

## Challenging Times & You Still Make A Difference



During tough economic times, we all find it difficult to give time, talent and resources. That's a fact! The economic downturn of the last year or so has made an impact on all of us both personally and professionally. We see local businesses laying off employees, the cost of groceries keep rising, and all of us are constantly monitoring our spending

and priorities.

Unfortunately, disaster never sleeps and does not care about our economic woes. The Northland American Red Cross is committed to providing our critical emergency services to our friends and neighbors in the Northland. We continue to seek new sources of revenue to support our lines of service and ask

Northland Disaster Action Teams respond to local and national emergencies!

you, our volunteers and financial donors to continue to support our efforts in whatever ways you are able to assist!

The Northland American Red Cross knows that you believe in our mission and because of that, we are able to continue to deliver our services to residents of Northeastern Minnesota and Northwest Wisconsin during their darkest hours! On behalf of all of those who find care and comfort because of your generous gifts of time, talent and resources, we thank you! Your contributions to the communities that we live in makes a difference in the lives of those who need us most—especially during the times when we have the least to give.

### Northland Red Cross Info

#### **Duluth Office**

2524 Maple Grove Road  
Duluth MN 55811  
218-722-0071  
800-950-4275

#### **Iron Range Office**

302 East Howard Street  
Suite #205  
Hibbing MN 55746  
218-263-4455  
800-747-8644

### HOW CAN YOU HELP?

Visit the web site at [www.redcrossnorthland.org](http://www.redcrossnorthland.org) or call us at 218-722-0071 for more information on how to volunteer or donate.

## Tornado Season is Upon Us: Are You Prepared?

Did you know at any given time, nearly 1,800 thunderstorms are occurring somewhere on earth? Thunderstorms are dangerous, producing lightning every time. And they can be deadly. According to the Federal Emergency Management Agency (FEMA), lightning injures an average of 300 people and causes about 80 fatalities each year. Thunderstorms can also bring tornadoes, strong winds, hail and flash flooding. As dangerous as lightning is, flash flooding is responsible for more fatalities than any other danger associated with thunderstorms.

The Northland American Red Cross wants you and your loved ones to stay safe during a thunderstorm. Follow these important safety rules should a thunderstorm hit your area:

Keep an eye on the sky. Look for darkening skies, flashes of light, or increasing wind. Listen for the sound of thunder.

If you can hear thunder, you are close enough to the storm to be struck by lightning. Go to safe shelter immediately.

Listen to NOAA Weather Radio, commercial radio, or television for the latest weather forecasts. Find shelter in a building or car.

Telephone lines and metal pipes can conduct electricity. Avoid using the telephone or any electrical appliances.

Draw blinds and shades over windows. If windows break due to objects blown by the wind, the shades will prevent glass from shattering into your home.

If you are in the woods, take shelter under the shorter trees.

If you are boating or swimming, get to land and find shelter immediately!

Go to a low-lying, open place away from trees, poles, or metal objects.

Be a very small target! Squat low to the ground. Make yourself the smallest target possible.

After a storm, stay away from storm-damaged areas and listen to the radio for information and instructions.

For more information on first aid and what actions to take after a severe storm please visit [www.redcrossnorthland.org](http://www.redcrossnorthland.org).

# Northland Pampered Chefs Cook Up Fund Raiser May 1st -June 13th 2009!

What do you get when you add 1 part Northland American Red Cross, 1 part Pampered Chef quality products, and a dash of good old-fashioned Northland volunteer-ism? Northland American Red Cross instructor, advisory board member and Pampered Chef consultant Chris Mammenga says “the result is a recipe for a sweet fund raising opportunity”.

While returning from teaching a class a few weeks ago, Chris cooked up the idea of enlisting Pampered Chef Consultants from across Northern Minnesota to help raise money for the Northland American Red Cross and after just a few phone calls and conversations about his idea, he had a number of fellow Pampered Chef Consultants committed to the idea!

