

December CEMS Webinar

Topic: COLAP Presents Stress Hardiness While Managing Professional Boundaries & Expectations

Speaker: Amy Kingery, Education and Outreach Manager for the Colorado Lawyer Assistance Program (COLAP)

Time: Tuesday, December 8, 11:45am-1pm

Registration: Webinar details and links below

CEMS has received for one (1) Ethics CLE credit for this presentation

Attorneys and like-minded high paced professionals are at risk for compassion fatigue, secondary trauma, and burnout under “normal”, let alone pandemic, conditions due to exposure to the fear, grief, anger, and overwhelm of so many people, including clients, family, friends, and colleagues. This presentation will review the neurobiology and neurophysiology of stress and trauma, why and how stress is contagious, and how to make the stress response work for you rather than against you. This presentation will provide tips for working with difficult personalities, how to de-escalate potentially high-stress and high-drama interactions, and clearly communicate expectations, all the while building resiliency and managing your own stress responses during these difficult and changing times.

Amy Kingery is the Education and Outreach Manager for the Colorado Lawyer Assistance Program (COLAP). She is a Colorado native with over 15 years’ experience serving individuals, families and professionals working within the intersections of the courts, child welfare, behavioral health and trauma. Amy received her BA from the University of Hawai’i-Hilo and her MSW and MBA from Newman University. Ms. Kingery is a licensed clinical social worker and licensed addiction counselor in the state of Colorado.

Follow this link to read about COLAP

Follow this link to read about RESILIENCY TO STRESS - Content Outline, Tips & Takeaways

[Registration Link](#). After registering, you will receive a confirmation email containing detailed information about joining the webinar. If you lose your registration or confirmation, or have questions, please do not hesitate to contact CEMS via email admin@coems.org.

[CEMS Lunch & Webinar Meeting/Newsletter Sponsorship Program](#)

Please join us before the webinar starts at 11:45am and vote for our Candidates for CEMS Board – 2021 (that can be found on page 8).

From the Board...Thank You CEMS by Brian LaFlamme, Ensero Solutions

This may be the hardest from the Board article I have written because it is my swan song. I have been a member of CEMS/CHWMS since 1992, served on the golf committee for over a decade, and maintained the website and a Board member since 2015. As the 2020 President, I have followed in the footsteps of great Presidents since Tim Gablehouse served as the first CHWMS President in 1985. Many past Presidents from the early 2000s are still active in CEMS, e.g., Dean Miller, Melanie Granberg, and Scott Clark to name a few. For nearly the past 3 decades, I have been fortunate to meet and get to know exceptional people from a variety of disciplines that I now call colleagues. My experience and education have broadened because of these colleagues and for that I thank you all.

This year has been a trying time for the people on planet Earth. It has been over 100 years since the last great pandemic of the Spanish Flu from which nearly 50 million deaths¹ occurred (approximately 3% of the world population). Estimates of total deaths from the Black Death (plague) of the 1300s are close to 200 million. One good thing to come out of the plague was the practice of quarantine when officials in the Venetian-controlled port city of Ragusa kept arriving sailors in isolation until they could prove they were not sick. At first, sailors were held on their ships for 30 days, which became known in Venetian law as a *trentino*. Later, the Venetians increased the forced isolation to 40 days or a *quarantino*. This practice, still in effect today, helped to slow the death rate from the plague. So now a new practice, the wearing of masks, is helping to stop the spread of COVID-19 and to decrease the number of deaths.

Despite it all, much has been accomplished because of COVID-19. In fact, the term 'PPE' is now widely known when before it was more or less confined to those in select professions. The term 'social distancing' is a more commonly used term now than when it was first referenced in 1831 (<https://time.com/5856800/social-distancing-history/>). Yet, more importantly, the innovations and creativity on how to deal with the effects of COVID-19 on our daily lives are immense. Visit <https://www.covidinnovations.com/> to see some truly inspiring ideas. We have seen automobile manufacturers produce much needed ventilators, distilleries making hand sanitizers, and home-grown mask makers such as our own Noreen Okubo have provided the new accent to our daily apparel to numerous people. School districts have had to learn and deal with the virtual learning experience much to the chagrin of students and teachers alike. Restaurants have spread onto sidewalks and streets to provide a safe atmosphere for patrons and workers and thanks to the cities, towns, and municipalities for allowing this to happen.

