



NEWSLETTER

January 2024

## Awards—Nominate Today!

Amazing, incredible, awe-some, and irreplaceable...we all know someone who is often described using these words! We are very fortunate in the safety community to count some of the finest professionals among our ranks.

Whether it was a single act that distinguished them, a successful project that took months, or they have a career full of being extraordinary, all of these safety professionals deserve to be recognized!

The Long Beach Chapter has a very strong Awards and Honors Program designed to recognize the outstanding safety professionals within our chapter, and **the period to submit nominations is now open!**

To nominate a safety professional for a chapter award, simply visit the LB Chapter web site ([longbeach.assp.org](http://longbeach.assp.org)) and click on "Awards." The different awards are listed, along with their criteria, as well as an easy to complete nomination form. You can download the form and complete it off-line, or you can fill in the blanks on-line and nominate right from the web site!

The Chapter is currently



seeking nominations for the following awards:

**The Founders' Award** is the highest honor awarded by the Chapter. The award recognizes a record of demonstrated exceptional service/ leadership over a significant period of time, a wisdom and depth of service/ leadership that has made a significant difference to individuals or groups, significant contributions which have affected and influenced the field, and broader impacts on the field and on the community.

**The Safety Professional of the Year Award (SPY)** recognizes a member who demonstrates outstanding achievement in the occupational safety and health (OSH) field while also advancing the OSH profession overall.

**The Thomas Butler Award for Safety Excellence** is an

exceptional honor awarded by the Chapter. The award recognizes a record of demonstrated superior service and leadership, a record of extraordinary dedication to the field, and an unparalleled commitment to the highest ideals of the ASSP.

**The ASSP Achievement Award** recognizes outstanding and meritorious achievement in the occupational safety and health (OSH) field.

**MARK YOUR CALENDARS NOW...** On Friday, May 17, 2024 at 6 PM, our Chapter will gather for an Annual Awards Dinner. This event will bring us all together for a great dinner as we recognize the award winners! More information on location and other details will be provided at a later date, but do yourself a huge favor and save the date now. This will be an event you do not want to miss.

### Special points of interest:

- THE 23-24 TERM STARTED ON JULY 1, 2023 AND ENDS ON JUNE 30, 2024
- THERE ARE APPROXIMATELY 150 MEMBERS IN THE LONG BEACH CHAPTER OF THE ASSP
- THE GOVERNING BODY OF THE LOCAL CHAPTER IS KNOWN AS THE EXECUTIVE COMMITTEE AND IS BOUND BY ASSP AND LOCAL BY-LAWS

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## Grant and Scholarship Opportunities—Deadline Extended!

At its meeting in January 2024, the Executive Committee (EC) approved an extension of the deadline to apply for one of the many Chapter Grants and Scholarships. The program is designed to assist any ASSP member with funding for a number of educational opportunities related to safety and occupational health. The specific grants and scholarships include the following:

1. The Long Beach ASSP/CSUDH Scholarship. This \$750 scholarship is matched by CSUDH to pay for safety-related classes taken at CSUDH.
2. Long Beach ASSP/Private Sector Education Grant. This \$1500 grant is for safety-related classes, continuing education, or certifications.
3. Long Beach ASSP/Private Sector ASP/CSP Certification Grant. These \$500 grants (two awarded annually) are for application fees and testing for the ASP/CSP.
4. Long Beach ASSP/Private Sector Bachelor's Degree Scholarship. This \$2,000 scholarship is to support pursuit of a Bachelor's degree within the safety field.
5. Long Beach ASSP/Private Sector Master's Degree Scholarship. This \$2,000 scholarship is to support pursuit of a Master's degree within the safety field.
6. Long Beach ASSP/Private Sector ASSP Conference Grant. This \$1,000 grant will assist with registration, travel, and lodging for an annual ASSP conference/education event.

Any member of the Chapter in good standing may apply for these grants and scholarships. Generally, members will submit an

### Essay Tips

Good essays require planning, thought, and motivation. When writing an essay to compete for a grant or scholarship, consider:

- Why is this educational pursuit important to me?
- How will this grant/scholarship help me to improve the field of safety and occupational health?

essay of at least 1,000 words on the importance of higher education within the safety field, certifications, or attendance at a conference (depending on the grant/scholarship sought).

### **THE DEADLINE TO APPLY HAS BEEN EXTENDED TO FEBRUARY 29, 2024. APPLY TODAY!**

Scholarship Selection: All essays will be submitted to the Grants and Scholarships Chair. The essays will be reviewed and ranked by the Chair, and recommendations for selection will be provided to the EC. The EC will select a single recipient for each grant and scholarship to be awarded by November 1st of each year.