Chris says it’s a simple idea that “does not reinvent the fund raising wheel, we can raise money for the Northland American Red Cross and get great, quality cooking products into the hands of our friends and neighbors”.

Area Pampered Chef Consultants plan on donating up to 20% of all purchases to



of enlisting Pampered Chef Consultants from across Northern Minnesota to help raise money for the Northland American Red

the Northland American Red Cross. In addition to the 20% donation, every show booking through [www.pamperedchef.biz/pcdude](http://www.pamperedchef.biz/pcdude) will net the Northland American Red Cross an additional \$3.00.

To wrap up the Pampered Chef fund raiser for the Red Cross, there will be an open house/Pampered Chef Consultants demo day on Saturday June 13, 2009 at the Copper Top Church in Duluth.

Here’s how you can get involved:

- Book a Pampered Chef show
- Sign up to spread the word and distribute Pampered Chef mini-catalogs at work, in the neighborhood, or anywhere you frequent
- Purchase Pampered Chef products from the website
- Attend and invite your friends and neighbors to the Northland American Red Cross/Pampered Chef Consultant Open House.

We hope you can help the Northland American Red Cross by supporting Pampered Chefs Consultants across the region! Please visit [www.redcross-northland.org](http://www.redcross-northland.org) for more information and a link to Chris Mammenga’s Pampered Chef Consultant website.

## Services To Armed Forces

If your loved one is away from home because of military duty and you need to get in touch with him or her in the event of an emergency, then the Northland American Red Cross can help. When sending a message, the Northland American Red Cross needs to provide the following information to the military:

- Service member’s full name
- Rank
- Branch of Service
- Social Security Number
- Date of Birth
- Unit Military Address
- Doctor’s Name/phone number or
- Funeral Home name/phone number

With family consent, the doctor must release the patient’s diagnosis, prognosis, current condition, life expectancy, and whether or not the acting physician requests that the service member is to come home, and specifically, for how long. A brief message will then be sent to the service member.

The Northland American Red Cross then has up to 2 hours to get the information above. The message can take 24-48 hours to reach the service member’s commanding officer.

## New Swimming & Water Safety Program Released

The American Red Cross is releasing a newly revised and improved Swimming and Water (SWS) program. The new program continues the proud tradition of teaching people to swim and be safer in, on and around water. Program highlights include:

- An increased emphasis on water safety & drowning prevention as the basis of swimming & water recreation
- New placement and distribution of the skills throughout the Learn-To-Swim levels
- Up-to-date diving techniques and progressions
- Three new swim levels designed for the needs of preschool-aged children
- New content to help instructors improve their teaching skills and better serve participants of different ages and abilities, including those with disabilities and other health conditions
- Completely new WHALES Tales DVD
- Achievement cards for every level-options for both youth and mature audiences

The Northland American Red Cross is looking forward to an exciting summer with all of the new changes! We are getting our instructors up to speed with this program before sessions begin. All Water Safety Instructors will need to complete the update by the end of December 2009.

# 21st Annual Northland American Red Cross Golf Outing To Be Held Friday, June 5th

One of Northern Minnesota and North-western Wisconsin's most popular golf events, the Annual Northland American Red Cross Golf Classic, is back for its 21st year. According to Program Director Tony Guerra, the Golf Classic has raised, to date, over \$200,000 for the programs and services of the Northland American Red Cross.

This year's outing, the 21st Annual Golf Classic will be held on Friday, June 5th at the Nemadji Golf Club in Superior, Wisconsin. The Golf Classic's five person scramble format is designed for both beginner and the experienced golfers. Whether it's rain or shine, the shotgun start is set for Noon. Golfers can participate in the longest drive and closest to the pin contest, as well as the hole-in-one and putting contests. Plus, once again this year, golfers can "fix" their hook or slice and purchase Mulligans!

