



COLUMBIA-WILLAMETTE  
CHAPTER

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### LETTER FROM THE PRESIDENT

Welcome to 2022!

Thank you to everyone who generously supported the Oregon Food Bank, Doernbecher Hospital and Sunshine food delivery this holiday season.

There is still time to nominate yourself or a fellow member for both the Chapter and Regional Safety Professional of the Year (SPY Award).

Join the executive board and flex your leadership muscle - we have member positions open right now. Maybe you want to help out with a project or join a committee, we have that too!

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. I look forward to seeing you at the membership meeting later this month.

Sincerely,  
Dede Montgomery  
President, ASSP CWC



## JANUARY MEMBERSHIP MEETING

ASSP CWC December Membership Meeting | No-Cost webinar  
January 13, 2022 | 11:30 am - 1:00 pm

**Topic: The Pacific Northwest Carpenters Institute (PNCI)  
Positive Jobsite Culture**

Join us for our first meeting of 2022! If you missed the news, our monthly meetings will remain virtual through May 2022. We will be presenting optional live social meeting opportunities this spring, so stay tuned.

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

Positive Job Culture (PJC) training was developed by The Pacific Northwest Carpenters Institute (PNCI), and our partners, as a tool for apprentices, journey-level workers, foremen and superintendents. Learn about unconscious bias and how this can impact relationships with coworkers, shows the impact bullying and hazing can have on a person, and it gives people some necessary tools to know how to react in these situations.

**Presenter: Dale Dvorak**



Dale Dvorak started with the NWCU (Northwest Carpenter's Union) in 2014. Dale is the Programs Representative and runs the Foreman Leadership Training Program and Veteran Outreach. He has been a Union Carpenter going on 22 years, started through the apprenticeship program and worked his way up to Superintendent. Dale is also currently the President of Local 1503. Dale is a resource for several committee's such as the State JATC ( Joint Apprenticeship Training Committee) , the chair of the Portland Carpenters JATC Sub-committee, and is the chair for the Skills USA Board of Champions.

### **Member Meet and Greet**

**Beginning January 2022, we will begin hosting member Meet and Greet immediately following the conclusion of each Chapter technical meeting as held on the second Thursday of each month, and within the same Zoom room. Each month we will rotate between all member Meet and Greet and new member Meet and Greet, beginning with all members in January.**

### **Other Section Meetings**

#### **Santiam section**

**Next Meeting: January 11, 2022**

**7:10 am – 8:30 am (new start time)**

**Topic: "Serious Injuries & Fatalities (SIFs)"**

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

#### **Mt. St. Helen's Chapter**

**Next meeting: January 20, 2022 / 7:30 am - 9:30 am**

Topic: **Fall Protection/Ladder Safety**

To get link email Michael Sorenson at [michaels@vigilant.org](mailto:michaels@vigilant.org)

### **OSU student section**

Learn more about the student section at Oregon State University by visiting the [webpage](#) or reaching out to its [adviser](#).

## **FREE HAZARDOUS MATERIALS TRAINING**

**ASSP Members are invited from the Sustainable Workplace Alliance to attend no cost training this spring within their “Hazardous Materials Instructor Training (HMIT) Program.”**

**HMIT currently offers three different training modules delivered online via live webinars. Attendees can earn 6 technical contact hours of CEU's for each day of training attended.**

**And since the training is funded by a federal training grant, there is no cost to attend! Learn more at: <http://sustainablewp.org/hmit.php> as well.**

**Below are the dates of classes they are delivering in the Pacific Time Zone:**

**January 13 – 14, 2022: 2-day “[HazMat Site Security](#)”**

**February 17 - 18, 2022: 2-day “[HazMat Prep & Response](#)”\***

**(\*This course qualifies for 8Hr HAZWOPER Refresher hours!)**

**March 29 – 30, 2022: 2-day “[49CFR/HazMat Shipping](#)”**

## **SAFETY PROFESSIONAL OF THE YEAR AWARD**

**The Columbia-Willamette Chapter honors a member each year with its Chapter Safety Professional of the Year (SPY) award.**

- **Learn more about and download the application.**  
**(<https://cwc.assp.org/2021/12/safety-professional-of-the-year-spy/>)**

**The deadline is March 28, 2022.**

Learn more about the Region SPY award here [https://www.assp.org/docs/default-source/community-leader-resources/chapter-documents/assp\\_region\\_spy\\_packet.pdf?sfvrsn=0](https://www.assp.org/docs/default-source/community-leader-resources/chapter-documents/assp_region_spy_packet.pdf?sfvrsn=0)

This application is due February 1, 2022.

## **OREGON YOUNG EMPLOYEE SAFETY CONTEST**

The deadline for submissions is 5pm on Friday, February 18, 2022.

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.

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**

Check out 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](#), phone **(503) 673-5356** or fax **(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.

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