

March 2024  
Volume 89

# March 2024 Centerline

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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***"Don't compromise  
even if it hurts to be  
yourself."***

***-Toby Keith***

### Events

- 04/04/2024 Board Meeting
- 04/18/2024 Membership Meeting
- 05/02/2024 Board Meeting
- 05/08-05/10/2024 Joint Forum
- 05/23/2024 Membership Meeting

Hello, Pikes Peak 356!

How great was WIC Week?! I hope you all got involved with the National level webinars and the local events (Fill the Bag, coffee chat, and the mixer at Brush Crazy). I thoroughly enjoyed the mixer with all the guests. Way to go, WIC Week Committee! Thank you all for your time and dedication in making this a successful celebration of women in construction.

It is almost Spring time. The time change happens on March 10. We may lose an hour of sleep but we gain an hour of sunshine. How are you going to take advantage of the extra daylight? I might start walking Romeo, my dog, after my workouts. Or I might start grilling dinner. I am ready for the first day of spring on March 19.

I will be doing a NAWIC 101 via Zoom on Tuesday, March 26 from 12:00 – 1:00 pm. Be sure to share the link with all potential members and previous guests. Encourage new members to join so they can learn about committees and join one. Zoom Link - <https://us02web.zoom.us/j/84110474460?pwd=bnJlVFNiZ3l3V0pvVUdvZlo4NE1hdz09>

We are working towards that goal of 75 members by August 2025. Bring those friends, co-workers, or family members in the industry to a meeting. Let's keep growing our chapter!

With deepest thanks,

Kristen Ibarra, CDT

President

Pikes Peak Chapter 356



## Standing Committees 2023-2024

**Professional Development & Education/NEF** – Ginger Parry, CBT, CIT, ESP & Ally Jencson • [pde.nef.pp356@gmail.com](mailto:pde.nef.pp356@gmail.com)

**Membership & Marketing** – Ashley Stoeber, Jessica O’Connell, & Christina Townsend • [membership@nawic356.org](mailto:membership@nawic356.org)

**Finance** – Jessica O’Connell • [treasurer@nawic356.org](mailto:treasurer@nawic356.org)

## Chapter Functions

**Historian** – Kristen Ibarra, CDT

719-203-3323 [kibarra@rmg-engineers.com](mailto:kibarra@rmg-engineers.com)

**Website** – Samantha Walter

719-635-0902 [info@nawic356.org](mailto:info@nawic356.org)

**Parliamentarian** – Karen Mitchell, CBT, CIS, CIT

719-686-7482 [CO-kem513@outlook.com](mailto:CO-kem513@outlook.com)

**Centerline Editor** – Jessica O’Connell

719-310-4848 [joconnell@pyramidconstructioninc.com](mailto:joconnell@pyramidconstructioninc.com)

### Board 2023-2024

#### President

Kristen Ibarra, CDT

[kibarra@rmg-engineers.com](mailto:kibarra@rmg-engineers.com)

•

#### President Elect

Samantha Walter

[samantha.walter@ramparttile.com](mailto:samantha.walter@ramparttile.com)

•

#### Vice President

Elysa Matthews

[ematthews@timberlinelandscaping.com](mailto:ematthews@timberlinelandscaping.com)

•

#### Recording Secretary

Jennifer Zezlina, RA

[jzezlina@rmg-engineers.com](mailto:jzezlina@rmg-engineers.com)

•

#### Treasurer

Jessica O’Connell

[treasurer@nawic356.org](mailto:treasurer@nawic356.org)

•

#### Directors

Ashely Stoeber

Karla Greeley

Lisa Gardunio

Naomi Kidd

[boardmembers@nawic356.org](mailto:boardmembers@nawic356.org)

## Special Committee Chairs 2023-2024

**Block Kids** – Naomi Kidd • 719-632-9868 • [nrkidd4ppc356@outlook.com](mailto:nrkidd4ppc356@outlook.com)

Ginger Parry, CBT, CIT, ESP • 719-271-7915 • [pde.nef.pp356@gmail.com](mailto:pde.nef.pp356@gmail.com)

**Bylaws** – Kristen Ibarra, CDT • 719-203-3323 • [kibarra@rmg-engineers.com](mailto:kibarra@rmg-engineers.com)

**CAD Competition** – Amy Christiansen • 719-203-3340 • [amy.christiansen@ramparttile.com](mailto:amy.christiansen@ramparttile.com)

Angelique Kallio, CIT • 719-532-9988 • [angeliqueK@tms-companies.com](mailto:angeliqueK@tms-companies.com)

**Community Outreach** – Samantha Walter • 719-649-2739 • [samantha.walter@ramparttile.com](mailto:samantha.walter@ramparttile.com)

**Fundraising** – Grace Houston & Amy Christiansen • 847-721-9116 • [fundraising@nawic356.org](mailto:fundraising@nawic356.org)

**OSHA Alliance/Safety** – Karen Mitchell, CBT, CIS, CIT • 719-686-7482 • [CO-kem513@outlook.com](mailto:CO-kem513@outlook.com)

**Rosie Run 5K Committee** – Ally Jencson & Kristen Ibarra, CDT • 719-659-6618 • [rosierun@nawic356.org](mailto:rosierun@nawic356.org)

