



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Mountain Valley Chapter

March is Brain Injury Awareness Month. [Join the Journey Campaign Here](#)

CHAPTER OFFICERS

President:	Glenn Hargrove, CIH, CSP, PG, CHMM; GHargrove@FandR.com
Vice-President:	Carlton Davis, MSOS, CSP cdavis@transmontaigne.com
Secretary:	Amanda C Sandidge Engstrom, CIH, CSP asengstrom@ei1.com
Treasurer:	Jesse D. Phillips, CIH, CSP jphillips@fandr.com

COMMITTEE CHAIRS & CONTRIBUTORS

Governmental Affairs	Bob Drane, MS, CSP, ASP, OSHS rldrane1994@gmail.com
Membership	Glenn Hargrove, CIH, CSP, PG, CHMM; GHargrove@FandR.com
Nominations and Student Advisor	Diana Schwerha, PhD
Awards	Vacant
Programs	Carlton Davis, MSOS, CSP cdavis@transmontaigne.com
Past President	Carlton Davis, MSOS, CSP cdavis@transmontaigne.com
Communication	Eric Cureton mountainvalleyassp@outlook.com

IN THIS ISSUE

- Upcoming Meetings
- Upcoming Education
- Safety Minute – Student Article by Rebecca Hooper
- National and Regional Elections
- Local Elections
- 2025 Region VI PDC

CALL FOR NOMINATIONS

2025 ELECTION

Local Election Candidates needed for all positions! See Page 6.



RUN FOR OFFICE!

Throw your hat in the ring!



UPCOMING EVENTS

REGISTER AT [MOUNTAINVALLEY.ASSP.ORG/EVENT](https://mountainvalley.assp.org/event)

Mar 17	March Chapter Meeting
Mar 19	PIEDMONT CHAPTER MARCH TECHNICAL MEETING
Mar 1-30	National and Regional Elections
Sep 17-19	Region VI PDC



GOLD LEVEL CHAPTER
2023-2024

MONTHLY MEETING

FEBRUARY MEETING

Feb 10, 2025: 12:30-1:30pm EST

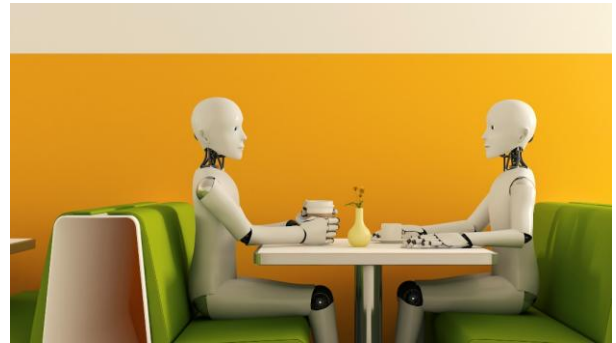
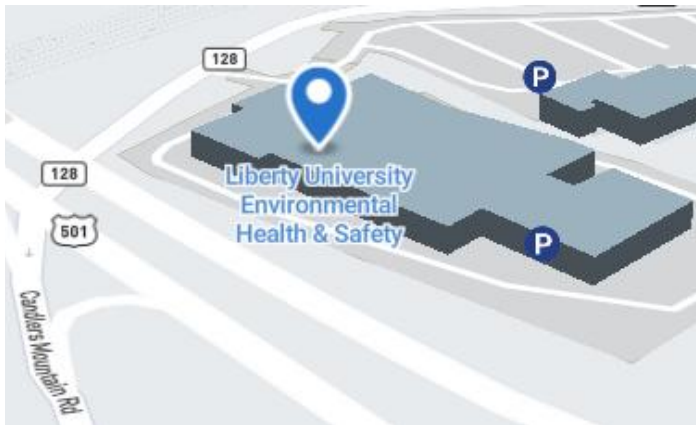
Address: 15 Salem Ave SE, Suite 301, Roanoke, Virginia, 24011

Speaker: Phil Fincher, CIH/CSP, SVP Operations, EI Group

Details: An Overview of Industrial Hygiene for EHS Managers.

The meeting was attended by President Glenn Hargrove, Secretary Amanda Engstrom, Communications Chair Eric Cureton, Susan Wilcox, Steve Gordon.

Chapter business included a review of upcoming elections and call for nominations as well as submitting awards nominations. A review of chapter bylaws will also be discussed at the upcoming March meeting.



