORS SINCE 1947



# SILVER SPONSORS

Page

# **Commercial Flooring**





# SILVER SPONSORS

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# **Engineers / Architects**



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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		



#### **Pikes Peak**