**Chapter Officers**

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

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

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

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

**Committee Chairs & Contributors**

- **Audit:** Daniel Ashworth CFEI, CFPS  
dlashworth@bwxt.com
- **Communication:** Bob Calhoun
- **Governmental Affairs:** Daniel B. Moore  
dbmoore@uspipe.com
- **Nominations & Elections:** James Calvert CSP, CHMM  
jacalvert@bwxt.com
- **PDC Liaisons:** Kathy Warwick & Jeff Mays
- **Past President:** James Calvert CSP, CHMM

**Upcoming Meetings & Events**

- March 13th Meeting Roanoke: TBD
- April 10th Meeting Lynchburg: TBD
- May 8th Meeting Roanoke: TBD
- June 12th Meeting Lynchburg: TBD

**MONTHLY MEETING MARCH 13th**

**Topic:** An appropriate discussion of the world of occupational safety and health by  
Jimmy Calvert

**Time:** 6:30 pm – 8:00 pm

**Cost:** Corned Beef & Company  
107 S Jefferson St, Roanoke, VA 24011  
(540) 342-3354

**Location:** We’re ordering off the menu
Click on the menu links for details:
- Appetizers, Soups and Salads
- Sandwiches and Wraps
- Burgers and Entrees
- Wood Fired Pizzas and Pasta
- Desserts

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

**About Our Speaker**

Jimmy Calvert is MS, CSP, CHMM, CEM, PEM, CPEA has been as member of ASSE for 25 years and previously served for 8 years on the ASSE Educational Standards Committee. He graduated from West Virginia University with a Master of Science in Safety Science Technology in 1987.

Jimmy is pursuing their Doctor of Philosophy in Safety Sciences at Indiana University of Pennsylvania. He is the Star Valley Chapter past president.

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

See the attached position description in this newsletter.

![SAFETY 2017](June 19-22 Denver CO)
February Meeting Recap

The February meeting of the Star Valley Chapter was held on February 13, 2017 at Carol’s restaurant in Forest VA. President Daniel Ashworth presided over meeting which was opened with an introduction of the attendees who included:

Daniel Ashworth        Frank Goodwin        Bob Naujelis
Jimmy Calvert          Joe Hurley           Ron Schmidt
Carlton Davis          David McCrumb        Brandon Webb
Bob Drane              Dan Moore

Chapter business was discussed that included officer elections, need for chapter meeting speakers and meeting places and future chapter developments.

Speaker for the evening was Frank Goodwin, Director of Mid-State Safety. Frank briefly discussed and provided handouts on proposed revisions to some existing OSHA standards that include:

1. Reporting job-related hearing loss
2. Lockout/tagout
3. Chest X-ray requirements
4. X-ray storage
5. Lung-function testing
6. Feral cats
7. 911 emergency services at work sites
8. Permissible exposure limits
10. Personal Protective Equipment
11. Lanyard/lifeline break strength
12. Manual on Uniform Traffic Control Devices
13. Load limit postings
14. Excavation hazards
15. MSHA underground construction – diesel engines
16. Underground construction
17. Rollover protective structures
18. Regulation of coke oven emissions in construction

Frank spent the majority of his time discussing housekeeping where he discussed housekeeping benefits and 11 tips for effective workplace housekeeping. A nice handout was provided.

Recognition: Brandon Webb, Safety Engineer with Unique Industries, Inc. Blairs, VA was welcomed as a new member; Dan Moore was introduced as the Government Affairs Chairperson.

The Spring Regional Operating Committee will be conducted April 6-7, 2017.

The meeting was concluded with a reminder of future meetings.

IT’S TIME TO CONSIDER RUNNING FOR CHAPTER OFFICE!

Throw your hat in the ring, make a difference! See pages 4 through 10 for details.
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. 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. Chapters can learn more or request fliers, applications and giveaways by sending an e-mail to Chapter Services. Details will follow.

