November 2024 Volume 96

## November 2024 Centerline

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



**Pikes Peak** 

#### Pikes Peak Chapter 356

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"If you expect someone else to guide you, you'll be lost" James Earl Jones

**Events** 

11/21/2024 Membership Meeting

12/05/2024 Holiday Party

01/02/2025 Board Meeting

01/16/2025 Membership Meeting

01/25/2025 Block Kids Competition

Fall conference in Las Vegas was fun and educational, but my favorite part about attending conferences is building connections with my fellow NAWIC sisters. Our fundraising table at the conference helped us to raise \$730 for our chapter's general fund, which allows us to do things such as sponsor the Cougars Gone Wired robotics team, sponsor SCCCD, and reduce member costs to attend Installation. Our first membership meeting of our new year was learning about how the Becky Baker Foundation has been helping to provide free mammograms for women and supporting those affected by breast cancer. It was a great reminder for us all to get our annual screening. I'm truly excited about our November membership meeting, featuring Courtney Wilson, an Interior Designer, NCIDQ, IIDA, and Principal with Echo Architecture, sharing with us the design/build process of The Sluice along with a tour of the building. Remember, if there is a construction related topic and/or speaker you would like to see at a future membership meeting, feel free to email your ideas to boardmembers@nawic356.org. The month of November is always a reminder to be grateful, but I want to share that I'm grateful for all our chapter members throughout the year.

You are all amazing women and the things that you accomplish for our chapter is something to be proud of. I hope you all have a wonderful Thanksgiving holiday and encourage you to practice gratitude throughout the year.

Samantha Walter

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 • membership@nawic356.org

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

#### **Chapter Functions**

**Historian** – Kristen Ibarra, CDT 719-203-3323 <u>kristen.ibarra@granite-eng.com</u>

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

Parliamentarian – Joy Griffin 303-993-9001 joy@sadlergriffin.com

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

Board 2024-2025

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#### 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

#### **Special Committee Chairs 2024-2025**

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 • kristen.ibarra@granite-eng.com

**CAD Competition** — 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 – 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 2024-2025

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

## Membership nnouncement

# Happy MMC-Versary

Martha N. - 1 year

Dr. SOOT, Chimney Sweep, Inc

Jessica S. - 2 years

**CSI Construction Company** 

Angelique K. - 8 years

TMS Construction, Inc.

## Membership nnouncement

#### **NOVEMBER MEMBERSHIP MEETING**

THURSDAY, NOVEMBER 21ST, 2024 - 5:30PM @
THE SLUICE: 2752 W COLORADO

THE SLUICE: 2752 W COLORADO AVE. COLORADO SPRINGS, CO 80904



Courtney Wilson, an Interior Designer, NCIDQ, IIDA and Principal with Echo Architecture, will be presenting on The Sluice. She will cover the "design/build" process and role that Echo undertook during design and construction, the history on the building, and the "why" behind the project.

We will end with a building tour!

Details:

- 5:30-6:30 Networking & Dinner.
  Dinner will be provided
- 6:00-Guest Speaker
- 6:30-Business Meeting to Follow

W

RSVP to Eventbrite by Monday, November 18th at noon.







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

Join us for an exciting evening at the NAWIC Pikes Peak Chapter 356 November Membership Meeting! This in-person event will take place on Thursday, November 21st, 2024, starting at 5:30 (Mountain Daylight Time).

Hosted at The Sluice, this gathering promises to be a fantastic opportunity to connect with fellow professionals in the construction industry. Network, share ideas, and learn about Echo Architecture + Interiors.

Our guest speaker Courtney Wilson, an Interior Designer, NCIDQ, IIDA and Principal with Echo Architecture, will be presenting on The Sluice. She will cover the "design/build" process and role that Echo undertook during design and construction, the history on the building, and the "why" behind the project.

We will end with a building tour!

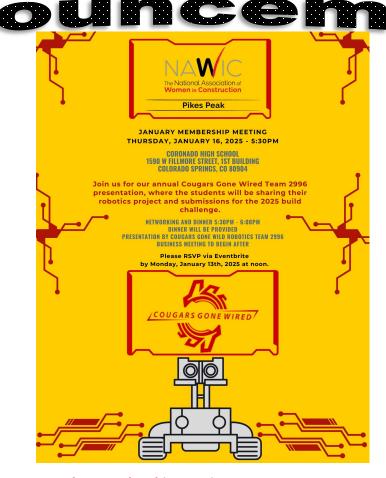
Whether you're an experienced member or new to the field, this event is open to all.

