



COLUMBIA-WILLAMETTE  
CHAPTER

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### CHAPTER MEETING | NO-COST WEBINAR

**UNCONSCIOUS BIAS: RECOGNIZING ITS INFLUENCE  
IN THE DECISIONS WE MAKE**

**January 14, 2021 | 11:30am - 1:00PM**



**Christina Lincicome**  
Director of Diversity, Equity and Inclusion  
SAIF Corporation

**Topic: Unconscious bias: Recognizing its influence in the decisions we make**

Decision making is an integral part of all organizations. How leaders apply decision making processes have a significant impact on all areas of an organization. This one hour presentation engages participants in discussion and discovery of the impact of the inherent “natural human process” of unconscious bias. Through a bit of fun, practice and open and honest dialogue, this session provides a framework that allows individuals to access another level of thinking, decision making models, and developing effective ways to mitigate unconscious bias in the decision-making process.

**HOW TO REGISTER:**

You are invited to a Zoom meeting. When: January 14, 2021 at 11:30 AM Pacific Time (US and Canada) Register in advance for this meeting:

Register in advance for this webinar:

[https://events-na11.adobeconnect.com/content/connect/c1/1312456076/en/events/event/shared/1534439241/event\\_registration.html?sco-id=3076412415](https://events-na11.adobeconnect.com/content/connect/c1/1312456076/en/events/event/shared/1534439241/event_registration.html?sco-id=3076412415)

After registering, you will receive a confirmation email containing information about joining the meeting.

**MORE INFORMATION**

**PDC - MENTAL WELLNESS AND QPR**

**[Mental Wellness and QPR \(Question, Persuade, and Refer\)](#)**

Wed., January 20, 2021 from 9 AM – 12PM via Zoom

This three-hour course is offered at no-cost, and will be taught in two parts:

**Part 1: Mental Wellness**

**Part 2: QPR**

Each attendee will receive certificate of completion for the QPR portion of the class and ASSP Continuing Education Units (have been requested by ASSP). The course will be taught by Columbia Willamette ASSP Member Steven Frost. There is no cost but pre-registration is required.

Register via Zoom at <https://zoom.us/meeting/register/tJUvcuuqrjoqE9zg3pwXta4ofggEUkAe4qrd>

## **SUPPORT SAFE FOOD ACCESS FOR ALL OUR COMMUNITIES**



### **Supporting Safe Food Access for all our Communities**

We asked, you delivered!

Thank you to all the Chapter members who helped support our December Oregon Food Bank campaign by donating funds to help ensure that everyone has access to safe, nutritious food in the wake of COVID-19. Our members donated \$929, the Chapter donated \$500 for a combined total of \$1429! For every \$10 donated, 30 meals were provided. Suffice to say, as a Chapter we were able to provide a whopping 4287 meals! WOW! We are so very thankful for your generosity. Since the momentum is strong and with the hustle and bustle of the holidays now in our rear view mirrors, if you were not able to make a donation, it's not too late! The campaign is still open and we welcome all donations..... because no one should be hungry. [Donate Now!](#)

**Any questions can be sent to Paula Jones at [paujon@saif.com](mailto:paujon@saif.com)**

**Safety and Health: Pay it Forward!**

## **PROFESSIONAL MEMBERSHIP DUES GRANT**

With COVID-19 continuing to effect our families and careers the chapter wanted to put together the opportunity to support our members with their membership dues. There are 2 avenues to take for

hardship assistance. We ask that you first try Society's option and if that does not provide the resources needed please then fill out our Chapters Application.

