



St. Louis Chapter Newsletter



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Important Links

- [Chapter Website](#)
- [Chapter Documents](#)
- [Current Job Postings](#)
- [Connect on LinkedIn](#)

Check to see if a new [job posting](#) may be perfect for you!

Next Chapter Meeting - Monday, September 14

Topic: Hot Topics in Fall Protection

Speakers: Kristi Cassat & Bo Solari Midwestern Safety Equipment

This session will cover timely fall protection topics, practical insights, and real-world takeaways to help you stay current, compliant, and better prepared in the field. Definitely one you won't want to miss!

Where: Syberg's, 2430 Old Dorsett Rd, Maryland Heights, MO 63043

When: Registration @11, Lunch @11:30, Presentation @12

Register here: <https://stl.assp.org/events/september-lunch-meeting-2/>



KRISTI CASSAT & BO SOLARI
MIDWESTERN SAFETY EQUIPMENT
Hot Topic in Fall Protection

This session will cover timely fall protection topics, practical insights, and real-world takeaways to help you stay current, compliant, and better prepared in the field. Definitely one you won't want to miss.

Registration is open through the Wednesday before the chapter meeting. Please register by then so we can provide an attendance count to Sybergs, and you will be entered into the attendance prize drawing. Walk-in registrations *are* accepted but should be limited whenever possible.

October Chapter Meeting - Monday, October 12

Topic: Lockout Tagout Program Requirements

Speaker: Angel Bright-Kendrick, CSP

Sr. Safety Consultant with the EI Group

Where: Syberg's, 2430 Old Dorsett Rd, Maryland Heights, MO 63043

When: Registration @11, Lunch @11:30, Presentation @12

Register here: <https://stl.assp.org/events/october-lunch-meeting-2/>



ANGEL BRIGHT-KENDRICK, CSP
Sr. Safety Consultant With The EI Group
Lockout Tagout Program Requirements
Angel share practical tips and real-world lessons to help you build and maintain a compliant LOTO program that meets OSHA 29 CFR 1910.147 and actually works in the field.

Registration is open through the Wednesday before the chapter meeting. Please register by then so we can provide an attendance count to Sybergs, and you will be entered into the attendance prize drawing. Walk-in registrations *are* accepted but should be limited whenever possible.

A Minute with Madam President

~ Domini Montgomery

Wow, what a whirlwind of a month! We've got a Member Spotlight, we're recruiting for our mentorship program, and we're diving into membership engagement and recognition—all while ensuring engaging content, learning opportunities, and exciting network meetings!

Haley, along with our Membership Spotlight team (Sheila, Kaci, and Kristi), are really diving in and getting to know our members through the membership spotlight! Have a suggestion on who to highlight? Connect with Haley!

We're recruiting mentors, mentees, and a Chair for our Jobs & Mentorship program. Are you interested in throwing your hat in the ring for the Chair position? Reach out to Domini (dmontgomery@stlzoo.org), Haley, Tim, Jessica, or Mae Ping today! If you're interested in serving as a mentor, let Domini know—we'll check fit and skills and let you know when things are up and running.

We're really hoping to drive engagement! New followers to our [LinkedIn page](#) for September will be entered into a drawing for a prize! You can [click here](#) to follow us. To be entered to win, new followers must be St. Louis ASSP members and have started following our page in the month of September. Winners will be announced at the October meeting.

Speaking of members.... we're really hoping to increase member recognition. If you are interested in nominating someone for "Member of the Month," reach out to a member of the Board! It's all about you—our members—how we show up for you, how we serve this community, and how we create a safe and welcoming environment for all. Who's doing what out there? Tell us so we can tell everyone!

Finally, I'm delighted to announce Natalie Rhomberg as the Professional Development Conference (PDC) Co-chair! Natalie brings great knowledge, new ideas, and wonderful connections to the table for this role, and we are looking forward to seeing what suggestions she has for the 2027 PDC. Are you interested in serving on the planning committee? Please reach out to Natalie (natalie.rhomberg@grainger.com) or Domini today.

Yours in safety,
Domini

Member Spotlight - Sheila Schmidt

The member spotlight has returned! This feature looks to share the motivations, challenges, and hard-won knowledge of the individuals who make up our St. Louis safety community. Each spotlight is a small window into a larger story — one shaped by both the person and the professional. We hope you enjoy getting to know them as much as we enjoy bringing their stories to you.

Tell us a little about yourself.

