
AMERICAN RED CROSS VOLUNTEER NEWS OF THE WEEK

To: All Volunteers
From: North Treasure Coast Chapter
Subject: Weekly What's Happening
Date: 08/04//2008

CHAPTER NEWS

Welcome to Heather Wiley



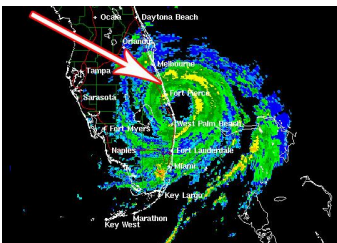
Heather Wiley has joined us as the new Branch Manager in St. Lucie County. Heather comes to us from the Palm Beach Chapter where she filled a variety of roles, prior to that she was Manager of Emergency Services at the Philadelphia Pa. Chapter. Please welcome Heather to the North Treasure Coast Chapter.



Thank you to Bill Condon who responded to the fire in St. Lucie County. The family was given \$500.00 and 3 nights in a hotel

REMINDER TO DSHR Volunteers

**As we approach the most active time in hurricane season, please be sure that ALL your paperwork is up to date. This must be done before you can be deployed to any operation.
If you are not sure, contact Duane now BEFORE you consider deploying!**



HURRICANE SEASON IS HERE
ARE YOU PREPARED?
Sign up for training now!!
CALL DUANE NOW!

UPCOMING CLASSES To be Held in Fort Pierce:

Fulfilling our Mission and Mass Care Overview---- Tuesday, August 19th-----5:00PM – 9:00PM
Fulfilling our Mission and Shelter Operations----- Wednesday, August 27th -----5:00PM - 9:00PM
Shelter Simulations-----Wednesday, September 3rd---5:00PM – 9:00PM

Financial Development Volunteers needed!

If you are full of energy have some good ideas, like to have fun and like to meet people, we have several openings for volunteers who would like to serve on the Financial Development Committee. We will be getting involved in some special events in St. Lucie and Indian River Counties, and this should be a fun assignment.

Contact Bob McCarthy if you have interest 563 2549.



Tis the Season to be aware of the Heat!!

Preventing Heat-Related Illness

- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- **Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat.
- **Avoid using salt tablets unless directed to do so by a physician.**
- **Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- **Stay indoors when possible.**
- **Take regular breaks** when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!



NEW ITEM:

American Red Cross FR150 MICROLINK

Retail cost of this item is \$30.00 + tax and shipping
Special buy for volunteers through the month of July:
\$27.00 includes tax and shipping.

For more information or to view the item see Doris.

- This radio should not take the place of a weather alert radio. This is a radio that you can access the weather frequency station when on the road, at the beach, hiking, biking, playing or in the house without power or a weather alert available.

St. Lucie County
2211 South 25th Street
Fort Pierce, FL 34947
772-461-3950

Indian River County
2506 17th Avenue
Vero Beach, FL 32960
772-562-2549

If you no longer want to receive this newsletter please send a blank email with "Unsubscribe" in the subject line to volunteer@ntc-redcross.org