1. Fill out [Society's Hardship Application](#)
  1. The Society offers a year's complimentary membership during a member's unemployment that comes with all the benefits ASSP membership provides.
2. If Society is unable to provide funding fill out the Chapters Grant Application for Dues Assistance
  1. The chapter has set aside an amount in the budget to help cover the baseline membership dues. Please fill out the [grant application](#), if needed, and return to [sponsorship@cwv.asse.org](mailto:sponsorship@cwv.asse.org)

## OREGON HARD HATS WITH HEART



On average, 121 million Americans are living with some form of cardiovascular disease. What may surprise you is that the construction industry is disproportionately affected. This line of work is mentally and physically demanding, and can lead to unhealthy habits that increase risk factors for heart disease and stroke.

To address this issue, the [American Heart Association](#) is working with the local construction industry to improve the health and wellbeing of craftworkers through education and science-based tools that empower employees and craftworkers to manage their own health.

In October, we launched our new online Resource Hub found at the American Heart Association's web page, dedicated to health information for the construction industry. Subjects include nutrition, mental wellbeing, fitness, managing blood pressure and more. The goal is to provide easily-available and free resources to employers to help inspire and equip craftworkers to live longer, healthier lives. To find out more, visit [www.heart.org/hardhatsOR](http://www.heart.org/hardhatsOR) or contact Lily Banning, American Heart Association Community Impact Director ([Lily.Banning@heart.org](mailto:Lily.Banning@heart.org)).

## PRESIDENT'S LETTER

First off, let me wish all of you a Happy New Year! It has been a long time coming, and hopefully, it won't disappoint.



I want to thank everyone who participated in last month's fundraiser for the Oregon Food Bank. The Chapter Executive Board wanted to raise \$1,000 and committed \$500 with the hope of members contributing an additional \$500. It shouldn't be any surprise that we easily blew by that goal with a total contribution of \$1,481. That will provide our community with 4,442 meals!

January 20th will be our second PDC of the Chapter year. This one will focus on Mental Health & QPR (Question, Persuade, and Refer) and will be led by Steven Frost. Registration information is in this newsletter and on the website.

Time has not run out to get your name, or someone else's name, into the running for both the Chapter and Regional Safety Professional of the Year (SPY) Award. You can find information on that in this newsletter.

Also, we would love for you to join us on the Chapter Executive Board. The slate is still open for next year's nominations. The slate of candidates will be posted in next month's newsletter. As I always mention, though, if you don't want to commit to a position, we always have micro-opportunities for you to dip your toe in the water to see how it feels.

Here's to a safe, healthy, and productive year for all of us. Thank you for all you do to keep your employees and the public safe.

All the Best,

**Mark Frisco, CSP, *President ASSP CWC***

## 2021 SPY AWARD

### 2021 "SPY" AWARD CHAPTER SAFETY PROFESSIONAL OF THE YEAR

***Deadline for Nominations: March 29, 2021***

In general, the professional deserving of recognition as a leader in safety will have contributed to the establishment, improvement, and/or advancement of the safety profession in the Columbia-Willamette Chapter geographical area including Mt. St. Helen's and Santiam sections.

**Eligibility:** To constitute nominee eligibility, all of the following criteria must be met:

- Professional Member, Member, or Associate Member of the Society
- Member of the Columbia-Willamette Chapter
- Employed full time in the safety and health profession
- Not a SPY award recipient in the past five years

**Additional Criteria:** Nomination should be based primarily on the nominee's activity over the past 5 years, with special emphasis on the more recent activities. Professional achievement and contributions in the following categories will be considered.

- ASSP and or Chapter involvement
- Professional employment
- Community and public service
- Educational institutions
- Regulatory agency and technical organization
- Other pertinent achievement and contribution

Achievement and contributions in the above categories include, but are not limited to, exemplary leadership, technical proficiency, professional mentoring, lectures/presentations, publications, program development, innovations, and other related activities.

**Nomination Form:** To receive a nomination form, please contact Barbara Aguon at **503-720-1153** or email [barbara.aguon@portlandoregon.gov](mailto:barbara.aguon@portlandoregon.gov)

The nomination form must be completed in its entirety. Additional comments must be limited to two pages.

