



COLUMBIA-WILLAMETTE
CHAPTER

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LETTER FROM THE PRESIDENT

This holiday season we all have the opportunity to share our abundance within our communities. Whether it is food, toys or a kind word - it feels good to be generous with our time and resources. Our chapter's community affairs committee, led by Paula Jones and Deb Bridges, have found several organizations that work with communities in need. Here are the options for donating:



1. **Oregon Food Bank**
(<https://give.oregonfoodbank.org/ASSP-CWC-Prevent-Hunger-Challenge>)
2. **Sunshine Division Holiday Food Box Distribution Day**
(<https://sunshinedivision.org/volunteer/>)
3. **Doernbecher Children Hospital's Wish List**
(<https://www.ohsu.edu/doernbecher/wish-list>)

Based on current COVID-19 forecast and the results of our chapter survey, our board has decided to keep all membership meetings virtual through May 2022.

On behalf of our Columbia-Willamette Chapter, I hope you are able to find some time for yourself, and your family and friends, as we close out what has been for many, a challenging year. We look forward to working together in 2022.

Sincerely,
Dede Montgomery
President, ASSP CWC

DECEMBER MEMBERSHIP MEETING

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

1:00 pm - 1:45 pm New Member Meet and Greet

Join us this month as we kick off our appreciation of members, including honoring members who have reached certain milestones. New members are invited to join our virtual Meet and Greet following the technical meeting at 1pm.

Topic: Using the 3D Static Strength Prediction Program™ to Assess Ergonomic Risk with Material Handling

Register: <https://cwc.assp.org/events/assp-december-chapter-meeting-no-cost-webinar/>

Register for New Member Meet and Greet (1 pm - 1:45 pm)
<https://us06web.zoom.us/meeting/register/tZYpfu2sqzMpHNJihL8-ipg-dC0xW8Bgee-J>

This seminar will cover the basic aspects to get started with the University of Michigan 3D Static Strength Prediction Program™ (3DSSPP), available through the University of Michigan Center for Ergonomics. This powerful software can be used to assess ergonomic risk for a range of manual material handling activities. This training will provide an overview of when 3DSSPP may be beneficial in field ergonomics, how to read the main status panel of inputs and results, and how to customize anthropometry, specify preset postures, and enter detailed poses.

Presenter: Jackie Pailthorp, CPE

Other Section Meetings

Santiam section

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

To get the Zoom link, email santiamsection@cw.cassp.org

Topic: **Member Appreciation**

Mt. St. Helen's Chapter

Next meeting: **December 16, 2021 / 7:30 am - 9:30 am**

To get link email Michael Sorenson at michaels@vigilant.org

Topic: **Fall Protection/Ladder Safety**

OSU student section

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 the [webpage](#) or reaching out to its [adviser](#).

PROPOSED GOVERNANCE CHANGES

Society leadership is proposing to change the current governance structure by removing the current process of House of Delegates and, instead, form an Advisory Group with a less formal structure. The details of the change are yet to be determined, and our Chapter House Delegates are involved in the discussion and getting answered to our questions.

There will be more information with specifics to share with the chapter in the near future. Members will be apprised prior to the Society-wide vote. You can learn more here: <https://www.assp.org/about/assp-governance>. If you would like to know more about this please reach out to our president Dede Montgomery montgomd@ohsu.edu.

SAFETY PROFESSIONAL OF THE YEAR AWARD

The Columbia-Willamette Chapter honors a member each year with its Chapter SPY (Safety Professional of the Year) Award. The Chapter SPY is a long established annual award, intended to recognize a deserving Columbia-Willamette Chapter member for outstanding leadership and service in the Safety Profession.

Applications are now available on our website. Completed applications are due March 28, 2022. Learn more and download the application:

<https://cwc.assp.org/2021/12/safety-professional-of-the-year-spy/>

OREGON YOUNG EMPLOYEE SAFETY CONTEST

The 2021-2022 contest has officially launched! High school students across Oregon are invited to create a 30-90 second video or a graphic design piece to promote young worker safety and health.

The tagline this year is: "Work. It can be more dangerous than you think." and the theme is "Young Worker Mental Well Being." A 1st, 2nd and 3rd place will be awarded in each category – video and graphic design and schools or sanctioned clubs of the 1st place winners will also receive a matching prize.

Please help us spread the word about the contest to any high school students, teachers or staff you may know. The deadline for submissions is 5pm on Friday, February 18, 2022. Learn more about the contest at:

<https://youngemployeesafety.org/contest/>.

The ASSP Columbia Willamette Chapter has supported and been a sponsor of this contest for many years.

LATEST JOB OPENINGS

Safety & Security Director, Oregon State Hospital

https://oregon.wd5.myworkdayjobs.com/en-US/SOR_External_Career_Site/job/Salem--OHA--Oregon-State-Hospital/Director-of-Safety-and-Security--Principal-Executive-Manager-F-_REQ-69208

Safety Specialist - Waste Prevention and Environmental Services, Metro

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

Check out additional job openings on our website:

<https://cwc.assp.org/current-openings/>

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



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