



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

APRIL

MONTHLY OBSERVANCES

Distracted Driving Month
Stress Awareness Month
Building Safety Week (11-17th)
National Work Zone
Awareness Week (26-30th)
National Garlic Day (19th)

GARLIC TRIVIA

- The average person eats about 2 lbs of garlic each year.
- Garlic is common in cooking in a wide range of cuisines, from Italian to African and many others, and it is cultivated and grown in nearly every country. As of 2012, however, 2/3 of the garlic grown in the world, nearly 46 billion pounds per year, comes from China. Garlic is originally native to Central Asia
- When you think of garlic you think of the bulb, but there's more to the plant than that and it's edible. Some varieties produce green shoots called scapes that are reminiscent of a scallion but with a garlicky flavor.
- Garlic is a natural mosquito repellent.

BEING ASSERTIVE

Interpersonal skills are things that are developed over the course of time. We are not born with them. We are not born as skilled negotiators or peace keepers. We may be born with varying levels of patience and empathy but how we use these traits matters.

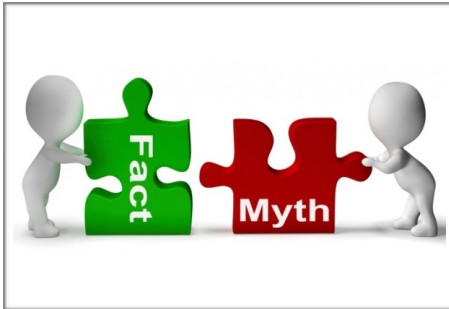
By now, we've learned that the COVID-19 pandemic is about so much more than just the virus, especially in how it has affected our lives. Engaging with people who don't share our perspective about the pandemic can be difficult. Remember, members of a community come from different backgrounds and life experiences. Our life experiences shape our point of views about various topics.

For many of us, guidelines for interacting with others during the COVID-19 pandemic haven't changed: Gather in smaller groups outdoors, remain six feet or more apart, wear a mask, practice good hand hygiene, and avoid prolonged interactions indoors.

But now that some people are vaccinated and some Governor's are relaxing mandatory protocols, navigating the interpersonal side of these recommendations can be trickier. Physical distancing runs counter to many of our social norms and complicates the ways we work, celebrate milestones, and generally interact with other humans. So how do you have that conversation with the driver that will not stay in their truck? How do you not alienate friends and neighbors while addressing your desires and keeping your family safe and healthy? You need to be assertive.

Many people confuse assertion and aggression. While an assertive statement could be short and even brusque (sometimes called a "basic assertion"), there is no name-calling, blaming, shaming, or similar tactics that fall into the aggressive category. A simple





Stress Myths

Myth 1: Stress is the same for everyone. False. We don't all experience stress the same way. It's different for everybody.

Myth 2: Stress is always bad for you. False. Stress itself — especially a little stress — keeps life in balance. What's important is how we manage it. When we handle it well, we are productive and happy. Mismanage it, and we may fail or become even more stressed.

Myth 3: Stress is everywhere — you can't do anything about it. False. It's true that stress is all around us, but you can plan your life so you're not overwhelmed by it. An effective strategy is to set priorities and work on solving simple problems first, before tackling more complex challenges. When we succumb to stress, it's hard to prioritize because all problems seem equally troubling.

Myth 4: Only major stress symptoms require attention. False. "Minor" symptoms — like headaches or stomach acid — are early warnings that your life is getting out of hand, and should not be ignored. Don't wait for a major stress symptom, or it may be too late. Making lifestyle changes will pay big benefits in time and well-being.

"No," or "No, thanks," is a perfectly good basic assertion.

Most people are not assertive for fear of upsetting others and of not being liked. Another reason people avoid being assertive is because they are not sure how! Assertiveness, like any skill, needs to be learned and practiced.