## UPCOMING EVENTS

### PDC

- January 20 - [Mental Wellness and QPR \(Question, Persuade, and Refer\)](#)

### Upcoming Chapter Meetings

- January 12 - Santiam Section Meeting | [Silica Overview – Kim Henry / SAIF](#)
- January 14 - Chapter Meeting | [Unconscious bias: Recognizing its influence in the decisions we make](#)
- January 21 - Mt. St. Helens Section Meeting | [Topic TBD](#)
- February 9 - Santiam Section Meeting | [Respiratory Protection – Brandi Davis / Oregon OSHA](#)
- February 11 - Chapter Meeting | Rick Management and Safety: How COVID-19 has changed our work (*additional information TBD*)
- February 18 - Mt. St. Helens Section Meeting | [Topic TBD](#)

### Construction Safety Summit

The 4th Tuesday of each month | [www.constructionsafetysummit.com](http://www.constructionsafetysummit.com)

- January 26 - [Oregon OSHA Update - Michael Wood](#)
- February 23 - [SIF AGC](#)

## NOMINATIONS/ELECTIONS COMMITTEE

## **The 2020-2021 Nominating Committee has been formed.**

Corinna Kupelwieser is chairing the nominating committee this year. Additional members of the committee are past presidents Guy Silvey and Paula Jones, and presidential appointee Brittany Johnson. Descriptions of board positions can be found in the [Chapter Bylaws](#).

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 of 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!

Please reach out to any committee member if you are interested in running for the chapter board. Nominations will be published by February 6<sup>th</sup> and the e-ballots will be available March 8<sup>th</sup> – April 2<sup>nd</sup>.

### **Corinna Kupelwieser**

Committee Chair

[Corinna.kupelwieser@propelinsurance.com](mailto:Corinna.kupelwieser@propelinsurance.com)

### **Guy Silvey**

Committee Member

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

### **Paula Jones**

Committee Member

[Paujon@saif.com](mailto:Paujon@saif.com)

### **Brittany Johnson**

Committee Member

[brijoh@saif.com](mailto:brijoh@saif.com)

## **ASSP RESPONDS TO COVID-19**

### **COVID-19 Education and Resources**

- ASSP President's message: [The State of Our Society](#).
- Visit [our library](#) of COVID-19 webinars.
- Learn return to work strategies on [our podcast](#) with ASSP President-Elect Deb Roy. For a list of recent podcasts: <https://www.assp.org/resources/covid-19/podcasts>
- Connect with peers in the [ASSP Community](#) to ask questions and share COVID-19 resources.

- Please visit [our website](#) regularly for new information

## MENTAL HEALTH RESOURCES

### LINES FOR LIFE | BEHIND THE LINES

#### We Care About Your Health

It's normal to feel anxiety and uncertainty about a widespread health concern in our community like COVID-19, and to be upset or anxious about changes and interruptions to everyday life.

**All of our crisis lines are operating as usual**, and seeking support over the phone is a great way to practice social distancing.

**If you or a loved one are experiencing a mental health crisis,**

- call the Lifeline at 1-800-273-8255

**If you are 55 or older and feeling isolated or just want to have a friendly conversation,**

- call the Senior Loneliness Line at 503-200-1633

**If you are 21 or younger and want support for any problem, big or small,**

- call YouthLine at 1-877-968-8491 or text teen2teen to 839863

#### Taking Care During Crisis

It's important to manage anxiety, cope with uncertainty, and stay grounded in truth as the situation unfolds. Here are some tips for taking care during this difficult time:

- 7 Science-Based Strategies to Help Cope with Coronavirus Anxiety
- CDC Tips for Mental Health and Coping During COVID-19 (includes a section for parents about how to support children)
- Reach out to your mental health provider(s) or call our lines for extra support.

#### Finding Reliable Information

Keep in mind that limiting information-seeking may be beneficial to your mental health.