Update on Regional Membership Drive

In November, ASSE’s nine Regional Vice Presidents launched a membership challenge. We are now three months into the regional membership drive and Regions 7 & 8 remain in the lead, with Region 5 just behind.

The full results are below.

The region with the greatest increase in membership by June 1 will receive round-trip coach airfare and two night’s hotel accommodations for three volunteer leaders to attend the 2017 ASSE Leadership Conference.

<table>
<thead>
<tr>
<th>Region</th>
<th>Starting Membership #</th>
<th>February Membership #</th>
<th>Growth/decline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Region VII</td>
<td>3,666</td>
<td>3,733</td>
<td>67</td>
</tr>
<tr>
<td>Region VIII</td>
<td>4,874</td>
<td>4,928</td>
<td>54</td>
</tr>
<tr>
<td>Region V</td>
<td>3,932</td>
<td>3,985</td>
<td>53</td>
</tr>
<tr>
<td>Region II</td>
<td>2,530</td>
<td>2,553</td>
<td>23</td>
</tr>
<tr>
<td>Region VI</td>
<td>2,583</td>
<td>2,579</td>
<td>-4</td>
</tr>
<tr>
<td>Region IX</td>
<td>1,529</td>
<td>1,521</td>
<td>-8</td>
</tr>
<tr>
<td>Region III</td>
<td>4,153</td>
<td>4,139</td>
<td>-14</td>
</tr>
<tr>
<td>Region IV</td>
<td>3,462</td>
<td>3,431</td>
<td>-31</td>
</tr>
<tr>
<td>Region I</td>
<td>4,803</td>
<td>4,760</td>
<td>-43</td>
</tr>
</tbody>
</table>

Looking for a way to introduce your chapter to the new members you’re recruiting? The Arizona Chapter may be able to offer a little inspiration with this new member welcome video they post through social media and the chapter’s website.

Be an Ambassador at ASSE 2017 in Denver

Be a part of the excitement and aiding in making Safety 2017 a success. ASSE is seeking volunteers to serve the Ambassador-Greet Team at Safety 2017 in Denver. You may complete the online volunteer form directly at http://sgiz.mobi/s3/Safety-2017-Ambassador-Volunteer-Form.

For more information or questions, please contact Tracy Flaherty at (847) 768-3421, tflaherty@asse.org.
Chapter Officer Descriptions

Please see the descriptions, support requirements, duties, time commitments, qualifications and benefits associated with each elected office below. The Chapter is always looking for candidates for all positions.

President:

Purpose: The Chapter President provides direction and support to the chapter in order to create a meaningful and high-quality member experience for chapter members.

Key Responsibilities:

- Provide direction to the chapter that is consistent with the chapter’s bylaws as well as the Society’s Mission and Vision Statements, goals, and code of professional conduct
- Chair all chapter executive committee meetings and chapter general membership meetings
- Lead chapter executive committee in the development and execution of strategic activities related to succession planning and chapter sustainability
- Maintain chapter incorporation and affiliate agreements with Society headquarters, including ensuring chapter compliance with required reporting
- Represent the chapter on semi-annual Area Operating Committee (AOC) and/or Regional Operating Committee (ROC) by attending meetings or appointing a Proxy
- Represent the chapter at meetings of other organization when official representation is of benefit to chapter or Society members, or appoint a designee to ensure attendance
- Appoint standing committee chairs and members to special committees as needed

Support:

- Online training from Society - required before taking office
- Transition meeting with outgoing Chapter President
- Additional support available from Area Director, Regional Vice President, and Chapter Services at chapterservices@asse.org

Benefits:

- Opportunity to develop transferrable leadership, strategic planning, and project management skills
- Opportunity to grow professional network
- Opportunity to attend ASSE Leadership Conference for training and networking
- Earn professional certification maintenance points

Time Commitment:

- Term of office: Minimum 1 year, July 1 - June 30
- Average hours per month: Up to 10-15 hours per month, plus travel to and attendance at AOC / ROC twice a year

Qualifications:

- Must be Professional Member, Member, or International Member of ASSE in good standing for at least one year prior to election, or receive approval from the Regional Vice President
- Must have or be willing to develop strong leadership, strategic planning, and project management skills
- Must have or be willing to develop an understanding of chapter and Society structure and strategic direction
- Ability to work effectively in a team setting and communicate with diverse audiences
- Helpful to have employer support
Specific Duties:

- Complete 6 modules of Officer Training in Officer Central: Basic Training - Chapter Operations; Basic Training - Society Overview; Leadership Training - President; Membership Training - Recruitment; Membership Training - Retention; Advanced Training - Chapter Advanced President Training
- Recommended to complete additional training modules from Society and the ROC
- Appoint one member to the chapter's Nominations & Elections Committee
- Submit the Chapter Operations Management Tool (COMT) report by June 30
- Update the chapter's operational plan and coordinate activities to achieve the plan's goals - Submitted into COMT by August 15
- Submit Annual Leadership Report through COMT by May 31
- Ensure the Chapter Treasurer submits the Annual Financial Report and Financial Checklist by May 31 and files chapter taxes if revenue over $50,000
- Provide reports to the Area Director or Regional Vice President as requested
- Ensure that chapter bylaws are reviewed by all new incoming leadership
- Oversee bylaws revision process, as needed, ensure the changes conform in principle to the current ASSE Model Chapter Bylaws and are approved by the Area Director and Regional Vice President (RVP)
- Support the chapter's succession planning efforts through volunteer recruitment, delegation, and mentoring
- Work with Chapter Honors & Awards Chair to recognize officers, volunteers, and members for their participation in and contributions to the chapter
- Assist in conducting meetings to allow time for networking along with adequate time for a speaker
- Assist in the distribution of information from the Society, the Region, and/or the Area to the membership as necessary
- Ensure orderly transition and transfer all duties and records to succeeding Chapter President
- Additional chapter-specific duties as defined in our Bylaws (see the Star Valley webpage)

Contact:
Nominations & Elections Chair Jimmy Calvert (jscalverrt@bwxt.com)

Vice President

Purpose: The Chapter President-Elect / Vice President assists the Chapter President in providing direction and support to the chapter in order to create a meaningful and high-quality member experience for chapter members.

Key Responsibilities:

- Support the Chapter President in providing direction to the chapter that is consistent with the chapter’s bylaws, as well as the Society’s mission and vision statements, goals, and code of professional conduct.
- Work with Chapter President and executive committee to develop and execute strategic activities related to succession planning and chapter sustainability
- Serve as acting President in absence of the Chapter President (see Chapter President position description), including representing the President as requested
- Assist with planning and attend chapter executive committee and general membership meetings
- Supervise the activities of chapter committees as agreed upon
• Recommended to attend semi-annual Area Operating Committee (AOC) and/or Regional Operating Committee (ROC) meetings
• Perform other duties as agreed upon with the Chapter President or executive committee

Support:
• Online training from Society - required before taking office
• Transition meeting with outgoing Chapter President-Elect / Vice President
• Additional support available from Chapter President and Chapter Services at (chapterservices@asse.org)

Benefits:
• Opportunity to develop transferrable leadership and strategic planning skills
• Opportunity to grow professional network
• Opportunity to attend ASSE Leadership Conference for training and networking
• Earn professional certification maintenance points

Time Commitment:
• Term of office: minimum 1 year, July 1 - June 30
• Average hours per month: Up to 10-15 hours per month, plus potential travel to and attendance at ROC if the Chapter President is unable to attend

Qualifications:
• Must be Professional Member, Member, or International Member of ASSE in good standing for at least one year prior to election, or receive approval from the Regional Vice President
• Helpful to have or be willing to develop strong leadership and project management skills
• Must have or be willing to develop an understanding of chapter and Society structure and strategic direction
• Ability to work effectively in a team setting and communicate with diverse audiences
• Helpful to have employer support