FIVE TYPES OF ASSERTIVENESS

Basic Assertion: Basic assertion is a simple expression of your personal rights, beliefs, feelings, or opinions. Let's look at a reasonably frequent example you may encounter — being interrupted when reminding someone about our COVID protocols. If you are interrupted, you might say to the person "Excuse me, I'd like to finish what I'm saying." Often, the other person will be unaware that they have interrupted or spoken over you, and this simple technique allows you to express your need simply and firmly.

Empathic Assertion: This is the acknowledgement of another person's situation or feelings followed by a statement standing up for your rights. A person is less likely to become angry or defensive if you acknowledge and validate the emotion behind what they are saying. You might say something like — "I know you are feeling angry and frustrated about the inconsistency of protocols [this is the acknowledgement], I completely get why you would feel like that [this is the validation]. But I am not comfortable being close with our masks." How to listen for the emotion in what a person is saying is a learned trait and may take some practice.

Escalating Assertion: This is where you begin with an assertive response, however the other person (for whatever reason) fails to respond. You would then gradually escalate the assertion. That is, you would become increasingly firm without being aggressive. So, turning back to the first example, if the person continues to interrupt you, you might say "I know that many places may have relaxed their COVID protocols, but we like to follow the full protocols. Please be respectful of our position and beliefs".

I-Language Assertion: This type of assertion is very effective during conflict, and it is a technique used to help manage conflict more effectively. It is made up of a number of very specific



statements:

Description of behavior: “When you ... ,”

How it affects your life: “It affects ... ,”

Describe your feelings: “and I feel ...;”

Describe your desire: “Therefore, I would like ...”

Let’s put all of that together in an example. Imagine two people having an argument. Katie notices that Paul is starting to raise his voice and she is getting uncomfortable and a little scared. Katie might say something like this – “When you raise your voice (the effect is) I start to shut down because I feel scared. Therefore, I would like for you to use a softer tone of voice to tell me what you want.”

Positive Assertion: For a lot of people, this final type of assertiveness can be the most difficult. It is about expressing positive feelings about yourself or someone else. Most people can feel uncomfortable ‘blowing their own horn’ but it has a wonderful impact on your self-esteem and is an important skill to master. Imagine a person reviewing their day with their partner – “I know I’ve had some difficulty with (xxx) in the past, but I did a really good job today.” Or someone talking to their boss – “I really feel I managed that complaint well.”

Or a supervisor talking to their employee – “wow that was a really great job tackling something new. It can be scary when you have a trial by fire doesn’t it? You should be proud of how you managed that.”

If you feel that you may have a need in your personal life, or at work, practice being assertive. It is not something that people are born with. You need to develop it into a skill. Practice with a friend or your spouse. Role play – one person be the problematic other person – consider different ways to escalate through the above levels of assertion.

APRIL FUN FACTS

- Glaciers and ice sheets hold about 69 percent of the world's freshwater. Your brain uses 20% of the oxygen and blood in your body
- The fastest gust of wind ever recorded on Earth was 253 miles per hour.
- Mount Everest is bigger now than the last time it was measured.
- The world’s most densely populated island is the size of two soccer fields. Santa Cruz del Islote in the Archipelago of San Bernardo off the coast of Colombia is an artificial island that has 4 main streets and 10 neighborhoods. 500 people live on the island in around 155 houses.
- The world’s largest man-made oyster reef was created in Maryland.
- There are more than 24 time zones around the world. Octopuses have three hearts, nine brains, and blue blood



