

# BLUEPRINT

FOR LABOR MANAGEMENT COOPERATION

## NATURE'S MENTAL HEALTH BENEFITS SANTA CLARA VALLEY OPEN SPACE AUTHORITY

The health benefits of being in nature are like reading a roadmap to a happy life. According to the national organization, Mental Health America, hiking and being in the great outdoors boosts your mood and reduces depression symptoms, encourages creativity, reduces stress, anxiety and improves focus and sleep, as well as providing your body with much needed Vitamin D and boosting your immune functions.

**We are very fortunate to have access to some of the most beautiful and diverse eco-systems in the Bay Area right here in Santa Clara County.** 30,000 acres of protected land that includes 25 rare or endangered species with 325,000 annual visitors. **This is your Santa Clara Valley Open Space Authority.** Using nature based solutions, the men and women working for OSA protect this precious resource through conservation efforts that help reduce wildfires, mitigate population over-growth and help slow flooding.

There are four major areas for you to visit and explore as part of Santa Clara Valley Open Space Authority.

**Coyote Valley Open Space Preserve** is located at the western edge of the Coyote Valley, which provides a greenbelt between San Jose and Morgan Hill. While only 20 miles from downtown San Jose, this preserve offers a true rural and wilderness experience. Recreation amenities include a multi-use trail for hikers, mountain bikers, and equestrians. Coyote Valley is one of the Authority's top 10 priority natural landscapes remaining in Santa Clara County which is critically important to protect local endangered wildlife and over development.

**Máyyan 'Ooyákma – Coyote Ridge Open Space Reserve** - Connecting over 1 million acres of important habitat in the Santa Cruz Mountains and the Diablo Range, this preserve is comprised of rare, sensitive serpentine grassland. This unique

landscape is a biodiversity hotspot for endangered plants and animals. Scientific research on the plant and animal communities found here continues today. Visitors will need a free "Butterfly Pass" for hiking, biking, or horseback riding on the trails located inside the Habitat Protection Area. There are 3 miles of designated trail that will be a portion of Bay Area Ridge Trail, a regional trail system that will someday stretch more than 550 miles along the ridge lines that encircle San Francisco Bay.

**Rancho Cannada Del Orso Open Space Preserve** - Preserve is in the foothills of the Santa Cruz Mountains in South Santa Clara County. A glistening creek runs along the Llagas Meadow and deer, bobcats, mountain lions, and other wildlife roam throughout the preserve. In the spring months, wildflowers adorn the meadow and hillsides. Recreation amenities include parking for cars

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## CHANGING OF THE GUARD BEHIND THE SCENES AT THE SBPI OFFICES



*Anita Woodson*

The South Bay Piping Industry Labor Management Trust (SBPI) began its origins at 400 Reed Street in Santa Clara, where the administration still resides today, in May 1988. Anita Woodson, Coordinator for SBPI, took on the administrative role of the organization in 1991. This year she will be retiring and following in her footsteps is an industry veteran, Joann Rizzuto. What does this position entail, you might ask. This is a one “woman” show that includes full charge accounting management (daily bookkeeping, payroll, A/P, A/R, budget prep, CPA liaison) communications, IT, Intern Program management, executive and administrative support to Finance and Steering Committee, as well as admin support for the Prevailing Wage Officer and program, marketing, industry and community liaison and website content creation and monitoring. Preparing content, editing and printing/distribution of the Blueprint newsletter is also part of the job.

In 1991, Larry Gates, ex-CFO of SBPI (1988-2020) engaged Anita Woodson of Woodson Administrative Services to fulfill this role. Initially it was to only work on the accounting duties, but as SBPI expanded, so did the administrative duties. Ms. Woodson came to SBPI from SMACNA (Sheet Metal, Air Conditioning Contractors National Association), and initially started her career in facilities at Atari. Woodson Administrative Services also contracted with several other industry groups including the Air Systems Foundation, Monterey Bay Area Sheet Metal Contractors Association, Cement Masons, and Silicon Valley Contractors Association to name a few.

“After 30 plus years working in the industry, I am ready to move on to the next chapter of my life,” states Ms. Woodson. She went on to explain the changes in technology she has experienced from composing on an IBM Selectric typewriter to programming websites and setting up advanced technologies for staff.