**Social Media** – Jessica O’Connell • 719-310-4848 • [nawicpp356@gmail.com](mailto:nawicpp356@gmail.com)

**Scholarship (NFSF)** – Lisa Gardunio • 303-819-5279 • [lisa.gardunio@elderconstructioninc.com](mailto:lisa.gardunio@elderconstructioninc.com)

**Strategic Planning** – Christina Townsend • 719-884-0723 • [christina.townsend@hubinternational.com](mailto:christina.townsend@hubinternational.com)

**WIC Week** – Grace Houston • 847-721-9116 • [wicweekpp356@nawic356.org](mailto:wicweekpp356@nawic356.org)

## Special Clubs 2023-2024

**Book Club** – Ginger Parry, CBT, CIT, ESP • 719-271-7915 • [pde.nef.pp356@gmail.com](mailto:pde.nef.pp356@gmail.com)

**Craft Club** – Ginger Parry, CBT, CIT, ESP & Amy Christiansen • 719-271-7915 • [pde.nef.pp356@gmail.com](mailto:pde.nef.pp356@gmail.com)

# Membership Announcements



The National Association of  
**Women in Construction**

*Leading  
Builders.*

***Building  
Leaders.***

## **NAWIC Pikes Peak Chapter 356 - NAWIC 101**

Many of you know that hosting a NAWIC 101 session was in our Strategic Plan. These sessions give new members and potential new members the chance to hear what NAWIC is all about. There is a short history lesson, then we go over each committee, and how they can get involved.

Our first NAWIC 101 session will be held on Tuesday, March 26 from 12:00 – 1:00 pm via Zoom. The Zoom information is below:

<https://us02web.zoom.us/j/84110474460?pwd=bnJ1VFNiZ3l3V0pvVUdvZlo4NE1hdz09>

Meeting ID: 841 1047 4460

Passcode: NAWIC101

I will send an Outlook invite with the PowerPoint presentation when we get closer to the day. Please share this with anyone who would benefit from this information.

Reach out if you have any questions.

# Membership Announcements

## April Membership Meeting & CAD Awards

**THURSDAY, APRIL 18, 2024 - 5:30 PM**

- Networking from 5:30-6:00 pm
- Dinner and Awards at 6:00 pm
- Business Meeting to follow afterwards.
  - Dinner will be provided.

Come help us recognize the top students who won our annual CAD competition for 2024.



**Pikes Peak**

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



\*Please RSVP via Eventbrite by Monday, April 15, 2024 at noon.

### NAWIC Pikes Peak Chapter 356 - April Membership Meeting and CAD Awards

Join us for an exciting evening at the NAWIC Pikes Peak Chapter 356 April Membership Meeting and CAD Awards! This in-person event will take place on Thursday, April 18, 2024, starting at 5:30 (Mountain Daylight Time).

Hosted at the beautiful Timberline Landscaping, this gathering promises to be a fantastic opportunity to connect with fellow professionals in the construction industry. Network, share ideas, and celebrate the outstanding student achievements in computer-aided design (CAD).

Whether you're an experienced member or new to the field, this event is open to all. Be inspired by the innovative projects showcased during the CAD Awards ceremony.

Don't miss out on the chance to expand your professional network, gain valuable insights, and have a great time with like-minded individuals. Mark your calendars and join us at the NAWIC Pikes Peak Chapter 356 - April Membership Meeting and CAD Awards!

[Click to Register](#)



# Membership Announcements

## MAY MEMBERSHIP MEETING: THURSDAY MAY 23RD, 2024

- Come join us and hear about Reyna's story, career, challenges in this industry and many more topics.
- She will also provide a tour of her truck!
- Networking and Dinner- 5:30-6:00 pm
  - Dinner will be provided.
- Presentation to begin at 6:00 pm
- Business Meeting to follow after.

### Location:

Elder Construction  
4870 Centennial Blvd., Suite 100  
Colorado Springs, CO 80919



\*Please RSVP via Eventbrite  
by Monday, May 20th, 2024,  
at noon.

\*Include any dietary  
restrictions.

### NAWIC Pikes Peak Chapter 356 - May Membership Meeting

Join us for an exciting evening at the NAWIC Pikes Peak Chapter 356 Map Membership Meeting! This in-person event will take place on Thursday, May 23rd, 2024, starting at 5:30 (Mountain Daylight Time).

Hosted at the Elder Construction, this gathering promises to be a fantastic opportunity to connect with fellow professionals in the construction industry. Network, share ideas, and learn about "A day in the life of a ready mix truck driver!"

We will hear about Reyna's story, career, challenges in this industry and many more topics. She will also provide a tour of her truck!

Whether you're an experienced member or new to the field, this event is open to all.

Don't miss out on the chance to expand your professional network, gain valuable insights, and have a great time with like-minded individuals. Mark your calendars and join us at the NAWIC Pikes Peak Chapter 356 - May Membership Meeting!

[Click to Register](#)



# Membership Announcements

## Happy NAWIC-versary

**Linda S. - 7 years**

Retired-Elder Construction

**Elysa M. - 3 years**

Timberline Landscaping

**Jessica O. - 3 years**

Pyramid Construction Inc.