- It's estimated that Sweden has more islands than any other country.
- California is home to the "Artichoke Capital of the World."
- Canada has 9% of the world's forests.
- The red-billed quelea is the most common bird on Earth.
- The global adult literacy rate is around 86%.
- Facebook has more users than the population of the U.S., China, and Brazil combined.
- Pineapple works as a natural meat tenderizer.
- The feeling of getting lost inside a mall is known as the Gruen transfer.
- Your nostrils work one at a time.
- The dot over the lower case "i" or "j" is known as a "tittle."
- Kids ask 300 questions a day.
- Koalas have fingerprints.
- The famed "Typhoid Mary" infected more than 50 people by cooking for them.
- Pigs are constitutionally protected in Florida.
- It is illegal to sell a "bounce-less" pickle to somebody in Connecticut. The law was in fact an ordinance that was created in 1945 to thwart pickle packers Moses Dexler and Sidney Sparer. These two men were selling inedible pickles, so laboratories conducted experiments and found that if it doesn't bounce, don't eat an ounce!
- You can sneeze faster than a cheetah can run.
- The fire hydrant patent was lost in a fire.
- Saudi Arabia imports camels from Australia.
- The cast of Friends still earns around \$20 million each year.
- Newborns don't have kneecaps.
- A 70-year-old woman once completed seven marathons in seven days, across all seven continents.
- Bill Gates has donated nearly half his fortune.
- Shaq only ever made one three-pointer.
- In Australia, an episode of Peppa Pig was banned because it taught children not to be scared of spiders.
- An officer at the Louisiana Correctional Facility was so popular among the inmates that they threw a party for him.
- A Canadian man who was lost in the woods damaged the power-line so that the maintenance crew could find and rescue him.
- Marilyn Monroe had a higher IQ (163) than Albert Einstein (160).
- Grapes light on fire in the microwave.



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 entires for March.



The April 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! April is here which means there are only a few months left of the chapter year. That being said, our chapter elections will take place this month! All members have the right to choose the officers that represent our chapter. So please vote when you see the email come through. We are always looking for people who want to be more involved in the chapter. If you are interested in getting involved, please reach out to me at president@ctvalley.assp.org. All candidates are running unopposed.

Our slate of candidates is as follows:

President	Liz Velky
President-Elect	Bradley York
Vice President	Chip Darius
Treasurer	Walt Tucker
Secretary	Jeremy Card

Upcoming Events: We have a lot going on this month. I hope you take the opportunity to attend one or more of these events!

On Wednesday April 7th at 12:00 PM, we will be having a Zoom meeting with many students from Keene State, UCONN, and other colleges. The topic for this meeting is "Navigating Your Early Career." The topic will be presented by our very own President-Elect, Liz Velky. Liz will share her story as she started out in the safety profession and the challenges she faced along with some challenges these students may face. This topic is geared toward students, but seasoned professionals are strongly encouraged to attend to help the safety professionals of tomorrow by sharing advice, answering questions, and doing some networking.

On April 15th, we will have a Zoom meeting. The topic of this meeting will be "Using Movement to Decrease Low Back Strain Risk." Lori Frederic from Balance Biomechanics will lead the presentation. Lori calls herself "The Movement Ninja" and she specializes in working with employees that do physical work to reduce their musculoskeletal injuries. This is sure to be an exciting, high-energy meeting!

The next Western Massachusetts section meeting will be Friday April 16th at 10:00 AM. The topic for this session will be "Multi-Employer Worksites." This will cover both construction and general industry (temp-host) and will discuss types of employers



recognized by the OSHA and the responsibilities of each. This meeting will be presented by the Springfield OSHA office.

The OSHA Summer Summit is back on and will be virtual this year! The date will be June 23rd and it will be an all-day event. This is a great opportunity to get some CEUs! Registration begins on April 1st. Please save the date in your calendars!

We are once again cosponsoring the CBIA Safety & Health Conference this year. ASSP members will get the discounted rate of \$150. This is an online event that takes place on May 7th from 8:00 AM – 3:30 PM.

Please visit <https://ctvalley.assp.org/event/> to register for these events. Also, keep an eye on your email for new events! 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.

Helping Students: Colleen Able (John Able's Daughter) is a professor at Keene State. She is looking for safety professionals that her students can interview regarding career exploration. Interviews will be done virtually and will take place between April 21st and May 3rd. This is a great way to help the younger generation of safety professionals! If you are interested in helping these students out, Please email me!

