

OREGONIZER

February 2010

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Greetings from the President:

What an exciting Educational Institute we are planning with the Washington State IAWP board. We will be having this May conference in the great city of Portland and I am hoping that April showers will bring those May flowers to share with our northern neighbor from Washington. [See Page 8 for information and the logo contest winning design.](#)

By working together with ideas and resources we are able to bring a quality event at an affordable price. It has been an educational experience to share best practices and compare the two states and how we both meet our goals and mission. We really look forward to your attendance May 13th and 14th.

Included in this edition of the Oregonizer is your ballot for the Oregon Chapter officers and Region XIV District Director position that only comes up every four years. The District Director communicates between the state chapters and International to make sure their voice and votes are heard. See www.iawponline.org for more information.

Publication of Oregon Chapter IAWP

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Thank you for your time,
Barbee Williams, IAWP President

IAWP Code of Ethics:

Uphold the standards of my profession; Search continually for new truths, methods and techniques; Keep myself fully informed of all developments in workforce systems; Accept membership in this association as a personal responsibility; Dedicate myself actively to discharge these obligations; and Declare myself to that end.

OREGON CHAPTER AWARDS AND RECOGNITION PROGRAM

Dennis Brophy

Nominations are now closed for the various Oregon Chapter awards. A big **THANK YOU** goes out to everyone who took the time to write a nomination. Having read each and every entry, all I can say is that we work with some really **TERRIFIC** people. Everyone nominated will be honored at the **Oregon Chapter Awards Luncheon in Portland on May 13, 2010**. We hope to see you there. Until that time, Oregon Chapter wishes to congratulate the following individuals who have been nominated:

Joyce Aho
David Allsup
Nancy Alvarado
Christina Aranda
B & ES Department Field Staff
Shawn Blair
Robert Brown
Teresa Brown
Kurt Carlsen
Steve Clark
Meghan Coleman
Patti Cook
Scott Craig
Kathie Creasey
Julie Davidson
Lori Dietz
Joe Eddy
Katy Fitzsimmons
Judy Fontanini
Debbie Gargalis
Rene Garcia
Gail Gasso
Jeanette Gerulf

Charlene Grafton
Sue Hankins
Lisa Hickman
Jackson County Employer Council
Josephine County Employer Council
Kimberly Kinnan
Julie Matthews
Judy Mattos
Kathy Mendoza
Doris Monson
Virginia Morales
Tracy Moreno
Roy Morris
Cynthia Mullen
Mike Newstrom
Kandice Newton
Randall Norris
Susan Oertel
Andrea Overbeck
Maureen Patton
Gina Perkins
Jim Perkins
Sherry Pfaff
Ed Pineda
Bruce Powers
Tom Previs
Region 13
Alan Rowe
Adalberto Rubio
Javier Sabah
Debbie Sargent
Tamara Schroeder
Rod Simmons
Graham Slater
Stephanie Stevens
Jan Swander
Kim Thompson
Unemployment Insurance Division
Washington County Vets Reps
Sandy Watkins
Deanna Webber
Laurel Werhane
Orlando Williams
WorkSource Lane
WorkSource Portland Metro Southeast
WorkSource Redmond

INTERNATIONAL DEVELOPMENT UPDATE ON BURJ KHALIFA, FORMERLY BURJ DUBAI

The world's tallest building located in Dubai opened as scheduled on January 4. Just prior to the opening, the tower was renamed the Burj Khalifa after the leader of the neighboring oil rich state of Abu Dhabi, who recently provided the equivalent of \$25 billion to help Dubai with their accumulated debt payments. One additional feature about the world's tallest building that was not mentioned in the December issue of the *Oregonizer* is that this building features the world's highest above ground swimming pool, located on the 76th floor. The current occupancy rate is still unclear, as are the future maintenance costs for such a tall building. Apartment residents are not expected to move in until February and the Armani hotel is expected to open in March. Be sure to make your travel plans now.

