



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Granite State Chapter

THE GRANITE STATE CHAPTER: NEWSLETTER APRIL 2021

President's Message

Hello Granite State Members!

The Granite State E-Board and I are excited to share with you updates for the chapter.

We are really excited about our upcoming meetings. Next week we will be hosting a meeting on the 2021 MSGP updates presented by Sam Despina, PE, CHMM & Kenneth Boivin, CHMM of GZA Environmental. Sam is also a member of the Granite State E-Board. On May, 20th one of Granite State's past presidents Joe Orazio, MBA will be presenting on Mental Health Awareness. The time for that meeting will be communicated on our Social Media accounts, please see page 10 for those account details.

If you are interesting in presenting at one of our meetings please contact me. My contact information can be found on the last page of this newsletter.

The slate for next year's Executive Board is on page 9 and was published through email to chapter members. A link to the survey for Elections will be sent through email on May 24th and will be due by 11:59pm May 28th. Our member survey for this year was sent in the email with this newsletter and also can be found on our social media accounts please take our brief 10 question survey, it should only take about 5 minutes and we would really love feedback from the chapter.

Please see page 4 of this newsletter for information on the Granite State SPY Award nominations. An email will also be sent to chapter members.

Please be on the lookout on our social media accounts for information on an in-person fundraising event that will take place this summer.

Please check out the Granite State ASSP website and our social media platforms for the most up to date information on upcoming events.

Thank you,

Danielle Cobleigh



Upcoming Meetings

When: April 22nd, 2021

Time: 12pm

Where: Zoom

Topic: 2021 MSGP Updates

Speakers: Sam Despina, PE, CHMM & Kenneth Boivin, CHMM of GZA Environmental

When: May 20th, 2021

Time: TBD

Where: Zoom

Topic: Mental Health Awareness "How to Help yourself and Others"

Speakers: Joe Orazio, MBA

In this Newsletter

Interview w/ Caleigh MacPherson	Page 2-3
GSC SPY Award Nomination Info.	Page 4
KSC Student Section E-board Highlight	Page 5
KSC Student Scholarship Winners	Page 6
Distracted Driving Awareness Month	Page 7-8
2021-2022 GSC E-Board Slate	Page 9
GSC Social Media Info., training opportunities & EHS Jobs in NH	Page 10
GSC E-Board Contact Info.	Page 11



THE GRANITE STATE CHAPTER: NEWSLETTER

APRIL 2021

Interview with Caleigh MacPherson

As a way to kick off the SPY nomination season, Sam Despina from the ASSP Granite State E-Board caught up with Caleigh MacPherson a program manager in NH who has won many professional achievement awards in recent years. Information on the SPY Award nominations can be found on page 4.

Caleigh has experience in the space, oil and gas, automotive, and military industries and has managed multimillion dollar projects for both military and oil and gas clients. A New Hampshire native, she holds two master degrees: one from Duke University in Engineering Management, and one from the University of New Hampshire in Mechanical Engineering with a specialty in Applied Spacecraft Systems.

Caleigh has earned numerous awards for her volunteer work in STEM (science, technology, engineering and mathematics) outreach. She was named a 2018 10 to Watch winner by Seacoast Media Group, one of the Union Leader's 2018 Forty Under 40 recipients, StayWorkPlay's 2018 Young Professional of the Year and was named the 2017 New Hampshire High Tech Council's TechWoman of the Year. Her STEM advocacy began in her undergraduate days at UNH where she was the team leader for the award-winning UNH Lunabotics team as part of NASA's Robotic Mining Competition. She regularly hosts and participates in community events as a Solar System Ambassador on behalf of NASA Jet Propulsion Laboratory (JPL).

What professional achievement are you most proud of?

"I'm proud of all of them! I'm proud of my NASA Goddard Achievement awards because it was the very first time I contributed in a major way to a project. I'm proud of my Project Management Professional Certification because I studied for months for that one and not a lot of Program/Project Managers have it. I think I'm especially proud of the awards that New Hampshire has specifically given me. It is such a warm and fuzzy feeling to be recognized by your local community and your state! To be recognized in a small select group for my hard work in giving back to my community and to be named a rising young professional in New Hampshire has been the greatest feeling in the world. I don't do any of my volunteerism for the awards, I do it to help young students in STEM and try to make the world a better place for the next generation, but it's definitely a nice bonus!"

