

### **State of Connecticut Department of Emergency Services & Public Protection Commission on Fire Prevention and Control**

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### 1. Connecticut Fire Equipment Mechanics Association May Meeting Notice

The May monthly meeting/Educational seminar of the CT Fire Equipment Mechanics Association will be held on Wednesday, May 17, 2017 at Branford Fire HQ beginning at 9 a.m. This month's education topic will be Air Conditioning.

### 2. The Makers of Hormel® Chili Set Out to Crown America's Best Firehouse Chili

Nothing elicits a sense of pride at fire stations across the country quite like a firehouse kitchen that produces quality eats, especially chili. That's why the makers of HORMEL® Chili are working to highlight the underappreciated cooking talents of firefighters everywhere, while also giving firehouses across the country a chance to win \$10,000.

Teaming up with the National Fallen Firefighters Foundation (NFFF), the makers of HORMEL® Chili will conduct the "America's Best Firehouse Chili Contest" to discover the best firehouse chili recipe in America. The brand officially kicked off their partnership with the NFFF at the Fire Department Instructor's Conference (FDIC) on April 24, 2017 in Indianapolis, Indiana. The FDIC is a six-day conference, full of workshops, seminars, competitions, networking and more.

"The makers of HORMEL® Chili are proud to work with the National Fallen Firefighters Foundation because they not only do so much for active firefighters, but also work continuously to honor fallen firefighters and their families," said Mark Beierle, HORMEL® Chili brand manager. Our company has great respect for the NFFF and help raise money nationwide for the families of these fallen heroes."

### More About the America's Best Firehouse Chili Contest

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### 3. CONN-OSHA Quarterly May Edition

The May issue, Volume 88, of the CONN-OSHA Quarterly is attached and also can be viewed at:

http://www.ctdol.state.ct.us/osha/Quarterly/coqtrly.htm

\*\*\*Fire Service Personnel should ensure they are prepared for and have performed an Occupational Tick-Borne Disease Prevention and Workplace Job Hazard Assessment for Personal Protective Equipment\*\*\*

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### 4. National Fire Academy's Shaping the Future Course Offering Added

NFA has added a SPECIAL OFFERING of *Shaping the Future* (W0602), June 10-11, 2017 on the NFA campus in Emmitsburg, MD. Shaping the Future is a required course for the Managing Officer Program. Students currently enrolled in the Managing Officer Program or have an application on file will have a preference for selection.

Student applications may be submitted now <a href="https://www.usfa.fema.gov/training/nfa/admissions/">https://www.usfa.fema.gov/training/nfa/admissions/</a> You are responsible for your travel costs to and from Emmitsburg; travel stipends are NOT authorized for this offering. Housing is be available and students will need to purchase a meal ticket from

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### 5. Bethlehem Firefighters Association's 12<sup>th</sup> Annual Golf Outing

Bethlehem Volunteer Fire Department will be holding it's 12th Annual Golf Tournament on Sunday, June 25th at Fairview Farms Golf Course in Harwinton, CT

12 pm lunch and registration – 1:30 shotgun start

Please see attached for more information and sponsorship information

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### 6. PTSD Awareness Forum for First Responders – East Lyme High School - TONIGHT

A free forum for first responders and family members is being held at East Lyme High School, Monday evening May 15th at 6:30 pm.

Paul Barnes a career Firefighter with the Town of Montville Fire Department, Local #3386 and CSP Trooper John Patterson (ret) will be speaking about their PTSD, it's affects and treatments as well as the warning signs. It will be an informative evening and something that should be attended by anyone in the Fire Service, EMS and Law Enforcement fields. See the attached for additional information.

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### 7. Question Review Session <u>Participants Sought</u> for <u>- Please Reply Today</u>

The Certification Division of the Commission on Fire Prevention and Control is establishing a local examination question review panel for Technical Rescuer: Structural Collapse (NFPA 1006). The date for this review is Friday, May 19, 2017 from 8:30~AM-4:30~PM. Question review panel members will serve on a volunteer basis with lunch provided. As the Commission does not currently certify to this level, you must be a recognized Subject Matter Expert.

If you would like to voluntarily serve on this question review panel, please email Jeff Morrissette, State Fire Administrator <a href="mailto:jeff.morrissette@ct.gov">jeff.morrissette@ct.gov</a> by Monday, May 15, 2017. Thank you for your consideration.

