Chapter Officers

President: Daniel Ashworth CFEI, CFPS
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Vice-President: Jeff Mays
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Secretary: Bob Calhoun CSP
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Treasurer: David McCrumb
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Committee Chairs & Contributors

Audit: Daniel Ashworth CFEI, CFPS

Communication Bob Calhoun

Governmental Affairs: Daniel B. Moore
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Nominations & Elections James Calvert CSP, CHMM
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PDC Liaisons Kathy Warwick & Jeff Mays

Past President: James Calvert CSP, CHMM

Upcoming Meetings & Events

• 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

ANNUAL VENDORS NIGHT

Date: Monday December 12th; 3:30 – 5:30 pm

Cost: We will be ordering off the menu

RSVP with Bob Calhoun 434-382-9212/rpcalhoun@bwxt.com

515 Bedford Avenue, Bedford, VA
(540) 587-9377

Located off of SR 221 (Main St in Bedford) and SR 460

About Vendor’s Night

Vendor’s Night allows our local safety equipment companies to showcase their wares and services. To date, the following vendors have been invited:

AG Jefferson is a supplier of prescription glasses and safety eyewear.

Fire & Safety provides fire extinguishers, fire suppression systems, as well as a full range of fire protection products and safety supplies. They also offer training classes including: CPR, First Aid, Bloodborne Pathogens, AED, Fork Lift Certification, HAZCOM, Fire Extinguisher Training, Confined Space Entry, Defensive Driving, Respirator Fit Testing, and many more. See page 3 for more vendors

Please provide Newsletter comments, news, recommendations and submissions to Calhoun@mpinet.net
Chapter Officer's Column

Greetings and Salutations,

It’s hard to believe that another year has come and gone. This year we’ve attempted to be more user friendly by scheduling and hosting monthly meetings between Roanoke and Lynchburg with speakers that provide value to the membership. For example, next year we hope to feature a Dr. Scott Geller presentation. We’re attempting to enter the 21st century my determining what will be necessary to conduct virtual meetings.

Stuart Bowman will be researching virtual meetings.

We are always looking for volunteers and Dan Moore has stopped up to be our Governmental Affairs Chairperson. We still could use the help of the membership regarding the following:

- Volunteers to staff Chapter committees
- Candidates to run for office
- Writers to make the newsletter great
- Suggestions for meeting speakers and meeting places

It’s time to celebrate the season and give back. Here’s to a success new year!

Bob Calhoun  Secretary, Star Valley Chapter

November Meeting Recap and Chapter News

The November 2016 meeting of the Star Valley Chapter was opened by secretary Bob Calhoun on November 14th at LaVilla Italian Restaurant in Lynchburg. The meeting attendees included Michael Edstrom, Michael Joaquin, Faren Niamh (guest), Dan Moore and Bob Calhoun.

The meeting was dedicated to Chapter business with the following items discussed:

- Elections and nominations. In accordance with the By-laws, the chapter needs to form the elections and nominations committee to support spring elections. This committee is under the guidance of the past president, Mr. Jimmy Calvert. All three members offered to serve on this committee.
- Upcoming meeting topics. December Vendor’s Night, local OSHA office presentation and a presentation by Dr. Geller.
- Virtual Webinar training. The Chapter is getting direction from ASSE Headquarters regarding the procedure for obtaining this on-demand service. Stuart Bowman has offered to administer this technology through Professional Development Committee. The Chapter is seeking the webinar expert at ASSE Headquarters to explain what is needed to support this effort. Credits are offered for this training platform.
- Dan Moore volunteered for the Professional Development and Regional Operating Committees.
- Newsletter sponsors were briefly discussed and details will be provided soon.
- A workplace violence program was recommended.

The meeting was concluded at 7:30.

Bob Calhoun, Secretary
Other invited vendors for Vendor’s Night

**Airgas.** Formed in 1982, Airgas is North America’s only large-scale, single-source supplier of gases, and welding and safety products. Known locally and nationwide, Airgas’ distribution network provides more than one million customers of all sizes with unmatched access to a broad range of industrial, medical and specialty gases, safety gear, and industry expertise. See the website [http://www.airgas.com/](http://www.airgas.com/)

**Saf-Gard** Saf-Gard offers a variety of brands and types of safety shoes including Hytest safety footwear, Wolverine Boots & Shoes, Caterpillar Footwear, Hush Puppies Professionals, Florsheim, Harley-Davidson Footwear, Carolina, Dr. Martens, Converse, Timberland Pro and several others. See their website: [http://www.safgard.com/](http://www.safgard.com/)

**WEL Inc.** When disaster strikes, when hazardous chemicals spill, make WEL Inc. your first call for all of your environmental needs. WEL provides emergency response to major and minor industrial and transportation accidents, and natural disasters. WEL has a specialized fleet of equipment and up-to-date employee training with strict emphasis on our safety culture.