¹ Different studies estimated the total deaths between approximately 17 million to nearly 100 million.

(continued on Page 9)

2020 CEMS Officers:

President: Brian LaFlamme, Ensero Solutions BLaFlamme@Ensero.com

Vice-President: Erik Gessert, PE, Terracon Consultants, Inc. (303)454-5277,

erik.gessert@terracon.com

Secretary: Noreen Okubo,

noreen.okubo@gmail.com

Treasurer: John Fontana, Vista GeoScience, (303)277-1694, jfontana@vistageoscience.com

Past President: Steve Brauner, PhD, PE, Environmental Works, Inc., (303)328-7982,

sbrauner@environmentalworks.com

CDPHE Liaison: Fonda Apostolopoulos, CDPHE, (303)692-3411, fonda.apostolopoulos@state.co.us

Alternate CDPHE Liason: Rachel Blomberg, CDPHE, (303)691-4024,

rachel.blomberg@state.co.us

US EPA Liaison: Stephen Dymont, US EPA Region 8, (303)312-7044, dymont.stephen@epa.gov

OPS Liaison: Tom Fox, CDLE; Division of Oil and Public Safety, (303)318-8535, tom.fox@state.co.us

Board Members:

Fonda Apostolopoulos, CDPHE, (303)692-3411, fonda.apostolopoulos@state.co.us

Suzanne Gabriele, Geosyntec Consultants, (303)790-1340, SGabriele@Geosyntec.com

Andy Horn, Westwater Hydrology LLC, (303)456-1981, Andy@WestwaterHydro.com

Mike Jahn, Tasman Geosciences, Inc., (303)487-1228, mjahn@tasman-geo.com

Maggie Mandell, PE, Environmental Works, Inc., Evan Singleton, Gablehouse Granberg, LLC, (303)572-0050, esingleton@gcgllc.com

Committee Chairpersons:

Monthly Programs:

Andy Horn, Westwater Hydrology LLC, (303)456-1981, Andy@WestwaterHydro.com

Spring Movie Event:

Monica Genadio, Environmental Science Partners, LLC, (720)936-1694, mgenadio@gmail.com

Fall Conference Co-Chairs:

Suzanne Gabriele, Geosyntec Consultants, (303)790-1340, SGabriele@Geosyntec.com
Michael Whelan, Anchor QEA, LLC, (303)952-4850, mwhelan@anchorqea.com

Golf:

Mike Jahn, Tasman Geosciences, Inc., (303)487-1228, mjahn@tasman-geo.com

Scholarship – Co-Chairs:

Fonda Apostolopoulos, CDPHE, (303)692-3411, fonda.apostolopoulos@state.co.us

Rachel Blomberg, CDPHE, (303)691-4024, rachel.blomberg@state.co.us

Website: Juliana Reid, CEMS, admin@coems.org

MEMBERSHIP – RENEWALS AND NEW MEMBERS

A big thank you to all those members who renewed, and welcome to our newest members.

Renew – Individual

Bob Elliott, Remediation Products, Inc.
Cindy Fischer, MarCom LLC
Monica Genadio, Tricol Biomedical, Inc.
Ehren Koelsch, RK Water
Tim Mower, Tetra Tech EM Inc.
Theresa Sorrells, Alpine Remediation, Inc.
Matt Steere, Alpine Remediation, Inc.

