

Why I Volunteer for the Red Cross: Becky Alden of Dennis

Becky Alden has been interested in Disaster Services since childhood: *"When I would babysit, my mom would call and drill me, if there is a fire what you do with the kids, she would ask."* Her interest in Disaster Services continued as she went into Girl Scouts. Later she became a Registered Nurse at Cape Cod Hospital, and even though she has retired from her professional career, she still remains a certified nurse to volunteer for the Red Cross.

Last year she responded to one of the hurricanes in Texas. A few years ago she did client case work in Virginia. During Hurricane Bob she was a Shelter Manager at the Cape Cod Tech location and managed about 1,500 people.



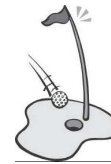
Becky Alden has been volunteering with the Red Cross for 21 years. She currently serves as the Disaster Services Co-Training head and as Staff Health Consultant for National Events.

Becky volunteers for the Red Cross because:

"The organization is mostly volunteer run, so you are surrounded by many equals.

You also get more responsibilities that you might not have the opportunity to do with other organizations. I never feel overwhelmed and I only accept work I know I can handle. It's a great group of people!"

Second Annual Red Cross Open a Success, despite the Rain...



88 golfers and more than 50 sponsors participated in the Second Annual Red Cross Open at the Club at Yarmouth Port. Thank you to all who made this possible.

It was a great day, even though rain and thunder prevented us from playing more than 9 holes. The support raised through this event made this National Day of Service even more special and it will go a long way to support the first responders and our disaster affected clients.



Volunteers are preparing for the golfers at the 2nd Annual Red Cross Open, it was still dry then...

Looking for Heroes for 2009

Please keep your eyes and ears open for 2009 Heroes, to be recognized at next year's event, Thursday March 4th, 2010. Download the nomination online at cciredcross.org



A Special Word of Thanks

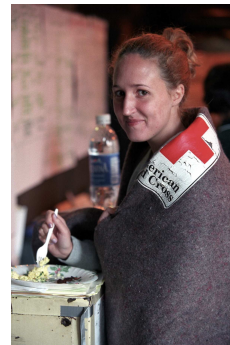
"Please thank all the members of the Red Cross Disaster Services Team who responded to the drowning Sunday, August 23rd, 2009, to support the fire-rescue personnel on scene.

"Their support with hot coffee, drinks and food was greatly appreciated by our personnel and we cannot thank them enough for their dedication."

John Farrington, *Chief C-O-MM FireRescue*

After a fire: Red Cross is there...

Dispatcher Jonathan O'Neil said: *"I came to the scene and found the family huddled together in the garage in the dark, scared. They lost everything. We took them into our Emergency Response Vehicle, gave them blankets, some sweat pants to wear. We were able to show them that there was someone to turn to: the Red Cross."*



You make this possible. Thank you!

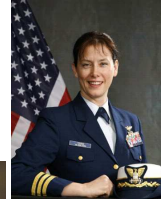
Red Cross Presence on MMR

Several Red Cross Volunteers have been working with commanders at the Massachusetts Military Reservation to establish a Red Cross Presence in support of the 3,000 military families, involved with the MMR and some 4,000 soldiers expected to cycle through the base in the next few months. As one of the Generals said it: "We need the Red Cross". The Red Cross Resource Center is expected to go live soon.

This Newsletter is aimed at helping you become better informed about the happenings at the Chapter. We hope you like it and appreciate your feedback. You can write to info@cciredcross.org or call (508) 775-1540.

Welcome: New Board Members

(right) Elizabeth Young of Marston's Mills, Deputy Executive Officer, Coast Guard Air Station Cape Cod



(left) Patrick Foran of East Dennis, President, Foran Realty



(right) Steve Lowell, Hyannis, Vice President, Cape Cod Cooperative Bank



Now you can save travel time and take a class at your own pace, simply go online and sign up. You will go through an interactive class.

Once you're done, you will make an appointment for a short in-person training and skill test session. If you pass that, you receive your certification.

The advantage of the online training is that you can take this class at your own pace at a time most convenient to you, even if it's at 2 am in the morning!

To sign up or for more information, call (508) 775-1540 or via the web site at cciredcross.org



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Instructor Profile

Patricia Oshman teaches CPR and First Aid classes in English and Portuguese. She speaks both languages fluently.

