



# November 2024 Newsletter

## PRESIDENT'S LETTER

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The Holiday Season is upon us – Happy Halloween and Happy Thanksgiving!

The season can be wonderful and full of memories! It can also be a bit stressful, and sometimes a bit dangerous. My brother is a professional fire fighter and paramedic, and he never looks forward to Thanksgiving because someone always burns their house down while trying to deep fry a Turkey. Or better yet, you can be like Clark Griswald and fall off the roof while handing Christmas lights. Of course, I don't wish this to happen to anyone, nor do I have to remind you to be safe – but be safe! Enjoy it. Slow down and think about those once a year tasks your going to do and avoid the risky stuff! Feel free to throw in a Pre-Task Plan if you need to....

It's been a great year! Lots of great things have happened – the annual conference, the Future Safety Leaders Conference, and our 1<sup>st</sup> BISE meeting. We had roughly 12 members attend our first BISE meeting at the Back 9 last month. It was a great time and we're all looking forward to more get togethers in the near future.

BISE is a prime example of how you can get more involved. Chaka Walker is our BISE chair – we have lots of common interest groups with your name on it – just waiting for you to get involved with and run it. ASSP has general guidelines of what the group's mission is – the creativity and fun is all left up to you – and we'll support in your efforts! There is WISE (ran by Anne Thom), BISE (ran by Chaka Walker), HISE (Available), and Emerging Professionals in OSH (Available). You can just volunteer to help one of these groups out or be its leader. This just the tip of the iceberg – there are so many practice

specialties that you can get involved in – there are at least 12 the last time I counted. They range from Construction to the Environment, to the Utilities.

Just let me know you want to do more and I will help you!

In November, we have another joint meeting setup with CCS on Excavation Safety at United Rentals on Davidson Street – check out the website to register – this is the 2<sup>nd</sup> meeting in this 2-part series. The first session was well attended – make sure you sign up now. Then in the same week, we have a plant tour at TRICO Wastewater Treatment in Zionsville, and as I have been saying at the Chapter Meetings – Wastewater plant are leaders in Safety, due to all the inherent dangers associated with treating wastewater and they're centers of excellence when it comes to applied chemistry and biology – there are many interesting things going at a wastewater treatment plant. It's going to be a lot of fun. Please join us!

We are going to do another Breakfast and Best Practice on December 6<sup>th</sup> – this is a great networking meeting, and we tend to discuss a lot of interesting things – hope you can make it!

Then, we are going to wrap up the year, with the Annual IOSHA Update – this year, held at the Blind Owl – not the Rathskeller like usual. We love the annual update! As always, we will take questions from you and have them answer them. This has always led to a lot of dialogue and great information

I hope to see you soon!

I appreciate everything you do to help protect people, property, and the environment!

Mark C. Frye

President

## UPCOMING EVENTS

**December Chapter Meeting**  
**Wednesday, December 4, 2024**



Join us for our final CI-ASSP chapter meeting of the year! This December, we welcome back representatives from the Indiana Occupational Safety and Health Administration (IOSHA) for our highly anticipated annual update. This session will cover important regulatory changes, key insights from recent inspections, and practical tips to stay compliant in 2024.

**Meeting Details:**

**Date:** Wednesday, December 4, 2024

**Time:** 11:00 am - 1:00 pm

**Location:** Blind Owl Brewery, 5014 E. 62nd Indianapolis, IN 46220

This is a fantastic opportunity to ask questions, network, and gain valuable insights as we close out the year. Don't miss this informative session to ensure your organization stays safe and compliant!

**Please RSVP:**

[here](#)

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## [2025 Chapter Meeting Calendar](#)

We're excited to announce that the 2025 chapter meeting calendar will be published soon. If you're interested in hosting a meeting or sponsoring lunch for one of our monthly gatherings, we'd love to hear from you! This is a fantastic opportunity to showcase your company, share expertise, and support our professional community. Please reach out to us to discuss how you can be involved in making our 2025 meetings a success. Please contact Ginger Dayton: [Ginger.Dayton@atipt.com](mailto:Ginger.Dayton@atipt.com)



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## Future Leader Golf Scholarship Application

Each year, our Central Indiana ASSP Chapter hosts a golf outing to raise funds that support safety-focused college students through these scholarships. We believe in investing in the future of our industry, and this event is a key part of that commitment. Since 2013, our Chapter has awarded over 40 scholarships to ASSP student members from Indiana State University, Indiana University, and Purdue University.

