Spring AND the March Newsletter are here!
The weather sure is getting nice out and I'm getting the gardening itch...can't wait for everything to start blooming in the backyard! Check out what we have in store for you this month:

- President's Message
- ASSE NW Chapter 2017 Board Candidates
- 2018 PDC: Call for Speakers
- Red Cross Month

President’s Message

Our next chapter meeting will be on April 11 at Grumpy's in Roseville, MN starting at 12 p.m. Our program each April features student presentations from University of Minnesota- Duluth and University of Wisconsin-Stout. Year after year of hearing these presentations, I always walk away remembering the details of their presentations I had either forgotten or didn’t know. Additionally, Dr. John Breskey, Assistant Professor and Program Director of the Risk Control Program at UW-Stout, will present on Current Perspectives on Higher Education in Occupational Health and Safety. Please consider coming and supporting our young professionals...they will not disappoint you.

Now on to Psychology...With any good conversation there has to be a person...
indication if they agree. The receiver takes in the information and may be seen nodding their head “yes” in agreement, or rotate their head “no” (see below pic at left) if they don’t agree.

*Side note; in Bulgaria the nodding of your head as we do here in United States to indicate a “yes” is said with a “Ney” meaning “no” (see pic below on right). And “Dah” means ”yes”, but the head movement is a wobble from left shoulder to right shoulder. So to be clear with a “No” head movement of a Bulgarian it looks like “yes” to us and a “yes” head movement from a Bulgarian might look to us like they are shaking their head “no”. Can you imagine how confusing that would be for westerners when asking a question? I digress.

![Image](image1.png)

Nod your head (yes)  Shake your head (no)

So on to my point... this is a little deep...sometimes a conversation ends with disagreement. Sometimes the message of the other person causes you pain or resentment to where subconsciously you find yourself getting angry or disturbed when a similar situation arises. Do you know why that is? Do you know why people lose their tempers sometimes? Because they remember what happened last time, didn’t like it and don’t want it to happen again. Thus, negative emotions start to develop to where we may become resistant to what’s being proposed. So if you are in a situation where someone is becoming upset, it may be helpful to recognize there is an experience lurking in their past that is
would be for you to go read a book on this stuff and don’t listen to me.

Coming Up:

- **April 11**, we have the student and professor presentations at Grumpys, in Roseville, MN. [Register Here!]
- **SAVE THE DATE May 9**: we have scheduled a tour of CHS field...the relatively new baseball park in St. Paul home of the St. Paul Saints. Tour group size is limited so when registration opens up on April 12, please register promptly. Networking reception at Oxcart immediate follows the tour.
- **SAVE THE DATE August 1**: 1:30pm, we have scheduled our Boat Cruise! More details to follow.

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**ASSE Northwest Chapter 2017 Board Candidates**

With Society elections wrapping up, our local ASSE Northwest Chapter elections will be here before we know it. Please review the list of candidates below.

**Candidate for Vice President**

Jennifer Carlson, CSP

Born and raised in Hastings, MN, Jennifer Carlson pursued both her undergraduate and graduate work at the University of Minnesota, Duluth. With her MS in Environmental Health and Safety in hand, she quickly traded the hills of Duluth for the plains of Iowa, where she began her career with 3M at the company’s plant in Knoxville.

Jennifer has since come home to Minnesota, where she has held various EHS positions with 3M ranging from Research and Development, Pilot Plant Operations and Manufacturing. She currently is the Division EHS Engineer for Distribution Operations supporting 3M’s
She earned her CSP in February 2014 and holds numerous professional accolades within 3M.

Although she is passionate about her career, she takes advantage of every moment she can outside of the office, exploring the outdoors with her family and friends. Jennifer enjoys skiing, canoeing, camping, hunting, biking, gardening, collecting lake glass and baking.

She currently resides in Inver Grove Heights with her husband Larry, Honey Cat (8 year old American Shorthair Cat) and Maddy (1.5 year old German shorthaired pointer). She loves the life she lives and regularly reminds her friends and family that “safety never takes a vacation”.

Candidate for Secretary
Dawn Westin, MS CSP CHMM

Dawn is a Certified Safety Professional with more than 20 years of experience in the development and delivery of Environmental, Health and Safety (EHS) management programs and targeted risk control solutions across diverse business sectors. In her current role as a Technical Service Engineer for 3M Company’s Personal Safety Division, she carries the voice and experience of EHS professionals, regulators, governments, businesses and workers into the global development of innovative personal protective equipment with a focus on respiratory protection. Her formal education includes a Master of Science degree in Risk Control (MS) - University of Wisconsin, Stout and a B.S. in Environmental Studies - University of Saint Thomas in Saint Paul, Minnesota.

Dawn has supported the Northwest Chapter previously as Government Affairs Chair, Student Chapter Liaison along with Scholarship, Awards and Honors activities. She has experienced firsthand the great benefits of having a network of peers, collaborating to move the safety profession forward and believes there are more opportunities to bring members together through new communications strategies. Dawn would like to put those ideas in motion as Chapter Secretary and asks for your consideration and vote.
Abby Ferri, CSP

Abby Ferri, CSP is the CEO and Chief Consultant for The Ferri Group LLC, headquartered in Minneapolis, Minnesota. She holds a Master’s Degree in Environmental Health and Safety, is an OSHA Outreach Trainer for Construction, and a Certified Safety Professional (CSP). She employs an intellectual, practical, and creative approach to the toughest health, safety, and environment challenges.