- Consult trusted sources for the best information - we recommend our partners
  - Oregon Health Authority
  - Centers for Disease Control
- Avoid sensational news reports.



## JOB OPENINGS



### Safety Specialist

Ward Insurance Agency, Inc. | Oregon

The Safety Specialist is responsible for helping Ward Insurance Agency, Inc. attract, secure, and retain business by providing professional, timely, and knowledgeable human loss prevention and safety services. The role operates as a value-add position to support the Producers' prospecting and servicing goals. The Safety Specialist will also be responsible for developing and maintaining internal resources and systems for the continual improvement of the Department and Risk Services Team.

Is your company looking for a qualified Safety Professional? Contact Aubrey Sakaguchi, ASP by [email](#), by phone at **(503) 673-5356**, or by fax at **(503) 584-9698** to have your opening posted here.

## CONGRATULATIONS!



***[New item]***

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

## CONFERENCES

## **2021 Puget Sound ASSP Professional Development Conference**

**May 6, 2021 | Virtual Event**

In terms of logistics, all 2020 PDC registrations will be rolled over to the 2022 PDC in Ellensburg and everyone who was registered for the 2020 event will receive complimentary admission to the 2021 Virtual PDC.

**Call For Speakers** - The 2021 PDC is currently accepting applications for presentations. [Download a PDF application - Click Here](#). (To request a copy in word, e-mail [safety@pugetsoundpdc.com](mailto:safety@pugetsoundpdc.com))

[To register by mail or fax, download a PDF Registration Form - Click Here](#)

Group Discounts - Additional discounts are available for Groups of 4+ attendees, Save \$100, email [safety@pugetsoundpdc.com](mailto:safety@pugetsoundpdc.com) for more details.

If you have any questions on the Puget Sound ASSP PDC, you can e-mail us at [safety@pugetsoundpdc.com](mailto:safety@pugetsoundpdc.com), fill out the [contact form on our website](#), or call Erika May directly at 661.472.6591.

## **Northwest Safety & Health Summit by Region X VPPPA**

**May 18-20, 2021 | Boise, ID**

Mark your calendar for the next Northwest Safety & Health Summit on **May 18-20, 2021**, at the Three Rivers Convention Center in Kennewick, Washington.

## **WELCOME - NEW & RETURNING MEMBERS!**

The word "welcome" is written in a large, elegant, black cursive script.

### **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.

## **SHARE THE VALUE OF AN ASSP MEMBERSHIP**

### **ASSP Member-Get-A-Member Program**

Do you have friends, colleagues and associates who would find value in ASSP membership? Tell them about ASSP by using our [Refer-A-Friend e-mail tool](#). Simply address and send the ready-made e-mail message below.

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

|                                    | REFER<br>3 | REFER<br>5 | REFER<br>10 |
|------------------------------------|------------|------------|-------------|
| FREE On-Demand Webinar             | X          | X          | X           |
| FREE 1-Year Membership Extension   |            | X          | X           |
| FREE Polo Shirt & FREE ASSP Course |            |            | X           |

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

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

\*\*Grand prize not to exceed \$2,000 US. Group memberships excluded. ASSP course not to exceed \$350.

E-mail your friends and colleagues now!

[Refer A Friend Today](#)

## LOG-IN TO ASSP COMMUNITIES



**Members from around the world are logging into the ASSP Community and starting to generate discussions on a variety of OSH-related topics. ASSP Community allows you to establish yourself as a digital thought leader at a society-wide level. This is your opportunity to share relevant content to the safety community, participate in groups within your interests and industry, and grow your connections. Log in today and join the conversation!**

**To log-in:**

1. Log-in with your ASSP website username and password
2. Upload a profile picture so other safety professionals know who you are.
3. Check that all the information is current on your profile and update it as needed.
4. Visit the How to Use ASSP Community for helpful tips and tutorials.



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

American Society of Safety Professionals | 520 N. Northwest Highway, Park Ridge, IL 60068