September 2024 Volume 94



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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"You don't build a bond without being present." -James Earl Jones

Events 09/19/2024 Installation & Awards 10/03/2024 Board Meeting 10/10-10/12/2024 Fall Conference 10/24/2024 Membership Meeting

11/07/2024 Board Meeting

My Dearest Pikes Peak 356 Members,

This is my last article as your Chapter President. I trying not to tear up as I write this. It has been an absolute privilege and honor to serve as your President the past 2 years. I have learned so much from all you. You are the reason I had a successful term. Thank you for your unwavering trust, positivity, understanding, thoughtfulness, and kindness. These have been the best 2 years of my NAWIC herstory.

Annual Conference was a blast! You will have my report shortly. I highly encourage every member to attend at least one national conference. It will show you just how much a difference we are making in our industry. You meet women from all over the country, see national awards given to astonishing recipients, and take part in the National Board being installed. This year 3 members from our region won Executive Spotlight Awards. Karen Mitchell is preaching the truth when she tells us how great our region is.

Join us on September 19 as we celebrate the successes of the 2023-2024 Board of Directors and install the 2024-2025 Board of

Directors. Samantha is ready to lead us to achieve new goals and become a stronger chapter. I can't wait to see her, and support her, in the great ideas she has for the coming year!

With much gratitude,

Kristen Ibarra, CDT

President

Pikes Peak Chapter 356





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

Chapter Functions

Historian – Kristen Ibarra, CDT Website – Samantha Walter Parliamentarian – Karen Mitchell, CBT, CIS, CIT Centerline Editor – Jessica O'Connell

| 719-203-3323 | kibarra@rmg-engineers.com |
|--------------|--------------------------------------|
| 719-635-0902 | info@nawic356.org |
| 719-686-7482 | CO-kem513@outlook.com |
| 719-310-4848 | joconnell@pyramidconstructioninc.com |

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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 • <u>nrkidd4ppc356@outlook.com</u> | | |
|--|--|--|
| 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 • <u>samanthawalter719@gmail.com</u> | | |
| 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 • <u>nawicpp356@gmail.com</u> | | |
| 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



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 president@nawic356.org or kibarra@rmg-engineers.com.

Click to Register



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.





Welcome Debra Eck Safa Salih Kimberly Oleske We are now52 members!!

Remember to tell your friends!

Follow us on Facebook, Instagram, and LinkedIn.







DON'T LEAVE HERE

Hello NAWIC Sisters!

As we quickly move into fall, it's time to start planning for 2025 WIC Week. Women In Construction Week will start on March 2nd and wrap up on the 8th in 2025. I know it seems like it's still six months away, but time will fly between now and then. I'm reaching out to you, to see who would be interested in joining the WIC Week Committee. I would like to host our first committee meeting in October (date TBD) to start discussing ideas for the upcoming WIC Week. Please reach out to me, Elysa Matthews, via email (ematthews@timberlinelandscaping.com) or phone (719-491-2120) if you would like to join the committee. If you have served on the committee in the past and would like to do so again, please reach out so I know to include you on future emails/planning. I look forward to the upcoming year with all of you lovely ladies

> Thank you, Elysa Matthews WIC Week Chair



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WITHOUT HAVING FUN!







Page

The Block Kids Committee members would like to invite everyone to our 2nd annual Block Kids "Boo-ling" Fundraiser!

Our event will be hold on Saturday October 5th, 2024, at Pinheadz Bowling Center from 1:00 pm to 4:00 pm.

A little about why we have this event, every year we provide 20-60 children with a fun Block Building competition to help promote the construction industry for all. The funds we raise at this event will be used to provide snacks, goodie bag items for all contestants, and LEGO set prizes for our top 10 contestants. As our competition grows, so do our needs for the competition.

Costumes are STRONGLY encouraged, as we will be having a costume contest, and will be raffling off some door prizes. Raffle Tickets will be available at the event, 1-\$5 and 5-\$20, so bring cash. 2

Event cost will be \$30 per person, \$120 per 4-person team. (Full teams will be asked to provide a team name).

We would love to see everyone there to support this awesome event! If everyone could share with friends, families, work colleagues, etc. it would be much appreciated! We hope you see everyone there!

If you have any questions **OR WOULD LIKE TO VOLUNTEER**, please contact us at blockkidspp356@gmail.com.