Specific Duties:
• Complete 3 modules of Officer Training in Officer Central: Basic Training - Chapter Operations; Basic Training - Society Overview; Leadership Training - President-Elect Vice President
• Recommended to complete additional 2 modules of Officer Training in Officer Central: Membership Training - Recruitment; Membership Training - Retention
• Work with Chapter President and executive committee to develop and execute an annual plan for the chapter
• Assist the Chapter President in completing required reporting through the Chapter Operations Management Tool (COMT)
• Assist in the distribution of information from the Society, the Region, and/or the Area to the membership as necessary
• Support the chapter's succession planning efforts through volunteer recruitment, delegation, and mentoring
• Assist in conducting meetings to allow time for networking along with adequate time for a speaker
• Represent the chapter as appropriate to other local professional societies and organizations for the advancement of the profession
• Ensure orderly transition and transfer of all duties and records to succeeding President-Elect / Vice President
• Additional chapter-specific duties as defined in our Bylaws (see the Star Valley webpage)

Contact: Nominations & Elections Chair Jimmy Calvert (jscalverrt@bwxt.com)

Treasurer

Purpose: The Chapter Treasurer ensures the chapter’s financial ability to serve its members. The Chapter Treasurer manages chapter resources and funds, maintains and updates the chapter’s financial records, and provides leadership in financial responsibility and fund allocation.

Key Responsibilities:
• Prepare and manage chapter operating budget for the fiscal year (April 1 - March 31)
• Present reports regarding current and long-term chapter finances to the chapter executive committee and chapter membership
• Share opinions on the chapter financial position as an elected officer
• Supervise the receipt and disbursement of funds
• Establish and manage funds in an approved depository
• Attend executive board and chapter meetings
• Ensure that an annual or biennial audit performed on the chapter financial records
• Assume the duties of chapter secretary as necessary

Support:
• On-line training from Society - required before taking office
• Transition meeting with outgoing Chapter Treasurer
• Additional support available from Chapter President and Chapter Services (chapterservices@asse.org)

Benefits:
• Opportunity to develop transferrable leadership and financial record keeping skills
• Opportunity to attend ASSE Leadership Conference for training and networking
• Earn professional certification maintenance points

Time Commitment:
• Term of office: Minimum 1 year, July 1 - June 30
• Average hours per month: 9 (this may change if your chapter hosts a PDC)

Qualifications:
• Must be member of ASSE in good standing for at least one year prior to election, or receive approval from the Regional Vice President
• Knowledge or willingness to development knowledge of sound budgeting principles and processes and basic Excel functions for financial reporting
• Have or be willing to develop a solid working knowledge of the chapter financial and general operating guidelines
• Have or be willing to develop an understanding of chapter and Society structure and strategic direction
• Ability to work effectively in a team setting and communicate with diverse audiences
• Helpful to have employer support
Specific Duties:

- Complete 3 modules of Officer Training in Officer Central: Basic Training - Chapter Operations; Basic Training - Society Overview; Leadership Training - Treasurer
- Recommended to complete additional 2 modules of Officer Training in Officer Central: Membership Training - Recruitment; Membership Training - Retention
- Obtain signature cards for incoming officers and return to the bank
- Transfer financial records from outgoing treasurer to incoming treasurer
- Maintain current year financial records
- Archive and maintain chapter financial records for the past seven years
- Retain files of bank statements, canceled checks, invoices, and vouchers
- Keep and update a ledger of payments and receipts
- Deposit chapter funds
- Submit the Annual Financial Report and Financial Checklist into COMT by **May 31**
- File taxes for revenue over $50,000 in a 3-year period (ASSE files taxes under $50,000) by **August 15**
- Ensure ASSE HQ has current bank account information and address for dues reports
- Issue monthly treasurer reports
- Submit Chapter Dues Report to chapterservices@asse.org by **March 1** if your chapter votes to increase chapter dues for the upcoming chapter year.
- Ensure orderly transition and transfer of duties and records to succeeding Chapter Treasurer
- Additional chapter-specific duties as defined in our Bylaws (see the Star Valley webpage)

Contact: Nominations & Elections Chair Jimmy Calvert (jscalverrt@bwxt.com)

### Secretary

**Purpose:** The Chapter Secretary ensures the ability of the chapter to provide continuity of a quality member experience by maintaining the chapter's historical records.

