

May 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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"Life has all sorts of hills and valleys, and sometimes you don't end up doing what you had your heart set out on, but sometimes that's even better!"
- Ruth Buzzi

Events

05/15/2025 Membership Meeting

06/05/2025 Board Meeting

06/07/2025 Rosie Run

06/19/2025 Membership Meeting

The 2025 NAWIC Spring Forum held in Scottsdale, AZ was fantastic! It was a great opportunity for our chapter members to connect with our guests and NAWIC sisters within our region. We had a great time exploring Old Town Scottsdale, the Desert Botanical Gardens, eating at local restaurants, and sharing ideas and experiences with fellow females and ally's in the construction industry. Our chapter brought home a couple of awards from the region awards banquet. We took 1st place in membership retention and our first place NEF Design Drafting winner, George Miller, took 2nd place at the region level. I'm extremely excited to attend the annual conference in Boston, MA. Early bird registration ends on May 19 so sign up by then for some extra savings. The slate of candidates for the 2025-2026 board were presented at the April membership meeting. Nominations can still be made at our June meeting when elections will be held. Mark June 19 on your calendar to come vote for YOUR incoming board! If you have any questions about any of the positions, please reach out to either the nominating committee or your current board and we'll be sure to answer your questions. May's membership meeting is a great opportunity to get some meal planning ideas for all of us that stay busy with work and home life activities. On that note, I'll end this month's entry with an early Happy Mother's Day to all of the mom's in our chapter! In case you need a reminder, you're doing a great job!

Samantha Walter

President

Pikes Peak Chapter 356



Standing Committees 2024-2025

Professional Development & Education/NEF – Karla Greeley • 719-747-4744 • karla@razorbackrolloff.com

Membership & Marketing – Ashley Stoever & Jessica O’Connell • membership@nawic356.org

Finance – Jessica O’Connell • treasurer@nawic356.org

Chapter Functions

Historian – Kristen Ibarra, CDT

719-304-4644 • kristen.ibarra@granite-eng.com

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 • joconnell@pyramidconstructioninc.com

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

Special Committees 2024-2025

Block Kids – Naomi Kidd • 719-632-9868 • nrkidd4ppc356@outlook.com

Bylaws – Samantha Walter • 719-649-2739 • samanthawalter719@gmail.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) – NEEDS A CHAIR • ***_**_**** •

Strategic Planning – Allison “Ally” Jencson • 719-659-6618 • ally@flfloorcoatings.com

WIC Week – Elysa Matthews • 719-491-2120 • ematthews@timberlinelandscaping.com

Membership Announcements



The National Association of
Women in Construction

Pikes Peak

Happy NAWIC-versary

Eileen Z. - 1 Year

CC Restoration

Jill W. - 1 Year

Higginbotham Insurance Services

Brandy M.

Central States Roofing & Insulating Company

Membership Announcements



Abby Cooks Wild

Abby Gardner is the founder of Abby Cooks Wild, where she specializes in helping time-strapped individuals and families alleviate their stress around getting dinner on the table each night. She does this by creating fully customized menus and recipes tailored to meet her clients where they are in both their lives and their health journeys.

Abby will share valuable insights and practical tips on how to make the most of your time in the kitchen—specifically designed for women and working moms in the construction field.

When:

Thursday May 15th, 2025

Location:

Bryan Construction
5475 Tech Center Dr. #300
Colorado Springs, CO 80919

Agenda:

Networking and Dinner: 5:30-6:00 pm

Dinner will be provided.

Presentation to begin promptly at 6:00 pm

Business Meeting to Follow



Pikes Peak

RSVP via Eventbrite

By Monday May 12th at noon

**Include any dietary restriction.

[Click to Register](#)

Membership Announcements

We are still

44

members!!

Remember to tell your friends!

Follow us on Facebook, Instagram, and LinkedIn.



8th Annual Rosie Run



NAWIC
The National Association of
Women in Construction

Pikes Peak

8th Annual Rosie Run

8:30am Start Time

Saturday June 7, 2025

Cottonwood Creek Park

7040 Rangewood Dr, Colorado Springs 80923

Rosie Run 5K Shirts & bandanas FREE with 5K Registration! (while supplies last)

Live DJ ♥ FUN for ALL ♥ Food Trucks ♥ Vendor Expo and MORE!!

<https://givebutter.com/NogJz9>

This 5K event was created to raise awareness and support for women in the construction industry.

