

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



#### Pikes Peak Chapter 356

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 "Can I refill your eggnog for you? Get you something to eat? Drive you out to the middle of nowhere, leave you for dead?
 Clark Griswold, "National Lampoon's Christmas Vacation"

<u>Events</u> 01/02/2025 Board Meeting 01/16/2025 Membership Meeting 01/25/2025 Block Kids Competition 02/06/2025 Board Meeting

02/20/2024 Membership Meeting

Our November membership meeting was held at the Sluice, one of the oldest buildings in the city that used to be a provision store for miners and a lumber company, where we learned about Echo Architecture's transformation of the historical building and their goal to create a creative, collaborative space in Old Colorado City. Our chapter holiday party is always a festive gathering and allows us to have fun and be creative during the hustle and bustle of the holiday season. Thank you to all who were able to help purchase gifts and wrap them for the family of six children that we adopted with Fostering Hope through the Patty Jewett Angel Tree. They are sure to have a memorable Christmas this year thanks to our generous members. I'm personally looking forward to our two holiday volunteer days at Melody Living; Assisted Living & Memory Care later this month. It will be a great way to spend time with those from different generations who may not always have consistent visitors. January will give us two opportunities to see kids of different ages learning to build; our annual membership meeting with the Coronado Cougars Gone Wired Robotics Team 2996 and our annual NEF Block Kids Competition. Keep an eye out on your emails for more information from our membership and Block Kids committees. Until then, enjoy the remainder

of the holiday season and have a safe and fabulous new year!

Samantha Walter

President

Pikes Peak Chapter 356



November 2024

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## Standing Committees 2024-2025

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 • <u>membership@nawic356.org</u> Finance – Jessica O'Connell • treasurer@nawic356.org

## **Chapter Functions**

Historian – Kristen Ibarra, CDT Website – Samantha Walter Parliamentarian – Joy Griffin Centerline Editor – Jessica O'Connell

Board 2024-2025

\_\_\_\_\_

President Samantha Walter samanthawalter719@gmail.com

Immediate Past President Kristen Ibarra, CDT kristen.ibarra@granite-eng.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 Gina Green Karla Greeley Naomi Kidd boardmembers@nawic356.org

719-635-0902	info@nawic356.org
303-993-9001	joy@sadlergriffin.com
719-310-4848	joconnell@pyramidconstructioninc.com

kristen.ibarra@granite-eng.com

#### Special Committee Chairs 2024-2025

719-304-4644

Block Kids – Naomi Kidd • 719-632-9868 • <u>nrkidd4ppc356@outlook.com</u> Ginger Parry, CBT, CIT, ESP • 719-271-7915 • <u>pde.nef.pp356@gmail.com</u>
Bylaws – Kristen Ibarra, CDT • 719-304-4644 • <u>kristen.ibarra@granite-eng.com</u>
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 • <u>joy@sadlergriffin.com</u>
Fundraising – Jessica O'Connell • 719-310-4848 • <u>fundraising@nawic356.org</u>
OSHA Alliance/Safety – Greta Brisk • 719-686-7482 • <u>gbrisk@aprestoration.com</u>
Rosie Run 5K Committee – Jennifer Zezlina, RA • <u>rosierun@nawic356.org</u>
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 • <u>ally@flfloorcoatings.com</u>
WIC Week –Elysa Matthews • 719-491-2120 • <u>ematthews@timberlinelandscaping.com</u>

Special Clubs 2024-2025 Book Club— Ginger Parry, CBT,CIT, ESP • 719-271-7915 • pde.nef.pp356@gmail.com

## Membership

2024 December Centerlin

## Announcements

# Happy NAUIC-versary

## Naomi K. - 9 years Western States Fire Protection

## Allison J. - 10 years Frontline Floor Coatings



**Pikes Peak** 



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

NAWIC Pikes Peak Chapter 356 will be hosting our January Membership Meeting on Thursday, January 16, 2025 from 5:30pm - 8:30 pm.

