



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Connecticut Valley Chapter

OCTOBER

Protect Your Hearing Month
ADHD Awareness Month
National Pasta Month
Breast Cancer Month
Fire Prevention Week (4-10th)
World Egg Day (9th)
World Statistics Day (20th)

PASTA TRIVIA

- Spaghetti is the singular word for spaghetti
- Dried pasta is made with only flour and water - only fresh pasta has eggs
- Italy produces between 1,700,000 and 3,300,000 TONS of pasta per year.
- According to the International Pasta Organization, there are more than 600 different shapes of pasta produced throughout the world.
- Thomas Jefferson, the 3rd president of the US, is credited as the first person to introduce pasta to America, back in 1789.
- The 3 countries that eat the most pasta are Italy (of course), followed by Venezuela and Tunisia.
- The literal translation of pasta is "barely porridge".

ADHD Awareness

Attention-deficit/hyperactivity disorder (ADHD) is a neuro-developmental disorder affecting both children and adults around the globe. Not everyone has the hyperactivity often associated with ADD.

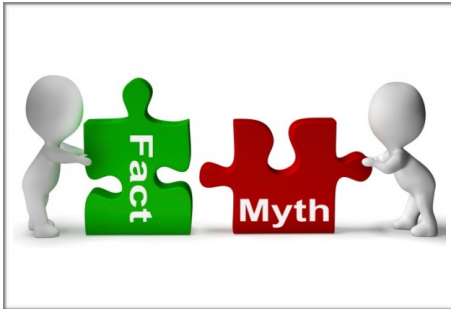
ADD can be understood as a problem of the brain's self-management system, it's executive functions. Executive functions (EF) include setting priorities, getting organized and started on necessary tasks.

In adults, the main features of ADHD may include difficulty paying attention, impulsiveness and restlessness. Symptoms can range from mild to severe. Many adults with ADHD aren't aware they have it.

While scientists aren't sure exactly what causes ADHD, they think it's likely caused by a combination of genes, environment, and slight differences in how the brain is hardwired. If you were diagnosed with childhood ADHD or ADD, chances are you've carried at least some of the symptoms into adulthood. But even if you were never diagnosed as a child, that doesn't mean ADHD can't affect you as an adult.

Yes, adults with ADD or ADHD can be effected in the workplace. ADHD looks very much like a willpower problem, but it isn't. It's essentially a chemical problem in the management systems of the brain. People with ADHD are often able to concentrate on activities they enjoy. But no





Breast Cancer Myths

Myth 1: Myth: Men do not get breast cancer; it affects women only

False. Each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer and 410 will die. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower.

Myth 2: Antiperspirants and deodorants cause breast cancer

False. Researchers at the National Cancer Institute (NCI) are not aware of any conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.

Myth 3: chemicals in the environment cause breast cancer. False. Some studies have suggested that women who are exposed to chemicals in their jobs, for example in the manufacturing industry, may be at higher risk of breast cancer. But the evidence is weak and more research is needed. Employers are legally required to limit exposure to chemicals that may cause cancer.

matter how hard they try, they have trouble maintaining focus when the task at hand is boring or repetitive. ADHD affects people of all levels of intelligence. And although everyone sometimes has symptoms of ADHD, only those with chronic impairments from these symptoms warrant an ADHD diagnosis.

FUN FACTS

- Egg yolks are one of the few foods that are a naturally good source of Vitamin D.
- A large egg contains only 70 calories and 5 grams of fat.
- Spider webs were used as bandages in ancient times.
- One-quarter of all your bones are located in your feet.
- Sunglasses were originally designed for Chinese judges to hide their facial expressions in court.
- Children of identical twins are genetically siblings, not cousins.
- A fortune cookie company once foretold the lottery, resulting in 110 winners.
- The electric chair was invented by a dentist.
- Almost 163,000 pints of Guinness are wasted in facial hair each year.
- Grooves in the road on Route 66 play "America the Beautiful" on the 1/4 mile stretch in New Mexico when traveling 45 mph.
- Ohio DUI offenders must use yellow license plates.
- Donkey Kong got his name because his creator believed "donkey" meant "stupid" in English and wanted to convey the impression that the character was a "Stupid Ape".
- The process by which bread toasts is called the "Maillard Reaction".
- Bullfrogs do not sleep.
- Boeing uses potatoes to test their in-flight Wi-Fi, as they reflect and absorb the signals similarly to people. The project is called Synthetic Personnel Using Dialectic Substitution- or SPUDS.
- The term "brah" is Hawaiian pidgin, short for brahdah (brother), and was popularized by surf culture.



