



NORTHWEST
CHAPTER

November Newsletter

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- Career Opportunities

PRESIDENT'S MESSAGE

Greetings!

I'm keeping my message short because there is a lot of other news to share. The Chapter has been very busy – from UMD student activities to UW-Stout students working to organize, Awards and Honors is gearing up for Chapter and Region V Safety Professional of the Year, Megan Navarre continues to put together fantastic chapter meetings, membership and marketing are working on improvements for the chapter, and Jon Eichmann put together his Nominations and Elections committee. Jeff Jarvela is working on student scholarships.

The Board will be hosting a food and diaper drive through Dec 31. You can bring items to the December meeting at the Minnesota Safety Council or make an online donation to Second Harvest.

You do not have to be an ASSP, or Northwest Chapter member to attend our meetings. If you know someone who might be interested, please invite them to a meeting. Other chapters also offer virtual meetings that you can attend. The Great Plains Chapter is offering a virtual free meeting on November 21: [Scars of Safety](#) with Ryan Wold of Faith Technologies which will talk about simple decisions leading to life-altering accidents.

If you have been laid off from your job or are simply facing difficulties, we want you to be able to keep your ASSP membership. ASSP has options, including hardship memberships. If you are in this situation, or know someone else in this situation, contact ASSP Customer Service at 847-699-2929 or CustomerService@assp.org

If you are interested in running for an elected position (vice president, treasurer, member-at-large, or Society Advisory Group rep) or want more information about these positions, feel free to reach out to me or Jon Eichmann.

I ordered the turkey (which is funny since I am a vegetarian) and I'm looking forward to family is coming in for Thanksgiving. I hope you have a safe Thanksgiving (no frozen turkeys in the fryer). See at the December meeting.

Carol Keyes, CSP
president@northwest.assp.org

UPCOMING EVENTS

December Chapter Event: "What's that Smell? Industrial Hygiene Made Simple"

[Registration is open!](#)

Join us on December 9th at the Minnesota Safety Council to learn about the importance of industrial hygiene in the workplace presented by guest speaker, Cathy Hovde.

Attendees will learn how to define and implement similar exposure groups (SEGs) to streamline exposure assessments, enhance hazard control strategies, and ensure regulatory compliance.

You're invited to the

December Chapter Meeting



Guest Speaker: Cathay Hovde, CIH, CSP, MS

Attendees will learn how to define and implement Similar Exposure Groups (SEGs) to streamline exposure assessments, enhance hazard control strategies, and ensure regulatory compliance. The session will guide participants in framing the right questions for industrial hygiene monitoring, grouping workers by exposure profiles, and using SEG data to identify injury trends and compliance risks. Common workplace hazards—such as chemical agents, noise, and mold—will be used to illustrate key concepts and practical applications. Participants will leave with actionable strategies for documentation, data integrity, and transparent communication to support a proactive safety culture.

RSVP & Information

Visit our website at:
<https://northwest.assp.org/events>

- December 9, 2025
- Starts at 11:30 am
- MN Safety Council Inc,
474 Concordia Ave.,
Saint Paul, MN 55103



[Register here.](https://northwest.assp.org/events)

The ASSP Northwest Chapter is honored to host a virtual & in-person fundraiser event for Second Harvest Heartland.

Online donations can be made through the dedicated online portal – link [here](#).

In-person donations will be collected at the upcoming Northwest Chapter event December 9th at the MN Safety Council building.

Please consider making a donation this holiday season and join our ASSP Chapter in giving back to the community.

The cost of 1 can of food, can provide up to 3 complete meals through Second Harvest. Even a small donation goes a long way!

The virtual drive ends 12/31/2025 and we will only collect in-person donations 1 day – the day of our Chapter event December 9th.

January Chapter Event: "Cleared for Safety: Guarding Those Who Guard Us"

Registration will open soon.

