January 2024 Volume 87

January 2024 Centerline

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



Pikes Peak Chapter 356

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"No matter what you're going through, there's a light at the end of the tunnel and it may seem hard to get to it but you can do it and just keep working towards it and you'll find the positive side of things'

Demi Lovato

Events

01/18/2024 Membership Meeting

02/01/2024 Board Meeting

02/15/2024 Membership Meeting

Happy New Year!

I can't believe the holidays are behind us already. I feel 2024 will be another fruitful year for Pikes Peak 356. We have so much to look forward to!

We are starting the year at Coronado High School with a presentation from the D11 Robotics Team, Cougars Gone Wired. They start the demonstration with their organizational structure, they tell us about the challenge they have been given, and then walk us around to see what they haves started building. It is impressive to see what a group of driven teenagers can do.

Our NEF Block Kids Lego Competition is right around the corner. The event will be held on Saturday, February 3 starting at 12:30 p.m. at the Pikes Peak Library District Library 21C. If you would like to volunteer please reach out to the co-chairs Naomi Kidd or Ginger Parry at block-kidspp356@gmail.com.

We want more involvement with the committees. Please reach out to the committee chairs and co-chairs to see how you can help. They can also give more information about what exactly that committee does. The list of Chairs and Co-Chairs can be found on our website

(nawic356.org) and on the back of the member meeting program.

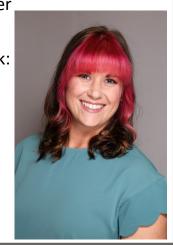
New Year's Day is the first page in a blank book: Write a phenomenal story!

Cheers,

Kristen Ibarra, CDT

President

Pikes Peak Chapter 356



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

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

Finance – Jessica O'Connell • treasurer@nawic356.org

Historian - Kristen Ibarra, CDT

Website - Samantha Walter

Parliamentarian - Karen Mitchell, CBT, CIS, CIT

Centerline Editor – Jessica O'Connell

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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

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 • <u>amy.christiansen@ramparttile.com</u>

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 • pde.nef.pp356@gmail.com

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



Click to Register



mmoumcements







FEBRUARY MEMBERSHIP MEETING

The National Association of Women in Construction

Pikes Peak

WHEN

Thursday February 15th, 2024

WHERE

Conservation and Environmental Center Colorado Springs Utilites 2855 Mesa Rd. Colorado Springs, CO 80904

AGENDA

Networking and Dinner: 5:30-6:00 pm Dinner will be provided. Presentation to begin at 6:00 pm Business Meeting to Follow

*Please RSVP via Eventbrite by Monday, February 12th, 2024 at noon. **Include any dietary restriction.

ABOUT:

Please join NAWIC Pikes Peak Chapter 356 in hosting Lisa Pace, a Conservation Specialist with the Colorado Springs Utilities, as she gives us a presentation on Regenerative Agriculture and the Water/AG Nexus.

We will be learning a wholistic approach to food and farming systems that focuses on improving the biology in the soil, enhancing ecosystems, improving the water cycle (reduce water needs), and producing nutrient dense food.



Click to Register



Happy NAWIC-versory

Joy G. - 1 Year
Sadler Griffin LLC.



Pikes Peak



Remember to tell your friends!
Follow us on Facebook, Instagram, and LinkedIn.









NAWIC Pikes Peak 356 Quarterly Community Outreach (January – March 2024)

The new year means new opportunities to help locally within our community and to allow for the NAWIC Pikes Peak 356 Chapter to receive recognition for giving back. If you have any suggestions for volunteer opportunities that you would be interested in participating in or organizations that we may be able to do a collection drive for in the coming year, then please share them as Community Outreach is currently reviewing local non-profit organizations to help during the new year.

The Community Outreach Committee is looking for additional members to help choose and plan the quarterly outreach volunteering opportunities and collection drives. Please contact Samantha Walter, samantha.walter@ramparttile.com, if you are available and interested in helping on this committee.