PLEASE DO NOT REPLY TO THIS EMAIL



### Bethlehem Firefighter's Association PO Box 504 Bethlehem, CT 06751 2017



Dear Sir or Madam,

The Bethlehem community and the Bethlehem Fire Department need your support. As you may or may not know, the Bethlehem Fire Department is supplemented by the Bethlehem Firefighters Association. The Association is comprised of active Fire Department members, and its primary goals are to accept donations, and raise funds that can be used to help support our growing department and give back to the community. Thanks to last year's success we recently purchased personal lighting for all firefighters, and Air Bags for rescue and vehicle extrication.

For the 12<sup>th</sup> consecutive year, the Bethlehem Firefighters Association is raising money through the corporate sponsorship of a Golf Outing to be held on June 25th, 2017. The Golf Outing sponsorship opportunities are as follows:

- <u>Hole Sponsor</u>- \$150.00 a sign indicating sponsorship on one tee for one of the 18 holes.
- Bronze Sponsor \$500.00 two more distinctive signs indicating sponsorship on tees for two of the 18 holes
- <u>Bronze +4 Sponsor</u>- \$1100.00 two of the more distinctive signs indicating sponsorship on tees for two of the 18 holes and participation as a foursome.
- <u>Silver Sponsor</u>- \$2600.00 two signs indicating sponsorship on tees for two of the 18 holes, signs at the driving range, putting area, and registration table, plus participation as a foursome.
- Gold Sponsor- \$4100.00 The outings name will include the Gold Sponsor's name; banners will be on the clubhouse and the registration table; advertising of the event will include the Gold Sponsor's name as well as any publicity; a representative of the Gold Sponsor can hand out the prizes; and the Gold Sponsor can participate as a foursome.

Sponsorships are due no later than 2 weeks prior to this event. Any detailed questions can be directed to the following members of our committee, Chairman Tom O'Neil 203-528-6646, Clayton Hilpertshauser 203-808-2303, or Ryan Taylor 203-509-9325. Please help us, so that we can help others, by sending your generous tax-deductible sponsorship donation to:

Bethlehem Firefighter's Association PO Box 504 Bethlehem, CT 06751

Best regards,

Chairman, Bethlehem Firefighters Association Golf Committee

Please note on your donation that it is for the BFA Golf Outing, 2017



Please return this portion with your check so we may appropriate your donation correctly.

BFA 2017 Golf Outing Sponsorship Donation

Name:		Address:		
Check #:				
Donation Amount:				

**Note:** In the case of cancellation due to rain or some other unforeseeable course closure, all sponsorship donations will be refunded in full except for any advertising or signs associated with your level of sponsorship.



# Bethlehem Firefighter's Association's 12<sup>th</sup> Annual Golf Outing

18-HOLE GOLF SCRAMBLE **BEER** 

LUNCH

**GIFTS** 

RAFFLE PRIZES

**DINNER** 

AWARDS CEREMONY **CONTESTS** 

WHEN: June 25th, 2017

Lunch & Registration-- 12:00 pm

Shotgun start-- 1:30 pm

WHERE: Fairview Farm Golf Course, Harwington, CT

WHY: Benefits Bethlehem Vol. Fire Department

**\$150.00** per golfer

Chance to win a vehicle at the 12th-hole (Courtesy of Crowley Chrysler Dodge Jeep Ram)

**Chance to win a jetski on the 7th hole (Courtesy of Land and Sea Marine)** 

To register, please see golfer sign-up sheets!



# Bethlehem Firefighter's Association's 12<sup>th</sup> Annual Golf Outing

To benefit the "Bethlehem Firefighters Association" Special Projects Committee

### **EVENT INFORMATION**

WHERE: Fairview Farm Golf Course
WHEN: Sunday, June 25th, 2017; SHOTGUN
START @ 1:30 PM

- •\$150.00 per golfer
- · Ladies and juniors welcome!
- 18 holes of GREAT golf
- Awards Dinner
- Keg Beer
- Great Raffle Prizes
- A Golfer Gift Bag

Registration and Lunch starts @ 12:00 pm

\*NOTES: Scramble Format, Longest Drive Contest for both men and ladies, Straightest Drive, 50/50 Contest, Putting Contest & Closest to the Pins Contest

Hole in One Raffle Vehicle Provided by: Crowley Chrysler Dodge Jeep Ram

Hole in One Jetski provided by: Land N' Sea Marine Please send your payment AND this form to:

Golf Outing Committee, BFA, PO BOX 504 Bethlehem, CT 06751

Make checks payable to

Please also note on your check that payment is for the BFA Golf Outing, 2017.