Your IAWP Board

President and Executive Board Chairperson:

Barbee Williams

President-Elect Budget and Finance Chairperson:

Jeff Hunter

Vice President and Membership Chair:

Vacant

Immediate Past President: Ron Sohnrey

Treasurer: Stephanie Stevens

Secretary: Grant Axtell

Subchapter Presidents:

Misty Rose: David Allsup

Capital: Jeff Long

Crater: Charlene Grafton

Emerald: Tracy Johnson

Oregon Trail: Mark Hewitt

Subchapter Representatives:

Misty Rose: Jennifer Ryan-Jauregui

Capital: Daniel Quinones

Crater: Shawn Blair

Emerald: Francisco Garcia

Oregon Trail: Denise Pollock

ATTENTION OREGON VETERANS

Of the 350,000 veterans in Oregon, only 80,000 are currently receiving the federal Veterans Administration benefits available to them. Governor Ted Kulongoski has launched a statewide effort to ensure our veterans apply for the benefits they have earned through their service. To learn if you are eligible, visit Oregon.gov/ODVA/VETFORM.shtml.

EXECUTIVE BOARD ACTION

The Oregon Chapter Executive Board met on Saturday January 30 in Eugene. In Chapter business, delegates selected to receive an Educational Grant to attend the International Conference in Greenville, South Carolina June 27-30 are Grant Axtell, Charlene Grafton and Craig Keyston. Dan Quinones is an alternate.

The board approved a motion to endorse the nomination of Nancy Upchurch (Idaho Chapter) for International Vice President (refer to related article in this issue of the *Oregonizer*).

There was also quite a bit of discussion on a motion to revise the Oregon Chapter Constitution and Bylaws to include an Introductory Member classification. The board approved the changes to be voted on by members at the Membership meeting May 14, in conjunction with the Oregon/Washington State Chapter Educational Conference. More information will be provided in an upcoming edition of the *Oregonizer*.

IAWP Chairs:

Activities Chairperson: Dennis Brophy

Education Chairperson: Sue Kramer

Legislative Chairperson: Theresa Arndt

Publicity Chairperson: Debbie Irwin

International Seismic Events of Past Eight Days Hits Home

*On Monday, March 8 at 4:32 a.m. a magnitude 6.1 earthquake struck 340 miles east of Ankara, Turkey. At least 51 people were killed. It was felt widely in eastern Turkey.

The Kandilli seismology center said there have been more than 100 aftershocks, including one measuring 5.5, since the initial quake.

*On Saturday, February 27 at 3:34 a.m. there was an 8.8 magnitude earthquake that struck off the coast of Maule, Chile. At least 528 people were killed, many injured and at least 500,000 houses were damaged by the earthquake and tsunami in the Concepcion-Valparaiso area. The temblor was felt in much of Chile and Argentina and parts of Bolivia, southern Brazil, Paraguay, Peru and Uruguay. A Pacific-wide tsunami was generated and caused minor damage to boats and a dock in the San Diego area of California.

In the time period since the earthquake's origin, February 27 through March 8, there have been 172 aftershocks of magnitude 5.0 or greater. Eleven of these aftershocks have magnitudes of 6.0 or greater.

Here in the Pacific Northwest we have our own ticking time bomb. Its name is the Cascadia Fault or Subduction zone. It is a place 50 to 75 miles off Oregon where two of the Earth's plates meet, one sliding under the other. The last megaquake occurred in late January, 1700. The evidence of previous megaquakes indicates they recur in intervals of 300 to 350 years.

James Roddey from the Oregon Department of Geology and Mineral Industries is quoted saying "It just gives a whole lot more urgency to educate the folks at the coast that, 'Hey, you got to get ready.'"

Rob Witter also from the Oregon Department of Geology and Mineral Industries is quoted saying "The geology and numerical models predict tsunamis could reach as high as 80 to 100 feet in Oregon, which is similar to the tsunami that struck Sumatra.

We need to be very cautious and prepare for that event. It may not happen in a person's lifetime, but if it does, it's going to be equivalent to a Katrina-like event." That doesn't mean we need to live in fear, though. "Once you get prepared and you know where high ground is, once you've talked to your family about an emergency plan and talked about all those kinds of things, you've done your homework. You don't have to think about it again."