Women in Construction



Our first book for 2024 is Unfu*k yourself: Get out of Your Head and into Your Life by Gary John Bishop. The entire book is 206 pages — a total of nine chapters. For January, let's get through Chapter 5, and we will complete the book in February. There is an optional workbook and a 2024 planner if you would like to purchase it. I hear Ally Jencson has an awesome 2024 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 emailed to all and will include photos of the proposed projects. These kits will be purchased at the end of January/beginning of February for those who have reserved and prepaid. The date and location of the meetings will be announced once the kits are ordered.



Our Block Kids Competition will be held February 3, 2024. The competition will be from 10:30am-3pm (registration will start at 11:30am) @ Library 21C, in The Venue meeting room. We will be asking for around 12 volunteers, the volunteers do not have to be NAWIC members. Please watch your email for more details. We currently have all the prizes for the competition. However, we still could use your support with snacks as well as goodie bag stuffings. Here is the link for the Amazon wishlist, https://www.amazon.com/hz/wishlist/ls/30AIR7543PB26?ref=cm_sw_em_r_un_un_GDjvgoMKoPmfL. All items will be mailed directly to Naomi the Block Kids chair when you purchase from this link. We will make about 75 goodie bags, and all additional items are used in following years. Please make sure to provide a total of 75 for any item you may like to help with. We're looking forward to another great

event this year. Thank you for all your support.





BLOCK KIDS BUILDING PROGRAM

A Lego-building competition

Sponsored by the NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION (NAWIC)
PIKES PEAK CHAPTER 356

Who: Grades K-6

When: Saturday, February 3rd, 2024

Where: Library 21C - The Venue Meeting Room

1175 Chapel Hills Dr

Colorado Springs, CO 80920

Time: 11:30am--Registration

12:00pm--Competition begins

12:45pm--Judging begins

This competition is completely free. Each contestant will receive 100 micro-size Legos to construct an original structure that you live, work, or play in.

We only have room for 60 participants so be sure to register early!

Judging will be based on creativity, use of blocks and an oral interview.

Certificates of participation and gifts will be given to each contestant and those contestants whose structures rank in the top ten will be awarded additional prizes.

Pictures of the 1st place structure will be sent to the regional level where it will be judged. Regional winning structures will be sent to the National level where Savings Bonds will be awarded to the top 3 structures.

Currently there are no mask requirements for this event. Please be advised that mandates could change by the date of the competition.

Contact email: blockkidspp356@gmail.com or text Naomi Kidd 719-332-9868



BLOCK KIDS BUILDING PROGRAM

Official Registration/Entry Form

(This form must accompany entry at all levels of judging.)
Please fill out all information requested. Please print legibly.

STUDENT'S NAME:		
MAILING ADDRESS:		
CITY, STATE, PROVINCE, ZIP:		
PARENT/GUARDIAN NAME:		
PARENT/GUARDIAN EMAIL:		
PHONE NUMBER:	ACCEPT TEXTS?	
SCHOOL:	·	
GRADE:		
TEACHER:		
SCHOOL STREET ADDRESS:		
CITY, STATE, PROVINCE, ZIP:		
	SPONSOR:	
	National Association of Women in Construction/	
	Pacific Southwest Region	
	(NAWIC) Pikes Peak Chapter 356	
	Colorado Springs, CO	
	Please send registration forms to:	
	BLOCKKIDSPP356@GMAIL.COM	
	Naomi Kidd 719-332-9868	
	NAWIC representative signature:	
RELEASE:	TI KIN	
I hereby consent to the use of my child's name, photography, entry, interview in promoting or publishing this program or the NAWIC Education Foundation, now or at a future date. Further, I understand that this entry shall become the sole property of the NAWIC Education Foundation		
Parent or guardian signature:		



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 general 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.



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



Pikes Peak Chapter #356 Safety News

January 2024

Navigating the New Terrain: Understanding OSHA's 2024 Updates

In 2023, the Occupational Safety and Health Administration (OSHA) introduced several pivotal changes, reshaping the landscape of workplace safety and health regulations. These updates reflect OSHA's commitment to enhancing worker protection, adapting to new industry trends, and addressing contemporary challenges. This comprehensive guide delves into these critical changes, offering insights and practical advice for employers and employees alike.