Please join us as Cougars Gone Wired Team 2996 present their robotics project and submissions for the 2025 build challenge.

The meeting will be held at Coronado High School, in Building B.

This is a catered event. Cost to attend will be \$30.00 (Members) or \$40.00 (Non-Members). There will be no refunds for cancellations or no shows.

Please RSVP on Eventbrite by Monday, January 13th at noon.

Do you need assistance paying for membership meetings? We have members willing to assist. Reach out to the President, Samantha Walter at <u>samanthawalter719@gmail</u>.com or <u>president@nawic356.org</u>.

### **Click to Register**



Remember to tell your friends!

Follow us on Facebook, Instagram, and LinkedIn.



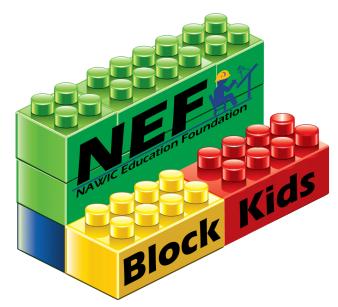


The Block Kids competition is happening on January 25th, 2025, at Library 21C, by Chapel Hills Mall.

Flyers to past participants have been emailed out on December 8th, and a courtesy reminder will be sent out January 4th.

We have room for 75 participants this year. We will need 10 judges,

roughly 5-7 general volunteers, as well as donations for the snack table and goodie bags. We have a wish list on Amazon, <u>https://www.amazon.com/hz/wishlist/</u> <u>ls/3F6K3EILHJCO5?ref =wl share</u> that still has multiple items on it to be purchased. Thank you to the lovely ladies that have already donated.



We will be asking for help counting blocks

and stuffing goodie bags on January 11th or 18th. Keep an eye on your email.

Please email blockkidspp356@gmail.com or NRKidd4PPC356@outlook.com with any questions and we will get back to you as soon as possible.









#### A Block Building Competition

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

 Who: Grades K-6
 When: Saturday, January 25<sup>th</sup>, 2025
 Where: Library 21C (The Venue Meeting Room) 1175 Chapel Hills Dr Colorado Springs, CO 80920
 Time: 11:30am--Registration 12:00pm--Competition begins

12:45pm--Judging begins

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

\*\*We only have room for 75 participants so be sure to register early!\*\*

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

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

Pictures of the 1<sup>st</sup> place structure will be sent to the regional level where it will be judged. Regional winning structures will be sent to the National level where prizes will be awarded for the top 3 structures.

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

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



Please send registration forms to: <u>BLOCKKIDSPP356@GMAIL.COM</u> Naomi Kidd 719-332-9868

NAWIC representative signature

#### RELEASE:

I hereby consent to my child participating in the Block Kids Program and in the use of my child's name, entry, and interview in promoting or publishing this program or the NAWIC Education Foundation, now or at a future date. Further, I understand that this entry shall become the sole property of the NAWIC Education Foundation.

Parent or guardian signature: \_

Parent or Guardian Signature:

This form must be received by January 18, 2025



#### (October – December 2024)

Thank you to all who were able to help purchase gifts and wrap them for the family of six children that we adopted with Fostering Hope through the Patty Jewett Angel Tree. They are sure to have a memorable Christmas this year thanks to our generous members. We will be turning in the gifts at Patty Jewett (900 E. Espanola St., Colorado Springs, CO 80907) on Friday, December 13, 2024, around 4:00 pm or 4:30 pm to do the drop off. If anyone is available to help transport gifts that afternoon, then please let me know your availability and we can finalize the details together.

I'm looking forward to our two holiday volunteer opportunities at Melody Living; Assisted Living & Memory Care on December 14 and 21. They will be great opportunities to spend time with those from different generations who may not always have consistent visitors and to help them to have a memorable time with their friends and family this holiday season.