Get ready for a trip to the Air National Guard 133rd Airlift Wing located at the MSP airport. This event will be co-hosted by the AIHA Upper Midwest Section. At this event we will have the opportunity to tour the air base and hear from Lt. Col Brandon Moore, Chief of Safety.

Pre-registration for onsite attendees is required; there will be no walk-in registrations available. The registration deadline is December 15th, 2025.

NOTE: The Air National Guard requires a screening of attendees for approval to be on the base. If you have ever been charged with a felony, you will not be able to attend in person.

SAVE THE DATE



Northwest Chapter PDC
CONNECTING TODAY
FOR A SAFER TOMORROW
2026



**Professional Development
Conference**
Tuesday, February 17, 2026
Minneapolis Marriott Northwest
Brooklyn Park, Minnesota

Mark your calendar for a full day of learning, networking, and professional growth.

More details and registration information coming soon!
Be on the look out at: <https://northwest.assp.org/event/>



NORTHWEST
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Chapter Meeting Discount Bundle – 50% Off

Whether you attend the meetings virtually or in-person, we have a package for you. The Northwest Chapter is offering a meeting bundle: Seven meetings (does not include the joint meeting in January with UMS-AIHA or the February Professional Development Conference) for \$70 if you attend in person or \$35 for the virtual bundle. That is a 50% savings if you attend all meetings.

Bundle registration are built in as a ticket purchase option within event Chapter Event Registration page for October, November and December. Depending on your selection on in-person or virtual, you will be charged the respective amount and you will bypass needing to pay for future events for that Chapter year. This option went live on August 13.

Once you pay, you will receive a discount code to use when you register for each meeting. To claim CEUs for each meeting you must register and attend the meeting.

The discount will be available through December, which is still a good deal.



2025-26

DISCOUNTS

VIRTUAL BUNDLE:
\$35

IN-PERSON BUNDLE:
\$70

What's included?
Seven meetings (does not include January joint meeting with UMS-AIHA or February PDC)

How does it work?
Once you pay, you get a discount code for the seven meetings.

What's the catch?
You still have to register and must attend to get CEUs for each event. CEUs issued separately for each meeting attended*.

DISCOUNT AVAILABLE THROUGH
December 2025

<https://northwest.assp.org/>

*CEUs will be applied for each meeting

2025-2026 Chapter Event Schedule

We have all our engagements planned for the upcoming Chapter year. Please see below for our events and mark your calendars now.

[Check out our registration page.](#)



ASSP Northwest Chapter 2025-2026 Chapter Event Schedule

Event Date:	Topic:	Speaker(s):	Location:
September 9 th	MN OSHA Update: Regulatory Refresh & What's Next	Jim Krueger, Director of Minnesota OSHA	McGough 2737 Fairview Ave N., Roseville, MN 55113
October 14 th	Next-Gen Safety: AI for Smart EHS	Robert McIntosh, M.S. Digital Strategy & Marketing Leader for College of Science & Engineering at the U of MN	Acme Tools 1271 Town Centre Dr Eagan, Mn 55123
November 11 th	Doing Right by Safety: Ethics in the Workplace	Adele L. Abrams, Esq., ASP, CMSP Law Office of Adele L. Abrams P.C.	Marsh 6160 Golden Hills Drive Golden Valley, MN 55416
December 9 th	What's that Smell? Industrial Hygiene Made Simple	Cathy Howde, CIH, CSP, Resilient EHS	MN Safety Council Inc. 474 Concordia Ave., Saint Paul, MN 55103
January 20 th 11 am – 1 pm	<i>Joint Meeting with AIHA</i> Cleared for Safety: Guarding those Who Guard Us	Matthew Monjes, Occupational & Weapons Safety Manager	Air National Guard 133 rd Airlift Wing located at MSP International Airport
February 17 th	Professional Development Conference (PDC)		
March 10 th	From Near Misses to Meaningful Change: Harnessing HOP to Learn & Improve	Nikki Knapp, CSP, HOP Champion, Senior Safety Business Process Analyst with ALLETE	The Builders Group 2919 Eaganale Blvd Ste 100, Eagan MN 55121
April 14 th	Student Paper Presentations	Chapter Student Members UW-Stout & Duluth	The Builders Group 2919 Eaganale Blvd Ste 100, Eagan MN 55121
May 12 th	Stay Current: NFPA 70E Essentials for a Safer Workplace	Kamron Alipour, QSSP	The Builders Group 2919 Eaganale Blvd Ste 100, Eagan MN 55121

*Some schedule planning details are subject to change; dates and times will remain the same.

