September 12th Meeting

September Is Bicyclist and Pedestrian Awareness Month!

**Topic:** An Overview of Distracted and Drowsy Driving and Their Impact in the Workplace by Janet Brooking

**Time:** 6:30 pm – 8:30 pm

**Cost:** Pizza Meeting – $5.00

**PLEASE RSVP with Bob Calhoun (434-382-9212)**

**Location:** Central Virginia Community College
3506 Wards Road
Lynchburg, VA
Merritt Hall Room 5206

**Directions**
- **Southbound on US Route 29:** Take the US 29S/Danville exit and turn right at the end of the exit ramp. Stay in the right lane and turn right onto Harvard Street at the stoplight. See directions below for "After you are on Harvard St".
- **Eastbound on US Route 460:** Take the 29N/Lynchburg exit and get into the left lane at the end of the off ramp. Continue on until you pass Wal-Mart on the left-hand side of the highway, then turn left at the next stoplight. You will then be on Harvard Street. See directions below "After on Harvard St".
- **Westbound on US Route 460:** Take the 29N/Lynchburg exit. Get in the left lane and turn left at the third stoplight. You will then be on Harvard Street. See directions below for "After you are on Harvard Street".
- **Northbound on US Route 29:** After you pass the Lynchburg Airport you will pass under an overpass. This overpass is the city limits of Lynchburg. Get into the left lane and continue on until you pass Wal-Mart on the left-hand side of the highway, then turn left at the next stop light. You will then be on Harvard Street. See directions below for "After you are on Harvard Street".

**After you are on Harvard Street:** CVCC is near the top of the hill on the right-hand side of Harvard Street and should be visible soon after you make the turn. Take the second entrance on the right, which is the one nearest the Central Virginia Community College sign. Follow this roadway in front of the buildings and you should see signs for visitors' parking.

**Our Speaker:** Janet Brooking has served as the Executive Director of DRIVE SMART Virginia since May 2005. Prior to this, she spent ten years as State Campaign Director for the Commonwealth of Virginia Campaign. Under her watch, more than $28,000,000 was raised for charity. Janet received her Bachelor of Science degree from Mary Baldwin College and her Certificate in Philanthropy from the University of Richmond. She is also a graduate of the Virginia Collaborative Leaders Program through the Institute for Educational Leadership, The Sorensen Institute for Political Leadership at the University of Virginia, and the Center for Creative Leadership. Janet’s non-profit work has included volunteering as a docent at the Maymont Nature Center and serving on the boards of Big Brothers Big Sisters and the Read Center. She is currently on the Advisory Board of Visitors at Mary Baldwin College and is past President of the American Society of Safety Engineers, Colonial Chapter.

**Upcoming Meetings & Events**
- October 10th Meeting Roanoke: OSHA UPDATE, Speaker Courtney Malveaux
- November 14th Meeting Lynchburg: TBD
- December 12th Meeting Bedford: Vendor’s Night
- January 9th Meeting Roanoke: TBD
- February 13th Meeting Lynchburg: TBD
- March 13th Meeting Roanoke: TBD
- April 10th Meeting Lynchburg: TBD
- May 8th Meeting Roanoke: TBD
- June 12th Meeting Lynchburg: TBD

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**Chapter Officers**

**President:** Daniel Ashworth CFEI, CFPS
dlashworth@bwxt.com

**Vice-President:** Jeff Mays jm831@yahoo.com

**Secretary:** Bob Calhoun CSP rpcalhoun@bwxt.com

**Treasurer:** David McCrumb david.mccrumb@grupobimbo.com

**Delegate:** Bob Calhoun CSP rpcalhoun@bwxt.com

**Committee Chairs & Contributors**

**Audit:** Daniel Ashworth CFEI, CFPS

**Communication:** Bob Calhoun

**Governmental Affairs:** Phillip Fincher CSP, CIH

**Nominations & Elections:** James Calvert CSP, CHMM jcalvert@bwxt.com

**PDC Liaisons:** Kathy Warwick & Jeff Mays

**Past President:** James Calvert CSP, CHMM

**SAVE THE DATES**

**SEPTEMBER 19-23**

See page 7 for details!
President’s Column
As we begin our course into a new year for the Chapter, I would like to take this opportunity to acknowledge the transition of our executive committee. The committee started their tenure on July 1st. I would like to thank James Calvert as he steps down and transitions into his new role as Past-President and welcome Jeffrey Mays into his position as Vice President.

