December 2023 December 2023 Centering National Association of Women in

The National Association of Women in Construction Pikes Peak

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

Pikes Peak Chapter 356

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"Do the best you can in every task, no matter how unimportant it may seem at the time. No one learns more about a problem than the person at the bottom."

Sandra Day O'Connor

Events 01/04/2024 Board Meeting 01/18/2024 Membership Meeting 02/01/2024 Board Meeting 02/15/2024 Membership Meeting

Happy Holidays!

That time of year is upon us again and I love it. It means crisp, cold mornings with fresh snow atop Pikes Peak and more time with family and friends.

As this year winds down I want to thank each member for supporting us. We would not be as amazing as we are without all of you.

We gathered to eat, celebrate, and wrap gifts for our sponsored family. It was a laid back good time full of laughs and great food.

RMG is ready to host the first board meeting of the year at our new location: 5085 List Dr., Suite 200, Colorado Springs, CO 80919. Any member can attend and we will welcome you with open arms. Please RSVP to me so I can get the conference set up.

Enjoy the beautiful views, the time together, and the yummy food this time of year has to offer.

Wishing you a joyous holiday season,

Kristen Ibarra, CDT

President

Pikes Peak Chapter 356



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Standing Committees 2022-2023

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

Chapter Functions

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 2023-2024

President Kristen Ibarra, CDT

kibarra@rmg-engineers.com

President Elect President

Samantha Walter

samantha.walter@ramparttile.com

Vice President Elysa Matthews

ematthews@timberlinelandscaping.com

Recording Secretary Jennifer Zezlina, RA

jzezlina@rmg-engineers.com

Treasurer Jessica O'Connell

treasurer@nawic356.org

• Directors Ashely Stoever Karla Greeley Lisa Gardunio Naomi Kidd boardmembers@nawic356.org

Special Committee Chairs 2023-2024

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 & Amy Christiansen • 847-721-9116 • fundraising@nawic356.org
OSHA Alliance/Safety – Karen Mitchell, CBT, CIS , CIT • 719-686-7482 • CO-kem513@outlook.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) – Lisa Gardunio • 303-819-5279 • lisa.gardunio@elderconstructioninc.com
Strategic Planning – Christina Townsend • 719-884-0723 • christina.townsend@hubinternational.com
WIC Week –Grace Houston • 847-721-9116 • wicweekpp356@nawic356.org
Special Clubs 2023-2024

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



Membership Operation Operation National Association of Network in Construction Pikes Peak Association of Notice Street, issue Discours Pikes Peak Association of Notice Street, issue Discours <tr

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NETWORKING 5:30PM - 6:00PM DINNER WILL BE PROVIDED PRESENTATION BY COUGARS GONE WILD ROBOTICS TEAM 2996 6:45PM - 7:30PM BUSINESS MEETING TO BEGIN AT 7:30PM

challenge.

Please RSVP via Eventbrite by Monday, January 15, 2024 at noon.



COUGARS GONE WIRED



2023 December Centerline

Happy NAWIC-versary

Allison (Ally) J. - 9 years Frontline Floor Coatings Naomi K. - 8 years Western States Fire Protection



Pikes Peak



Membership

anouncements

Please help us in welcoming our newest members: Heather Rusnak-Gorby Laura McGrew Elizabeth Hartman Martha Neitz With these ladies membership, we are now 43 members!!

Remember to tell your friends!

Follow us on Facebook, Instagram, and LinkedIn.







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Timberline Christmas Lights Guide 2023

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The holiday season is here again, and there is no better way to celebrate than to take a Christmas lights tour around Colorado Springs! Timberline has updated their guide of must-see areas, businesses and homes that have fantastic Christmas lights. They've also highlighted some hot cocoa & coffee stops along the way so you can stay cozy while you browse, and have included a playlist of all the best Christmas music to enjoy while you drive.

https://www.timberlinelandscaping.com/colorado-springs-christmas-lights-guide/

The Invitation

Page

Oriah Mountain Dreamer is a Native American Elder, spiritual counselor and story teller, among other things. This poem offers an invitation to every single one of us to "show up" in the universe. She reminds us that we do not serve the universe by being small. Rather, we serve the universe by making the most out of our lives.

It doesn't interest me what you do for a living I want to know what you ache for,

and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are.

I want to know if you will risk looking like a fool for love, for your dreams, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon.

