

March 2025  
Volume 100

# March 2025 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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**"This is all make believe, but it's my job to make them believe. Also I love Unicorns."**  
- Michelle Trachtenberg

### Events

- 04/03/2025 Board Meeting
- 04/17/2025 Membership Meeting
- 04/23-04/26/2025 Regional Spring Forum
- 05/01/2025 Board Meeting
- 05/15/2025 Membership Meeting

Spring is nearly here! While we're enjoying the longer days and warmer weather, I am thinking back to our annual joint chapter Galentine's lunch with Metro Denver Chapter 112. It was a successful get together despite the winter storm that slowed us down on the drive home. It's always a great time when we are able to connect and share ideas amongst chapters. Gina Green, director and material tester with Granite Engineering Group, gave an informative presentation on the importance of material testing while giving us an insight into her daily work at the February membership meeting. We hope to have more of these presentations later in the year featuring our members. As WIC Week comes to a close, I want to give a shout out to the WIC Week committee for organizing the tie dye workshop with Lively Vibes, the morning coffee talk featuring Kara Harmann with Dome Construction and performer of Hard Hatted Woman, and the axe throwing mixer with Tempered Tomahawk Axe Throwing. We had a good turn out for the week's events and had a lot of fun celebrating and supporting each other with friends, family, and co-workers. We'll keep the momentum going with our Construction Speed Dating/Networking for our April membership meeting. I look forward to seeing you all then!

Samantha Walter

President

Pikes Peak Chapter 356



## Standing Committees 2024-2025

**Professional Development & Education/NEF** – Karla Greeley • 719-747-4744 • [karla@razorbackrolloff.com](mailto:karla@razorbackrolloff.com)

**Membership & Marketing** – Ashley Stoever & Jessica O’Connell • [membership@nawic356.org](mailto:membership@nawic356.org)

**Finance** – Jessica O’Connell • [treasurer@nawic356.org](mailto:treasurer@nawic356.org)

## Chapter Functions

**Historian** – Kristen Ibarra, CDT

719-304-4644 [kristen.ibarra@granite-eng.com](mailto:kristen.ibarra@granite-eng.com)

**Website** – Samantha Walter

719-635-0902 [info@nawic356.org](mailto:info@nawic356.org)

**Parliamentarian** – Joy Griffin

303-993-9001 [joy@sadlergriffin.com](mailto:joy@sadlergriffin.com)

**Centerline Editor** – Jessica O’Connell

719-310-4848 [joconnell@pyramidconstructioninc.com](mailto:joconnell@pyramidconstructioninc.com)

### Board 2024-2025

#### President

Samantha Walter

[samanthawalter719@gmail.com](mailto:samanthawalter719@gmail.com)

•

#### Immediate Past President

Kristen Ibarra, CDT

[kristen.ibarra@granite-eng.com](mailto:kristen.ibarra@granite-eng.com)

•

#### Vice President

Elysa Matthews

[ematthews@timberlinelandscaping.com](mailto:ematthews@timberlinelandscaping.com)

•

#### Recording Secretary

Jennifer Zezlina, RA

[jenzezlina@yahoo.com](mailto:jenzezlina@yahoo.com)

•

#### Treasurer

Jessica O’Connell

[treasurer@nawic356.org](mailto:treasurer@nawic356.org)

•

#### Directors

Ashely Stoever

Gina Green

Karla Greeley

Naomi Kidd

[boardmembers@nawic356.org](mailto:boardmembers@nawic356.org)

## Special Committees 2024-2025

**Block Kids** – Naomi Kidd • 719-632-9868 • [nrkidd4ppc356@outlook.com](mailto:nrkidd4ppc356@outlook.com)

**Bylaws** – Samantha Walter • 719-649-2739 • [samanthawalter719@gmail.com](mailto:samanthawalter719@gmail.com)

**CAD Competition** – Angelique Kallio, CIT • 719-532-9988 • [angeliqueK@tms-companies.com](mailto:angeliqueK@tms-companies.com)

