

July 2023 Centerline

July 2023
Volume 81

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



Pikes Peak

Pikes Peak Chapter 356

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**"Get your sparkle on,
show the world
where you belong."**

– Barbie

Events

- 07/20/2023 Membership Meeting
& Hard Hat Tour
- 08/03/2023 Board Meeting
- 08/17/2023 Membership Meeting
- 09/07/2023 Board Meeting
- 09/09/2023 Strategic Planning

Hello NAWIC Sisters,

I hope you all got an extra day off and enjoyed it to the fullest. Happy belated 4th of July!

I want to congratulate the 2023-2024 Board of Directors! We are going to have a magnificently successful year with these ladies leading us. Please give applause to:

President – Kristen Ibarra, CDT

Director – Ashley Stoeber

President-Elect – Samantha Walter

Director – Karla Greeley

Vice President – Elysa Matthews

Director – Lisa Gardunio

Secretary – Jennifer Zezlina, R.A.

Director – Naomi Kidd

Treasurer – Jessica O'Connell

I would like to thank all the members that attended and voted at June's Membership Meeting. You can see the ladies above be installed in September.

July's Membership Meeting starts with the hard hat tour of the USAFA Visitors Center. You DO NOT want to miss this tour and there is a limited number of spots. Sign up today!

We also have a couple of Community Outreach opportunities coming up in July and August. You register friends and family as well.

We are looking for a new Scholarship Committee Chair. This committee is responsible for being the liaison between NFSF (NAWIC Founders' Scholarship Foundation) and our Chapter. They help get students to apply for the scholarship. They can do this by teaming up with schools (colleges and trade schools) that would meet our criteria. This is a simple way to get involved in the Chapter. If you are interested in this position contact me directly (kibarra@rmg-engineers.com).

As work picks up for the nice weather months take time to enjoy everything Colorado has to offer. The Pikes Peak or Bust Rodeo will be in town July 11 – 15 at the Norris Penrose Event Center. There are multiple venues for outdoor concerts and lots of places to explore. Don't work the summer away!

Wishing you a wonderful summer,

Kristen Ibarra, CDT

President

Pikes Peak Chapter 356



Standing Committees 2022-2023

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

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

Finance – Christina Townsend • 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 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

jezlina@rmg-engineers.com

•

Treasurer

Christina Townsend

treasurer@nawic356.org

•

Directors

Linda Sterrett

Elysa Matthews

Grace Houston

Lela Nemmers

boardmembers@nawic356.org

Special Committee Chairs 2022-2023

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

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

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

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

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

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

Fundraising – Grace Houston • 847-721-9116 • fundraising@nawic356.org

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

Retreat Committee – Grace Houston • 847-721-9116 • grace.houston7@yahoo.com

Rosie Run 5K Committee – Ally Jencson & Kristen Ibarra, CDT • 719-659-6618 • ally@FLFloorCoatings.com

Social Media – Jessica O’Connell • 719-310-4848 • nawicpp356@gmail.com

Scholarship (NFSF) – Michelle Humphrey • 719-649-0414 • michellehumphrey@gmail.com

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

WIC Week – Grace Houston and Samantha Walter • 847-721-9116 • wicweekpp356@nawic356.org

Special Clubs 2022-2023

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

Membership Announcements

July Hard Hat Tour

JULY 20, 2023 @ 3:00PM

NAWIC
The National Association of
Women in Construction

Pikes Peak



PPE REQUIRED

USAF A VISITOR'S CENTER
SEE ATTACHMENT FOR DIRECTIONS



Meet on site @ 3:00PM **SHARP!**

Tour: New Air Force Academy Visitor's Center

Personal Protective Equipment (PPE) *Required*

- Hard Hats, Safety Glasses, Safety Vests, Pants, Proper Footwear
- Contact Membership if you need any PPE by Monday, July 17th

Membership Meeting to follow immediately after the tour.



