New Chapter Year!

If you look closely at the above list of Chapter Officers and Chairs, based on our recent elections, you will notice that we have a new President and a new President-Elect. Our new Chapter President, Nate Fague was our President-Elect last year so he “knows the ropes” so to speak.

Allison Bresloff has stepped up to the plate and is the Chapter’s new President-Elect; we welcome her with open arms and thank her for volunteering her valuable time to our Chapter. New faces and energy always rejuvenates the team; we look forward to another informative and fun year, meeting new people and learning new things.

The Chapter Needs a New Communications Chairperson!

After many, many years (20!!) of dedicated service to our Chapter, Dave Gelpke has announced that as of June 30th, he is resigning as our Communications Chairperson.

This leaves a huge void in a critical part of our Chapter. He has been sending job opportunity
material, and other timely information, including this Newsletter to a large database of people, helping countless people in ways we cannot imagine. Dave has had a tremendous influence on our Chapter as well as those in the safety field locally and nationally.

The role of Communications Chair is an ideal opportunity for someone with the ability to spend small amounts of time sending e-mails to large amounts of people, while continuously updating the database.

Please contact the Chapter President, Nate Fague at nathanfague@gmail.com, or any other Officer or Chairperson if you would like to join our organization in this pivotal role, and become the new, legendary, Dave Gelpke! (Not that you need to do it for 20 years like the Iron Man did, but you never know, changing people’s lives is a wonderful feeling!)

**CT Valley Website Update**

http://ctvalley.asse.org/

Check it out! When you go to the CT VALLEY CHAPTER website you will find Chapter Documents, Newsletters, Meeting Minutes, Western MA Section information, Chapter Announcements, History, various Links and past meeting presentations.

Regarding jobs:

- For those looking for jobs, links to several Safety, Health and Environmental recruiters are available on that tab on the website as a service to our members. This will greatly reduce the number of e-mails you have been receiving.

- Job postings in the area provided to the Chapter not listed by those recruiters will be sent as e-mail to you, our members.

- If you would like to post a job, send an e-mail to the Communications Chair or President listed on the “Officers” link under the “About” tab.

The Chapter is working towards providing an online reservation and e-pay plan for meetings in the future and this would be tied into our website.

I hope you like the new look of the site with its many enhancements. Please add this to your favorites and visit often.

Regards, Dave Gelpke

**2\textsuperscript{nd} Annual OSHA Summer Summit, UMASS Amherst**

The 2\textsuperscript{nd} Annual Summer Summit on June 23, 2015 at UMASS Amherst was a smashing success! More details will follow, and you should plan on attending next year. The technical sessions were outstanding; the keynote speaker was life-changing, lots of value for a small amount of cash.

**The 17\textsuperscript{th} Annual New England Area PDC Registration Link is Open!**

Check it out! http://region8.asse.org/event-registration/?ee=11

When: Tuesday and Wednesday, November 17 and 18, 2015.

Where: Crest Beach Hotel, North Falmouth, MA.

Save the dates!

**UCONN Offers Certificate Program in Occupational Safety & Health**

UConn’s Occupational Safety & Health Online Post-Baccalaureate Certificate Program

UConn is offering a five course, 15-credit Occupational Safety & Health Online Post-Bacc certificate program. Applications are currently being accepted for the fall semester.

The application deadline is \textit{July 31}st.

Prospective students can also take up to two courses as a Non-Degree student prior to matriculating in the program. Once a student is matriculated, transfer of course(s) credits would take place for grades of “B” or better. For more information contact Donna Campbell at donna.campbell@uconn.edu.
ASSE Foundation Thanks

Thank you for being a part of the 21st Annual Safety Matters Silent Auction!

The CT Valley Chapter supported the ASSE Foundation by donating a $250 “Easy Button” to the National PDC silent auction. This is in addition to the $140 donation made to the New England PDC back in December. The following is an e-mail received from the Society thanking our Chapter for the donations we made:

We’re incredibly excited to have such strong showing of support from the ASSE community and beyond this year. Together we raised nearly $11,000 for Safety Matters, our signature fund. We are more than appreciative of your generosity and help in ensuring countless opportunities for generations of safety students and professionals.