**Community Outreach** – Samantha Walter • 719-649-2739 • [samanthawalter719@gmail.com](mailto:samanthawalter719@gmail.com)

**DE&I** – Joy Griffin • 303-993-9001 • [joy@sadlergriffin.com](mailto:joy@sadlergriffin.com)

**Fundraising** – Jessica O’Connell • 719-310-4848 • [fundraising@nawic356.org](mailto:fundraising@nawic356.org)

**OSHA Alliance/Safety** – Greta Brisk • 719-686-7482 • [gbrisk@aprestoration.com](mailto:gbrisk@aprestoration.com)

**Rosie Run 5K Committee** – Jennifer Zezlina, RA • [rosierun@nawic356.org](mailto:rosierun@nawic356.org)

**Social Media** – Jessica O’Connell • 719-310-4848 • [nawicpp356@gmail.com](mailto:nawicpp356@gmail.com)

**Scholarship (NFSF) – NEEDS A CHAIR** • \*\*\*\_\*\*\_\*\*\*\* •

**Strategic Planning** – Allison “Ally” Jencson • 719-659-6618 • [ally@f1floorcoatings.com](mailto:ally@f1floorcoatings.com)

**WIC Week** – Elysa Matthews • 719-491-2120 • [ematthews@timberlinelandscaping.com](mailto:ematthews@timberlinelandscaping.com)



# Membership Announcements

***Happy NAWIC-versary***

Karla G. – 2 Years

Razorback Rolloff

Elysa M. – 4 Years

Timberline Landscaping Inc.

Jessica O. – 4 Years

Pyramid Construction Inc.

Ashley Stoeve – 4 Years

Timberline Landscaping Inc.

**NAWIC**  
The National Association of  
**Women in Construction**

Pikes Peak

# Membership Announcements

Want to know your fellow NAWIC sisters better? Join us for a speed dating event. To assist in keeping things concise, we will have a short survey to ask each participant during the event, including one bonus question.

**When:**

Thursday April 17th, 2025

**Location:**

Timberline Landscaping  
8110 Opportunity View  
Colorado Springs, CO 80939

**Schedule:**

- 5:30 - 6:00 pm - Dinner
- 6:00 pm - Business meeting to follow
- 6:30 pm to 7:30 pm - Construction Speed Dating Networking

**\*Please RSVP via Eventbrite by Monday, April 14th, 2025, at noon.**



NAWIC Pikes Peak Chapter 356 will be hosting our April Membership Meeting on Thursday, April 17th, 2025 from 5:30pm - 8:30 pm.  
**Brick by Brick: NAWIC Connections Event!**

☑ **Catered Event** – Food and water will be provided.

☑ **Cost to Attend:**

- **Members:** \$30
- **Non-Members:** \$40

(Please note: No refunds for cancellations or no-shows.)

Are you ready to **lay the foundation** for strong professional relationships? Join **NAWIC Pikes Peak 356** for an exciting **Speed Networking Event** designed to help women in construction **connect, collaborate, and grow!**

**Why Attend?**

- ☑ **Meet Industry Peers** – Engage with fellow women in construction, from seasoned professionals to emerging leaders.
- ☑ **Build Meaningful Connections** – Quickly connect with multiple NAWIC members in a fun and structured format.
- ☑ **Gain Insights & Inspiration** – Share experiences, challenges, and successes with like-minded professionals.
- ☑ **Engaging & Fun** – Expect **fast-paced conversation, industry-themed icebreakers, and valuable takeaways!**

**How It Works**

- You'll rotate through short, structured conversations with different NAWIC members.
- Each round will feature engaging questions to spark **insightful and fun discussions.**
- By the end, you'll leave with **new connections and fresh perspectives** on navigating the construction industry.

**Don't miss this opportunity to expand your professional network and be part of a supportive community of women in construction!**

☑ **Reserve your spot today!** Spaces are limited.

**Don't Forget to Bring your Business Cards! You never know who you may need for help in the future!**

[Click to Register](#)



# Membership Announcements

Please help us in welcoming  
our newest members:

Stephanie Leclerc

Nour Safa

We are now

**44 members!!**

Remember to tell your friends!