How to prepare for the big one

Discuss: Sit down with your family and put together an emergency plan. Find information at www.ready.gov

Build: Put together an emergency kit with nonperishable food, water, medical supplies, extra prescriptions, warm clothing and provisions if you need to leave your home. Arrange an out-of-state contact for everyone in case family members are separated.

Know: If you're on the coast, know where high ground is from home and places you frequent.

Drop, cover and hold: Practice dropping under a sturdy desk or table and hanging on; during a quake, you'll be less likely to be hurt by falling objects. If you can't get to furniture, go to a corner away from windows and cover your head. Reprint from the Oregonian, April 19, 2009

Here is the link to the U.S. Geological Survey's general quake info page:

<http://quake.usgs.gov/info/basics.html>

The following links are provided by FEMA.

For disaster information:

<http://www.fema.gov/hazard/earthquake/index.shtm>

For tips on how to be prepared for an earthquake:

http://www.fema.gov/hazard/earthquake/eq_before.shtm

Tips for after an earthquake:

http://www.fema.gov/hazard/earthquake/eq_after.shtm

WELL BEING

Mark J Butterfield, DC

“Get your head on straight.” When my baseball coach would yell this after someone made a mental error, we players understood his meaning was; be aware, think logically, act rationally. As a chiropractor, when I instruct my patients to “get your head on straight.” my meaning is – balance your head over the center of your body – and I usually do not yell this phrase or cuss shortly after as did good old Coach McDaniels.

You can try a simple experiment to see if your head is on straight. The first step is to get a piece of string that is long enough to extend from the ceiling to an inch or two from the floor of your home. Next, find a small yet heavy object (a one-ounce fishing sinker is ideal) and tie it to one end of the string and then attach the other end to the ceiling allowing the weight you have attached to the bottom of the string to swing freely just above the floor. You have just assembled a gravitational line.

Now stand alongside of the gravitational line so that your shoulder is equally divided into front and back by the line. The ideal posture for your stance is an efficient balance in which that gravitational line aligns with the center of your ear opening, the center of your shoulder, the bump on the side of your hip, the center of the side of your knee, and the center of the bump on the outside of your ankle. Have an observer note where the center of your ear is in relation to the line when your shoulder is centered by the line. Better yet, have them take a photo of you.

If you are like most people, the center of your ear will be forward of the line which means you are holding your head forward and literally, your head is not on straight. The implications of this head-forward posture are many; fatigue, headache, arthritis of the spine to name a few. This posture has even been linked to a shortened lifespan. Head forward posture of just an inch puts a tremendous burden on the muscles of the neck and shoulders by effectively doubling the weight of your head that they have to support.

The process of getting your head back on straight takes a bit of time and effort, but can be achieved by a program of exercises that should begin very gradually. (If you have ever injured your neck or have experienced chronic neck pain, have numbness or pain in your arms or hands, consult your health care provider prior to starting this exercise.)

The exercise is simply to tuck chin back while at the same time, lowering your shoulders. Hold that position until you feel your neck muscles fatigue then rest for a minute or two. Try doing as few as three of these chin tucks and gradually increase the number of repetitions.

Coach McDaniels was a great educator and he always got his instructional point across with the use of tools like required push-ups and laps around the practice field if we made a mental error. All of us players ended each season with strong arms and legs with our heads on a little straighter.

Mark J. Butterfield, D.C. mjbdc@hotmail.com

Note From Publicity Chair

Dear Oregon Chapter I.A.W.P. members,

My name is Debbie Irwin. I am a Tax Auditor in the Tualatin Field Office. I have recently been appointed to the Publicity Chair position by our President, Barbee Williams.

I am looking for matters of interest in your local areas. If you see or hear of something let me know so we can put it in the Oregonizer.

I look forward to hearing from you.

Congratulations to the winner of the International Development Grant, Mark Butterfield, for 2010.