I want to know if you have touched the center of your own sorrow, if you have been opened by life's betrayals or

have been shriveled and closed from fear of further pain! I want to know if you can sit with pain, mine or your own, if you can dance with wildness and let the ecstasy fill you

to the tips of your fingers and toes without cautioning us to be careful, be realistic, or to remember the limitations of being human.

It doesn't interest me if the story you're telling me is true.

I want to know if you can disappoint another to be true to yourself.

I want to know if you can be faithful and therefore trustworthy.

I want to know if you can see beauty even when it's not pretty every day, and if you can source your life from GOD's presence.

I want to know if you can live with failure, yours and mine,

and still stand on the edge of the lake and shout to the silver of the moon, "Yes!"

It doesn't interest me to know where you live or how much money you have.

I want to know if you can get up after a night of grief and despair, weary and bruised to the bone, and do what needs to be done.

It doesn't interest me where or what or with whom you have studied.

I want to know what sustains you from the inside when all else falls away.

I want to know if you can be alone with yourself,

and if you truly like the company you keep in the empty moments.....

Cherokee Blessing

May the warm winds of heaven blow softly upon your house.

May the great spirit bless all who enter.

May your moccasins make happy tracks in many snows And may the rainbow always touch your shoulder.







NAWIC Pikes Peak 356 Quarterly Community Outreach

(October - December 2023)

Our chapter participated in the Patty Jewett Angel Tree to "adopt" a family of 4 foster kids whose parent(s) are working with Alternative Beliefs and Choices Counseling for the Christmas holiday. Alternative Counseling is a private rehab center specializing in the treatment of alcoholism, drug addiction, dual diagnosis, opioid addiction, and substance abuse. The children that we shopped for this season consisted of three girls, ages 5, 7 and 10, and one boy, age 8. Thanks to our fantastic members and a generous donation from Double M Concrete we were able to fulfill all the needs and wishes of all four children!

On December 7, our chapter members got together at our NAWIC Crafty Christmas party, held at Timberline Landscaping, to wrap all the gifts. It was so fun to see all the different and beautifully wrapped presents. We dropped them off at Patty Jewett the next day so that they would be ready to be picked up on December 17th from Santa and Mrs. Claus.









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Pikes Peak



Our first book for 2024 will be Unfu*k yourself: Get out of Your Head and into Your Life by Gary John Bishop. I will provide a breakdown of the chapters in January. There is an optional 2024 organizer if you would like to purchase it – or I hear Ally Jencson has an awe-some planner for sale as well!

Please remember book club meetings are typically the last Saturday of the month. Times and locations will be determined closer to the meeting dates.



Craft Club will be offering Spring/Easter kits for the first quarter project. Options will be listed in the January Centerline. These kits will be purchased at the end of January for those who have reserved one, and have prepaid. Date and location of the meetings will be announced in January.



Our Block Kids Competition will be held February 3, 2024. The competition will be from 10:30am-3pm @ Library 21C, in The Venue meeting room. If you would like to volunteer for this event, please email blockkidspp356@gmaill.com. Please watch your email for more details.



We are NOW COLLECTING gently used men's, women's, and children's clothing for our upcoming clothing fundraising event!

Post the poster on the next page on a box at your work to help collect items!

Questions? Have items for pickup? Contact: fundraising@nawic356.org or call/text Amy at 719-429-4676 Save the date for our "Fill the Bag" Clothing Fundraising event: Saturday & Sunday March 2&3, 2024 at the Radisson Hotel

1645 Newport Road COS, 80916



We are NOW COLLECTING gently used books!

Fiction, Nonfiction, Drama, Self-Help, Poetry, Romance, Folktale, Mystery, History, Memoirs, and many more! Look through your collection at home and see what you have to donate.

Donated books will be used later for a fundraising event (more details to come) that will generate money for the chapter's gen-

eral fund!

Requirements:

-Books must be in good condition

-Little to no writing inside

-Adult books only. No kids books at this time.

-Collecting books now through May 2024!

Contact Grace Houston, Amy Christiansen, or email fundraising@nawic356.org to coordinate book drop off.

WE WANT YOU to join the Fundraising Committee!

The fundraising committee has BIG plans for 2024. Grace and Amy are looking for additional members to join the Fundraising Committee to help with things like: Running Door Prizes at meetings, helping with fundraising events, maintaining the chapters amazon wishlists, making Jewelry to sell at events, and more!!!