With the donation you provided, we were able to purchase an assortment of Star Wars Lego sets for the silent auction on your behalf. Your participation made this event a great success!

Our mission is to provide educational advancement, leadership development, and research opportunities to advance the safety, health, and environmental profession. You’re a part of that mission, and we can’t thank you enough.

Sincerely,
The ASSE Foundation Board and Staff

Leading yourself: A Baker’s Dozen of Things to Master
Wally Bock

You can’t lead others if you can’t lead yourself. Here are a baker’s dozen of things to master if you want to lead yourself well and get on the road to becoming the best leader you can be.

Master your smartphone. Your smartphone is the Swiss Army Knife of the Digital Age. There are calendars, reminders, and apps that will help you be more productive.

Master checklists. Checklists will help you do routine things routinely so they don’t get in the way of accomplishing big things. Checklists are usually situational. You may have one for the start of the day and the week and one for the end. Use them for special situations like going on vacation and returning to work. Checklists are easy to create, use, and modify and they pay off big time.

Master scorecards. Keep score on how you’re doing. Sam Walton used a “beat yesterday” book when he started his first Walmart in Rogers, AR. He was still keeping those books when he died.

Master routine meetings. They set the cadence for your team and make sure things are on track. Consider daily stand-up meetings with the team. Have weekly one-on-ones with every team member.

Master incremental improvement. Make a little progress every day.

Master the art of concentration. If you want to do significant work on important projects, you need large blocks of uninterrupted time.

Master the off button. When you need to concentrate, block out interruptions. Turn off your phone and your e-mail. Sometimes, the “off button” is a door you can close or a place you can hide while you work.

Master the art of capturing ideas. If you don’t they will flit away like butterflies on the wind.

Master the reading habit. Leaders are readers, plain and simple. Read.

Master the art of review and reflection. Take time every day and every week to assess your performance and your progress and your ideas.
Master the art of letting go. Take time off from work for other things. Let go of control when you don’t need it. Most of the time you don’t.

Master the art of planning. You need just enough. Too little and you set yourself adrift. Too much and you sacrifice agility for conformity.

Master the art of relationships. Cultivate your relationships with friends and loved ones. In the end they will matter more than accomplishments.

Boss’s Bottom Line

In the end you must master the little things to make the big things happen.

See more at:
http://www.threestarleadership.com/leadership/leading-yourself-a-bakers-dozen-of-things-to-master#sthash.4iDBmdXX.dpuf

Fatal Injuries at Work in Massachusetts

This type of information is great for starting off construction/toolbox talks/meetings. Try to start all meetings with a brief safety topic and this type of data can be very eye opening.

The recently completed annual report on fatal injuries at work in Massachusetts can be found here:

This report provides an overview of 57 deaths from injury that occurred at Massachusetts workplaces in 2013 and is intended to provide information that can be used to prevent work-related deaths in the future. This report is based on data collected by the Occupational Health Surveillance Program (OHSP) of the MA Dept. of Public Health. OHSP collects information on all fatal occupational injuries in Massachusetts and conducts in-depth research oriented investigations of a limited number of these deaths each year to learn more about factors contributing to these incidents.


One point from this report I would like to repeat: suicide at the workplace was the leading single cause of injury death at work in MA in 2013. We describe resources for suicide prevention, including programs run by the Suicide Prevention Program at DPH, on page six of the report. I encourage you to share these resources with your human resources staff, department heads, and town managers.

--Jim Laing

Occupational Health Surveillance Program
Massachusetts Department of Public Health
250 Washington Street, 4th Floor
Boston, MA 02108-4619
617-624-5632
www.mass.gov/dph/ohsp
http://publichealth.blog.state.ma.us/

Quotes of the Day

“Let our advance worrying become advance thinking and planning.”
-Winston Churchill, British statesman and former Prime Minister

“Perfection is not attainable, but if we chase perfection, we can catch excellence.”
-- Vince Lombardi, football coach

“The great aim of education is not knowledge but action.”
-- Herbert Spencer, philosopher and sociologist

“Sadly, it’s much easier to create a desert than a forest.”
-- James Lovelock, scientist

“We all need people who will give us feedback. That’s how we improve.”
-- Bill Gates, businessman and philanthropist