Do you know a student passionate about safety? Please spread the word about this opportunity! The application process is simple, requiring just a one-page submission, which can be found [here!](#)

Join us in making a difference—both on the green and in the lives of tomorrow's safety professionals!

**DEADLINE FOR APPLICATIONS IS DECEMBER 1!**



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**Save the Date:**  
**Indiana Health and Safety Conference**  
**February 24-26, 2025**



The 2025 Indiana Safety and Health Conference & Expo is filled with need-to-know training to keep your employees and colleagues safe on the job site. Featuring more than 70 breakout sessions and over 100 exhibitors and sponsors, this is a conference you do not want to miss!

Discover new strategies for compliance to build a safer workplace at the [2025 Indiana Safety and Health Conference & Expo](#), presented by the [Central Indiana Chapter of ASSP](#) and the [Indiana Chamber of Commerce](#) in partnership with [INSafe](#) and the [Coalition for Construction Safety](#).

For more information, please visit [www.INSafetyConf.com](http://www.INSafetyConf.com).

**\*Early Bird registration discount is available until February 1, 2025!**

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## [13th Annual Future Safety Leaders Golf Outing](#) [Friday, July 25, 2025](#)

Mark your calendars for an exciting and impactful event! Our 13th Annual Future Safety Leaders Golf Outing will take place on **Friday, July 25, 2025**. This special outing is a fantastic opportunity to enjoy a day of golf while supporting the next generation of safety leaders.

Whether you're an avid golfer or just looking to network and have fun, this event is perfect for everyone. Stay tuned for more details on registration and location. Don't miss out on the chance to make a difference and enjoy a wonderful day on the greens!



# ClubPro



< What my friends think I do



What my mom thinks I do



What society thinks I do



What I actually do

## ASSP Annual Conference

Save the Dates Now! July 22-24

# Safety 2025 Orlando

325 : 16 : 02 : 14  
Days : Hours : Minutes : Seconds

Workplace safety and health will continue to evolve, and the American Society of Safety Professionals (ASSP) will continue to connect you with industry expertise, a network of like-minded peers and the latest innovations. 2024 was a SOLD OUT year so be sure to save the date for our 64th annual Conference and Expo.

[Get more information here](#)

## NEWS

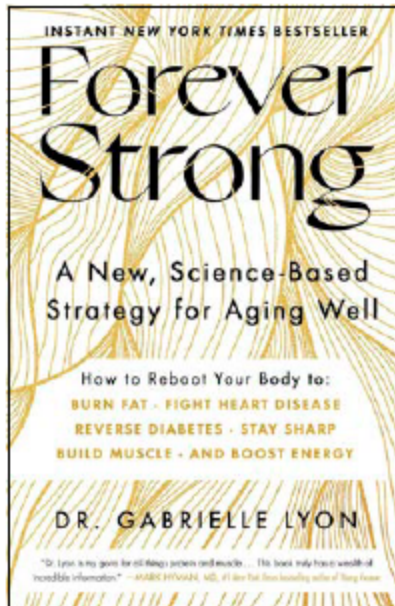
### CI-ASSP Member Spotlight

#### **Celebrating Earl Blair for his published book review in the *Professional Safety Journal***

We're thrilled to recognize Earl Blair, one of our Central Indiana ASSP chapter members for his recent publication in *Professional Safety Journal (PSJ)*! Contributing to this esteemed publication is a significant achievement and a reflection of Earl's dedication to advancing safety knowledge and thought leadership.

In the latest PSJ issue, Earl shared a thoughtful and well-researched book review, adding depth and insight to the safety community. This publication is a testament to his expertise and commitment to the profession, and we are incredibly proud of his accomplishment.

Congratulations on this fantastic achievement! It's an inspiration to all of us in CI-ASSP and a reminder of the impact our members have on the broader safety community. Let's continue to support and celebrate each other's accomplishments as we work together to advance safety excellence.