“Keeping up with technology in Silicon Valley is critical if you want to stay viable and in the loop,” Anita continued, “I find it exciting and challenging and am actually glad to see the next generation take command in our industry.” She concludes, “I will not miss the work, but I will miss the people and close relationships made while working at the South Bay Piping Industry.”

Joann Rizzuto, owner of Crossroads Admin and Bookkeeping Services, has been hired to take over for Ms. Woodson at SBPI. “I have

big shoes to fill,” explains Joann. Miss Rizzuto comes to SBPI after leaving W.L. Hickey Sons, returning to the concrete business and also starting her own company. She has extensive Executive Administrative and bookkeeping experience including working on Prevailing Wage Compliance audits, union payroll processing, accounts payable/receivable, human resources, contract administration and management. Miss Rizzuto’s attention to detail and work execution is top notch.

“I look forward to continued implementation of the excellent administrative processes already in place at SBPI and to adding my take on what can be improved,” Joann states. “It has been a pleasure to get to know Anita, Wayd La Pearle and the entire management team of the South Bay Piping Industry and I hope to provide a long and successful service to SBPI,” she continues. Wayd La Pearle is the current CFO of SBPI.



*Joann Rizzuto*

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# Training Center Update

## MENTAL HEALTH RESOURCES

### AVAILABLE THROUGH THE PIPE TRADES TRAINING CENTER

According to the National Violent Death Reporting System who track suicide rates by industry, the construction industry ranks second nationwide. Chronic pain, high levels of stress, deadline driven work, long hours and a “male dominated” career field (men experience higher levels of suicide rates) are only some of the issues facing the day to day challenges of working and living in the Pipe Trades industry.

Your Pipe Trades Training Center has extensive resources and CAN HELP! 2024 has launched a merriade of classes and resources at your fingertips .. all you need to do is participate to find an answer that works for you.



#### 393 PEER SUPPORT PROGRAMS

– the peer support program offers acceptance, understanding, and validation. The goal is to normalize conversations in a nurturing environment about mental health, suicide and substance abuse. Look for the 393 Peer Supporter sticker on any individual in our industry as they have received specific training that can help you. Take the first step – reach out!

**SUBSTANCE ABUSE** – if you or anyone you know is experiencing

addiction to drugs or alcohol, confidential help is at your fingertips. Reach out to a Peer Supporter or to an industry Health Advocate at 1-877-240-6863. Clinicians are available 24/7/365 and offer confidential assistance. This is part of your health care plan. Blue collar workers are almost twice as likely to have substance abuse issues ... Take the first step - reach out!

**UNDERSTANDING GRIEF** – Grief is a natural response to loss, but how we grieve is complicated. Symptoms can last too long or are too intense for an individual to move forward with a healthy life. Grief is not a mental disorder and can challenge our identity, relationships and beliefs. Acknowledging, compassion and honoring a life lived are positive ways to move forward. Go to [doug.org/understandgrief](http://doug.org/understandgrief) or contact the Training Center to learn more ... Take the first step – reach out!

**PAIN MANAGEMENT** – 40% of construction workers will suffer from chronic back pain and muscle-skeletal injury resulting in multiple side affects including sleep deprivation, anxiety, substance abuse, and decreased productivity. There are treatments! Physical therapy, non-opiod drugs and topicals, medical devices such as braces, using a pain specialist and seeking professional counseling can help solve the issue. If you or

someone you know is struggling, immediate assistance 24/7 can be reached by dialing 988. Or, contact the Training Center or a 393 Peer Support individual ... Take the first step – reach out!

**SLEEP & ANGER MANAGEMENT** – best tips for a good night’s sleep (1) don’t eat before bed (2) avoid caffeine and alcohol (3) don’t exercise right before bedtime (4) use your bedroom for sleep time (5) turn do not disturb or turn off you phone. Healthy ways to manage anger include (1) take a break (2) use the Navy Seal box breathing method, inhale deeply and count to 4, hold in your lungs for a count of 4, exhale slowly for a count of 4, do this 4 times (3) recognize your anger and last .. talk to someone!