If you are interested in participating on the Community Outreach Committee or if you have any suggestions for local non-profit organizations to volunteer at or to support in the coming 2025 year, then please contact and/or send your suggestions to Samantha Walter; <u>samanthawalter719@gmail.com</u>.



Thank you all for a great year of giving back to our local community!







December 2024

#### By Greta Brisk, Chapter Safety Chair

#### **Cold Stress and Winter Construction Safety**

As the temperature drops, it's crucial to prioritize safety on the construction site. Cold Stress is a real concern, but with the right precautions, can be prevented and we can ensure a safe and productive winter. It is important for employers to know the wind chill temperature so that they can gauge workers' exposure risk better and plan how to safely do the work. It is also important to monitor workers' physical condition during tasks, especially new workers who may not be used to working in the cold, or workers returning after spending some time away from work.



How cold is too cold? What constitutes extreme cold, and its effects can vary across different areas of the country. In regions that are not used to winter weather, near freezing temperatures are considered "extreme cold". A cold environment forces the body to work harder to maintain its temperature. Whenever temperatures drop below normal and wind speed increases, heat can leave your body more rapidly. Cold stress occurs by driving down the skin temperature and eventually the internal body temperature (core temperature). This may lead to serious health problems, and may cause tissue damage, and possibly death.

#### What are the risk factors that contribute to cold stress?

- •Wetness/dampness, dressing improperly, and exhaustion
- •Predisposing health conditions such as hypertension, hypothyroidism, and diabetes
- Poor physical conditioning



#### How does the body react to cold conditions?

In a cold environment, most of the body's energy is used to keep the internal core temperature warm. Over time, the body will begin to shift blood flow from the extremities (hands, feet, arms, and legs) and outer skin to the core (chest and abdomen). This shift allows the exposed skin and the extremities to cool rapidly and increases the risk of frostbite and hypothermia. Combine this scenario with exposure to a wet environment, and trench foot may also be a problem.

#### How can cold stress be prevented?

Although OSHA does not have a specific standard that covers working in cold environments, employers have a responsibility to provide workers with employment and a place of employment which are free from recognized hazards, including cold stress, which are causing or are likely to cause death or serious physical harm to them (Section 5(a)(1) of the Occupational Safety and Health Act of 1970). Employers should, therefore, train workers on the hazards of the job and safety measures to use, such as engineering controls and safe work practices, that will protect workers' safety and health.

**Employers should train workers** on how to prevent and recognize cold stress illnesses and injuries and how to apply first aid treatment. Workers should be trained on the appropriate engineering controls, personal protective equipment and work practices to reduce the risk of cold stress.

**Employers should provide engineering controls.** For example, radiant heaters may be used to warm workers in outdoor security stations. If possible, shield work areas from drafts or wind to reduce wind chill.

**Employers should use safe work practices.** For example, it is easy to become dehydrated in cold weather. Employers, therefore, can provide plenty of warm sweetened liquids to workers. Avoid alcoholic drinks. If possible, employers can schedule heavy work during the warmer part of the day. Employers can assign workers to tasks in pairs (buddy system), so that they can monitor each other for signs of cold stress. Reduce the physical demands of workers (for example, use relief workers or rotate extra workers in and out of work for long, demanding jobs). Workers can be allowed to interrupt their work if they are extremely uncomfortable. Employers should give workers frequent breaks in warm areas. Acclimatize new workers and those returning after time away from work, by gradually increasing their workload, and allowing more frequent breaks in warm areas, as they build up a tolerance for working in the cold environment. Safety measures, such as these, should be incorporated into the relevant health and safety plan for the workplace.



