



International Association of Workforce Professionals

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March 2011

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Publication of Oregon Chapter IAWP
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Something you want to share?

Interested in Writing for the Oregonizer??

Send Comments or Submissions to:

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Greetings from the President:

After all of the rain we received lately, I am definitely ready for Spring to arrive. The event I am most excited about is the 2011 IAWP Oregon Chapter Educational Institute in Hood River. The theme for this year is, "Building Professionals in the Next Decade." Almost everything is finalized, so be looking for an agenda to come your way the first week of April. The registration form is complete. Everyone will be getting that very soon as well. This year we will be at the Best Western Hood River Inn. Having stayed there more than once, I know how wonderful the facility is.

In addition to the conference, we have some fun activities planned in the beautiful city of Hood River. You will be receiving those along with the agenda as well. To make reservations, please call the toll free number of 1-800-828-7873. Make sure you tell them you are part of the IAWP conference on May 12th and 13th. This is the only way for you to get the special prices we arranged. If you look on their website, you will see the prices advertised there are much higher than the prices all of us will be paying. I'm looking forward to seeing so many of you there who I only get to see at this conference.

I'll talk to you all again next month,

Jeff Hunter – President
IAWP Oregon Chapter

Classic Quote:

All our knowledge begins with the senses, proceeds then to the understanding, and ends with reason. There is nothing higher than reason.
Immanuel Kant

HOME SAFETY AND PREPAREDNESS BEFORE DISASTER STRIKES

Submitted by Joe Guerra

Home safety and disaster preparedness is the theme of this article. There are many things we can do to increase our home safety preparedness. FEMA, the Federal Emergency Management Agency, offers online resources for home preparedness at

<http://www.fema.gov/plan/index.shtm>

We likely will never be fully prepared for the projected “Big One” when it finally hits us in the Northwest. Until very recently, Japan was considered the world leader and model for disaster preparedness. We may not always be able to predict when disaster will strike but we can always educate ourselves on becoming better prepared BEFORE disaster strikes.

The Japan earthquake is a sobering narrative that continues to unfold. Immediately after the 9.0 earthquake struck on 3/11/2011, tsunami warnings went up all along the west coast of the United States. Coastal communities in Oregon from Astoria to Brookings were on alert. Oregon was fortunate to avoid the scale of damage inflicted on northern Japan.

In recent years we have been witness to catastrophic events to include Hurricane Katrina (2005), the massive Haiti earthquake (2010), and now this current Japan trifecta nightmare of earthquake, tsunami, and nuclear fallout. In the wake of these events, we must continue to ask: *How can I become more prepared before disaster strikes?* Before answering, a brief description on the topic of disaster preparedness would be helpful.

Drinking plenty of water during the day is like filling the sink with water to start to wash those dirty dishes. Breathing deeply for ten full breaths is similar to The cornerstone of all disaster preparedness is self-sufficiency. Self-sufficiency means we can take care of ourselves during a prolonged crisis period until normal resources and services become available. We must also be prepared to shelter-in-place for as long as it takes until help arrives. Shelter-in-place means providing cover, protection, and a relative sense of comfort from the elements, looters, or any other hazards until the crisis event passes.

HOME SAFETY AND PREPAREDNESS (Con't)

Disaster psychology is another important element of disaster preparedness. In an middle of a crisis environment, self-sufficiency is actually a very good place to be. Rather than permitting events to make us feel overwhelmed, self-sufficiency can have an empowering effect, fostering peace of mind and certainty during a time of crisis.

During a crisis situation, positive mental clarity will likely be the most important resource we possess to execute an effective and efficient response.

In closing, we know that disasters occur, more often than not, when we least expect them.

“One thing you don’t ever want to do is have to think in a disaster” – Bill McMahon, Morgan Stanley Executive and World Trade Center survivor (2001)

The best way to mitigate uncertainty during times of crisis is to have a disaster plan in place BEFORE disaster strikes. An effective disaster plan needs to be developed, should be rehearsed often, and as Bill McMahon was suggesting, your response should always be automatic.

[Look for Part II Next Month!](#)

OREGON CHAPTER WELCOMES NEW MEMBERS

Robert Gentle
Adam Breitenstein

IAWP OREGON CHAPTER OFFICERS:

President - Jeff Hunter
President Elect – Stephanie Stevens
Vice President – Ron Sohnrey
Treasurer – Judy Mattos
Past President – Barbee Williams

WELL BEING

Mark J. Butterfield, D.C.

A puzzle was presented me by a friend when I was much younger that requires consideration and evaluation. The puzzle was in the form of a story. The story was told with a balanced sense of belief and non-belief, enigmatic in its tone.