UPCOMING MEETINGS

REGISTER AT [Events – ASSP Mountain Valley Chapter](#)

March 17, 2025: 5:30-7:00pm EST

Address: 4550 Mayflower Dr, Lynchburg, VA 24501

Speaker: Bob Drane MS, CSP, OSHA -Sr. Occupational Safety Compliance Officer and Adjunct Faculty, School of Health Sciences at Liberty University

Details: Highlights will include a presentation by Bob on Exploitative Child Labor and tour of the Emergency Management facility to include an overview of the LU Champion Safe app.

UPCOMING EDUCATION

PIEDMONT CHAPTER MARCH TECHNICAL MEETING: LEADING WITH C.A.R.E. TACTICS

Date: March 19, 2025, from Noon To 1:15 pm

Format: Webinar

Credits: 0.1 Continuing Education Units

Register at <https://piedmont.assp.org/events/march-technical-meeting-2/>

Course Description

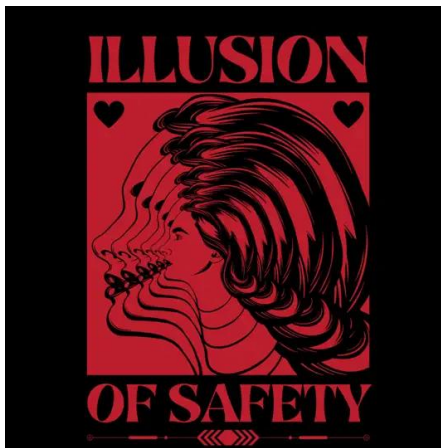
This talk teaches the CARE leadership model, where leaders are Collaborative, Authentic, Radical, and Engaged. The discussion is designed for both experienced and emerging leaders who want to develop their leadership skills and create a positive impact in their organizations. Participants will learn how to promote open communication, teamwork, and mutual respect, build trust and transparency, embrace change, take calculated risks, and inspire and motivate their team members. This talk will provide a foundation in leadership principles and offer strategies for creating a culture of excellence and accountability. In the end, participants will have gained valuable insights into how to become more effective leaders and achieve better results in their workplace and beyond.

What You Will Learn

- Learning Outcome 1: Differentiate between the various leadership styles and theories prevalent both in and out of the safety profession.
- Learning Outcome 2: Identify the leadership style or theory that they naturally gravitate towards and currently exhibit in their workplace.
- Learning Outcome 3: Translate the CARE leadership model into specific behaviors that will increase their effectiveness as a leader, both in the short term and over time
- Learning Outcome 4: Identify opportunities for improvement and ways in which participants can enhance their current leadership traits and behaviors.

Instructors

Joshua Russell, CSP: Joshua Russell, CSP, serves as the Sr. Manager of Environmental Health & Safety for the Howard Hughes Medical Institute (HHMI). Josh has worked in the field of EH&S for 20 years and holds his Bachelor of Science in Occupational Safety and Health. He has taken part in numerous leadership development programs and has spent several years defining his leadership style and conducting research to determine what leadership traits and behaviors are most conducive to high performance, high engagement, and long-term retention of employees. In addition to his work as a safety professional, Josh is also a board member of the Northern Virginia Chapter of the American Society of Safety Professionals and a co-host of the Illusion of Safety podcast.



[Illusion of Safety Podcast - Apple Podcasts](#)

[Illusion of Safety | Podcast on Spotify](#)

SAFETY MINUTE

STUDENT ARTICLE – IMPLEMENTING 5S FOR A SAFER WORK ENVIRONMENT



5s is a Japanese system known for reducing waste and optimizing productivity typically in a manufacturing setting (EPA). This system includes Sorting, Setting in Order, Shining, Standardizing, and Sustaining. Often, safety is considered as the sixth “s” because of the way this system can improve both the safety and well-being of employees. Implementing 5s within the workplace can improve safety and reduce the risk of injuries by mitigating the risk of employees getting cut or tripping over materials, decreasing the need for overtime, and increasing morale.

REDUCING CUTS AND TRIPPING

The first two steps in the 5s system (Sorting and Setting in Order) work to ensure all materials in the facility are given a designated location while removing unnecessary items. In doing this, employees can anticipate where materials are generally located. Without this procedure, employees are susceptible to being cut or tripping over materials found in unexpected or unauthorized areas.