**Ashley S. - 3 years**

Timberline Landscaping

**Lauren L. - 2 years**

Timberline Landscaping

**Karla G. - 1 year**

Warehouse Options



The National Association of  
**Women in Construction**

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Pikes Peak

# Membership Announcements

Please help us welcoming our  
newest members:

Kelly Chevalier

Corinne Williams

With these ladies membership,  
we are now

**48 members!!**

Remember to tell your friends!

Follow us on Facebook, Instagram, and LinkedIn.





# CAD Committee

**Save The Date**



**NEF Design Drafting  
Awards Ceremony**

Thursday April 18, 2024  
At Timberline Landscaping





# Community Outreach

NAWIC Pikes Peak 356 Quarterly Community Outreach

(January – March 2024)

For our first quarter of 2024 we will be doing a donation drive for the Springs Rescue Mission. Specifically for much needed hygiene products for those in need in our community. The Springs Rescue Mission provides over 30,000 showers per year. Those that come in to use their facilities every day to shower and to obtain clean clothing do not have access to hygiene products and toiletries unless they are supplied. This is also an opportunity to bring local awareness to period poverty. Period poverty is a global issue where women have insufficient access to menstrual products, education, and sanitation facilities and it can affect women in any community and any situation.

The list of hygiene items that we will be collecting from now until the end of March is listed below. We'd like to focus on the travel sized toiletry items and the feminine hygiene products, but if you would like to purchase anything else listed then feel free to do so. You can bring your donation to the WIC Week Craft night or plan with Samantha on how to make your donation. All items donated will be delivered to the Springs Rescue Mission towards the end of March. Exact date to be determined. As always all are welcome to join in for the delivery of our donated items.

- ✓ Travel-sized shampoo
- ✓ Travel-sized conditioner
- ✓ Travel Sized hair products for men and women of color
- ✓ Small bars of soap (think hotel size)
- ✓ Disposable razors (2 blades at minimum is most appreciated)
- ✓ Supportive undergarment – eg: Depends (especially sizes Med and Large)
- ✓ Feminine hygiene products
- ✓ Bath towels (standard size and simple colors are the best)

I am so excited to have Jessica Swinchoski and Jennifer Zezlina on board to help with planning our quarterly community outreach endeavors for our chapter. If you would like to join us on Wednesday, March 13<sup>th</sup>, at 5:30 PM at Red Leg Brewing to talk about community outreach, then please e-mail Samantha at [samanthawalter719@gmail.com](mailto:samanthawalter719@gmail.com). 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.

# Fundraising

**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](mailto:fundraising@nawic356.org) to coordinate book drop off.

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## **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 wish lists, 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](mailto:fundraising@nawic356.org) for more info.



# Fundraising - Spring 2024 Forum

As you may or may not know, our chapter generally has a Ways & Means booth at the NAWIC Spring Forum and NAWIC Fall Conference consisting of jewelry made by our members. Seeing how Spring 2024 Forum is Hawaii this year, we are going to do a different approach. Borrowing an idea that we have seen many other chapter do, we are going to do a gift card bouquet. Do you have any gift cards that you have received and are not going to use? Please consider donating it for us to raffle. If you do not have a gift card, but would still like to help, please consider purchasing a gift card and getting it to one of our volunteers (Samantha, Karla, and Jessie). Although we would prefer to support local, this is a Joint Forum with ladies coming from the Pacific Southwest and Pacific Northwest Regions, so gift cards that can be used almost anywhere would be preferred. We will also accept cash or check and we will secure a gift card on your behalf. We are requesting that you get the gift cards or monetary donations to Samantha, Karla, or Jessica O. by Friday, April 26, 2024.

## Key details:

What are we looking for? I know Sam's has quite a few that you can secure for less than face value. Costco should as well.

Physical Gift Cards

Travel Gift Cards

Airlines

Hotels

Companies that have a strong on-line presence.

Amazon

Target

Walmart

Victoria's Secret

Fanatics

Bath & Body Works

National Chains

Lowe's

Home Depot

Who can I contact?

Jessica O'Connell, [joconnell@pyramidconstrucioninc.com](mailto:joconnell@pyramidconstrucioninc.com), 719-310-4848

Samantha Walter, [samanthawalter719@gmail.com](mailto:samanthawalter719@gmail.com), 719-649-2739

Karla Greeley, [karla@wareops.com](mailto:karla@wareops.com), 719-432-6068

Deadline to get gift cards/monetary donation to the workgroup?

Friday, April 26, 2024.



If you have any questions, please feel free to contact Samantha, Karla, or Jessica.

## PERSONAL PROTECTIVE EQUIPMENT FOR WOMEN CONSTRUCTION WORKERS

One of the challenges facing women, non-binary workers, and transgender workers in the construction industry is accessing personal protective equipment (PPE) that fits properly. In a [2021 survey](#) of 2,635 tradeswomen and non-binary tradespeople by the Institute for Women's Policy Research, [only 19.1 percent of participants](#) said that they were always provided with gloves or safety equipment in sizes that fit them while working. This is a serious issue because PPE that does not fit properly will not adequately protect against occupational hazards and may cause hazards in itself. For example, oversized protective clothing can lead to tripping hazards or get caught in machinery and result in a serious injury. Poorly fitted fall protection harnesses may lead to other injuries or may not be effective in the event of a fall. Similarly, gloves that are too big put a worker at risk of coming in contact with chemicals that can cause dermatitis or other skin diseases. [Learn more about PPE fit from NIOSH's Science Blog](#).

