

## THE PIPELINE

**+** 

**JUNE 2025** 

#### Cedar Rapids-Iowa City, IA



## President's Message

Happy Summer, everyone!

I hope you're all staying cool and enjoying the sunshine as we dive into the heart of the season.

June was a busy and exciting month for our chapter, and I want to take a moment to reflect on one of our proudest traditions.

On June 11, we hosted our 50th Annual Golf Outing, and what a day it was! The event was a tremendous success, thanks to the support of our members, sponsors, and volunteers. We raised funds to benefit the scholarship program, support continuing education, and give back to our selected nonprofit this year - Girls on the Run. We're so grateful for the feedback we've received and are already looking forward to making next year's outing even better!

We also held a Coffee and Conversation membership drive on June 20, which turned out amazing! We had some awesome conversations and great energy in the room. Events like these remind us how important it is to stay connected and continue growing our chapter. If you know someone who might be interested in joining NAWIC, please don't hesitate to reach out. I'd love to share more about the benefits of membership and how they can get involved.

As we head into July, we're taking a brief break from our regular chapter membership meeting, but we're not slowing down completely. On July 15, we're excited to offer a virtual workshop over the lunch hour. Join us for a 90-minute session on "From High Conflict to Constructive Conflict - Turning Conflict into Constructive Behavior by Molly Mackey. This is a fantastic opportunity for professional growth and development - be sure to check out the event details and register today!

Thank you all for your continued involvement and energy. Wishing you a fun and safe summer!

Lagur Carparal President,

# In this newsletter you can expect:

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# Professional Development and Education Calendar

Join us for these upcoming activities!

#### June 3

NAWIC Membership Meeting @ 5:30 pm Golf Prep & Meeting at Esco Group - Marion. Dinner at Barrell House after.

#### June 11

NAWIC 50th Annual Golf Outing

#### June 20

NAWIC Coffee & Conversations @ 8:00 am

#### June 24

Create Space For Others Different Than You - National Webinar @ 1:00 pm

#### June 25

Chapter Leadership Training - National Webinar @ 11:00 am

#### **July 11**

Build in July: Membership Blitz: Join Cait LIVE on LinkedIn National Q&A - National Webinar @ 10:30 am

### July 14

How Legislation Powers Sustainability in the Built Environment - National Webinar @ 4:00 pm

#### **July 15**

Virtual: Conflict Workshop by Kirkwood Continuing Education @ 12:00 pm

If you are planning on attending, please fill out this registration form please: <u>Kirkwood Community College - Continuing Education</u>

Here is the zoom link for the session: <a href="https://kirkwood.zoom.us/j/93257521982?">https://kirkwood.zoom.us/j/93257521982?</a>
<a href="pwd=xC0C3PSax1pgDQVij0EzTpqJLWmrt3.1">pwd=xC0C3PSax1pgDQVij0EzTpqJLWmrt3.1</a>

### **July 15**

NAWIC Chapter 160 Social Hour - 3:30 pm - 5:00 pm

Check out more NAWIC events at NAWIC.ORG!!



# **Chapter 160 Board Members**

#### **President**

Karen LaGrange

#### Vice President

Angie Lippe

#### **Treasurer**

Michelle Riedinger

#### **Secretary**

Kerry Dixon

#### Director

Ginger Zenor Melissa Carlson Denise Carnahan

#### **Immediate Past President**

Darby Winger



# Scholarship Recipients

We're thrilled to share that our NAWIC Chapter has awarded all three of our scholarships for the 2024–2025 year! These scholarships, provided through the NAWIC Founders' Scholarship Foundation (NFSF), support students pursuing careers in construction-related fields—including project management, trades, engineering, architecture, and beyond.



Congratulations to this year's recipients:

- Caden Allison Construction Technology Management
- Rosalyn Becicka Architecture
- Andi Scott Construction Engineering

We're honored to be part of this effort and to support these talented individuals as they pursue their education and careers in construction!

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# NAWIC Golf Outing

# ON GURSE OCCUSANICION 50TH ANNUAL GOLFTOURNAMENT



















# Safety Snippet - Safe Lifting Techniques

Manually lifting heavy objects improperly can lead to a range of injuries, including strains, sprains, and even more severe musculoskeletal issues. By utilizing proper lifting techniques, we can significantly reduce the risk of these injuries and promote a safer workplace.

- Assess the Load: Before lifting anything, take a moment to assess the weight and size of the object by gently lifting one corner, if possible. If the load seems too heavy, too large, or too awkward to lift safely, seek assistance from someone else to help you make the lift, or use mechanical aids like dollies or forklifts to lift the load.
- **Warm-Up**: Just like any physical activity, warming up is essential to prevent injuries. Perform light stretching exercises before you start lifting to prepare your muscles for the task ahead.
- Proper Body Mechanics: Maintain a stable base by keeping your feet shoulder-width apart while facing the load. Bend at the hips and knees, not at the waist.
  Keep your back straight and chin high, and avoid twisting while lifting. Engage your core muscles for best results.
- **Get a Good Grip**: Lifting without a good grip can lead to drops and injuries. So, ensure you have a secure grip on the object before lifting. Using containers with handles, when possible, will help you get a better grip. Use both hands and, if necessary, wear gloves to increase grip.
- **Keep the Load Close**: Position the load close to your body to reduce the strain on your back. Avoid lifts that require extending your arms fully, as this can put additional stress on your back and shoulder muscles.
- Let Your Legs Do the Heavy Work: The power for lifting should come from your legs, not your back. Push through your heels, straighten your hips and knees, and then lift in a smooth, controlled motion. Do not jerk or make sudden movements while lifting.
- **Pivot, Don't Twist**: When changing direction while handling a load, pivot your feet instead of twisting your torso. Twisting while carrying a heavy object can strain your back and increase the risk of injury.
- **Never Lift When Injured**: If you have a previous back injury, do not attempt to make a heavy lift. And if you feel that you have just injured your back while lifting, stop what you are doing and report the injury to your supervisor ASAP so you can get first aid or medical treatment.

By incorporating these safe lifting techniques into our daily routines, we not only protect ourselves from potential injuries but also contribute to a culture of safety within our workplace. Remember, taking a few extra moments to assess and lift objects correctly can make a significant difference in our overall well-being.









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