Renew – Corporate

CDM Smith

Kara Ali	Mark Allen	Paul Anderson	Wardah Azhar	Jeff Bamer
Brian Bennett	Todd R. Bragdon	John Bratby	Doug Brown	Todd E. Burgesser
Iona Campbell	Dave Chamberlin	Kris Chapman	Tom Charles	Doug Cushing
Maria Day	Rebecca Dunavant	John J. Eisenbeis	Erin Formanek	Steve Fundingsland
Jessica Gilliam	Elias Gruber	Jared Kain	Mike Lamar	Heather Lanza
Karla Leslie	Jing Liao	Mark McCluskey	Catherine McIntosh	Brian McKee
Geoffrey McKenzie	Stephanie Mericka	Tyler D. Miller	Joseph Miller	Dan Molnar
Jeff Montera	Susan Morea	Frank R. Morris	Chris Nazar	Brian O'Connor
Roger Olsen	Robbie Parsons	Nasim Picane	Eleanore Pitney	Sam Plaza
Henry Poburka	Alesandra F. Reed	Keegan Roberts	Emma Rott	Tim Rynders
Chris Schulz	Shilpa Shivakumar	Maria Cristina	Silva Lemes	Nathan T. Smith
Neil Smith	Kent Sorenson	Garrett Sprouse	Chris Stillwell	Ravi Subramanian
Jillian Vandegrift	Tea Vrtlar	Jacqui Wesley	Jordan Williams	Derek N. Wintle
John Wondolleck	Lynn Woodbury	Ryan A. Wymore	Cherie A. Zakowski	

Clean Harbors Environmental Services

Justin Anderson	Michael Bannister	George P. Cebula	Clyde Christman	Jamie Creekmore
Glen D. Flores	Suzanne Holdaas	John (Jack) Kehoe	Brian Kindsvatter	Ryan Meron

Republic Services

Matt Clair	Steve Derus	Rogers Franklin	Chris Gronquist	Sam Hatmaker
Neil Noble	Elizabeth Stengl			

Looking for a New Position

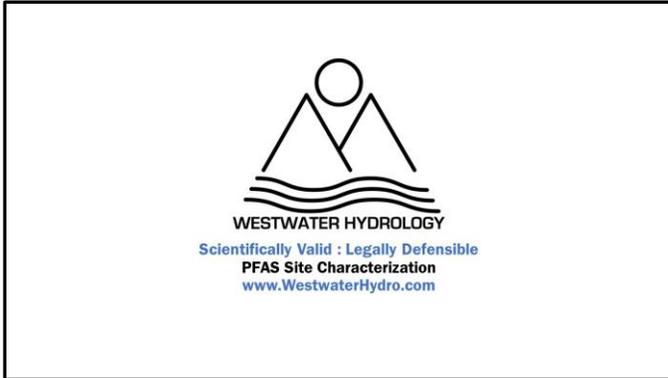
CEMS posts many job opportunities on our website.

<http://www.coems.org/jobs>

If you or your company would like to post to our website, please just send over the job description, with contact information to admin@coems.org.

We also will post resumes for our members to help you find new opportunities.

CEMS Lunch & Webinar Meeting/Newsletter Sponsors



SITE CHARACTERIZATION

Membrane Interface Probe (MIP, MiHpt)
 Optical Image Profiler(OIP-UV, OIP-G, OiHpt)
 Hydraulic Profile Tool (HPT)
 3D Data Visualization & Modeling
 Ground Water Profiler (HPT-GWP)

REMEDIATION

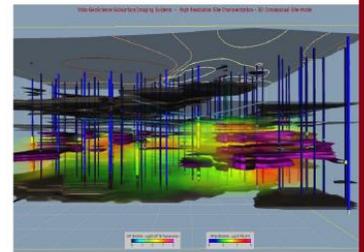
Clean-Inject In-Situ Injection Systems
 Unique Top-Down Lateral Injection Tooling
 Hydraulic Emplacement of Sand/ZVI
 Permeability Enhancement for AS/SVE
 ISCO, ISCR, ISBR

ENVIRONMENTAL DRILLING

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NEW – CEMS Lunch & Webinar Meeting/Newsletter Sponsorship Program

Follow [this link](#) for options and pricing
 Questions? Email admin@coems.org

Members on the Move

To be included in this section, submit your previous information along with your new information via email to Juliana Reid at admin@coems.org. Changes must have occurred within the last three months, and your membership must be current.