Follow us on Facebook, Instagram, and LinkedIn.



## OSHA General Duty Clause

Each employee shall comply with occupational safety and health standards and all rules, regulations, and orders issued pursuant to this Act which are applicable to his own actions and conduct.



**Introduction:** What is **Carbon Monoxide (CO)**? **CO** is an odorless, colorless, highly poisonous gas created when any fuel, such as gasoline, kerosene, propane, acetylene, or wood, is burned. Dangerous situations can develop when combustion by-products are not properly vented to the outside atmosphere, where they would quickly dissipate.

**Carbon Monoxide is the number one cause of poisoning deaths in the United States.** Anyone is susceptible, but experts agree that people with anemia, heart disease, emphysema, chronic bronchitis, or other respiratory problems are especially vulnerable to even minimal exposure to **CO** and are at the greatest risk for serious injury.

**When one breathes Carbon Monoxide,** it enters the bloodstream through the lungs and attaches to red blood cells. These red blood cells, called hemoglobin, carry oxygen throughout your body. **CO** molecules attach to the red blood cells 200 times faster than oxygen, thereby blocking and preventing the flow of oxygen to the heart, brain, and other vital organs. As **CO** accumulates in the bloodstream, the body becomes starved for oxygen.

**Breathing high concentrations of CO can be lethal in minutes.** Breathing low concentrations over time is dangerous as well. Long-term exposure to low levels has a cumulative effect and can cause permanent heart and brain damage.

**According to OSHA, 50 Parts per Million is the maximum allowable concentration of CO for continuous exposure for healthy adults in any 8-hour period.**

**Become familiar with the symptoms and the effects of CO exposure; early symptoms are often mistaken for the flu:**

- **Mild Exposure Symptoms:** Slight headache, dizziness, weakness, fatigue, nausea, sleepiness, and confusion (flu-like symptoms).
- **Medium Exposure Symptoms:** Throbbing frontal headache, drowsiness, confusion, and fast heart rate.
- **Extreme Exposure Symptoms:** Convulsions, unconsciousness, and heart and lung failure can cause brain damage and death.

**In many of the reported cases of severe CO poisoning,** victims were aware they were not well and in trouble but had become so disoriented that they were unable to save themselves by calling for assistance or exiting out to fresh air.

**On a job site, CO can originate from any fuel-burning equipment operated in a closed environment:**

- **Gas-powered generators and compressors** are operated in a closed building.
- **Space heaters** used during cold weather inside closed buildings.
- **Gas welding, cutting, or other burning operations can generate large amounts of CO.**
- **Exhaust from vehicles and equipment** left running within proximity can drift into confined spaces.
- **Hot-roof tar kettles** are significant **CO** producers and are frequently set up close to the roofing building. **CO** quickly drifts into adjacent areas.
- **Powered ventilation is required when working in basements or other confined spaces while using fuel-burning equipment.**
- **Remember** that **CO** is present in the atmosphere if exhaust can be smelled.

**If it is suspected** that a person has succumbed to **CO** poisoning, they must be quickly removed from where they were found and taken immediately to an area where fresh air is available. **CO** poisoning and oxygen deprivation are life-threatening situations. The affected person should be immediately taken to the nearest medical treatment facility. A simple blood test that confirms suspected **CO** poisoning is available but must be administered shortly after exposure to be accurate.

**Conclusion:** It is essential to recognize and be aware of the warning signs of **CO** poisoning. One must also understand how dangerous **CO** concentrations originate and accumulate so that hazardous conditions can be avoided altogether. Under all circumstances, fuel-burning operations must be well-ventilated in order to maintain a safe breathing atmosphere. Follow these guidelines to keep the workplace safe from **Carbon Monoxide**.



# Women In Construction (WIC) Week

HI NAWIC!

I hope you got to get out and celebrate each other for our accomplishments as women in the construction industry! I wanted to thank everyone who participated in the events we hosted last week! I know I had such a fun time! It was SO fun seeing how every one's shirt turned out – SERIOUSLY all so amazing and so different!!