DECREASING OVERTIME

In addition to Sorting and Setting in Order, Shining and Standardizing work to further enhance safety within the workplace. By implementing these steps, materials are easier to find resulting in a decrease in the time it takes to complete everyday tasks. The few minutes saved per day add up and reduce the amount of overtime needed to complete production. This is important because lower overtime supports a stronger work-life balance that fights against fatigue (Wong, 2019). Neglecting these necessary steps in the 5s system allows vulnerability to fatigue which increases the risk of employees being injured (Public Risk Management Association, 2024).

INCREASING MORALE

By implementing the last step of the 5s system (Sustaining), employees can take part in maintaining the work that has been completed for the purpose of ensuring their safety. No one enjoys working in an unorganized or unsafe environment, especially if something can easily be done to fix it. Giving people the chance to take ownership of the organization and safety of their workspace introduces pride within the workplace. Pride ultimately works to boost morale and improve employee's well-being.

CONCLUSION

Implementing 5s within the workplace improves safety and reduces the risk of injuries by mitigating the risk of employees getting cut or tripping over materials found in unexpected or unauthorized areas, decreasing the need for overtime by cutting down on time required to complete tasks, and increasing morale by introducing pride within the workplace. - **Rebecca Hooper, School of Engineering, Liberty University**

References

- Environmental Protection Agency. (n.d.). EPA. [https://www.epa.gov/sustainability/lean-thinking-and-methods-5s#:~:text=The%205S%20pillars%2C%20Sort%20\(Seiri,sustaining%20a%20productive%20work%20environment.](https://www.epa.gov/sustainability/lean-thinking-and-methods-5s#:~:text=The%205S%20pillars%2C%20Sort%20(Seiri,sustaining%20a%20productive%20work%20environment.)
- Sleep deprivation and fatigue: Addressing production and risk injury. Public Risk Management Association. (2024, July 15). <https://primacentral.org/education/podcasts-blog/sleep-deprivation-and-fatigue/#:~:text=The%20CDC%20reports%20that%20people,13%25%20of%20all%20workplace%20injuries.>
- Wong, K., Chan, A. H. S., & Ngan, S. C. (2019). The Effect of Long Working Hours and Overtime on Occupational Health: A Meta-Analysis of Evidence from 1998 to 2018. International journal of environmental research and public health, 16(12), 2102. <https://doi.org/10.3390/ijerph16122102>

NATIONAL AND REGIONAL ELECTIONS

ELECTIONS RUN MARCH 1ST-MARCH 30TH.

The 2025 Election Slate is Now Live!

"Elections are not simply a routine event. They are a defining moment that helps shape the future of our profession and our community in ASSP. As members of this organization, each of our voices means something and helps propel our progress toward achieving our mission and vision. By coming together to consider the future, we ensure that our elected leaders uphold our community's values, priorities and aspirations." - Pamela Walaski, CSP, FASSP, 2024-25 ASSP President and ASSP Foundation Chair

Board of Directors

The succession of candidates from Senior Vice President to President-Elect and President-Elect to President is automatic. Therefore, Linda Tapp and Monique Parker will not appear on the actual ballot.

President

- [Linda M Tapp, CSP, ALCM, CPTD](#)

President - Elect

- [Monique Parker, CSP](#)

Senior Vice President

- [Maribeth A Anderson, MPA, CSP](#)
- [Tim Page-Bottorff, M.S., CSP, CIT](#)

Director – At – Large

- [Heather MacDougall, J.D., CSP](#)
- [Eric R Sachleben, CSP](#)

Council Vice President

Vice President, Region Affairs

- [Matthew Herron, M.S., P.E., CSP, CPE](#)
- [Emmanuel Winful, CSP](#)

Region Vice President

Vice President - Region III

- [Stanley Gregory, CSP](#)
- [Abby Holovach, M.S., CSP, CHMM, REM](#)

Vice President - Region VII

- [John R Hewitt, CHST, OHST, COSS](#)
- [Selena D Schmidt, CSP](#)

Vice President - Region IX

- [Gbolahan Kamil Abiodun, MSC, CMIOSH, CSP](#)
- [Mohammad Riaz Shareef](#)

Assistant Administrator PS/CIG

Assistant Administrator - Consultants Practice Specialty

- [Chris Garza, CSP](#)
- [Phil Weinstein, M.S., CSP](#)

Assistant Administrator – Fire Protection Practice Specialty

- [Joshua Santiago, CSP](#)

Assistant Administrator – Manufacturing Practice Specialty

- [Paul A Zoubek, CSP, CIH](#)

Assistant Administrator – Oil, Gas, Mining and Mineral Resources Practice Specialty

- [Bradley Bishop, ASP](#)
- [Wayne Vanderhoof, CSP, CIT](#)

