

OREGON CHAPTER TAKES FIRST IN ST. LOUIS!

From the words of the late Freddie Mercury, “We are the champions - my friends”. It was announced to IAWP members from throughout the World at the 98th Annual International Educational Conference in St. Louis, Missouri, that Oregon Chapter finished **FIRST** in the 2010 Chapter Achievement Contest. Oregon Chapter members can take great pride in our accomplishments.

Chapters from throughout the nation compete annually in the Chapter Achievement contest. Remember the push each year for nominations in the Oregon Chapter/Agency Awards program? Winning nominations are sent to International for judging against nominations received from other Chapters. The last issue of the Oregonizer mentioned several members from Oregon Chapter who were honored with first and second place awards on the International level. Activity points are awarded for each nomination received in the award categories of Merit, Citation, Specialized Customer Service, Veterans, Retiree, International Development, and Unemployment Insurance. Activity points are also awarded for Chapter notebooks submitted in the categories of Education, Legislation, Communication, Professional Practices, and Membership.

The final member event at the International Conference is the banquet and ball. The theme this year was “Let the Carnivale Begin”. Tables were decorated in a style of Mardi Gras with colorful beads, vases, masks and other fanciful decorations. Those keeping score of award presentations made earlier in the week knew that Oregon Chapter was in competition with California and Georgia Chapter for the number one spot. At the banquet came the announcement that Oregon was the only Chapter to receive the High Five award for submitting notebooks in Education, Legislation, Communication, Professional Practices, and Membership. This announcement certainly gave us an edge over the competition. Then came the announcement that Oregon Chapter was indeed the winner of the Chapter Activity Contest. We changed the banquet theme to “Let the Celebration Begin!” The Chapter awards are now on display in the Central Office trophy case.



Representing #1 Oregon Chapter at International (front row L to R) Cathy Gwinn, Craig Keyston, President Jeff Hunter, Grant Axtell, Ron Sohnrey, (second row L to R) Dennis Brophy, District XIV Director-elect Barbee Williams, President-elect Stephanie Stevens, Charlene Grafton, Cyndi Holloway, Gina Heiner, (third row L to R) Dan Quinones, Past International President Nick Guarriello.

Inside This Issue:

- Oregon Chapter Takes First!1
- Greetings From the President 2
- Bullying in the Workplace 3
- Thank You 3
- Well Being 4
- Mark Your Calendar For Fall Institute ... 5 - 6
- Welcome New Members 6
- A Date To Remember 6
- Legislative News 6

Publication of Oregon Chapter IAWP
 Editors
 Dennis Brophy - Barbee A. Williams

Something you want to share?

Interested in Writing for the Oregonizer??

Send Comments or Submissions to:

Barbee.A.Williams@state.or.us

7995 SW Mohawk St.
Tualatin, OR 97062

Editor’s Note: Welcome to the June/July Summer Edition of the Oregonizer. We hope you will enjoy the articles from many of the excellent workshops attended by Oregon Chapter members at the International Conference in Saint Louis, Missouri. The first of these articles appears on Page 3 by Craig Keyston. Additional articles will appear in future editions of the Oregonizer.

=====

IAWP Oregon Chapter Officers:

- President - Stephanie Stevens
- President Elect – Ron Sohnrey
- Vice President – Grant Axtell
- Treasurer – Judy Mattos
- Secretary -- Rob Gentle
- Past President – Jeff Hunter

Greetings from the President:

It looks like we are finally getting a little summer hope everyone is enjoying the sun. Oregon had some good things happen during the annual International Conference in St Louis. Because of your hard work preparing quality award nominations, Oregon was awarded the top honor “Chapter Achievement Award”. We also won our bid to host the 2014 International Conference which will be held at the Janzen Beach Red Lion. Watch for more to come on that subject.

I want to invite all members to the IAWP District Conference which will be held in Oregon this year at “The Resort at the Mountain” in Welches, September 30, 2011. The program looks to be very informative. Also make a note on your calendar to plan on attending the Spring Educational Conference to be held May 10 – 11, 2012 at the Riverhouse in Bend.

Once again time is drawing near to start writing those award nominations. Hopefully everyone is gathering supporting documents on those individuals or groups you plan on nominating. Now is the time to start compiling your file so you are not rushed at the last minute. The qualifying year is January to December 2011.

Please let me know if you have any questions or ideas that you want to share.

Thanks for your time,
 Stephanie Stevens, IAWP President

Welcome Stephanie to her new position and let her know what you think. Send any questions, concerns or good news to her! She is ready to make this an exciting year for you!

