



A PUBLICATION OF THE BLUE MOUNTAIN CHAPTER OF THE AMERICAN RED CROSS

Hometown Heroes Breakfast Spring & Summer 2008

On March 19 at 7:30am the Blue Mountain Chapter of the American Red Cross held their Third Annual Hometown Heroes Breakfast. The Marcus Whitman Hotel and Conference Center was filled with people waiting to honor those who have done something extraordinary in the community. Interspersed were those waiting to be honored for their actions. There was nervousness and excitement in the air. Being honored might have been new or surprising with its



Dennis Moore

feelings of encouragement and recognition. The heroes honored that day provided a wide range of services to the Walla Walla community. Some have been active for years, others provided their services for the first time.

Dennis Moore is the youngest Hero and received the Fire Rescue Award for saving his family from their burning home. Craig Arland and Tommy Vicari were also presented with that award after going beyond the scope of their professions and saved two separate



Craig Arland

families who desperately needed their help.



Jack Largent

Jack Largent, who received the Adult Good Samaritan Award, stopped in the middle of a busy intersection to not only provide comfort and support for an injured man, but also for his family.



Tommy Vicari

The Youth Mentoring Award went to Cindy Widmer and Violet Scott who are both veterans in the field of community and social services focusing on the well being of children. Cindy helped with the inception and growth of the *friends of Children of Walla Walla* organization and Violet has donated her time to the YMCA's Youth Scholarship Program.



Cindy Widmer



Violet Scott

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HOW CAN YOU HELP?

Visit the American Red Cross website
www.redcross.org or
www.bmcrcross.org
or call us to find out
how to volunteer, give blood
or get involved.

(509) 525-7380

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Letter from the Executive Director

The American Red Cross has been an important player in ensuring the safety of our communities since 1898. Much has changed since that fledgling Red Cross Society was formed to support the soldiers who fought in the Spanish-American war. In the early years volunteers rolled bandages and knitted socks for the troops.

We no longer roll bandages or knit socks, but we still support our **nation's service men and women** to help them stay connected to families back home. Today, we call it Service to Armed Forces. The Red Cross provides emergency communications to and from soldiers in the field and facilitates their return home when family emergencies require their

presence.

The American Red Cross is also committed to helping people prevent, prepare for and respond to emergencies of all kinds. We offer CPR and Basic First Aid classes to the general public and in the workplace. We teach ordinary citizens the basic skills of CPR and how to respond when someone falls gravely ill. Often, the difference between life and death depends on the actions of lay responders before the professional responders arrive.

Prevention is an important part of public safety, but we cannot prevent every disaster from happening. In spite of all our efforts, floods still happen, fires destroy homes and the skies bring wind

and hail. When those disasters happen, the American Red Cross stands ready to help people pick up the pieces of their lives. When a family loses its home because of a house fire we are ready to help that family with immediate shelter, food, and clothing. We will work with other agencies to ensure a long term plan for recovery. Your contributions make our work possible. Thank you for supporting your local chapter.

Terry Hackney



Executive Director
Blue Mountain Chapter

Year in Review

2007 brought wildfires and windstorms, but it also brought a community of response from the Blue Mountain Chapter. Of our 84 volunteers in disaster and blood services, 7 were sent to Kansas, Illinois, California, western Oregon and Washington. Victims of the wildfires raging through southern



California were sheltered, fed and comforted in their time of great loss. Closer to home, the Walla Walla Valley experienced a winter windstorm in early January. In response the Blue Mountain Chapter opened 1 shelter

which housed 35 adults and children. We also provided meals to approximately 50 residents who were affected by the disaster.

With your donations we used \$12,320 to shelter and provide necessities for families of 11 separate house fires. Aside from disaster response, the Blue Mountain Chapter was working to prevent

emergencies and save lives with our CPR, first aid and aquatics classes. Over 2,000 people took classes last year and we hope to increase that number with babysitting classes and

pet first aid classes. With your generous donations and support we have been able to put up some staggering and impressive numbers for the calendar year of 2007.



American Red Cross Making Changes

The Blue Mountain Chapter of the American Red Cross works in cooperation with other Red Cross chapters in Washington and across the nation to provide Disaster relief and keep our communities safe. As we respond to an ever changing economy we are making changes within the Red Cross to deliver the help and services that our communities have come to expect from the American Red Cross.

The Blue Mountain Chapter is a member of a consortium of seven chapters in Eastern Washington – the Eastern Washington Regional Chapter with headquarters in Spokane, Washington. The challenges of providing service to an area that is 32,000 square miles in size are immense. However, by working together we are able to share resources across the region to deliver the services you expect.



Seven Eastern Washington Chapters form our Regional Chapter.

On a national level the American Red Cross is going through a restructuring process that will in some ways affect us in the Eastern Washington Regional Chapter.

National headquarters will be reducing costs, streamlining operations and refocusing on Red Cross units in the field. With this refocusing, more attention will be paid to areas where direct services are delivered.