Assistant Administrator – Blacks in Safety Excellence Common Interest Group

- [Daniel E Osadiaye, CSMP](#)

Area Director

Area Director – Region I Area 2

- [Amanda Mae Myo Shin, M.S., CSP](#)

Area Director – Region II Area B

- [Chantel Hinson, GSP](#)
- [David E Tolbert, CSP](#)

Area Director – Region IV Louisiana

- [Chris McGlynn, M.S., CSP](#)

Area Director – Region IV South Florida

- [Philip Zazzera, M.S., CSP](#)

Area Director – Region V Area 2

- [Nathan Berry, CHST](#)
- [Carrie Kolodji, ARM, AINS, CRIS, AIS](#)

Area Director – Region VI Southern Area

- [Bryce S Lawlor, MBA, CSP](#)
- [Heather S. White, MIE, CPE, ASP](#)

Area Director – Region VIII Keystone Area

- [Brittany DeRafelo](#)

Area Director – Region VIII Metro Area

- [Charles J Keeling Jr, CHST](#)

Additional information can be found here [Elections and Elected Leadership Positions | ASSP](#)

LOCAL ELECTIONS

THE OPPORTUNITY FOR MEMBERS TO SERVE IN A VARIETY OF CHAIR POSITIONS IS CRUCIAL FOR A ROBUST CHAPTER AND ALLOWS SHARING OF RESPONSIBILITIES.

Position	Current Occupant	<u>CALL FOR CANDIDATES</u>
Chapter President	Glenn Hargrove	<p>Please consider nominating yourself or others; reach out to Jesse Phillips (jphillips@fandr.com).</p>
Delegate	F. Carlton Davis	
Programs Chair	F. Carlton Davis	
Vice President	F. Carlton Davis	
Treasurer	Jesse D. Phillips	
Secretary (and Newsletter Editor)	Amanda C Sandidge Engstrom	
Government Affairs Chair	Bob Drane	
Membership Chair	Glenn Hargrove	
Communications Chair	Eric Cureton	
Nominations & Elections Chair	Diana Schwerha	
Jobs Chair	Jesse D. Phillips	
Awards and Honors Chair	Vacant	
Foundation liaison	Vacant	

Want to know more about a specific position? See the summaries below for additional insight!

Position	Summary
Chapter President	<ul style="list-style-type: none"> • Preside at regular and special meeting of the Executive Committee and the membership. • Represent the Chapter at meetings of other organizations. • Be a member of the Area / Regional Operating Committee. • Provide leadership for programs and activities for the Chapter. • Appoint committees necessary to implement objectives of the Chapter. • Submit an Annual Report of Chapter activities. • Submit the names of Chapter officers and Advisory Group Members
Vice President	<ul style="list-style-type: none"> • Succeed to the office of the President and carry out its duties If the President Is unable to serve. • Assume responsibilities for the work of committees as assigned by the President.
Secretary	<ul style="list-style-type: none"> • Maintain Chapter records. • Record and distribute minutes of meetings. • Notify Chapter members of meetings. • Assume the duties of the Treasurer as necessary.
Treasurer	<ul style="list-style-type: none"> • Maintain all financial records of the Chapter. • Supervise the receipt and disbursement of funds. • Maintain Chapter funds in a depository. • Transmit to Society Headquarters the audited income & expenses. • Submit to the IRS any required tax documents. • Assume the duties of the Secretary as necessary.

Full descriptions are available in the [Chapter Bylaws](#)

Are You Passionate About Safety?

Volunteer with ASSP today.

Get involved

2025 PDC

REGION VI PDC IN MYRTLE BEACH, NC



September 17-19, 2025

We invite you to experience the “Biggest Little PDC” in beautiful Myrtle Beach, South Carolina! This annual conference is one of the most sought-after events in the region for safety professionals, offering the opportunity to learn best practices in **Safety, Health, Industrial Hygiene, and Environmental Issues**.

With over **350+ attendees** and **35+ sponsors and exhibitors**, the 2025 PDC promises three action-packed days of networking, education, and innovation. The event will feature **keynote sessions, 30 breakout presentations** across three concurrent tracks, and an **Exhibit Hall** showcasing the latest industry products and services.

Whether you’re a seasoned safety professional or new to the field, the ASSP Region VI PDC provides invaluable resources, networking, and insights to help you grow and stay ahead in your profession. Don’t miss out on this incredible opportunity!

LEARN MORE HERE! [ASSP Region VI PDC](#)