



## Nominations Are Now Being Accepted!

Environmental health professionals work hard to make our communities safer and healthier and do so with little recognition. One way you can recognize this valuable work is to nominate an EH professional (or several) for a WSEHA award. WSEHA awards acknowledge environmental health professionals who show outstanding service and dedication, lead by example, are respected by their peers, and promote environmental health.

We are now accepting nominations for the following awards (follow the link to find information about the criteria and procedures):

- ▶ [John P. Nordin Outstanding Sanitarian Award](#)
- ▶ [Jack Hatlen Inspirational Award](#)
- ▶ [Rookie of the Year Award](#)
- ▶ [Environmental Health Professional of the Year Award](#)
- ▶ [Best Environmental Health Story](#)
- ▶ [Most Embarrassing Moment](#)

The deadline to nominate candidates for 2011 awards is **Friday, November 18, 2011** and nominations may be made by any member of WSEHA. Please submit nominations and all required supporting materials to Kerri Wagner at [kerri@wseha.org](mailto:kerri@wseha.org). If you have any questions, please contact Kerri at (360) 738-8946 or [kerri@wseha.org](mailto:kerri@wseha.org).

### **Mark Your Calendar:**

***WSEHA's Annual  
Membership Meeting will be held  
on Tuesday, December 13, 2011,  
3:00 - 7:00 pm in the Snohomish  
Health District Auditorium.  
See page 7 for more info.***

**Are you interested in having an  
Annual Educational Conference?**

**See page 7 and respond to  
our survey today.**

## WSEHA Office Location and Contact Information

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Bellingham, WA 98229-9363  
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Phone (360) 738-8946  
Fax (360) 738-8949  
Kerri Wagner, Executive Secretary  
[kerri@wseha.org](mailto:kerri@wseha.org)

## WSEHA Board of Directors

### President

Geoffrey Crofoot (425) 339-5250  
[Gcrofoot@shd.snohomish.wa.gov](mailto:Gcrofoot@shd.snohomish.wa.gov)

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(Vacant)

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(Vacant)

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### Southwest Regional Vice President

Michael Vinatieri  
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## WSEHA Committees Chairs

### Policy and Procedures Committee

Ned Therien (360) 236-4103  
[Ned.therien@doh.wa.gov](mailto:Ned.therien@doh.wa.gov)

### International Health Committee

Ross Lytle (360) 337-5677  
[lytler@health.co.kitsap.wa.us](mailto:lytler@health.co.kitsap.wa.us)

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## Next Newsletter Deadline:

**Tuesday, January 31, 2012**

The Washington State Environmental Health Association Newsletter is the official publication of WSEHA. Membership in WSEHA includes a subscription to the newsletter. Manuscripts for publication must be type-written and submitted via e-mail to [kerri@wseha.org](mailto:kerri@wseha.org), or on a computer disk mailed to WSEHA at the address above. Membership in WSEHA is not required for acceptance of articles in the newsletter.

Opinions expressed in articles published in the WSEHA newsletter should not be accepted necessarily as statements of policy or opinions of WSEHA.

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# President's Message

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**By Geoffrey  
Crofoot**

**WSEHA  
President**

Today it was dark when I peeked out of my warm bed, dark when I slurped my first cup of coffee and just getting a little light when I walked, bundled and behatted into work. It's cold in the morning and remains cool all day, and as a result, I've returned to faith-ful sweaters and some new hats for warmth. With the exception of one crazy tree in my back yard, all the trees in the neighborhood have turned color and dropped their leaves. I realize: Thanksgiving and the holidays are just around the cor-ner. I love this time of year and I am reminded by all of these cues that, once again, the year is coming to a close.

With the end of any period comes the opportunity for reflection. Upon looking back at this year in the history of the Washington State Environmental Health Association (WSEHA), I have mixed feelings.

I am disappointed with WSEHA's limited educational opportunities. On the flip side, I am satisfied with the quality of the offerings WSEHA has made. To review: Three Childhood Lead Trainings across the state presented in partnership with Collaborative on Health and the Environment (CHE-WA), the Annual Swimming Pool and Spa Conference in two locations, and the Certified Pool Operators Training for local health staff.

WSEHA has run a year under a tight budget in challenging economic times. The Board made difficult decisions like not sending a representative, normally the President, to the National Environmental Health Association conference and electing to not actively budget for student scholar-ships. While I am proud that your WSEHA Board is fiscally responsible and sensitive to the current funding climate, I am distinctly challenged by the idea that we must face decisions that shrink our national network and limit the assistance that we give to a few of the newest members of our professional community.

WSEHA has gained board members this year as well as lost board members to other opportunities. While I'm always stoked to bring on new folks, I am sad to see good people leave because I know the organization always benefits with good EH professionals on the board, and a high membership count.