Golfer #1 Shirt Size: (Women's) S, M, L, XL, XXL, XXXL (Men's) S, M, L, XL, XXXL, XXXL	Golfer #2 Shirt Size: (Women's) S, M, L, XL, XXL, XXXL (Men's) S, M, L, XL, XXXL, XXXL	
NAME: ADDRESS:	NAME: ADDRESS:	
PHONE:	PHONE:	
Golfer #3 Shirt Size: (Women's) S, M, L, XL, XXL, XXXL (Men's) S, M, L, XL, XXL, XXXL	Golfer #4 Shirt Size: (Women's) S, M, L, XL, XXL, XXXL (Men's) S, M, L, XL, XXXL, XXXL	
NARAE	NAME:	
NAME:	NAME:	
ADDRESS:	NAME: ADDRESS:	

Bethlehem Firefighters Association Golf Outing Bethlehem Firefighters Association's 12th Annual Golf Outing, 2017

QUESTIONS? Please call: Tom: 203-528-6646, Ryan: 203-509-9325, Clayton: 203-808-2303



### CONN-OSHA QUARTERLY

May 2017

### Occupational Tick-Borne Disease Prevention and Workplace Job Hazard Assessment for Personal Protective Equipment

Brian Sauvageau, RS, Occupational Hygienist, Compliance Safety and Health Officer

The goal of this article is to bring a higher level of awareness to employers and employees of occupational exposures to tick -borne disease (TBD) in Connecticut. It provides guidance and direction on prevention and the performance of a workplace **Job Hazard Assessment** for workplace exposures to tick bites. Preventing tick bites is of the utmost importance in preventing disease.

Ticks in Connecticut carry a variety of disease causing agents including bacteria, protozoa, rickettsia, and now, a new and emerging viral infection, the Powassan Virus (POWV) <sup>1.</sup> The diseases known to have been transmitted in Connecticut are: Lyme disease (*Borrelia burgdorferi*), Human granulocytic anaplasmosis (*Anaplasma phagocytophilum*), Babesiosis (*Babesia microti*), Ehrlichiosis(*Ehrlichia chaffeensis*), Rocky Mountain spotted fever (*Rickettsia rickettsii*), Powassan encephalitis (POWV), and hard tick relapsing fever (*Borrelia miyamotoi*). While the numbers of human cases of some of these diseases in Connecticut are low, infection may have serious consequences. Co-infections with multiple disease agents are also being reported <sup>2</sup>.

The epidemiology and modalities of these communicable disease pathogens, the predominant tick vector, *Ixodes scapularis*, aka "Deer Tick" and "Blacklegged Tick," and other vector competent ticks will not be discussed. Education and prevention information needed for employers, Municipal Chief Executives, Chief Operating Officers, School Superintendents, Public Works Directors, Facilities, Grounds, and Property Managers, and Agency Department Heads can be found in the links and



references provided within. The reader is encouraged to give this document the widest dissemination in all places of employment where a potential hazard of tick bite exposures may occur.

In the State of Connecticut, it has become generally accepted that occupational exposure to tick bites is a known and recognized hazard, which places employees at risk of becoming infected with TBD. Recent research and publications indicate that tick populations and the diseases they transmit are on the rise in Connecticut <sup>3</sup>. It can be stated with confidence that without preventive measures in tick infested areas, contracting a tick-borne disease in Connecticut, particularly Lyme disease, may be considered a natural and probable result.

Citizens and employees within the State of Connecticut should have access to the most current TBD prevention information available. The CT Department of Public Health (DPH), the Department of Energy and Environmental Protection, (DEEP), the

Connecticut Agricultural Experimentation Station (CAES) <sup>4, 5</sup>, the Centers for Disease Control and Prevention (CDC), the National Institute for Occupational Safety and Health (NIOSH), the Occupational Safety and Health Administration (OSHA), and our local health departments and health districts have long been disseminating information and guidance on TBD and



prevention. Information on the diseases, tick ecology, habitat, and prevention are posted on-line and available through printed publications. There is no lack of prevention information.