Two years ago, the Chapter developed a CPR and First Aid program in Portuguese to try to reach out to the Brazilian community on Cape Cod. We have since trained over 100 people in Portuguese.



Patricia Oshman has been a Red Cross Lay Responder First Aid/CPR/AED Instructor for a little over a year.

Trish works in Program Support at the CACCI/Child Care Network of the Cape and Islands. Her enthusiasm and abilities have been a strong influence in the Chapter's success with the Portuguese language classes.

Life Saving Classes

More than 15,000 people were trained since July 2008 in First Aid, CPR/AED, Baby Sitting Training, Pet First Aid, Chokesaver with Restaurant Emergencies, Water Safety. All these classes and more are available on a regular basis.

Special group rates are available by calling Karen Whiting, Wendy Pierce or Flo Roberts at (508) 775-1540.

Check out the schedule or sign up online: cciredcross.org

Also check out the web for gift certificates or other gifts to keep your loved ones safe and well.

Free Disaster Education

The Chapter can organize free disaster presentations at your business or organization, throughout Cape Cod and the Islands. Call (508) 775-1540 to arrange for a presentation.

Are you Red Cross Ready?

Request your free *Be Red Cross Ready* brochures, aimed at preparing people for disaster today! They are available in English and Portuguese online at www.cciredcross.org or via calling (508) 775-1540.



Life guard training



Volunteers in action at a recent Fire in Brewster

Introducing

The chapter has introduced a special recognition program for its loyal generous supporters. For more information, please contact us at the chapter at (508) 775-1540 or at info@cciredcross.org



Join Friends of the Red Cross or Circle of Friends

A great way to help support the Red Cross with a 4-year pledge or with a monthly donation. Safe and easy through your credit card, you can help the chapter 12 months a year without receiving any additional appeals. Download a sign up form online or call (508) 775-1540 to join today.



Activities

These have been very busy months for the Disaster Action Team Volunteers.

Hurricane Bill and tropical storm Danny threatened the Cape and we were on the alert. Logistics transported a trailer with shelter supplies to Martha's Vineyard and Nantucket. The storms did generate a lot of rain.

Volunteers also supported numerous fires all over Cape Cod and they canteened for first responders at a search and rescue after a drowning.

Disaster relief can be stressful so the Chapter is organizing a stress relief workshop on October 1st.

Red Cross volunteers gave out *Get to Know Us before You Need Us* information to military members and their families at a Coast Guard Ice Cream Social and Family day at the Otis Air National Guard base.

All this and more is only possible thanks to the support of these volunteers and donors and foundations. Thank you!

Disaster Volunteer Classes

The Chapter is actively building its volunteer force.

A Disaster Volunteer training class is being planned at the Massachusetts Military Reservation. A class will begin on October 6th on Martha's Vineyard, as part of the Adult Community Education (ACE) program.

A Disaster Volunteer Training class will also be held on Nantucket starting October 8th at the Cyrus Peirce Middle School. For more info, email train@cciredcross.org or call (508) 775-1540, ext. 24.



Volunteers in action after a fire in Yarmouth



Training Administrator Michael Robbins at the information booth at the MMR

About the Chapter

The American Red Cross is the primary lead agency for Mass Care Emergency Response, Disaster Relief Services, Services to Military Families, and Health and Safety Training Services.

The Cape Cod and Islands Chapter of the American Red Cross has provided emergency response service and health and safety training to the residents of Cape Cod, Nantucket and Martha's Vineyard for over 90 years.

All Disaster Services to Disaster-affected Clients, Police, Firefighters and all others responding to emergencies are provided free of charge. Training is free to Red Cross volunteers.

The Chapter receives no government funding. Our resources are paid only through charitable donations, grants and in-kind support from individuals, foundations and businesses, locally.

Thank you for your support.

How Your Red Cross Donation Helps Disaster Victims

\$75 provides 25 blankets at an emergency shelter.

\$350 provides emergency food and shelter for 25 disaster-affected clients for one day.

\$1,200 deploys one Emergency Response Vehicle to a local disaster.

\$2,300 is the average yearly maintenance and fuel for one Emergency Response Vehicle on Cape Cod and the Islands.