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 - November Membership Meeting!





## Membership



#### 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 <a href="mailto:samanthawalter719@gmail">samanthawalter719@gmail</a>.com or <a href="mailto:president@nawic356.org">president@nawic356.org</a>.



## Membership Anouncements

Please help us welcoming our newest members:

Mary Vassallo Rana Abuhamdia

With these ladies membership, we are now

41 members!!

Remember to tell your friends!

Follow us on Facebook, Instagram, and LinkedIn.









# Block Kids

We had a pretty good turnout for our Halloween themed bowling event and earned a little less than \$1300. We also received a generous donation of \$250 from Bryan Construction. for our Block Kids event happening on January 25th, 2025, at Library 21C, by Chapel Hills.

Block Kids is a building competition for students in kindergarten through 6th grade. This is a national competition with local events hosted by NAWIC chapters around the country. During the competition, participants are given 100 micro interlocking building blocks, and may also choose up to three of the following supplemental items: a rock, up to 12" of string, a pre-measured square of aluminum foil, and/or a pre-measured square of poster board. They will be given 45 minutes to build a structure that can be lived in, worked in, or played in. After the participants have built their structures, judges select their favorites based on appearance and brief conversations with the builders. The top five participants in each age group (K-3 and 4-6) are then interviewed further and the structures are ranked based on the overall structure, participant knowledge, and creativity. Each of these ten "finalists" leave with a LEGO set. However, all of our participants do receive a certificate and a goodie bag. The structure of the student who receives the top score overall is then submitted to the regional building competition via pictures and descriptions of the structure. Regional winners are submitted to a national competition.

The purpose of this competition is to get young students thinking about future careers in the construction industry. And man, it's fun to watch their creativity flow as they build!

Flyers to past participants are being emailed out December 7th, 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, <a href="https://www.amazon.com/hz/wishlist/ls/3F6K3EILHJCO5?ref">https://www.amazon.com/hz/wishlist/ls/3F6K3EILHJCO5?ref</a> =wl share that I will also share through email a few times before the event. 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 <u>blockkidspp356@gmail.com</u> or <u>NRKidd4PPC356@outlook.com</u> with any questions and we will get back to you as soon as possible.



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# Block Kids



#### BLOCK KIDS BUILDING PROGRAM

#### 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 25th, 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@qmail.com or text Naomi Kidd 719-332-9868

## Outreach Community

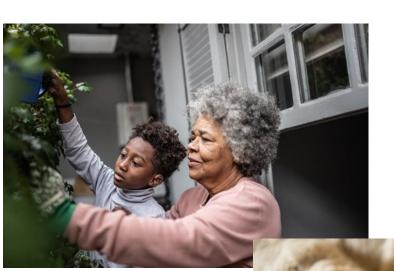
**NAWIC Pikes Peak 356 Quarterly Community Outreach** 

(October – December 2024)

We are into the fourth quarter of the year and we're still looking into a volunteer opportunity with those in an assisted living or possibly another volunteer opportunity. We will have our adopted "family" through the Patty Jewett Angel Tree the week of November 18. I will do my best to put together a shopping list on Giftster to shop for the kids and send it out by November 25 so that we can take advantage of the holiday sales. We are still planning on doing gift wrapping at the December holiday party based off delivery deadlines.

If you have any suggestions for local non-profit organizations to volunteer at or to support in the coming year, then please send your suggestions to anyone on the community outreach committee.

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





### 2024 November Centerline

## OSHA Alliance/Safety November 2024

By Greta Brisk, Chapter Safety Chair

#### **Suicide Prevention**

It's challenging to address issues we don't even recognize as problems. For years, the construction industry was largely unaware that its workforce faced a suicide risk four times higher than the general population. Now that this alarming fact is known, it's our responsibility to raise awareness and take action to save lives. The construction sector has one of the highest suicide rates among all occupations, profoundly affecting workers, families, and communities.

Female construction workers, though fewer in number, face their own unique mental health challenges. Many of these challenges arise from their minority status, leading to feelings of isolation. They often confront gender stereotypes that impact their self-esteem and expose them to verbal and sexual harassment, unequal pay, and limited career advancement opportunities. Additionally, the male-dominated language and communication styles in the industry can leave them feeling excluded and make effective communication difficult. Compounding these issues is the significant stress of balancing work and home live- a struggle many women face daily. Given the demanding nature of construction work and the various challenges they encounter, female construction workers are particularly vulnerable to mental health issues.

