



COLUMBIA-WILLAMETTE
CHAPTER

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SEPTEMBER CHAPTER MEETING | NO-COST WEBINAR

OREGON OSHA UPDATE

September 10, 2020 | 11:30am - 1:00PM

This meeting will follow our May format and be an online no-cost webinar.



**Michael Wood, CSP,
Oregon Department of Consumer Services (Oregon OSHA)**

HOW TO REGISTER:

You are invited to a Zoom meeting.

When: Sep 10, 2020 11:30 AM Pacific Time (US and Canada)

Register in advance for this meeting:

<https://zoom.us/meeting/register/tJUqdeCqrTgrGdXH44sof2RbcNRO0-yjxBtW>

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

Topic: Oregon OSHA Update

In what has become an annual event, Oregon OSHA's administrator – Michael Wood, gives an update of recent, current and future regulatory events and happenings in Oregon. For Oregon safety professionals, it is the “State of the State Safety Programs” address. He will be talking about both federal and state activities as they relate to occupational safety and health.

MORE INFORMATION

PRESIDENT'S LETTER



Hi, and welcome to the 2020-2021 year. Just when you think it can't get crazier, then it does. Many changes have occurred that affect the Chapter, and a lot of changes are still in process.

First, let me introduce myself. I am a 1991 graduate from Oregon State University from the EHS program. I am currently an EHS Specialist with Waste Management. My focus is on post collections operations (transfer stations and landfills) in the PNW and based in Arlington, Oregon. I live in Hood River with my wife and two stepsons; my daughter is an ICU RN in Spokane; and I am an avid motorcyclist (yeah...safety professional, motorcyclist...perfect combination).

As many of you know, CWC is one of the largest and most successful chapters in ASSP, which goes to the credit of the previous Chapter leadership and executive boards. One thing that makes us strong is the funding we receive through the semi-annual GOSH Conference held in cooperation with Oregon-OSHA. You don't have to read or watch the news every day to realize organizing events like this has become difficult due to COVID-19. The Chapter Executive Board and the 2021 GOSH Executive Planning Board have made the difficult decision to cancel the March 2021 event due to the pandemic's uncertainties by next year. The impact of this expected financial shortfall was considered during the recent Chapter budget planning meeting. Fortunately, the Chapter is in good financial standing for the year thanks to previous boards' foresight and the current Board's planning. We were considering moving the conference to even years starting in 2022; however, the committees realized how doing so would negatively impact other regional conferences, including our Mount Saint Helens Section's PDC.

The pandemic has also impacted the way that we meet as a Chapter. Previously the Executive Board met in person, as we did for the membership meetings. I believe meeting in person is vital to developing our individual extended networks and growing the Chapter's strength. Still, though, we will continue with the online sessions we started last spring at least through the end of 2020 to prevent the further spread of the disease and support those members whose employers have imposed meeting restrictions.

Also hard to miss in the news are the countless demonstrations that bring more awareness to the need to strike racism and social injustice from our culture. ASSP is addressing this in many ways, but joining a task force to define ASSP's goals for diversity, equity, and inclusion is one way you can get involved. If you would like more information about getting involved, here is the link (<https://www.assp.org/about/dei>).

As President, my primary goal is to ensure we provide Chapter members with value for their membership, and secondarily to ensure the Chapter grows in strength and numbers. That is the focus of the Executive Board, especially as we navigate through these COVID waters. For instance, the Board is looking at ways the Chapter can support members who are out of work due to COVID-19 lay-offs, especially when it comes to maintaining their membership. Hopefully, more to come on that next month.

We are always looking for upcoming leaders. If you just want to test the waters, we always have micro-opportunities for you to get involved without total commitment.

Here's to another successful year.

All the Best,

Mark Frisco, CSP, *President ASSP CWC*

ASSP RESPONDS TO COVID-19

COVID-19 Education and Resources

- Watch our featured webinar, [COVID-19: ANSI/ASSP Z10 and Worker Engagement](#), with ASSP President-Elect Deb Roy.
- Visit [our library](#) of COVID-19 webinars.
- Learn return to work strategies on [our podcast](#) with ASSP President-Elect Deb Roy. For a list of recent podcasts: <https://www.assp.org/resources/covid-19/podcasts>
- Connect with peers in the [ASSP Community](#) to ask questions and share COVID-19 resources.
- Please visit [our website](#) regularly for new information

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.