Hi, I'm Sheila Schmidt. I've worked in the safety profession for more than 23 years. I've been married to my husband, Jake, for 20 of those years, and we have two sons who are a freshman and a senior in high school this year, which makes for an exciting season of life. We also have a dog named Jenny, who, if we're being honest, is everyone's favorite member of the family.

How did you get started in safety?

Like many people in our profession, I got into safety by accident. (HA!)

I changed majors a few times in college before my dad kindly informed me that "the Dad Bank" would be closing after four years, so I needed to figure things out and graduate on time. Looking at the collection of classes I'd accumulated, safety seemed like the obvious path.



Looking back, I couldn't have asked for a better career. I'm one of those people who genuinely enjoys what they do. I love the variety, the people I meet, and the opportunities this profession has provided. Safety has given me the chance to make a difference while continuously learning, and that's something I truly value.

What are you most proud of?

Without question, my kids.

I know that's a common answer, but it's the truth. I'm not claiming credit because I've done anything extraordinary as a parent. They're simply amazing young men.

My oldest son competes in shooting sports and is among the top competitors in his discipline. What fascinates me most is how much of his success comes from mental fitness and mindset. For a teenage boy to recognize the importance of mental discipline and focus at such a young age is impressive. I've learned a lot from watching him, and it's something I continue to work on myself. After all, your mind is one of your greatest assets.

How has ASSP impacted your career?

ASSP has been incredibly valuable throughout my career. The connections I've made with safety professionals across the region have been one of the biggest benefits.

Safety is a surprisingly small world, and it's helpful to build relationships with people you'll see throughout your career. Those connections create opportunities to learn from one another, share ideas, and support each other professionally.

Early in my career, I also served as an officer in ASSP. That experience taught me a great deal about leadership and working with people outside of my own organization. The leadership training, networking opportunities, and conferences all played an important role in my development as a young safety professional.

What advice would you give someone new to the profession?

Get involved.

That means stepping outside of your comfort zone. Go to an ASSP meeting even if you don't know anyone. Sit down at a table and introduce yourself. It may feel uncomfortable at first, but it gets easier every time.

No one is going to knock on your door and ask you to participate. You have to put yourself out there, take chances, and be willing to engage. The rewards are absolutely worth it.

The good news is that ASSP is one of the most welcoming and supportive groups I've ever been part of. If you're looking for a place to start building your professional network and growing your career, it's hard to find a better organization.

Sheila is the SRS Regional Manager at Missouri Employers Mutual and a past president of the St. Louis ASSP chapter. Connect with her on LinkedIn [here](#).

Mentoring: A Resource Hiding In Plain Sight

~Dave Callies Find more info at <https://stl.assp.org/mentoring-program/>

When most people hear the word mentor, they often think of an experienced professional helping someone new to the field. While that's certainly one form of mentoring, it doesn't tell the whole story. Throughout our careers, all of us encounter situations that push us beyond our previous experience. We change industries, take on leadership roles, manage unfamiliar risks, navigate difficult personnel issues, implement new regulations, or face challenges that simply don't have an obvious answer.

Even seasoned safety professionals sometimes need another perspective. I remember reaching out to a colleague for advice on a situation I was dealing with. I wasn't looking for someone to solve the problem for me. I wanted the insight of someone who may have encountered a similar challenge and could help me think through my options. That conversation was incredibly valuable. It provided a different

perspective, challenged some of my assumptions, and ultimately helped me move forward with greater confidence.

What made that conversation valuable wasn't necessarily that the other person knew more than I did. Sometimes mentoring isn't about expertise alone. Often, it's about talking through a situation with someone who brings a different set of experiences, asks a question you hadn't considered, or helps you see an issue from another perspective.

Looking back, I realized that the [St. Louis Chapter's Mentoring Program](#) creates opportunities for exactly those kinds of conversations.

The mentoring program isn't about formal instruction or long-term commitments. It's about connecting professionals who have questions with professionals who are willing to share their experiences. Sometimes that may lead to an ongoing mentoring relationship. Other times, it may simply be a single conversation that provides the insight someone needs.

Perhaps the greatest obstacle to mentoring is taking that first step. Reaching out to someone you don't know can feel uncomfortable. It's often easier to wrestle with a challenge on your own than to contact a stranger and ask for advice. But every professional relationship starts exactly the same way: two people who don't know each other deciding to have a conversation.

The individuals who have volunteered as mentors understand this. They placed their names on the mentoring list because they genuinely want to help fellow safety professionals. They are willing to listen, share their experiences, discuss lessons learned, and offer another perspective.

In many cases, the greatest value they provide isn't an answer, but a conversation that helps someone think through a challenge more clearly.

