



COLUMBIA-WILLAMETTE
CHAPTER



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LETTER FROM THE PRESIDENT

In our profession, the process of learning is never ending. As I prepare to renew my industrial hygiene certification I am reminded that a huge value of your membership are the chapter's technical meetings which can provide continuing education credits (CEUs). Our chapter has three technical meetings scheduled this spring in addition to Santiam and Mt. St. Helens Sections (see below).

The Construction Safety Summit and American Industrial Hygiene Association also have free technical trainings - some of which are virtual opportunities. I encourage you to keep up with those things you have identified necessary for both your technical and personal growth. Our chapter is here to help you along your path towards continued excellence.

If you are an expert in your field or have an important story to tell that you would like to present at our membership meeting -- let's talk. We welcome a diversity of perspectives and talent.

Sincerely,
Dede Montgomery
President, ASSP CWC



MARCH MEMBERSHIP MEETING

ASSP CWC March Membership Meeting | No-Cost webinar
March 10, 2022 | 11:30 am - 1:00 pm (followed by optional all member Meet & Greet)

Influential Safety Leadership

This session is designed for safety professionals seeking to enhance their influence and servant leadership skills to achieve and optimize workplace safety and health. During this interactive session, participants will make meaning of

influential safety leadership. Learners will explore ideas about research to practice for creating a culture of safety excellence.

Talking Points

- Define ideas about the science of persuasion.
- Identify six levers of professional influence
- Describe methods for creating a collaborative consultancy.
- Discuss applied transactional, transformational and servant leadership styles.

This innovative program combines high-energy participation, leadership theory and practical skills to elevate participants in their knowledge and application of business and safety best practices.

Presenter: Daniel Snyder, Ed.D., CSP, Founder and CEO, Safety Mentor

Register in advance for this Zoom meeting. (Our monthly meetings will remain virtual through May 2022.)

https://us06web.zoom.us/join/register/tZModOGqgDwtGtUyyb53-IN9Qvq6ICW_wK2I

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

OTHER SECTION MEETINGS

Santiam section

Next Meeting: March 8, 2022 at 7:10 am – 8:30 am (new start time)

Topic: *Remote Work & Home Ergonomics*

Where: VIRTUAL — ZOOM

For presentation Zoom link send email to: santiamsection@cw.cassp.org

Mount St Helens section (MSHS)

MSHS is putting on a free, three-part, CEU providing webinar series titled: “How to Build & Maintain an Effective IH Program,” with David Sisi, Principal Solution Strategist, Industrial Hygiene.

Part 1: February 17th, 2022

SEGs, Qualitative Exposure Assessments & Sampling Plans

A review of real-world examples for attendees to learn to establish Similar Exposure Groups (SEGs). Showing how many initial attempts to establish SEGs are incorrect and that’s okay and to be expected. The key is to start with a baseline and improve results as more information becomes available.

Part 2: March 17th, 2022

Laboratories, Data Analysis & Medical Surveillance

Conducting air monitoring can be intimidating, especially when wondering what media to use and trying to determine the proper flowrate and sampling duration. You do not need to become a statistician to analyze your sampling data. Take away practical guidance on several simple methods and free tools that ease data analysis.

Part 3: April 21st, 2022

Evaluating and Communicating Program Performance

Most industrial hygiene programs and their results are not effectively shared with workers and management. This has contributed to staff downsizing and budget cuts for many IH programs. Discuss several practical steps and methodologies to establish better two-way communications with key stakeholders so they recognize the value IH brings to the organization.

OSU student section

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

Safety Symposium in Ellensburg, WA

Pacific Northwest Safety Symposium

May 12, 2022

Central Washington University

Ellensburg, WA

Sponsored by Northwest ASSP Chapters and CWU ASSP Student Section

Register: <https://pugetsound.assp.org/events/pacific-northwest-safety-symposium/>

March Vote on Two Proposed Motions



As mentioned last month, our Columbia-Willamette Chapter House Delegates will vote no later than March 14 on two issues.

- Our board asks all chapter members to weigh in to inform their voting by completing a ballot/survey.
- You will receive the survey link via email today or tomorrow.
- We will remind all attendees at this week's membership meeting to complete the survey.
- Further information and details can be found at: <https://www.assp.org/about/house-of-delegates>

Members will be asked to vote individually on two motions by selecting one of the following:

1) yes 2) no 3) abstain

THE TWO MOTIONS ARE:

Motion 1: Real Estate Transaction Authority

The House of Delegates authorizes the Board of Directors to sell the existing headquarters building at 520 N. Northwest Highway, Park Ridge, Illinois, and to lease alternative office space to meet the needs of ASSP operations

Motion 2: Governance Change (Dissolving the House of Delegates Position)

The House of Delegates approves the revised ASSP bylaws, ASSP Revised Bylaws January 28, 2022, enacting the governance changes approved by the Board of Directors.

CHAPTER ELECTIONS

Look for more information about our slate of candidates in the March membership meeting. Voting will take place in May. For now, we acknowledge and thank our 2022-23 Columbia-Willamette Chapter Board Candidates:

Vice-President: Rob Dahl, Brittany Johnston
Treasurer-Elect: Courtney Marriott
Secretary: Terra Wheeler
House Delegate (2): Kerry Byun, Kyle DeHart
Delegate at Large (2): Jill Jones, Mariah Anderson

EARTH DAY VOLUNTEER FUN!



Earth Day Work Party:
Join us in the park and get your hands dirty!

- Join your fellow ASSP members and SOLVE Oregon at the Sahallie Illahee Park in West Linn to help restore the habitat for wildlife and humans.
- Volunteers have worked for over two years removing ivy and other non-native vegetation, planted native trees and plants, and have built trails.
- We will continue this work removing invasive plant species, planting trees and shrubs, and mulching native plants along with some trail maintenance.

Where

- **Sahallie Illahee Park in West Linn** <https://westlinnoregon.gov/parksrec/sahallie-illahee-park>

When

- **Sunday April 10th / 9 am - 12 pm**

Sign up here [Register](#)

For group type put *ASSP Columbia-Willamette Chapter - Community Service*

Alternative times: **April 23 is the** Spring Beach Clean-up is a fun event. There is an opportunity for everyone! [SOLVE | SOLVE Volunteer Calendar](#) (solveoregon.org).

OSHA 10 & CSP STUDY GROUP

CWC members continue to provide OSHA 10 training under a partnership with a local school district. Recently some members have expressed an interest of increasing opportunities to provide the OSHA 10 to other CTE and youth partnerships and to potentially partner with O[yes] to do so. If you are interested in volunteering your time to discuss this virtually sometime in May, please contact president@cw.cassp.org

If you are you studying for the CSP and would like to join forces with others to form or be part of a study circle, please email resident-elect@cw.cassp.org

SAFETY PROFESSIONAL OF THE YEAR AWARD

Each year our chapter honors a member with the Chapter Safety Professional of the Year (SPY) award.

Nominate a colleague - click below.

The deadline is March 28, 2022.

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

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.



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