

Record Attendance for 7th Annual Heroes Breakfast

More than 500 Heroes, family members, friends, business and community members and volunteers attended the 7th Annual Heroes Breakfast at the Resort and Conference Center at Hyannis.

Attendees enjoyed a hearty breakfast as well as some video introductions of the heroes during this 2 hour inspirational event. Special recognition went to Pat Butler and Thomas McDonald posthumously.

A total of 48 individuals were recognized in 27 different categories, ranging from Firefighter Hero, to Community Service to Good Samaritan to Community Impact. A complete list of the Heroes can be found on capecodandislandsredcross.org. A special thank you goes to the nominating committee who poured over a large number of nominations to come up with this list of Heroes for 2008.



Heroes 2008. Photo courtesy: PicturetheCape.com

Please keep your eyes and ears open for 2009 Heroes, who will be recognized at next year's event. The nomination form is available on-line at capecodandislandsredcross.org

Thank you Heroes, Sponsors, Donors and the Cape Cod and Islands Community.

"I request that during that month (March) our people rededicate themselves to the splendid aims and activities of the Red Cross."

--President Franklin D. Roosevelt,

First Presidential Proclamation of March as Red Cross Month, 1943

Volunteers Respond to Record Number of Fires



Volunteers provide coffee and snacks to firefighters at Cape Cod Animal Hospital

In the past few weeks Red Cross volunteers have been called to a record number of fires. Most recently they helped a family in North Falmouth, in Cotuit and they supported firefighters and emergency personnel at the Cape Cod Animal Hospital in Marstons Mills. Volunteers go out in the middle of the night and stay till the last person leaves.

We'd like to share a story that really captures the essence of why volunteers are doing what they're doing.

Volunteer Linda Kelly Shares her story

Red Cross Disaster Action Team Member Linda Kelly of Hyannis recently had a very moving experience during a follow up visit she made to a fire victim.

The client's home was completely destroyed in a fire and he was left with nothing but the clothes on his back. Since the fire he had been living with friends who welcomed him with open arms and are letting him stay with them indefinitely.

Linda says: *"As we finished with our report and said our goodbyes, we reassured our client that he is not alone during this difficult time. His friend then complimented us for our compassion, consolation, understanding, and reassurance to our client. He said that it all comes from the goodness in your hearts."*

"Tears welled in my eyes. I was speechless and humbled. Thanking him for his kind words, I understand and truly appreciate the American Red Cross for reaching out to people who become victims of disasters. Ted and I were proof of that tonight."

She concluded, *"I will never forget his words. It made me proud not just for*

myself, but for all Cape Cod and Islands, American Red Cross volunteers, who really believe and live by our American Red Cross mission."

The work we do as Red Cross volunteers has a profound affect on not only our clients, but their friends and families and the entire Cape and Islands community as well.

All American Red Cross disaster assistance is free, made possible by voluntary donations of time and money from the American people. You can help disaster-affected clients on Cape Cod and the Islands by making a financial gift to the Local Disaster Relief Fund, which enables the Red Cross to provide shelter, food, counseling and other assistance to those affected by disaster.



286 South Street
Hyannis, MA 02601
(508) 775-1540
capecodandislandsredcross.org

AED Training and Life Saving Classes

Sudden Cardiac Arrest is one of the leading causes of death in the US. Now with the latest generation of AEDs (Automated External Defibrillators) and training from the Red Cross you can learn how to use one of these machines and save a life. The Red Cross can assist you in purchasing an AED and can even offer special prices on AED training, if the AED is purchased through the Red Cross. For more info, call Karen Whiting, 508-775-1540 at the Cape and Islands Chapter.



Thank You

Thanks to recent grant support, the chapter was able to train members of the Military and their families in CPR, AED and First Aid. Here are some personal thank yous.

"Thank you very much for allowing people on this base to attend a very important class."
"Thank you for providing this to military and their families."
"Thank you for teaching me how to save lives."

Friends of the Red Cross and 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. A way to help 12 months a year without receiving any additional appeals. Download a sign up form on-line or call (508) 775-1540.



Baby Sitting Training, Pet First Aid, Chokesaver with restaurant emergencies, First Aid, CPR/AED... 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.



Chapter to Host Disaster Institute

The Cape Cod and Islands Chapter has been asked to host SNEDI (the Southern New England Disaster Institute) this year and for the next two years!

This is a wonderful opportunity for our members to attend advanced level classes. These are classes that would not normally be offered at your local Red Cross chapter and classes that would normally require participants to travel or fly a great distance to attend. This year's Advanced Volunteer Training Program will be held on May 15th, 16th and 17th. For more information, go to www.ctredcross.org and look for the SNEDI booklet.

Be Red Cross Ready brochures are aimed at preparing people for disaster. The brochures are available in English and Portuguese on-line at capecodandislandsredcross.org

This newsletter is aimed at helping you become better informed about the happenings at the Chapter.

We hope you like it and we appreciate your feedback. You can write to info@ctredcross.org or call (508) 775-1540.

Volunteer Training Classes in Harwich

Based upon the success of community Volunteer classes, the Red Cross is offering these at the Harwich Community Center located on Oak Street across from the High School. Each class will run 3 hours, every Wednesday for 6 consecutive Wednesdays.

Red Cross Volunteers are trained to work in various fields of expertise, including participating in your local community activities, responding to a local disaster (house fire, airplane crash, oil spill), or deploying to different parts of our nation where a disaster has struck (Katrina, California wildfires, Iowa floods, Western Massachusetts Ice storms).

Through these classes you will gain an understanding of the Red Cross' mission and philosophy that extends worldwide. You will learn how to work in a shelter and assist people affected by disaster. You will be taught the process of assisting clients in the event of an emergency. You will also hear from current volunteers who will share their experiences with working for the Red Cross all over the world.

For information about this class or to register as a volunteer, please contact 508-775-1540 or go on-line to capecodandislandsredcross.org



Please welcome new Board Chair, Enzo Allegretti of Brewster



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.

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.

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How the Red Cross May Use Your Donation to Help Disaster Victims

\$75 provides 25 blankets at an emergency shelter.

\$350 will provide 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.