July 2024 Centerline

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



Pikes Peak Chapter 356

INSIDE THIS ISSUE

- 1 President's Message/ Events
- 2 Standing Committees/Chapter Functions/Special Committees/Board
- 3-9 Membership Announcements
- **10-14 Committee Announcements**
- 15 Education Corner
- 16 NAWIC Today and Career Center
- 17 Construction Humor
- 18 National Conference Info
- 19 PSW Fall Conference
- 20 PSW Spring Forum
- 21-22 Sponsorship Forms
- 23 Social Media Form
- 24-30 Build It Up Sponsors/Ads

"Maximum effort!" -Deadpool

Events

06/20/2024 Membership Meeting
07/18/2024 Hardhat Tour
07/18/2024 Membership Meeting
08/01/2024 Board Meeting
08/14-08/17/2024 Annual Conference
08/22/2024 Membership Meeting
09/05/2024 Board Meeting

09/19/2024 Installation & Awards

Hello NAWIC Sisters,

I'm so happy that 24 of you made it to the Chapter Election member meeting. Congratulations to the 2024 -2025 Pikes Peak Board of Directors:

President: Samantha Walter with Bryan Construction

Vice President: Elysa Matthews with Timberline Landscaping

Secretary: Jennifer Zezlina with Fort Carson Directorate of Public Works

Treasurer: Jessica O'Connell with Pyramid Construction Inc.

Directors: Ashley Stoever with Timberline Landscaping, Gina Green with Granite Engineering Group, Karla Greeley with Razorback Roll-Off, and Naomi Kid with Western States Fire Protection

Immediate Past President: Kristen Ibarra with RMG – Rocky Mountain Group

Don't forget to register for the Hard Hat Tour and Member Meeting on July 18. We get to visit the Ford Amphitheater. I'm excited as I already have tickets to the Pepper & Iration concert in August.

I am hosting another NAWIC 101 session at Bourbon Brothers in the Library Room on Tuesday, July 23rd at 5:30 pm. I will have handouts but this will be a Q&A session and very informal. We will enjoy food and drinks as we discuss NAWIC and what we do. Everyone will be responsible for their own meal. We can have a total of 24 people in the room so invite your coworkers and friends in the industry.

The Summer Olympics start this month! You will find me watching artistic swimming (aka synchronized swimming), gymnastics, surfing, and volleyball.

Go Team USA!

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

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

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

Chapter Functions

Historian – Kristen Ibarra, CDT 719-203-3323 <u>kibarra@rmg-engineers.com</u>

Website – Samantha Walter 719-635-0902 info@nawic356.org

Parliamentarian – Karen Mitchell, CBT, CIS, CIT719-686-7482CO-kem513@outlook.com

Centerline Editor – Jessica O'Connell 719-310-4848 joconnell@pyramidconstructioninc.com

Board 2023-2024

President

Kristen Ibarra, CDT

kibarra@rmg-engineers.com

President Elect

Samantha Walter

samanthawalter719@gmail.com

Vice President

Elysa Matthews

ematthews@timberlinelandscaping.com

Recording Secretary

Jennifer Zezlina, RA

jenzezlina@yahoo.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 • <u>kibarra@rmg-engineers.com</u>

CAD Competition — Amy Christiansen • 719-203-3340 • <u>achristiansen@tms-companies.com</u>

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

Community Outreach — Samantha Walter • 719-649-2739 • samanthawalter719@gmail.com

DE&I—Joy Griffin • 303-993-9001 • joy@sadlergriffin.com

Fundraising - Amy Christiansen & Jessica O'Connell • 719-310-4848 • fundraising@nawic356.org

OSHA Alliance/Safety - Greta Brisk • 719-686-7482 • gbrisk@aprestoration.com

Rosie Run 5K Committee – Jennifer Zezlina, RA & Joy Griffin • 808-348-5028 • rosierun@nawic356.org

