

## CHAIR'S CORNER – Happy New Year!

by Denise Fast

Welcome to the New Year!!

I hope everyone had a great holiday and that you were able to take some time to refresh and get ready for the year ahead. We often forget that with change can come stress.

I would like to take a quick moment to remind everyone to continue to be safe and look out for each other.

We have our new 2025 section leadership team in place now, which includes several of the 2024 team members. Some are taking on different roles and others are continuing in the positions they held last year. As with any transition we will strive our best to ensure consistency and provide value for our members.

Just a reminder: Our section is operated by volunteer members, and we always appreciate members stepping up.

If you are passionate about a topic that's related to quality and would like to be a featured speaker at one of our meetings, please let me know.

We can also use help in planning and coordinating meetings and site visits, with recruiting new members, and with building/expanding our social media presence.

A big Thank You to the new leadership team members for volunteering to serve in 2025 and also to the outgoing team for all of their efforts.

Here's to another great year!

- Denise

## SIGN UP NOW FOR THE JANUARY 15 MEETING

As mentioned in last month's newsletter, we will not be holding a separate section meeting in January, as we want to support attendance at a Pacific Region virtual meeting hosted by the San Gabriel section on January 15. This meeting will serve as the Columbia Basin ASQ January meeting.

The topic is "Sustainable Change Management," and the featured speaker is Dr. Manu K. Vora. He will share a practical framework and proven approach for individual, team, and organizational excellence.

You can view the full meeting announcement on page 3 and register for the meeting [here](#).

## ETHICS IS NOT ABOUT THE OTHER GUY – IT IS ABOUT YOU

Submitted by Robert Boykin



This is the time of year when we make lists of things we want to change in our lives. Things such as losing weight, quitting smoking, reading more and/or better books, and (perhaps) drinking less alcohol.

We don't accomplish our resolutions at times because many of the goals we set for ourselves are too ambitious. This is not to suggest that we should not strive to improve our conduct and character, but rather to say we ought to set goals that we are more likely to accomplish. When we fail to meet our goals, we end up feeling bad about ourselves and we return to the very behaviors that we vowed to stop.

An article I recently read suggests that ethical responsibilities we have to others, including our co-workers, family and friends, are called the five principles of ethical intelligence - ethical principles that apply in all of our professional and personal relationships. The principles are:

1. Do no harm
2. Make things better
3. Respect others
4. Be fair
5. Care

In that light, what often gets overlooked in discussions about ethics is the duty we have to ourselves. After all, the five principles concern how we treat *everyone*. If it is wrong to talk to a colleague disrespectfully, it is also wrong to talk to ourselves that way. Just as we should not harm others, we should refrain from harming ourselves. In other words, negative talk not only injures the person that it is directed toward, it also injures the reputation of the messenger.

The message here is to *Accentuate the Positive*. We are more likely to achieve our New Year's resolutions by simply being kinder to ourselves. Once we commit to treating ourselves the way we'd like others to treat us, the other goals we seek might become a lot easier to reach.

So, in 2025, let's vow to go a little bit easier on ourselves. We might be pleasantly surprised by what happens as a result. What do *you* think?

Be well and be safe.

- Robert

# January 14, 2025 Invitation from Denver ASQ Virtual Webinar

**DATE:**

Tuesday,  
January 14, 2025

## Voice of the Customer, QFD, and FMEA: an Integrated Approach

This is a virtual/online (WebEx) webinar. Log-in information will be provided on the registration confirmation email.

**TIME:**

5:00 to 6:00 p.m. PST

**Cost:**

There is no charge for ASQ members/non-members, but [registration](#) is required.

Attendance at this meeting earns RU credit toward ASQ recertification.

For more information about the Denver ASQ section, click [here](#).

For more information about our Columbia Basin ASQ section and other upcoming events: [www.asq614.org/](http://www.asq614.org/) or our [myASQ community site](#).



### Rai Chowdhary CEO – The KPI System SSBB, CSQP, CQA, CQE, CMQ/OE

This session will present a case study from a product where Voice of the Customer (VoC), Quality Function Deployment (QFD), and Failure Mode and Effects Analysis (FMEA) were applied in an integrated manner.

**Why take this approach?** In many cases quality professionals learn one tool at a time and miss seeing the forest for the trees. While some learning takes place, it doesn't always lend itself to a proper application of the knowledge to situations and scenarios where it can be of real benefit.