In our efforts to address the needs of the American people, national headquarters has invested in programs and services which have not always been financially sustainable over the long-term. Similar to many other non-profit organizations contributions and funding have decreased significantly in the past few years. It is this, along with serious and dangerous disasters that required ambitious spending, that required the American Red Cross to refocus its financial situation.

None of the changes made on a national level will affect the Red Cross' ability to feed, shelter and

provide emotional support to victims of disasters. Only the approaches we use to deliver that support may change. The Red Cross remains committed to its mission of preparing for and responding to disasters, providing a safe blood supply, helping U.S. service members and their families and supporting the International Red Cross and Red Crescent Movement worldwide.

Thank You To Our
Heroes Breakfast Sponsors!



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Kari Berkas, Paige Roberts and Cassady Walters—who all received the Youth Good Samaritan Award—made it clear that they are going to be active



Kari Berkas



Cassady Walters

with community service for a long time to come. All are part of the Center for Community Service at Whitman College focusing on their own individual projects. Wendy Gonzales defined the Compassion in Action Award, by going above and beyond her job descrip-

tion at Helpline. The Lifetime Community Service Award was given to Lee Coleman, an active member of her church, the YWCA and many other non-profit organizations.



Wendy Gonzales



Lee Coleman

To Lee, helping the community has become a lifestyle. Lois Pegel has been an active member of the Red Cross in Walla Walla and has responded to disasters all over the United States. Lois embodies the Spirit of the Red Cross and therefore re-

ceived the Spirit of the Red Cross Award.

The American Red Cross is proud to honor those in our community who have gone above and beyond in order to provide, support and comfort. These heroes have inspired many individuals and we hope they will continue to encourage service and support within our community.



Lois Pegel

Keep your local HEROES in mind for next year's Hometown Heroes Breakfast! For nomination information contact the chapter office at: 509.525.7380



Fire Prevention and Safety

House fires kill upwards of 3000 people in one year. But there are plenty of ways to avoid a house fire. Here are a few ways to equip your home and yourself.

- Smoke detectors can save your life, but only if they are properly placed and working. Smoke detectors should be placed at the top of stairways in order to alert your family of a fire downstairs as soon as possible. A smoke detector in each room is optimal, but near the kitchen and in bedrooms is a necessary precaution against the spread of fire. Make sure to check your smoke detectors once a month. A smoke detector with a dead battery cannot do anything to help you or your family in an emergency.

- Having at least one fire extinguisher in your home is a good way to prevent small fires from becoming large ones. Keep it in or near the kitchen

since this is where most small fires start. However, do not attempt to fight large fires with a fire extinguisher. Focus on getting yourself and your family out of the house.

- If you live in a two or three story home make sure you have an escape ladder on each floor. During fires those on upper floors can be trapped without a way to escape. Having a ladder allows for a safer exit through upper story windows.

- Prepare with your family, an escape route in case of a fire or emergency. Make sure each member knows **where to meet outside the house.** It's best to have two different escape plans in case of unexpected circumstances.

If a fire does happen there are some important things to remember to get your family out safely.

1. Check to see if doors are hot before opening them.
2. Close doors behind you.
3. Alert others in the house that there is a fire.
4. Do not take anything with you.
5. Do not go back into the house to retrieve anything.
6. Wait to call 911 until you are out of **the house and at your family's meeting place.**
7. Remind and teach small children not to be afraid of firefighters or rescue personnel.
8. Stay low to the ground.





Babysitting is a common first job and a great way to start earning money and gaining experience working with other people and handling important responsibilities.

The Red Cross supports these ambitions and wants to help youths get a handle on the important information needed to take care of a child. The course offers knowledge and advice in handling bedtime issues,



choosing safe and age-appropriate games, diapering and feeding techniques as well as first aid and infant CPR in case of emergencies. Each student is responsible for one of our infant manikins throughout the class, learning how to remain attentive to the infant for an extended period of time.

After taking the course babysitters are equipped with a certificate of completion, their very own business cards and first aid supplies. The course is aimed at 11-15 year olds with a desire to learn safe babysitting techniques. The instructor provides a fun and interesting



environment with games and rewards that the students can use in their upcoming babysitting jobs.

Babysitters training is a fun and responsible step for youths to obtain the information and skills necessary to provide safe and responsible care for children in the absence of parents or guardians.

Upcoming Classes

April

Standard First Aid April 1, 2008 5:30-9:00pm	Standard First Aid April 12, 2008 12:30-3:30pm
Pet First Aid April 5, 2008 9:00-12:00pm	CPR Adult April 18, 2008 9:00-12:00pm
CPR/AED-Adult & Child + CPR Infant April 8, 2008 5:30-9:00pm	Standard First Aid April 18, 2008 12:30-3:30pm
CPR/AED-Adult & Child + CPR Infant April 12, 2008 8:30-12:30pm	CPR/AED-Adult & Child + CPR Infant April 24, 2008 5:30-9:00pm



May

CPR/AED Adult & Child + Infant CPR May 2, 2008 8:30-12:30pm	CPR/AED Adult & Child + Infant CPR May 13, 2008 5:30-9:00pm
Standard First Aid May 2, 2008 1:00-4:00pm	CPR Adult May 16, 2008 9:00-12:00pm
Standard First Aid May 6, 2008 5:30-9:00pm	Standard First Aid May 16, 2008 12:30-3:30pm
Pet First Aid May 10, 2008 9:00-12:00pm	CPR/AED Adult & Child + CPR Infant May 22, 2008 5:30-9:00pm

Time to Update Your Estate Plan?