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

Scholarship (NFSF) - NEED CHAIR • ***-**-*** •

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

WIC Week - Elysa Matthews • 719-491-2120 • ematthews@timberlinelandscaping.com

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

2024 July Centerline

Page 3

Membership anour ements



Click to Register

Membership

mouncement



NAWIC Pikes Peak Chapter 356-July Membership Meeting

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

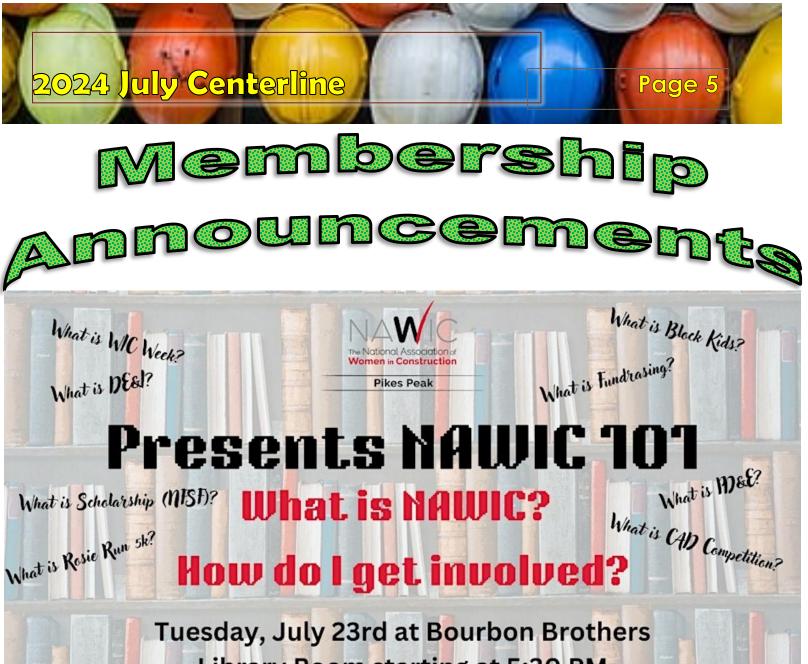
Hosted at El Padrino Mexicano, this gathering promises to be a fantastic opportunity to connect with fellow professionals in the construction industry where you can network, share ideas, and get involved in the chapter.

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 - July Membership Meeting!

Do you need assistance paying for membership meetings? We have members willing to assist. Reach out to the President, Kristen Ibarra at president@nawic356.org or kibarra@rmg-engineers.com.





Library Room starting at 5:30 PM

NAWIC Pikes Peak Chapter 356 - NAWIC 101

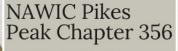
Join us for NAWIC 101 at Bourbon Brothers Smokehouse & Tavern! Hosted by our Chapter President, Kristen Ibarra, CDT, she will have handouts but this will be a Q&A session and very informal. We will enjoy food and drinks as we discuss NAWIC and what we do. Everyone will be responsible for their own meal. We can have a total of 24 people in the room so invite your coworkers and friends in the industry.

Whether you're new to NAWIC or a seasoned pro, this event is perfect for networking, learning, and having a great time with fellow construction industry professionals. Don't miss out on this opportunity to connect with like-minded individuals and expand your knowledge of the industry. See you there!

Click to Register

Membership

mouncement:



Thursday, August 22nd, 2024 @ 5:30 pm

August Membership Meeting

Our Guest speakers will be life coach Casey Martin. She will share how she turned her lifelong mission and career in helping empower others to see their true potential, achieve their goals and create meaningful change. Casey will also chat about Confidence and Empowered Choices.

- 5:30 6:00 pm Networking and dinner.
 - Each person is responsible for the cost of their own meal
- 6:00 pm Presentation to begin promptly at 6:00 pm
- 6:30 pm Business meeting to follow
- Location: Chuy's 9297 Forrest Bluffs View Colorado Springs, CO 80920

*Please RSVP via Eventbrite by Monday, August 19th, 2024, at noon.



