

SAFETY EMPHASIS

“SAFETY THROUGH EDUCATION”

**A MONTHLY NEWSLETTER OF THE COLUMBIA-WILLAMETTE CHAPTER OF
THE AMERICAN SOCIETY OF SAFETY ENGINEERS**

October 2001

Vol. 22 No. 2

2000-2001 Executive Board

President -

Barbara Aguon, ARM
503/823-5478

President-Elect/Scholarship Chair

Dan Sabatino, CSHM
503/241-4812 Ext 364

Vice-President/Prof. Development

Dave Parsons
503/289-9000

Secretary, Chapter Records

Donna Ritter
503/393-0980

Treasurer, Finance Chair -

Ken Greenhill, ASP
503/789-8898

Membership Chair/Job Placement

Clint Van Arsdall
503/761-0572

House Delegates:

Gregg Bieber
503/240-2003

Terry Ellis
503/460-4093

Delegates at Large:

Mike Benjamin, CSHM, CHCM
503/628-2846

Gary Hales
503/373-4423

Section Chairs:

Santiam Section -

Trudi Tyler
503/378-3274

Mt. St. Helens -

Marsha Holborn
360/414-9113

Safety Emphasis:

Editor:

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***Our Success as a Chapter
depends on the Participation of our
Volunteers!***

Chapter Meeting

October 8, 2001

ASSE Welcomes Bosses!

Robert Pater, Strategic Safety Associates, will be speaking to us on a very timely subject ~ ***“Leading in Time of Pressure”***.

Robert Pater is one of ASSE's most respected speakers and educators. Some of his clients include Alcoa, Anheuser-Busch, Boeing, BNSF, Conoco, Frito-Lay, Harley Davidson, James River Corp., Nabisco, PGE, United Parcel Service to name a few. He has articles published in ***“Professional Safety”***, ***“ASSE's Transportation Division/Practice Specialty Newsletter”***, ***“ASSE's Management Division/Practice Specialty Newsletter”***, ***“Occupational Health and Safety”***, ***“Safety + Health”***, ***“Safe Workplace”***, ***“Oregon Business”*** and many others and is the author of three books. He has made presentations all over the world.

Invite your Boss to attend this dynamic presentation, and evening of networking, and great food! Reserve your space early ~ see flyer insert.

Meeting Location: Governor Hotel, 611 SW 10th Street (10th & Alder), downtown Portland
Social Time-5:30 pm - Dinner-6:00 pm - Program-7:00 pm
Next Meeting: Monday, November 12, 2001

Note: Dinner Price has Changed ~ Effective October 8, 2001
Member ~ \$16.00 ~ Student ~ \$8.00 ~ Retired Member ~ \$13.00

Executive Committee Meeting

The Executive Committee meets on the **4th Monday** of each month at Elmer's, I-205 & Sandy—1001 NE Sandy Boulevard (Parkrose) 503/256-2150. Note change in day.

The next Executive Board Meeting is scheduled for **Monday, October 22, 2001** at 7:30 a.m. All members are invited to attend and participate.



**Safety has a value ...
What is it worth to you?**

Executive Committee Meeting Highlights

submitted by: **Donna Ritter**

The Executive Committee Meeting was called to order on Monday, August 27, 2001. A quorum was established.

Treasurer Report: **Ken Greenhill** reported there is \$28,669.26 in checking and \$86,994.64 in AMEX Money Market Account for a total of \$115,663.90. Ken reported on the Chapter's current total assets and accounts receivable from the last GOSH Conference. Ken said that quicker invoicing and overall good bookkeeping was the biggest contribution to low outstanding receivables.

2000-2001 Committee Chairs	
Past President, Nominating	Phil Lemons
Past President	John Remmers
Past President	Eric Fullan
Past President	Karen Blythe
Past President	Bruce Poinsette
Sub-Committee Chairs:	
Brown-Bag Lunch Series	Dave Parsons
Dinner Meetings	Dave Parsons
GOSH Conference	LaVeryne Gray
NAOSH Month	Barbara Aguon
Seminars	Dave Parsons
ASP/CSP Preparation	
Membership	Dan Sabatino
Internship	OPEN
By-Laws	Ken Greenhill
Historian	Bruce Conrad
Scholarship	Dan Sabatino
SPY Award	Al Arguedas
Communications	Mike Benjamin
Photography	OPEN
Student Sections:	
OSU Student Section Chair	Anthony Veltri
Faculty Advisor	
MHCC Student Section Chair	Javid Mohtasham, PhD
Faculty Advisor	
WA Gov. Indust. Safety & Health Advisory Board	Herb Maxey
Columbia-Willamette Chapter Construction Safety Summit	Kim Gamble 503/283-6712
Job Placement Coordinator	Clint Van Arsdall 17107 SE Kelly Portland, OR 97236
Send your Resume to:	
Chapter Web Site Address: www.assecwc.org	

Review Chapter Budget: The E-Committee approved a motion to accept the Finance Committee's 2001-2002 final Budget draft. \$500.00 was added to cover potential dinner meal expenditures.