**How does discussing a case study help?** The case study approach moves away from the pedagogical approach where knowledge is just delivered. This method enables participants to focus on real world products/processes and events/things they can relate to. Thus, it promotes a deeper understanding of the concepts and clears the way for easier application of the same.

**Why were these three tools selected?** Each of these tools is indispensable when it comes to innovation and new product development. VoC – exists at two levels – the spoken and the unspoken. QFD has been used by many, however when linked to the unspoken VoC (which is real and exists) its leverage is supercharged. The same applies to FMEA; its efficiency increases multifold when the VoC is properly integrated with it.

*About the speaker:* Rai Chowdhary brings over 40 years of experience from diverse roles across multiple industries. He has been an entrepreneur and has held executive positions in several firms. He has created many products that have benefited tens of millions worldwide.

*Rai's credentials, certification, and training, in addition to his many ASQ certifications, include Mechanical, Production, and a Masters in Materials Science. He is a Lead Auditor for Medical Devices, ISO 9001, and 27001. He is passionate about helping quality professionals become financially independent.*

# January 15, 2025 ASQ Pacific Region and San Gabriel Valley Virtual Meeting

## PACIFIC REGION EVENT

Hosted by San Gabriel  
ASQ Section

### DATE:

Wednesday,  
January 15, 2025

This is a virtual/online  
(WebEx) meeting. Log-in  
information will be provided  
on the registration  
confirmation email.

### TIME:

6:00 to 8:00 p.m. PST

There is no charge for ASQ  
members or non-members,  
but advance [registration](#) is  
required.

Attendance at this webinar  
earns RU credit toward ASQ  
recertification.

More information about San  
Gabriel Valley ASQ section  
0702 is available [here](#).

For more information about our  
Columbia Basin ASQ section  
and other upcoming events:  
[www.asq614.org/](http://www.asq614.org/) or our [myASQ  
community site](#).

## Sustainable Change Management



### Dr. Manu K. Vora Chairman & President, Business Excellence, Inc.

Business excellence is defined through the Baldrige Performance Excellence Criteria. It includes improving customer outcomes and increasing productivity through the organization's key processes and is driven by organizational leadership and management.

Sustainable organizational change requires being able to continuously adapt and improve processes in order to make lasting changes and maintain a competitive edge in the business market. This involves not only implementing proposed changes but also sustaining them for a lengthy period of time.

To take business productivity and growth to new heights, you'll need to apply a practical framework and proven approach for business excellence.

This presentation will focus on three pillars of successful change management:

**Leadership** – key to initiating change for the benefit of the organization

**Talent Management** – important to recruit and retain the right team members and to create a culture of continuous learning and development

**Project Management** – vital to successfully achieve goals

Dr. Vora will also share useful tips on how to lead sustainable change management across various domains.

*About the speaker: Dr. Manu K. Vora is Chairman and President of Business Excellence, Inc., a global quality management firm with over 49 years of leadership experience in guiding Fortune 500 companies with the U.S. Baldrige Performance Excellence framework. For over 31 years as an Adjunct Faculty, he has taught Operations Management courses at business schools globally. He has contributed at 680 educational institutes in 36 countries across 5 continents. Since 2013, he has taught soft skills using technology to 1.2 million people.*

*Dr. Vora received his B.Tech. (Honors) in chemical engineering from Indian Institute of Technology (BHU), M.S. and Ph.D. in chemical engineering from Illinois Institute of Technology, Chicago, and MBA with Marketing Management from Keller Graduate School of Management, Chicago. He is a Past Vice President of ASQ and an ASQ Fellow. He is a sought-after speaker on business excellence and quality management with over 1,300 presentations globally and has over 75 scholarly publications. Dr. Vora has received numerous awards from institutions in the United States, United Kingdom, and India. Since 1989, he has served as Founding Director & President of Blind Foundation for India where his team has raised over \$6.5 million to serve two million blind people in India.*

# January 23, 2025 Invitation from ASQ Quality Management Division Virtual Webinar

**DATE:**

Thursday,  
January 23, 2025

## Generations: Who am I talking to – or Who should it be with?

This is a virtual/online  
webinar via Webex. Log-in  
information will be provided  
on the registration  
confirmation email.



**Time:**

3:00 to 4:00 p.m. PST

**Cost:** No charge for ASQ  
members and non-members

**Advance registration** is  
required for planning  
purposes and to receive RU  
credit following the meeting.

Attendance at this meeting  
earns RUs toward ASQ  
recertification.

More information about ASQ's  
Quality Management Division is  
available [here](#).