**Dressing properly** is extremely important to preventing cold stress. The type of fabric worn also makes a difference. Cotton loses its insulation value when it becomes wet. Wool, silk and most synthetics, on the other hand, retain their insulation even when wet. The following are recommendations for working in cold environments:

- •Wear at least three layers of loose-fitting clothing. Layering provides better insulation. Do not wear tight fitting clothing because that reduces blood circulation to the extremities.
- •An inner layer of wool, silk or synthetic to keep moisture away from the body.
- •A middle layer of wool, fleece, or synthetic to provide insulation even when wet.
- An outer wind and rain protection layer that allows some ventilation to prevent overheating.Avoid wearing wet clothes.
- •Wear a hat or hood to help keep your whole-body warmer. Hats reduce the amount of body heat that escapes from your head.
- •Use a knit mask to cover the face and mouth (if needed).
- •Carry extra socks, gloves, hats, jacket, a change of clothes.
- •Use insulated gloves to protect the hands (water resistant if necessary).
- •Wear insulated and waterproof boots (or other footwear).

#### Safety Tips for Workers

- •Your employer should ensure that you know the symptoms of cold stress.
- •Monitor your physical condition and that of your coworkers.
- •Take regular breaks to warm up when needed.
- •Dress properly for the cold.
- •Stay dry in the cold because moisture or dampness, e.g. from sweating, can increase the rate of heat loss from the body.
- •Keep extra clothing (including underwear) handy in case you get wet and need to change.
- •Drink warm sweetened fluids (no alcohol).
- •Avoid touching cold metal or wet surfaces with bare skin.
- •Use proper engineering controls, safe work practices, and personal protective equipment (PPE) provided by your employer.

#### Take Action

<u>Winter Weather - Cold Stress | OSHA.gov | Occupational Safety and Health Administration</u> <u>Cold Stress Guide | OSHA.gov | Occupational Safety and Health Administration</u> <u>Winter Weather - Hazards/Precautions | OSHA.gov | Occupational Safety and Health Administration</u>

# 2024 December Centerline Nomen in Construction (WIC) Week

Calling on all our creative members! We are hosting a design competition for the T-shirts we will be tie dying during WIC Week. We want something representing NAWIC on the front. Whether we do something simple and add embellishments around our Logo (**please keep in mind**: our logo cannot be altered) or if someone is feeling creative and would like to create a design for our shirts and submit to <u>Elysa</u> by January 3<sup>rd</sup>. The WIC Week Committee will then select the design that will be used. Please keep in mind the design will be in black and white and should be somewhat simple since the shirts will be tie dyed. If you have any further questions, please reach out (a) to Elysa. We are excited to see what you come up with!

The WIC Week Committee is still dialing in the full week of events, but we're excited to share that we will be hosting a T-Shirt Tie Dye Event on Monday, March 8, 2025, and a fun evening of Ax Throwing at our annual mixer on Friday, March 12, 2025. We're looking for 2025 WIC Week sponsors to host these two main events. On the next page is a flyer with the details of the different levels of sponsorships. Please let Elysa know if you have any questions. If you do find a company that is interested in sponsoring, please get in touch with Elysa or Jessica so that we can collect payment, contact info and their logo. Deadlines for sponsorships is January 17!

## WOMEN IN CONSTRUCTION (WIC) WEEK 2025

Women In Construction (WIC) W



**Pikes Peak** 

SPONSORSHIP OPPORTUNITIES DEADLINE 1/17/2025

#### T-SHIRT TIE DYE EVENT (3/3/2025) T-SHIRT SPONSOR: \$250 (FOUR NEEDED)

- COMPANY LOGO PRINTED ON BACK OF SHIRTS (LOGO SIZE: 2" HT)
- SOCIAL MEDIA SHOUT OUT
- 1 TICKET TO AX THROWING EVENT

4 December Centerlin

#### **SNACK & DRINK SPONSOR: \$250 (ONE NEEDED)**

- COMPANY LOGO PRINTED ON BACK OF SHIRTS (LOGO SIZE: 2" HT)
- SOCIAL MEDIA SHOUT OUT
- 1 TICKET TO AX THROWING EVENT

#### AX THROWING EVENT (3/8/2025) DRINK SPONSOR: \$500 (ONE NEEDED)

- COMPANY LOGO PRINTED ON BACK OF SHIRTS (LOGO SIZE: 3" HT)
- SOCIAL MEDIA SHOUT OUT
- COMPANY RECOGNITION AT EVENT
- 2 TICKETS TO AX THROWING EVENT

