# August 2024 Volume 93

# August 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
- 3-8 Membership Announcements
- 9-13 Committee Announcements
- **14 Education Corner**
- 15 NAWIC Today and Career Center
- **16 Construction Humor**
- 17 PSW Fall Conference
- **18 PSW Spring Forum**
- 19-20 Sponsorship Forms
- 21 Social Media Form
- 22-29 Build It Up Sponsors/Ads

"The only was to survive to have a sense of humor"
-Bob Newhart

### **Events**

08/14-08/17/2024 Annual Conference

08/22/2024 Membership Meeting

09/05/2024 Board Meeting

09/19/2024 Installation & Awards

10/03/2024 Board Meeting 10/24/2024 Membership Meeting Hello, Pikes Peak 356,

I want to take this time to thank the membership for your patience. I feel as if I have dropped the ball quite a few times recently. Y'all have never held it against me or made me feel lesser than. You have done nothing but understand and send me positive vibes. I know I only have a couple of short months left but I will do my best to make them great.

Be sure to thank Karla Greeley for the wonderful hard hat tour and meeting at El Padrino. I'm excited to see us branching out with new locations. Our directors are always looking for new places, so if you have suggestions please use the comment box at the membership meetings or send them an email at directors@nawic356.org. We want spaces all over town so send them leads.

Speaking of the comment box, we want your feedback. We want to be a chapter for the membership. We can only do that if you provide feedback so we can implement change. If you want to see a new committee, if you have ideas for a certain committee, would changing meeting times be helpful, if you want to see more networking events, if you want to team with another association, etc. tell us. We will discuss new ideas.

You are all welcome at the board meetings. Join us to see what goes on, how we discuss topics, what we want more information about, and see if it is something you want to be a part of.

I hope to see you all at the August Membership meeting. Our speaker was once a high school cheer-leader that I coached. This may make you want to ask so many more questions!

See you soon,

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, CIT 719-686-7482 <u>CO-kem513@outlook.com</u>

**Centerline Editor** – Jessica O'Connell 719-310-4848 <u>joconnell@pyramidconstructioninc.com</u>

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 • <a href="mailto:nrkidd4ppc356@outlook.com">nrkidd4ppc356@outlook.com</a>

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** — Angelique Kallio, CIT • 719-532-9988 • <u>angeliqueK@tms-companies.com</u>

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

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

Fundraising – 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 • rosierun@nawic356.org

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

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

Strategic Planning – Allison "Ally" Jencson • 719-659-6618 • ally@flfloorcoatings.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

nouncement



# 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!

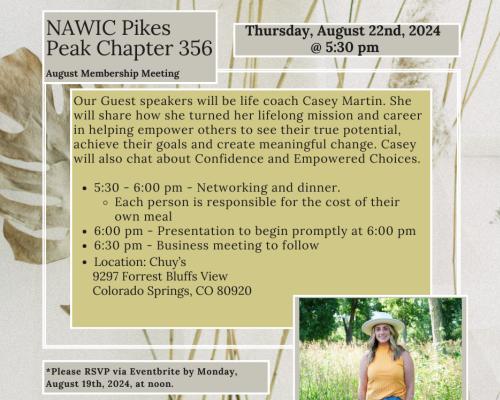
Do you need assistance paying for membership meetings? We have members willing to assist. Reach out to the President, Kristen Ibarra at president@nawic356.org or kibarra@rmg-engineers.com.





# Membership

mouncement



# 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 <a href="mailto:president@nawic356.org">president@nawic356.org</a> or <a href="mailto:kibarra@rmg-engineers.com">kibarra@rmg-engineers.com</a>.

Click to Register

2024 July Centerline Page 5

# Membership nouncemen



# NAWIC Pikes Peak Chapter 356 - 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 <a href="mailto:president@nawic356.org">president@nawic356.org</a> or <a href="mailto:kibarra@rmg-engineers.com">kibarra@rmg-engineers.com</a>.