We are planning a full year’s schedule of speakers and events for the 2016-2017 period and I hope they will meet the membership’s needs. Topics will range from Highway Safety, OSHA Electronic Recording Keeping Changes, to Applied Behavior Systems. Membership meetings will be held the 2nd Monday of every month at 6:30 pm. Due to the large geographical area in which our Chapter covers, meetings will be rotated between Lynchburg and Roanoke. We are evaluating the possibility of a few meetings being held in outlying areas. Look for a detailed yearly meeting schedule to be posted shortly. However, we look forward to seeing a growing crowd of members and potential new members joining us on September 12th.

Furthermore, members are encouraged to participate in regional conferences and national events. I hope that everyone is looking forward to the Region’s Professional Development Conference & Exhibition being held September 21-23 in Myrtle Beach, South Carolina. For further information, visit the PDC’s website at: http://www.event.com/events/2016asse-region-vi-professional-development-conference-exhibition/event-summary-c71953aaa63f419984f0f961de0b204e.aspx. The Virginia Occupational Safety and Health Conference will be held October 19-21 in Hampton, Virginia and information can accessed at: http://www.doli.virginia.gov/vosh_conference/vosh_conference.html.

Our website will be undergoing stylistic changes and we encourage each member to become familiar with it; it provides not only Chapter specific information but also includes Society news and upcoming educational sessions and webinars.

The strength of the Chapter is directly related to your participation. Please feel free to contact anyone of our officers and we look forward to hosting educational programs and meetings that are beneficial and satisfactory to our membership.

Daniel L. Ashworth
Daniel Ashworth
President – ASSE Star Valley Chapter

Safety 16 Rewind
Another successful Professional Development Conference (PDC) was realized in Atlanta, Georgia on June 23-30 with over 4000 attendees. The training sessions and exposition were outstanding and several excellent speakers provided very interesting presentations. Some of the headline speakers were Dan Gardner, best-selling author of books about psychology and decision-making, who discussed the important decisions we make are informed by judgments and the style of thinking most likely to deliver accurate forecasts. Former NBA player Walter Bond discussed tools to look inward and begin the execution process of personal improvement.

Drew Dudley, leadership educator, spoke on creating cultures of leadership and redefine leadership as being a series of “lollipop moments” - those moments when something was done has made someone else’s life fundamentally better.
House of Delegates Representative Report

The annual House of Delegates (HoD) meeting was conducted Sunday June 26th in Atlanta.

The agenda featured voting on the following subjects:

- **ASSE Bylaws Change regarding Regional Operating Committee (ROC) composition.** To ensure that Areas do not disengage Chapter Presidents, it was recommended that the ROC include Chapter Presidents and Area Directors. The recommendation was to change the bylaws to ensure this practice remains consistent. This proposal was passed unanimously.

- **Proposed bylaws change to remove the Public Relations Committee as a standing Committee.** In practice, the PR Committee has not been an efficient vehicle for advancing ASSE’s public relations initiatives. The area of public relations has evolved since the inception of the PR Committee and new complexities associated with social media and brand development now requires a high level of expertise to manage the Society’s image, public relations, and brand. It is no longer realistic to ask that the PR Committee be responsible for “the Society image, public relations and brand management.” This proposal was unanimously passed.

- **International Tier 1 Dues Increase.** Tier 1 countries (Australia, Canada, Hong Kong, Ireland, Singapore, the United Kingdom, and the UAE) were not subject to dues increase in 2009 as the rest of the Society was. A vote was be conducted to increase dues for International Tier 1 country members from $120 to $150 to be phased in increments of $10.00, over a 3 year period. All ASSE members would be paying the same amount. This motion passed.

Bob Calhoun
House of Delegates Chapter Representative

Region 6 Caucus Notes from the Atlanta PDC 6/26/16

The caucus was conducted by Region Vice President (VP) Michael Wolf. Attendees included representatives from all of the region chapters and incoming Region VP Alicia Mitchell. The following topics were discussed:

**Communication**

- E-mails will continue to be sent to all chapter officers
- All are requested to verify their e-mail addresses with the region and pass them on to Alicia.
- Steve Hansen, Training Manager of ASSE is leaving the Society. His replacement if Geri Golonka.
- All Chapters were requested to update the officers list on their respective webpages
- Chapter Operations Management Tool (COMT) reports were briefly discussed regarding best practices in their completion.
- It was recommended that Chapter officers attend leadership school in October in Illinois.
- It was recommended that chapters contact Standard and Practices Specialties for guest speaker and newsletter article opportunities.