The coffee break was great, if you missed it, here is a link to check out Kara Hermann and the songs she wrote – highly recommend going and listening to Hard Hatted Women and Speak Up! [Kara Hermann](#) | [Instagram](#) | [Linktree](#)

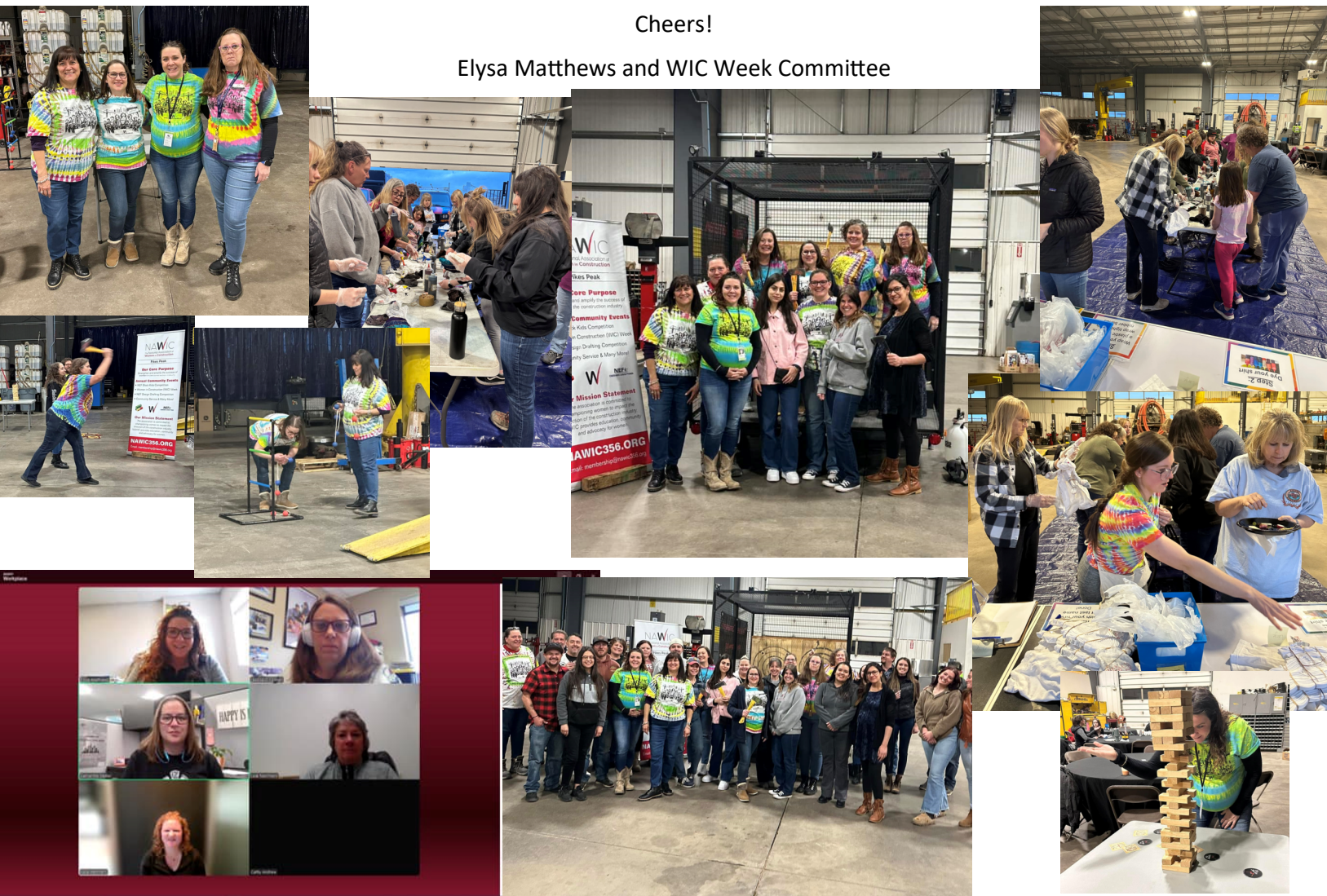
Lastly, our Friday Night Mixer was a blast! I loved watching everyone get up there and throw some axes and tomahawks!