The safety profession has always been built on the sharing of knowledge. None of us learned everything from textbooks, regulations, or training courses. Much of what makes us successful comes from conversations with others who have encountered similar situations and were willing to share what they learned.

That is the true value of mentoring.

Whether you're early in your career, a seasoned professional facing an unfamiliar challenge, or somewhere in between, don't hesitate to take advantage of this resource. Sometimes a fresh perspective is all that's needed to turn uncertainty into confidence.

And if you've accumulated years of experience, lessons learned, and practical knowledge, consider volunteering as a mentor yourself. Your experiences may be exactly what another safety professional needs to hear.

Get Involved

The St. Louis Chapter Mentoring Program is available to every member. If you're looking for guidance, a sounding board, or simply another perspective, visit the mentoring page on our chapter website and reach out to one of the mentors listed.

If you are interested in serving as a mentor, we welcome additional volunteers with expertise across all areas of the safety, health, and environmental profession. To be added to the mentor network, contact the St. Louis Chapter and provide your contact information along with your primary areas of expertise.

The next valuable professional relationship, new perspective, or solution to a difficult challenge may begin with a single conversation. Why not start one today?

Join the 23rd Annual Greater St. Louis Safety & Health Conference

Thursday, October 8th 2026
The River City Casino Event Center
777 River City Casino Blvd. St. Louis, MO 63125

23rd Annual Greater St. Louis Safety & Health Conference

The Premier EHS Event for Professionals in the St. Louis Region

THE RIVER CITY CASINO EVENT CENTER

777 RIVER CITY CASINO BLVD.

ST. LOUIS, MO 63125

Thursday, October 8, 2026

8:00 a.m.—3:30 p.m.



Do you already know you want to attend? Register here:

<https://www.stlsafety.org/conference-registration>

Need more convincing, or want to learn more about each session? Download the full conference brochure here: https://www.stlsafety.org/_files/ugd/brochure2026.pdf

Want to sponsor or be an exhibitor? You bet:

<https://www.stlsafety.org/exhibitor-registration-information>

Job Opening Highlight

Don't forget that the St. Louis ASSP chapter has a [Jobs Page](#) highlighting current openings in the area. Below are some details for just one of the positions right now.

Part-Time Training and Outreach Compliance Coordinator

If you know anyone who is detail-oriented, organized, outgoing, and has Safety/OSHA and/or construction industry knowledge, please share this posting! It is a good fit for someone seeking a part-time position (24-30 hours per week). A big bonus - they will be working directly with Rene and Dephanie at SLU!

This person will oversee coordinating training activities for the OSHA Susan Harwood grant with small businesses and with instructors. The training programs are designed for "workers" of small businesses (250 employees or less) and available for free. The following training programs approved by OSHA include:

- Fall Protection (1/2 day)
- Excavation & Trenching Safety (1/2 day)
- Permit-Required Confined Space (1/2 day)
- Powered Industrial Truck Safety (full day)
- Work Zone Safety (1/2 day and full day optional)

CEET Intern Nathan Roberts has already been working with us to be sure the curriculum is compliant with the grant guidelines, and has been contacting organizations to help spread the word about the free training.

To clarify, this is **not** an entry-level job training program for unemployed. The grant is **only** for existing workforces of small businesses (<250 employees), with a strong focus on construction businesses and other high hazard industries. If you know of any businesses that may qualify and be interested in receiving free safety training for their workers, please let them know. If you are interested in delivering the training, that is also a possibility if you are qualified on the topic.

Thank you for helping us share the info on the job posting and about the grant training programs!

Rene Dulle, Director, Center for Environmental Education and Training, Saint Louis University

Past Chapter Meeting Notes & Pictures

On Monday, August 10th, Heather with SuitX provided an enlightening presentation on exoskeletons and how these devices can reduce strain and injuries to your upper extremities. What's even better is that this presentation came not just with CEUs, but also with hands-on demonstration opportunities! Who

doesn't love to try on the goods? The information Heather provided was very engaging and the case studies were very interesting. Thanks, Heather, for your time and expertise!



2026 Calendar of Chapter Events

Mark your calendar now for the these chapter meetings and events.

Please register in advance at <https://stl.assp.org/>



ASSP CALENDAR OF EVENTS 2026



UNLESS OTHERWISE STATED

MONTHLY MEETINGS ARE HELD THE SECOND MONDAY OF EVERY MONTH AT SYBERGS
2430 OLD DORSETT ROAD, MARYLAND HEIGHTS, MO 63043
11 AM TIL 1 PM

PLEASE REGISTER IN ADVANCE!!!