I was introduced to my friend's visiting grandfather who was missing an arm. Later, I asked my friend how his grandfather had lost his arm. The explanation started very straightforward with description of a railroad accident and amputation performed to save the man's life. But with further details, the story became the material of a tale told around a campfire.

It seems as though soon after my friend's grandfather lost his arm, he began to experience agonizing pain that felt to him as though it originated in that missing arm. This is not an uncommon phenomenon, and has the title "Phantom Limb Pain".

The grandfather, with assistance of his wife, looked for a remedy for the pain, which was all consuming. Medications and therapies were tried but nothing helped ease the pain. At the end of their rope, it was suggested that they consult a psychic for some sort of an answer. The psychic had a chilling suggestion to end the pain: Find the arm that was severed and the answer will be there.

Rather miraculously, the arm was available in the pathology repository at the hospital where the amputation had taken place. Apparently the preservation of the arm was a request of the man's mother who was horrified by her son's disfigurement. She asked that the hospital preserve the arm for internment with her son if he did not survive his injuries and the resultant amputation. She felt it important for his body to be buried complete. The hospital complied and inventoried his arm in cold storage where it remained undisturbed wrapped in gauze.

When research revealed the existence and location of the arm, a viewing by the man and his wife was requested. At the viewing, as the arm was unwrapped, there was a curious finding. The arm existed with a clinched fist. The man asked the hospital attendant present to unclench the fist as he observed, and the request was honored. Immediately afterward, the man expressed that the pain he had been experiencing, and had been constantly present was gone.

WELL BEING (Con't)

My question to you readers is: Is the outcome of this story possibly true or just a tale told to a grandson to distract and make entertainment of a very tragic event? I invite your comments.

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LETS GET PHYSICAL

Submitted by Janet Mallon

I have always had physical jobs or at least jobs where I was on my feet all day so when I got on permanent with the state as a Business Representative I found myself sitting all day, gaining weight, and generally feeling achy and just not up to par. I decided that I needed to exercise and move (as much as I could) at this sit-down job so I wrote up a routine with some sit down exercises that use resistance and stretching. Here is my routine and when I use it I always feel better; mentally and physically.

Stretches to do at your desk

Shoulders: Roll your shoulders forward around 5 times, then backward. This helps release the tension off your shoulders. Shrug and hold for the count of five, release, clasp hands interlacing the fingers and pull without letting go, feeling the stretch in your shoulders.

Chest: Notice if you tend to hunch in front of the keyboard. To counter that, perform the following exercise: open your arms wide as if you are going to hug someone, rotate your wrists externally (thumbs going up and back) and pull your shoulders back. This stretch is moving your body the opposite way to being hunched and you should feel a good stretch across your upper chest.

Calves: Stretch your calves. While sitting, lift up your legs on the balls of your feet and set them down. Repeat until your legs are comfortably tired. Repeat after about 10 minutes and continue doing this routine for about an hour or so. This will exercise your calves, and will help prevent blood clots from developing in your legs. Blood clots are very common among middle-aged computer users.

Ankles and Wrists: Roll your ankles and wrists regularly. Roll in a clockwise motion 3 times, then counterclockwise. This helps improve blood circulation.

(More to come next month)

LEGISLATIVE NEWS

Support for Oregon's Microbreweries

The following article appeared as a press release on Senator Jeff Merkley's website dated March 10, 2011. Since it relates to a major industry in Oregon and promotes job creation, we thought it might be of interest to all of our beer drinking members. Thanks for supporting Oregon's microbrew industry. Dennis Brophy, co-editor.

Washington, D.C. - Oregon's Senator Jeff Merkley cosponsored legislation Wednesday that will encourage job growth by reducing the beer excise tax on American small brewers.

"Oregon's brewers are a valuable part of our state's economy and culture," Merkley said. "They employ thousands of Oregonians and brew beers recognized the world over for their quality and flavor. This bill is an opportunity to create jobs while supporting Oregonians who take immense pride in their craft and brew a darn good pint of beer."

The over 1,500 small breweries that operate in America employ nearly 100,000 people, generate more than \$3 billion in wages and benefits and pay more than \$2.3 billion in business, personal and consumption taxes. Oregon is home to 77 brewing companies and Portland has more 33 microbreweries within its city limits, more than any other city in the world. The overall economic impact of breweries in Oregon alone is \$2.3 billion. Bill highlights:

- Currently, a small brewer that produces less than 2 million barrels of beer per year is eligible to pay \$7.00 per barrel on the first 60,000 barrels produced each year. Reducing this rate to \$3.50 per barrel would provide approximately \$18.0 million per year to help strengthen our nation's smallest brewers and support their efforts to maintain and generate jobs.