I also want to give a special thanks to my WIC Week Committee Members – Jessica O'Connell, Karla Greeley, and Samantha Walters. Without you none of this would have been possible!

Below are some pictures from our events – hope to see you all at the April membership meeting – I will have the shirts with me from those of you that left them with Lively Vibes to be washed 😊

Cheers!

Elysa Matthews and WIC Week Committee





# 356 Swag Store

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

## POLOS



Nike Dri-FIT Vertical Mesh Polo

\$65.95



Nike Golf Ladies Dri-FIT Vertical Mesh Polo

\$61.95



Badger C2 Women's Polo

\$25.95

## BAGS



OGIO Logan Pack

\$79.95



Port Authority Basic Backpack

\$34.95



Port Authority Access Dome Duffel

\$29.95



Port Authority Matte Belt Bag

\$19.95

## OUTERWEAR



The North Face ThermoBall Trekker Jacket

\$238.00



The North Face Ladies ThermoBall Trekker Jacket

\$238.00



Mercer+Mettle Women's Puffy Parka

\$138.00



Mercer+Mettle Puffy Jacket

\$118.00



Port Authority Core Soft Shell Jacket

\$59.95



Port Authority Ladies Core Soft Shell Jacket

\$59.95



Port Authority Youth Core Soft Shell Jacket

\$44.76

## ACCESSORIES



Vasco 32oz Stainless Steel Bottle

\$25.95



Thor Copper Vacuum 22 oz Insulated Bottle

\$21.95



Port Authority Stadium Seat

\$37.95



Big Accessories Solid Bandana

\$18.95

AND SOOOOOO MUCH MORE!!

Order Now



# Educational Corner

## NEF RESOURCES

*Check out the awesome website with  
all the education updates and*

**BUILD.  
LEAD.  
SUCCEED.**



Powered By:  
Touchplan



THE  
OFFICIAL  
PODCAST  
of

**NAWIC**  
The National Association of  
Women in Construction

## Podcasts

# Webinars

**CLICK TO REGISTER**

13 MARCH

**THURSDAY**

Employer/Employee  
Benefits of NAWIC Collab  
with Membership &  
Marketing

FREE

**CLICK TO REGISTER**

20 MARCH

**THURSDAY**

2024-2025 National Board  
of Directors Meeting –  
March 20

**CLICK TO REGISTER**

26 MARCH

**WEDNESDAY**

Chapter Leadership Training  
-Webinar – Shawna  
Alvarado

FREE



**READ ALL ABOUT IT...**

*Click to preview*

*NAWIC Today publication*



# The Connection

*Looking for a change or a new career in construction?*

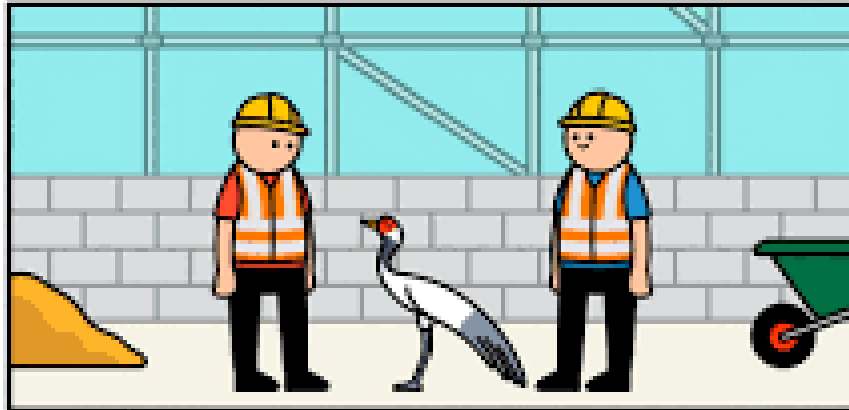
*Visit NAWIC's awesome job site search for jobs all over the U.S!*

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



## Construction Humor

TWONKS



**Why did the contractor break up with his girlfriend?**

She couldn't handle his building blocks.

