



October Newsletter

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PRESIDENT'S LETTER



Fall is here, there's a chill in the air, and your chapter and society are busy planning professional opportunities for you, our membership. Last year, society did a survey to determine how members like to engage with their chapters. They identified two main reasons that members join our organization: networking and professional development opportunities. So, here are some opportunities for you to engage...

Professional Development:

- Come to a Section or Chapter meeting. There are sections meeting in [Salem](#) and [Kalama](#), in addition to our regular [chapter](#) meetings.
- Our Mt. St. Helens Section is hosting a [Confined Space Entry Workshop](#) for Entry Supervisors, Competent Persons, and Qualified Persons. Check out details in the upcoming events section.
- Our [Governor's Occupational Safety and Health Conference](#) is coming up March 4th - 7th. Save the dates!
- Reach out to a [board member](#) to be invited to a board meeting. Joining the board is a great opportunity for young professionals to network and build their resume...and for seasoned professionals to give back to the chapter and profession. Come and learn what we're all about!

Networking and Community Outreach - our recent Chapter Survey

indicates that there is a wide diversity in interests for community outreach...from activities that are safety-specific to helping kids and families in the community. Try one of these:

- Help teach the OSHA 10 class.
- Bring a costume or some cash to donate to Chelsea's Closet. Those sick kids have parents in our workforces. Let's do something to make their day a little brighter.
- Pick up the hotel toiletries when you travel. Drop them off at any chapter meeting and we'll donate them to a worthy cause.
- Watch for our Networking event. Details coming soon (I suspect it will involve beer).

GOSH Reminder: If you know of a company that might like to be a sponsor or purchase a vendor booth, please reach out to [Dave McNiel](#) with sponsorships and [William White](#) with vendor requests.

Yours in continued support of our Chapter Organization and Outreach Legacy (COOL).

Corinna Kupelwieser, President ASSP-CWC

OCTOBER CHAPTER MEETING-STRESS & MANAGING IT



What is stress and how do we define it? How does stress affect us all in our daily lives? Do you find that on the job stress is taken home with you at the end of the day and is affecting your family and off-work time? This presentation will cover how stress may show up in our daily lives and what we can do about it. This will include compassion fatigue and the other symptoms of stress.

Come join Leticia M. Sainz, Program Manager for Multomah County Crisis Services, to find out how stress may be affecting you and your employees.

[Register Now](#)

ALSO at this meeting...

Open Board Position: Nate Mock has resigned as President-Elect and we will be holding a special election to fill his position.

Costumes or Donation Drive:

The CWC-ASSP has selected the Chelsea Hicks Foundation to be the recipients of our October donations. This wonderful organization supports seriously ill children at Doernbecher and Randall Children's Hospitals. Their Chelsea's Closet program provides costumes for monthly dress-up parties for these kids with the goal of helping "smile to their faces and love to their

these kids with the goal of bringing smiles to their faces and joy to their hearts and have them forget – if just for a few moments – the struggles they are facing.”

Please bring **NEW** costumes (due to infectious disease restrictions only new costumes can be accepted) to our October 11 meeting. If you are unable to shop for new costumes or prefer to have someone else do the shopping, the committee will accept cash donations and do the shopping for you.

The Chelsea Hicks Foundation has let us know that their greatest need is for:

- Costumes sized newborn to 24 months that aren't animal, and
- Teen girl appropriate costumes

For more information about Chelsea's Closet and the Chelsea Hicks Foundation go to www.chelseahicksfoundation.org

Thanks for your generosity!

Next month join us on November 11th for Virtual Reality Training.

CONFINED SPACE SYMPOSIUM - November 13-16

The Mt. St. Helens Section is putting on a Confined Space Professional Development Seminar. Options are available for:

- Entry Attendant
- Entry Worker
- Entry Supervisor
- Competent & Qualified Person & Rescuer

Get more details and register [here!](#)

THE NOMINATING COMMITTEE HAS BEEN FORMED

Illa Gilbert-Jones is chairing the nominating committee this year. Please let her know if you are interested in joining the chapter leadership. There are many benefits to being on the board including:

- **Networking**...build a great group of go-to resources!
- **Professional Development.** Upcoming leaders have the opportunity to travel to Chicago for the Society Leadership Development Program.
- **Regional Meetings.** The VP, President-Elect, and President have the opportunity to travel to the Regional Operating Committee meetings and extend their network regionwide. You'll meet some society staff, possibly get recruited onto a society committee, and occasionally travel somewhere pretty cool.
- **You'll gain skills** in meeting protocol (Robert's Rules), following Bylaws, teamwork, and decision-making.
- **It's a great experience**...really!