- Once production exceeds 60,000 barrels, a small brewer must pay the same \$18 per barrel excise tax rate that the largest brewer pays at over 100 million barrels. Lowering the tax rate to \$16 per barrel on beer production above 60,000 barrels up to 2 million barrels would provide small brewers with an additional \$26.2 million per year that would be used to support significant long-term investments and create jobs by growing their businesses on a regional or national scale.

Support for Oregon's Microbreweries (Con't)

- The small brewer tax rate was established in 1976 and has never been updated. Since then the annual production of America's largest brewery increased from about 45 million to 107 million barrels. The ceiling defining small breweries is 2 million barrels and the legislation would increase it to 6 million barrels.

The bill's lead sponsor is Senator John Kerry (D-MA) and the bill's other original cosponsors are Senators Mike Crapo (R-ID), Olympia Snowe (R-ME) and Ron Wyden (D-OR).

DID YOU KNOW?

In 1891, Louis Sullivan designed the Wainwright Building in St. Louis, considered by some to be the world's first skyscraper. Make your plans now to attend the IAWP International Educational Conference to be held in St. Louis Missouri June 26-29, 2011.

SUBCHAPTERS

Misty Rose Subchapter:

President - Karey White
Vice President - Mashelle Winters
Treasurer - Michelle Sture
Secretary - Laura Watling
Representative: Jennifer Ryan-Jauregui

Capital Subchapter: President: Jeff Long

Vice President: Shelly Zander
Treasurer: Nancy Imber
Secretary: Lisa Gurnsey
Subchapter Rep: Tiffany Hibbard-Fraijo

Emerald Subchapter:

President: Stephanie Morelli
Vice-President: Brad Cabrera
Treasurer: Antoun Kehdi
Subchapter Representative: Francisco Garcia

Crater Subchapter:

President: Charlene Grafton
Vice-President: Tammy Schroeder
Secretary/Treasurer: Sandy Watkins
Representative: Gina Green

***Waiting to hear from Oregon Trail*

OREGON CHAPTER AWARDS AND RECOGNITION PROGRAM

Congratulations to all the individuals and groups listed below who have been nominated for an Oregon Chapter award as a result of outstanding performance and achievement in 2010. It is a tremendous honor to be recognized by your peers. A big THANK YOU goes to everyone who took the time to write a nomination. Winners for each of the Oregon Chapter award categories will be announced at the Awards Luncheon to be held May 12 in conjunction with the annual Oregon Chapter Educational Conference in Hood River. We look forward to seeing you there.

**George Berriman
Anne Blakesless
Adam Breitenstein
Dennis Brophy
B&ES Training Team
John Concepcion
Eric Deluga
John Farrar
Kim Garcia
Gina Green
Char Grafton
Chris Gray
Tammy Henrikson
Dave Jones
Gina Konrad
Grants Pass WSO One Stop
Greenhill Fundraising Team
Stephanie Moreli
Jim Pfarrer
Tom Rapant
Region 1 Veterans Programs
Region 13 Workforce Board
Tammy Schroeder
Ron Sohnrey
Stephanie Stevens
Debbi Stricklan
Trade Act Unit
UI Claims Takers
UI Programs and Methods
Washington County Veteran Reps.
Sandy Watkins
WorkSource Lane**

REDISTRICTING RETURNS

by Dennis Brophy

As predicted in earlier editions of the Oregonizer, there is no such thing as a dead horse-there is only one that is well ridden. The reconfiguration of the current make-up of Districts has been an issue since I represented District XIV on the 1999-2000 International Board. Members will once again have an opportunity this year to vote on the configuration of Districts which determines Chapter representation on the International Board. Redistricting will have little, if any, impact on Oregon Chapter or District XIV. Oregon Chapter is currently a member of District XIV which includes Chapters from Alaska, Idaho, Montana, and Washington State. Upon approval by IAWP membership, District XIV will become District VII, and will add Chapters from Hawaii (0 members) and Nevada (1 member). Unlike the proposal last year, Montana Chapter remains in our District. The total number of Districts will be reduced from the current 20 to a total of 13. The proposal is written as an amendment to the International Bylaws and requires a two-thirds favorable vote for passage. While I still maintain that the specific configuration of Districts belongs in the International Standing Rules, Policies and Procedures Manual (where it now appears) and not in the Bylaws, members are encouraged to vote in favor of the proposal if for no other reason than to put this horse out to pasture. On-line voting will be open June 3 and will close June 17, 2011 at 5:00PM Eastern Time. Voting may also be done by paper ballot or at the International Conference in St. Louis. More information on International voting procedures will be forthcoming.

**Mark your calendar
for the annual
Oregon Chapter
Educational Institute
May 12 and 13
Hood River
Additional information
will be available soon**