Kevin Galotti, CSP
Chapter President

FLAVOR OF THE MONTH:

The weather is getting warmer which means people want to be outside more (especially with the COVID-19 pandemic). Please be mindful of the dangers of ticks. (Source: [CDC.gov](https://www.cdc.gov))



A tick bite can cause serious diseases such as:

- Anaplasmosis
- Babesiosis
- Ehrlichiosis
- Lyme disease
- Rocky Mountain spotted fever
- Southern tick-associated rash illness
- Tick-borne relapsing fever
- Tularemia
- Colorado tick fever
- Powassan virus infection

Know where to expect ticks. Ticks live in grassy, brushy, or wooded areas, or even on animals, so spending time outside camping, gardening, or hunting could bring you in close contact with ticks.

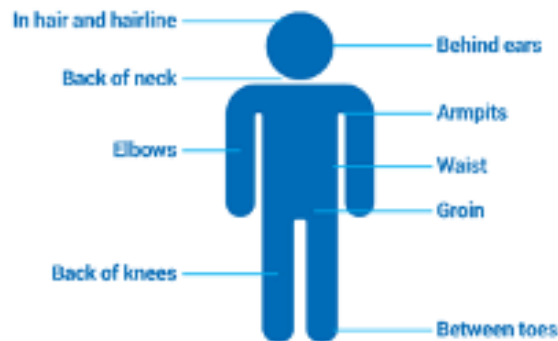




Treat clothing and gear with products containing permethrin. Permethrin can be used to treat boots, clothing, and camping gear and remain protective through several washings.

Check your clothing for ticks. Remove any ticks and wash clothes or put them in the dryer if damp. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks. When washing clothes first, use hot water.

Check your body for ticks after being outdoors. Conduct a full body check when coming from potentially tick-infested areas (even your back yard). Check yourself and your children for ticks after coming indoors.



Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tick-borne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

To remove a tick, grasp it with tweezers, as close to the skin as possible, and pull it straight out.



Welcome New Members

Adam Peters

Ralph Thresher

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

Membership Milestones

Congratulations to the following people on reaching these milestones with ASSP and your dedication to the safety field.

45 Years

Lewis Booker

40 Years

Brad Garber
Lawrence Sanderson

35 Years

Arlene Dobson
Ralph Willing
Vincent Cahill

30 Years

Ralph DeLullo
David Gelpke
Kevin Blue
Donald Florek
Jeffrey Futtner
Robert Suchenski

25 Years

Debra Bodycoat
Daniel Devin
Earl Colella
James D'Errico
Kenneth Roy
John Murray
Michael Raynor
Christine Sullivan

20 Years

Perry Cole
Sharon Burke
David Senft
Franklin Darius
Jayson Dinielli
Brian Martinchek
Gerard Arrotti
Laura Casey
Kevin Murray

15 Years

Brian Blondin
Michael Burnham
Kristin Morico
Mark Trotochaud
Brian Winsor
Terese Marconi
John Able
Pamela Hunter
Maryanne Steele

10 Years

Byron Treado
James Thomas
Marcia Walsh
Jason Schlee
M. Peter Saxon
Steven Deyo
Mark Dejohn

Melissa Renouf
Donell Jackson
Jeannine Derouin
Michael Kauffman
Lawrence Kubera
Gregory Valente
Jonathan Fitzsimonds
David Butterfield
Bradley Wright



5 Years

Michael Ferry
Samuel Henderson
Brian Groves
John DeRoia
Tracy Elsenboss
William Lorenzen

Charles Nehrig
Craig Moskowitz
Dave Rosenbluth
Brian Fenton
Kerry Smith
Michael Barker
Jonathan Goldman
Joseph Saccoccio

Daniel Hayden
Alden Davis
Monika Gierula
Chantelle Melendez
James Darrow
Paul Sweeney

DID YOU KNOW???

The ASSP will pay for your registration fee for one year if you successfully recruit at least 5 new members using your member ID?

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 Marcia Walsh CSP
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
CONSTRUCTION PRACTICE SPECIALTY Joe Bongiovanni	JOBS CHAIR Peter Kelly
NEWSLETTER WRITER / EDITOR Laura Casey CSP, CHST, EMT-P	SOCIAL MEDIA & WEBSITE Melissa Noyes