TBD prevention recommendations are generally directed toward persons who engage in leisure and outdoor life activities that may expose them to tick bites in yards, in the woods, parks, and forests during activities such as with children at play, yard work and gardening, wood cutting, property maintenance, hiking, fishing, hunting, camping, picnicking, trail bike riding, animal husbandry and dog walking. Surveys have shown that 25.5% of residents in New England use a repellent and 43.2% do tick checks, while 35.9% do nothing <sup>6</sup>.

However, in the occupational setting, we are in an employer/ employee relationship. Potential exposures are not matters of choice or leisure. Where occupational exposures occur TBD prevention measures can no longer be considered recommendations or advisory in nature. In many workplaces, exposure to tick bites appear to be viewed as inconsequential. Often preventive measures proceed haphazardly, without logical sequence, and with disregard to the character, nature, and the adverse and debilitating health effects of these communicable disease transmissions.

In Connecticut thousands of private and public sector employees in outdoor workplaces experience daily casual exposures to the risks of tick bites. Some of the many job titles, for example, include:

- · Line, utility, and tree workers
- Public Works Operators and Maintainers
- Department of Transportation employees
- Facilities maintenance, grounds, and landscaping workers
- Parks and recreation employees
- Animal control officers
- Law enforcement officers and K-9 units
- · Wildlife and forestry workers
- Agricultural workers
- · Land use and surveyors

(Cont. on page 2)

- Site development and construction workers.
- Firefighters
- Any employee engaged in outdoor field and woodland operations.
- Higher education personnel conducting field research.

Working in tick infested areas is a recognized hazard. All Public sector employees who are required to work in tick infested areas should be trained in the methods of protecting themselves from tick bites and the signs and symptoms of TBD. Tick bite disease prevention and control must be included in the workplace hazard assessment of the Personal Protective Equipment (PPE) General Industry Standard, section 1910.132 of the CONN-OSHA regulations. CONN-OSHA's Safety and Health Consultation Program is available to help Connecticut employers with this initiative. <a href="https://www.osha.gov/pls/oshaweb/owadisp.show\_document?">https://www.osha.gov/pls/oshaweb/owadisp.show\_document?</a> ptable=STANDARDS&p\_id=9777.

A Workplace Hazard Assessment aka, Hazard Analysis is an OSHA directed workplace certification and technique that focuses on job tasks as a way to identify hazards before they occur, and the relationship between the worker, task, tools, and the work environment. The assessment identifies uncontrolled hazards to take steps to eliminate or reduce hazards by avoidance. Where exposure avoidance is not practical or possible, selections of Personal Protective Equipment (PPE) are made, and employee training is implemented as a new element to the employer's safety and health program.

The general requirements of the PPE standard include protection of the body and skin from exposure to mechanical injury or agents capable of causing injury, disease or impairment of the body though absorption, inhalation or physical contact.

Each employer is required to assess the workplace to determine if hazards are present or likely to be present which would necessitate the use of PPE and be able to certify that the assessment was done. If hazards are present or likely to be present the employer shall select and require the affected employees use the type of PPE that will protect the employee from the hazards identified. After selection the employer shall communicate this selection to the employee and provide training in the use of the PPE, the exposure hazards prevented, when it is necessary, how to properly use, adjust, or wear it.

Training must be effective in order to convey knowledge so that each employee demonstrates understanding and ability to properly use the PPE before being allowed to perform the work requiring the use of the PPE.

Implementing some or all of the measures can reduce tick exposures. A robust TBD prevention program includes training on the following:

- Employer TBD prevention policies and procedures
- Tick habitat and ecology (high vs. low tick density areas)

PPE and the use of the repellants available

This will provide a significant reduction of exposures and convey confidence that protective measures are being taken. All of these measures are simple and incorporate a minimum resource of time and are low in fiscal costs where the initial, hidden, and long term costs of a tick borne disease infection can be high and life threatening.