<https://www.eventbrite.com/e/nawic-pikes-peak-chapter-356-july-hard-hat-tour-tickets-642466704207>

Membership Announcements



Pikes Peak

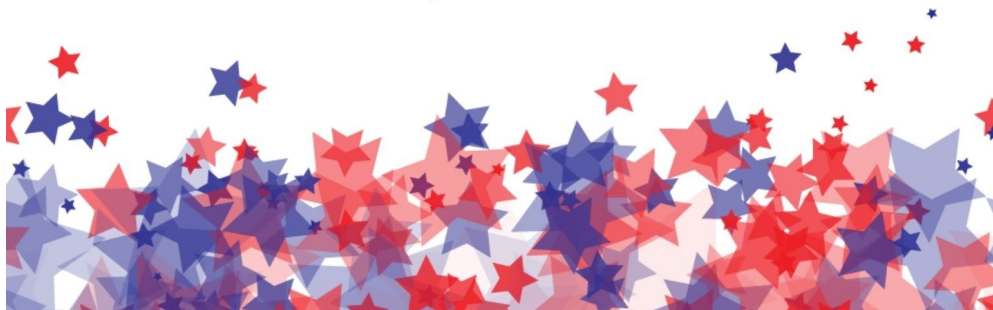
***** JULY MEMBERSHIP MEETING *****

July 20th, 2023

Olive Garden
7815 N. Academy Blvd., CO 80920

- 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 **EventBrite** by **Monday, July 17th, 2023** at noon.



<https://www.eventbrite.com/e/nawic-pikes-peak-chapter-356-july-membership-meeting-tickets-647013333297>

Membership Announcements

WNAWIC Pikes Peak Chapter 356

August Membership Meeting

Thursday, August 17th, 2021 - 5:30 pm

Our Guest speakers will be Sam Milam and Bailey Gent, with the Ronald McDonald House, and they will be sharing about their charity, their mission and how we can get involved with the Ronald McDonald House.

- 5:30 - 6:00 pm - Networking and dinner.
 - Dinner will be provided.
- 6:00 pm - Presentation to begin promptly at 6:00 pm
- 6:30 pm - Dinner followed by our business meeting

Location:
Independent Electrical Contractors
Association-Souther Colorado
Chapter
2345 N. Academy Blvd.
Colorado Springs, CO 80909

*Please RSVP via Eventbrite
by Monday, August 14th,
2023, at noon.

*Include any dietary
restrictions.



RMHC®

[https://www.eventbrite.com/e/august-membership-meeting-tickets-](https://www.eventbrite.com/e/august-membership-meeting-tickets-661190708207)

[661190708207](https://www.eventbrite.com/e/august-membership-meeting-tickets-661190708207)

Membership Announcements

NAWIC Pikes Peak 356

Strategic Planning

Date: Saturday, Sept. 9th, 2023

Time: 10:00AM – 2:00PM

Location: Timberline Landscaping
8110 Opportunity View
Colorado Springs, CO 80939

Lunch sponsored by:



Our 2023 Strategic Planning event is right around the corner! I'm very excited for us all to get together and have some fun while planning the future of our NAWIC Pikes Peak 356 Chapter.

This is a Chapter Member only event - no guests please!

Strategic Planning is a bi-annual event to focus and design initiatives for what our Chapter plans to achieve over the next 2 years. At the meeting we review the previous Strategic Plan from 2021, discuss what was achieved, and what we didn't achieve and why (i.e. did it become non-relevant to our chapter, did we try something for the first and it failed, etc.). This year, we will also create a NEW plan for the next 2 years. We value input from **ALL** chapter members and hope to see as many of you at this event. Your voice and input matter and can make all the difference in our Chapter's future and success!

Please join me in giving a special **THANK YOU** to our location host: **Timberline Landscaping**, and our lunch sponsor: **Pyramid Construction Inc!**

Please RSVP to Eventbrite no later than Wednesday, September 6th, 2023. We are asking for individuals to bring drinks and treats! If you are able to provide either item, kindly note so on the Eventbrite RSVP. Please also note if there are any dietary restrictions.

If you have any questions, please contact Strategic Planning chair, Christina Townsend, at (719) 884-0723, or by email at christina.townsend@hubinternational.com. Thank you!

<https://www.eventbrite.com/e/nawic-pikes-peak-chapter-356-2023-strategic-planning-tickets-663695510137>

Membership Announcements



Happy NAWIC-Versary

Grace H. - 3 Years



The National Association of
Women in Construction

Pikes Peak

Membership Announcements

Please help us in welcoming our
newest member:

Lydia Logan

With Lydia's membership, we are now
38 members!!