**Alicia Mitchell**, incoming Regional Vice President (RVP), comments

- Alicia thanked outgoing RVP Mike Wolf for all of his work and dedication.
- The importance of membership and government affair chairpersons was stressed.
- There are two face-to-face meetings to be scheduled for the Regional Operating Committee (ROC). The first will be at the September Region 6 PDC in Myrtle Beach. The second will be in February 2017 in North Carolina.
- It was recommended that chapters utilize the Officer Central resources.

Continued on the next page.
Caucus notes from previous page

Issues

- Meeting attendance was identified as a significant issue by all chapters. A call list and obtaining assistance from past officers was recommended as a starting point.

Best Practices

- Assistants are recommended to step up write newsletter articles and assist other officers and committee chairs to “learn the ropes” for future involvement.
- Using other meeting venues was identified as a means to obtain the interest of the membership such as a sporting event or use of college/university resource. In the case of the Star Valley Chapter minor league baseball in Lynchburg (Hillcats) and Salem (Red Sox) are options. There are several colleges and universities that could be utilized. Other chapters have used vineyards for meetings.
- A unique meeting with neighboring chapters was recommended.
- A recommendation was made to request members of the ASSE Foundation address chapters for the purpose of publicizing the Foundation and succession planning.

Incoming ASSE President Tom Cecich, a Region 6 member, addressed the group. He discussed ASSE’s new governance model and ASSE strategies. ASSE strategies are:

- Standards. ASSE wants to world class regarding the development of standards. Tom cites several examples including Prevention through Design and LOTO. He also identified ISO 45001 as the strength of ASSE.
- Professional Development. ASSE is considered a world-class provider in adult learning. Virtual/multimedia and ISO 45001 training programs were identified.
- Member communities. Chapter strength in numbers that contribute to the whole of ASSE.
- A valued profession. ASSE is striving to communicate the value of the safety profession to employers. Managing risk was cited as an example.
- Aligning with other organizations in a variety of ways

Tom also discussed challenges within the Society. Younger members and the future chapters is one challenge. It was identified that the average age of an ASSE member is 54. So the Society needs to be more social with a webpage anchor. ASSE needs to reach out to students, share experiences and assist them by mentoring. Use of WebEx technology was identified as a technology to allow members to plug into meetings. Officer Central has virtual meeting and live streaming information. Group texts were identified as a means to remind the membership of meetings and other items that require quick response.

The caucus was wrapped up with a discussion of potential meeting topics that could include:

- The Virginia Tech Transportation Institute (Dr. Tom Dingis)
- Star Valley Chapter member Dr. Scott Geller
- Janet Brooking of Drive Safe Virginia

Upcoming Region Events:

- ASSE Region 6 PDC, September 19-23 in Myrtle Beach, SC
- Distracted Driver Seminar September 29/30 at the Town Center in Newport News, VA
- Virginia Occupational Safety and Health Conference, October 19-21 at the Embassy Suites Hampton Virginia

R. Calhoun
ASSE Foundation Safety Matters Challenge Update

The ASSE Foundation’s 25th Anniversary Celebration results of the Safety Matters Challenge are in! More than $400,000 was raised with every region showing an increase in participation over the past year. The top three regions earned more than $60,000 in Foundation program funding.

- **Region VIII** is the first place winner of the challenge, having doubled their participation from last year, and won $32,117 in program funding!
- **Region III** took second place and earned $20,073 in program funding.
- **Region VII** placed third and will receive $8,029 in program funding.

<table>
<thead>
<tr>
<th>Region</th>
<th>Total Donations</th>
<th>Total Donors</th>
<th>% Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Region I</td>
<td>$28,753</td>
<td>801</td>
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<tr>
<td>Region II</td>
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<td>$17,513</td>
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<tr>
<td>Region V</td>
<td>$29,809</td>
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<td>+22.8%</td>
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<td>$101,877</td>
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</tbody>
</table>

Michael Murray, Past Chair of ASSE Foundation stated “I can’t overstate how significant of an accomplishment this is. ASSE members and chapters spanning industries and generations came together to strengthen the profession from a grassroots level”.

The Foundation is the charitable arm of the ASSE, focusing on educational programs that advance the profession we serve, developing tomorrow’s safety leaders, and supporting research to expand the knowledge of the safety community.