Stephanie.J.Stevens@state.or.us

BULLYING IN THE WORKPLACE

Craig Keyston

Bullying is not limited to the schoolhouse playground. It is also common in the workplace. Bullying in the workplace is defined as “repeated inappropriate behavior conducted by one or more persons against another or others at the place of work and in the course of employment.” It may occur without realization by the victim. For example, Nancy Webster pointed to a participant and told the person to sit in a certain seat. The participant took the seat without realizing that she had just become a victim of bullying. This action surprised the audience as no one realize they had just witnessed an act of bullying. Seventy-one percent of bullies are bosses. Another interesting statistic Nancy shared was 58% of bullies are women. One in six employees within 10 to 12 years of employment will experience bullying. It is three times as prevalent as illegal discrimination. Bullying is more common than sexual harassment. It can take various forms from intimidation, gossip, to include physical and emotional damage. Confrontation is necessary to abate the practice. Nancy suggested an attempt at role playing first, the recruitment of allies, list specific inappropriate behaviors, and specify why change is needed. A bully-free workplace is an environment of open and honest communication, in-place procedures and policies, and on-going training and education. This can reduce bullying occurrence and retain good employees.



The Gateway Arch. St. Louis, MO

THANK YOU

Hello IAWP Oregon Chapter,

I would like to thank all of you who voted for me for 2011-12 International Vice President. Your support has shown me that there may yet be an opportunity to serve as an elected officer at the International level and to have a voice in the direction of our Association. Even though I was unsuccessful, I am proud of my candidacy.

We should all be thrilled with the many accomplishments of the Oregon Chapter. For those of you who played a part in our success, thank you. We couldn't have done it without you. For those of you considering being more involved, but don't know where to start - I encourage you to contact someone in your Subchapter or an officer of the Oregon Chapter. I invite every one of you to take advantage of the opportunities available through membership in IAWP, whether it is on the Subchapter, Chapter, or International level. The strength of our Association is made possible through an involved and active membership.

I have announced my intent to run next year for International Vice President and feel that my experience from this year has increased my opportunity to be successful. I plan to be very busy this year by serving on the International level as Marketing Subcommittee Chair and IAWP Foundation Vice President, and on the local level as Oregon Chapter President-elect. Again, thank you for your support and for believing in me.

Sincerely
Ron Sohnrey



There is still a great need in Joplin and nearby cities. Contact your Red Cross to make a difference. Joplin is only 280 miles from St. Louis, Mo.

WELL BEING

Dr. Mark J. Butterfield

(Please Note: This is a continuation of an article presented in the previous addition of the Oregonizer. In that article, I related a story about a cat I observed stalking a bird. The cat was careful to approach the bird as unobserved as possible. Yet just before it lurched at the bird, it gave away its presence with a twitching tail. I asked you to speculate if the cat was practicing civility by issuing an “en garde” or if there was another reason to telegraph its intention.)

The story of the “Cat’s Telltale Tail” was fun to write, and I am convinced the cat’s story is worth telling. I bet you will find examples of similar behavior in beings other than cats if you just look around your world. The bouncing of her foot a young woman exhibits while riding a bus when a stranger sits down next to her and she is unsure of his intent. The pacing of an expectant father in the delivery waiting room. The driver that yells and shakes his fist at the car that cut in front of him on the freeway. The young woman, the father-to-be, and the driver all have something in common with the cat and its twitching tail.

Our bodies (including our minds) have a need for a mechanism to spill off tension resulting from being at a state of extremely heightened activity – a pressure relief valve. Mechanical systems need a way to release excess energy as well. The dancing weight on top of your mom’s pressure cooker is a good example. As for the cat, if it holds itself coiled and waiting too long, its muscles tighten losing elastic quality and its nervous system fails because it is over stimulated with adrenaline. This is like too much heat under the pressure cooker. The twitching tail is a pressure relief valve that consumes that abundance of adrenaline and keeps the cat’s muscles flexible. Whether it is a twitching tail, a bouncing foot, pacing, or yelling and shaking a fist, movement is the common thread that runs through all of these pressure relief mechanisms.

As a physician I see patients with stiff and sore necks and low backs, others with a tranquil demeanor yet dangerously high blood pressure, patients with headaches, and a number of other conditions that are a result of underutilized pressure relief valves.

WELL BEING

(Con’t)

Their bodies react to unreleased tension, often not in a healthy or comfortable way. People can become masters at controlling their subconscious outlets for tension. But just like the wrinkle in carpeting, if you try to flatten it, it will show up somewhere else. When I suspect a patient has built up a level of tension that might be affecting their health, I ask them to exercise. The exercise is best when it is specific to the area of their bodies in which they're holding tension. But even when it is not specific or vigorous, movement is an excellent pressure relief valve. That movement can be a walk, stretching, or even a conversation with someone.