#### References:

- CDC, Morbidity and Mortality Weekly Report MMWR /April 21, 2017 / Vol. 66 / No. 15. Notes from the Field "Powassan Virus Disease in an Infant - Connecticut 2016".
- 2. Connecticut Department of Public Health, Epidemiology and Emerging Infections Program, "Other Tick-Bourne Disease," Connecticut Department of Public Health.
- 3. Connecticut Agricultural Experimentation Station, Press Release, Monday, April 17, 2017, "Higher Tick Abundance and Infection with Lyme Disease observed Statewide."
- Stafford, K. C. III, "The Prevention of Tick Bite and Tick-Borne Diseases: Tick Checks and the Use of Insect Repellents", Department of Entomology/Center for Vector Biology and Zoonotic Diseases, Connecticut Agricultural Experimentation Station.
- Stafford, K. C. III, "Tick Management Handbook, An integrated guide for home owners, pest control operators, and public health officials for prevention of tick-associated disease." Bulletin No. 1010. Published Fall 2007 by the Connecticut Agricultural Experimentation Station (CAES), Revised Edition.
- Hook, S.A., C. A. Nelson, and P. S. Mead. 2015. U.S. public's experience with ticks and tick-borne diseases: results from national Health Styles surveys. Ticks and tick-borne disease 6:483-488.

### Resource Links:

www.cdc.gov/ticks/diseases/

www.cdc.gov/niosh/topics/tick-borne/

http://www.ct.gov/caes/lib/caes/documents/publications/bulletins/b1010.pdf

http://www.ct.gov/dph/cwp/view.asp?a=3136&q=528408



Connecticut Department of Labor - OSHA 38 Wolcott Hill Road Wethersfield, CT 06109

To receive the *Quarterly* electronically or to make suggestions on how to improve this newsletter, contact <u>Grayson.gregory@ct.gov</u> In the subject line type "subscribe" and provide your e-mail address. You may also reach us by phone at (860) 263-6900 or visit us at: www.ConnOsha.com

### Town of Anywhere, CT

### PERSONAL PROTECTIVE EQUIPMENT Sample JOB HAZARD ASSESSMENT CHECKLIST for TICK BITE EXPOSURE

Department(s): Public Works Road Division, Facilities and Grounds Division, Tree Division

Job Title(s): PWD Director, Road Forman, Grounds Foreman, Equipment Operator, Maintainer(s) I, II, and III

<u>Job Task(s):</u> Street-side / roadside brush control, residential street-side leaf pick up, catch basin maintenance, tree work, grounds maintenance, field and lawn care.

<u>Location(s)</u>: Streets and roads, fields, woods, town grounds, parks, and recreation fields. Areas having tall grass, leaf litter, light or heavy brush, Japanese barberry, in proximity to stone walls, in the vicinity of nut throwing trees, seed throwing bush and plants, areas where mice, small rodents, deer and ticks are known or suspected.

<u>Tools and Equipment</u>: motor vehicles, trucks and trailers, gas street saw, gas chain saws, weed trimmer, leaf blower, walk-behind lawn mowers, power take-off tractor, wood chipper, hand power tools, hand garden tools.

### **BODY PROTECTION (29 CFR 1910.132)**

Risk of Potential Hazards to the Torso	Yes	No	
Risk of tick bites and tick-borne disease	Yes	No	

### **BODY PROTECTION REQUIRED:**

- Light colored long sleeved shirt.
- Light colored long pants, light colored coveralls are best.
- Socks tucked into pant legs offer the best protection, or pant legs bloused, strapped, taped over long socks without any exposed skin.
- Use employer selected and provided repellents labeled for ticks having a minimum of 25% to 30% or greater DEET.
- Permethrin treated work cloths provide excellent protection.
- Cover hair with a hat.

Follow NIOSH recommendations. See: www.cdc.gov/niosh/topics/tick-borne/

#### Note:

- Initial 'Tick-Borne Disease Prevention" training record required before tick exposure hazards/ work assignments commence.
- Annual TBD prevention refresher training record recommended.
- Report all incidents of tick bites.
- Avoid staying in tick prevention PPE work clothing after the work is completed.
- Do not go home in work clothing after leaving tick infested areas.
- Perform self-checks, shower after the work, keep work clothes separate from street clothes.
- Wash work clothes separately. Do not re-wear without washing.
- When possible, schedule/ direct duties and operations when seasonal tick populations may be low.