Click to Register

2024 July Centerline Page 6

# NAWIC Pikes Peak Chapter 356 October Membership Meeting Thursday October 28th, 2021

Our guest speaker will be Rick Baker with the Becky Baker Foundation, a foundation he launched a month after his wife's passing, to provide awareness and free mammogram screenings to women who cannot afford it in the US.

- · 5:30 6:00 pm Networking and dinner. This event will be catered.
- 6:00 pm Presentation to begin promptly at 6:00 pm
- · 6:30 pm Business meeting to follow

### Location:

Timberline Landscaping 8110 Opportunity View Colorado Springs, CO 80939

\*Please RSVP via Eventbrite by Monday, October 21st, 2024, at noon.



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

Join us for an exciting evening at the NAWIC Pikes Peak Chapter 356 October Membership Meeting! This in-person event will take place on Thursday, October 24th, 2024, starting at 5:30 (Mountain Daylight Time).

Hosted at Timberline Landscaping, this gathering promises to be a fantastic opportunity to connect with fellow professionals in the construction industry. Network, share ideas, and learn about the Becky Baker Foundation.

Our guest speaker will be Rick Baker with the Becky Baker Foundation, a foundation he launched a month after his wife's passing, to provide awareness and free mammogram screenings to women who cannot afford it in the US.

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 likeminded individuals. Mark your calendars and join us at the NAWIC Pikes Peak Chapter 356 - October 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.



Page 7

# Membership anouncement

Jennifer Z. - 3 years

**Fort Carson Directorate of Public Works** 

Marlo A. - 2 years

**HBA of Colorado Springs** 

Jennifer M. - 1 year

**CSU Pueblo** 



The National Association of Women in Construction

**Pikes Peak** 





# No new members to welcome. We are now 49 members!!

Remember to tell your friends!

Follow us on Facebook, Instagram, and LinkedIn.







# OSHA Alliance Safety Chair By Greta Brisk, Chapter Safety Chair

# **Beat the Heat on the Job Site!**

Every year, dozens of workers die and thousands more become ill while working in hot or humid conditions. Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Burns may also occur as a result of accidental contact with hot surfaces or steam.

Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat.

### **Employer Responsibilities**

Under the Occupational Safety and Health Act, employers are responsible for providing workplaces free of known safety and health hazards. This includes protecting workers from heat-related hazards. Here are some actions you should take:

### Create a Heat Illness Prevention Plan

Are your workers exposed to high temperatures, either indoors or outside? Use these resources to develop a heat illness prevention program:

- When heat hazards are present, plan ahead to protect workers.
- Understand heat hazards in your workplace and calculate heat stress.
- Protect new workers
- Get guidance on engineering controls, work practices, and PPE
- Remember water, rest, and shade

### **Provide Training for Workers**

Employers should provide training to workers, including supervisors, so they understand heat exposure risks, prevention actions, and first aid.

### **Know First Aid for Heat Illness**

Employers and workers should become familiar with the symptoms of heat illness. When any of these symptoms are present, promptly provide first aid.



### **Share Materials with Workers**

Provide your workers with information so they understand the risks of heat exposure and what actions to take. Keep materials easily accessible in the workplace.



# **Information for Workers**

Federal law entitles you to a safe workplace. Exposure to heat can cause illness and death. Workers should know their rights and what they can do to prevent heat illness.

### **Your Rights at Work**

When it comes to extreme heat at work, you have the right to:

- Speak up about hazards without fear of retaliation.
- Request an OSHA inspection and speak to OSHA inspectors.
- Report an injury or illness, and review and get copies of your medical records from your employer.
- See the results of workplace examinations or tests taken to identify workplace hazards.

### Tips for preventing heat illness

- Heat-related illnesses can be prevented.
- Hydrate before, during and after work. Drink 1 cup of cool water every 20 minutes even if you aren't thirsty. For longer jobs, drinks with electrolytes are best. Avoid energy drinks and alcohol.
- Find shade or a cool area for rest breaks that allow your body to recover.
- Dress for the heat. A hat and light-colored, loose-fitting (where allowed), breathable clothing are ideal.
- If wearing a face covering, change it if it becomes wet or soiled. Check on others verbally often.
- Not everyone tolerates heat the same way.
   Understand personal risk factors.
- Understanding engineering controls, work practices, and PPE.