The chemicals our bodies produce (e.g. adrenaline) that help us respond to extreme demands serve a vital function. However, if these chemicals are produced in excess or stay in our bodies too long, they can act like poisons affecting both body and mind. Movement is the best way to force circulation of all fluids helping our bodies to refresh, stay flexible, and think clear and happy thoughts.

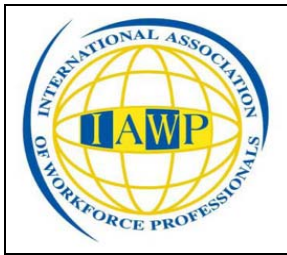
In the comments I received from readers regarding the cat with the busy tail, no one asked if the cat caught the bird. Here is the answer to that unasked question:

Thinking of canned food
Not the meal of soft feathers,
The cat cleaned its face.

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



Arch shadow taken from inside the top of the Arch, St. Louis



MARK YOUR CALENDAR FOR FALL DISTRICT INSTITUTE

Barbee Williams, District Director, invites all Oregon Chapter and District XIV members to the annual District Educational Institute scheduled for September 29 through October 1, 2011. The Resort at the Mountain in Welches will be the venue for an exciting and always enlightening educational program. The Resort is less than an hour's drive from Portland.

Council Meeting and Bar-Bee-Q

Thursday afternoon, September 29th will be the District Council meeting followed by District Director Barbee's Bar-Bee-Q.



Deck for Bar-Bee-Q on Thursday Evening!

A full day of training will be offered on Friday, September 30, with both a continental breakfast and lunch being included. Saturday, October 1, will be the annual District business meeting, providing members with an opportunity to learn about other Chapters in the District.

THE RESORT AT THE MOUNTAIN



157 Spacious Guest Rooms and Suites

- 27 – Hole “ The Courses”
- 18 Holes Par Championship Golf Course
- 18,000 sq ft. Meeting Space
- Swimming Pool (seasonal)
- Spa – 7 Treatment Rooms



Mt. Hood

DISTRICT XIV ADDITIONAL INFORMATION

Networking opportunities and time to take advantage of The Resort's many outstanding activities are available before and after the Institute. You may consider staying Saturday night or arrive early to enjoy The Resort's comfort and amenities.

Be sure to bring your golf clubs. Guests may stay either pre or post institute for several days at the same attractive conference room rate of \$91.00 with a \$6.00 resort fee plus occupancy tax at 7% per night.

Make plans now to join your fellow IAWP members at The Resort at the Mountain <http://www.theresort.com/> September 29 through October 1, 2011. More information concerning the educational program will be announced soon.

WELCOME NEW MEMBERS IAWP OREGON CHAPTER

**PAULA WENZL
CARRIE BOYD
GREGORY BROWN
MARCUS
BJORKLUND
LORI BUSH
DALLAS
LEYDECKER
ANN KITCHEL**

A DATE TO REMEMBER 2011

IAWP Oregon Chapter Board Meeting
August 20, 2011 9:00 AM
Salem Field Office

Sept. 29-Oct 1 District XIV Conference
Welches, Oregon

LEGISLATIVE NEWS GRANTS FOR HOMELESS VETERANS

Reprinted from a press release issued by Senator Ron Wyden.

Oregon's Senators Jeff Merkley and Ron Wyden announced two grants from the Department of Labor that will assist homeless veterans with job training for civilian careers. The grants, which were awarded on a competitive basis to state and local organizations, will go to Easter Seals in Portland and Central Oregon Veterans Outreach in Bend.

"This is great news for our Oregon veterans," said Senator Jeff Merkley. Service members and their families have already made tremendous sacrifices over the last decade – it is unthinkable that they should be homeless and jobless when they return from service. Yet all too often, this is exactly what happens. These grants will help Oregon veterans put their considerable skills to work and realize the success they deserve in civilian careers."

"The struggles of our nation's veterans facing homelessness and unemployment are only exacerbated in a recovering economy," Wyden said. "Many need assistance transitioning out of military service and require job training and counseling services to help them readjust to civilian life. These grants will help Oregon's veterans get back on their feet."

Iraq and Afghanistan veterans have been disproportionately affected by the recession. According to a Bureau of Labor Statistics report, the unemployment rate for veterans of the two wars was 13.3% in June 2011, as opposed to 9.0% for the general population. Many face homelessness, with the VA estimating that 107,000 veterans are homeless on any given night. In addition, finding a new job can be difficult, as civilian employers often do not understand the skills and experience that veterans have acquired during their years in service.