



CHAPTER *response*

Don't Get Caught in the Dark

Some of us would not consider blackouts a disaster, but most of us will be effected by this situation at one time or another. Blackouts may occur during a severe ice storm, thunderstorm, hurricane, tornado, earthquake or flood.

You can prepare before blackouts occur by assembling essential supplies in this checklist:

- ✓ Flashlights
- ✓ Batteries
- ✓ Portable radio
- ✓ At least one gallon of water
- ✓ A small supply of non-perishable food
- ✓ Inexpensive Styrofoam coolers for food and ice storage

For more info on blackouts, visit www.redcross.org and see "blackouts" in the "Get Prepared" section.



Take these steps should you lose electrical power:

- Call your local power company and notify them of the outage.
- Never use candles for emergency lighting. Use flashlights and battery-operated lanterns.
- Turn off all major appliances in case of overload when the power comes back on.
- Keep refrigerator and freezer doors closed so that food won't spoil.
- Use generators only outdoors in well-ventilated areas. Refuel them only after they've cooled.
- In cold weather, drain pumps, supply lines, water heaters and boilers, which can freeze when the power is lost.
- If it is hot outside, move to the lowest level of your home, and wear lightweight, light-colored clothing. Drink plenty of water even if you are not thirsty.
- Remember your pets' needs for fresh cool water and shelter from the heat or cold.
- If the power may be out for a prolonged period, go to a relative's home, friend or Red Cross emergency shelter to keep warm or cool.



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American Red Cross

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The Oregon Pacific Chapter

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Protect Your Pet with the Red Cross!

Emergencies often happen suddenly and without warning. Knowing what to do in the initial moments can be critical to saving a life — even your pet's life. Thanks to the American Red Cross, pet owners can prepare with First Aid and CPR skills.

As a young mother, Virginia Marchetti decided to learn First Aid so she'd know what to do in case one of her children got hurt. "It seemed like the cautious thing to do," she says. As her children grew up, she took two refresher courses in CPR and First Aid from the American Red Cross to update her skills.

Last November, her Red Cross training paid off. Marchetti did save the life of a family member — a four-legged one.

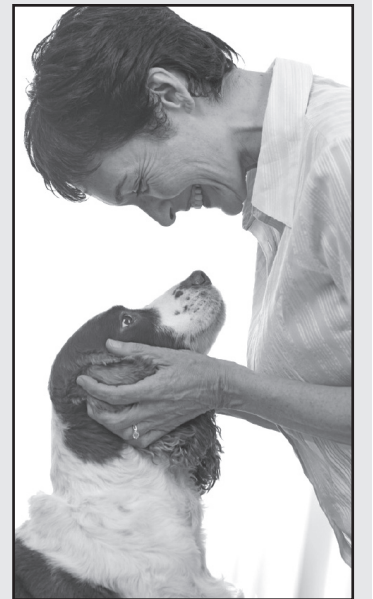
The day began like any other. After the children left for school, Marchetti fed her two dogs and was going about her routine chores. Later she noticed her four-year-old dog, Gryffin, lying on the rug beside her, looking ill. "His eyes were bulging and his neck was extended in a strange manner," says Marchetti. "He looked like he might vomit, but then I realized he was choking." Quickly moving into rescue mode, Marchetti lifted Gryffin's front paws, put her hands under his stomach and gave him a quick upward thrust. Nothing happened, so she did it again, a little harder this time. Out flew a couple of pieces of dog food.

Marchetti says she owes her lifesaving skills to the Red Cross First Aid classes she took 27 years ago. "I'm relieved I knew what to do the day Gryffin choked," she says. "Knowing what to do made all the difference."

Learn the Signs to Watch for & What to do first

American Red Cross Pet First Aid classes give pet owners the skills and confidence to deal with emergencies until they can get their pet to a veterinarian. Reference Guides also provide quick answers to questions about caring for family dogs and cats. "Pet First Aid" offers help with everything from giving medication, step-by-step directions on how to perform CPR, how to care for 50 types of injuries and illnesses and includes more than 130 easy-to-follow illustrations.

"Our pets are as vulnerable as our children. They depend on us to keep them healthy, and to come to their aid in an emergency," said Don Lauritzen, Red Cross health and safety expert. Contact your local Red Cross office for more information on taking a class or to purchase a First Aid Reference Guide, Pet First Aid Kit or Guide Book with DVD.





CHAPTER *response*

Volunteers Make a Difference!

The Oregon Pacific Chapter honored several volunteers at its June Annual Meeting. Here are some of the highlights:

Tim Seymour — Health & Safety — Tim is reliable, extremely professional and always gets great evaluations in his classes. Tim is also a First Aid Service Team (FAST) adult mentor and even recruited his wife to join. Tim is currently working to implement a Red Cross aquatics program at the Eugene Country Club. Tim is well respected and has a great sense of humor, too.