**FOREVER STRONG**  
**A New, Science-Based Strategy for Aging Well**  
**By Gabrielle Lyon, 2023, Simon & Schuster**  
**A review by Earl Blair**

Gabrielle Lyon, the author of *Forever Strong: A New, Science-Based Strategy for Aging Well*, is a board-certified family physician who completed a research and clinical fellowship in geriatrics and nutritional sciences. As a subject matter expert in the practical application of protein for health, performance, aging and disease prevention, Lyon describes the results of her research and offers insights on how to live strong, healthy and long lives. The book is presented in three sections: The first part details the stakes, the second part discusses charting a road map to success, and the third part addresses taking action. Lyon emphasizes having a growth mindset as a mental framework to drive progress in one's exercise and nutrition plans. "Pairing a growth mindset with internal discipline is crucial," Lyon writes. "It's time to recognize that an 'easy' life is a delusion laced with unmet dreams and complacency. If you choose the 'easy' path, life will end up being hard; if you choose the hard path, life will end up easy," she says. Each chapter includes a "mindset reset," encouraging readers to take actions such as harnessing their thoughts and setting standards to achieve the health they deserve. Safety professionals may find insights in Lyon's work that can translate to a holistic approach to workplace safety and health such as is described in NIOSH's Total Worker Health initiative. Lyon discusses the importance of identifying the root cause of health issues facing society today. For example, she shares scientific insights on the importance of skeletal muscle as a grossly underestimated resource for health. Lyon wants to change the current paradigm from losing weight to building muscle as a strong foundation for health that can help to burn fat, drive metabolism, and protect against issues such as frailty and sarcopenia that often accompany age. As Lyon writes, "the higher your healthy muscle mass, the greater your protection against all-cause mortality and morbidity." She explains that the emphasis on building healthy tissue brings benefits. "Treat your muscles right, and the results will astound you," she says. OSH professionals may find inspiration in the insights Lyon provides that could be included in safety and health training and company communications focused on improving worker health. And perhaps Lyon's work regarding the importance of healthy muscle mass could offer benefit to workers in industry, construction and warehousing. The remainder of the book is devoted largely to describing the scientific importance