# Know the signs of heat illness and how to respond

Abnormal thinking or behavior, slurred speech, seizures or loss of consciousness are signs of a medical emergency. Call 911 immediately, cool the worker with water or ice and stay with them until help arrives.

### Heat illness can cause:

- Headaches
- Nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output

# **HEAT EMERGENCY SIGNS**

Abnormal Behavior / Difficulty Speaking / Seizures / Fainting / Heavy Sweating / Hot, Dry Skin



# **GET HELP! ACT FAST!**

- Call 911 immediately
- 2 Cool right away with water or ice
- Remove extra clothing
- 4 Give cool water to drink
- Do not leave alone

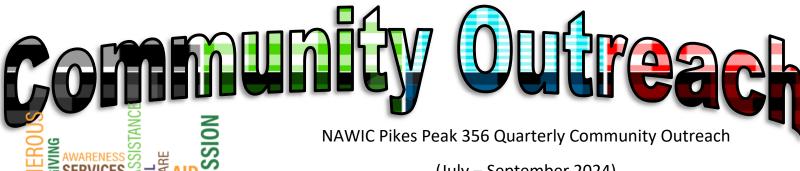
# If you spot someone experiencing the signs above, take action:

- Give them water to drink
- Move them to a cooler area
- Cool them with water, ice or a fan
- Remove unnecessary clothing
- Do not them leave alone
- If in doubt, call 911 or seek medical care

### **Additional Resources:**

- Prevent Heat Illness at Work Brochure: <a href="https://www.osha.gov/sites/default/files/publications/OSHA4135.pdf">https://www.osha.gov/sites/default/files/publications/OSHA4135.pdf</a>
- https://www.osha.gov/heat
- OSHA-NIOSH Heat Safety Tool App for iPhone and Android.
- https://www.osha.gov/heat/more-resources
- https://www.osha.gov/publications/bytopic/heat-illness-prevention





(July – September 2024)

Thanks to all that were able to donate 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. We were able to donate all these school supplies in plenty of time for their event!



CONTRIBUTION ASSISTED





The Community Outreach Committee is still looking into options for a hands-on volunteer opportunity for September or October. Stay tuned for more details to come once we have this dialed in.

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







# Southern Colorado Construction Career Days





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

# **Activity Provider**

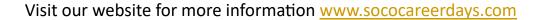
Set up a "Hands On" Activity for the students to participate in which represents a career area: architecture engineering, building crafts/trades, highway construction, information on training/education programs or management.

# **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.



# fundraising



The gift card collection did so well at Spring Forum, we are going to do it again a Fall Conference. If you have any gift cards you would like to donate, please contact Jessica O'Connell at <a href="mailto:fundraising@nawic356.org">fundraising@nawic356.org</a> or call/text 719-310-4848. We will also accept monetary donations and we will purchase gift cards. Additionally, if you have any fundraising ideas, please reach out a well.

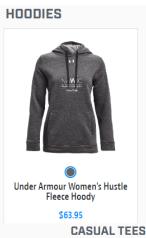


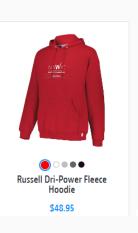




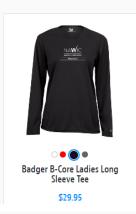
# Did you know you can order NAWIC Pikes Peak Chapter 356 Swag!!!