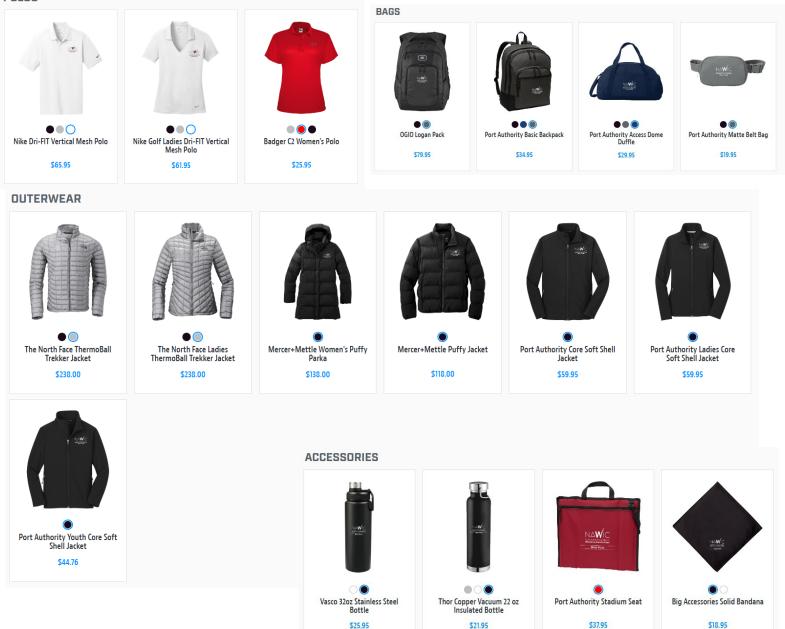
#### **DINNER SPONSOR: \$750 (ONE NEEDED)**

- COMPANY LOGO PRINTED ON BACK OF SHIRTS (LOGO SIZE: 4" HT)
- SOCIAL MEDIA SHOUT OUT
- COMPANY RECOGNITION AT EVENT
- SPEAKING TIME AT EVENT
- 2 TICKETS TO AX THROWING EVENT