**Your Pipe Trades Training Center is an excellent resource in addressing all these issues. Besides providing the best possible education and apprenticeship available, they not only take care of the education, they take care of the body and mind. If you see the green hard hat Peer Supporter sticker, it means the individual has received training and is a safe person to confide in.**

**Visit [pttc.edu/mental-health-and-wellness](http://pttc.edu/mental-health-and-wellness) for details on all these (and more!) topics as well as upcoming classes offered.**

**Take the first step – reach out!**

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Joann concludes, “the construction industry is a “never dull moment” experience. That is what makes it so interesting, challenging, crazy and

fun.” She looks forward to this new adventure as she works with SBPI, its’ management team, contractors and the community to foster positive

relationships and policies, bring growth, awareness, and groups together for the betterment of the industry and communities served.



# COMMUNITY

## ANNUAL COUNTY FAIR SPONSORSHIP AND FOOD DONATION



Every year, the South Bay Piping Industry sends industry veteran, Warren Barry, to the Santa Clara County Fair to purchase animals from FFA teens on our behalf. This year we purchased two beef cattle. The animal is then processed and we donate the meat to local charities. This year the beneficiary was Martha's Kitchen.

Opening in 1981 in San Jose this organization serves 230,000 meals per month. Their website ([www.marthas-kitchen.org](http://www.marthas-kitchen.org)) states "food is a basic right, not a luxury." The kitchen was named after a biblical figure, Martha, who unfailingly offered hot meals to Jesus and his band of followers on their frequent journeys through the community of Bethany.



Right Photo: Rebekah Children's Services in Gilroy also received a donation as part of their culinary academy program.



# RESOURCES

## UPCOMING SPORTING EVENTS

### COMP TICKETS FOR LOCAL 393 MEMBERS AND SIGNATORY CONTRACTORS

The South Bay Piping Industry continues to support local sporting teams which includes complimentary tickets access. The 2024-2025 Season includes tickets to:



**Barracuda Hockey**  
[www.sjbarracuda.com](http://www.sjbarracuda.com)



**San Jose Giants**  
[www.milb.com/san-jose](http://www.milb.com/san-jose)



**Earthquakes Soccer**  
[www.sjearthquakers.com](http://www.sjearthquakers.com)

Thus far in 2024 we have distributed more tickets than any other season. These teams welcome fans and families! To get your comp tickets, visit our website for details:

[www.sbaypipe.org](http://www.sbaypipe.org)

\*\*\*\*\* **VOTE!** \*\*\*\*\*

Expected to be a very tight race for many candidates this year, it is your civic duty to participate actively in our voting process. Vote by mail or in person! To obtain information on registering to vote, voting booth locations and mail in ballot info, contact the Santa Clara County Registrar of Voters at:

[www.vote.santaclaracounty.gov](http://www.vote.santaclaracounty.gov)

Besides voting, volunteers are needed to ensure a successful election. Many positions are paid, high school students at least 16 years old are also encouraged to apply. Visit the website for more information, details on issues and candidates on the November ballot.

***Our Democracy Only Works if Citizens Stay Educated and Involved***



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and horse trailers, accessible restrooms, and picnic tables. The preserve has 12 miles of trails, from easy to challenging. The multi-use trails are open to hikers, mountain bikers, and equestrians.

#### **Sierra Vista Open Space Preserve**

– Located In the Eastern foothills of Santa Clara County offers sweeping views of the Valley and the opportunity to stroll through diverse landscapes including oak woodlands, rolling grassland, and chaparral communities, characterized

by their groups of shrubs. Perched above Alum Rock Park, the area protects watersheds, areas of land that absorb water for it to flow into streams and reservoirs, like Penitencia Creek, and is home to several protected wildlife species including the California red-legged frog, California tiger salamander, American badger, Western burrowing owl, golden eagle, mountain lion, bobcat, and gray fox.

As fall launches into 2024 and the season changes, this is an excellent

time to take a walk through YOUR local protected preserves and get away from Back to School chaos and “doom scrolling.” The Open Space Authority motto is ***Caring for the Places you Love so Nature can Take Care of YOU!*** Grab your family and friends, relax, unwind, bring plenty of water and Go Outside. It's good for you!

Visit [www.openspaceauthority.org](http://www.openspaceauthority.org) for details on each preserve.

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## THE SOUTH BAY PIPING INDUSTRY NEWSLETTER

Visit our UPDATED webpage at [www.sbaypipe.org](http://www.sbaypipe.org)

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