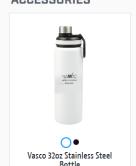












\$25.95











Order Now

# 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**

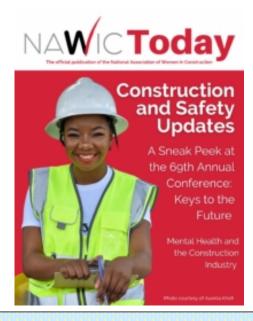


**The Connection** 

# **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



# PSW Fall Conference





# **FALL CONFERENCE 2024**

OCT 10-12, 2024





MEMBERS	cost
Early Bird Special! (ends Aug 15, 2024)	\$199.00
Regular Registration (Aug 16-Sept 15, 2024)	\$225.00
Late Registration (Sept 16-Oct 5, 2024)	\$250.00
NON-MEMBER/GUESTS	
Early Bird Special! (ends July 31, 2024)	\$224.00
Regular Registration (Aug 1-Sept 15, 2024)	\$250.00
Late Registration (Sept 16-Oct 5, 2024)	\$280.00

# Registration Info:

Includes conference, meals during conference, hospitality during conference, welcome party, and admission into the Vintage Vegas Gala on Saturday, October 12th. Additional add-ons coming soon.

# HOTEL:

Tuscany Suites & Casino 255 E Flamingo Rd, Las Vegas, NV 89169

### Room Rates:

10/8/24: \$89.00 10/9/24: \$89.00 10/10/24: \$89.00 10/11/24: \$169.00 10/12/24: \$169.00 Scan QR above OR call 702-893-8933 and use code 2410NAWIC

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

Click to Register



# 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 <a href="mailto:president@nawic356.org">president@nawic356.org</a> or visit our chapter website, <a href="mailto:www.nawic356.org">www.nawic356.org</a>, 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:	<u></u>
Company website:	
Contact Name:	
Contact Email address:	
** Please email your com	pany 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 applease select two chapter events for a Platinum a Bronze sponsorship.	pplied to the following chapter events:  m, 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):	f 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 tr	easurer@nawic356.org (*3.5% convenience fee applies):
Name as it appears on Credit Card:	
Credit Card Number:	
Expiration Date:C\	/V 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 <a href="mailto:nawicpp356@gmail.com">nawicpp356@gmail.com</a>. \*\*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:

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

If yes, what is your budget?

# BRONZE SPONSORS





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# SILVER SPONSORS





# SILVER SPONSORS



**Engineers / Architects** 

# PL&TINUM SPONSOR



# Residential • Commercial Post-Tensioned Concrete

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









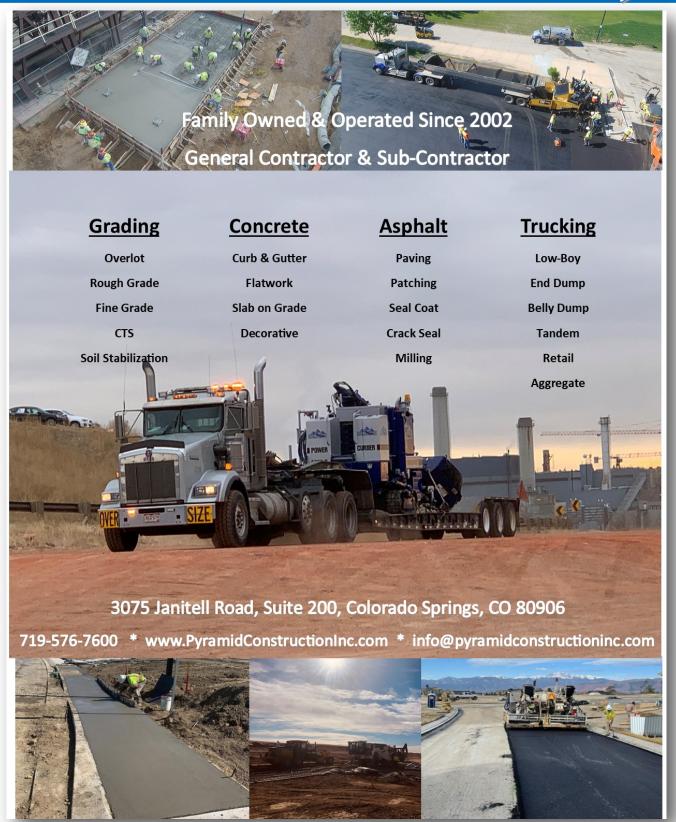


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# PL&TINUM SPONSOR





# PL&TINUM 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