Fortunately, like other workplace fatalities, suicides can be prevented. Everyone in the construction industry has a role to play in suicide prevention. Below are 4 things to know about preventing suicide.

- Everyone can help prevent loss by suicide.
   Mental health and suicide can be difficult to
   talk about—especially with work
   colleagues—but your actions can make a
   difference. When you work closely with
   others, you may sense when something is
   wrong.
- 2. Know the warning signs of suicide. There is no single cause for suicide but there are warning signs. Changes in behavior (becoming withdrawn, acting anxious, agitated or reckless, misusing drugs or alcohol), mood, social media posts, or even what they say may signal someone is at risk. Changes in performance, like missing work or showing up late, not being able to think clearly or solve problems, being less productive and having increased safety incidents. Other warning signs come from what they say- talking about feeling trapped, wanting to die, feeling like they are a burden and saying it would be better if they were
- gone. It is also important to know what is going on in their lives- major life changes like children leaving home, divorce or breakups, death in the family, major illness or injury and financial issues can all put people at risk for suicide. Take these signs seriously. It could save a life.
- Ask "Are you okay?" If you are concerned about a coworker, talk with them privately, be compassionate, and listen without judgment. Encourage them to reach out to your Employee Assistance Program (EAP), Member Assistance Program (MAP), the human resources (HR) department, or a mental health professional.
- 4. If someone is in crisis, stay with them and get help. If you believe a coworker is at immediate risk of suicide, stay with them until you can get further help. Contact emergency services or the 988 Suicide & Crisis Lifeline.

## osha Alliance/Safety



The Construction Industry Alliance for Suicide Prevention (CIASP) was born out of necessity in response to statistics released in a <u>CDC study</u> ranking construction as the #1 industry for deaths by suicide. Established by the Construction Financial Management Association (CFMA) in 2016 to shatter the stigma surrounding mental health issues, CIASP became a stand-alone 501(c)(3) organization in 2018 to raise awareness about suicide prevention and provide resources and tools to create a zero-suicide industry by uniting and supporting the construction community.

#### Prevention and Intervention

These resources focus on building protective factors into the workplace that help employers address risk factors and recognize warning signs to reduce the likelihood that an employee attempts or dies by suicide. They are designed to focus on helping company leaders make suicide prevention a health and safety priority, arm the workforce with the knowledge to recognize warning signs, normalize conversations surrounding suicide and mental health, cultivate internal champions, create supportive networks, and clear up misconceptions.

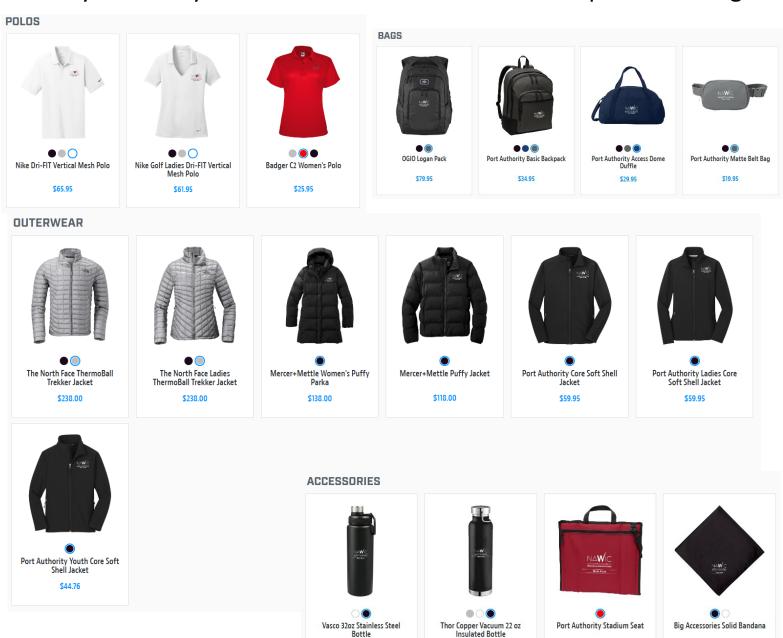
#### Take Action

- Incorporate <u>CIASP ToolBox Talks</u> into your safety plan.
- Ask your Employee Assistance Program (EAP) provider to present sessions or lunch and learns on mental health and coping techniques.
- Promote the free, anonymous <u>MindWise screening tool</u> (available in Spanish) to your employees.
- Incorporate these short videos into your safety training.
- Distribute hardhat stickers, poker chips, and wallet cards with warning signs and helplines. Request a supply from CIASP.
- Display posters in trailers, break rooms, or on company message boards. <u>Download here.</u>
- Complete the <u>LivingWorks Start online training program</u>.
- Read and Share: Educate Workers About Employee Assistance Programs to Address Behavioral Health



