

GENERAL MEMBERSHIP MEETING

Wednesday, June 17, 2009, 11:30 a.m. – 1:00 p.m., **Golden Corral (3251 32nd Ave S, GF)**
“**PROTECT YOUR SKIN, Sun Damage, Skin Cancer.....Prevention and Protection**”
Amy Shimek, FNP, Truyu Aesthetic Center

WATER..... THE CLEAR, CLEAN FACTS

10 Reasons to Drink Water

<http://www.allaboutwater.org/drink-water.html>

1. Water is absolutely essential to the human body's survival. A person can live for about a month without food, but only about a week without water.
2. Water helps to maintain healthy body weight by increasing metabolism and regulating appetite.
3. Water leads to increased energy levels. The most common cause of daytime fatigue is actually mild dehydration.
4. Drinking adequate amounts of water can decrease the risk of certain types of cancers, including colon cancer, bladder cancer, and breast cancer.
5. For a majority of sufferers, drinking water can significantly reduce joint and/or back pain.
6. Water leads to overall greater health by flushing out wastes and bacteria that can cause disease.
7. Water can prevent and alleviate headaches.
8. Water naturally moisturizes skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance.
9. Water aids in the digestion process and prevents constipation.
10. Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.

City of Grand Forks Water Treatment Grand Forks Water Source

<http://www.grandforks.gov.com>

Drinking Water

- Average Total Alkalinity: 90 mg/L CaCO₃
- Average Total Hardness: 162 mg/L
- Average pH of the tap water: 8.9 units
- A 1.2 mg/L dose of fluoride is maintained for dental health
- Gallons treated annually: about 3.05 billion
- There is a certified operator on staff 24 hours a day, 365 days a year. The water quality is tested frequently throughout the day for each treatment process.
- Certified service workers maintain 250 miles of water mains

Water Tips

- You can save up to 8 gallons of water a day just by turning off the faucet while you brush your teeth.
- Reduce your water use in the shower 50 to 70% by installing a low-flow showerhead. The newer models have many extra features and surprisingly high water pressure.
- Fix leaky faucets and save 3 gallons of water every day for each leak.
- If you have an older toilet, you're probably using up to 5 gallons of water per flush. If purchasing a new toilet is not an option, try this trick: fill a plastic juice or milk container with water and place in your toilet tank to reduce the amount of water required to fill the tank. (But make sure to change frequently to avoid flushing down chemicals from degrading plastic)
- Bring your car to the carwash instead of washing it by hand. Commercial car washes typically use 2 to 3 times less water per car than washing by hand (think 45 gallons instead of up to 140) and are required to drain their wastewater into the sewer, which saves the land from absorbing all those cleaning chemicals. Many commercial car washes treat and recycle their water as well.

AFTER THE TORNADO...

PO Box 14663, Grand Forks, ND 58208-4663 • www.nosha.net • info@nosha.net

Your company may have an emergency plan, but does it tell you what to do after the tornado has come and gone? Here are a few tips to keep in mind.....Keep your staff together and wait for emergency personnel to arrive. Carefully render aid to those who are injured. Stay away from power lines and puddles with wires in them; they may still be carrying electricity! Watch your step to avoid broken glass, nails, and other sharp objects. Stay out of any heavily damaged buildings; they could collapse at any time. Do not use matches or lighters, in case of leaking natural gas pipes or fuel tanks nearby. Remain calm and alert, and listen for information and instructions from emergency crews or local officials. www.spc.noaa.gov/faq/tornado/safety.html

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 → July 9th

- **STEP UP TO THE PLATE AND BRING ONE HOME FOR YOUR TEAM!** If you are interested, in serving on the NOSHA Board, please contact Annette Shane at ashane@gfparks.org or 701-787-2816.
- **SAVE THE DATE!** Our “Safety & Security in the Workplace” mini-conference is now set for Tuesday, October 6, 2009 at the Clarion! Stefan Salmonson will be our Keynote Speaker.....*More info to come!!!*

BOARD MEMBERS

*Carol Gierszewski (President)
Steve Harken (Vice President)
Tim Bailly (Treasurer)
Tracy Cameron (Secretary)
Todd Brady ♦ Robert Hewitt
Cedric Masa ♦ Eric Pearson
Annette Shane ♦ Joe Strang*

COMMITTEES

Communication Committee

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

- Trying to find an article that was in a previous issue of “The NOSHA NEWS”? Check out the **NOSHA News Archive** on our website! @ www.nosha.net !!!

Education Committee

(Bonnie Knutson, Pat Balstad)

(Upcoming GM Meeting Presentations)

- **July 15, 2009**
- Networking/Round Table
- **August 19, 2009**
- Annual Picnic

Membership Committee

(Davis Hoverson)

- ★ **60+ MEMBERS STRONG.....and GROWING!**
- ★ **WELCOME “Grafton Equipment Company” - Our Newest Member!**

NOSHA is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals and ideas to promote workplace safety.