



GENERAL MEMBERSHIP MEETING

Wednesday, July 19, 2006, 11:30 a.m. - 1:00 p.m., Royal Fork (Columbia Mall)

"DOT Vehicle Definitions and Safety Regulations" (Cami Gilbertson, DOT)

Payment Plan for guest meals – If you bring a guest to a NOSHA meeting, we ask that you pay NOSHA for the meal as you sign in at the NOSHA registration table. Please do not pay at the Royal Fork's cash register. Make checks payable to NOSHA in the amount of \$7. Thank you!

Things that affect our children in this fast-pace world we live in:

CHILDREN RIDING IN THE BACKSEAT (OUT OF SITE/OUT OF MIND) -

Recently a 5-month old child was mistakenly left in the mother's vehicle for the entire workday. What a horrible thing to happen and a mistake that took the baby's life and changed the lives of many others forever. This CAN and DOES happen more often than you think. What can be done to prevent this tragedy from happening to you or someone you know?

NEVER LEAVE A CHILD UNATTENDED IN A VEHICLE, even when running a short errand. ALWAYS CHECK THE BACK SEAT to ensure children are not left in the vehicle. PLACE BAGS NEXT TO THE CARSEAT to serve as a reminder, or use notes or a key chain tag. ALWAYS LOCK VEHICLE DOORS to prevent children from playing in the vehicle. IF A CHILD IS MISSING, check the trunk and passenger compartment of vehicles first.

STAYING HOME ALONE – Today, with an increasing number of parents who work, there are more adolescents who are at home after school alone until at least dinnertime. There is no magic formula, but here are some thoughts to determine if your preteen is old enough to stay home alone. Can he/she: BE TRUSTED to go straight home after school? FOLLOW RULES and instructions well? HANDLE UNEXPETED SITUATIONS without panicking? STAY ALONE without being afraid?

CHILD OBESITY – Is it time for some good old "Home-Cooked Meals"? We often find ourselves stopping for FAST FOODS on our way home from work, which tend to be high in calories. NUTRITION EDUCATION aimed at both the child and the family should include the components of a healthy diet and an understanding of food labels. STIMULUS CONTROL: limiting the amount of fattening foods in the house, eating all meals at the dinner table and at designated times. Parents should not verbally encourage the child to eat, and the child should *not* be forced to finish the entire meal.

PHYSICAL ACTIVITY – EXERCISE is necessary to maintain a long and healthy life. A reasonable goal is 20 to 30 minutes of moderate activity per day, in addition to whatever exercise the child gets during the school day. TELEVISION VIEWING PATTERNS should be reviewed. We all need to incorporate exercise into our daily routine – remember, kids learn by example.

INTERNET DANGERS – Do you know where your children are? – On the computer that is. THE INTERNET can be a wonderful resource for kids. They can use it to research school reports, communicate with teachers and other kids, and play interactive games. Any child who is old enough to punch in a few letters on the keyboard can literally *access the world*. But that access can also pose hazards to your children. One missed keystroke and he or she could be directed to thousands of websites, some of which may contain pornographic material. Become COMPUTER LITERATE. Keep the computer in a COMMON AREA where you can watch and monitor your child. SHARE AN EMAIL ACCOUNT with your child so you can monitor messages. BOOKMARK your child's favorite sites for easy access. SPEND TIME ONLINE TOGETHER to teach your child appropriate online behavior. FORBID your child from entering private chat rooms and if your child has a new "friend", insist on being "introduced" online to that friend. **KEEP ALERT & INVOLVED IN YOUR CHILD'S LIFE!**

BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH / 6:00 – 8:00 PM. / GRAND FORKS PARK DISTRICT / 1210 7TH AVE S

NEXT MEETING → August 3rd

- **HELP US KEEP SAFETY A PRIORITY! We have a couple of Board positions that are still in need of replacement.** If interested, please contact Steve Harken at sharken@undeerc.org or Al Maloney at alan@midwestrefrigeration.com
- **FREE SAFETY SEMINAR** ⇒ "Batteries Not Included: The Energized Approach for Achieving a Safe, Healthy and Productive Workplace" by Michael Melnik, MS, OTR. An instrumental presentation to help companies create an environment where employees are motivated, receptive, and involved. Go to our website and look under special events to view a video excerpt of the presentation! [Sept. 21st/8:30 am - 12:30 pm/Best Western Town House/710 1st Ave N/Grand Forks]

BOARD MEMBERS

Steve Harken (President) • Al Maloney (Vice President)
Joe Strang (Treasurer) • Connie Mondry (Secretary)
Pat Balstad • Kirk Douglas • Bonnie Knutson
Debbie Pierson • Annette Shane

COMMITTEES

Communication Committee

(Linda Wiley, Kirk Douglas, Bonnie Knutson, Al Maloney, Annette Shane)

MONTHLY MEETINGS ARE HELD THE LAST THURSDAY OF THE MONTH / 12:15 - 1:15 PM / CIRRUS DESIGN CORPORATION / 1400 48TH ST S

NEXT MEETING → July 27th

- Have an idea for the web site? We would like to here from you at info@nosha.net

Education Committee

(Lyle Ross, Steve Harken)

(Upcoming GM Meeting Presentations)

- **August 16, 2006**
- Annual Picnic (Lincoln Drive Park @ 5:30pm)
- NO NOON MEETING
- **September 20, 2006**
- Quitline Smoking Cessation Program
- Dr. Eric Johnson, Altru Health Systems

Membership Committee

(Davis Hoverson, Mike Lorenson)



Always remember that safety comes first. Look for trouble before it finds you. If it finds you anyway, you will be prepared to deal with it.