## 356 Swag Store

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



### AND SOOOOO MUCH MORE!!

\$21.95

\$25.95



## 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** 



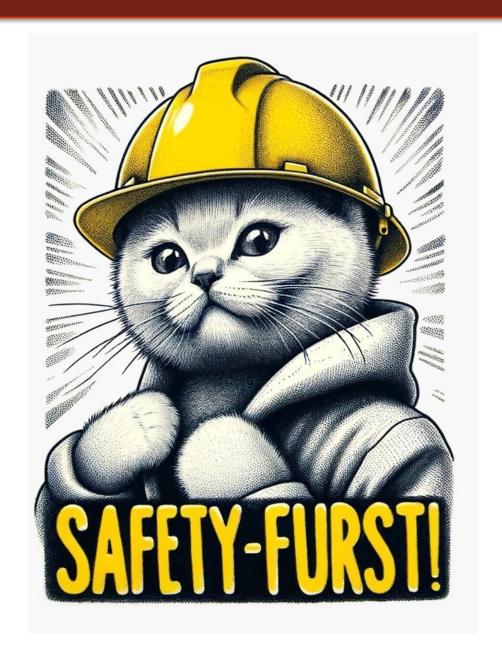


Looking for a change or a new career in construction?

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

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

### Construction Humor



How does one construct a road at the artic pole? One must use snow cones!

## PSW Spring Forum



racine southwest Region

#### **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.



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 co	mpany logo to info@nawic356.org **
Sponsorship Level Selected:	
Platinum \$2,000.00 Gold \$1,50	0.00 Silver \$1,000.00 Bronze \$500.00
I would like a portion of my donation to be Please select two chapter events for a Platin a Bronze sponsorship.	applied to the following chapter events: um, 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 event(s):	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 to	treasurer@nawic356.org (*3.5% convenience fee applies):
Name as it appears on Credit Card:	
Credit Card Number:	
Expiration Date:	CVV Code:
Billing Zip Code: Signature:	

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



#### 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:

If yes, what is your budget?

## SILVER SPONSORS

# EBRYAIN CONSTRUCTION



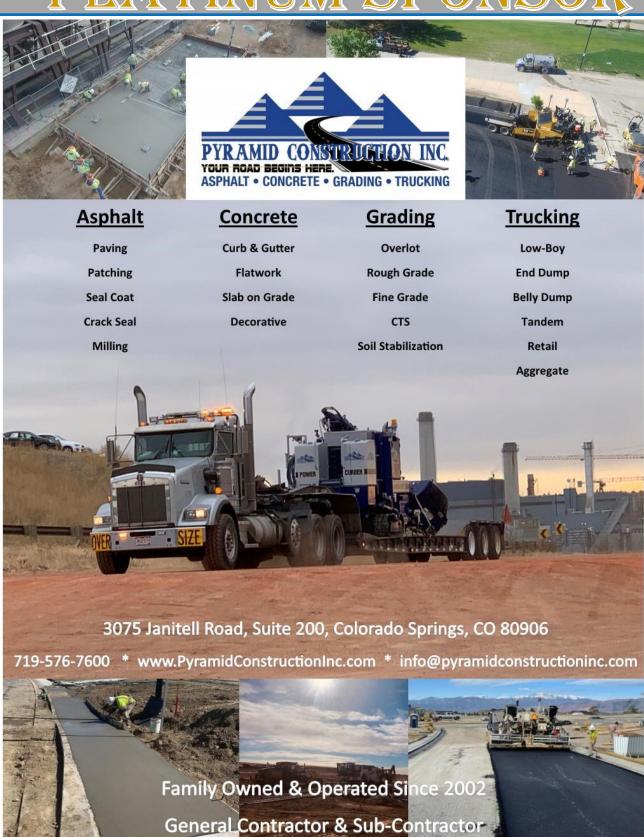
# TIMBERLINE Landscaping



## 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



**Pikes Peak**