Tavid Westerhoff-Mason — Outstanding Youth Volunteer — Tavid joined FAST in 2006 and has volunteered more than 125 hours for the Red Cross. Tavid is the current vice-president of FAST and has participated in 22 events with us. He even volunteered to make campaign fundraising calls.

Eugene Downtown Lions Club — Meals on Wheels — The Eugene Downtown Lions Club has helped deliver meals, covered vehicle repair expenses and purchased freezers and insulated carriers. The Club partnered with us to create the “File of Life” emergency information magnet for seniors. Twenty of their members have delivered meals twice a week for the past seven years. They are incredible community supporters. Thank you!

Disaster Volunteers of the Year



George & Virginia Roth — **Robert F. Jackson Award** — As individuals and as a couple, George and Virginia Roth consistently provide high-level leadership throughout the Oregon Pacific Chapter.

They exemplify the Red Cross edict, “Led by Volunteers.” They are national responders, responsible for emergency computer and communication set-ups. Locally, they train volunteers, keep records, provide computer system assistance, help manage the local DAT team and complete shelter agreements. Recently, the Roths led an effort to conduct a full-scale 24-hour disaster exercise in the south district. Because of their efforts, we are better able to efficiently and effectively respond to disaster needs.



Lisa Clarke — North District — **Distinguished Disaster Volunteer Award** — Lisa puts her whole heart into the Red Cross. Throughout the year, Lisa has responded to many family disaster calls, instructed basic disaster courses, participated in numerous community events (parades and fairs), conducted radio interviews and even recruited her family into cooking and serving meals at a search and rescue academy. Lisa inspires other

volunteers and gives them guidance and support. She shows her passion for the mission of the Red Cross every day. Thank you, Lisa!

Ken & Kathy McCoy — Lane County — **Lane DAT Volunteers of the Year** — Ken and Kathy are an incredible team. Together they co-chair the Disaster Action Team (DAT), teach CPR classes, provide on-call disaster response, volunteer in the office and attend meetings. For the past several months, they have been working to update the Red Cross shelter list for Lane County, conducting inspections and interviews. They are always positive and willing to do their part. Thank you both, for all your hard work on behalf of the Red Cross mission.

Jim Emerick — South District — **Volunteer of the Year** — Jim is an incredible asset to the disaster relief services of the Red Cross. He has participated in a number of national disaster relief operations including flooding in Indiana and New Jersey and the California Wildfires. Jim demonstrates leadership in Brookings, an area without a Red Cross field office, finding ways to copy materials, teach classes, provide caring casework to families and always going the extra mile. Jim even won a local pinochle tournament and donated his winnings to the Red Cross. Thank you for your generosity, Jim!

Spotlight on Kids' Classes:

Basic Aid Training

Basic Aid Training is a six-hour class for young people ages 10 to 13. The class teaches youth how to respond to bleeding, burns, broken bones and shock emergencies. The class includes instructions on rescue breathing and choking emergencies, as well as water and personal safety. Boys and girls earn certification in First Aid and CPR.

Super Safety

Super Safety is an education program designed for children ages 5 to 10. It prepares children for being home alone, handling emergency phone calls and how to answer the door and phone safely. It also teaches fire safety, handling peer pressure and constructive leisure time.



Babysitter's Training

Designed for 11 to 15-year-olds, Babysitter's Training is a six-hour course that gives participants the knowledge, skills and confidence to care for infants through school-aged children. Babysitter's Training addresses safety issues, preventing injuries and illnesses, basic childcare, First Aid, decision-making skills and age-appropriate behavior and play. Participants receive a reference handbook and a certification card. A variety of Red Cross Babysitting kits are also available for purchase.

A schedule of all our classes is available at our website at www.oregonpacific.redcross.org.



Message from Garry Kunkel, Board Chair

When you rise to meet the challenge, everyone's life begins changing for the better — including your own.

Sometimes it's odd to be in the business of dealing with disasters. You cannot predict where or when they will occur and each one is different. Still, at the American Red Cross we have to be ready at any time for anything.

Some disasters are epic — tsunamis, hurricanes, tornadoes and earthquakes can command global attention and stay in the headlines for months. And there are everyday public disasters — statistics tell us there are accidental drownings every hour, and house fires every minute in this country. But inside every epic and public disaster are individual stories of private devastation. Not all grief is played out on the evening news, as you know.

To the Red Cross, our reaction to every disaster is the same: immediate, professional, caring and practical. We are there to assess and address the needs, no matter how epic, while caring for each individual. We strive to be wherever people are overwhelmed, helping them overcome despair.

The tools we use may include bottled water, food, shelter, care and compassion. But one of the most important resources at the scene of any disaster is YOU. Wherever we go, we take you with us — you support our efforts, allowing us to assist whenever and wherever help is needed. We couldn't do it without your generosity.

We are proud to lead a group of concerned citizens, volunteers and donors who care about their community and the world where they live. We thank you for being right there with us. To learn more about how you can become involved with your Oregon Pacific Chapter of the American Red Cross, contact us at (541) 344-5244.

Sincerely,