The number of women workers in construction is increasing, but women remain underrepresented in the industry. Between 2011 and 2022, the percentage of women in the construction workforce increased from 9% to 11% and the percentage of blue-collar women workers in the industry rose from 2% to 4% (<https://www.cpwr.com/wp-content/uploads/DataBulletin-May2023.pdf>). However, as of 2021, women accounted for only 3.7% of blue-collar occupations in construction, which is about one-fourth the level of women in blue-collar jobs across all industries (<https://www.cpwr.com/research/data-center/data-dashboards/women-in-construction/>).

Providing PPE that fits properly helps ensure that all employees, including women, non-binary workers, and transgender workers, are protected. The following list of examples of commercially available PPE has been compiled to help employers and workers in the trades find PPE that accommodates a range of anthropometry.

Check <https://cpwr.com/femalePPE> for the most up-to-date links.

### COMPANIES FOCUSED EXCLUSIVELY ON WOMENSWEAR:

- [Xena Workwear for Women](#)
- [Libaerty](#)
- [Juno Jones Safety Boots](#)
- [Dovetail Workwear](#)
- [Red Ants Pants](#)
- [Seraphina Safety Apparel](#)
- [EMBHER](#)
- [Covergalls Workwear](#)
- [Dawson Workwear for Her](#)
- [Safety Girl](#)
- [Charm and Hammer](#)
- [See Her Work](#)

**From NAWIC Chapter 356 OSHA Alliance/Safety Chair Karen Mitchell:**

*As March celebrates Women in Construction, I am sharing this article from the Center for Construction Research and Training because it contains a wealth of resources for finding smart, attractive, and most importantly, protective PPE sized for women. Please contact me at [co-kem513@outlook.com](mailto:co-kem513@outlook.com) for more information.*

### CONSTRUCTION FOOTWEAR:

- [Carhartt Footwear Wellington Boot ASTM 2413-18 EH compliant](#)
- [Caterpillar ECHO Steel Toe Boots](#)



- [Chippewa Tinsley Black Insulated Steel Toe Work Boot L73050 ASTM F2413 compliant](#)
- [Thorogood 6" Lace-up Work Boot MaxWear Wedge 814-4203](#)
- [Fusion MT Safety Boot](#)
- [Carolina 1428 Women's Internal Met Guard Work Boots](#)
- [Various Work Boots and Shoes by Timberland](#)
- [Various Brands of Work Boots and Shoes at Ariat](#)
- [Various Brands of Work Boots and Shoes at Lehigh Outfitters](#)
- [Various Brands of Work Boots and Shoes at SafetyGirl](#)
- [Various Brands of Work Boots and Shoes at Steel-Toe-com](#)
- [Various Brands of Work Boots and Shoes at Quad City Safety, Inc](#)
- [Various Types of Work Boots and Shoes at Xena](#)
- [Various Brands of Safety-Toe Work Boots and Shoes at Grainger](#)
- [Various Brands of Work Boots and Shoes at Rockport Works](#)

## **CONSTRUCTION FOOTWEAR COLD CLIMATE ACCESSORIES:**

- [ThermaCELL ProFLEX Heated Insoles](#)
- [Tingley Winter-Tuff Ice Traction Spikes 12061](#)
- [Yaktrax Pro](#)
- [Heat Factory Women's Insole](#)

## **EAR PROTECTION:**

- [Radians Retail Custom Molded Earplugs](#)
- [Radians Lowset 21 Earmuff NRR 21 dB](#)
- [HexArmor accuFit Disposable Earplugs NRR 30 dB](#)
- [Various Brands at Northern Safety](#)

## **HARNESSES FOR PERSONAL FALL ARREST SYSTEMS:**

- [French Creek FRC01-872 Full Body Harness OSHA Compliant](#)
- [3M DBI-SALA ExoFit NEX 613M2016 Cross-Over Harness AS/NZS 1891 Compliant](#)
- [Honeywell Miller Full Body Harness Model E570 OSHA Compliant](#)
- [FallTech FT-One Fit Fully Body Harnesses OSHA Compliant](#)
- [Miller Women's Fall Arrest Harness E570 and E570-7 – ANSI A10.32, Z359.1 and CZA Z25 Compliant](#)

## **HARD HATS:**

- [MSA Hard Hats ANSI Z89.1 Type 1, Class E & G Compliant](#)
- [Bullard AboveView Helmet ANSI Z89.1 Type 1, Class E & G Compliant](#)
- [Bullard S51 - Standard Series Cap Style Helmet with Ratchet Suspension ANSI Z89.1 Type 1, Class E & G Compliant](#)
- [Various Brands at SafetyGirl](#)

## **HIGH VISIBILITY CLOTHING:**

- [3A SAFETY C3WIN5301 Jacket ANSI 107 Class 3 Compliant](#)
- [ERB SAFETY S720 Type R Vest ANSI 107 Class 2 Compliant](#)
- [GSS Safety Vest 7803/7804 Class 2 Compliant](#)