### Grant and Scholarship Opportunities Expanded

Also, remember these tips:

- Grammar counts! In any essay, be sure to avoid common grammatical and spelling errors.
- A strong and compelling introduction is always helpful.
- Be clear about where you are in your career and where you want to go.

We look forward to reading your essays and to awarding the grants and scholarships!

## Words of Wisdom from Rosa Carillo

As most of you know, our Chapter has been extremely fortunate to count Rosa Carillo among our ranks. Rosa has served the Chapter with distinction as our Women in Safety Excellence (WISE) Chair for some time, and now she has decided to move on from that role.

We spoke to Rosa about her journey as she reminisced about how her journey began three years ago. She recalled being noticed by the then ASSP Long Beach Chapter President, Simone Vu due to her activity on LinkedIn. Simone asked Rosa if she would be interested in starting a WISE Chair Section for the ASSP Long Beach, and history was made.

Rosa shared how the first meeting was held at her home. Everything worked out wonderfully, as Andrew Barrett from Australia was visiting and the founder of National WISE, Kelly Bernish came to kick off the chapter meeting.

With tremendous interest, it was clear that the meetings had to continue. Someone else's home was volunteered for the meetings and sponsors provided appetizers. The meet-

ings were social in nature with discussions dealing with real-life scenarios pertaining to psychological safety. Through extensive dialogue and questions and answers, members exchanged knowledge gained from experiences and challenges.

At this time, there were 80 ongoing members and the conversations were valuable to all. Another highlight Rosa shared was the retreat they had on how to build better communication with employees. Everyone contributed and a community of individuals who respected each other, building mentoring relationships, was formed.

Rosa said her vision for this role was to provide a safe place to come together, learn together, and have a place to discuss topics they were unable to talk about at work. Through these meetings, friendships were developed, support systems were strengthened, and professional networks expanded.

Rosa shared some words of wisdom as she relinquishes the role of WISE Chair. "I encourage everyone to take advantage of all the opportunities with the WISE Sec-



ROSA CARILLO

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tion. These relationships have benefited me personally and professionally. I am glad I joined."

The Long Beach Chapter extends a huge THANK YOU to Rosa for her service!

Typical Rosa, she is more than happy to help our new WISE Chair, Kaye Horton, as Kaye transitions into the role.

Rosa Carillo is not going anywhere! She continues to be a vital member of the Long Beach Chapter.



AMERICAN SOCIETY OF  
SAFETY PROFESSIONALS

Long Beach Chapter



## Holiday Gathering a Marvelous Time!

The Holiday gathering at La Traviata on Friday, December 15, 2023 was a HUGE success!

40 or so members and their “plus ones” enjoyed an amazing Italian dinner, lots of appetizers and assorted desserts.

The mood was very festive, and everyone had a wonderful time! Six lucky elves won door prizes!

Long Beach Chapter members also really came through for the kids as dozens of gifts and more than \$400 were donated to the Long Beach Fire Department’s annual toy drive! Way to go ASSP Long Beach!



“It was a pleasure to attend the Holiday gathering. Great food, interesting conversation. I’m looking forward to working with such an inspiring group of people.”

*“The Holiday Gathering was phenomenal! It was amazing to enjoy a great meal with friends at La Traviata and to meet so many spouses and ‘plus ones.’ The mood was really festive, people were having a nice time, and I’m already looking forward to this event next year!”*



*“I am glad we had this event in-person, it was great to see everyone.”*

*“I am ready for the next ASSP party. Count me in!”*

Everyone enjoyed a great night at the Annual Holiday Gathering

## Membership Drive and Contest

ASSP Region 1 Vice President (RVP) Justin Moloczniak has announced his goal to increase Region 1 ASSP membership by 10% over the next three years. Region 1, which includes the twenty chapters located in Alaska, Hawaii, Washington, Oregon, and California, currently has 5,161 members. An increase of 10% across the region equates to roughly 25 new members per chapter.

Expanding membership is critical to the success of ASSP. Already the oldest and largest association of safety professionals, the influence, opportunities, and services offered by ASSP are expanded and strengthened through our members.

The Long Beach Chapter is certainly going to do its part in this drive! Chris Rainwater, who serves as Chapter President and Deputy Regional Vice President (DRVP) has

been appointed Chair of the Region 1 Membership Committee.

The Long Beach Chapter has launched a contest designed to increase membership! Starting with the Education and Networking Session on January 18, 2024, all members are asked to bring as many non-ASSP members as possible to the sessions. This will be an excellent opportunity for non-members to see just how much ASSP has to offer. **The member who brings the most guests to each session will be presented with a \$50 Amazon gift card on the spot!** So, the only question is: how many guests will you bring? Start making your invites today!