- When watermelons are grilled or baked, they lose their granular texture and can even be used as meat substitute, a “watermelon steak”.
- Your nose is always visible to you. Your mind ignores it through a process called Unconscious Selective Attention.
- The Japanese have a work philosophy called “kaizen,” where people constantly seek to find ways to improve methods instead of just doing it the same way.
- Tyromancy is the practice of predicting the future with cheese.
- The office Treasurer of the United States has been held by women since 1949.
- The most popular item at Walmart is bananas. They sell more bananas than any other single item they have in stock.
- The name for the shape of Pringles is called a “Hyperbolic Paraboloid”.

CAPTION CONTEST



Join Us! The object of the contest is to write the funniest “safety related” caption to accompany the Safety Photo of the Month.

There were no entries for the September photo.

The October photo in need of a caption is:

Submissions should be emailed to Laura Casey and place “Caption Contest” in the subject : casey@safeconsolutions.com





Kevin's Safety Scoop - By Kevin Galotti

Hello fellow Connecticut Valley Chapter members! It is hard to believe, but summer has ended. The air is feeling cooler and the leaves are changing colors. Fall is here!

I am excited to announce the newest additions to the executive board. First, Marcia Walsh has stepped up and volunteered to be our Membership Chair. Marcia will be welcoming new members to the chapter and notifying members when their membership needs to be renewed. This will be a huge help to the executive board.

Second, Melissa Noyes has volunteered to take over as Social Media Chair and Website Chair. She will be in charge of our LinkedIn and Facebook pages. She will also be making updates to the website to help everyone stay informed and get the most value out of their membership. Be on the lookout for our social media pages and website for meeting information, job postings, and current events related to safety.

We just completed the three-day training, "Business Class: Techniques to bring OSH into the Business Core." This training was led by Pete Susca. Once again, THANK YOU to Pete for the extremely informative training. I think many of our members will be able to put the Business Class training concepts to good use.

If you would like to lead a meeting and speak on a topic to help your fellow CT Valley members, please reach out to me at president@ctvalley.assp.org

The ASSP virtual Leadership Conference is this week and we have five members attending the conference! Liz Velky (President-Elect), Jeremy Card (Secretary), Melissa Noyes (Website/Social Media Chair), Tracy Elsenboss, and I will all attend to sharpen our leadership skills and learn how to add membership value to the chapter members.

REMINDER: National Fire Prevention week is October 4th - 10th. Please ensure you have fire prevention plans at home as well as at work.

Kevin Galotti, CSP
Chapter President



FLAVOR OF THE MONTH:

Halloween is this month and many people are still planning to trick-or-treat (even in a limited capacity). If your kids plan to go out on Halloween night, here are some extra safety tips to follow:

- Kids 12 and under should have adults with them at all times
- Use sidewalks or paths. Keep out of the streets if possible. If not, walk facing traffic and as close to the side as possible
- Cross streets only at a crosswalk or corner
- Look both ways before crossing the street
- Always be aware of your surroundings
- Carry flashlights or glow sticks to stay visible to traffic
- Costumes and bags should be light-colored or have reflective tape or stickers for increased visibility.
- Make sure costumes fit well and do not impede movement or vision.
 - Use face paint instead of masks for better vision. Costumes should be flame retardant
- Costumes should be flame retardant
- Examine all treats before allowing children to eat them

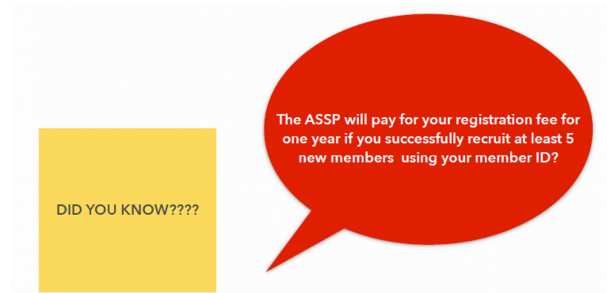


Welcome New Members

Amanda Lavelle
Robert Burgos
Todd Aubrey
William Shaw

Jennifer Cavallari
Parker Brassard
Andrew Rhodes
Jennifer Bache

Welcome to the chapter! We are excited to have you with us! We hope to see you at a meeting soon!



CHAPTER OFFICERS &	COMMITTEE CHAIRS
PRESIDENT Kevin Galotti CSP	VICE PRESIDENT Chip Darius OHST, CET
PRESIDENT ELECT Elizabeth Velky	TREASURER & GOVERNMENT AFFAIRS CHAIR Walt Tucker
SERETARY Jeremy Card	MEMBERSHIP CHAIR
COMMUNICATIONS CHAIR, SCHOLARSHIP CHAIR & HISTORIAN Nathan Fague MS	NOMINATIONS CHAIR Maryanne Steele
WESTERN MASSACHUSETTS CHAIR Maryanne Steele	AWARDS & HONORS CHAIR David Butterfield
FOUNDATION LIAISON Allison Bresloff CSP	STUDENT LIAISON Teresa D'Amelio
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NEWSLETTER WRITER / EDITOR Laura Casey CSP, CHST, EMT-P	PAST PRESIDENT Ed Zimmer

