

GENERAL MEMBERSHIP MEETING

Wednesday, January 16, 2008, 11:30 a.m. – 1:00 p.m., Royal Fork (Columbia Mall)
"Computer / Internet Safety" – Riaz Osman

Protect Yourself - 9 Crucial Tips

Because of recent abductions in daylight hours, refresh yourself of these things to do in an emergency situation... **Everyone should take 5 minutes to read this. It may save your life or a loved one's life.**

1. Tip from *Tae Kwon Do*: The elbow is the strongest point on your body. If you are close enough to use it, do!
2. If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM** Toss it away from you.... chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. **RUN LIKE MAD IN THE OTHER DIRECTION!**
3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.
4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc. **DON'T DO THIS!**) The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.** a. If someone is in the car with a gun to your head **DO NOT DRIVE OFF, repeat: DO NOT DRIVE OFF!** Instead gun the engine and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car crashes **bail out and run.** It is better than having them find your body in a remote location.
5. A few notes about getting into your car in a parking lot, or parking garage: A.) Be aware: look around you, look into your car, at the passenger side floor, and in the back seat B.) If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars. C.) Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. **IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)**
6. **ALWAYS** take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at NIGHT!)
7. If the predator has a gun and you are not under his control, **ALWAYS RUN!** The predator will only hit you (a running target) 4 in 100 times; And even then, it most likely **WILL NOT** be a vital organ. **RUN, Preferably!** in a zig -zag pattern!
8. As women, we are always trying to be sympathetic: **STOP** It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well educated man, who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.
9. Another Safety Point: A lady heard a crying baby on her porch. She called the police because it was late and she thought it was weird. The police told her "Whatever you do, **DO NOT open the door.**" The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, "We already have a unit on the way, whatever you do, **DO NOT open the door.**" He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby. He said they have not verified it, but have had several calls by women saying that they hear baby's cries outside their doors when they're home alone at night.

BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH / 6:00 – 8:00 PM. GRAND FORKS PARK DISTRICT 1210 7TH AVENUE SOUTH
NEXT MEETING → February 7th

2008 BOARD MEMBERS

Steve Harken (PRESIDENT)
UND – EERC

Dale Dahlen (VICE-PRESIDENT)
Nodak Electric Cooperative

Joe Strang (TREASURER)
Valley Dairy Car Wash

Tracy Cameron (SECRETARY)
RiverView Healthcare Association

Pat Balstad

Northland Community and Technical College

Carol Gierszewski
City of Grand Forks

Robert Hewitt
Altru Health System – Safety Department

Bonnie Knutson
Axis Clinic

Cedric Masa
Aurora Urgent Care – Occupational Medicine

Lyle Ross
Vigen Construction, Inc.

Annette Shane
Grand Forks Park District

COMMITTEES

Communication Committee

(Linda Wiley, Carol Gierszewski, Bonnie Knutson, Annette Shane)

- Has your contact information changed? Please e-mail Linda Wiley at info@nosha.net with any updates.

Education Committee

(Bonnie Knutson, Pat Balstad)

(Upcoming GM Meeting Presentations)

- **February 20, 2008**
- Networking/Round Table
- **March 19, 2008**
- "Identity Theft" - Jessica, Alerus Financial, Fargo

Membership Committee

(Davis Hoverson)

★ 64 MEMBERS STRONG...and GROWING!

THANK YOU ROBERT HEWITT AND ALTRU HEALTH SYSTEMS FOR SUPPLYING DOOR PRIZES FOR OUR DECEMBER MEETING!

Happy New Year!

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(And Remember) **ACCIDENTS HURT.....SAFETY DOESN'T**