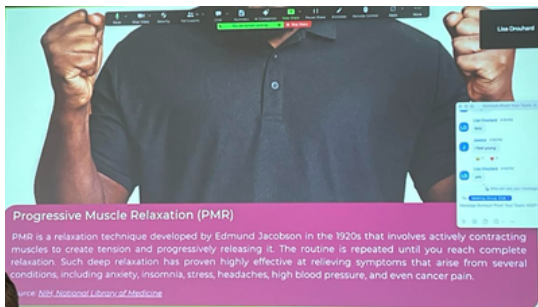


# GREATER DETROIT CHAPTER NEWSLETTER



## IN CASE YOU MISSED IT

### **Burnout-Proof Your Team!**

Princess Castleberry joined the GDC for a hot topic on how to burnout-proof our team and ourselves. Princess shared startling statistics on mental health and wellbeing, as well as practical applications on how to manage our own stress. One particularly effective technique we practiced was Progressive Muscle Relaxation (PMR). We hope that the 20+ participants will remember and integrate this practice into their daily lives. The group appreciated Princess' dynamic speaking and science-backed practice. Thank you, Princess!

## MEMBER SPOTLIGHT

### **Dr. Tara Diesbourg**

The GDC is proud to announce that our own Tara Diesbourg, PhD, CPE, GDC Student Liaison, was awarded the WISE Safety Professional of the Year (SPY) award for 2024. Tara has been an instrumental contributor to our Chapter, supporting our relationship with the Oakland University Student Section, Programs Committee, and participation in Board Meetings. Please join us in congratulating her on this honor!



## NEXT BOARD

### **MEETING:**

THURSDAY,

APRIL 4

**REGISTER**

**HERE**



## IN THE PIPELINE

### **Member Survey**

You voted, we listened! Thank you to those who participated in the GDC Member Survey. Based on results of the survey, the GDC has moved Board Meetings to Thursdays at 2-3 PM. In-person/hybrid technical meetings will be held directly after Board Meetings; virtual-only meetings during lunchtime. Special events will be held as needed. All members are welcome to attend the board meetings as well as technical meetings. Additionally, we are working to get your top hot topics on the docket for technical meetings this year!

## UPCOMING MEETINGS

### Michigan Safety Conference ASSP All Chapter Social

**What:** All Michigan ASSP Chapters and Student Sections are formally invited to join the Greater Detroit Chapter for a social event following Day 1 of the Michigan Safety Conference. The event will be an informal opportunity to network with other members across all Michigan ASSP Chapters.

**When:** Tuesday, April 16, 8 - 10 PM

**Where:** Founders Brewing Co., 235 Cesar E. Chavez Ave SW, Grand Rapids, MI 49503

**How:** [Register here](#)

### Using Emotional Intelligence to Enhance Your Safety Impact

**What:** Virtual lunch & Learn on Using Emotional Intelligence to Enhance Your Safety Impact. Safety professionals often struggle with how to message and motivate organizational safety growth, even in organizations with highly motivated and intelligent teammates. This interactive presentation will identify strategies for the safety professional to use to boost the effect of their safety efforts.

**When:** Wednesday, May 8 at 12 PM - 1:30 PM

**Where:** Zoom

**How:** [Register here](#)

### Preventing Slips, Trips, Falls - Going Beyond Doing the Same Things To Achieve Real Results

**What:** Learn how to finally address slips, trips and falls. This Lunch & Learn will provide fresh insight on one of the most common hazards in workplaces from Robert Pater (MA), Founder/Managing Director of the MoveSMART® system for significantly reducing STF and soft-tissue injuries while simultaneously elevating Safety culture. Robert is a widely published professional who serves global clients including American Airlines, BorgWarner, Honda, and US Steel.

**When:** Tuesday, June 4 at 12 PM - 1 PM

**Where:** Zoom

**How:** [Register here](#)

## SHOUTOUTS

**Bruce Main**, who is a member of the Greater Detroit Chapter, recently published an article in the March 2024 issue of the *Professional Safety Journal* titled "Views on the Current State of Controlling Hazardous Energy: A Survey About the Control of Hazardous Energy." The report was a great addition to the issue and will be enjoyed by *PSJ* readers. Look out for it!

Greater Detroit Chapter President, **Sandy Aufermann**, was announced as the Detroit Fight Club's 2023 Fighter of the Year. Sandy "The Sandstorm" Aufermann (pictured right) has proven herself in the field by earning a spot in the US national team at the International Medieval Combat Federation Championship in Spain, helping the women's melee team earn a silver medal.

Sandy is a true leader in the club, as she is in the GDC.

Shout out to all **Women in Construction!** March 3-9 was Women in Construction week, which was recently [proposed by the State of Michigan](#). You are all rockstars!



## CONNECT WITH US

Follow our [Website](#) and connect with us on [LinkedIn](#) for even more information, events, and updates. Get to know and connect with our Officers [here](#).

Interested in getting involved? Visit the [Contact Page](#) to send us a message.

Have a shout-out to share? Send to [secretary@greaterdetroit.assp.com](mailto:secretary@greaterdetroit.assp.com) to be featured in our next newsletter.