In the inaugural meeting of the Region 1 Membership Committee held on 10 January 2024, a number of great ideas were presented. They included: 1. Increase social media presence, including personal messages to safety professionals on LinkedIn. 2. Increase presence at local colleges to cap-



ture new professionals. 3. Chapter to Offer Scholarship Benefits. 4. Outreach to Local Universities and Community Colleges. 5. Assignment of Chairs for Volunteers (additional to elected positions). 6. Collaborations with other local non-profit organizations. 7. Retaining existing members. 8. Getting new members especially younger members involved.

We would love to hear your ideas and suggestions for both increasing membership and retaining existing members! To submit your thoughts, simply visit the "Contact Us" link on the Long Beach ASSP web site.

## A Call for Candidates

Past President Karen Townsend, who chairs the Nominations and Elections Committee, is pleased to issue this call for nominations for elected positions on the Executive Committee of the Long Beach Chapter of the ASSP.

There are four elected positions on the chapter Executive Committee, including President, Vice-President, Treasurer and Secretary. Chapter by-laws stipulate that the current Vice-President automatically becomes President at the beginning of the term. Chapter terms run from 1 July to 30 June.

Luis Ortiz, our current Vice-President, will become President on 1 July 2024. Consequently, the Chapter is seeking nominations for the following positions:

- Vice-President
- Treasurer
- Secretary

To nominate, including self-nominations, please contact Karen using the "Contact Us" link on the Chapter web site. Please include the name of the nominee, the position for which they are nominated, and a brief description of interest. If nominating



someone other than yourself, please be sure to have their full consent to serve.

**Nominations are due by 31 March 2024 and elections will be held in April 2024.**



Chris Rainwater

## A Message from the Chapter President

There is no doubt that the global Covid pandemic threw us all off our game. ASSP chapters across the nation suffered as in-person activities came to an abrupt halt. Many chapters continue to struggle, but I am *thrilled* to report that Long Beach is not one of them.

The 23-24 term has really started strong, and we now find ourselves, incredibly, at the half-way point of the term. Looking back at the first half, I am amazed at what all of you accomplished!

The monthly Education & Networking sessions, held at Cal State University Dominguez Hills on the third Thursday of each month, have been an unqualified success. The sessions, which are offered both in-person and virtually, feature engaging and experienced speakers. Lunch is provided to everyone attending in person, and CEUs are awarded for every session.

Registrations for the monthly sessions increased by an amazing 2,000% in the first half—that's not a typo! Nearly half of chapter members registered for the monthly events July-December 2023—GREAT JOB EVERYONE!

The monthly Education & Networking sessions will continue strong. Registration is currently open for the January 18, 2024 session! Just in time for the February posting deadline, the January session will focus on the OSHA 300. I am excited to present at the January session, and I look forward to seeing you all there.

Be sure to mark your calendars now for the remaining

monthly sessions for this term, including:

- February 15
- March 21
- April 18
- May 16
- June 20

In April, our Chapter, together with the Orange County and Los Angeles Chapters, will host the Spring Region 1 Operating Committee meeting. This is a great honor as we host this important meeting and showcase everything we have to offer here in Long Beach!

Let's chat a minute about grants, scholarships, and awards. **I NEED YOUR HELP!** Our Chapter has one of the most vibrant grants and scholarships program in the region (perhaps the best program) offering \$5,000 to help support continuing education, college, certifications, and even attendance at a national ASSP event! The only requirement is that you write a short essay to apply for the grant/scholarship.

The original deadline was extended by the Executive Committee **after we received only a single application**. The new deadline is 29 February 2024. **Folks...it's the rarest of things on this Earth—FREE MONEY!** So, what are you waiting for? I encourage you to apply today. Know someone who would benefit from this program, but they're not yet a member? Get them to join before the deadline! If they're a student, the annual membership is only \$15! Imagine a new student member who pays

\$15 to join the chapter, applies for a \$1,000 scholarship and wins it...seems like easy math to me!

Awards—here again, the Long Beach Chapter has one of the best programs anywhere in ASSP. Please read the first page of this newsletter and then get to nominating! We should have a stack full of nominations.

Mark your calendars for Friday, May 17 as we all come together for a very special evening at our first annual Awards Gala. Yes, I said "gala." The night promises to be extra special, so save the date now!

I want to ask all of you to help us meet the RVP's membership goal of adding 25 members to our chapter. There are so many ways you can help. Do you know safety professionals at work or elsewhere who are not currently members? Talk to them about membership and all the great things we're doing in Long Beach! Bring the most non-members to our monthly sessions and win an Amazon gift card. Know students who aren't members? Let them know their membership is only \$15 a year! **In fact, I'll make this offer: I will personally pay the annual student membership dues for the first 10 new student members!** Ask the students to contact me at [President@longbeach.assp.org](mailto:President@longbeach.assp.org), and I'll handle everything.

Thank you again for everything you do!

"Wow! The Long Beach Chapter has changed in magnificent ways."

Subena Colligan, 2023