What are you planning to do this summer? Sleep late? Watch baseball games on television? Review your estate plan?

Summer vacation may be a great time to spend reviewing and updating plans for the coming year. It may be a good time to consider how you can continue helping the organizations you care about when you are no longer here to help.

Your lawyer undoubtedly drafted your original estate plan based on existing conditions, laws, asset values, planning techniques, financial needs and objectives. All these factors can and do change from time to time. Your will or other documents must change with them. You may need a codicil (amendment), or you may need to completely rewrite your will.

To be safe, take the time at least once a year to review your will or living trust in light of your present circumstances. Are the people I named in my will all still alive? Have my plans been affected by marriages or divorces? Have I moved to a different state since my will was drafted? Is my executor still able and willing to serve? Have new assets come into my estate? Has my "death tax" situation changed?

You also should ask your lawyer to look at your will at least every two years, whether or not you think you want to make changes. State law revisions, new tax pitfalls or opportunities and new financial considerations make periodic legal reviews well worthwhile. Watch for major estate tax changes after the November elections.

As you review your plans, please remember that your will can contribute to a healthier society if you include a bequest to the American Red Cross. A simple codicil (amendment) often is all that's needed.

Helping the Red Cross Outside Your Will

We encourage all our friends to review their wills this year, or to have their wills made, and to consider adding a bequest to the American Red Cross. But even if you do not need to make or change your will, that doesn't mean that you can't include the Red Cross in your estate plans. Each of the following ideas allows you to provide for the Red Cross without a codicil (amendment) or a new will, and each can provide your estate with a charitable deduction.

Financial Accounts.

People who have financial accounts at banks, savings and loan associations and credit unions generally may direct that their deposits (checking, savings, share accounts, certificates of deposit) be paid on death to a particular individual – or to a charity. The designation can be revoked any time prior to death and in no way affects the depositor's control over the funds in the account. Ask the manager at your financial institution how these beneficiary designations may be accomplished. In many areas they are referred to as

"P.O.D." (pay on death) accounts.
Brokerage Accounts.

If you have stocks, bonds or mutual fund shares in brokerage accounts, it is possible to name the American Red Cross as "TOD" (transfer on death) beneficiary. You would maintain full control over the account during life. Ask your broker about this option.

Retirement Plan Benefits.

Death benefits from an Individual Retirement Account (IRA), or a qualified retirement plan such as a 401(k) or 403(b) plan, usually result in income taxes for one's heirs or estate. Because the Red Cross is tax exempt, it may make sense to name us as death beneficiary and bequeath other assets, not burdened with income tax, to family beneficiaries. Except for IRA gifts, a spouse's consent will be necessary if the donor is married.

Life Insurance.

You might make the Red Cross the primary or partial beneficiary of an old policy that is no longer needed for family security. Simply ask the insurance company for the forms necessary to change the beneficiary or to transfer ownership in the policy to our name. Or we can be named the contingent beneficiary, should your primary beneficiary die before you.

Revocable Living Trust.

Many people who have living trusts don't realize that it's also possible to make gifts to the American Red Cross through their trusts, both during life and upon death.

We hope that you will include the American Red Cross in your estate plan – and that you will inform us of your plans, so we may express our appreciation.

Dog First Aid and Cat First Aid

Created for conscientious pet owners, two new volumes from the American Red Cross Safety Series—*Dog First Aid* and *Cat First Aid* build first aid skills and provide guidance in emergency situations until veterinary care is available. Both manuals are bundled with a DVD in the back cover that demonstrates how to perform many of the first aid steps described in these books.

Topics covered include:

- Symptoms and care for common ailments and emergencies
- Creating a pet first aid kit
- How to prepare for disasters
- **Tips on maintaining your pet's health and well-being**





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Will you? The daily demand for donated blood is constant. If you've never given blood before, now is a great time to start. If you've given before, please give again. Your blood donation could make a lifesaving difference.

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*From floods and fires
to recovery, the latest
Blue Mt. Chapter newsletter*

RedCross NEWS

4th Annual Parking Lot Sale!

Call 525-7380
to donate an item
Your tax deductible donation
will help us make Walla Walla
a safe place to live.

Friday, May 30
12:00 p.m. — 7:00 p.m.

Saturday, May 31
8:00 a.m. — 3:00 p.m.



In the Blue Mountain Humane Society Thrift Store Parking Lot
Corner of Palouse & Rose

Donate your used household items
and furniture to the American Red Cross.
Or just stop by to shop!