Support National Association of
Women in Construction

Use your phone's camera to scan the QR
code below



Or visit:

<https://givebutter.com/NogJz9>

NAWIC Pikes Peak Chapter 356 (nawic356.org)

Like us and follow us @NAWICPP356





NAWIC
The National Association of
Women in Construction

Pikes Peak

8th Annual Rosie Run

8:30am June 7, 2025

Sponsorship Opportunities

Come one come all to the 8th Annual Rosie Run 5K! This community event is hosted by The National Association of Women in Construction (NAWIC) Pikes Peak Chapter 356. Bring the whole family out to walk, jog, or run in a safe, outdoor environment. All participants will receive a cotton blend T-shirt and bandana! Professional timing is included for all run/walk participants. Before and after the 5K, hang out with us and have even MORE FUN with our live DJ and amazing Vendor Expo! Sponsorship and vendor opportunities are always available – will you be one? *Your company logo will be on the Race Registration website where all participants must register.*

Platinum Level – Swag Bag Sponsor

\$2,500.00

Exclusive swag bag sponsor – Your company logo will be printed (single color only) on 50+ swag bags and be available to VIP participants at the registration table. A 10' x 10' Vendor booth near the start/finish line. A 2' x 6' Company Banner to be displayed at the start/finish line (you may provide your own banner or give us art to print a banner for you) Company logo on back of all participant T-shirts (printed in black approximately 7" wide x 3" tall) Two promotional or informational items to be added into VIP Swag Bags – provide 75 of your item(s) 6 Complimentary VIP participant registrations - (must provide names and T-shirt sizes for each participant)

DEADLINE of May 10th

Diamond Level – Water Cup Sponsor

\$1,500.00

Exclusive Water cup sponsor – Your company logo will be printed (single color only) on 100+ disposable water cups and be available to participants at the 3 water stations along the 5K course route. A 2' x 4' Company Banner to be displayed at the start/finish line (you may provide your own banner or give us art to print a banner for you) A 10' x 10' Vendor Booth near the start/finish line. Company logo on back of all participant T-shirts (printed in black approximately 4" wide x 1.5" tall). Swag bags for VIP participants – company logo and NAWIC logo printed on all bags in one color. Up to 3 promotional or informational items to be added into VIP Swag Bags – provide 75 of your item(s) 4 complimentary VIP participant registrations (must provide names and T-shirt sizes for each participant)

DEADLINE of May 10th

Gold Level-Banner and Vendor Booth

\$1,000.00

A 2' x 4' Company Banner to be displayed at the start/finish line (you may provide your own banner or give us art to print a banner for you). A 10' x 10' Vendor Booth near the start/finish line. Company logo on back of all participant T-shirts (printed in black approximately 4" wide x 1.5" tall). Two promotional or informational items to be added into VIP Swag Bags – provide 75 of your item(s). 3 complimentary VIP participant registrations (must provide names and T-shirt sizes for each participant)

Silver Level – Vendor Booth, 2 VIP Registrations

\$500.00

A 10' x 10' Vendor Booth near the start/finish line. Company logo on back of all participant T-shirts (printed in black approximately 2" square). One promotional or informational item to be added into VIP Swag Bags – provide 75 of your item. 2 complimentary VIP participant registrations (must provide names and T-shirt sizes for participant)

Bronze Level - Vendor Booth, 1 Registration

\$250.00

A 10' x 10' Vendor Booth near the start/finish line. Company name (no logo) on back of all participant T-shirts (printed in black). One promotional or informational item to be added into VIP Swag Bags – provide 75 of your item. 1 complimentary standard participant registration

To become a Sponsor today please contact

Jennifer Zezlina

jenzezlina@yahoo.com

808-348-5028 call or text

*If you wish to pay by check email forms to treasurer@nawic356.org
All registration can be completed by credit card on the give butter website
<https://givebutter.com/NogJz9>*

2025 Rosie Run 5K Sponsorship Form

Company Name: _____
Address: _____ City: _____ State: _____ Zip: _____
Contact Person: _____ Phone: _____
Email: _____

I would like to show my support with the following sponsorships (check all boxes that apply):