**CEMS REGULATORY UPDATE
FEDERAL AND STATE ACTIONS IMPACTING COLORADO**

**By April D. Hendricks
Burns, Figa & Will, P.C.
November 2020**

On November 4, 2020, the Environmental Protection Agency (EPA) published its [final risk evaluation](#) for carbon tetrachloride under Section 6 of the Toxic Substances Control Act (TSCA). TSCA Section 6 requires EPA to conduct risk evaluations to determine whether a chemical substance presents an unreasonable risk of injury to health or the environment. As part of its evaluation process for carbon tetrachloride, EPA reviewed workplace exposures and water releases for fifteen industrial and commercial uses, primarily involving the production and manufacturing of other chemicals. EPA found unreasonable risks to workers and occupational non-users for thirteen of the fifteen uses, but found that carbon tetrachloride poses no unreasonable risks to the environment. Many of the unreasonable risks are associated with workers in direct or indirect contact with carbon tetrachloride, including those involved manufacturing the chemical or using it as a reactant when manufacturing other products. The unreasonable risks to workers identified by the EPA include cancer and liver toxicity from long-term inhalation or skin contact.

On November 5, 2020, the Colorado Oil and Gas Conservation Commission (COGCC) voted to adopt [new rules](#) to eliminate the practice of routine flaring at new and existing oil and gas wells. Routine flaring and venting of natural gas occur when operators burn off natural gas produced from oil wells, rather than capturing the gas for sale or other beneficial use. Under the new rules, to be formally adopted later this month, flaring will be permitted under certain approved circumstances, but will largely be banned in an effort to assist the State of Colorado in reducing its greenhouse gas emissions.

The EPA has announced that, on November 19, 2020, it will publish its [final rule](#) reversing its twenty-five year old “once in/always in” hazardous air pollutant policy. Under Section 112 of the CAA, the EPA is required to promulgate standards for all sources that emit hazardous air pollutants, with more stringent standards applicable to “major sources,” with emissions above certain statutory thresholds, than to “area sources,” with emissions below those thresholds. Under the “once in/always in” policy adopted in 1995, after a facility is designated as a “major source” of hazardous air pollutants, it cannot not revert to an “area source,” even by reducing its hazardous air emissions below the established thresholds. Thus, though a facility may decrease its emissions and otherwise qualify for regulation as an “area source,” a facility classified as a “major source” under the once in/always in policy must continue complying with more stringent record-keeping and reporting burdens. With the reversal of this policy, facilities once classified as “major sources” may seek reclassification as “area sources,” based upon their current air emissions, thus eliminating various regulatory obligations. The final rule will become effective 60 days following publication.

RECRUIT AND PROFIT!!

Recruit a **NEW** member for CEMS and get a **box lunch** credit voucher! For each person you persuade to join CEMS, you will be issued a **box lunch** voucher that you can apply to the CEMS fee of your choice, whether it be a luncheon, workshop or your own membership renewal. Note that you cannot take credit for a member’s renewal. However, there is **NO LIMIT** to the number of vouchers you can accumulate. Just have the new member put your name on the referral portion of the Membership Application Form. And keep those new members coming!

Are you a lawyer, looking for CLE’s? Is someone at your office in need of CLE’s? CEMS offers a very inexpensive way to earn those needed CLE’s.

Just RSVP to admin@coems.org, bring your box lunch, and attend for free.

Memorial

It is with a heavy heart that Brian Kindsvatter, District Sales Manager of Clean Harbors Environmental Services, announces the passing of Kevin Gaff, a 20-year employee. The Gaff family set up a college fund for their two sons Henry (8) and Summit (4). Please see the following link to the Ponderosa Valley Funeral Services website for the full obituary, and a link to donate to the GoFundMe website.

[Ponderosa Valley Funeral Services](#)

Presentation Opportunities for Upcoming CEMS Meetings

The CEMS Program Committee is currently searching for "interesting, topical and informative" presentations for our meetings in 2020 and beyond. This is a great opportunity to network with your peers, share information and technology, and become more involved with the environmental community. CEMS is interested in an assortment and variety of topics relevant to environmental and natural resources professionals. Each monthly presentation is roughly 50 minutes, followed by a question and answer period.

If you or someone you know is interested in presenting at our monthly meetings, or our annual conference, please feel free to contact our Programs Committee Chairperson, Andy Horn at Andy@WestwaterHydro.com.

Comments or suggestions from previous meetings, including the Annual Fall Conference, are also welcome. Let us know if we can publish them in the newsletter or website.

NEW - CEMS Lunch & Webinar Meeting/Newsletter Sponsorship Program

The sponsorship provides the following benefits:

- Ad of certain size in the newsletter.
- All get Logo with link on website Sponsor Page or Pane with hyperlink.
- Logo on Welcome and conclusion slides on webinars OR live in-person luncheons.
- Table for one meeting or more for "live" luncheons when they resume and 1-minute company infomercial presentation at lunches (webinars get an appreciative mention).

