



COLUMBIA-WILLAMETTE
CHAPTER

December 2022 Newsletter



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LETTER FROM THE PRESIDENT

Hello Members,

I hope all of you are doing great this holiday season. As we get close to the end of 2022 I would like to take a moment to thank all of you for your support of our local chapter. It's been great to see new and familiar faces at the lunch meetings. For those not ready to meet in-person we are recording the meetings for you to view on our website.

This year has been a successful one - thanks in big part to our amazing executive board. They have volunteered their time to bring back in-person meetings; provide service to our communities with volunteer and educational opportunities; and several have helped with the planning of the 2023 GOSH Conference. We are now seeking board members for the next year. This is a great way to network and serve your safety community!

Finally, as we enter the winter season it is easy to get fatigued, stressed and plain burned out. Please take time to enjoy yourself, spend time with your friends, family and community while enjoying the season safely.

Thanks to a great 2022 and an even better 2023!

Sincerely,
Jimmy Gibbons
President, ASSP CWC



GIVE TO OTHERS

The Columbia Willamette Chapter works to improve the community in which we live through fundraising and volunteer opportunities.

This holiday season we are working with organizations who give to others including: [Oregon Food Bank](#), [OHSU Doernbecher Children's Hospital](#) and the [Portland Police Bureau's Sunshine Division](#).

This is your chance to support fellow Oregonians who need it the most!



Donate to The Oregon Food Bank

- Every \$10 = 30 meals
 - Our goal is \$1,000 - we've raised \$200 so far!
 - Click [here](#) to donate and support hungry Oregonians
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Doernbecher Children's Hospital

- Donate **online**: Go to their [Target](#) and [Amazon](#) wishlists
- Donate **in-person** (new items only)

Current high-need items:

All ages:

Gift Cards: \$5, \$10, \$20 or more Gift Cards (Target, Amazon, Fred Meyer, Google Play, local restaurant)

Infant and toddler items

(Preferred brands: Fisher Price, Sassy, Infantino, The First Years, Little Tikes and Baby Einstein):

Early development/learning toys
Rattles and teething toys
Picture and board books (English and Spanish language)
Lights and sounds toys
Duplo building blocks
Mobiles and soothing crib toys
One-piece outfits (ages newborn – 12 months)
Comfortable one- and two-piece outfits (ages 12 Months +)
Swaddling blankets
Nesting toys
Fisher Price medical play kits

All ages: games, toys and action figures

Legos and Lego kits (all ages and sizes)
Card games (decks of cards: Uno, Phase 10, Skip-Bo, etc.)
Bionicles/Technics
Stuffed animals (small and medium sizes preferred)
Trains, planes and motorcycles
Large and small plastic dinosaurs
Popular action figures and characters
Various handheld electronic games

All ages: arts, crafts and activities

Arts and craft kits
Bead kits (schools age and teen)
Stickers
Slime kits
Kinetic sand
Sculpey clay (small packages, please)
Individual packets of Model Magic
Car kits – SnapTite (all ages/levels)
Model car non-toxic paint and glue
Oil pastels (tubes 8 ounces or larger)
Gel pens

Adult stress relief coloring books

Play-Doh and Play-Doh kits (small-size Play-Doh party packs)
Small canvases
Crayola watercolor paints
Crayola washable colored pencils, markers and crayons

Teen items

Trivia books
Advanced art kits
Sketch pencils
Acrylic tube paint kits and brushes
Watercolor paper and drawing paper pads
Popular chapter books (English and Spanish Language)
Journals
Sketch pads
Metal Earth model kits
Make-up and nail polish kits
Pajama bottoms, sweat pants and T-shirts (sizes S, M, L boys and girls)
Underwear (sizes toddler through teen boys and girls)
Toiletries

DELIVERY DIRECTIONS

Only **NEW** items due to their infection-control policy.

Three ways to donate:

1. **Secure Donation Bin** outside of the Doernbecher main lobby. Bin is accessible 24/7 and locked.
 2. **Drive-through:**
 - Lot 20 from 12/6-12/22 (add PDF of map in docs), Monday-Friday, 9am-4pm.
 - Take a photo and an ornament to celebrate your donation! (not available on weekends or evenings)
 3. **Schedule a delivery appointment** by calling Child Life at [503-418-5388](tel:5034185388)
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Sunshine Division

100th Annual Holiday Food Box program needs volunteers!