- _____ **Platinum Level** –Swag Bag Sponsor, 2'x6' Banner **\$2,500.00**
Please email jenzezlina@yahoo.com to coordinate banner design/creation.
DEADLINE May 10th
- _____ **Diamond Level** – Cup Sponsor, 2'x4' Banner **\$1,500.00**
MUST email high-res DWG file of logo and website link to jenzezlina@yahoo.com
DEADLINE May 10th
- _____ **Gold Level** – Banner and Vendor Expo Booth **\$1,000.00**
- _____ **Silver Level** – Vendor booth 2 VIP Registration **\$500.00**
- _____ **Bronze Level** – Vendor booth 1 Registration **\$250.00**
- _____ **Vendor Booth** – 10' x 10' Vendor Expo Booth **\$60.00**
- _____ **Run like Rosie** – 5K Registration with T-shirt **\$40.00**

Must email high-res dwg file of logo and website link to jenzezlina@yahoo.com

Sponsorship Total: _____

_____ I have enclosed my sponsorship check made payable to NAWIC Pikes Peak Chapter 356.

_____ I would like to pay for my sponsorship via credit or debit card. *Please fill out info below.*

Name on Card: _____
Card Number: _____ Expiration Date: _____
Billing Address: _____ Zipcode: _____
CVV (Numbers on back) _____
Authorized Signature: _____ Date: _____

Mail sponsorship forms with payments to:

NAWIC Chapter 356

PO Box 7455

Colorado Springs CO 80933

If you prefer to email your forms, please email to Treasurer@nawic356.org

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: When heavy equipment is in operation, construction job-sites are dangerous places. Noisy equipment, dust, earth vibrations, swinging buckets, booms, forks, back-up alarms, and heavy-duty truck traffic all add to the clamor. Dangerous does not have to mean unsafe. Ear plugs, proper ventilation, signaling, barricades, warning signs, alert workers, safety monitors, and well-marked right of ways all contribute to making a noisy, bustling job-site safe.

Observe these General Operating Precautions:

- Obtain all proper work permits and notify the proper agencies prior to beginning work.
- Only those qualified by training or experience shall operate heavy equipment or machinery.
- Be familiar with the manufacturer's performance specifications and rated load capacities for the equipment you're using.
- Be sure the unit's maintenance requirements have been accomplished and perform the pre-operational inspection procedure.
- Make sure no grease, oil, or other litter is on the operator's deck or station before buckling your seat belt.
- Before putting the equipment to work, take it for a spin and get a feel for its maneuvering characteristics.
- Get familiar with the unit's operating controls and instrumentation; these are different on each piece of equipment.
- When leaving the immediate work-zone, comply with the recognized travel ways and observe pedestrian right-of-ways.
- Watch out for overhead obstructions such as trees and power lines.
- Avoid operating equipment close to excavations, on unstable ground, or in a position which may cause it to tip over.
- Never allow employees to work in a trench, or excavation, or under and around heavy equipment during operation.
- Machines should be operated at a speed and manner consistent with conditions on the job.
- Never allow anyone other than the operator to "ride" on the equipment.
- Do not leave equipment unattended while the motor is running.
- Always lower blades, buckets, lifts, and other articulating devices to ground level after completing work.

Primary causes of injury when working on and around heavy equipment are:

- Injuries resulting from accidents occurring during repair and maintenance of equipment.
- Leaving earth-moving equipment unattended in dangerous positions.
- Sudden movement of a power unit while being attached to earth-moving equipment.
- Uncontrolled heavy equipment traffic through the work area.
- Unexpected violent tipping of the equipment.
- Striking individuals with the equipment, particularly the blade, boom, or hoe.
- Failure of lifting mechanisms or unexpected cave-ins.

Conclusion: While operators must take many other safety precautions, this overview provides basic guidelines for safe equipment operations. Each piece of equipment has been designed and built with your safety in mind; however, its safe operation is entirely in your hands. Accidents don't just happen, they are caused; which is why they can be prevented.

356 Swag Store

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

Order Now

Fundraising

Hello NAWIC Pikes Peak Chapter 356 Members,

As we continue planning for upcoming events and initiatives, I'm looking to brainstorm new and effective fundraising ideas. Your input is incredibly valuable, and I'd love to hear any suggestions you might have!

Whether it's something you've seen work well in the past or a fresh idea you've been thinking about, please don't hesitate to share.

Thank you for your continued support and involvement!

Best regards,

Jessica O'Connell

Fundraising Chair

NAWIC Pikes Peak Chapter 356

2025 Annual Conference

WELCOME TO NAWIC'S 70TH ANNUAL CONFERENCE

See You In Boston, MA!