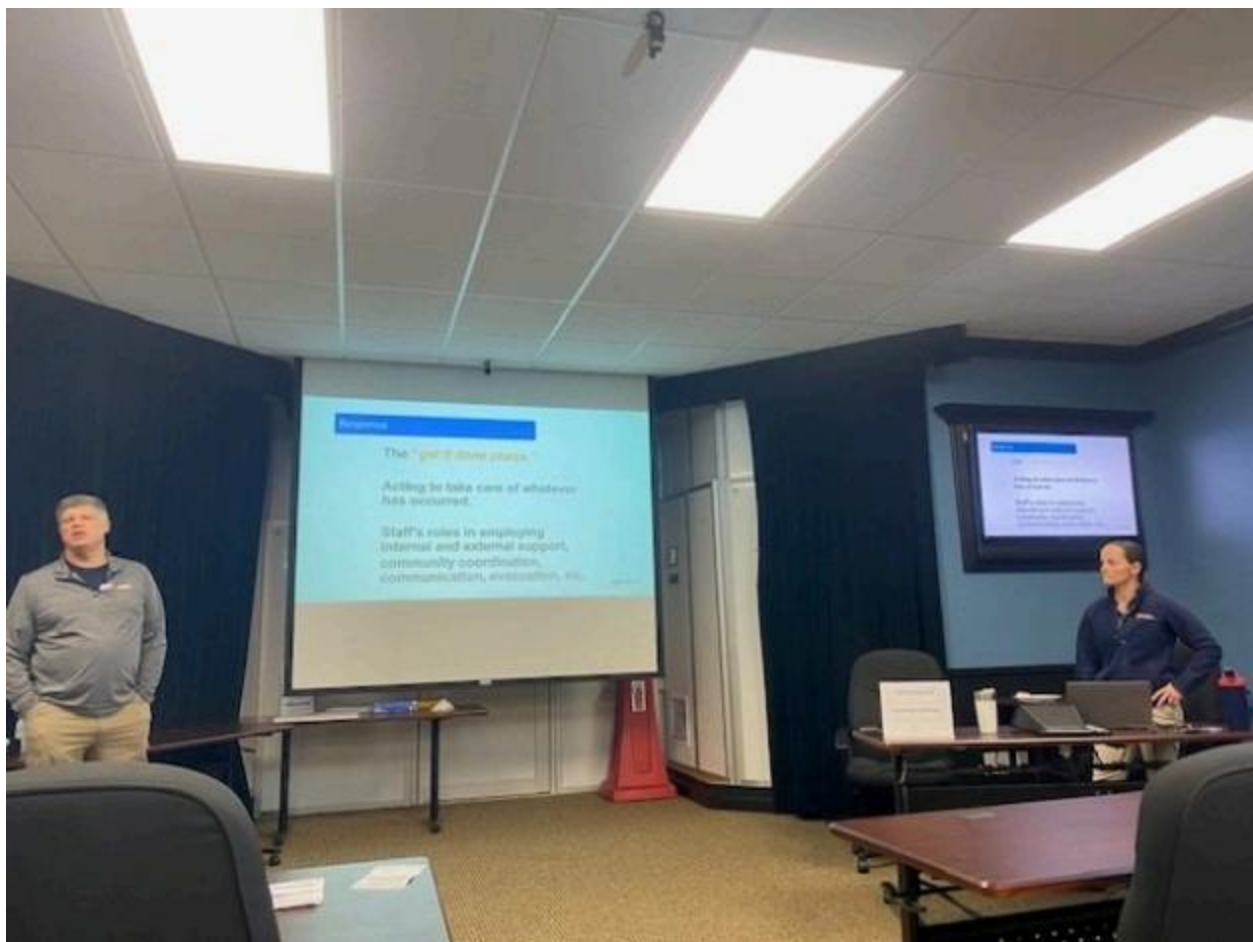


of protein and muscle and showing the reader how to build and maintain muscle throughout the decades of their life. Part of the book provides a simple pre- and post-assessment of physical fitness and performance that is designed to accommodate any fitness level. Exercise plans and sample recipes are included. For safety professionals, the concepts presented in this book offer a holistic view of health and wellness that may be useful when exploring how to help workers thrive both in the workplace and beyond. Applying these concepts can support an organization in demonstrating care for the whole worker, not just while they are at work.

PSJ Earl Blair, CSP, FASSP, is an adjunct professor of safety management at Indiana University and president of Blair International LLC.

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## Photo Roundup!









October chapter meeting hosted by First Onsite











First ever BISE chapter event was a huge success -  
We are looking forward to more events with the BISE group!

## Career Opportunities

[Safety Advisor \(Mt. Vernon, IN\)](#)

October 25, 2024













[Safety Advisor – Owner’s Rep \(Lebanon, IN\)](#)

October 4, 2024

[Safety Advisor \(Franklin, IN\)](#)

September 30, 2024

## 2024 Central Indiana ASSP Chapter Officers & Committee Chairs

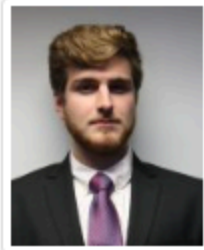
	<b>PRESIDENT</b> Mark Frye, CSP, CHMM 		<b>PRESIDENT-ELECT</b> Karl Weisser, CSP, ARM, CHST 
	<b>VICE PRESIDENT</b> Daniel Brewer, MS, CHST, GSP 		<b>SECRETARY</b> Jeff Fox, CSP, CIT 
	<b>TREASURER</b> Vince Plank, CSP 		<b>PAST PRESIDENT</b> Greg Anderson, MS 



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Ted Stephens, CSP



**PROGRAM CHAIR**  
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**STUDENT SECTIONS LIAISON**  
David Risner



**WISE CHAIR**  
Anne Thom, OHST



**BISE CHAIR**  
Chaka Walker



**SOCIAL MEDIA / NEWSLETTER**  
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**CONSTRUCTION COMMITTEE CHAIR**  
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**MEMBER AT LARGE**  
Kristin VanSoest, MBA



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