SOG for Travel Expenses

The E-Committee approved the motion to accept the Standard Operating Guideline (SOG) for Chapter-related travel expenses. It was suggested that Ken put an article together for the *Safety Emphasis*, post guidelines on the Chapter's web site, give a copy to members before they travel, and add the guidelines to the E-Committee member orientation packets.

Section Reports: -

Santiam - Charlie Crawford inquired as to when the Section will receive GOSH proceeds from the Chapter. Ken is sending the proceeds out next week.

Mt. St. Helens: Dan Petersen is scheduled for a full-day seminar on December 4, 2001 from 8:00 am to 4:00 pm., at the Doubletree Hotel, Jantzen Beach. **Marsha Holborn** met with **Barbara Aguon** and **Trudi Tyler** to review the membership list. Second PDC planned for May 2002; details to follow.

Student Sections - No report

Dinner Meetings: The E-Committee agreed to continue to hold monthly dinner meetings at the Governor Hotel at this time. The agreement is a month-to-month contract with attendance guarantees and set pricing. Last year's attempt to have members RSVP was not successful. The E-Committee accepted a motion to discontinue RSVPs with exception of

special meetings (i.e., past Presidents' Night) and charge a flat rate at the door.

Karen Blythe explained that the Chapter must guarantee the number of meals at \$13.00, including gratuity. All meals over our guarantee will be charged at \$18.00. and we cannot exceed more than 5% of our guarantee. Question is how to get members to guarantee attendance and not lose money. We lose less money when we over-estimate attendance and charge a flat rate at the door. After extensive discussion, the E-Committee agreed to change October's dinner cost. Flat rate: \$16 for members, \$13 for retired members and \$8 for students. Special meetings will still require an RSVP, via flyer insert.

Committee Reports:

Professional Development Education:

Dave Parsons reported the PDC is scheduled for October 17th and is a joint effort with OR-OSHA. the topic is "Accident Investigation". Dave must be kept abreast of seminars, workshops and PDC's for the Chapter and Sections to avoid date conflicts.

Membership: Dan Sabatino, Committee Chair, shared ideas on membership involvement and current chapter indicators. **Barbara Aguon** and **Dan Sabatino** would like to see a 45% participation among members. Dan would like to see personalized surveys implemented to identify what activities our members need or want. Contacting 500 members could be achieved through a phone tree system with 50 people contacting 10 members each. 10% of our Chapter members have been in the Chapter for more than 20 years. Barbara would like to recognize those long term members.

Safety Emphasis: Barbara Aguon is looking at different options for *Safety Emphasis* Editor. **Judy Reschke** has agreed to help out until we transition to a new editor.

By-Laws Update: Review the By-Laws this year to offset the volume of work in the GOSH Conference year. Need to include Practice Specialty section. Will select a committee chair in October or November.

Awards & Honors: Funding past presidents to retrieve Chapter Achievement Awards was partially dependent on defining and accepting SOG for travel expenses. Nominations for the Regional SPY award is due by November 1 and National SPY nominations are due December 1, 2001.

Communication Committee: Mike

Benjamin has stepped up to Chair this Committee.

Construction Safety Summit (CSS): 144 Safety Summit members are also ASSE members. The Finance Committee has budgeted for CSS as a Practice Specialty.

Grant Committee: The E-Committee accepted a motion to accept the Grant Committee Proposal and Application for membership's approval at September 10th. Dinner Meeting. **Karen Blythe** went over the how the grant would be distributed and eligibility requirements. The deadline for Grant applications is November 1st. and announcement of Grant recipients will be in January. **Barbara Aguon** is looking for two additional members to sit on the selection committee. **Phil Lemons** asked how the Chapter would monitor funds distributed by the ASSE. Karen suggested that Barbara appoint a committee and the Grant to the ASSE Foundation be set up as an endowment. If any ASSE member would like to participate in Grant recruitment and selection, please contact **Karen Blythe** at 503/665-1149, cicp@qcsn.com or **Gregg Bieber** at 503/240-2003, Biebeg@portptld.com.

Student Section: Nationally there is a concern associated with the Student Sections' involvement. **Mark Hopkins** reported that he and **John Remmer's** intend to revitalize the Oregon State Student Section. There is small core group of students interested in keeping the Section intact.