September 2024

By Greta Brisk, Chapter Safety Chair

Transitioning into Autumn with Caution/ Fall Prevention

Weather Watch

As the leaves start to fall and we transition into autumn, let's ensure our safety standards stay high. September brings unique challenges, and staying vigilant is key.

Fall Prevention

Fall leaves might be picturesque but falls on the job site are not. Keep walkways clear of debris and use caution on surfaces that may be slippery.

Inspect Equipment

With seasonal changes, ensure all equipment is inspected.

Visibility Matters

Days are getting shorter. Check that all safety and warning lights are functioning properly.

Fall Allergens

September can trigger allergies for some. Be aware of allergens like ragweed and mold. Keep allergy medication on hand.

Emergency Preparedness

As we move into storm season, make sure everyone is familiar with emergency procedures. Know the location of emergency exits, shelters, and first aid kits.

Training Refresh

Reinforce safety protocols with your team. Provide refresher training on fall prevention, emergency response, and any specific hazards.



Fall Prevention

FALLS ARE THE LEADING CAUSE OF DEATH IN CONSTRUCTION. In 2020, there were 351 fatal falls to a lower level out of 1,008 construction fatalities (BLS data). These deaths are preventable.

PLAN ahead to get the job done safely

When working from heights, employers must plan projects to ensure that the job is done safely. Begin by deciding how the job will be done, what tasks will be involved, and what safety equipment may be needed to complete each task.

When estimating the cost of a job, employers should include safety equipment, and plan to have all the necessary equipment and tools available at the construction site. For example, in a roofing job, think



about all of the different fall hazards, such as holes or skylights and leading edges, then plan and select fall protection suitable to that work, such as personal fall arrest systems (PFAS).

PROVIDE the right equipment

Workers who are six feet or more above lower levels are at risk for serious injury or death if they should fall. To protect these workers, employers must provide fall protection and the right equipment for the job, including the right kinds of ladders, scaffolds, and safety gear.

Use the right ladder or scaffold to get the job done safely. For roof work, if workers use personal fall arrest systems (PFAS), provide a harness for each worker who needs to tie off to the anchor. Make sure the PFAS fits, and regularly inspect it for safe use.

TRAIN everyone to use the equipment safely

Every worker should be trained on proper set-up and safe use of equipment they use on the job. Employers must <u>train workers</u> in recognizing hazards on the job.

Training

Employers must train workers in hazard recognition and the care and safe use of equipment such as ladders and scaffolds and fall protection systems.

- OSHA has provided numerous resources which are publicly available on its website at <u>www.osha.gov</u>. Employers can use these resources during toolbox talks to train their employees on safe practices to avoid falls in construction. Falls can be prevented when employees understand proper set up and safe use of equipment.
- Ladder Safety: Employees must be trained to properly use a ladder- this includes safety measures like:
 - Maintain three points of contact
 - Place the ladder on level footing
 - Always face the ladder
 - Secure the ladder by locking the metal braces at the center of the ladder
 - Don't overreach
 - Don't walk the ladder
- Scaffold Safety: Employees must be trained to safely set up and use scaffolds- this includes safety measures like:
 - During setup: fully plank scaffolds, complete all guardrails, ensure stable footing and plumb and level
 - Ensure proper access to scaffolds



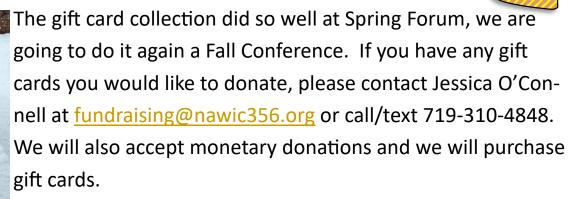
- A competent person must inspect the scaffold before use
- Don't climb over cross braces
- Don't stand on guardrails
- Don't use a ladder on a scaffold
- Roof Safety: Employees must be trained to avoid fall hazards on a roof and properly use fall protection equipment-this includes safety measures like:
 - Make sure your harness fits and is not defective when using PFAS
 - Always stay connected/tie off
 - Ensure that all anchor points are safe
 - Protect all holes, openings and skylights
 - Don't sit or walk on skylights or other openings