2020 CHAPTER OFFICERS



President
Mark Frisco



President Elect
Dede Montgomery



Vice President
Jimmy Gibbons



Treasurer
Ed Hoeffliger



Treasurer - Elect
Rob Dahl





House Delegate
Kerry Byun



Delegate at Large
Peri Periakaruppan

Secretary

Terra Wheeler



House Delegate
Katelynn Smith



Delegate at Large
Peche Barteaux



2ND Past President
Corinna Kupelwieser

UPCOMING EVENTS

Upcoming Chapter Meetings

- September 8 - Santiam Section Meeting | [Compassion Fatigue & Psychological 1st Aid](#)
- September 10 - Chapter Meeting | [Oregon OSHA Update](#)
- October 13 - Santiam Section Meeting | [Marketing Yourself in the Modern Workforce – Lisa Anderson](#)

Construction Safety Summit

The 4th Tuesday of each month | *Please check with Provider for current meeting info*

www.constructionsafetysummit.com

- September 22 - Fall Prevention - [Leading Edge and Horizontal Life Lines](#)

JOB 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.

CONGRATULATIONS!

Congratulations!

Did you recently achieve a new certification? Do you know of someone who deserves recognition? Send us an [email](#).

CONFERENCES

[2020 Puget Sound ASSP Professional Development Conference](#) May 7, 2021 | Ellensburg, WA

The annual Puget Sound PDC has been rescheduled to Friday, May 7, 2021.

In response to the rapidly changing circumstances associated with COVID-19, the ASSP leadership team and the Puget Sound PDC Planning Committee have made the decision to reschedule the 2020 Puget Sound ASSP PDC. While we looked forward to welcoming everyone to Ellensburg, protecting the health of meeting attendees and their communities and workplaces is paramount.

In terms of logistics, all current registrations will be rolled over to the 2021 PDC in Ellensburg on Friday, May 7, 2021.

Our top priority is protecting the health and well-being of ASSP members in our region as well as our local communities. As we all adapt to the new realities this situation is creating, please continue to follow the latest guidance from organizations like the [Centers for Disease Control and Prevention](#) and [World Health Organization](#), as well as information from our local health and government authorities. Be sure to check [ASSP's website](#) frequently for updates as well.

Thank you for your support of the Puget Sound PDC.

If you have any questions, please call Erika May at 661-472-6591 or email safety@pugetsoundpdc.com.

[Northwest Safety & Health Summit by Region X VPPPA](#) May 18-20, 2021 | Boise, ID

Mark your calendar for the next Northwest Safety & Health Summit on **May 18-20, 2021**, at the Three Rivers Convention Center in Kennewick, Washington.

WELCOME - NEW & RETURNING MEMBERS!

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.

SHARE THE VALUE OF AN ASSP MEMBERSHIP

Share the Value of an ASSP Membership

Refer 2 Friends: Receive **FREE** Annual Membership Renewal

You know that being a member of ASSP can be a game changer in a safety professional's career. For this month only, we are increasing the rewards for referring your friends or colleagues to ASSP through our [Member-Get-A-Member program](#). When you refer **two** of your peers in the month of February*, you'll receive a one-year membership renewal when they join ASSP as a full member.

Use our [Refer-A-Friend tool](#) to invite them today and help them connect with a community of great people who provide great resources. The more members you recruit, the more rewards you can earn!

[Refer A Friend Today](#)

LOG-IN TO ASSP COMMUNITIES



Members from around the world are logging into the ASSP Community and starting to generate discussions on a variety of OSH-related topics. ASSP Community allows you to establish yourself as a digital thought leader at a society-wide level. This is your opportunity to share relevant content to the safety community, participate in groups within your interests and industry, and grow your connections. Log in today and join the conversation!

To log-in:

1. Log-in with your ASSP website username and password
2. Upload a profile picture so other safety professionals know who you are.
3. Check that all the information is current on your profile and update it as needed.
4. Visit the How to Use ASSP Community for helpful tips and tutorials.



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