HTTPS://STL.ASSP.ORG/EVENT/



MEMBER APPRECIATION

Held at Bristol Seafood

11801 Olive Blvd,

Creve Coeur, MO 63141

5 pm til 8 pm

Appetizers & Drinks

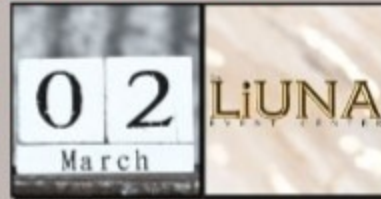
MEMBERS ONLY



LATINA BERRYHILL

Building the Human Firewall

Discover how safety professionals can become a "human firewall" in an AI-driven world through real stories, simple habits, and practical insights that turn everyday awareness into powerful cybersecurity protection.



PROFESSIONAL DEVELOPMENT CONFERENCE (ASSP & AIHA)

Held at the LiUNA Event Center

4532 S Lindbergh Boulevard

St. Louis, MO 63127

7:30 am til 3:30 pm



DR. JOHN GAAL EDD, CHW-C, CSP, CWP, LAP-C

Worker Wellness Director – Missouri Works Initiative (MO AFI-CIQ)

Suicide Prevention in the Workplace

An examination of various evidence-informed models with a focus on the acute phase.



J. BRADLEY YOUNG HARRIS YOUNG KAYSER

From Accident Scene to Subpoena: What Safety Pros Shouldn't Do

Learn the key mistakes safety pros must avoid from accident response to the courtroom to protect people, evidence, and their careers.



ANNUAL GOLF SCHOLARSHIP TOURNAMENT

Held at St. Peter's Golf Course

200 Salt Lick Road St.

St. Peters, MO 63376

7:15 am to 3:00 pm



DREW COMPTON TERRITORY MANAGER- MO/TN/AR

Cut the Risk, Not Your Hands

What does a good hand protection program look like with changes in standards over the last 10 years? We will focus on these changes and applying them to a stronger program.



ALEX SAFAYA

KEY ACCOUNT MANAGER NORTH AMERICA

Introduction to Industrial Exoskeletons by SUITX

Explore the fundamentals of exoskeletons, how they can be applied in industrial settings, and best practices for implementing this technology to improve safety, ergonomics, and worker's health.



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KAYLEA M. BOUTWELL, MD

Interventional Pain Mgmt & Concussion Specialist Excel Orthopedics & Pain Centers

The Value of Interventional Pain Management in Workers' Compensation

Learn how interventional pain management supports faster recovery, reduces reliance on opioids and surgery, and lowers overall workers' compensation costs.



MARYANNE HEUER, MS, CSP, CHST COMPLIANCE ASSISTANCE

SPECIALIST & BILL MCDONALD, AREA DIRECTOR

Annual Update with

OSHA - Greater St. Louis

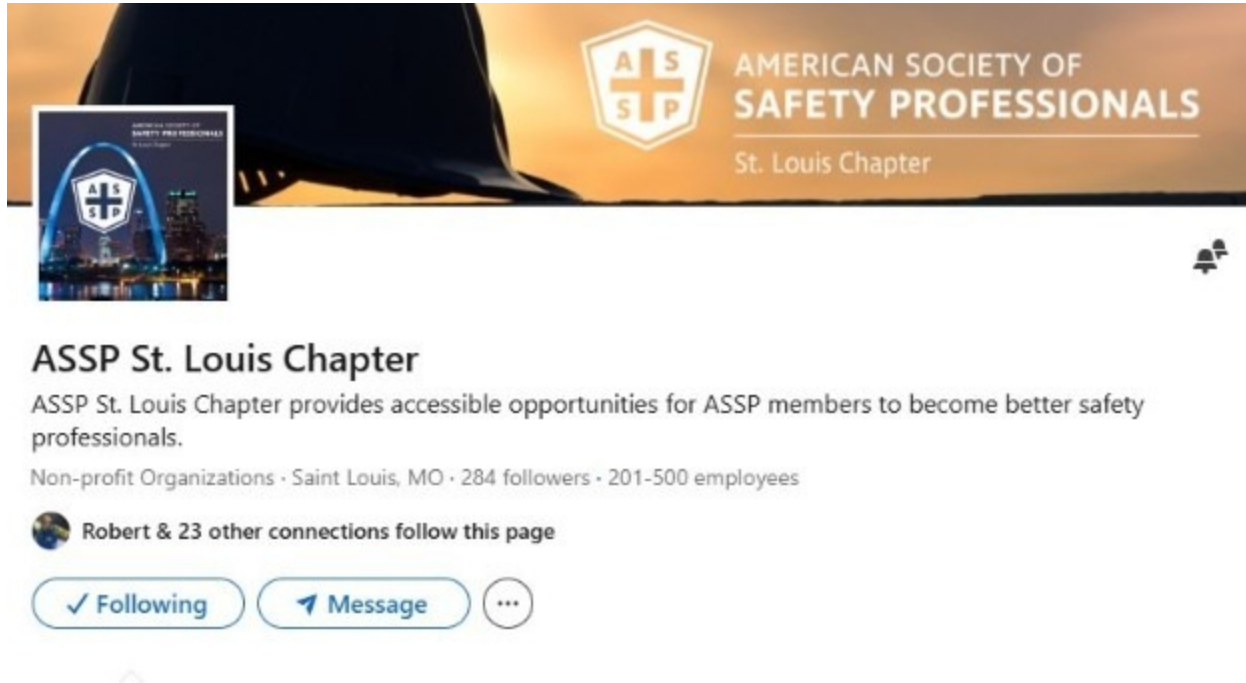
Created By [Page Builder](#)