I see you have been recognized as New Hampshire Young Professional of the Year and won awards such as New Hampshire 40 Under Forty (Class of 2018) and TechWoman of the Year. As you know, ASSP is accepting applications for the Safety Person of the Year Award. How have the awards you received impacted your career?

"The awards have definitely driven home to people about how serious I am in supporting my local community and how committed I am to volunteerism. I put a lot of effort into STEM advocacy (especially for young women) and it's been amazing to be rewarded for that. The awards I have received act as a character reference, which has also helped a lot when it comes to applying for jobs or promotions."



THE GRANITE STATE CHAPTER: NEWSLETTER

APRIL 2021

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Some people feel awkward about asking their colleagues or supervisors for recognition, however, the Safety Person of the Year Award requires several letters of endorsement. What can encouragement do you have for people to pursue these awards?

"I completely understand that and it's perfectly normal to feel that way! You're essentially going up to someone and asking for their support, and that is a really difficult thing to do for most people. That being said, it's a good character builder. The worst thing that can happen is they'll say no. The best thing that can happen is they'll say yes! Either way, you'll have learned how to ask for something personal. The way I look at it is this: you have a cause that you support, being recognized for that cause helps to continue to support it, and asking for a letter of endorsement is one step closer to helping that cause. I will say, it does get easier asking for these letters over time. It also feels AMAZING when you receive a letter of endorsement and are able to read about the wonderful things that people see in you."

In addition to providing professional development and networking opportunities, the mission of many professional organizations is to advance the profession. What project or organization that you are involved with has had an impact on the field of engineering?

"The New Hampshire Tech Alliance (which recognized me as the 2017 TechWoman of the Year) has really been making an impact on the tech ecosystem here in New Hampshire. They've been partnering with a number of strategic initiatives to try and get more (and different) types of opportunities available to NH engineers. (For example: cybersecurity, bio-tech, etc.) That creates jobs, new talent, new startups, more revenue for NH all while supporting programs like TechWomen/TechGirls, which encourages professional women to network and supports female students in STEM."

What is the best way for young professionals to develop a network and gain recognition for their professional success?

"It's certainly harder now with Covid and most events having gone virtual, but attending events is the best way that I've found to network and gain recognition. I can be a fairly introverted person at times (and being in a crowd of people can be hard) but going to a professional event and making even just ONE connection has been worth it. I've walked away from some events with just one business card from someone I have talked to, but I can guarantee you that you will meet that person again in the future. New Hampshire is a small state. Everyone has mutual connections and that one business card will come back into play at some point. My advice is go out, attend some events, meet some new people, and slowly start expanding your range. People take notice of that. In my particular case, some of those people I had met turned out to be on award committees and they encouraged me to apply for those awards, and the rest is history. Human connections get you everywhere."



THE GRANITE STATE CHAPTER: NEWSLETTER

APRIL 2021

Call for Granite State SPY Candidates

The Granite State chapter is looking for nominations for 2021 Granite State Chapter Safety Professional of the year Award (SPY).

The SPY Award is awarded annually to an ASSP member who demonstrates outstanding achievement in the occupational safety and health (OSH) field while also advancing the OSH profession overall. Through this award, ASSP recognizes outstanding achievement in the profession and acknowledge service to ASSP over a five-year period.

Candidate Eligibility Requirements:

- Be a professional member, member in good standing of their chapter and society
- Not have received this award in the past five (5) years.
- Be engaged in full-time employment in the profession of protecting people, property and the environment.

Candidates are not eligible if they are currently serving as a member of the Board of Directors or the chapter awards committee or have been elected an ASSP fellow

REQUIRED ATTACHMENTS:

- A letter of endorsement from the candidate's immediate supervisor. (1 page or less)
- 1 to 3 page resume of the candidate's professional background & achievements.
- Letter of endorsement for the candidate from the nominator (1 to 2 pages).

Nominations for the 2021 Chapter SPY Award will be open until 11:59 EST on May 15th, 2021, all applications field and required attachments must be submitted or the nomination will not be viewed by the Awards & Honors Committee.

The nomination form is completely electronic and can be found using the link below or the QR Code, this information will also be sent to all Granite State members by email and posted on our social media.

Nomination Form Can be found here.

