

GENERAL MEMBERSHIP MEETING - WEDNESDAY, FEBRUARY 17, 2010

Marvin Windows and Door's "Wellness Program", Todd Brady and Vicki Ham

THANK YOU NORTH DAKOTA SAFETY COUNCIL FOR ONE OF THE BEST SAFETY CONFERENCES EVER!

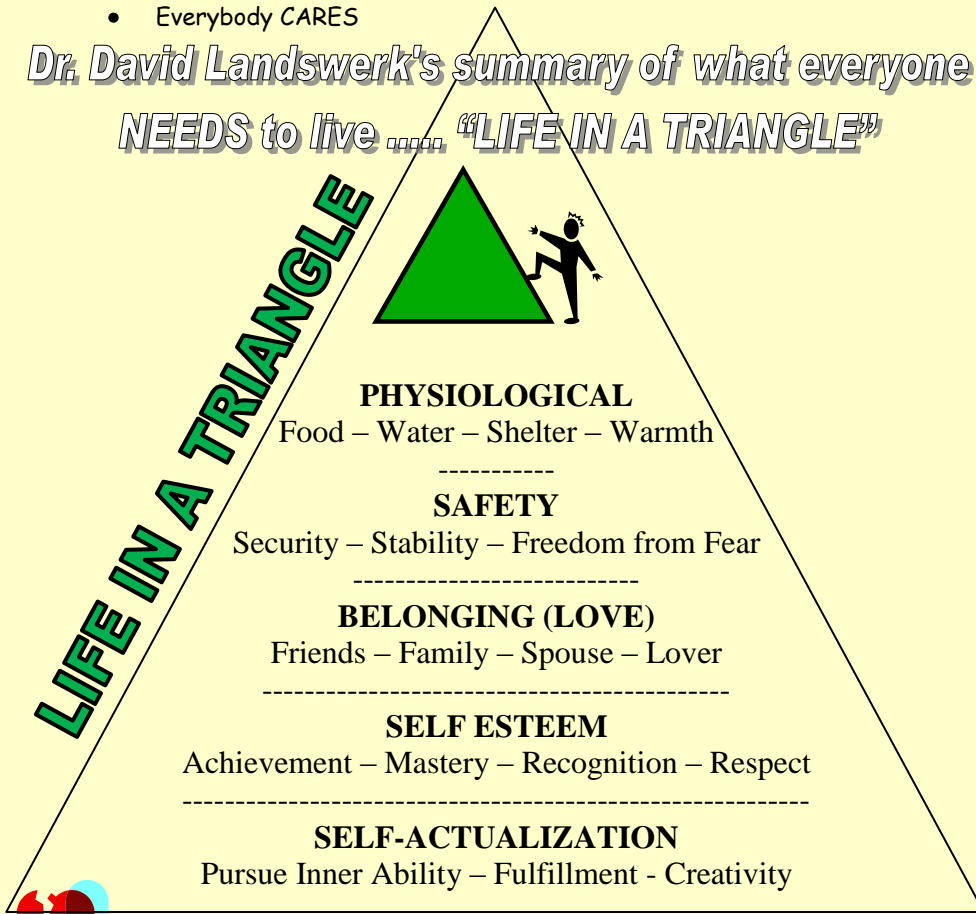
If you were unable to attend this year's conference....you missed a GOOD ONE!

Keynote speaker, Dr. David Landswerk was UNBELIEVABLE! He uses real life experiences involving real people to prove that success in work and in life is within the reach of all of us. His belief is that most people have the potential to excel in whatever they do by developing a stronger commitment to it than others, by doing more with what they already have than by worrying about what they don't have, and by distinguishing themselves with a more positive attitude than those around them.

SOME "THINGS" TO THINK ABOUT:

- Listen to UNDERSTAND ⇒ Not to RESPOND
- SUCCESS = Doing something to the level that YOU can do it
- Learn to accept CHANGE
- Everybody CARES

Dr. David Landswerk's summary of what everyone NEEDS to live "LIFE IN A TRIANGLE"



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- ♥ Three hours a week of brisk walking can cut heart disease risk by 40 percent.
- ♥ For every \$1 spent on wellness and health in the workplace, employers save up to \$16.
- ♥ Anger-prone people are three times more likely to have heart attacks.
- ♥ Beans are as effective as oat bran in lowering cholesterol. Eat 3 cups of beans each week to reduce your risk of heart disease.
- ♥ Just 15 minutes of relaxation can alter your heart rate.



[http://www.hearthealthyonline.com/heart-disease-overview/how-the-heart-works/heart-facts_1.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 → March 4th

- WELCOME ABOARD Christin McWaters, Davis Hoverson, Rachel Kmecik, Tim Krile and Lyle Ross!
- Is there something special you or your company would like to see NOSHA do in 2010 – Please make the Board aware of any new and exciting ideas you may have!

BOARD MEMBERS

Carol Gierszewski (PRESIDENT)
Christin McWaters (VICE-PRESIDENT)
Joe Strang (TREASURER)
Tracy Cameron (SECRETARY)
Todd Brady • Davis Hoverson
Rachel Kmecik • Tim Krile • Eric Pearson
Lyle Ross • Annette Shane

COMMITTEES

Communication Committee

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

- Please pay your 2010 membership dues ASAP if you have not already done so. Linda has the list of unpaid members, so check with her at info@nosha.net if you are not sure where you stand or if you need a statement sent out. Thank you.

Education Committee

(Bonnie Knutson, Lyle Ross)

(Upcoming GM Meeting Presentations)

- **March 17, 2010** – "Stress Management", Milissa Van Eps, North Dakota BCBS
- **April 21, 2010** - TBD

Membership Committee

(Davis Hoverson, Rachel Kmecik)

★ 60+ MEMBERS STRONG...and GROWING!

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.

CONGRATULATIONS TO ALL THE LUCKY WINNERS OF THE "BOTTLE TOPPERS" (DOOR PRIZES FOR OUR JANUARY GM MEETING)!