- [KISHIGO 1521 Type R Vest ANSI 107 Class 2 Compliant](#)
- [KISHIGO 1525/1526 Type R Vest ANSI 107 Class 2 Compliant](#)
- [KISHIGO Unisex Soft Shell Jacket JS144 ANSI 107 Class 3 Compliant](#)
- [Radians SVL1-2ZGD Type R Vest ANSI 107 Class 2 compliant](#)
- [MCR Safety LVCL2ML Type R Vest ANSI 107 Class 2 Compliant](#)
- [Utility Pro Full Zip Soft Shell Jacket UHV668 ANSI 107 Class 2 Compliant](#)
- [Utility Pro Parka UHV664 ANSI 107 Class 2 Compliant](#)
- [SeeHerWork Women's ANSI 107 Class 2 Safety Vest](#)
- [ERB W651 Type R Women's Soft Shell Safety Jacket ANSI 107 Class 2 Compliant](#)
- [Blaklader Women's Hi-Vis Softshell ANSI/ISEA 107-2015 Type R, Class 2](#)
- [S5021/S5022 HiVis Women's Black Series Heavy Duty Surveyors Safety Vest ANSI/ISEA 107 Type R, Class 2](#)
- [Portwest PW382 - PW3 Hi-Vis Women's Winter Jacket ANSI/ISEA 107 Type R Class 2](#)
- [Various Types of High Vis Clothes from Lino Safety Clothing Specialist](#)

## FLAME RESISTANT CLOTHING:

- [Carhartt FR Rugged Flex Coverall NFPA 70E and NFPA 2112 Compliant](#)
- [Carhartt FR Full Swing Quick Duck Jacket NFPA 70E and NFPA 2112 Compliant](#)
- [Carhartt FR Rugged Flex Relaxed Fit Canvas Work Pant NFPA 70E and NFPA 2112 Compliant](#)
- [Various FR Work Apparel by Bulwark](#)
- [Various FR Work Apparel by True North Gear](#)
- [Various FR Work Apparel by Lapco](#)
- [Various FR Work Apparel by Wrangler](#)
- [Various FR Work Apparel by Tyndale \(Includes maternity clothing options\)](#)
- [Various FR Work Apparel by National Safety Gear \(Includes maternity clothing options\)](#)

## SAFETY GLASSES AND GOGGLES:

- [Bouton Eva Petite Safety Glasses ANSI Z87.1+ Compliant](#)
- [Crews CR2 Safety Glasses ANSI Z87.1+ Compliant](#)
- [Delta Plus Avion Women's Safety Glasses ANSI Z87.1+ Compliant](#)
- [Radians Mirage Small Safety Eyewear ANSI Z87.1+ compliant](#)
- [Radians Micro Shooting Glass ANSI Z87.1+ Compliant](#)
- [Gateway Safety StarLite SM ANSI Z87.1+ Compliant](#)
- [Gateway Safety Scorpion SM ANSI Z87.1+ Compliant](#)
- [Pyramex I-Force Slim Dual Pane Goggles – H2X Anti-Fog Lens](#)
- [Indirect Vented Small Splash Goggles](#)
- [Various Safety Glasses by Girl Power at Work ANZI Z87.1+ Compliant](#)
- [Various Safety Glasses by Northern Safety](#)
- [Various prescription safety glasses options from RX safety](#)
- [Various options from CA Glasses](#)
- [Various welding goggle options from Charm and Hammer](#)

## SAFETY GLOVES:

- [SeeHerWork Women's Leather Work Gloves](#)
- [SeeHerWork Women's Impact Work Gloves](#)
- [Girl Power at Work GP8-611 Mechanics Glove](#)

- [Various Brands of Safety Gloves at SafetyGirl](#)
- [Various Brands of Safety Gloves at Radians](#)
- [Women's SteelWorker Welding Gloves](#)
- [Women's MIG Stick Welding Gloves](#)



**Note:** CPWR does not endorse any specific equipment or product. Many factors influence the effectiveness of PPE including maintenance and training, the appropriateness of the PPE for the task, and manufacturer instructions/requirements.

Users may also find it helpful to view videos on the [Safety Rack](#), a YouTube channel that posts reviews and experiences with PPE for women in construction. CPWR does not endorse this channel or its opinions.

# Rosie Run 5k



NAWIC  
The National Association of  
Women in Construction

Pikes Peak

Chapter 356

Presents

7th Annual

# Rosie Run 5K

June 8th

America The Beautiful Park  
126 Cimino Dr, Colorado Springs

Race Starts @ 8:30 am

Live DJ  
Vendors

Get info  
or Register  
to Run Here



For More Information on the Run,  
Sponsorship, Donations, and Silent  
Auction Visit



@NAWICPP356



# Rosie Run 5k



NAWIC  
The National Association of  
Women in Construction

Pikes Peak  
Chapter 356

## Silent Auction Items Wanted

For The

*7th Annual*

## Rosie Run 5K

June 8th

America The Beautiful Park  
126 Cimino Dr, Colorado Springs

For More Information on the Run,  
Sponsorship, Donations, and Silent  
Auction Visit



@NAWICPP356

or email [rosierun@nawic356.org](mailto:rosierun@nawic356.org)

# 2024 Rosie Run Sponsorship Levels

## **Platinum Sponsorship – 1 Available - \$2,500.00 – Deadline of May 4, 2024**

Exclusive Water cup sponsor – Your company logo will be printed (single color only) on 100+ disposable water cups and be available to participants at the 3 water stations along the 5K course route. Optional: Send 6 of your company volunteers to man the 3 water stations along the 5K course. If no company reps will be there, then volunteers will be provided to man these water stations.