Key Changes to OSHA Regulations in 2024

1. Mental Health in the Workplace

OSHA has placed a renewed emphasis on mental health, recognizing its impact on overall workplace safety. The new guidelines encourage employers to implement mental health programs, provide resources for employee support, and incorporate mental well-being into their health and safety policies.

2. Revised Safety Protocols for Emerging Technologies

With technological advancements, OSHA has updated its safety standards to include protocols for new machinery and tech-driven processes. These updates ensure that safety measures keep pace with innovation, particularly in the manufacturing and construction sectors.

3. Enhanced Chemical Safety Measures

Reflecting advancements in chemical safety, OSHA has introduced stricter guidelines for the handling, storage, and disposal of hazardous materials. These changes aim to minimize risks associated with chemical exposure and accidents.

4. Mandatory Safety Training Enhancements

Recognizing the need for continual education, OSHA now requires more rigorous and frequent safety training sessions across various industries. This change underscores the importance of keeping employees informed about the latest safety practices and regulations.

5. Tightened Enforcement Policies

In 2023, OSHA has increased its inspection and enforcement efforts, particularly in high-risk industries. This shift includes more frequent inspections and stricter penalties for non-compliance, underscoring the agency's commitment to enforcing its standards.

6. Higher Fines for Violations

To reinforce the seriousness of compliance, OSHA has raised the fines for safety violations. This move aims to deter negligence and encourage proactive safety measures among employers.

7. Digitalization and Transparency in Record-Keeping

OSHA now mandates more comprehensive and digitally accessible records of workplace incidents and safety measures. This change facilitates better monitoring and analysis of workplace safety trends.

8. Protections for Non-Traditional Workers

Reflecting the changing nature of work, OSHA has expanded its regulations to include gig economy and remote workers. These updates ensure that non-traditional workers receive adequate safety protections and resources.

The 2024 updates to OSHA regulations mark a significant step forward in the realm of workplace safety and health. By understanding and implementing these changes, employers and employees can foster a safer, more compliant, and more efficient work environment. As OSHA continues to evolve with the times, staying informed and proactive is key to navigating the future of workplace safety.

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 <u>Program Guidelines</u> and <u>Resource</u>







Podcasts



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

Tip of the day: If you're pouring concrete near a pond that has ducks, it's not a good idea to let the whole crew go to lunch at the same time





NAWIC PNW & PSW Regions Joint Forum

Na Wahine in Construction Unite!

SPRING FORUM 2024



MAY 8-10

The National Association of

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

Late Registration Ends April 30, 2024 11:50pm

\$300.00 + \$9.00 service fee

Click to Register



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 \$2,000.00 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 \$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 (\$250.00 for each event).
- Build It Up <u>Silver</u> Sponsor \$1,000.00 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> \$500.00 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 president@nawic356.org or visit our chapter website, www.nawic356.org, for more details.





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 comp	any logo to info@nawic356.org **
Sponsorship Level Selected:	
Platinum \$2,000.00 Gold \$1,500.00	Silver \$1,000.00 Bronze \$500.00
I would like a portion of my donation to be app Please select two chapter events for a Platinum, a Bronze sponsorship.	olied to the following chapter events: Gold, or Silver sponsorship and one chapter event for
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 _ event(s):	to the following chapter
*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 treat	asurer@nawic356.org (*3.5% convenience fee applies):
Name as it appears on Credit Card:	
Credit Card Number:	
Expiration Date:CVV	' Code:
Billing Zip Code: Signature:	



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. **Please note, all Social Media posts Date of Request: are subject to review. Post content should remain NAWIC relevant and Name/Committee: political/religious include affiliations. ** SM Post Date: Repeat Post? If so, how many times? When? ■ 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:

If yes, what is your budget?

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



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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