The bottom line is; WSEHA will weather these tough times. I know it has not been easy, as you no doubt understand from your own experiences, and

*"...I am satisfied with the quality of the offerings WSEHA has made."*

I suspect that there is likely more rough road ahead. That said, I believe, eventually, WSEHA will come through this rough spot. I believe that these times are challenging but also an opportunity for change. I know that WSEHA's heart is its members and EH professionals across our state want and need a professional organization. These are the thoughts I come to with reflection after another year's worth of WSEHA.

As always, I invite anybody who is reading this message to become a member, renew your membership, participate or take charge of any number of committees.

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# Inspectors Learn About Children's Environmental Health Issues

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**By Gail Gensler**

Children's Environmental Health Programs  
Local Hazardous Waste Management Program in King County



Children are not little adults. They spend much of their time in and around their home, and because their bodies are rapidly growing and changing, they are particularly susceptible to health impacts from chemical exposures in the home. Some common exposures may come from lead paint, mold, pesticides, cleaning chemicals, air fresheners, dust and other contaminants.

There are many ways that housing affects health. All WA children should live in clean, healthy, non-toxic, affordable housing. The National Healthy Homes Training Center and Network advises families to follow the 7 Principles of Healthy Housing:

- Keep it dry
- Keep it clean
- Keep it pest-free
- Keep it ventilated
- Keep it safe
- Keep it contaminant-free
- Keep it maintained

The Washington State Environmental Health Association (WSEHA) and the Children's Environmental Health Working Group of the Washington Chapter of the Collaborative on Health and the Environment (CHE-WA) recently hosted training on children's environmental health for inspectors and healthcare professionals around the state. Trainings were held in Shoreline, Tumwater, and Spokane. The training materials are available here: [www.doh.wa.gov/children/Training](http://www.doh.wa.gov/children/Training).

Take the short quiz below and test your knowledge of children's environmental health issues. If you'd like to know more about upcoming trainings or resources, contact Gail Gensler at 206-263-3082 or [gail.gensler@kingcounty.gov](mailto:gail.gensler@kingcounty.gov).

1. True or false? House dust may contain lead, DDT, and cadmium.
2. True or false? Most houses built before the mid-seventies have lead paint.
3. Indoor air may be 3X, 4X or 5X as polluted as outdoor air. (Select one.)
4. True or false? The Pediatric Environmental Health Speciality Unit is a resource available to doctors only.
5. True or false? Infants are most susceptible to pollutant exposure because they inhale 2 ½ times more than adults.



(Answers: T, T, T, 5X, F, T)

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# SEHA - Student Environmental Health Association

By Anna Fretheim, University of Washington

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SEHA started the year with a bang! In October we had a speaking event with Charles Easterberg from UW Environmental Health & Safety to teach students about what a career working in EH at a university entails. It was very informative and eye-opening to realize that campus EH&S departments are integral components of large universities nationwide, and strive to protect the health and safety of thousands of students on a daily basis. Our November event will be a screening of the documentary Crude, which explores the effects of Chevron's contamination of the Amazon on the lives and health of Ecuadorians. And for next quarter, our goal is to have Geoffrey Crofoot visit to talk about his career as an Environmental Health professional!

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## Thank You Ned Therien

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A heart-felt thank you goes to Ned Therien, Chair of WSEHA's Policy and Procedures Committee! He has spent a considerable amount of time and has completed the laborious task of updating WSEHA's Policy and Procedure Manual. This document was developed to provide officers with a single source of information concerning the Association and the leaders' respective duties. It contains items of current and historical importance. The Policy and Procedures Manual is posted on our website at

<http://www.wseha.org/P&PManual/WSEHAP&PManual.pdf>

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## Get Involved with Your Professional Organization!!

### Current Openings:

- ▶ President
- ▶ President Elect
- ▶ Northwest Regional Vice President
- ▶ Nominations and Awards Committee

Interested members, please contact [Geoffrey Crofoot](#).

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## Test Your Knowledge...Oh Rats!!

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The Norway rat, also known as the brown rat, common rat, sewer rat, Hanover rat, Brown Norway rat, Norwegian rat, or wharf rat (*Rattus norvegicus*) is one of the best known and most common rats.

It is a brown or grey rodent with a body up to 10 inches (25 cm) long, and a similar tail length; the male weighs on average 12 ounces (350 grams) and the female 9 ounces (250 grams). Thought to have originated in northern China, this rodent has now spread to all continents, except Antarctica, and is the dominant rat in Europe and much of North America—making it the most successful mammal on the planet after humans.<sup>[2]</sup> Indeed, with rare exceptions the Norway rat lives wherever humans live, particularly in urban areas.



