ASSP Hudson River Valley Chapter Meeting Minutes

February 20, 2020 – Combined Board & Technical Meeting Minutes

Homewood Suites – Large Conference Room

180 Breunig Road, New Windsor, NY

Board Meeting Minutes:

This Board Meeting was to address chapter business needs and the PDC in October 2020. Board Meeting was called to order at 5:00 PM.

Board members present in room were: Jim Bohren, Curt Jones, Matthew McDonald, Jim Foley, David Zaremsky, Susan May, and Charles Von Dietsch; Board Members on speaker phone were: Josephine McCaffery, Tammy Rossomando.

1 – Jim Foley was appointed to Chair the Awards and Honors Committee for the Chapter.

2 – Member emailing/contact list work continues with the following:

Joe Grills – moved to Connecticut, Matthew McDonald will contact about staying in HRV or Nutmeg chapter.

Wes Griffin – is no longer with former employer, contact new person in the position for contact or e-mailing purposes.

John Chrysogelos - is no longer the contact person at Yonkers Contracting Company, we now have Joe Corvello.

3 – Susan may is now the resident Past President for the Hudson River Valley Chapter of ASSP.

4 – Motivational speaker for PDC will be first thing in the morning after registration.

5 - We are planning to have 2 tracts of training in the A.M., and 2 tracts of training in the P.M.

6 – Diana Cortez has expressed interest in possibly being a speaker at our PDC, will follow this up.

7 – Next Meeting – March 11, 2020 at Arconic Company location in Kingston, NY, 1:00 PM to 4:00 PM. This is a joint meeting with Health and Safety Council of Hudson Valley. Notice was sent to Chapter members.

8 - April 15, 2020 - Joint meeting with NYSPE at Rockland County Fire Training Center in Pomona, NY. Meeting start is 8:00 AM. Topic is to be Fall Protection. The HRV Chapter Executive Board will meet after the Joint meeting to review the rooms to be used for the October 23, 2020 PDC at this location.

9 – May TBD 2020 – Joint meeting with Federal Health and Safety council. The planned topic will be Mental Health Awareness in the Construction Industry. Location is still not set.

10 – June TBD 2020 – End of year meeting potentially with a tour of the Culinary Institute of America in Dutchess County, NY.

Executive Board Meeting adjourned by seconded motion and accepted at 5:30 PM.

Technical Meeting Minutes:

The Technical Meeting session was called to order at 6:06 PM by Matthew McDonald, Chapter President.

The session was a presentation by Tom Lowe RN, formerly of Mount Sinai Hospital, titled Heart Health Awareness. It was a very good presentation and contained many tips and methods to protect yourself from damaging your heart through better smarter choices in lifestyles such as your diet, your exercise habits, and stress reduction methods. Many of these methods can be used by all of us in our daily routines from not sitting too long at one time, to taking walks outdoors to relieve stress, which seems to work better if you can walk in a nature setting like a park, or wooded area like a hiking trail.

After the presentation, Mr. Lowe held a short Question and Answer period based on the presentation and his own life experiences.

The presentation with Q & A session ended at 7:20 PM.

Motion was made to end the meeting and it was seconded and accepted at 7:30 PM.

A copy of the slide presentation used by Mr. Lowe has been posted on our Chapter Web page, at this linked location: [**https://hudsonrivervalley.assp.org/files/**.](https://hudsonrivervalley.assp.org/files/) The title as listed there is “Heart Health – Getting and Staying Healthy” on the right hand side of the page

Coronavirus data is changing daily, sometimes multiple times in the same day. For your information and use are two links included here so that you can obtain information concerning this virus and potential spreading or prevention of contracting it. Your best preventive measure is to keep aware and vigilant.

New York State Department of Health:

[**https://www.health.ny.gov/diseases/communicable/coronavirus/**](https://www.health.ny.gov/diseases/communicable/coronavirus/)

Interesting and helpful article and video from a publication called Business Insider:

[**https://www.businessinsider.com/coronavirus-death-age-older-people-higher-risk-2020-2**](https://www.businessinsider.com/coronavirus-death-age-older-people-higher-risk-2020-2)

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