<https://form.jotform.com/210634650573150>

Or





THE GRANITE STATE CHAPTER: NEWSLETTER

APRIL 2021

Meet the Keene State ASPP student Section E-Board

President

Danielle Miller (Bottom Right)

KSC Grad Year: 2021

Fun Fact: I know every word of every Jurassic Park film

Reason for picking safety as a major-

I choose safety as my major because I wanted a career working with people to better their lives and the companies. I like safety because we work with compassion to better the safety culture that not many people have perspective from. I was originally majoring in Biology but switched it to a minor because I wanted to focus on safety of hospitals and public health through education.

Vice President

Alan Fortin (Not Pictured)

KSC Grad Year: 2021

Fun Fact: I was born in the town they shot the fly by scenes of Top Gun in.

Reason for picking safety as a major-

I picked safety as a major to make a difference in the workplace. I wanted to be a part of the solution to make sure that workers in the long run are able to return home to their families, as well as make sure that companies are aware of ways they can protect the worker.

Treasurer

Joseph Blood (Top Left)

KSC Grad Year: 2022

Fun Fact: I love reading any kind of book and to go hiking with my dog.

Reason for picking safety as a major-

I chose to pursue a major in safety is an extremely personal one. It began a few years ago when there was a large explosion at my mother's place of work. I remember wondering if my mother were still alive and how this could have happened. Thankfully, she was alright, and nobody was killed in the explosion. Though it left me with the belief that all workers have the right to home at the end of the day to their families safe and healthy. It is this belief that drove me to pursue a major in safety.



Conference Chair

Jared Tuccolo (Top Right)

KSC Grad Year: 2022

Fun Fact: I am color blind

Reason for picking safety as a major-

I chose safety because I wanted to be in a profession where I can be of help and assistance to people.

Organization Liaison

Jacob Bettencourt (Top Middle)

KSC Grad Year: 2022

Fun Fact: I am an avid indoor gardener

Newsletter Editor

Ashley Arnold (Bottom Left)

KSC Grad Year: 2021

Fun Fact: I love Star Wars & have completed all the Star Wars lego sets.

Reason for picking safety as a major-

while studying a major in architecture and a minor in safety, I became passionate about building processes and how they affect the safety and health of construction workers. I am focused on developing innovative and creative ways to introduce a relationship between design and safety. I've learned to adapt my architectural knowledge to the safety profession by incorporating preventive action at the design level.



THE GRANITE STATE CHAPTER: NEWSLETTER

APRIL 2021

Meet the 2021 Granite State Safety Scholarship Winners

The Granite State E-Board is excited to announce our 2021 KSC ASSP Student Scholarship recipients.

\$1000 Scholarship Recipient is Sarah Heinrich



My name is Sarah Heinrich and I am a Keene State College junior from Londonderry, New Hampshire. I am a Safety & Occupational Health Applied Sciences major. My father has been a firefighter for over thirty years, so I have always had an interest in safety-related topics, but I did not know that you could have a career in safety until I toured KSC. After hearing a member of the department give a speech about the program, I switched to the major. I liked the idea of anticipating and identifying hazards and preventing harm from happening to people. Throughout my safety classes, I have developed a better understanding of the safety field and what a career in safety will look like.

\$250 Scholarship winner is Mackenzie Lloyd



My name is Mackenzie Lloyd and I am from Tolland, Connecticut. I am a first year student at Keene State and I am a double majoring in Occupational Health and Safety and Business Management. I want to become a Safety Professional because I want a career that provides me with the ability to teach, make a difference, and continue to expand my knowledge in this field.



THE GRANITE STATE CHAPTER: NEWSLETTER

APRIL 2021

April is National Distracted Driving Awareness Month

Distracted driving has become a deadly epidemic on our roads. While drivers texting behind the wheel tops what seems like an endless list of distractions, other risky actions include talking — whether it be on the phone or to others in the car, setting your navigation, adjusting what you're listening to, drinking coffee, applying makeup, and more. By driving distracted, you're robbing yourself of seconds that you may need to avoid a close call or deadly crash.



In 2019, distracted driving killed 3,142 people – a 10% increase from 2018. Young drivers seem more prone to using their phones while driving. According to NHTSA research from 2017, drivers 16 to 24 years old have been observed using handheld electronic devices while driving at higher rates than older drivers have since 2007. But make no mistake: It isn't just young people who are driving distracted, since drivers in other age groups don't lag far behind.