1. True or False: The Norway rat can serve as a reservoir for *Toxoplasma gondii*, the parasite that causes toxoplasmosis.
2. True or False: The way bubonic plague is spread is through the bite of the Norway rat.
3. The most infamous and devastating outbreak of bubonic plague was the Black Death, which killed a third of the population of Europe in what century?
  - a) 10th century
  - b) 14th century
  - c) 18th century
  - d) 19th century
4. What is the gestation period (from time of conception until birth) of a rat?
  - a) one week
  - b) three weeks
  - c) five weeks
  - d) seven weeks
5. The best way to prevent a rodent infestation is to...
  - a) set a mouse trap
  - b) use a garbage can with a tight fitting lid
  - c) remove their sources of food, water and shelter
  - d) get a cat and don't feed it much

Answers are on the next page. Think you know the difference between a rat and a mouse? You can take an on-line quiz at

<http://www.ratbehavior.org/QuizRatOrMouse.htm>.

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## Interested in an AEC?

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As a lot of you know, the educational highlight for the Washington State Environmental Health Association has been the Annual Educational Conference (AEC). In the past, this has been an opportunity for environmental health professionals across the state to get together for a couple of days, meet new colleagues, and take in educational sessions. As a result, many return to their place of work more inspired. The past few years, WSEHA has not hosted our traditional Annual Educational Conference for a variety of reasons. In place of the AEC, WSEHA has attempted to offer one-day, local, low-cost trainings and events. While many members have been positive about one-day local training, there has continued to be a strong desire for WSEHA to once again host an AEC.

WSEHA hears your comments and concerns.

We would like to get your feedback regarding a future AEC. Please take the following short survey and let us know what you think...

1. Would you attend a 2012 or 2013 AEC?
2. Could you attend 1 or 2 Days?
3. Where would you prefer the AEC be held?
4. Would you be willing to volunteer on the AEC planning committee?
5. Would you be willing to make a presentation?

Please respond by e-mail to our Executive Secretary, Kerri Wagner at [kerri@wseha.org](mailto:kerri@wseha.org) by **December 31, 2011**. Please numerate your answers as outlined above. Thank-you for your time!



### WSEHA's Annual Membership Meeting

Mark your calendars for WSEHA's Annual Membership Meeting on Tuesday, December 13, 2011, 3:00 - 7:00 pm in the Snohomish Health District Auditorium. Click [here](#) for directions.

Topics to be discussed at the Annual Membership Meeting include an overview of WSEHA's budget and an overview of 2011's events. A free presentation for continuing education will be provided - details will follow. As a courtesy, please RSVP to Kerri at (360) 738-8946 or [kerri@wseha.org](mailto:kerri@wseha.org) to assist us in planning.

### Test Your Knowledge Answers

1. True; 2. False, the bacterium responsible for bubonic plague, *Yersinia pestis*, is usually transmitted [zoonotically](#) by [rat fleas](#); 3. (b); 4. (b) The gestation period is only 21 days and litters can number up to fourteen, although seven is common; 5 (c)

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## Washington State Environmental Health Association (WSEHA) Membership Application

WSEHA is a nonprofit professional and educational organization. It was established in 1946 to provide a forum for dialogue and a vehicle for advanced training opportunities. WSEHA enhances individual and collective expertise, promotes professional growth, and revitalizes Environmental Health endeavors. The Association is enriched by the diversity of ideas and orientations of its members, who represent both the public and private sectors.

**Categories of Membership** (please mark next to the category that applies)

\_\_\_\_\_ **Regular Membership (\$50.00)**- Persons who are active in the field of environmental health or related educational activities, who have a bachelors degree from an accredited college or university.

\_\_\_\_\_ **Associated Membership (\$50.00)** - Persons who are active in the field of environmental health or related educational activities, but who do not meet the requirements of regular membership.

\_\_\_\_\_ **Student Membership (\$5.00)** - Persons who are working towards a bachelor or higher degree in sanitary science, public health, environmental health, or related academic field.

\_\_\_\_\_ **Subscribing Membership (\$20.00)** - Persons residing outside of the state of Washington whose principal membership benefit is receiving the WSEHA Newsletter and other generally distributed information.

\_\_\_\_\_ **Affiliate Membership (\$75.00)**- Professional or civic organizations which share the goals and objectives of WSEHA and wish to improve communications and coordination of mutual programs.

\_\_\_\_\_ **Sustaining Membership (\$250.00)** - Persons or organizations that are interested in supporting WSEHA and its goals and objectives.

\_\_\_\_\_ **Emeritus Membership (\$5.00)** - May be awarded by the WSEHA Board of Directors to persons who have been active in the field of environmental health for at least 25 years, including at least 6 years as a member of WSEHA, and who have retired because of age or disability.

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First Name	MI	Last Name	Degree(s)
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Job Title	Agency/Organization
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Work Address	City	State/Zip
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Work Phone	Fax Number	E-mail (for newsletter and other WSEHA information)
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Home Address	City	State/Zip
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\_\_\_\_\_ Use as my primary mailing address: ( ) Work ( ) Home  
Alternative E-mail

I have read and will abide by the WSEHA Code of Ethics found at <http://www.wseha.org/CodeofEthics.pdf>.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please make check payable to WSEHA and mail to: WSEHA, 103 Sea Pines Lane, Bellingham, WA 98229-9363. Memberships expire one year from the date issued and are non-transferable.

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