****We are starting the Kudos Korner! Someone do something you want to recognize? Send it in. We will get the person's permission before we print it.****

OREGON CHAPTER ENDORSES NANCY UPCHURCH FOR INTERNATIONAL VICE PRESIDENT

The Oregon Chapter Executive Board approved a motion to endorse the nomination of Nancy Upchurch for International Vice President. Nancy is no stranger to Oregon Chapter. As a member of District XIV and Idaho Chapter, Nancy has served as District Director (2000-2001) and was the International Educational Program Chair for the International Educational Conference held in Portland (1993). Those of us who have known Nancy for many years, feel that her candidacy for International office is long overdue. She will bring honesty, integrity and objectivity to the office, along with dedication and determination.

Here are just some of the things that she has done during her 30 years of membership in IAWP. She has held the offices of Idaho Chapter Secretary/Treasurer, President, Professional Practices Chair, Conference Program Chair, Awards and Chapter Activity Chair, Newsletter Editor, Website Coordinator, and Subchapter President.

At the International level, in addition to Program Chair and District Director, Nancy has served as Publications/Media Chair (1995-1996), Services to People with Disabilities Chair (1998-1999), Educational Development Committee Chair (2002-2003 and 2004-2005), Local Arrangements Chair (2006-2007), Educational Development Committee Vice Chair (2009-current), and served on the IAWP Foundation Board(2002-2006).

TAKE A MENTAL VACATION - READ A GOOD BOOK

"The man who does not read good books is no **better than** the man who can't." — Mark Twain

Nancy is a life member of IAWP and a Workforce Professional Development Program Master. She has attended a total of 28 International Educational Conferences.

This endorsement was made prior to the closing of nominations for International elective office because there can be no candidate more qualified for the position than our own District XIV member Nancy Upchurch. With nominations now closed, International has announced that Nancy will be running unopposed for the position of International Vice President.

A DATE TO REMEMBER

2010
Monday, March 29, 2010 --- Ballots due for Oregon Chapter Election

April 1, 2010 -- "Living Healthy - Living Green" Workshop --- WorkSource Woodburn Center; Chemeketa Campus
Time: 8:00 am to 4:30 pm

May 12, 2010--- Oregon Chapter Executive Board Meeting—Portland Crown Plaza

May 13-14, 2010 ---Oregon/Washington Chapter Educational Institute—Portland Crown Plaza

"Outside of a **dog**, a **book** is a man's best friend. Inside of a **dog**, it's too dark to read." — **Groucho Marx.** "



IAWP OREGON CHAPTER 2010 OFFICIAL BALLOT

Please vote for one candidate for each office by marking an “X” in the box to the left of the name of the person you are voting for. You may write-in a candidate for any office by handwriting a name in the space provided and by marking an “X” in the box to the left of the write-in candidate.

For President-Elect:

Stephanie Stevens, #030 Tax, Central Office

For Vice President:

Debbie Irwin, #030 Tax, Tualatin Field Office

For Treasurer:

Judy Mattos, #040 Benefits, Central Office

For District Director Elect:

Barbee Williams, #287 Tualatin Field Office

Tiffany Hibbard-Fraijo, Chair, Elections Committee, must receive Ballots, by the deadline:

5 P.M. Monday, March 29, 2010.

Ballots may also be hand delivered or sent by U.S.P.S. mail to: Tiffany Hibbard-Fraijo, c/o Employment Department, 875 Union St NE, Salem, OR, and 97301.

Must be an IAWP member to vote in this election.



What an innovation! Saving money and pooling resources during these tough times, Washington Chapter IAWP is co-sponsoring our 2010 Annual Conference with Oregon Chapter.

The benefits are numerous. We're planning to have both Commissioner Karen Lee of Washington and Oregon's Director Laurie Warner address the audience. Sharing the cost of speakers guarantees high-quality educational content. Networking and sharing best practices with our close neighbor and ally promises to heighten your professional development. A high quality host hotel, the Crowne Plaza, offers many amenities and proximity to a number of local attractions.

So set the dates aside now and plan to attend the 2010 IAWP Co-conference in Portland, Oregon May 12-15, 2010. Registration information and details on the program will follow shortly.

Come to **Portland**
2010