NAWIC Pikes Peak Chapter 356-August Membership Meeting

Join us for an exciting evening at the NAWIC Pikes Peak Chapter 356 August Membership Meeting! This in-person event will take place on Thursday, August 22nd, 2024, starting at 5:30 (Mountain Daylight Time).

Hosted at Chuey's, this gathering promises to be a fantastic opportunity to connect with fellow women in the construction industry where you can network, share ideas, and learn more about the chapter.

Our Guest speaker will be life coach Casey Martin. She will share how she turned her lifelong mission into a career in helping empower others to see their true potential, achieve their goals and create meaningful change. Casey will also chat about Confidence and Empowered Choices.

Whether you're an experienced member or new to the construction industry, 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 - August Membership Meeting!

Do you need assistance paying for membership meetings? We have members willing to assist. Reach out to the President, Kristen Ibarra at president@nawic356.org or kibarra@rmg-engineers.com.

Click to Register

Membership

anouncement:



2024 Installation and Award Ceremony

NAWIC Pikes Peak Chapter 356 will be hosting our EMPOWER YOU 2024 Installation & Awards Ceremony on Thursday, September 19th from 5:30pm - 8:30 pm. Our event will be held at The Margarita at Pine Creek, located at 7350 Pine Creek Rd., Colorado Springs, CO 80919.

This is a semi-formal event; therefore, we ask that those attending do not wear jeans. Please and thank you!

We will be celebrating the Chapter's success of the 2023-2024 year as well as installing the new board for the upcoming 2024-2025 term. Lots of things to celebrate and to look forward to!

Please RSVP to Eventbrite by Friday, September 13th at noon. Please register for the event and RSVPs for any guests you will have in attendance. We will be charging \$25 per person, and we request only members and a +1 guest such as a significant other, single child, parent, etc. sign up to attend. We look forward to celebrating with you!

Do you need assistance paying for membership meetings? We have members willing to assist. Reach out to the President, Kristen Ibarra at president@nawic356.org or kibarra@rmg-engineers.com.



Membership anouncement:

Gina G. - 1 year

Granite Engineering Group.



Pikes Peak

Membership anouncements

Please help us welcoming our newest/returning members:

Joy Griffin

Dena Hindi

With these ladies membership,

we are now

51 members!!

Remember to tell your friends!

Follow us on Facebook, Instagram, and LinkedIn.







NAWIC Pikes Peak 356 Quarterly Community Outreach

AWIC Pikes Peak 356 Quarterly Community Outre

(April – June 2024)

We're still collecting school supplies to benefit The Hanger, a program of CASA of the Pikes Peak Region, for their annual back-to-school party for teens in foster care. Here is a list of the items that they are in need of.

- Paper College and wide ruled. Filler paper, spiral notebooks, and composition books.
- Pens (black and blue) and Mechanical Pencils (they have a tone of regular #2 pencils)
- Folders with fun designs on them

TEAMWORK PERSON

CONTRIBUTION ASSISTED

- Crayons (24 pack) and Markers (10 packs, thin and thick)
- Pencil cases or pouches fun designs, styles, and colors
- 1" and 1.5" 3-ring binders Colorful and/or with designs are ideal

Teens really enjoy FUN school supplies! Look for items that are pretty, trendy, and/or have designs on them, for boys and girls, ages 13-18. Please make arrangements for your school supply donation with Samantha, have your online orders sent directly to Bryan Construction if they will arrive by July 11, or bring your donation to the drop off to the Hanger on July 12.

The chapter will be making one big donation of all items collected on July 12, 2024 at 11:30 am. Please email Samantha at samanthawalter719@gmail.com if you would like to help with the drop off. Feel free to share this donation opportunity with everyone that you know!

Community Outreach Committee – Samantha Walter, Jessica Swinchoski, Jennifer Zezlina, and Elysa Matthews.