Scholarships: Mark Hopkins reported that Regional did not receive any applications for this year's scholarships.

ROC Meeting: Karen Blythe, Dave Parsons, Dan Sabatino and **Barbara Aguon** attended the ROC meeting in Spokane.

Chapter Achievement Award: Barbara Aguon recognized **Phil Lemons** for all the work he put into the application. It will be a great working document for this year's E-Committee.

NAOSH: Regionally, **Michelle Kelly** is going to coordinate the campaign. **Terry Ellis** will be working on this locally. ROC1 wants to continue with transportation safety theme, possibly adding sea and air travel to include Hawaii and Alaska Chapters.

Nominations: Phil Lemons is coordinating the nominations for officers in the 2002/03 year.

GOSH Conference: A draft of 2003 GOSH Partnership Agreement will be e-mailed out to E-Committee members for

review and comment. **Dan Sabatino** reported that the Gosh Executive Committee considered moving the Conference to a non-legislative year. The conclusion was that moving the Conference out by one year would interfere with current conferences in Eugene, Central Oregon and Hawaii. The E-committee accepted a motion to recommend to the GOSH E-committee to maintain the GOSH Conference on the current two-year cycle.

Government Affairs: Dan Sabatino reported that the Multi-Employer Work Site Study Group is meeting on draft language.

(A complete copy of the E-Committee minutes is available on the Chapter website.)

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Section News

Mt. St. Helens Section

The regular monthly meeting of the Mt. St. Helens Section is held the **third Thursday** of each month.

The next Section meeting will be on **Thursday, October 18, 2001** at 7:30 a.m. at the Red Lion, Exit 39, Kelso. For more information, contact **Marsha Holborn, 360/414-9113**.

Our August speaker was **Ron Bowles**, Cascade Training Worx, who talked about the **"Level of Accepted Risk"** (LOAR), which refers to the types of at-risk behaviors and at-risk activities that go unnoticed or uncorrected in a particular environment. An organization's LOAR affects their frequency and severity of injuries. Those who need to change often don't see the need because they accept the risk.

We must first learn to recognize the risks, then we must DO something differently. Some commonly accepted risks are climbing on, standing on, working off of, operating faulty equipment, inadequate lockout procedures, no or improper PPE, improper use of tools, lifting loads that are too heavy/awkward. Ron also discussed some risks taken at work that are still accepted as necessary to get the job done today, I.e. reaching into machines while they are operating, working at elevation without fall protection, working with hazardous chemicals without PPE, to name a few.

We often think what we do is ok, because we are "in control".

Mark Your Calendars!

Mt. St. Helens announces a dynamic PDC scheduled for Tuesday, December 4,

2001, featuring **Dan Peterson**, at the Jantzen Beach Doubletree Hotel. More details to follow.

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Santiam Section

The regular monthly meeting of the Santiam Section is held the first Tuesday of each month.

The next regularly scheduled Section meeting will be **Tuesday, October 2, 2001, 7:15 a.m.** at A Change of Seasons Restaurant, Salem. call **Trudi Tyler, 503/378-3274**.

The speaker for the September Section meeting was **Bob Pierson** of Pierson's Nutrition, who presented the topic, *"What You Eat Makes a Difference"*. Our diets have changed dramatically over the last several years, the major difference being the extensive use of chemicals for preservation. In 1985, 1 in 10 people had cancer, whereas today that number is 1 in 3.

Coronary and vascular disease are also on the rise. Sugar is a major contributor to plaque buildup in our arteries and is often added to food products to offset an unpleasant taste. One example is the use of nitrites, a known carcinogen, used in lunch meats, is often included with sugar to overcome its bitter taste.

Certain foods can help protect your body against cancer and heart disease. These include brightly colored fruits and vegetables, which are rich in phytochemicals. Examples are cabbage, brussel sprouts, cauliflower and broccoli. The USDA is conducting research to find ways of providing phyto-chemicals in a tablet or processed food form. The big four (4) vitamins for health are Vitamins C, E, A (beta carotene) and B vitamins.

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Brown-Bag Highlights September 7, 2001

Eighteen (18) members of our Chapter converged on Nabisco for the first Brown-Bag Lunch Meeting of the new year. Did they show for the training or for the possibility of free goodies?