ENGAGEMENTS

Second Harvest Heartland Fundraiser

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Please consider making a donation this holiday season and join our ASSP Chapter in giving back to the community.

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Check Out the UMD MEHS Student Section's Recent Engagements

OCTOBER, 2025 ASSP DULUTH STUDENT SECTION



MNOSHA

We recently had the opportunity to hear from a representative with MNOSHA's ergonomics division, who shared valuable insights into how state and federal OSHA programs differ. The presentation highlighted Minnesota's unique state-plan authority, which allows MNOSHA to implement and enforce workplace safety and health standards that are at least as effective as federal OSHA's regulations—often going beyond them in key areas such as ergonomics and employee well-being. Students gained a deeper understanding of how these distinctions impact compliance, enforcement, and the protection of workers across different industries. The session offered an excellent real-world perspective on the collaboration between state and federal agencies in maintaining safe and healthy workplaces.



Fit Testing Pt. 2

As part of their hands-on learning experience, students in the Environmental Health and Safety master's program recently worked with the St. Louis County Safety and Risk Management Department to gain practical training in respiratory protection. The department provided an in-depth session on how to properly fit and set full-face respirators, emphasizing the importance of ensuring a secure seal and understanding OSHA fit-testing requirements. The following day, students applied their new skills in the field by assisting with annual fit testing for the St. Louis County SWAT team during their training day. This experience offered valuable real-world exposure to occupational health practices, collaboration with public safety professionals, and the critical role of respirator programs in protecting worker health and safety.



Site Tours

We also participated in site tours that connected classroom learning to real-world practice. One group visited the CNG (Compressed Natural Gas) facility in Superior, where they explored the operations, safety systems, and environmental protocols involved in managing alternative fuel infrastructure. Another group toured the CN Ore Docks in Duluth, gaining insight into large-scale material handling, transportation safety, and environmental protection measures along the Great Lakes. Following the visits, each group shared their findings in class presentations, fostering discussion on how different industries approach workplace safety, regulatory compliance, and environmental stewardship.



Engagement at Career Days

The Northwest Chapter is engaging in career days at various high schools and at one college (Gustavus Adolphus) and we are currently seeking additional opportunities to get our message out, relative to the great careers available in EHS. Our mission is of dual nature: encourage students to participate in Chapter-affiliated college and university programs, such as those at Stout, UMD and U of M Minneapolis (via student section membership) and also raise the awareness of student counselors and faculty, about the opportunities in EHS. We welcome the participation of alumni of educational institutions within the Chapter - either as a source of referrals, and/or to directly participate in such events.

Member Get a Member Program

When a new full member lists a current member as their referring member in the membership application, the referring member gets the credit and is eligible for prizes at different thresholds. The prizes are outlined in the link below as well as a refer-a-friend tool with some suggested messaging to new potential members. Members typically refer their own colleagues, friends, and associates in safety to become members.

<https://www.assp.org/membership/member-get-a-member>

Chapter Board Meetings - Guests are Invited!

Did you know your Northwest Chapter Board meets monthly to manage Chapter affairs? These meetings usually take place prior to the regular monthly programs and are open to all Members. It is possible to attend these meetings in person or via a conference call. Observing these meetings is a great way to get an inside look at what it takes to be an ASSP “Platinum Chapter”. It is also a good way to learn more about the various Chapter leadership positions and get involved!

If you have never been to a Board Meeting and want to check it out, come early to the location for the monthly Chapter Program and join us. If you want to attend the Board Meeting via conference call, please contact a member of the board to get a unique login credentials.