A 10' x 10' Vendor booth near the start/finish line – must provide your own shade cover, table and chairs

*Please note: No Camping/Tent stakes are allowed per COS Park & Rec Rules*

A 2' x 6' Company Banner to be displayed at the start/finish line (you may provide your own banner or give us art to print a banner for you)

Company logo on back of all participant T-shirts (printed in black approximately 7" wide x 3" tall)

Two promotional or informational items to be added into VIP Swag Bags – provide 75 of your item(s)

6 complimentary VIP participant registrations - (must provide names and T-shirt sizes for each participant)

## **Diamond Sponsorship – 1 Available - \$1500.00 – Deadline of May 4, 2024**

A 2' x 4' Company Banner to be displayed at the start/finish line (you may provide your own banner or give us art to print a banner for you)

A 10' x 10' Vendor Booth near the start/finish line – must provide your own shade cover, table and chairs

*Please note: No Camping/Tent stakes are allowed per COS Park & Rec Rules*

Company logo on back of all participant T-shirts (printed in black approximately 4" wide x 1.5" tall)

Swag bags for VIP participants – company logo and NAWIC logo printed on all bags in one color

Up to 3 promotional or informational items to be added into VIP Swag Bags – provide 75 of your item(s)

4 complimentary VIP participant registrations (must provide names and T-shirt sizes for each participant)

## **Gold Sponsorship – 3 Available - \$1000.00 – Deadline of May 4, 2024**

A 2' x 4' Company Banner to be displayed at the start/finish line (you may provide your own banner or give us art to print a banner for you)

A 10' x 10' Vendor Booth near the start/finish line – must provide your own shade cover, table and chairs

*Please note: No Camping/Tent stakes are allowed per COS Park & Rec Rules*

Company logo on back of all participant T-shirts (printed in black approximately 4" wide x 1.5" tall)

Two promotional or informational items to be added into VIP Swag Bags – provide 75 of your item(s)

4 complimentary VIP participant registrations (must provide names and T-shirt sizes for each participant)

## **Silver Sponsorship – 6 Available - \$500.00 – Deadline of May 4, 2024**

A 10' x 10' Vendor Booth near the start/finish line – must provide your own shade cover, table and chairs

*Please note: No Camping/Tent stakes are allowed per COS Park & Rec Rules*

Company logo on back of all participant T-shirts (printed in black approximately 2" square)

One promotional or informational item to be added into VIP Swag Bags – provide 75 of your item

2 complimentary VIP participant registrations (must provide names and T-shirt sizes for participant)

## **Bronze Sponsorship – 9 Available - \$250.00 – Deadline of May 18, 2024**

A 10' x 10' Vendor Booth near the start/finish line – must provide your own shade cover, table and chairs

*Please note: No Camping/Tent stakes are allowed per COS Park & Rec Rules*

Company name (no logo) on back of all participant T-shirts (printed in black)

One promotional or informational item to be added into VIP Swag Bags – provide 75 of your item

1 complimentary standard participant registration

## **Vendor Booth Only - \$75.00 – Deadline May 18, 2024**

A 10' x 10' Vendor Booth near the start/finish line – must provide your own shade cover, table and chairs

*Please note: No Camping/Tent stakes are allowed per COS Park & Rec Rules*

Email: [RosieRun@nawic356.org](mailto:RosieRun@nawic356.org)



# WIC Week

## WIC Week Recap:

Thank you to everyone who celebrated WIC Week with us from March 3rd-9th. Another great WIC Week in the books for the Pikes Peak Chapter.

Our Fill the Bag clothing fundraiser had over 65 attendees and raised over \$1,600 for the chapters general fund! At the end of the event, over 50 bags of clothes were donated to The Place- a nonprofit that supports homeless youth.

Thank you to everyone who donated, attended, and volunteered & Huge thank you to Double M Concrete for sponsoring this event!



Our Crafting Night mixer was a huge success! We have over 35 ladies in attendance, over half being guests. We all crafted, snacked, and socialized to celebrate this important week.

Thank our WIC Week sponsors again for all their support: Double M Concrete, Elder Construction, Herring Bank, Olson Plumbing and Heating, and Vantage Homes!!!

Until next year!

-Grace Houston, WIC  
Week Chair





# Southern Colorado Construction Career Days



## Registration is OPEN

**Mark your calendars, September 12, 2024!!**

### Activity Provider

Set up a “Hands On” Activity for the students to participate in which represents a career area: architecture engineering, building crafts/trades, highway construction, information on training/ education programs or management.

### Group Leader

Group Leaders will be assigned 8-10 students and given a schedule to accompany them as they participate in activities throughout the day. There will be an orientation meeting prior to the students arriving to go over procedures.

### Sponsor Contributions

Please consider being a sponsor for the 2024 Event. We could not do this event without the support of our sponsors.



Visit our website for more information [www.sococareerdays.com](http://www.sococareerdays.com)





# 356 Swag Store

Did you know you can order NAWIC Pikes Peak Chapter 356 Swag!!!