Additional Educational Materials and Resources for Workers and Employers

- Construction Industry Webpage
- Fall Protection in Residential Construction
- Fall Protection Safety and Health Topics page
- Construction eTool Falls
- OSHA <u>Heat Illness Prevention Campaign</u>
- <u>CPWR: Stop Construction Falls</u>. Contains educational and training tools including the <u>fatality map</u>
- Occupational Ladder Fall Injuries CDC Morbidity and Mortality Weekly Report (MMWR)
- Fall Protection Resource for New Home Construction. CPWR through NIOSH.
- <u>NSC Construction & Utilities Division</u>
 - <u>Safety at Heights Resources</u>: Falls from height is the second-leading unintentional fatal workplace event. *The resources includes Fall Protection When Performing Aerial Work on Wood Poles; Safety Around Drilled Holes Pier or Direct Embed Foundations; Guide to Selecting Fall Protection Systems for Bridge Work.*



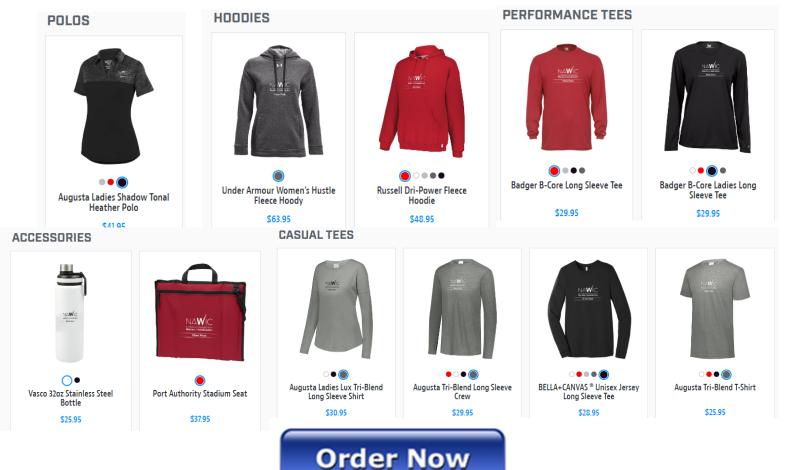


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Please have donations to Jessica by October 1, 2024



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



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LORMAN WEBINARS Check them all out <u>HERE!</u>

<u>NEF RESOURCES</u> Check out the awesome website with all the education updates and recourses HERE!

Upcoming National Webinars

NAWIC Blog



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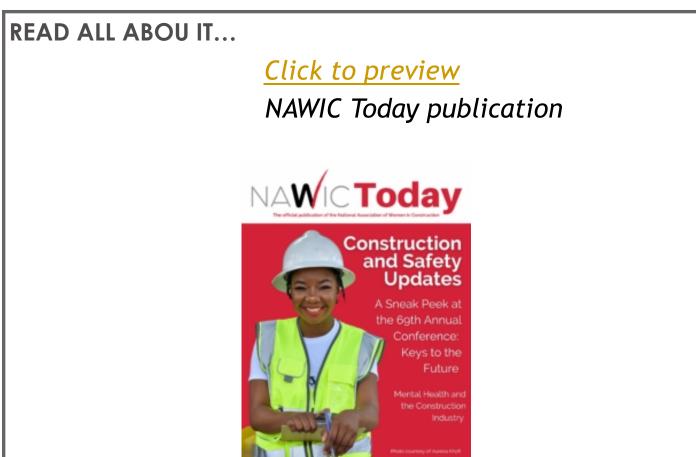






The Connection





Looking for a change or a new career in construction?

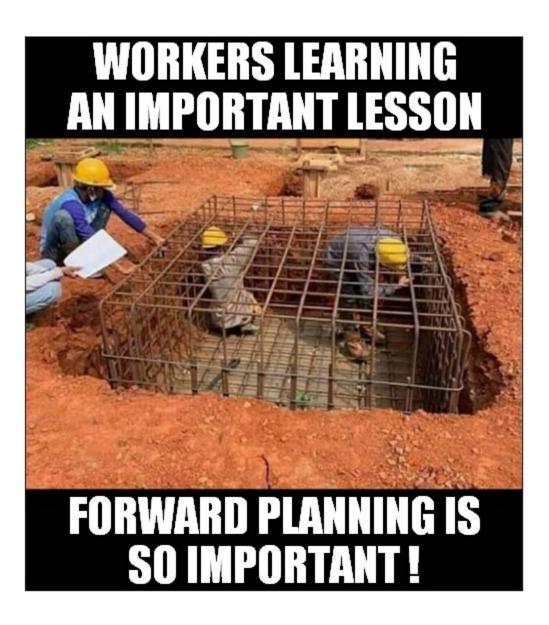
Visit NAWIC's awesome job site search for jobs all over the U.S!

https://nawic-jobs.careerwebsite.com/jobs/



Construction Humor

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Sometimes I look out over the new construction in my city, old ground being dug up to make room for the new, and I think to myself, I really should have buried the bodies somewhere else.