HA Alliance/Saff

August 2024

By Greta Brisk, Chapter Safety Chair

Protect Your Vision, See Clearly, Work Safely!

Let's shed some light on a crucial aspect of on-site safety, your eyes! Thousands of people are blinded each y from work-related eye injuries that could have been prevented with the proper selection and use of eye and protection. OSHA requires employers to ensure the safety of all employees in the work environment. Eye and f protection must be provided whenever necessary to protect against chemical, environmental, radiological or

Wear Proper Eyewear- Invest in high-quality safety detect and address any vision issues. Healthy vision is glasses or goggles that provide the necessary protec- crucial for on-site precision and overall well-being. tion against impact and debris. Ensure they meet AN- Clear vision ensures a job well done! SI standards for construction site use.

UV Protection- The sun's UV rays are as relentless as your work ethic. Choose safety eyewear with built in UV protection.

Eye Wash Station- Know the location of eye wash stations on-site. In case of accidental exposure to debris or chemicals.

Educate and Encourage- Spread the word about the importance of eye safety. Encourage your colleagues to prioritize the protection of their vision and create a culture of safety together.

Regular Eye Exams- Schedule regular eye exams to



Unique Challenges for Women- Significant advancements have been made to make Personal Protective Equipment more accessible for women. The International Safety Equipment Association (ISEA) reports that many employers now provide a full range of sizes for PPE and that "PPE fit should be communicated in a way that a worker can understand their size, and the employer must make the effort to purchase the sizes needed, no matter the quantity."[9]

osha Alliance/Safety

OSHA is proposing to revise its PPE standard in construction to explicitly require that the equipment must fit properly. (Personal Protective Equipment in Construction, Proposed Rule, 88 Fed. Reg. 46706). Properly fitting PPE is a critical element of an effective occupational safety and health program. PPE must fit properly to provide adequate protection to employees. Improperly fitting PPE may fail to provide any protection to an employee and may present additional hazards." [7]

The OSHA standards related to PPE in the construction industry (29 CFR 1926) include: 1926 Subpart C - General Safety and Health Provisions; 1926 Subpart E - Personal Protective and Life Saving Equipment; 1926 Subpart M and 1926 Subpart P — Excavations. (See Safety and Health Topics/PPE/Construction/OSHA Standards).

Best Practice: In addition to compliance with the OSHA regulations, whenever employers are required to purchase PPE, they should purchase these items in size ranges suitable for women. Employers should maintain a directory of PPE manufacturers and suppliers on hand, identify a wide selection of size ranges for PPE, keep appropriate size ranges in stock, and ensure direct accessibility, as required. Remember: One size does not fit all!

Additional Resources:

- U.S. Department of Labor, Occupational Safety & Health Administration (OSHA). (n.d.). <u>Safety and Health Topics</u>, <u>Personal Protective Equipment</u>. <u>Retrieved from: https://www.osha.gov/personal-protective-equipment</u>
- U.S. Department of Labor, Occupational Safety and Health Administration (OSHA).(2023). Personal Protective Equipment. Online Publication: OSHA 3151-02R 2023. Retrieved from: https://www.osha.gov/sites/default/files/publications/osha3151.pdf
- Personal Protective Equipment in Construction, Proposed Rule, 88 Fed. Reg. 46706. (July 20, 2023).
 Personal Protective Equipment, OSHA 3151–12R, 2004. Retrieved from: https://www.federalregister.gov/documents/2023/07/20/2023-15285/personal-protective-equipment-in-construction
- U.S Department of Labor, Occupational Safety and Health Administration, Directorate of Science, Technology and Medicine Office of Science and Technology Assessment. (2011). Suspension Trauma/Orthostatic Intolerance. Safety and Health Information Bulletin. SHIB 03-24-2004, updated 2011. Retrieved from: https://www.osha.gov/sites/default/files/publications/shib032404.pdf

Page 13

Southern Colorado Construction Career Days





Registration is OPEN Mark your calendars, September 12, 2024!!