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

POLOS



## AND SOOOOO MUCH MORE!!

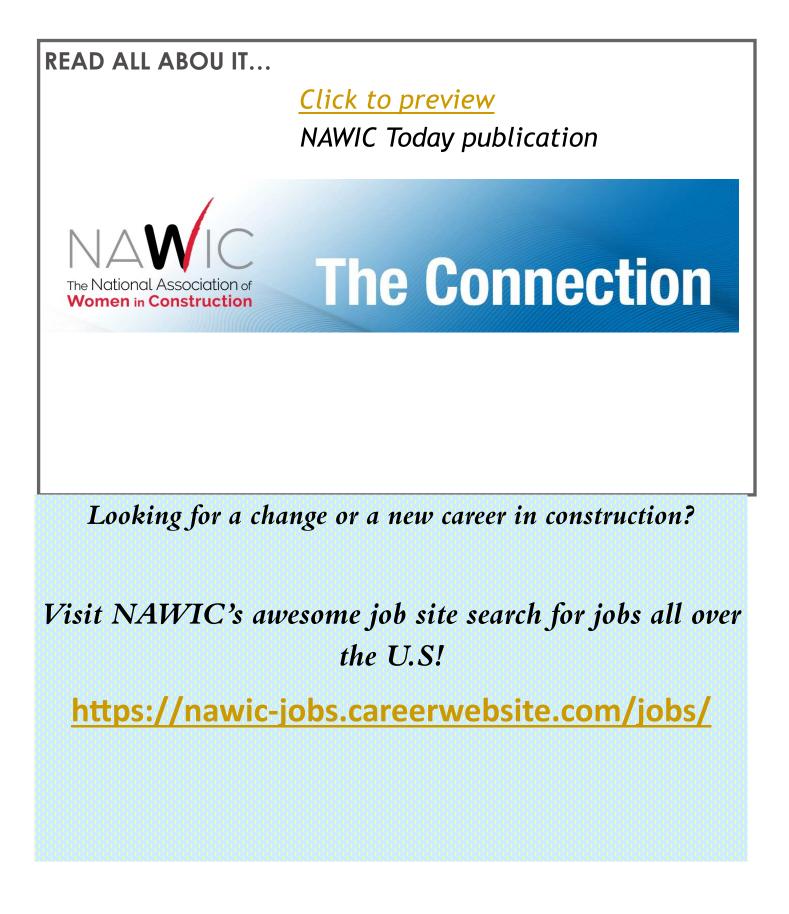
Order Now



07 JANUARY 10:00 am - 11:00 am

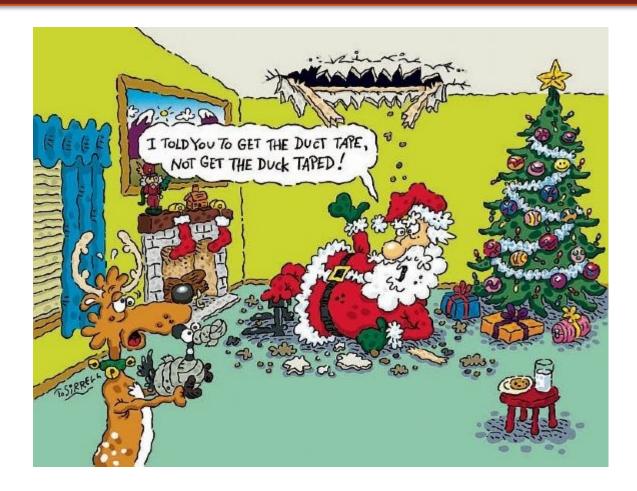
#### WIC Week Monthly Meeting







## **Construction Humor**



A nun overhears a bunch of construction workers swearing and decides to head over there for lunch one day...

The nun sits down at the lunch table with her little sack lunch and turns to a group of workers and says: "Have any of you ever heard of Jesus Christ?"

One worker stands up and yells to everyone on the site: "Hey! Has anyone here ever heard of Jesus Christ?"

Another worker shouts back: "Why?"

The first worker says: "Because his mom's here with his lunch!"



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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> <u>\$500.00</u> 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.



**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: \_\_\_\_\_

cem 5

\*\* 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	asurer@nawic356.org (*3.5% convenience fee applies):
Name as it appears on Credit Card:	

Credit Card Number:

Expiration Date: \_\_\_\_\_\_ CVV Code: \_\_\_\_\_

Billing Zip Code: \_\_\_\_\_ Signature: \_\_\_\_\_





#### NAWIC Pikes Peak Chapter 356 Social Media Post Request Form

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

Date of Request:			note, all Social Media posts ect to review. Post content
Name/Committee:		not ii	emain NAWIC relevant and nclude political/religious
SM Post Date:		affiliation	ns. **
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?



## SILVER SPONSORS

# **BRYAN** CONSTRUCTION



#### **Colorado Springs Christmas Lights Guide 2024**

The holiday season is here again, and there is no better way to celebrate than to take a Christmas lights tour around Colorado Springs! We've updated our guide of must-see areas, businesses and homes that have fantastic Christmas lights. We've also highlighted some hot cocoa & coffee stops along the way so you can stay cozy while you browse, and have included a playlist of all the best Christmas music to enjoy while you drive.

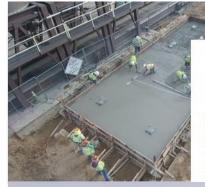




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## **Advertise in the Centerline**

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**