In Abby’s current role she is responsible for risk control, program development, training, and regulatory compliance for construction, manufacturing, energy, beverage, hospitality, and retail clients throughout the United States and Canada. In addition to providing services for clients, Abby is an Adjunct Instructor with Hennepin Technical College. Her previous experience included managing all aspects of corporate safety, health, and environment programs as Safety Director for a civil engineering contractor and managing risk control services for nationwide accounts as a Risk Control Consultant for large insurance carriers.

Recently, The Ferri Group LLC became the first safety services company to join the Minnesota Craft Brewers Guild as an Affiliate Member. In her spare time, Abby enjoys time spent with her husband and daughter, raising awareness for lung cancer, and partially owning the Green Bay Packers.

Dr. John Breskey

Dr. John Breskey is Assistant Professor and Program Director of Risk Control Program at the University of Wisconsin Stout. Dr. Breskey teaches classes in Occupational Safety and Health, Industrial Toxicology, and Industrial Hygiene. Dr. Breskey's area of research includes characterization of workplace exposures to airborne particles and chemicals, the prevention of workplace injuries and illnesses in marginalized worker populations, and methods of educating communities and youth on environmental health topics such as air and noise pollution.
Dr. Breskey earned his Ph.D. in Public Health from the University of Illinois at Chicago in 2011 and worked as a post-doctoral researcher with the Illinois Dental Medicine Responder Technology Office. Dr. Breskey has been a member of ASSE since 2011, is the past-president of the Orange County Chapter, and is currently the faculty advisor of the UW-Stout student section.

**Candidates for Member at Large**

**Dean Sherman**

Dean is a member of the ASSE Northwest Chapter and has been an ASSE member for more than 15 years. He currently has the privilege to serve as Member at Large. Prior to that, Dean served as NW Chapter Membership Chair.

Dean is currently a Senior Safety Manager at Target stores, where he has worked for more than 36 years, concentrating on injury prevention and OSHA compliance. Most recently, his work has focused on Target’s supply chain, automation, fulfillment operations, AEDs, store operations and powered industrial trucks.

Dean enjoys serving the ASSE Northwest Chapter as a Member-at-Large and would like to continue giving back to the chapter and the profession. Having attended the national ASSE and local Northwest Chapter PDCs this past year, he would like to leverage those learnings and connections to benefit the chapter. As a Member-at Large, Dean would be able to use his experience as a team player on large complex projects to assist the chapter whenever and wherever needed.

**Eric Heizman, CSP**

Eric currently works for 3M in Hutchinson, Minnesota, as a Safety Engineer. He is currently a Member-at-Large and a member of the Chapter’s social media committee. Eric has a Bachelor of Science in Chemical Engineering from the University of Minnesota Duluth and a Masters of Environmental Health and Safety, also from the University of Minnesota Duluth. Eric is a Certified Safety
Ethan A Laubach, CHST

Ethan Laubach started his construction career working for his father on small residential remodeling projects. Now over 30 years later, his construction resume includes welder, sheet metal worker, carpenter, boiler operator, foreman, superintendent, general contractor, maintenance supervisor, and instructor. He uses his experience as a tradesperson to have conversations build relationships with workers around safe work procedures. He was previously employed as the safety director for Custom Drywall at the Vikings Stadium and is currently a safety coordinator for Kraus Anderson.

Ethan is the founder and former director of Under Construction, an internship program for urban youth where he developed and oversees the safety program for its residential construction sites. He has developed safety programs and construction curriculum for the public schools and private industry. He holds OSHA 10, 30, 500, and 510, CHST and Competent Person Fall Protection certifications.

Adam Board

Adam graduated from Murray State University with a Bachelor of Science degree in Occupational Safety and Health. Adam currently works for JE Dunn Construction in Minneapolis as a Senior Safety Specialist. He is a Certified Safety Professional with over seven years of EH&S experience in providing advice on safety and health compliance.

Adam’s previous roles include working as an EHS Manager at Rosendin
the Hillsboro/Portland, Oregon area. Although he is passionate about his career, he takes advantage of every moment he can outside of the office, exploring the outdoors with his wife. Adam is an avid sports fan and enjoys going to any sporting event, camping, paddle boarding, and traveling.

2018 PDC: Now Accepting Call for Speakers

Do you attend the PDC and think: "Hey, I have knowledge I'm willing to share that would help our members?" If so, the 2018 PDC Planning Committee is accepting submissions for the 2018 PDC to be held in February 2018.

If so, please feel out the call for speakers and submit it to pdc@northwest.asse.org by May 12th.

Consider Giving Blood

March is Red Cross Month and blood donations are always needed. Find our more information on the process or to schedule a donation here: www.redcrossblood.org

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