Activity Provider

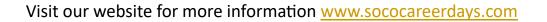
Set up a "Hands On" Activity for the students to participate in which represents a career area: architecture engineering, building crafts/trades, highway construction, information on training/education programs or management.

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.



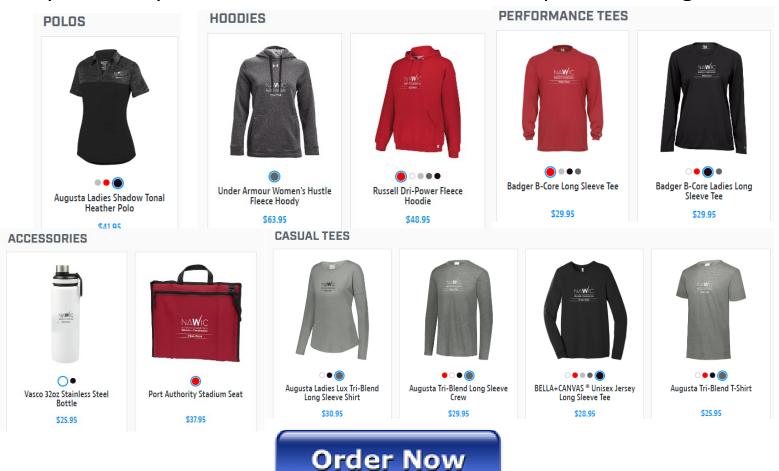


Our next book for 2024 is *The Miracle Morning by Hal Elrod*. There is a journal and phone app available for those who are interested. If anyone chooses to use either, we can talk about them at the meetings. The entire book is 227 pages — a total of twelve chapters. For June, let's get through Chapter 4, July will be through Chapter 8, and we will complete the book in August. Because I know the summer months are hectic for all of us, I am taking this book a bit slower.

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



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



Educational Corner

LORMAN WEBINARS

Check them all out **HERE!**

NEF RESOURCES

Check out the awesome website with all the education updates and recourses HERE!

Upcoming National Webinars

NAWIC Blog









Podcasts



The Connection

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/jobs/

Construction Humor



69th Annual Conference



Aug. 14-17, 2024 Houston, TX

We invite you to NAWIC's 2024 Annual Conference in Houston, TX August 14th to the 17th 2024. You won't want to miss this! Here's what you have to look forward to:

Education:

This year we want to stress the importance of education for our members, so we will have a NAWIC Education Foundation (NEF) CDT Course bootcamp and testing for certification, as well as Continuing Education Credits available to attendees. Our three education tracks will focus on the industry's field workers, office workers, and Career and Leadership advancements. NAWIC members will also have a track specific to the Association.

To take an extra step to reach the next generation, we will be holding a school supply donation drive to give back to the students and teachers in the local Houston school districts. Each person who donates school supplies will receive a raffle ticket for a chance to win a special raffle prize! If you are unable to attend the conference but would still like to participate in the donation drive and raffle, we will provide an Amazon link that will allow you to donate online to be entered in the raffle electronically. The last day to donate electronically will be Thursday, July 18.

Networking:

Each year, we see hundreds of women and men in the construction and trades industry come together for a chance to learn and network with each other. Each day will provide endless opportunities to network and meet new people at events like our luncheons and gala, as well as our wellness events. This year we are partnering with Kelly Lynch Feldkamp at ProVention Plus, a women-owned family business that specializes in injury prevention on and off the jobsite. Kelly will be holding movement breaks to teach people the proper way to prepare and stretch on the jobsite and its importance.

Awards:

Here at NAWIC we love to recognize the women in our organization and the construction industry. This year we will have two luncheons, one to highlight our NAWIC committees with committee awards and one to give out our Industry awards. Join us for a night of celebration for all the amazing women in our industry at the Friday night gala where we will be hosting the NAWIC and NEF Installations along with our Member, Future Leader and Lifetime Achievement awards. Come in your best attire and join us at the after-party!