For more information about our  
Columbia Basin ASQ section  
and other upcoming events:  
[www.asq614.org/](http://www.asq614.org/) or our [myASQ  
community site](#).

### Jd Marhevko ASQ Fellow, CQE, CMQ/OE, CSSBB, MBB VP of Quality, ZF Group Electronics & ADAS Division

The workplace (and the world) is more diverse than ever - especially when it comes to generational representation.

For the first time in history, there are five generations in the workplace (there are differing opinions on some of the dates):

- Traditionalists—born 1925 to 1945
- Baby Boomers—born 1946 to 1964
- Generation X—born 1965 to 1980
- Millennials—born 1981 to 2000
- Generation Z—born 2001 to 2020

What challenges does this present? How do generational workforce differences affect our ability to communicate effectively with others? And what are the traits, beliefs, and life experiences that mark each generation, influencing how they work, communicate, and respond to change?

This presentation will focus on three pillars of successful change management:

- The five generations
- Approach techniques in discussions to enhance communications
- A Plan, Do, Check, Act approach for communicating cross-generationally

*About the speaker:* Jd Marhevko is VP of Quality for the Electronics & ADAS Division at ZF Group. She holds a BSE and MSA, is an ASQ Fellow, Shainin Medalist, CMQ/OE, CQE, CSSBB and MBB. She is also an ASQ Certified Trainer, STEP Ahead Awardee, and in 2018, was recognized by Crain's as a notable Woman in Manufacturing. Jd has co-authored several books and articles on Lean and Quality Systems; most notably, Accuride Corporation's Lean Management 50-50-20.

## FREE MONTHLY GIFTS FOR ASQ MEMBERS!

Be sure to check out the free ASQ Member Gifts this month! Every month the focus is on a different aspect of quality, and the gifts include a variety of valuable resources.

The December gifts (available through December 31) included access to all of the monthly gifts offered in 2024.

You can also earn Recertification Units (RUs) for watching ASQ webinars and videos, reading e-books, etc. Be sure to [access](#) this month's free gifts by January 31.

## UPCOMING ASQ CERTIFICATION EXAMS

ASQ Certification has impacted careers for decades with over 400,000 certifications issued worldwide. Offering independently accredited certifications with a proven track record, you can be confident that your certification will maintain its value throughout your career.

By achieving ASQ Certification, you join a proud legacy of quality professionals and demonstrate your pursuit of excellence through quality.

Acquire the knowledge to position yourself and your organization ahead of the competition and get certified by ASQ today!

Applications are now being accepted for ASQ Certification exams that will be offered March 1-31, 2025. The application deadline is February 9 for the following:

- CQT (Quality Technician)
- CQI (Quality Inspector)
- CRE (Reliability Engineer)
- CFSQA (Food Safety and Quality Auditor)
- CMDA (Medical Device Auditor)
- CMQ/OE (Manager of Quality/Organizational Excellence)
- CSSBB (Six Sigma Black Belt)
- CSSYB (Six Sigma Yellow Belt)
- CSQP (Supplier Quality Professional)

You can apply [online](#) or you can download an exam application for mailing or faxing. You will need your resumé and credit card to complete the application. For more details about ASQ certifications (18 different certifications are offered), click [here](#).

## REGISTER NOW FOR WCQI 2025

### Early Bird Discount offered through January 31

Are you using quality concepts and tools in new or unique ways or in new or non-traditional industries or environments? How are your quality efforts driving bottom line results? Are you working to grow and diversify the quality community? Are you and your team exploring and developing new quality procedures?

Professionals like you are using quality concepts and tools in new and unique ways every day and expanding the reach of quality practices into non-traditional industries and environments. The quality community is expanding and diversifying, bringing fresh perspectives to established processes. New quality procedures are being developed to meet modern challenges.

Join other quality professionals at the World Conference on Quality & Improvement (WCQI) May 4-7 in Denver, Colorado, to share how you are taking quality to new heights and experience how others are doing the same.

Your 2025 WCQI registration provides live, in-person access to:

- Concurrent sessions
- Workshops
- Case studies
- 3 keynote sessions
- ASQ's Annual Meeting
- 2 networking receptions, 2 lunches
- Dedicated networking and product discovery in WCQI Exhibit Hall
- Online access to concurrent session recordings for 90 days post-event
- Free Lean & Six Sigma Review Digital Subscription
- 2.5 RUs

Save \$250 on [registration](#) with Early Bird pricing through January 31. Cost for ASQ members is \$1,249, or \$1,449 for non-members. Special pricing is also available for Member Leaders and Student Members.

