

## GENERAL MEMBERSHIP MEETING

Wednesday, July 16, 2008, 11:30 a.m. - 1:00 p.m., Royal Fork (Columbia Mall)

### "Jeopardy First Aid/CPR Event"

Jackie Anderson, Continuous Improvement Specialist/RN, Northland College

## Safety related E-Mails.....REAL OR RUMOR?

### 1. Mosquito spray:



I was at a deck party awhile back, and the bugs were having a ball biting everyone. A man at the party sprayed the lawn and deck floor with Listerine, and the little demons disappeared. The next year I filled a 4-ounce spray bottle and used it around my seat whenever I saw mosquitoes. And voila! That worked as well. It worked at a picnic where we sprayed the area around the food table, the children's swing area, and the standing water nearby. During the summer, I don't leave home without it.....Pass it on.

\*Don't spray directly on a wood door (like your front door), but spray around the frame. Spray around the window frames, and even inside the dog house.

### 2. Kitchen Fire:

I never realized that a *wet dishcloth can be a one size fits all lid to cover a fire in a pan!* This is a dramatic video (30-second, very short) about how to deal with a common kitchen fire ... oil in a frying pan. Read the following introduction, then watch the show. It's a real eye-opener!!



AKitchenOilFire.wmv

- 1-Turn off the heat
- 2-Run a cloth under tap & ring it out
- 3-Cover pan & wait until it's cooled down
- ⇒ DO NOT attempt to move the pan
- ⇒ DO NOT throw water over the fire

At the Fire Fighting Training school they would demonstrate this with a deep fat fryer set on the fire field. An instructor would don a fire suit and using an 8 oz cup at the end of a 10 foot pole toss water onto the grease fire. The results got the attention of the students. The water, being heavier than oil, sinks to the bottom where it instantly becomes superheated. The explosive force of the steam blows the burning oil up and out. On the open field, it became a thirty foot high fireball that hits the ceiling and fills the entire room.

Also, do not throw sugar or flour on a grease fire. One cup creates the explosive force of two sticks of dynamite. This is a powerful message----watch the video and don't forget what you see. Tell your whole family about this video. Or better yet, send this to them.

### 3. Free Directory Info:

Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls when they don't have to. Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem.

When you need to use the 411 information option, simply dial 1(800) FREE 411, or 1(800) 373-3411 without incurring any charge at all.



### 4. Bee Stings:

It might be wise to carry a penny in your pocket while working in the yard..... BEE STINGS !

A couple of weeks ago, I was stung by both a bee and hornet while working in the garden. My arm swelled up, so I went to the doctor. The clinic gave me cream and an antihistamine. The next day the swelling was getting progressively worse, so I went to my regular doctor. The arm was infected and needed an antibiotic. The doctor told me - 'The next time you get stung, put a penny on the bite for 15 minutes'. The doctor said that the copper in the penny counter acts the bite.



Several family members, friends, and even I have tried this since I was told about it The penny takes the sting out of the bite immediately..... **It definitely works!**

## HEAT ILLNESS

PO Box 14663, Grand Forks, ND 58208-4663 • [www.nosha.net](http://www.nosha.net) • [info@nosha.net](mailto:info@nosha.net)

## BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH / 6:00 - 8:00 PM. GRAND FORKS PARK DISTRICT, 1210 7<sup>TH</sup> AVENUE SOUTH  
**NEXT MEETING → August 7<sup>th</sup>**

- Our annual picnic will be held on August 20<sup>th</sup> @ Lincoln Drive Park, 1319 Lincoln Drive, Grand Forks (no noon meeting that day)
- Our "Fall Seminar" is set for October 1<sup>st</sup> (8:30am - 12:00pm/registration-7:30am) @ The Chester Fritz Auditorium. **We are very excited to have Dr. Isabel Perry "The Safety Doctor" as our presenter this year! For more info go to ([www.thesafetydoctor.com](http://www.thesafetydoctor.com))!!!**

### BOARD MEMBERS

Steve Harken (President)  
Dale Dahlen (Vice President)  
Joe Strang (Treasurer)  
Tracy Cameron (Secretary)  
Pat Balstad • Carol Gierszewski  
Robert Hewitt • Bonnie Knutson  
Cedric Masa • Lyle Ross • Annette Shane

## COMMITTEES

### Communication Committee

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

- Need one of our application forms for a potential member? Go to our website @ [www.nosha.net](http://www.nosha.net)  
⇒ Become A Member  
⇒ Application Form or ⇒ NOSHA Brochure

### Education Committee

(Bonnie Knutson, Pat Balstad)

(Upcoming GM Meeting Presentations)

- **August 20, 2008**  
- Annual Picnic - 6:00 PM
- **September 17, 2008**  
- TBD

### Membership Committee

(Davis Hoverson)

- ★ **60+ MEMBERS STRONG...and GROWING!**
- Do you know of a potential "New Member"? Invite them to our next general membership meeting and **lunch is on us!**

- Dress appropriately by wearing cool, breathable clothing
- Drink plenty of fluids
- Avoid alcohol or caffeinated beverages
- Perform the most strenuous tasks during the coolest part of the day

**Recognizing the symptoms:** Headache - Dizziness or lightheadedness - Nausea - Irritability or Confusion - Rapid, shallow breathing - Red or flushed, hot and dry skin (no sweating) - Extremely high body temperature (higher than 103° F) - Rapid, strong pulse - Elevated or lowered blood pressure - Possible convulsions or unconsciousness