## PERFORMANCE TEES



Badger B-Core Long Sleeve Tee

\$29.95



Badger B-Core Ladies Long Sleeve Tee

\$29.95

## SHORTS



Under Armour Women's 3.5" Knit Shorts

\$42.95

## HOODIES



Under Armour Women's Hustle Fleece Hoody

\$63.95



Russell Dri-Power Fleece Hoodie

\$48.95

## CASUAL TEES



Augusta Ladies Lux Tri-Blend Long Sleeve Shirt

\$30.95



Augusta Tri-Blend Long Sleeve Crew

\$29.95



BELLA+CANVAS® Unisex Jersey Long Sleeve Tee

\$28.95



Augusta Tri-Blend T-Shirt

\$25.95

## PULLOVERS



Under Armour Men's Armour Fleece Storm Crew

\$60.95



Under Armour Men's Team Tech Long Sleeve 1/4 Zip

\$54.95

## PANTS



Under Armour Women's Hustle Fleece Pant

\$53.95

## POLOS



Augusta Ladies Shadow Tonal Heather Polo

\$41.95

## ACCESSORIES



Vasco 32oz Stainless Steel Bottle

\$25.95



Port Authority Stadium Seat

\$37.95

[Order Now](#)

# *National/Regional News*

Are you a Tradeswoman?  
Are you an ally of Women on the Tools?



JOIN THE

NAWIC

The National Association of  
**Women in Construction**  
TRADESWOMEN COMMITTEE

for our next Zoom Webinar!  
Every First Thursday of the Month

REGISTER TODAY AT [NAWIC.ORG](https://www.nawic.org)  
& scroll down to NAWIC events



# ***National/Regional News***

## **Tradeswomen Committee Webinar Schedule 2023 – 2024**

All Zoom meetings will be on the **FIRST THURSDAY** of the month.

**at 2:30pm Pacific, 3:30pm Mountain, 4:30pm Central, 5:30pm Eastern**

**April 4, 2024** – Sexual Harassment / Assault Awareness Month (Erica to get speaker)

**May 2, 2024** – Mental Health / Suicide Awareness

**June 6, 2024** - Public Informal Social Meet-Up – Tradeswomen Forum  
(Open to Non-Members)

**\*\*July 11, 2024**—(First Thurs. is Independence Day) – Working in the  
Trades & Stress Management while being a Caregiver (Ally Jencson, may-  
be others)

**August 1, 2024** – Leadership & Mentoring Keys to Success

**September 5, 2024** – Safety & Sanitation / OSHA Updates with Marjorie  
Del Toro, ehs, Inc. and Kathi Dobson, Alberici Constructors

Chair, Erica Braxton, [erica.braxton@gmail.com](mailto:erica.braxton@gmail.com) 908-875-6000 cell

Co-Chair, Della Ray, [Della.rayyy@gmail.com](mailto:Della.rayyy@gmail.com) 701-269-2019 cell

Co-Chair, Allison “Ally” Jencson [ally@girderskirts.com](mailto:ally@girderskirts.com) 719-659-6618 cell

# National//Regional News



## Contact

### Phone

719-659-6618

### Email

ally@girderskirts.com

### Address

4127 Anvil Dr Colorado  
Springs CO 80925

## Expertise

- communication
- leadership
- public speaking
- networking
- team building
- coaching

## Accolades

- 2022-23 NAWIC Executive Spotlight Award
- 2021 Don Brown Entrepreneur Award, Southern CO Women's Chamber of Commerce
- 2020-23 Chair, NAWIC National Tradeswomen Committee
- 2020-22 President NAWIC Pikes Peak 356



**Pacific Southwest** Region

## ALLISON "ALLY" JENCSON

SHE / HER / HERS

### CANDIDATE STATEMENT

#### 2024-2026 PACIFIC SOUTHWEST REGION DIRECTOR

Through my 9+ years as a NAWIC member, I have discovered that my passion is empowering other women to reach for their fullest potential. I have developed this passion into a skill. This skill has been used in serving 2-terms as chapter president and serving as regional and national committee chairs. I am currently serving as a co-chair for the National Tradeswomen Committee, which I helped form in 2022-2023, and PSW Region Tradeswoman Committee chair.

My platform as a Pacific Southwest Region Director candidate is "Better Together". I am a strong believer in the power of collaboration. Our Association leadership needs to be open to collaboration with our members. Our collective voices are the catalyst for change in our industry. As PSW Director, I will work hard for the women of my region, be their voice at the National level, and drive changes that make us Better Together.

Sincerely,

Allison "Ally" Jencson  
President, Frontline Floor Coatings  
Founder, Girder Skirts



# 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](#)



THE  
OFFICIAL  
PODCAST  
of

**NAWIC**  
The National Association of  
**Women in Construction**



## Podcasts

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



*"It gets worse - there's no toilet paper."*



# NAWIC PNW & PSW Regions Joint Forum

## Na Wahine in Construction Unite!

### SPRING FORUM 2024



MAY 8-10



**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

\$300.00 + \$9.00 service fee

#### Add-ons Available!

- \* Welcome Party – Guest Ticket (+\$65.00)
- \* Breakfast – Guest Ticket (+\$35.00)
- \* Lunch – Guest Ticket (+\$50.00)
- \* Banquet – Guest Ticket (+\$95.00)

- \* Luau with 2 drink tickets, dinner and a show (+\$175.00)
- \* Saturday: Bus Tour Around the Island, 7am-5:45pm (54 max capacity) (+\$85.00)
- \* Wednesday: Skyline Light Rail System Tour, 8:30am-12pm, lunch included (40 max capacity) (+\$35.00)
- \* Wednesday: Lei Making (40 max capacity) (+\$25.00)

[Click to Register](#)





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 \$2,000.00 - 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 **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 (\$250.00 for each event).
- Build It Up **Silver** 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 **Bronze** - \$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](mailto:president@nawic356.org) or visit our chapter website, [www.nawic356.org](http://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 company logo to [info@nawic356.org](mailto: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 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](mailto:treasurer@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: \_\_\_\_\_



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](mailto: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?





