

## GENERAL MEMBERSHIP MEETING

Wednesday, December 21, 2005, 11:30 a.m. - 1:00 p.m., Royal Fork (Columbia Mall)

"Office Ergonomics" - LaVonne Fox, UND - OT

★★★ 2006 Board Elections ★★★

### OUR NOSHA BOARD MEMBER ELECTION CANDIDATES

We have three (3-year) Board positions to be filled. Here is a look at the individuals who have accepted our nominations:

- ✓ **Pat Balstad** – Pat has 29 years experience with the State of Minnesota in various capacities and Departments. For the last 1½ years, she has filled the role of Director of Lifelong Learning, responsible for all Customized Training activities on the East Grand Forks campus of Northland Community and Technical College. Prior to her last appointment, she filled the role of Director of Client Services, responsible for developing business client relationships and training curriculum to meet specific business and industry needs. Other capacities within the State of Minnesota include Field Operations Manager, Regional Marketer, Case Manager, Job Search/Job Club Coordinator within the Minnesota WorkForce Center System. Pat has been a member of NOSHA for the last two years and fully supports and applauds all their efforts!
- ✓ **Kirk Douglas** – Kirk previously worked as a social worker in England. Almost ten great years with the J.R. Simplot Co., my last position was that of a corporate trainer. I Joined Cirrus Design almost two years ago and took the position of Safety Coordinator last January, replacing my friend and coworker Virgil Allen. Since then, both the facility and safety program continue to grow at a very fast pace. Currently rolling out a new behavior based safety program and next year we will be focusing health and wellness and developing the industrial athlete.
- ✓ **Bonnie Knutson** – Bonnie has worked for RiverView Health for the past 8 years and been a member of NOSHA for approximately 3 years. Bonnie is an occupational therapist and focuses her practice on injury prevention and returning injured workers to work in a safe and timely manner. She consults to area employers and provides ergonomic education, injury prevention education, body mechanics training, stretch programs, functional job analyses/descriptions, prework screens, and other related services. RiverView has occupational health clinics in Crookston and EGF, but she spends the majority of her time based out of the East Grand Forks office, working with GF/EGF area businesses.
- ✓ **Additional Nominations will be accepted at the December General Membership Meeting!**

### BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH / 6:00 – 8:00 PM. / SEASONS FAMILY RESTAURANT / 300 3<sup>RD</sup> AVE NE, EGF

**NEXT MEETING → January 5<sup>th</sup>**

- **Congratulations Rich Carl!** Rich has been promoted to "Safety Director" of Transystems, which will mean a move to Great Falls, Montana come July – You will be missed.....Mr. President!

#### BOARD MEMBERS

Rich Carl (President) • Al Maloney (Vice President)  
Joe Strang (Treasurer) • Debbie Pierson (Secretary)  
Patty Hajostek • Steve Harken  
Mike Lorenson • Connie Mondry • Lyle Ross  
Annette Shane • Joy Stanghelle

### COMMITTEES

#### Communication Committee

(Linda Wiley, Rich Carl, Kathy Cvancara, Patty Hajostek, Al Maloney, Annette Shane)

MONTHLY MEETINGS: TUESDAY BEFORE BOARD MEETING / 11:30 AM - 12: 30 PM / NORTHSTAR INSULATION / 1120 S 46<sup>TH</sup> ST  
**NEXT MEETING → January 3<sup>rd</sup>**

- Have you checked out the new website yet! E-mail us at [info@nosha.net](mailto:info@nosha.net) with any comments or suggestions.

#### Education Committee

(Lyle Ross)

(Upcoming GM Meeting Presentations)

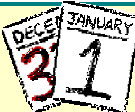
- **January 18, 2006**  
– "Electrical Safety" – Greg Mattson and Brian Harris, Century Electric
- **February 15, 2006**  
– "Meth Awareness in the Working World" - Officer Sue Shirek, Grand Forks Police Department.

#### Membership Committee

(Davis Hoverson, Mike Lorenson)

## NOSHA 2006!

P.O. Box 14663, Grand Forks, ND 58208-4663 • [www.nosha.net](http://www.nosha.net)



**IT'S TIME FOR THOSE NEW YEARS RESOLUTIONS!** - What Safety Projects, Commitments or Ideas are being kicked around at your company for the coming year? 2005 was a BIG year for the Park District, we set out to develop an "Emergency Plan" and we got it accomplished! - (It actually took us 2 years) We now have an "Emergency Response Guidelines" flyer that we hand out and explain to all of our employees at their orientation meetings along with a "Work Injury Management" card with the steps to be covered in case of an injury, whether medical attention is being sought or not. Our buildings will have the emergency plan posted along with an escape route being posted at our larger facilities. **Sometimes all it takes is a simple discussion to spark an idea that leads to some action or development to take place which could actually save someone's life or spare them a major lifelong injury.....sharing is a good thing!** Email your resolutions....ideas to [ashane@gfparks.org](mailto:ashane@gfparks.org) by 12-20-05, or bring them to the December general membership meeting and get in the drawing for another exciting prize!