Assessment Conducted by:			
Signature of Assessor:			
Date of Assessment:			



Fatality & Casualty Reporting

State & Town: CONN-OSHA (860) 263-6946 (local) or 1-866-241-4060 (toll-free) Private Employers: Report to Federal OSHA at 1-800-321-OSHA(6742)

### Hazard Corner...

Temporary Service Worker Dies after Mower Rolls Over on Him

A 43-year-old male temporary service worker (the victim) died after the mower he was operating rolled over on top of him as he was mowing up a bank. The victim was a member of a five-person crew performing maintenance at an interstate highway rest stop. While the victim mowed the grass on the rest stop grounds, the crew leader and two coworkers cleaned the inside of the rest stop buildings and rest rooms. One coworker remained outside with the victim and cleaned up around the landscaping on the rest stop grounds. At the time of the incident, the victim had begun to mow along a bank bordering one of the rest stop's parking lots. A 15-foothigh bank with a 35-degree slope was present on the side of the parking lot. The victim had been instructed by the crew leader to mow across the bank and approximately half-way up the bank due to the steep slope. The victim was instructed to use a weed eater to finish cutting the grass the rest of the way up the bank. Work proceeded all morning, and shortly after lunch, as the victim began to cut the bank, the coworker working outside with him notified the victim that he was going inside to get a drink and to get out of the sun for a while. The victim told the coworker that he would continue mowing. When the coworker returned ½ hour later, he found the mower overturned, with the victim pinned underneath it. The coworker summoned the rest of the crew to help him lift the mower off the victim. A crew member called the Emergency Medical Service (EMS) from a phone in the rest stop. EMS personnel contacted the county coroner who pronounced the victim dead at the scene.

Although the crew chief warned the victim several times not to operate the mower straight up the bank, the victim, who was of Haitian descent, could speak only broken English and may not have fully understood the directions. Coworkers said

during OSHA interviews that they could communicate with the victim but were unsure whether he could fully understand the hazards associated with operating the mower on a sloped surface. Employers should ensure that all workers understand the hazards associated with the work they are performing.

Employers that employ foreign-born (immigrant) workers should identify the different languages spoken by the employees and design, implement, and enforce a comprehensive multi language safety program. The program should include, but not be limited to, a competent interpreter to explain the safety regulations to the foreign-speaking employees. Also, the employer should develop and post, at conspicuous places, safety posters/signs in those languages. Additionally, employers should ask manufacturers about the availability of multilingual warning stickers that could be placed on equipment.



### CONN-OSHA~ Training Update...

<u>OSHA Recordkeeping</u> June 7, 2017 and September 13, 2017 from 9:00 a.m. to noon This interactive session will discuss the rules and ensure confidence that you have properly recorded and reported occupational injuries and illnesses, including how to fill out the OSHA 300 Log of Work-Related Injuries and Illnesses accurately and correctly. The new electronic reporting requirements will also be discussed.

<u>Powered Industrial Trucks</u> <u>August 9, 2017 from 10:00 a.m. to noon</u> This 2-hour workshop will cover safe work practices, methods of providing formal and practical training, and tools for operator evaluation. Written handout materials will be provided to use in the development of your site-specific training program.

<u>Breakfast Roundtable</u> This discussion group meets the third Tuesday of every month from 8:15 am to 9:45 am. Preregistration is required. Visit our web page for more information: <a href="http://www.ctdol.state.ct.us/osha/Breakfast/index.htm">http://www.ctdol.state.ct.us/osha/Breakfast/index.htm</a> To be placed on the e-mail distribution list, contact John Able at <a href="mailto:john.able@ct.gov">John.able@ct.gov</a>

Classes are free and are held at 200 Folly Brook Boulevard, Wethersfield, CT in Conference Room A/B (unless otherwise noted). To register, contact Catherine Zinsser at <a href="mailto:catherine.zinsser@ct.gov">catherine.zinsser@ct.gov</a> Pre-registration is required. A Photo I.D. is also required to allow entry into a public building. For more training information, visit the CONN-OSHA web site <a href="https://www.connOsha.com">www.connOsha.com</a>

## <u>Understanding PTSD with</u> <u>First Responders:</u>

*Traumatized*by

John Patterson

When the Laughter Dies
by
Firefighter Paul Barnes

May 15, 2017 6:30pm

East Lyme High School Auditorium 30 Chesterfield Road East Lyme, CT 06333

Open to all first responders!

For information please contact:
Nicole Betulia
860-941-9619
nicolebetulia@gmail.com