Matthew Thomason, Safety and Health Coordinator, gave an excellent presentation on the improvements Nabisco has made to provide a safer and healthful work environment for their employees. After the power-point presentation, Matthew gave us a tour of the bakery. The tour moved through the whole bakery

process, beginning with the mixing of ingredients right on through baking, inspection, and packaging. Matt pointed out that in an 8-hour shift, Nabisco produces enough Oreo Cookies to line the highway to Mt. Hood and back to Portland! Wow, that is a lot of Oreos, and we saw them coming off the line!

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Dinner Meeting Highlights September 10, 2001

The September 10th Dinner Meeting was the kickoff for the new year. There was a great turnout and a lot of great feedback about the topic of discussion.

We would like to thank **Dennis VavRosky** and **Steve Pfeifer** of the Law Firm VavRosky, MacColl, Olson & Pfeifer for their excellent presentation in regards to the different workers' compensation changes in Oregon and Washington.

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Travel and Expenses Guideline

A Standard Operating Guideline (SOG) for the reimbursement of travel and other member expenses has been developed by the Finance Committee and approved by the Executive Committee. The purpose of this guideline is to provide consistency and clarification to what expenses are reimbursable for Chapter officers or other members that incur expenses related to business on behalf of the Chapter.

This guideline follows many of the same criteria as National ASSE's Standard Operating Guideline for travel and expense reimbursement. The SOG will be posted on the Chapter Website where you can download a copy. You can contact the Chapter Treasurer, **Ken Greenhill**, to obtain a hard copy or if you have any questions about the new guideline.

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New Member News



Welcome to all recent new members. If you have recently become a new member and are not receiving our mailings, please contact **Judy Reschke, 503/205-6690**.

Key Dates to Remember

October

2	Tues	Santiam Section Meeting @ Change of Seasons 7:30 am
3	Wed	Mt. St. Helens E-Board Meeting @ Red Lion/Kelso 12:00 p.m.
5	Fri	Brown-Bag Lunch @11:30 a.m. —1:00 p.m.
8	Mon	Chapter Dinner Meeting @ The Governor Hotel 5:30 p.m. "Bosses Night"
8	Mon	Safety Emphasis material due
18	Thurs	Mt. St. Helens Membership @Red Lion/Kelso 7:30a.m.
18	Thurs	Santiam E-Board Meeting @ 385 Taylor St NE, Salem 4:00 p.m.
22	Mon	E-Board Meeting @ Elmer's 7:30 a.m.-9:00 a.m.
23	Tues	Construction Safety Summit @ North's Buffet/Gresham 11:30 a.m.

November

2	Fri	Brown-Bag Lunch @ 11:30-1:00
6	Tues	Santiam Section Meeting @ Change of Seasons 7:30 am
7	Wed	Mt. St. Helens E-Board Meeting @ Red Lion/Kelso 12:00 p.m.
12	Mon	Chapter Dinner Meeting Bosses' Night @ The Governor Hotel 5:30 p.m.
12	Mon	Safety Emphasis material due
15	Thurs	Mt. St. Helens Section Meeting @ Red Lion/Kelso 7:30 a.m.
15	Thurs	Santiam E-Board Meeting @ 385 Taylor St NE, Salem 4:00 p.m.
26	Mon	E-Board Meeting @ Elmer's 7:30 a.m.-9:00 a.m.
27	Tues	Construction Safety Summit @ North's Buffet/Gresham 11:30 a.m.

**A Word From
Our President...**

Welcome to Fall!

Time for another newsletter; wow, time is flying by. The Executive Committee is working on so many things, it's simply amazing. This includes beginning the work with Oregon OSHA on the 2003 GOSH Conference; initiating planning for several professional development seminars at both the Section and Chapter levels; coordinating the elections for next year's officers; seeking marketing opportunities for ASSE and our Chapter scholarships; and many more things.

Is there anything you would like to champion? Either because you have a particular passion for something or you see where an ASSE activity dovetails nicely with what you have going on at work or your personal life? We have many partnership opportunities merely because someone is willing to be on a committee, or volunteer at an event. So get out of the bleachers of life and get out onto the playing field.

"Do you ever ask yourself "What will be the impact of my efforts on safety for the future?" What difference are we making, collectively, on both the safety of our homes and our workplaces? How is technology helping us deal with safety? Conversely, what are the monkey wrenches technology is throwing at us? The faster paced computer, PDA's (personal digital assistant) such as hand-held, real-time computers; cellular; microchips and other new inventions just on the horizon.

Networking has never been more important. Come on out and join us at some of our monthly events and watch for special seminars.

Bosses Night, October 8 dinner meeting is an opportunity to bring your Boss. **Robert Pater** will be delivering another motivating program designed to catapult our thinking into the future, challenge our perspective of safety management and leadership. We hope to see you there.

Sincerely,

Barbara Aguon, ARM
President