WEL, Inc. has been providing emergency and non-emergency environmental services to private property owners, engineers, transportation companies, commercial and industrial facilities, and many governmental agencies of multiple levels since 1984. Throughout the Mid-Atlantic Region, and beyond, WEL, Inc. can respond quickly to your situation from four convenient locations: Concord, Roanoke, and Winchester Virginia, and Bluefield, West Virginia. Call us today at 1-800-847-2455. We are available 24/7 for immediate dispatch. See their website: [http://welinc.com/about-us/](http://welinc.com/about-us/)

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**ASSE Launches Regional Membership Challenge**

ASSE’s Council on Region Affairs has launched a regional competition to encourage chapters to recruit and retain members. Regions will compete for the largest membership growth (based on number of members) from Nov. 1, 2016, to June 1, 2017. Any full-paying new, renewing or reinstating member will count toward each region’s total.

The winning region will receive round-trip coach airfare and two nights’ hotel accommodations (up to $1,200 per person) for three volunteer leaders to attend the [2017 ASSE Leadership Conference](http://www.asse.org/conferences/leadership-conference-2017/). The region will select the prize recipients. The winning region will be announced during the House of Delegates meeting at Safety 2017.

Regions will be updated regularly on their progress. Recruitment and retention resources are available to chapters by logging in to [Officer Central](http://www.asse.org/officers-central/). Chapters can learn more or request flyers, applications and giveaways by sending an e-mail to Chapter Services. Details will follow.

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**IT’S TIME TO CONSIDER RUNNING FOR CHAPTER OFFICE; AN ELECTION COMMITTEE IS BEING FORMED.** Throw your hat in the ring, make a difference!

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Join us at the Star Valley Facebook page: [https://www.facebook.com/starvalleyasse](https://www.facebook.com/starvalleyasse)!
ASSE Members Recognized as NSC Rising Stars of Safety

Sixteen ASSE members have been named to National Safety Council’s (NSC) 2016 Class of Rising Stars of Safety including our own Daniel Ashworth and two others in our region.

This is the seventh class of NSC Rising Stars. Young OSH professionals are chosen for this list for their dedication to workplace safety and continuous improvement within their organizations. Honorees were recognized during this year’s NSC Congress & Expo held in Anaheim, CA.

- **Mark Ahner**, Chesapeake Chapter member, EH&S manager, W.L. Gore & Associates Inc.
- **Sonia Alvarez**, CHST, Paso del Norte Chapter member, site safety and health officer, Johnson Controls Inc.
- **Corey Arledge**, CHST, Piedmont Chapter member, executive director of safety, Eldeco Inc.
- **Daniel Ashworth**, CFPS, professional member Star Valley Chapter, group lead, industrial safety and health, BWX Technologies Inc.
- **Robert Bogle**, Great Plaines Chapter member, environmental, health and safety manager, Lincoln Industries
- **Chris Brown**, Pine Belt Chapter member, safety and health leader, Georgia-Pacific LLC
- **Robin Davis**, Gulf Coast Chapter member, system emergency manager, Memorial Hermann Health System
- **Michael Day**, Georgia Chapter member, EHS coordinator, CribMaster Stanley Black & Decker
- **Muhammad Usman Khan**, Pakistan Chapter member, HSE manager, Hub Power Co. Limited Narowal Site
- **Bailley McDonald**, GSP, Gold Coast Chapter member, Safety and Health Specialist, Broward County, FL
- **Andrew Migel**, CSP, professional member Alaska Chapter, safety officer, City and Borough of Juneau
- **Bryan Netherland**, Ark-La-Tex Chapter member, EHS manager, Berry Plastics
- **Jose Perez**, STS, CHST, OHST, CSHM, Bakersfield Chapter member, corporate EHS manager learning and development, The Wonderful Co.
- **Aaron Schoemaker**, professional member NOVA Chapter, division safety manager, M.C. Dean Inc.
- **Christopher Stibitz**, Central Pennsylvania Chapter member, manager, safety and environment, Schneider Electric
- **Julie Thompson**, CSP, CPE, professional member Central New York Chapter, technical risk control consultant, Liberty Mutual
Top 10 Holiday Safety Tips from the ESFI

The Electrical Safety Foundation International (ESFI) is the premier non-profit organization dedicated exclusively to promoting electrical safety at home and in the workplace. Since 1994, ESFI has led the way in promoting electrical safety across North America. Over the years, ESFI has become highly regarded by industry, media and consumer safety partners alike by constantly reinvigorating the way electrical safety is addressed. ESFI creates unique awareness and educational resources designed to meet the diverse needs of a variety of at-risk groups.