Drive Responsibly

April, which is national Distracted Driving Awareness Month, is a good time to regroup and take responsibility for the choices we make when we're on the road. Follow these safety tips for a safe ride every time:

- Need to send a text? Pull over and park your car in a safe location. Only then is it safe to send or read a text.
- Designate your passenger as your "designated texter." Allow them access to your phone to respond to calls or messages.
- Do not scroll through apps, including social media, while driving. Cell phone use can be habit-forming. Struggling to not text and drive? Put the cell phone in the trunk, glove box, or back seat of the vehicle until you arrive at your destination. (Cont. on next page)





THE GRANITE STATE CHAPTER: NEWSLETTER

APRIL 2021

April is National Distracted Driving Awareness Month

The Consequences

During a portion of Distracted Driving Awareness Month from April 8 through 12, you may see increased law enforcement on the roadways as part of the national paid media campaign *U Drive. U Text. U Pay.* This campaign reminds drivers of the deadly dangers and the legal consequences – including fines – of texting behind the wheel. Also, on April 8 state highway safety offices and law enforcement agencies across the country will take part in *Connect to Disconnect*, a 4-hour national distracted driving enforcement and awareness initiative. The goals: to demonstrate a nationwide commitment to enforcing texting laws in a fair and equitable way, and to reduce traffic crashes caused by distracted drivers, ultimately preventing injuries and deaths associated with cell phone use and texting while driving.

Forty-eight states, the District of Columbia, Puerto Rico, Guam, and the Virgin Islands ban text messaging for all drivers; 25 states and territories prohibit drivers from using handheld cell phones while driving; and 39 states plus the District of Columbia, Puerto Rico, Guam, and the Virgin Islands ban cell phone use by teen or novice drivers.

Take Action

- Remind your friends and family: If you're in the driver's seat, it's the only thing you should be doing. No distractions.
- If your driver is texting or otherwise distracted, tell them to stop and focus on the road.

Ask your friends to join you in pledging not to drive distracted. You could save a life.

Share your pledge on social media to spread the word — **#JustDrive.**

More information can be found <https://www.nhtsa.gov/distracted-driving/april-distracted-driving-awareness-month>

#JustDrive



THE GRANITE STATE CHAPTER: NEWSLETTER

APRIL 2021

2021-2022 Granite State ASSP E-Board Slate

President

Danielle Cobleigh

President-Elect

Joe Orazio, MBA

Treasurer

Laurie Raymond

Secretary

Michelle Wiltshire

Awards & Nominations Chair

Sam Despina, PE, CHMM

Social Media & Communications Chair

Courtney Simone, CSP

Delegates

Jeff Slark
Justin DeFlumeri

Newsletter Editor

Ashley Arnold

Student Section Liaison

Andrew Sellers, ASP

Membership Chair

Al Parise



THE GRANITE STATE CHAPTER: NEWSLETTER

APRIL 2021

Look for Us on Social Media

Facebook- American Society of Safety Professionals Granite State Chapter

Twitter- @gscASSP

Instagram- @granitestateassp

LinkedIn- ASSP Granite State Chapter

Check out our websites for updates

<https://granitestate.assp.org/>



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Granite State Chapter

Check out trainings opportunities offered by ASSP

<https://store.assp.org/PersonifyEbusiness/Events/ASSPEducationalEventsCalendar?ga=2.218216602.2039974013.1610972346-946721503.1592936848>



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Check out trainings opportunities at the OSHA training Center

<https://oshaedne.com/course-schedule/>



Check out these EHS Job Opportunities in NH!

- EHS Technician III @ Millipore Sigma in Jaffrey
- EHS Specialist @ Lonza in Portsmouth
- EHS Specialist @ Amazon in Nashua
- EHS Manager @ Protek Sheetmetal Fabrication in Hopkinton
- Health & Safety Consultant @ Leddy Group in Concord
- Safety Coordinator @ Planet Forward in Bow
- EHS Specialist @ Sig Sauer in Exeter
- EHS Manager @ OSRAM in Hillsboro
- EHS Manager @ High Liner Foods in Portsmouth
- Global Safety Officer @ 3M in Concord
- EHS Engineer @ Tremco Inc. in Hudson



THE GRANITE STATE CHAPTER: NEWSLETTER

APRIL 2021

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