**Key Responsibilities:**

- Maintain and retain all chapter files, including minutes and correspondence according to the chapter document retention guidelines
- Ensure that members receive timely and effective notices of all chapter meetings and functions
- Attend chapter general membership and executive committee meetings
- Record and distribute minutes of all chapter and executive committee meetings to chapter members and officers
- Ensure consistent and appropriate messaging across chapter communication channels (website, social media accounts, newsletter, and other publications) in partnership with Chapter Communications Chair and/or other chapter volunteers as applicable
- Assist Chapter President in completing reports
- Assume duties of Chapter Treasurer when necessary

**Support:**

- Online training from Society - required before taking office
- Transition meeting with outgoing Chapter Secretary
- Additional support available from Chapter President and Chapter Services (chapterservices@asse.org)
Benefits:
- Opportunity to develop transferrable leadership, record keeping, and communication skills
- Opportunity to attend ASSE Leadership Conference for training and networking
- Earn professional certification maintenance points

Time Commitment:
- Term of office: Minimum 1 year, July 1 - June 30
- Average hours per month: up to 8

Qualifications:
- Must be member of ASSE in good standing for at least one year prior to election, or receive approval from the Regional Vice President
- Have or be willing to develop an understanding of chapter and Society structure and strategic direction
- Ability to work effectively in a team setting and communicate with diverse audiences
- Helpful to have employer support

Specific Duties:
- Complete 3 modules of Officer Training in Officer Central: Basic Training - Chapter Operations; Basic Training - Society Overview; Leadership Training - Secretary
- Recommended to complete additional 2 modules of Officer Training in Officer Central: Membership Training - Recruitment: Membership Training - Retention
- Maintain chapter meeting attendance records and upload into the COMT
- Retain custody of the chapter charter, affiliate agreement, incorporation papers and other official documents
- Monitor all deadlines to ensure compliance with chapter charter
- Ensure orderly transition and transfer of duties and records to succeeding Chapter Secretary
- Additional chapter-specific duties as defined in our Bylaws (see the Star Valley webpage)

Contact: Nominations & Elections Chair Jimmy Calvert (jscalverrt@bwxt.com)

Delegate to the House of Delegates

Purpose: The Chapter Delegate to the House of Delegates serves as the liaison between the chapter’s members and Society. The Chapter Delegate represents chapter members’ interests to the House of Delegates, keeps the chapter membership informed on House of Delegates actions and proposed actions, and acts on House of Delegates ballots on behalf of the chapter membership.

Key Responsibilities:
- Represent the chapter membership to the Society House of Delegates (HOD) by voting on Society issues and providing feedback from the chapter to the Society on issues related to the profession throughout the chapter year
- Communicate with chapter membership to determine overall chapter viewpoint on Society issues
- Attend the HOD annual meeting in June or appoint a proxy if unable to attend
- Attend chapter general membership and executive committee meetings
Support:
- Online training from Society - required before taking office
- Transition meeting with outgoing Chapter Delegate to the House of Delegates
- Additional support available from Chapter President and Chapter Services at chapterservices@asse.org.