## QUOTE OF THE MONTH

"Look for 3 things in a person – intelligence, energy, and integrity. If they don't have the last one, don't even bother with the first two."

~ Warren Buffet

## 10 NATURAL FORCES FOR BUSINESS SUCCESS

### HRDQ-U Virtual Webinar

January 8 from 11:00 am to 12:00 pm PST

Want to unlock the secrets to sustainable business success?

Join presenter Peter R. Garber to explore the 10 Natural Forces for business success: survival, change, communication, mission, equity, performance, discovery, diversity, growth, and renewal. Each of these is critically important for an organization's overall success and future. All of these forces will be discussed, highlighting each one's unique influence on an organization by either its presence or absence.

Many of the problems organizations experience today can be traced back to one of these natural forces not functioning properly or being out of balance. Because they exist naturally or organically, they can be essentially free to the organization, but only if their power is harnessed properly. As these are powerful forces, they can move an organization forward toward its goals, or their power may move the organization backward if not managed properly.

Participants will be provided with opportunities to learn how these forces are currently impacting their organizations and, subsequently, their own roles and careers.

There is no charge for this webinar, but [registration](#) is required.

## THE HUMAN SIDE OF CHANGE MANAGEMENT

### Philadelphia ASQ Webinar

January 15 from 9:00 am to 9:45 am PST

Change management focuses on the people side of organizational change. It recognizes that financial success depends on how thoroughly individuals in the organization embrace the change. Addressing the human side is crucial.

Webinar presenter Janet Lentz has over 20 years of quality and change management experience in a wide variety of industries. She is an iPEC Certified Professional Career & Leadership Coach and is the 2025 Chair of Philadelphia ASQ.

Key takeaways from Janet's presentation will include:

- Emotional Responses to Change
- Dealing with Resistance
- Communication and Transparency
- Involvement and Empowerment
- Leadership and Support
- Change Fatigue
- Culture and Values Alignment
- Celebrating Wins and Acknowledging Effort

This is a free webinar open to everyone. To register, click [here](#).

## A TIME OF TRANSITION: ASQ SALARY SURVEY

Findings from this year's ASQ Salary Survey show that the quality professionals' median salary has taken its first decline in a decade.

This year's drop is also the largest in absolute and percentage terms. The median stands at \$115,000 for 2024, representing a decrease of \$3,000, or 2.5% compared to 2023.

It's likely that many factors contributed to this result and teasing them out would be a challenge. One thing jumps out, however: There has been a demographic shift in the respondent base.

Read the full article [here](#) (you will need to log in as an ASQ member).

## MLK DAY OF SERVICE

January 20 from 10:00 am to 12:00 pm in Pasco

Dr. Martin Luther King, Jr., believed in a nation of freedom and justice for all, and he encouraged all citizens to live up to the purpose and potential of America by applying the principles of nonviolence. MLK Day of Service is a way to honor his life and teachings by engaging in community action that continues to solve social problems.

MLK Day of Service is observed every third Monday in January. It is the only federal holiday designated as a National Day of Service to encourage all Americans to volunteer and improve their community. This is an opportunity to support families in the Tri-Cities area and have fun while doing it. The goal is to support 2,000 local families.

Free food and essential items will be distributed (drive-through or walk up) on January 20 from 10:00 am to 12 noon at Columbia Basin College in Pasco.

Other ways to get involved:

- Donate essential items – collect and donate items/goods (e.g., soap, shampoo, blankets, towels, diapers, toothpaste, laundry detergent)
- Volunteer your time – sign up to help out at the event
- Support other volunteers – provide food, coffee, etc., for volunteers that day
- Donate monetarily – contribute to the funds that will purchase good and essential items

You can sign up to help with the event (starting at 8:00 am) [here](#). Items can be dropped off at the Tri-Cities Diversity & Inclusion Council office, located at 3315 West Court Street in Pasco. To make a monetary donation, click [here](#).



## ENGAGE YOUR TEAM WITH LOVE NOT FEAR

### Seattle AME Virtual Workshop

January 21 from 10:00 am to 11:00 am PST

Employee engagement has never been more important and yet it is, according to Gallup, at an 11-year low of just 30% highly engaged and 17% actively disengaged. Clearly, business as usual is not working, and it may be time to follow the lead of organizations that are bucking this trend with intentional leadership and operational practices based on love, not fear. Love? Yes, love.