OTHER ANNOUNCEMENTS

Micro-Volunteer Opportunities

- [Make a phone call](#). Reach out to a company that currently isn't part of ASSP - CWC and let them know we're out here.
- [Update](#) our Upcoming Events powerpoint slides.
- Interested in sponsoring a meeting? Contact [Judy West](#).
- Bring your unused hotel toiletries to the next chapter meeting.

External Volunteer Opportunities

A recent Community Emergency Response Team class is ready for their final emergency simulation on November 3rd from 8 am-noon. Lake Oswego Fire is looking for volunteers to participate as earthquake victims at the Westlake Fire Station. You would need to dress warmly, in clothes that can be damaged by fake blood. Please reach out to [Karen Carnahan](#) if you would like to participate.

AWARDS, SCHOLARSHIPS, AND GRANTS

Nominations are now open for the GOSH awards. Click [here](#) to download an awards nominations packet. The deadline for nominations is October 26th.

Applications are being accepted for the Society Foundation Scholarships and Professional Development Grants. Click [here](#) to learn more. The deadline for applications is December 1st.

CONGRATULATIONS!

Did you recently achieve a new certification? Do you know of someone who deserves recognition? Send us an [email](#).

WELCOME - NEW & RETURNING MEMBERS!

Students

Solamon Ibe

Did you know...?

The number of delegates we can send to the society PDC depends upon our membership level. These delegates represent our chapter on society

Our membership level. These delegates represent our chapter on society level votes. Our membership is above 500 for most of the year, which means we should have three delegates. Unfortunately, many people are up for renewal in the last quarter and, if they don't renew before the end of the year, our numbers drop below 500 and we are only assigned two delegates.

Please help us get over the end-of-the-year hump by renewing on time.

Need to renew your membership?

Click to view a [video](#) on how to renew on the new ASSP website or [here](#) to be taken to the renewal page.

ASSP MEMBER-GET-A-MEMBER PROGRAM

How It Works

The more of your friends who join, the more you get rewarded

- **Refer 3** friends and receive one FREE ASSP webinar
- **Refer 5** friends and receive a FREE 1-year extension of your ASSP membership
- **Refer 10** friends and receive an ASSP polo shirt + one FREE ASSP seminar (amount not to exceed \$350)

Grand Prize*

For every new paid member you sponsor from January to December 2019, you will receive an entry in our grand price drawing for a trip to ASSP's annual professional development conference. This reward includes:

- Full conference registration
- Three nights hotel accommodations at an ASSP conference hotel
- \$250 AMEX card to use for expenses

*Grand prize not to exceed \$2,000 USD.

UPCOMING EVENTS

ASSP-CWC October Membership Meeting - Stress & Managing It

October 11th | 11:30am-1:00pm

[Register Now](#)

Construction Safety Summit

The 4th Tuesday of each month

www.constructionsafetysummit.com

2018 Northwest Occupational Health Conference

October 10-12

[Register Now](#)

Southern Oregon Occupational Safety and Health Conference

October 16-18

[Register Now](#)

Spores & Silica in Construction Learning & Libations by CSI

October 18

[Register Now](#)

**Confined Space Training (Entry Attendant, Worker, Supervisor;
Competent & Qualified Person; and Rescuer) - Save the Date!**

November 13-16

[Brought to you by the Mt St Helens Section](#)

28th Annual Western Pulp & Paper Workers Safety & Health Conference

November 27-29

[Register Now](#)

Upcoming Chapter Meetings

November 8 - Virtual Reality Training

December 13 - Mental Health Awareness and Suicide Prevention

January 1 - ISO 45001 Overview

February 14 - BREAKFAST MANAGEMENT MEETING - Total Worker Health

March - NO MEETING - See you at GOSH

April 11 - Oregon OSHA PEL Efforts - Joint Meeting with AIHA

May 9 - TBD

Working together for a safer, stronger future



If you do not wish to receive these emails, please [click here](#)
to unsubscribe from ASSP Columbia-Willamette Chapter messages.

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