Remember to tell your friends!

Follow us on Facebook, Instagram, and LinkedIn.



Community Outreach

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: [https://www.cervistech.com/acts/console.php?](https://www.cervistech.com/acts/console.php?console_id=0364&console_type=event_list&event_id=6&ht=1&res_code=NAWIC)

[console_id=0364&console_type=event_list&event_id=6&ht=1&res_code=NAWIC](https://www.cervistech.com/acts/console.php?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: [https://www.cervistech.com/acts/console.php?](https://www.cervistech.com/acts/console.php?console_id=0364&console_type=event_list&event_id=8&ht=1&res_code=NAWIC)

[console_id=0364&console_type=event_list&event_id=8&ht=1&res_code=NAWIC](https://www.cervistech.com/acts/console.php?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 samantha.walter@ramparttile.com with any questions that you may have.

ReStore QR



Women Build QR Code



Craft Club

Amy and Ginger have decided to not have meetings over the summer. Craft Club will reconvene in the fall. More details to follow.

Book Club

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.

July - Chapters 1-3 - Meeting July 29th - RSVP by July 27th

August - Chapters 4-7 - Meeting August 26th - RSVP by August 24th

September - Chapters 8-11 - Wrap up Meeting September 30th -
RSVP by August 28th

Block Kids

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!

Rosie Run 2023



6 Ways to Develop A Happier Mind

Practice gratitude: Take time each day to think about the things you're thankful for, no matter how small. This can help shift your focus from negative thinking to positive thinking. Keep in mind, seeing your good fortune, is best used to fuel you past disappointments and is never a substitute for hard doing the work to make the changes.

Reframe negative thoughts: When you catch yourself thinking negatively, try to reframe the thought in a more positive light. For example, instead of thinking "I can't do this," try thinking "I'm still learning and improving."

Set attainable goals: Having something to work towards can give you a sense of purpose and help you stay motivated. A key to making goal's work for you is to make them simple and attainable. For example, instead of having the goal of working out for an hour every day, start with a simple goal of getting to the gym 3 days per week and staying for at least 5 minutes. This tactic will go far to build the habits that are essential for achieving more lofty goals.

Practice mindfulness: Try to be present in the moment and focus on your surroundings and thoughts, rather than dwelling on the past or worrying about the future. Research has shown that mild depression lingers and can even worsen because the brain is constantly mired in regrets of the past and worries about the future.

Surround yourself with positive people: The people you spend time with can have a big impact on your mindset. Try to surround yourself with people who are supportive and uplifting. You can test yourself on how positive your closest circle of friends are by asking, would I be happy living any of the lives of my closest 5 friends?

Nourish your mind: a positive mindset is a crucial element for living a healthy lifestyle. Therefore, we need to include nutrition as the final and primary key to a positive mindset. That's because research confirms a diet with ample protein, low in sugar, and rich in fruits, vegetables plus omega-3 fatty acids are critical for optimal brain health.



Registration is OPEN!!

SAVE THE DATE!

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:

Educational Corner

LORMAN WEBINARS

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NEF RESOURCES

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

NAWIC MENTOR PROGRAM

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

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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



2023 PSW Fall Conference - El Paso, TX



Oct 26, 3:00 PM – Oct 28, 5:00 PM

El Paso, 6655 Gateway Blvd W, El Paso, TX 79925, USA

Member Early Bird Registration Ends July 15, 11:50pm

\$150.00 + \$3.75 service fee

NAWIC PNW & PSW Regions Joint Forum

Na Wahine in Construction Unite!

SPRING FORUM 2024

NAWIC

The National Association of
Women in Construction

MAY 8-10

NAWIC

The National Association of
Women in Construction

Pacific Southwest Region

Pacific Northwest Region

Na Wahine in Construction Unite!

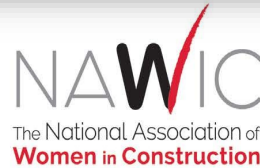
Women in Construction Unite!

May 08, 2024 – May 10, 2024

Honolulu, 410 Atkinson Dr, Honolulu, HI 96814, USA

Registration Ends December 31, 2023, 11:50pm

\$275.00 + \$6.88 service fee



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**



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

☐

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?

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Pikes Peak