In this workshop, researcher, writer, and international speaker, Renée Smith, MSOD, LSSBB, will share insights on cultivating a culture of engagement based on love. This is a natural fit for any leader embracing deep respect for people, humility, and continuous improvement. Renée will review her Love not Fear Research and share her Loving Leadership framework. She will provide participants with a sample of the Loving Leaders assessment, emphasizing the leader's role in embedding love in the organization's structures and operations. These shifts promote safety, belonging, contribution, and meaning leading to improved engagement.

Register [here](#) (no charge) to learn the elements of this model and consider your strengths and opportunities for building engagement in 2025. Bonus: Here's a [link](#) to the Gallup article about worker engagement – interesting reading!

## LEADER STANDARD WORK: DEVELOPING YOUR LEADERSHIP HABITS

### Seattle AME Virtual Workshop

January 24 from 9:00 am to 11:00 am PST

We probably all start our workday with the best of intentions, planning to accomplish many important tasks. But then we often get wrapped up in other things that pull us away from our priorities and things we want to have the greatest impact on.

As a leader, those priorities are your team members. Having a standard way of working helps realign your work to really define what's important. It gives you a guide to keep you on track even when the whirlwind tries to take over.

Leader Standard Work (LSW) helps in the creation of new habits as a leader. These new habits will allow you to spend more time being present, helping your team grow, develop problem solving skills, and sustain changes and improvements.

Participants in the interactive session, led by presenter Kelly DePaolo, will learn:

- What it means to be a leader
- The value of LSW
- How to create a rough draft of your own LSW

Cost for this workshop is \$69 for AME and ASQ members, and \$99 for non-members. More information and the registration link can be found [here](#).

## THRIVING THROUGH CHANGE: REACTIVATING YOUR RESILIENCE

### HRDQ-U Virtual Webinar

January 28 from 11:00 am to 12:00 pm PST

We are all on a journey across a rugged landscape, more unpredictable and challenging than ever before. Many people are feeling threatened in ways that set off strong reactions, leading to resistance and fear.

If we are feeling overwhelmed, confused, burned out, and/or stretched, we are not alone. Everyone is looking for ways to make sense of changes and to help themselves, their teams, organizations, communities, and families thrive. We need to remember that we are already resilient and can benefit from a refresher about what successful people do when faced with disruption and change.

This is a rebroadcast of an earlier event that will provide attendees with a map and compass to help them thrive as they navigate change, challenges, and resilience at work.

The 5-Point Resilience Compass will be explored:

1. Refreshing Your Purpose
2. Building Centered Capacity
3. Focusing Control
4. Creating Momentum for Action
5. Deepening Connection

There is no charge for this webinar, but [registration](#) is required.

## CAREERS IN QUALITY – THE ASQ CAREER CENTER CAN HELP!

ASQ champions people who are passionate about quality in more than 130 countries.

The ASQ Career Center is filled with hundreds of opportunities. Here you can apply to work at ASQ or ASQE, find other jobs in quality, or post a job for an open quality role at your organization.

To help individual ASQ members and organizations thrive professionally, the Career Center has tools, tips, and services that can streamline the process of finding the perfect job or finding the ideal candidate.

Job Seekers: Access resources to find a job, post your resume for employers to see, and manage your career for the long term. Check out current job openings [here](#).

Employers: Post available jobs, find qualified candidates, and access statistics and other resources to manage the recruitment process.

More information is available [here](#).

## ELLIS R. OTT SCHOLARSHIP FOR APPLIED STATISTICS AND QUALITY MANAGEMENT

Applications accepted until April 1 for the next academic year

In honor of Dr. Ellis R. Ott, late professor at Rutgers University and a founder of ASQ, the Ellis R. Ott Scholarship program awards two scholarships annually of \$7,500 to graduate students enrolled in or accepted to a master's or doctoral program in the United States or Canada in applied statistics or quality management or related fields.

This competitive scholarship aims to support students who are passionate about improving quality and advancing the field of statistics. This program provides financial assistance to help graduate students achieve their educational and career goals, as well as opportunities to connect with other scholars and professionals in their field.

During the last 26 years, scholarships totaling over \$390,000 have been awarded to 67 deserving students. Learn more about the scholarship and application process [here](#).

## TRI-CITIES DIVERSITY AND INCLUSION COUNCIL SCHOLARSHIPS

Applications due April 15

The Tri-Cities Diversity and Inclusion Council (TCD&IC) celebrates diversity through education. Scholarships play a crucial role in narrowing the equity gap.

This year they will be awarding four scholarships of \$2,000 or more – three to high school students and one to a college/certification level student.