Each year, too many lives are disrupted by electrical fires and too many families mourn the loss of a loved one who is fatally injured by electricity on the job. Working together with there many safety partners, ESFI is making a difference in reducing electrically-related deaths, injuries and property losses – one home and one workplace at a time.

This year ESFI offers the following holiday safety tips:

1. **Inspect electrical decorations for damage before use.** Cracked or damaged sockets or bare wires, and loose connections may cause a serious shock or start a fire.

2. **Do not overload electrical outlets.** Overloading electrical outlets and faulty wires are a common cause of holiday fires. Avoid overloading outlets and plug only one high-wattage appliance into each outlet at a time.

3. **Never connect more than three strings of incandescent lights.** More than three strands may not blow a fuse, but can also cause a fire.

4. **Keep tree fresh by watering it daily.** Dry trees are a serious fire hazard.

5. **Use battery operated candles.** Candles start almost half of decoration hazards. (Source: NFPA)

6. **Keep combustibles at least three feet from heat sources.** A heat source that was too close to the decoration was a factor in half of home fires that began with decorations. (Source: NFPA)

7. **Prevent cords from damage.** To avoid shock or fire hazards, cords should never be pinched by furniture, forced into small places such as doors or windows, placed under rugs, located near heat sources, or attached by nails or staples.

8. **Check decorations for certification label.** Decorations not baring a label from an independent testing laboratory such as Underwriters Laboratories (UL), Canadian Standards Association (CSA) or Intertek (ETL) have been tested for safety and could be hazardous.

9. **Stay in the kitchen when something is cooking.** Unattended cooking equipment is the leading cause of home cooking fires. (Source: NFPA)

10. **Turn off, unplug, and extinguish all decorations when going to sleep or leaving the house.** Unattended candles are the cause of one in five home candle fires. Half of home fire deaths occur between the hours of 11:00 pm and 6:00 am. (Source: NFPA)

For a nice PDF version of the safety tips, access this address: [http://images.esfi.org/Top-10-Holiday-Safety-Tips-F865.png](http://images.esfi.org/Top-10-Holiday-Safety-Tips-F865.png)
CDC’s Holiday Health and Safety Tips

The American Industrial Hygiene Association wants you to refresh your safety basics. The following practical safety travel tips are provided by AIHA from the Centers for Disease Control and Prevention (CDC):

- Avoid travel, especially in the car, when weather advisories has been issued. However, if travel is necessary, keep family members informed of your travel plans and estimated arrival.
- Always carry a mobile phone with a fully charged battery in case of emergency.
- Winterize your car. Perform routine maintenance to be sure that your car is in good operating condition. Check your tires and replace them with all-weather or snow tires if necessary. Keeping your gas tank full may help prevent ice build-up in your car’s fuel lines. Add a wintertime formula in your windshield washer.
- Always have an emergency kit in your car, especially during the holiday travel season. Your emergency kit should include: a first aid kit, blankets, “ready to eat” food and water; booster cables, tire jack, spare tire, tire pump, flares and a bag of sand for traction; flashlight, compass and maps; and a battery-powered radio and extra batteries.
- If you become stranded with your vehicle, remember these safety tips:
  - If you are unable to move to a safe location within 100 yards, stay with your vehicle.
  - Alert other drivers of your condition by remaining as visible as possible. Tying a bright cloth to the antenna, raising the hood of the car and turning on the interior lights will signal other drivers.
  - Maintain the vehicle’s battery power by running the engine and heater for only 10 minutes every hour. For proper ventilation inside the vehicle, make sure the tailpipe is not blocked by snow or ice.
- Regardless of the season, you should always avoid drinking and driving, and don’t let someone else drink and drive. Whether you’re the driver or passenger, wear a seatbelt and be sure that all children are secured in a child seat.

The Star Valley Chapter Officers wish everyone a joyous, safe holiday season and a prosperous New Year.