Mentoring:

This year we have so many amazing keynote speakers who will be there to share their own perspectives on various topics related to leadership, wellness, confidence in the industry, and much more. Jobsite tours are another great learning experience we are providing again this year along with skills labs, such as a dry wall tutorial, construction career camps, and much more.

We look forward to seeing you this summer!

Karen Hager, CBT, CIT, ESP NAWIC National President Click to Register



PSW Fall Conference



SAVE THE DATE AND CELEBRATE
PSW FALL CONFERENCE VINTAGE VEGAS STYLE!

For the Mind. For the Body. For the Community.









PSW Spring Forum



Embassy Suites by Hilton Scottsdale Resort

5001 N. Scottsdale Road Scottsdale AZ 85250

Rooms \$189 | 14.02% Occupancy Tax | \$15 Resort Fee Complimentary Breakfast Complimentary Evening Reception Scan to book your room!





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 <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 \$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:	2	
Company website:		
Contact Name:		
Contact Email address:		
** Please email your	company logo to info@nawic356.org **	
Sponsorship Level Selected:		
Platinum \$2,000.00 Gold \$1,5	500.00 Silver \$1,000.00 Bronze \$500.00	
	be applied to the following chapter events: tinum, Gold, or Silver sponsorship and one chapter event for	<u>ja</u>
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 donatio event(s):	on of 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 t	to treasurer@nawic356.org (*3.5% convenience fee applie	s):
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: include political/religious 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?

BRONZE SPONSORS





Relationships for a Lifetime

Page 25

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SILVER SPONSORS



Engineers / Architects

PLATINUM SPONSOR



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- Patios
- Sidewalks
- Driveways
- · Stained concrete
- · Decorative concrete
- Stamped and colored concrete
- Paving and curbing
- ADA and loading ramps
- Pre-stressed structural slabs









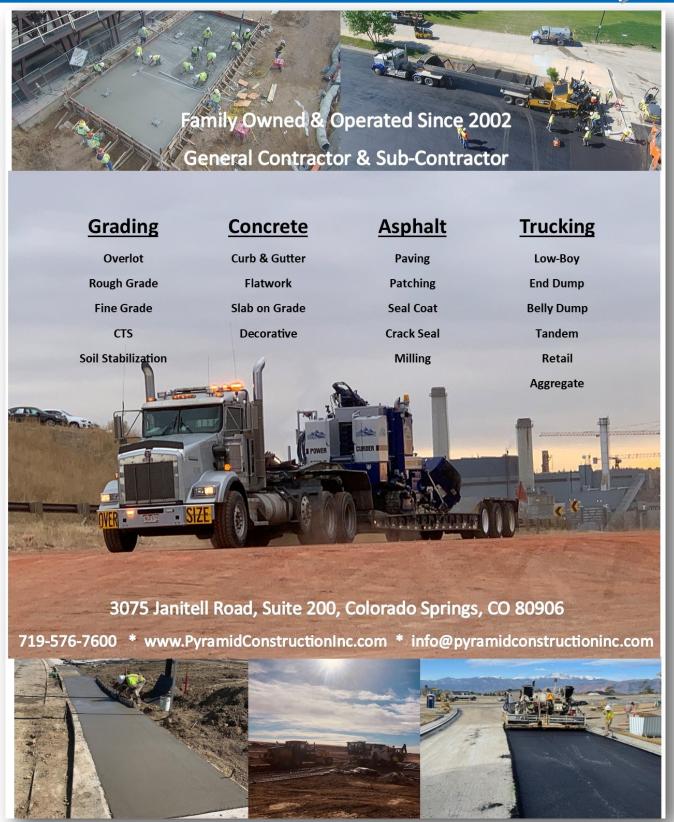


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PLATINUM SPONSOR



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



Pikes Peak