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For Webinars:

- Show a slide with logos & Company name under Sponsor Category (gold, etc.) Bigger print for bigger sponsors.
- Appreciatively mention sponsors during intro announcements and after presentation.

Sponsorship Category Pricing suggested rates:

- Bronze – One month = \$100 (logo or business card ad in newsletter)
- Silver – 3 Months = \$250 (1/8 page ad, and info table at 1 live lunch meetings)
- Gold – 6 months = \$450 (1/4 page ad, table at 2 live lunch meetings)
- Platinum – 12 months = \$800 (1/2 page ad, table at 3 live lunch meetings)

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Please follow this [link to be a sponsor](#).



Spring 2021 graduate course schedule in [Hydrologic, Environmental, and Sustainability Engineering \(HESE\)](#). Registration for Spring 2021 begins Monday 11/2/2020:

CVEN-5334 Groundwater Hydrology

Instructor: David Mays

Monday/Wednesday 5:00-6:15 pm starting 1/20/2021

<http://engineering.ucdenver.edu/dmays/5334>

CVEN-5401 Introduction to Environmental Engineering

Instructor: Arun Karunanithi

Tuesday/Thursday 3:30 pm to 4:45 pm starting 1/19/2021

http://catalog.ucdenver.edu/preview_course.php?catoid=29&coid=223004&print

CVEN-5402 Contaminant Fate and Transport

Instructor: Arun Karunanithi

Asynchronous course—make your own schedule!

(formerly called Integrated Environmental Modeling)

http://catalog.ucdenver.edu/preview_course.php?catoid=29&coid=223005&print

CVEN-5407 Complex Systems Methods

Instructor: Allison Goodwell

Asynchronous course—make your own schedule!

(formerly called Complex Systems Modeling for Sustainability Analysis)

http://catalog.ucdenver.edu/preview_course.php?catoid=29&coid=229083&print

CVEN-5426 Pipe Network and Sewer Design*

Instructor: David Mays

Monday/Wednesday 2:00-3:15 pm starting 1/20/2021

<http://engineering.ucdenver.edu/dmays/5426>

*Note for students who have taken CVEN-3414: Students taking CVEN-3414 Water Supply and Distribution Systems in 2016 or later may take CVEN-5426, but not the cross-listed undergraduate version CVEN-4426. Students taking CVEN-3414 Design of Water and Wastewater Systems in 2015 or earlier may not take either CVEN-4426 or CVEN-5426.

Current students can register through [UCDAccess](#), while prospective students can take up to three graduate courses through [Non-Degree Admissions](#). Upon admission, students can transfer up to three non-degree graduate classes to their graduate degree.

Thanks very much, and please feel free to contact me with any questions!

Regards,

David C. Mays, P.E., Ph.D.

Professor of Civil Engineering

College of Engineering, Design and Computing

University of Colorado Denver

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Candidates for CEMS Board – 2021

The Nominations Committee has collected nominations for the election of CEMS Officers and Board Members for 2021. Based on those nominations, the Committee has recommended and the CEMS Board of Directors has approved the following slate of candidates. The annual meeting and election will be held at the [December 8, 2020 webinar](#). The election shall be decided by a majority of the members present at the webinar.

OFFICERS

President: Erik Gessert, Terracon Consultants, Inc.
Vice-President: Maggie Mandell, Environmental Works, Inc.
Secretary: Monica Genadio, Tricol Biomedical, Inc.
Treasurer: John Fontana, Vista GeoScience LLC
Past President: Brian LaFlamme, Ensero Solutions

BOARD OF DIRECTORS

Subject to election (for two-year term, 2021 and 2022):

Fonda Apostolopoulos, Colorado Department of Public Health and Environment
Mike Jahn, Tasman Geosciences, Inc.
Evan Singleton, Gablehouse Granberg, LLC

Board Member for One-year Appointment – 2021 (filling Maggie Mandell’s position on the Board, which was due to expire at the end of 2021)

Rachel Blomberg, Colorado Department of Public Health and Environment

Not subject to election (currently serving two-year term, 2020 and 2021):