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Click to Register



FALL CONFERENCE 2024

The National Association of Women in Construction

OCT 10-12, 2024

| MEMBERS | соѕт | Registration Info: Includes conference, meals during |
|--|----------|--|
| Early Bird Special! (ends Aug 15, 2024) | \$199.00 | conference, hospitality during conference, welcome party, and admission into the Vintage Vegas |
| Regular Registration (Aug 16-Sept 15, 2024) | \$225.00 | Gala on Saturday, October 12th. Additional add-ons coming soon. |
| Late Registration (Sept 16-Oct 5, 2024) | \$250.00 | HOTEL: Tuscany Suites & Casino |
| NON-MEMBER/GUESTS | | 255 E Flamingo Rd, Las Vegas, NV 89169 |
| Early Bird Special! (ends July 31, 2024) | \$224.00 | Room Rates: 10/8/24: \$89.00 10/9/24: \$89.00 |
| Regular Registration (Aug 1-Sept 15, 2024) | \$250.00 | 10/10/24: \$89.00 10/11/24: \$199.00 10/12/24: \$199.00 |
| Late Registration (Sept 16-Oct 5, 2024) | \$280.00 | Scan QR above OR call 702-893-8933 and use code 2410NAWIC |

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PIKES PEAK CHAPTER 356 CHAPTER SPONSORSHIP FORM

NAWIC's core purpose is to enhance the success of women in the construction industry and our chapter's goal is to help educate and promote leadership to women in the construction industry. A NAWIC sponsorship allows companies to annually demonstrate commitment and support of these values within our community.

With a variety of sponsorship opportunities available, sponsors like you allow the leadership and membership of our chapter to execute programs that introduce construction as a viable career path, promote construction trades as another alternative to a successful career choice, work with students from elementary to high school with our Block Kids and Design Drafting Competitions, and introduce a wide variety of professional development and education to promote professional growth.

SPONSORSHIP LEVELS

Build It Up Sponsorships at all levels include company logo on the welcome page of the chapter website with a link to the company's website, a specific sized business ad in our monthly chapter newsletter, the Centerline, recognition at each chapter meeting and events, and other benefits as outlined below. The sponsorship period is October thru September.

- Build It Up <u>Platinum</u> Sponsor <u>\$2,000.00</u> Includes all items listed above, with a full-page ad in the Centerline, one annual corporate membership, and \$500.00 applied to two chapter events of your choice (\$250.00 for each event).
- Build It Up <u>Gold</u> Sponsor <u>\$1,500.00</u> Includes all items listed above, with a full-page ad in the Centerline, and \$500 applied to two chapter events of your choice (\$250.00 for each event).
- Build It Up <u>Silver</u> Sponsor <u>\$1,000.00</u> Includes all items listed above, with a 1/2-page ad in the Centerline, and \$500.00 applied to two chapter events of your choice (\$250.00 for each event).
- Build It Up <u>Bronze</u> \$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 <u>president@nawic356.org</u> or visit our chapter website, <u>www.nawic356.org</u>, for more details.



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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 **

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 _ event(s): | to the following chapter |
| *Total sponsorship and donation amount: | |
| Make checks payable to and mail to: NAWIC Pikes Peak Chapter #356 PO Box 7455 Colorado Springs, CO 80933 | |
| *Email Credit Card Payment information to trea | surer@nawic356.org (*3.5% convenience fee applies): |
| Name as it appears on Credit Card: | |
| Credit Card Number: | |

Expiration Date: ______ CVV Code: _____

Billing Zip Code: _____ Signature: _____





NAWIC Pikes Peak Chapter 356 Social Media Post Request Form

Please fill out in the information below. Email questions, form, and photos/videos nawicpp356@gmail.com.

| 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?



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| | | | | |



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024 September Centerline





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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