There is something for everyone on the Fundraising committee.

Requirements:

-Friendly, fun and willing to help support the chapter!

-Looking to meet as a committee 3 times a year. But willing to work around everyone's schedule! Contact Grace Houston, Amy Christiansen, or email fundraising@nawic356.org for more info. The National Association of Women in Construction Pikes Peak Chapter 356 is

Now Collecting

A variety of gently used men's, women's, and kid's clothing and accessories for an upcoming clothing fundraiser benefiting the NAWIC Pikes Peak chapter.

We are collecting the following gently used items:

- CLOTHING
- PURSES
- JEWELRY
- SCARVES
- HATS
- SHOES
- COATS
- ACCESSORIES

Questions? Have items for pickup? Contact: fundraising@nawic356.org or call/text Amy at 719-429-4676

Visit our Website: NAWIC356.org

osha Alliance/Safety

Pikes Peak Chapter #356 Safety News December 2023 Tips for Dealing with Stress During the Holidays

While the holiday season can be filled with joy and wonderful moments with family and friends, for many it often also brings unwanted guests — stress and anxiety. A long list of to-dos and demands on our time, finances and expectations can all add up. The good news? With some practical tips, you can help minimize the holiday stress and find more time for enjoyment. Taking some simple, conscious steps can help minimize or even ward off situational holiday stress and depression.

- 1. Acknowledge your feelings. The holidays can trigger sadness if you've recently lost or are missing loved ones. It's normal to feel this sadness and grief. Allow yourself to feel. It's ok to cry. And find someone you can share your feelings with. Chances are, you're not alone.
- 2. **Reach out.** Seeking out community, religious or other social events can help you connect with others. Many may also have websites, online support groups, social media sites or virtual events. Helping others is often the best way to help ourselves. Consider volunteering your time or doing something to help others. It could be as simple as dropping off a meal or holiday treats to someone who could use it.
- 3. Be realistic. It's not realistic to feel "holiday joy" all the time. In fact, as families grow and change it's natural to think of and long for how things were. Embrace the change by holding onto favorite traditions while being open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together such as starting a group text exchange or scheduling a group video call/celebration.
- 4. Set aside differences. Focus on the positives of any family members with whom you may disagree. Don't bring up "hot topics" and set aside grievances for this time. Also try to be understanding if others get upset or distressed. Chances are they're feeling the effects of holiday stress as well.
- 5. Create a budget. Give yourself the gift of having a budget. Before you do your gift and food shopping, decide how much money you can realistically afford to spend. This can help make shopping fun and feel less out-of-control. Here are a few ways to minimize gifting stress:
 - o Donate to a charity in someone's name.
 - o Give homemade gifts.
 - Start a family gift exchange by drawing names.
- 6. **Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other holiday activities. This can provide things to look forward to, rather than having events feel like obligations.
- 7. Saying "no" is ok. Saying "yes" when you should say "no" can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. And you don't have to explain or make up excuses. You can simply say, "sorry, that doesn't work for me that day."
- 8. Keep up healthy habits. The holidays are often about indulgences. Enjoy the treat but balance it with healthy habits that are good for both your body and mind. Here are a few suggestions:
 - Have a healthy snack before holiday celebrations.
 - Eat healthy meals.
 - Get plenty of sleep.
 - Include regular physical activity in your daily routine.
 - Try deep-breathing exercises, meditation, or yoga.
 - Avoid excessive use of alcohol or tobacco.
 - o Be aware of how social media is affecting you. Adjust the time you spend reading news or being online as needed.
- 9. Give yourself a break. Even those who thrive on the hustle and bustle of the season will benefit from taking a break from the activity. Spending just 15 minutes alone, without distractions, may leave you feeling refreshed. Find something that reduces stress by clearing your mind, slowing your breathing, and restoring inner calm. Here are a few ideas:
 - o Take a daily walk.
 - Get fresh air.
 - \circ $\;$ Drive around the neighborhood to view seasonal light displays.
 - Play your favorite music.
 - Listen to a new podcast.
- 10. Seek professional help if you need it. If you experience feelings of persistent sadness and anxiety, talk to your doctor or a mental health professional.



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Educational Corner

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. BU



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THE OFFICIAL PODCAST of NAVIC The National Association of Women in Construction







Leading Builders. **Building** Leaders.