Suzanne Gabriele, Geosyntec Consultants, Inc.
Andy Horn, Westwater Hydrology LLC

Liaison Positions – are appointed by the Board, and not subject to vote by the full membership

EPA Liaison: Stephen Dymont, US Environmental Protection Agency, Region 8
CDPHE Liaison: Fonda Apostolopoulos, Colorado Department of Public Health and Environment
OPS Liaison: Tom Fox, Colorado Division of Oil and Public Safety

Acknowledgements

CEMS would like to acknowledge the generous donation to the scholarship fund from Noreen Okubo. Thank you, Noreen and thank you for your dedicated service to CEMS over the years. Best wishes.

From the Board *(continued from page 2)*

We have seen people and industries coming together in ways we have only seen with wars or acts of terror. It is refreshing to see that nothing will keep us down. And CEMS is no different. Our annual social networking events (movie night, golf tournament, and fall conference) had to be cancelled/postponed. Yet, through the generosity of CEMS members who donated their sponsorship or attendance money from either the movie night or the golf tournament, the scholarship fund still experienced an increase in revenue. Three \$2,000 scholarships were awarded this year. Andy Horn continues to provide professionals to speak at CEMS monthly luncheons, now virtual with the excellent technical assistance from John Fontana. Under the direction of Erik Gessert, Suzanne Gabriele, Evan Singleton, Maggie Mandell, and John Fontana, a strategic planning process to document and establish a direction for CEMS over the next few years is underway. CEMS is continuing its partnership with COGA and exploring joint events with RMAEP. CEMS has recently released a new sponsorship program that allows more exposure for sponsors. Please check out this new program at <https://coems.org/ceems-lunch-webinar-meeting-newsletter-sponsorship-program/>

COVID-19 has disrupted our lives, yet with the innovations, creativity, working together, and digging deep to find our strengths, I am reminded of another President's speech from the film *Independence Day* "...*We will not go quietly into the night! We will not vanish without a fight! We're going to live on! We're going to survive!*..."² And CEMS will be there to continue its mission "*To provide a mechanism for professional enhancement of its members with respect to environmental health and safety (EHS) management. In addition, CEMS seeks to serve government, industry, environmental organizations, and individuals in the development and use of prudent EHS management practices in the State of Colorado. It is the intent of the Society to be the premiere non-profit professional EHS management organization in the State.*"

There is a phrase "*Most people's hindsight is 20-20*" (attributed by some to humorist Richard Armour in 1949), which likely comes from the use of the Snellen Chart to measure a person's visual acuity. Obviously, it is easy to look back at a past event with perfect vision to know what happened. My hope is that we can look back at 2020 with that perfect vision not only to understand more fully what happened, but to prepare ourselves for any future pandemic. Whether COVID-19 becomes an endemic that we will have to deal with year after year like the flu, I hope we learn from our mistakes, I hope we learn from our accomplishments, I hope we learn from each other, and I hope we learn not to take anything for granted.

For me, I now go quietly into the night so the new team of leaders may take CEMS where no one has gone before (sorry, I just had to slip that in). And from what I see with the strategic planning process, there are some exciting and creative ideas in the work. So, stay tuned! I end my tenure not as the 2020 CEMS President but as a person graced with the presence of great colleagues and the knowledge that CEMS is making a difference and living up to its mission statement. Thank you CEMS members for all you have done, all you are doing, and all you will be doing. Good night and I will end with the words we have been hearing a lot lately and what I use regularly at the end of an e-mail or conversation - STAY SAFE!

Brian LaFlamme works with Ensero Solutions as a senior project manager. Brian is a geochemist with a multi-disciplinary background. Brian has evaluated geochemical data to assess the natural background concentration of metals for active mine sites; interpreted radioisotope data to delineate multiple aquifers at complex sites; conducted numerous fate and transport modeling efforts; and managed multi-million Superfund projects through the RI/FS and RD/RA process. He holds a Bachelor of Science degree in Geology/Chemistry and a minor in mathematics from Bridgewater State University and a Master of Science degree in Chemical Oceanography from the University of Washington.

² Interesting fact, the scene in which this speech was given was shot in front of the hanger that once housed the Enola Gay.