See the ASSE Foundation website for more information and to contribute to this worthy cause: [http://foundation.asse.org/](http://foundation.asse.org/)

Members in the News

**James A. Calvert**, our Past President, was recently appointed to the Virginia Fire Services Board my Governor Terry McAuliffe. **Congratulations Jimmy!**

Join us at the Star Valley Facebook page: [https://www.facebook.com/starvalleyasse](https://www.facebook.com/starvalleyasse)
Greetings from incoming Region 6 VP Alicia Mitchell

Greetings!
It is my pleasure to begin this new ASSE year as your Region 6 Vice President. I am truly looking forward to meeting all of you and I am looking forward to a very busy, yet productive year.
As an elected officer within ASSE Region 6, please take the time to learn your role(s) and responsibilities from the training offered at Officer Central. Officer Central has been upgraded and hopefully, you will find it more user friendly.
All Chapter Presidents and our two Area Directors are required to attend the Regional Operating Committee (ROC) meetings. The first meeting of this year will be held on September 19th and 20th, just ahead of the Region 6 PDC, at the Kingston Planation in Myrtle Beach. Please visit the Region 6 web site at www.region6.asse.org for location and PDC details.
As this is my first year as RVP, we will need to elect a Deputy RVP (DRVP) and I will need to appoint several Assistant RVPs (ARVP) and committee chairs.
The DRVP will be selected from the Area Directors and current Chapter Presidents who are Professional Members. Primary duties are to:
• Act for the RVP when necessary and requested;
• Is a voting member of the ROC;
• Chair the Regional Nominations Committee;
• Supervises functions of Regional Committees and appointed Committee Chairs as requested by RVP
ARVPs must have been a member of ASSE for 3 years and/or has served as an elected Chapter Officer. One year term with re-appointment. And is responsible to the RVP.
ARVPs are needed for the positions of Secretary; Finance; Communication; Student Affairs
Committee Chairs are requested for: Practice & Standards; Professional Development; Member and Chapter Affairs
Please feel free to forward this request to your qualifying Chapter members.
If you are interested in serving your Region, please self-appoint (just send me an e-mail with your interest) by August 15, 2016. If you are a current ARVP and wish to be re-appointed, please let me know.
The DRVP will be elected at the September ROC. ARVPs and Committee Chairs are to be appointed by the RVP.
More communication to follow on the ROC agenda.
Kindest Regards,

Alicia Mitchell CSP, CHMM
Vice President Region 6
Training Opportunities

Celebrate our Region’s 30th Professional Development Conference on the Grand Strand at the Kingston Plantation Resort in Myrtle Beach, South Carolina. Sessions include:

- Hazard Recognition for Construction
- Confined Space
- On-Site Audits
- NFPA 70E
- Emergency Preparedness
- Legislative and Regulatory Developments
- Regulatory Trends from our Region’s States
- Much, Much, More!

REGISTER 5 OR MORE AND EACH RECEIVES $75 OFF CONFERENCE REGISTRATION FEE!

4th Annual Virginia Distracted Driving Summit, September 29-30

Register now for the 4th annual Virginia Distracted Driving Summit, September 29-30, at the Newport News Marriott. This event will focus on how Virginia can tackle distracted driving through advocacy, enforcement, corporate policies, education, and research. For the past three years, over 300 attendees listened to speakers from around the country talk about the most cutting-edge solutions for distracted driving. The Summit is a day-and-a-half event with general and breakout sessions and an exhibitor area.

Click Here For Details

September Is Bicyclist and Pedestrian Awareness Month in Virginia.

According to Virginia Traffic Crash Facts, DMV, in 2015, 78 pedestrians and 15 bicyclists died in Virginia as a result of collisions with motor vehicles. Bicyclist fatalities increased 25% compared to 2014. Bicyclist and pedestrian fatalities comprised 12.4% of all traffic fatalities in the Commonwealth in 2015.*

Motorists, bicyclists, and pedestrians share responsibilities to ensure safety on the road. For example, motorists must pass bicyclists at a reasonable speed and at least 3 feet to the left of the cyclist. Bicyclists must obey all traffic laws. Pedestrians should wear reflective clothing and must walk, jog or run on the side of the road facing traffic.

Bicyclist and Pedestrian Awareness Month in Virginia and the hashtag #SeeAndBeSeen remind everyone to be visible and look out for one another.

DRIVE SMART Virginia can assist you in your efforts to recognize Bicyclist and Pedestrian Awareness Month by offering an online tool kit, Click Here to go to the Online Toolkit.

Be Mindful of Heat Hazards

**HEAT EXHAUSTION** OR **HEAT STROKE**

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

- Throbbing headache
- No sweating
- Body temperature above 103°F
- Red, hot, dry skin
- Nausea or vomiting
- Rapid, strong pulse
- May lose consciousness

**CALL 9-1-1**

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses
- Take immediate action to cool the person until help arrives

This chart provides an excellent representation of the differences between heat exhaustion and heat stroke.