-----> SIGN UP HERE <-----

- **Delivery Date:** Saturday, December 17th, 2022
- **Choose time to pick up boxes & get addressess (when you sign up):**

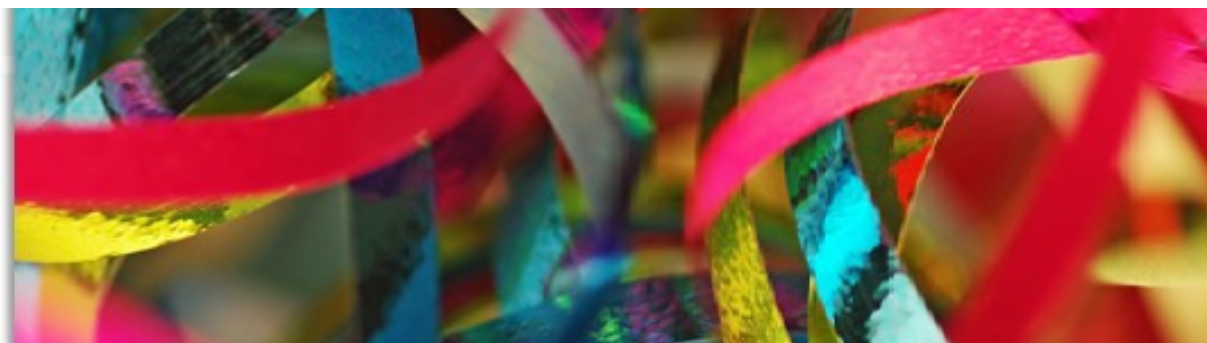
9:00 am | 9:45 am | 10:45 am

- **Location (box pickup):** Portland Int'l Raceway - 1940 N. Victory Blvd.

Your vehicle must be able to hold quantity 5 boxes that weigh 30 lbs
Box dimenstions are 16"x12"x11"

- **Sign up** online (you will be asked to sign a release of liability)

MEMBERSHIP RECOGNITION



- It is members like you that make our chapter great. To express our sincere gratitude for your long-term commitment to our Chapter we are sending a small token of appreciation to those with 30+ years of membership.
- Two members will also be randomly drawn from the list of those recognized.

Click [here](#) to see the names of our members.

Thank you for being a member of our Chapter.
We are so glad you are here!

UPCOMING 2023 MEETINGS



2023 Monthly Chapter Meeting Schedule

January 12, 2023 | 11:30am-1:00pm | **Brix Tavern** (Tualatin)

Topic: Preventing Serious Injuries & Fatalities in the Workplace

Speakers: Christina Dykes and Matt Plummer from SAIF

Learn practical steps for identifying Serious Injury and Fatalities (SIF) potential, best practices for prevention, and resources to engage employees to help prevent a serious injury or fatality from occurring at your business.

-----> REGISTER FOR THE MEETING <-----

February 9, 2023 | 11:15am-1:15pm | **Brix Tavern** (Tualatin)

This is a joint meeting with [Oregon RIMS](#)

Topic: "The Power of Don't: Communication and Leadership Excellence" and "Critical Mass of Risk: Risk Management and Risk Tolerance" by keynote speaker and former police officer [John Brix](#)

-----> REGISTER FOR THE MEETING <-----

March 2023: No Membership Meeting, join us at the [GOSH Conference](#)!

April 13, 2023 | 11:30am-1:00pm | Brix Tavern (Tualatin)

In-Person Joint Meeting with [Oregon State Association of Occupational Health Nurses \(OSAOHN\)](#)

May 11, 2023 | 11:30am-1:00pm | Brix Tavern (Tualatin)

In-Person Joint Meeting with the [Pacific Northwest Section of the American Industrial Hygiene Association \(PNS-AIHA\)](#).

June 2023: No Membership Meeting, join us for our annual Officer Installation Event!

NOVEMBER AND DECEMBER MEETING RECAP

November Meeting: *Basic Ergonomic Fundamentals* with ergonomist Serafine Lilien of ErgoArts. We discussed basics of ergonomics and why it is important that every company, no matter how large or small, should have an ergonomic program.



Pictured above left to right: Jimmy, Brittany and Serafine

December Meeting: *Let's Talk About Workplace Mental Health Well-being!* with Courtney Gilmore, Health and Well-being Program Coordinator City of Portland. Slides from the presentation can be found on our [website](#) under 'Presentations'.



Pictured above left to right: Courtney Gilmore and Brittany Johnson

SPRING 2023 SAFETY CONFERENCES

GOSH IS BACK!

(Oregon Governor's Occupational Safety & Health Conference)



When: March 6-9, 2023

Where: Convention Center - Portland, Oregon

Who: Brought to you by ASSP CWC & Oregon OSHA

Sign up for the **GOSH Columbia Forklift Challenge**

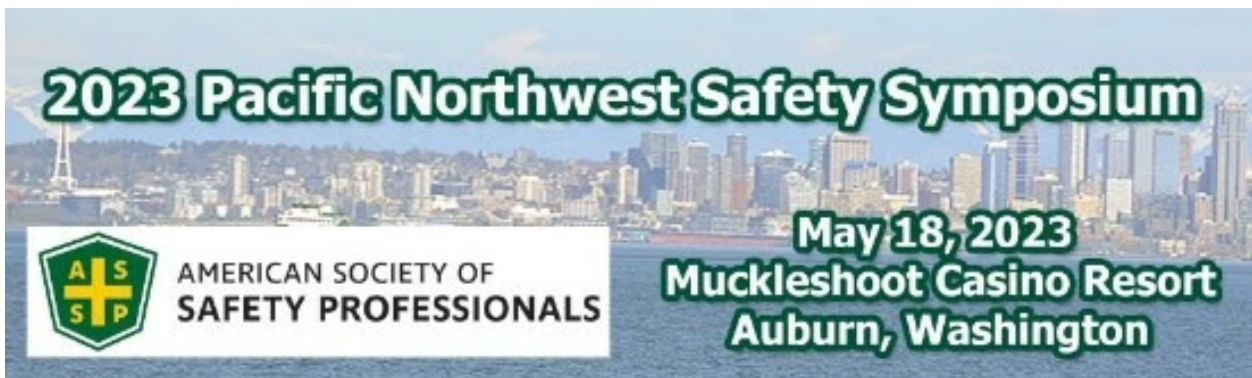
Once registered, you will get the Driver Application Packet via email (beginning January 16th. Packet includes:

- Driver biography form
- Waiver
- Proof of operator training from your employer
- 20-question "Safe Forklift Operation" quiz

Teams of three:

- Teams must be determined prior to the event with a limit of one team from a location.
- Driver changes are allowed prior to check-in.
- Team score is derived from the three individual scores.

MAY 18, 2023
PACIFIC NORTHWEST SAFETY SYMPOSIUM



When: Thursday May 18, 2023

Where: Muckleshoot Casino Resort in Auburn, WA

Who: Brought to you by Pacific Northwest Chapters of ASSP

> [Sponsorships are available](#) <

> [Now accepting speaker applications](#) <

This annual symposium is attended by over 200+ attendees annually and features an Exhibition of over 20+ Sponsors and Exhibitors.

NETWORKING OPPORTUNITIES



One major benefit of ASSP membership is getting to network with other members. ASSP members work in a variety of fields that include construction, medical, education, and government just to name a few.

As an ASSP member you have access to networking with folks in your field. Each of the businesses below are part of our chapter. Have compliance or best practice questions? Reach out to a company and start a conversation.

Advanced American Construction	BBSI	Briotix Health	Butterfield Onsite Drug Testing	Charter Mechanical
Clackamas County	City of Hillsboro	City of Portland Development Services	City of Portland Risk Management	City of Tigard
CNA Insurance	Columbia Sportswear	Conco Companies	D2000 Safety Inc	Genentech
HIS Innovations Group	HI-NRG	Howard S. Wright a Balfour Beatty Co	Hyster Yale Group	Ingenium Group
JAE Oregon	Kiewit Infrastructure West	KPA	L&H Consulting Group	Legacy Health
LMC Construction	Microchip Technologies	MiTek Industries	Multnomah County	NW Natural
NW Scaffold Service	ODOT	OHSU	Omega Morgan	Oregon OSHA
Oregon State Association of Occupational Health Nurses	Oregon Zoo	Perlo Construction	PGE	Port of Portland
Propel Insurance	Portland Public Schools	Portland Sysco	Safety NW, LLC	SAIF Corporation
Salem Keizer School District	Skanska USA Building	Skillsoft	Sodexo	Sysco
TE Connectivity	Tech Company	ThermoFisher	Tokyo Electron	United Salad Co.
U.S. Geological Survey	Waste Management	Woodfold Mfg.		

SAFETY PROFESSIONAL OF THE YEAR (SPY) AWARD



SPY AWARD

The ASSP Columbia Willamette Chapter honors a member each year with its Chapter "SPY" award. This award recognizes and celebrates a member for their outstanding leadership. If you know someone who always goes the extra mile please consider nominating them!

Completed applications are due March 28,2023. Learn more and download the application [here](#).

CHAPTER ELECTIONS



JOIN THE EXECUTIVE BOARD!

Now is the time to nominate someone for a chapter board position for the 2023-2024 year. Elections will take place in April 2023.

The term runs July 1, 2023 - June 30, 2024. This is a great opportunity to get to better know your colleagues, and influence and support our Columbia-Willamette Chapter.

Open Positions:

- Vice President
- Secretary
- Treasurer-Elect
- Advisory Group (2 spots)
- Delegate at Large (2 spots)

The elections committee is led by Past President Dede Montgomery, Paula Jones and Jennifer Thomason. Please reach out to Dede at ddmontgo@lhs.org (or Paula or Jennifer) to nominate someone or if you'd like to learn more about the positions.

HOLIDAY MENTAL HEALTH



HOLIDAYS CAN BE HARD

If you find the holiday winter season to be challenging - you are not alone. Here are a few suggestions to support your mental health well-being

during the winter holidays:

1. **Accept Imperfection:** It's okay if things don't go as planned. There is no perfect way to celebrate. Spend holiday time doing things that bring you joy.
2. **Kindness is Key:** Compliment and hold the door open for a stranger. Hug your loved ones. And most of all: be kind to yourself!
3. **Ask for Help:** Reach out to your friends, co-workers, community and family if you need support. Asking for help and being vulnerable is a good thing.
4. **Attitude of Gratitude:** Take a few minutes to reflect on what you are grateful for this year and next.
5. **Walk in Nature:** Walk outside in a park, neighborhood or the forest.

If you or someone you know is struggling or in crisis, help is available!

Text **988** to contact the **National Suicide and Crisis Lifeline**

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

