



COLUMBIA-WILLAMETTE  
CHAPTER

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### LETTER FROM THE PRESIDENT

New members bring fresh ideas, creativity and innovation. If you are a new member please join us for a meet and greet after the December meeting. Brittany Johnston, chair of the membership committee and other board members are excited to meet you. Come and introduce yourself and let us know how the chapter can support your professional growth and development.



Chapter meetings are scheduled to be virtual through January 2022. We know many members are eager to get back to face-to-face meetings, while others have organizational restrictions limiting offsite gatherings or exposure concerns. Look for a link to a survey next week asking you about your meeting format preferences for 2022 spring meetings.

See you this Thursday, November 11th at our virtual November meeting.

Following our chapter meeting we will keep our “Zoom Room” open for another 15 or so minutes in case you want to hang around and trade notes with other members. We know this is a holiday for some of you, so we will email the recording to you soon after and post it on our website. We appreciate and thank all veterans for their service.

Sincerely,  
Dede Montgomery, CIH, President ASSP CWC

## NOVEMBER MEMBERSHIP MEETING 2021

ASSP CWC November Membership Meeting 2021 | No-Cost webinar  
November 11, 2021 | 11:30 am - 1:00 pm

Topic: Energy-Based Hazard Recognition

Register: <https://cwc.assp.org/events/assp-cwc-november-membership-meeting-2021-no-cost-webinar/?>

Recognizing hazards is a fundamental skill for nearly every injury prevention technique. Through a series of brief psychological activities, participants will experience systematic human limitations in hazard recognition. A research-validated technique – the energy wheel – will be introduced and novel strategies for implementation will be demonstrated.

Presenter: Matthew Hallowell, Ph.D

### Other Section Meetings

#### **Santiam Section**

Next meeting: **December 14, 2021 / 7:10 am – 8:30 am**

To get the Zoom link, email [santiamsection@cwc.assp.org](mailto:santiamsection@cwc.assp.org)

Topic: **Member Appreciation**

#### **Mount Saint Helens**

Next meeting: **November 18, 2021 / 7:30 - 9:00 am**

Topic: **COVID/Delta Variant Update**

Guest Speaker: **Dr. Steven Krager**

Mt. St. Helens Section: This section will be meeting virtually until January 2022 via Zoom. Learn more by connecting with Section Chair [Dave McNiel](#) or [MSHS Secretary](#), or by visiting MSHS webpage. <https://cwc.assp.org/mt-st-helens-section/>.

## STUDENT SECTION AT OSU

We welcome student members back to school and look forward to connecting this year. Learn more about the Student Section at Oregon State University by visiting its [webpage](#) or reaching out to its [adviser](#).

## STUDENT SCHOLARSHIPS

Students are our hope for the future of environmental health and safety. Which is why, since 1978, the CWC Chapter has awarded scholarships to qualified students attending universities and community colleges in Oregon and Washington. These are made possible by the generosity of our local CWC-ASSP members, individuals, corporations, and local sections.

Each year our chapter awards two scholarships:

- *ASSP Columbia-Willamette Chapter Leadership Award (\$750.00)*
- *Walter G. Thorsell Memorial Scholarship (\$1,000)*

Please review the [application criteria and instructions](#). You can access the application form by following the [link](#) and submit your request for scholarship support by the December 1, 2021 deadline.

If you are a student or know of a student who could use the financial support to complete their education please apply for this free money.

We look forward to reviewing your application!

## SURVEY TO HELP OREGON STATE UNIVERSITY STUDENT

**Emotional and Physical Energy Impact on Worker Performance for  
Construction Trades**

Take the survey here: [https://oregonstate.qualtrics.com/jfe/form/SV\\_1AMNmR2a4FBvCdg](https://oregonstate.qualtrics.com/jfe/form/SV_1AMNmR2a4FBvCdg)

You can help out our fellow chapter member and PhD student at Oregon State, Abdul Alotaibi by completing this quick 15-minute research survey to help study the safety impacts of the emotional and physical energy that construction workers feel.

## CONFERENCES: GROW YOUR NETWORK

### WORK - LIFE CHALLENGES AND INTEGRATION IN THE CONTEXT OF COVID Fall Symposium

Friday - November 19, 2021

9 am - 2:30 pm

Virtual / Online Webinar

Low Cost: \$20

**Sponsored by the Oregon Institute of Occupational Health Sciences, Oregon Healthy Workforce Center and Portland State University Occupational Health Psychology Program**

Registration is Open!

## JOB OPENINGS

Metro

### **Safety Specialist - Waste Prevention and Environmental Services**

<https://www.governmentjobs.com/careers/oregonmetro/jobs/3263287/safety-specialist-waste-prevention-and-environmental-services?page=2&pagetype=jobOpportunitiesJobs>

Oregon OSHA

### **OSHA Administrator (Principal Executive/Manager G)**

[https://oregon.wd5.myworkdayjobs.com/en-US/SOR\\_External\\_Career\\_Site/job/Salem--DCBS--Labor--Industries-Building/OSHA-Administrator--Principal-Executive-Manager-G-\\_REQ-78566](https://oregon.wd5.myworkdayjobs.com/en-US/SOR_External_Career_Site/job/Salem--DCBS--Labor--Industries-Building/OSHA-Administrator--Principal-Executive-Manager-G-_REQ-78566)

SAIF

### Return to Work Consultant

<https://jobs-saif.icims.com/jobs/2923/senior-safety-management-consultant/job?mobile=false&width=815&height=500&bga=true&needsRedirect=false&jan1offset=-480&jun1offset=-420>

Check out job openings on our website:

<https://cwc.assp.org/2021/10/educational-service-district-112/>

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.

## 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.

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

### **ASSP Member-Get-A-Member Program: Refer members and get rewards!**

For details go to: <https://www.assp.org/membership/member-get-a-member>

#### **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.

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.

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