Have a topic you want to see covered, or a presenter you want to suggest?
Contact any one of your [chapter officers](#) today.

LinkedIn Community

Did you know? Our [ASSP St. Louis Chapter](https://www.linkedin.com/company/assp-st-louis-chapter/) has a vibrant presence on LinkedIn. It's easy to find us at <https://www.linkedin.com/company/assp-st-louis-chapter/> or by searching for "ASSP St. Louis Chapter".

Be sure to follow us and stay current with the latest chapter news, pictures, and more!



Mid-Missouri Updates



**Do you live or work in the heart of Missouri?
Get involved with the Mid-MO chapter and
attend the next meeting at D. Rowe's in Columbia!**

[Reach out to](#) Communications Chair Paul Krewson or
[Subscribe to ASSP Mid-MO Announcements](#)

President: David Atteberry
Vice-President: Kristin Crayton
Secretary/Treasurer: Will Schauwecker
New Member Chair: Katie Brucks
Communications Chair: Paul Krewson

St. Louis Chapter Executive Board Contacts

President - Domini Montgomery - dmontgomery@stlzoo.org
Vice President - Haley Stegman - hstegman@keeleyconstruction.com
Secretary - Jessica Vaccaro - jessica.vaccaro@grainger.com
Treasurer - Mae Ping Patrick - stlassptreas20@att.net
Past President - Nate Richardson - nate.richardson.safety@gmail.com

Mid-Missouri Section Officers

President - David Attebery - david.attebery@labor.mo.gov
Vice President - Kristin Crayton - kristin.crayton@vbmlaw.com
Secretary/Treasurer - Will Schauwecker - will.schauwecker@emerysapp.com

Chapter Committee Chairs

Membership, Nominations, Elections – Tim McNamee – timothy.mcnamee@grainger.com
Ensures new members are recognized and introduced at membership meetings, and helps recruit new leaders to the Board

Public Relations – Steve Williams – swilliams@bellelectrical.com
Promotes chapter activities to the general public. Coordinates poster contest

PDC Chair – Natalie Rhomberg – natalie.rhomberg@grainger.com
Coordinates logistics of professional development activities

Foundation Liason – Rob Miller – robertmiller91@yahoo.com
Promotes student scholarships & continuing education scholarships for members

Golf Scholarship – Nick Zahner – nzahner@murphynet.com
Organizes and runs the annual golf tournament supporting local safety focused students

Programs – Rebecca Morris – rlmorris@ssm-select.com
Plans the program time and needs for presentations & coordinates schedule

Communications Committee

Social Media – Paige Brogan - pbrogan@qualsafesolutions.com
Maintains online social accounts promoting discussion with local membership

Website – Dave Callies – dcallies@kelpe.com
Maintains website with updated news, chapter events, and job postings

Newsletter – Dan Bemhower – dan.bemhower@usi.com
Publishes and distributes the chapter newsletter to all chapter members

Women In Safety Excellence (WISE) Coordinators

JaNola Rigsby – jrigsby@qualsafesolutions.com
Lisa Goellner – lgoellner@excel-orthopedics.com
Patte Ackermann – patte@mindspring.com
Organizes the WISH events to promote the community of Women in Safety & Health

Please contact a board member or committee chair with comments or if you would like to participate in any of the chapter activities.

If you do not wish to receive these emails, please [click here](#) to unsubscribe from ASSP St. Louis Chapter messages.