Applicants must be enrolled in high school, college or a trade school and have a GPA of 2.0 or higher. Preference is given to applicants from Tri Cities, Washington, and surrounding areas.

More information about the scholarships and the application form is available [here](#).

Has your email address changed? Help us keep you informed of Columbia Basin ASQ events and information by updating your contact information and email preferences at <http://www.asq.org/>. Log in and click "My Account" to update your membership record. You can add or make email, address, and phone changes in the "Contact" tab, and then click on the "email preferences" tab to be sure you are subscribed to receive future Section communications.

## 10 VALUABLE LIFE LESSONS FROM MARTIN LUTHER KING JR.

excerpted from an article by Bola Olayanju

Dr. Martin Luther King Jr. had a dream and was driven by it.

Today, several decades after his passing, his legacy still inspires the world to dream.

Some powerful life lessons from him:

1. Dare to Dream
2. Love People
3. Persevere
4. Invest in Yourself
5. Serve People
6. Forgive
7. Stand Up for Justice
8. Have Faith
9. Step Out of Your Comfort Zone
10. All Things are Possible

Read the full article, including some great quotes, [here](#).



## SERIOUS INCIDENT & FATALITY PREVENTION PROGRAM MODEL

From the National Safety Council (NSC)

The National Safety Council helps employers create a culture of safety that will make people safer - from the workplace to anyplace.

Thanks to the generous support from U.S. Steel Corporation, NSC has established an evidence-based and validated serious incident and fatality (SIF) prevention program that they hope will become a model for organizations to trust and follow. The model is accessible, easy to implement and effective in keeping workers safe.

**Plan:** Leadership Commitment and Organizational Readiness

**Do:** Risk Understanding

**Check:** Control Analysis and Verification

**Act:** Continuous Improvement

Visit the [model webpage](#), where it will walk you step-by-step through essential resources, tools and guidelines that can help users understand and implement various aspects of the SIF Model.



## LEAN SIX SIGMA AND DATA ANALYSIS

### Free YouTube Videos from Beth Cudney

Are you a seasoned professional looking to sharpen your skills? Or perhaps you just want to learn more about Lean Six Sigma and Data Analytics?

Beth Cudney, an ASQ Fellow, recently announced the re-launch of her YouTube channel, which includes videos on these topics. Beth is a Professor of Data Analytics and is Program Coordinator for Data Analytics in the John E. Simon School of Business at Maryville University. She holds eight ASQ certifications, has published nine books, and has received several quality awards.

Beth's Lean Six Sigma channel includes several tutorials, including:

- ✓ Using Sparklines for Data Visualization
- ✓ Determining and Calculating Critical Values for Hypothesis Testing
- ✓ Calculating Sample Size for Proportions in Excel
- ✓ Calculating Sample Size for Means in Excel

Beth is passionate about continuous improvement and related quality topics and enjoys sharing her knowledge and experience with others. Access her videos [here](#).

## 2025 RESOLUTION SUGGESTIONS

by John Tesh

We all know that there are certain resolutions we should never make because they're practically impossible to keep, right?

But here are a few that might be worth considering in 2025:

**Spend some time outside.** It can help clear your mind, and you may get some extra exercise to boot.

**Leave the screens behind once in a while.** Too much screen time boosts obesity risk and makes it harder to sleep, focus, and relax.

**Try adding something to your diet instead of taking things away.** Add more vegetables, more water, and more fish.

**Cut down on multitasking.** When we do things one at a time, it helps us to be more mindful and 'in the moment.'

*John Tesh is a bestselling author, six-time Emmy award winner, podcaster, and more. Check his [Facebook page](#) for inspirational quotes.*

## 2025 COLUMBIA BASIN ASQ

### LEADERSHIP TEAM

January 1 - December 31, 2025

<b>Section Chair</b>	Denise Fast
<b>Secretary</b>	Denise Clements
<b>Treasurer</b>	Cindy Taylor
<b>Membership Chair</b>	Jo Haberstock
<b>Nominations Chair</b>	Emily Wilson
<b>Newsletter Editor</b>	Robert Boykin
<b>Publicity Chair</b>	Jo Haberstock
<b>Webmaster</b>	Steve Prevette
<b>Programs Chair</b>	Vacant
<b>Social Media Chair</b>	Vacant
<b>Voice of the Customer Chair</b>	Vacant

## Publication Information

This newsletter is published on a regular basis to inform members and potential members about Columbia Basin ASQ activities and other news/information that may be of value to quality professionals. To be considered for the next newsletter, input must be received by the 22nd of the month.