Benefits:
- Opportunity to develop leadership and strategic planning skills, particularly in regards to organizational governance
- Opportunity to network with other chapter leaders and safety professionals at HOD
- Opportunity to be a voice to and for chapter on Society matters
- Earn professional certification maintenance points

Time Commitment:
- Term of office: minimum 1 year, July 1 - June 30
- Average hours per month: Up to 4 hours per month, plus travel to and attendance at annual HOD once a year

Qualifications:
- Must be Professional Member, Member, or International Member of ASSE in good standing for at least one year prior to election, or receive approval from the Regional Vice President
- Must not be concurrently serving as a Society board member, a Regional Vice President, Practice Specialty Administrator, or Common Interest Group Administrator
- Must have or be willing to develop an understanding of chapter and Society structure and strategic direction
- Have the ability to work effectively in a team setting and communicate with diverse audiences

Specific Duties:
- Ensure orderly transition and transfer of duties and records to incoming Chapter Delegate to the House of Delegates and additional chapter-specific duties as defined in our Bylaws (see the Star Valley webpage)

Contact: Nominations & Elections Chair Jimmy Calvert (jscalverrt@bwxt.com)
Chapter Key Dates

**Year-round**
- Succession planning & recruitment

**December**
- Finalize N&E Committee
- Report N&E Committee members in COMT by 31st

**February**
- Publish call for nominees
- Recruit candidates

**March**
- Publish names & qualifications of slate of candidates by 1st
- Collect & vet member petitions

**April**
- Member petitions due 15 days before elections
- Publish final slate of candidates
- Create election ballot (paper or electronic)

**May**
- Hold election & announce results
- Submit Annual Leadership Report through COMT by 31st

**June**
- Officer transition meetings

**July**
- New officer installation

Join us at the Star Valley Facebook page: https://www.facebook.com/starvalleyasse!
Too Loud! For Too Long!
Loud noises damage hearing

Hearing loss is the third most common chronic health condition in the US. Almost twice as many people report hearing loss as report diabetes or cancer. Noise exposure away from your job can damage your hearing just as much as working in a noisy place. Being around too much loud noise—like using a leaf blower or going to loud concerts—can cause permanent hearing loss. And once it’s gone, you can’t get it back! You can have hearing loss before you even notice you’re having problems. Noise is measured in what are called decibels (dB). Over time, listening to loud sounds at high dB levels can cause hearing loss—or other hearing problems like a ringing sound in your ears that won’t go away. The louder a sound is, and the longer you are exposed to it, the more likely it will damage your hearing. The more often you are exposed to loud sounds over time, the more damage occurs. It’s important for healthcare providers to ask about hearing and to screen those who are at risk.

Healthcare providers can:
- Ask patients about exposure to loud noise and trouble hearing, and examine hearing as part of routine care.
- Provide hearing tests when patients show or report hearing problems, or refer them to a hearing specialist.
- Explain how noise exposure can permanently damage hearing.
- Counsel patients on how to protect hearing.

Want to learn more? www.cdc.gov/vitalsigns/HearingLoss

See this link for an excellent CDC article!: https://www.cdc.gov/vitalsigns/hearingloss/index.html
Flu vs Cold, What are the differences?

It never hurts to know the difference between a cold and the flu.

<table>
<thead>
<tr>
<th>Signs and Symptoms</th>
<th>Influenza</th>
<th>Cold</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptom onset</td>
<td>Abrupt</td>
<td>Gradual</td>
</tr>
<tr>
<td>Fever</td>
<td>Usual; lasts 3-4 days</td>
<td>Rare</td>
</tr>
<tr>
<td>Aches</td>
<td>Usual; often severe</td>
<td>Slight</td>
</tr>
<tr>
<td>Chills</td>
<td>Fairly common</td>
<td>Uncommon</td>
</tr>
<tr>
<td>Fatigue, weakness</td>
<td>Usual</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Sometimes</td>
<td>Common</td>
</tr>
<tr>
<td>Stuffy nose</td>
<td>Sometimes</td>
<td>Common</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Sometimes</td>
<td>Common</td>
</tr>
<tr>
<td>Chest discomfort, cough</td>
<td>Common; can be severe</td>
<td>Mild to moderate; hacking cough</td>
</tr>
<tr>
<td>Headache</td>
<td>Common</td>
<td>Rare</td>
</tr>
</tbody>
</table>

Consider donating to the ASSE Foundation

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/