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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Not all construction work is equally enjoyable.

For instance, drilling a large hole is boring, but fastening two pieces of metal together is riveting.



HVAC Humor to make you smile!



May 08, 2024 – May 10, 2024

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

Regular Registration Ends December 31, 2023, 11:50pm

\$275.00 + \$6.88 service fee







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.

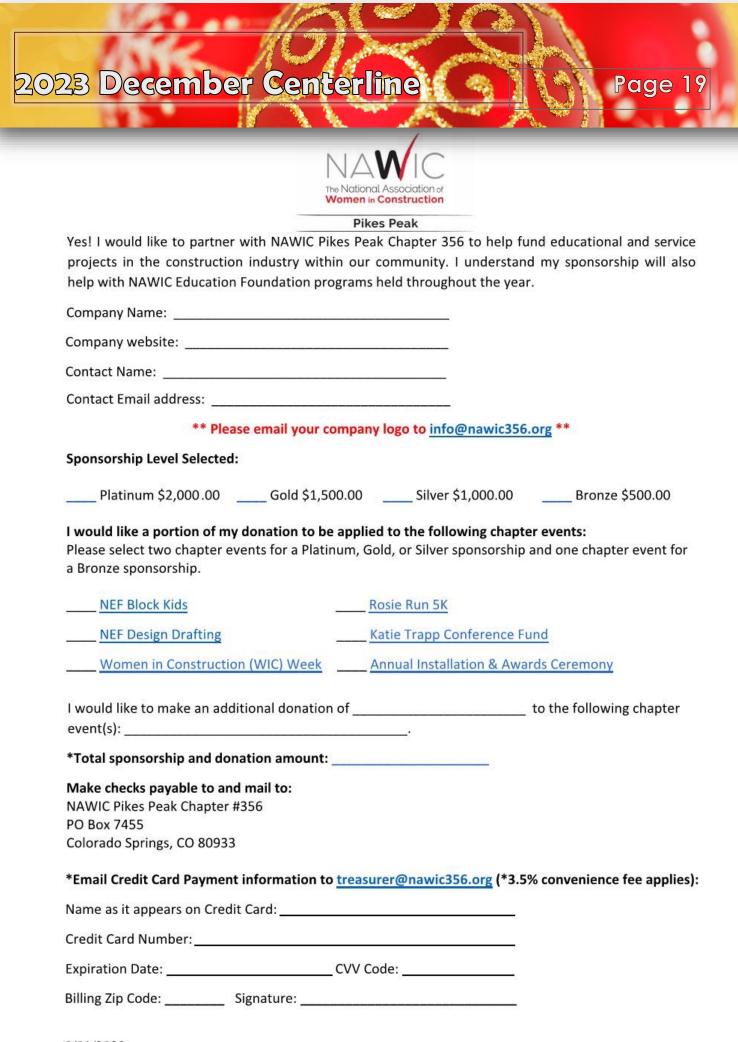
With a variety of sponsorship opportunities available, sponsors like you allow the leadership and membership of our chapter to execute programs that introduce construction as a viable career path, promote construction trades as another alternative to a successful career choice, work with students from 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 <u>Platinum</u> Sponsor <u>\$2,000.00</u> Includes all items listed above, with a full-page ad in the Centerline, one annual corporate membership, and \$500.00 applied to two chapter events of your choice (\$250.00 for each event).
- Build It Up <u>Gold</u> Sponsor <u>\$1,500.00</u> Includes all items listed above, with a full-page ad in the Centerline, and \$500 applied to two chapter events of your choice (\$250.00 for each event).
- Build It Up <u>Silver</u> Sponsor <u>\$1,000.00</u> Includes all items listed above, with a 1/2-page ad in the Centerline, and \$500.00 applied to two chapter events of your choice (\$250.00 for each event).
- Build It Up <u>Bronze</u> <u>\$500.00</u> Includes all items listed above, with a 1/4-page ad in the Centerline, and \$250.00 applied to one chapter event of your choice.

For more detailed information regarding our chapter events and programs, please contact our chapter president at <u>president@nawic356.org</u> or visit our chapter website, <u>www.nawic356.org</u>, for more details.







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





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2023 December Centerline







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

The Colorado Springs newsletter is distributed to our members, posted on our website, sent to our Regional Director and is available on the PSW Region website.

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



Pikes Peak