Mentorship Corner: Need Some Help or Do You Want to Help?

Sometimes, ASSP members encounter difficult matters that transcend and/or may lie outside the professional literature, their coursework, and experience. The chance to discuss creative solutions and resources (on a confidential basis), with a Chapter mentor can often be helpful.

On the other side of the coin, seasoned professionals, in their roles as mentors can gain significant benefit from knowing that they have helped a mentee negotiate a difficult challenge, and have had a positive impact on the safety and well-being of employee groups connected with their mentee’s workplace, and (possibly) that organization’s customers and the wider community, as well.

We invite you to explore such opportunities.

OTHER NEWS TO SHARE

Call for Nominations: Northwest Chapter Safety Professional of the Year Award

The ASSP Northwest Chapter is pleased to announce that nominations are now open for the prestigious Chapter Safety Professional of the Year (SPY) Award for 2026. This award recognizes an outstanding chapter member for their significant contributions to the occupational safety and health (OSH) field and to our chapter community.

Nomination deadline: December 15, 2025

Who is eligible?

To be eligible for the award, a nominee must be a member in good standing with both the ASSP and the Northwest Chapter. The nomination will be based on the individual's activity over the last five years, with special consideration given to their most recent contributions.

What are the criteria?

The ideal nominee is a safety leader who has demonstrated excellence in the OSH field and has actively advanced the profession. The individual's achievements will be evaluated in several categories, including but not limited to:

- Exemplary leadership and technical proficiency.
- Contributions to the advancement of the safety profession within the Northwest Chapter's geographical area.
- Professional mentoring and mentorship of other ASSP members.
- Presentations, publications, and professional development activities.
- Innovations and new program development in safety and health.
- Demonstrated knowledge and expertise within the safety profession.

For a full list of criteria and to access the official nomination form, please visit the Northwest Chapter website at <https://northwest.assp.org/> and navigate to the [awards section](#).

How to submit a nomination

- Review the specific criteria on the chapter website to ensure your nominee is eligible.
- Complete the nomination form in its entirety.
- Please ensure you have all supporting documentation and information ready before submission.
- Submit the nomination form and supporting documentation to awards@northwest.assp.org.

Take this opportunity to celebrate a deserving colleague who is making a real difference in the world of safety. Nominate a peer or even yourself today!

2025 ASSP Foundation Scholarship Winner

This year's winner of the ASSP Foundation Scholarship, in memory of Cary Swenson for \$1000 is **Makenzie Clough**, a master's degree student pursuing Environmental Health and Safety at the University of Minnesota Duluth.

The application period for the ASSP Foundation scholarship program opens today, October 15, and runs through February 15, 2026. There is only one application needed for students to be considered for upwards of 100 different scholarships each year. We encourage you to promote the program to your chapter members and local EHS students. [The online application can be found here](#). We look forward to sharing your generosity with another safety student in 2026!

Survey: OSHA 300A and Occupational Health Nurse Impact

Advance the Future of Workplace Safety – Share Your Expertise!

EHS Professionals are invited to participate in a graduate research study through the University of Central Missouri. This research explores national OSHA 300A trends and the impact of Occupational Health Nurses on workplace safety outcomes.

Your expertise as an EHS or Safety Professional is vital to understanding how interdisciplinary collaboration supports safer, healthier work environments. Help contribute to research that may influence future safety and health programs, trends, and understanding.

The survey is confidential — no company names or addresses are collected. Participation includes answering 19 questions.

*Access to your company's OSHA 300A log will be necessary.

Complete the Survey: <https://lnkd.in/gbFzt5eN>

CAREER OPPORTUNITIES

Check out our [website](#) to see the latest in current openings!



If you do not wish to receive these emails, please [click here](#)
to unsubscribe from ASSP Northwest Chapter messages.

American Society of Safety Professionals | 520 N. Northwest Highway, Park Ridge, IL 60068