# PSW Spring Forum



## PACIFIC SOUTHWEST REGION FORUM 2025

April 24-26, 2025

Our speaker agenda is packed with industry leaders, including:



**CARL MCFARLAND**  
President - Big-D  
Construction Southwest



**STEPHANE MCSHANE**  
Director - Maxim  
Consulting Group



**SYDNE JACQUES**  
CEO - Next Level  
Leadership



**ANGELA CRAWFORD**  
Vice President - King  
Installation



**LAURA SHIVERS**  
Vice President - Big-D  
Companies



**ALLY JENCSON**  
Founder - Girder Skirts  
CEO - Frontline Floor  
Coatings



**TONYA TIMOTHY**  
Project Manager -  
Pentalon Construction



**THEORA CARTER**  
Project Engineer - DP  
Electric



**Embassy Suites**  
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Scottsdale, AZ 85250  
[www.pswnawic.org/  
2025-spring-forum](http://www.pswnawic.org/2025-spring-forum)

**NAWIC**  
The National Association of  
Women in Construction  
Greater Phoenix, AZ

**NAWIC**  
The National Association of  
Women in Construction  
Pacific Southwest Region

[Click to Register](#)



# PSW Spring Forum

*Pacific Southwest Region  
Spring Forum  
2025*

SAVE THE DATE!



Scottsdale, AZ | April 25-26, 2025



**Pacific 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!*



**Click to Register**



Pikes Peak

## 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 **Platinum** 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 **Gold** Sponsor \$1,500.00 – 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 **Silver** 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 **Bronze** - \$500.00 Includes all items listed above, with a 1/4-page ad in the Centerline, and \$250.00 applied to one chapter event of your choice.

For more detailed information regarding our chapter events and programs, please contact our chapter president at [president@nawic356.org](mailto:president@nawic356.org) or visit our chapter website, [www.nawic356.org](http://www.nawic356.org), for more details.





## Pikes Peak

Yes! I would like to partner with NAWIC Pikes Peak Chapter 356 to help fund educational and service projects in the construction industry within our community. I understand my sponsorship will also help with NAWIC Education Foundation programs held throughout the year.

Company Name: \_\_\_\_\_

Company website: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Contact Email address: \_\_\_\_\_

**\*\* Please email your company logo to [info@nawic356.org](mailto: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 \_\_\_\_\_ to the following chapter event(s): \_\_\_\_\_.

**\*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](mailto: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: \_\_\_\_\_





Pikes Peak

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

Please fill out the information below. Email questions, form, and photos/videos [nawicpp356@gmail.com](mailto: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?

## SILVER SPONSORS



TIMBERLINE  
Landscaping



# PLATINUM SPONSOR



# PLATINUM SPONSOR



## Asphalt

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Crack Seal  
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## Concrete

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Flatwork  
Slab on Grade  
Decorative

## Grading

Overlot  
Rough Grade  
Fine Grade  
CTS  
Soil Stabilization

## Trucking

Low-Boy  
End Dump  
Belly Dump  
Tandem  
Retail  
Aggregate



3075 Janitell Road, Suite 200, Colorado Springs, CO 80906

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Family Owned & Operated Since 2002  
General Contractor & Sub-Contractor



## 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**

**4 - 6 PM Every 2nd Tuesday**

# HARD HAT HAPPY HOUR

**FOOD & DRINK SPECIALS**

**FOOD & DRINK SPECIALS**

**For people in construction and service industries!**

**Meet Industry Peers  
Come as You Are  
Have Fun**

**5853 Palmer Park Blvd**

**Buzzed Crow Bistro**

**Hosted By:** **GERDER** *Shirts*

**FRONTLINE**  
FLOOR COATINGS  
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POLISHING EXPERTS