## Last Chance to Order!

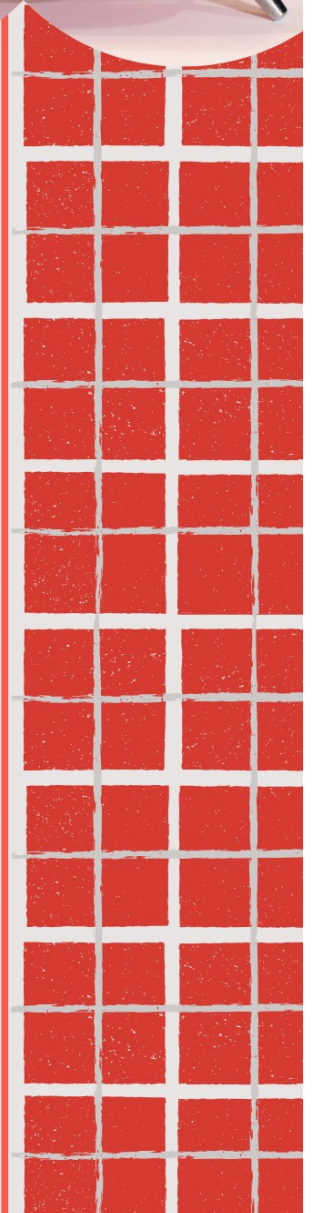
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on our awesome  
shirts.**

DUE TO RISING  
PRODUCTION COSTS,  
THESE SHIRTS ARE BEING  
DISCONTINUED.

THE LAST DAY  
TO ORDER IS  
**MARCH 15, 2024!**



[www.myteeshirtcompanies/girdershirts](http://www.myteeshirtcompanies/girdershirts)





## BRONZE SPONSORS



VANTAGE  
HOMES



*Relationships for a Lifetime*

## SILVER SPONSORS



## **SILVER SPONSORS**



**Engineers / Architects**



# PLATINUM SPONSOR



## Residential • Commercial Post-Tensioned Concrete

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- Decorative concrete
- Stamped and colored concrete
- Paving and curbing
- ADA and loading ramps
- Pre-stressed structural slabs



**Double M Concrete LLC**

[doublemconcrete.com](http://doublemconcrete.com)

719-686-7482

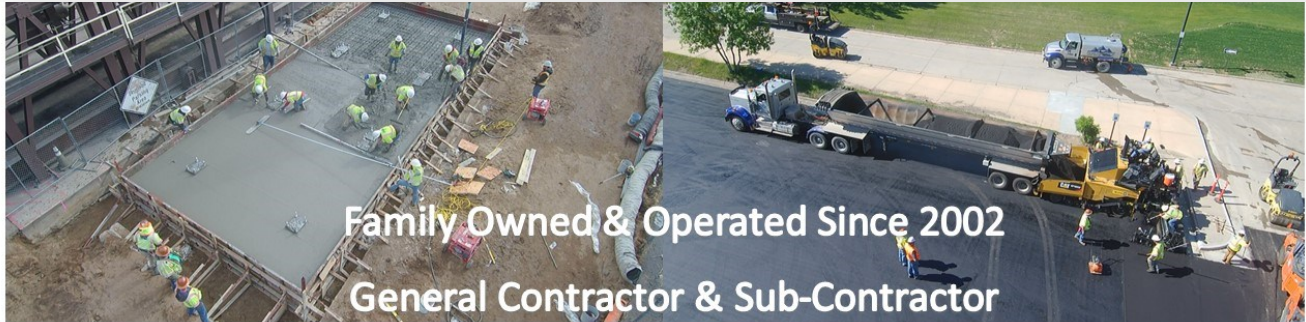
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& Insured





# PLATINUM SPONSOR



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Rough Grade  
Fine Grade  
CTS  
Soil Stabilization

## Concrete

Curb & Gutter  
Flatwork  
Slab on Grade  
Decorative

## Asphalt

Paving  
Patching  
Seal Coat  
Crack Seal  
Milling

## Trucking

Low-Boy  
End Dump  
Belly Dump  
Tandem  
Retail  
Aggregate



3075 Janitell Road, Suite 200, Colorado Springs, CO 80906

719-576-7600 \* [www.PyramidConstructionInc.com](http://www.PyramidConstructionInc.com) \* [info@pyramidconstructioninc.com](mailto:info@pyramidconstructioninc.com)



# PLATINUM SPONSOR



**ELDER**  
**C O N S T R U C T I O N**



# Advertise in the 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



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**Pikes Peak**

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