Early Registration Is Now Open!

Registration Overview:

Early Bird Registration: April 1 – May 19, 2025

Regular Registration: May 20 – July 7, 2025

Late Registration: July 8 – July 25, 2025 (After July 25, onsite registration only)

Member and Nonmember rates available, with flexible one-day and two-day options.

Students, Apprentices, Sponsors, Speakers, and Guests:

Customized registration options and guest ticket pricing available.

CLICK AND VIEW OUR ANNUAL CONFERENCE SCHEDULE AT A GLANCE!

REGISTER NOW

Get ready to connect, learn, and grow at the premier event for women in construction. NAWIC's 2025 Annual Conference offers networking opportunities, industry-leading education, and memorable experiences tailored for construction professionals at every career stage.

Let's build connections and celebrate together!

2025 PSW Fall Conference

SAN DIEGO
PACIFIC SW REGION FALL CONFERENCE
OCTOBER 10-11, 2025

REGISTRATION

**Register
Now**

Name: _____
 Company: _____
 Address: _____
 City, ST: _____
 Chapter: _____
 Email: _____

First-Timer? Y ☐ N ☐
 Dietary Restrictions? Y ☐ N ☐

Members	Qty	Cost
Early Bird! Attendee Registration (March 31-May 31)		\$195
Regular Attendee Registration (June 1 -September 17)		\$225
Late Attendee Registration (September 18 - October 3)		\$240

Non-Members/Guests	Qty	Cost
Early Bird! Attendee Registration (March 31-May 31)		\$235
Regular Attendee Registration (June 1 -September 17)		\$250
Late Attendee Registration (September 18 - October 3)		\$270

Parking \$40/overnight & 20% off Day

Extra Meals - Saturday Breakfast		\$61
Extra Meals - Saturday Lunch		\$102

UNITED WE BUILD, ACHIEVE, AND SUCCEED

**Hotel
Information**



WYNDHAM

San Diego Bayside

1355 North Harbor Drive

San Diego CA 92101

800-996-3425

Hotel Room Block Deadline
September 18, 2025

Complimentary Airport Shuttle

Room Rate \$239+/per night

Complimentary WiFi in Room

NAWIC2025

Group Code 10092025NAWIC

**Payment
Information**

Check Payable to: **NAWIC PSW Regional Fund**
 Mail Checks to: Myrna Smith
 1012 Crosby St, El Cajon, CA 92021

NAWIC
 The National Association of
 Women in Construction

Pacific Southwest Region

REGISTRATION



PSW Conference Link

Educational Corner

NEF RESOURCES

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

**BUILD.
LEAD.
SUCCEED.**



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PODCAST
of

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The National Association of
Women in Construction

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Webinars

[CLICK TO REGISTER](#)

09 MAY

FRIDAY

Fostering a community
within your project – PD&E –
Webinar

FREE

[CLICK TO REGISTER](#)

19 MAY

MONDAY

National DEI Committee
Standing Meeting



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



**Did you hear about the construction site that had a
comedy night?**

The jokes were solid... but the delivery was a bit concrete.



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 or visit our chapter website, 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 ****

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 (*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 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?

SILVER SPONSORS

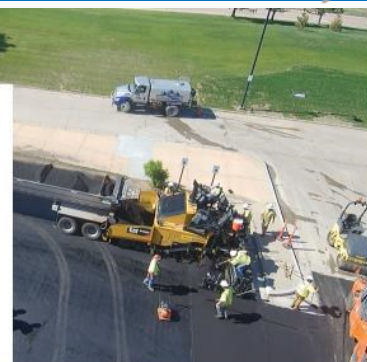
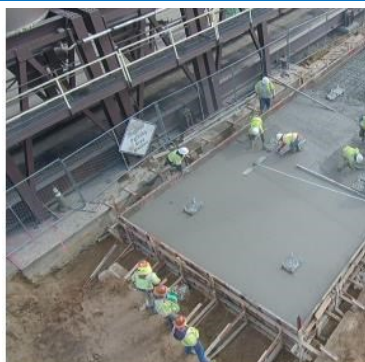


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 719-481-3035



info@CC-Restoration.com

www.CC-Restoration.com

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.

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

Hosted By:  **Buzzer Crow Bistro**

 **Gardner's**

 **FRONTLINE**
FLOOR COATINGS
POLISHING EXPERTS