Despite rain and 40 degrees, last year's Golf Classic saw more than 60 golfers and 30 business participants. "I talked to every single golfer that played in the 20th Annual Golf Classic and they all said that even though the weather was not the greatest, they still had a great time," said Nancy Rogers, Office Manager for the Northland American Red Cross. Rogers also says that "if the weather cooperates, we could see close to or even more than 100 golfers, and all of that money we raise goes to fund our vital services we provide."

Save your team's spot and register early

at [www.redcrossnorthland.org](http://www.redcrossnorthland.org) or by contacting Tony or Howie 218-722-0071.

- Cost for the Classic is  
\$65 per golfer or  
\$325 per five person team and includes
- 18 holes of golf and a cart
  - Tee Favors
  - Catered Dinner from the Outback Steakhouse in Hermantown

Golfers and non-golfers also will have the opportunity to bid on select items during the silent and live auctions, with all proceeds supporting programs and services of the Northland American Red Cross.



## Pet First Aid

Tens of thousands of people in the Northland own dogs and cats. According to the American Veterinary Association, nationwide there are an estimated 154 million cats and dogs. However, not everybody knows how to take care of their favorite pet in case of an injury or an emergency. It's no secret, your pet depends on you for everything and deserves to be cared for and protected. That's why the Northland American Red Cross offers a Dog and Cat First Aid course.

Participants will get involved in hands-on learning activities using cat and dog manikins and learn where to check for a pulse, how to administer CPR, rescue breathing or do choking skills. In addition to lifesaving skills, pet owners will learn how to

identify an emergency situation involving their pet and how to safely transport their beloved pet to a veterinarian.

Participants receive a 100+ page guide book that helps build skills and provide guidance in an emergency situation until veterinary care is available. Participants can choose either a Dog First Aid Guide book or a Cat First Aid Guide Book. Both manuals are bundled with a DVD that demonstrates how to perform many of the first aid steps described in the book.

## Northland Red Cross Staff

Tony Guerra  
Program Manager  
[tony@redcrossnorthland.org](mailto:tony@redcrossnorthland.org)

Howie Leathers  
Community Resources Coordinator  
[howie@redcrossnorthland.org](mailto:howie@redcrossnorthland.org)

Nancy Rogers  
Office Manager  
[nancy@redcrossnorthland.org](mailto:nancy@redcrossnorthland.org)

Jill Jezierski  
Health & Safety Coordinator  
[jill@redcrossnorthland.org](mailto:jill@redcrossnorthland.org)

Carrie Moores  
Health & Safety Coordinator  
[carrie@redcrossnorthland.org](mailto:carrie@redcrossnorthland.org)

Pam Rundell  
Iron Range Field Manager  
[pam@redcrossnorthland.org](mailto:pam@redcrossnorthland.org)

## Advisory Board of Directors

Verne Wagner

Stephanie Love

Debbi Paaso

Jim Stauber

Marty Mehling

Shelley Matekgo

Nick LaFave

David Manion

Leslie Peterson

Heidi Chell

# Red Cross Month Success

Several area businesses pitched in during the month of March to raise over \$8600 for the Northland American Red Cross.

Play it Again Sports in Duluth and Superior, Anytime Fitness in five Twin Ports locations, Grandma's Restaurants, Culver's in Superior and Two Harbors, the Dry Dock, Mr. D's, Carmody's Irish Pub, The Shack in Superior and Hibbing's Hong Kong Super Buffet all graciously gave a percentage of their sales to the Northland American Red Cross. Howie Leathers, Community Outreach Coordinator said "we are so grateful to have the help of these business leaders in our communities, without them, the Northland American Red Cross would struggle to continue to deliver our vital services. We ask that you continue to patronize these businesses all year long!"



Tony Guerra, Northland American Red Cross Program Director, accepts the donation from Culver's Restaurants



**American  
Red Cross**

Northland American Red Cross  
2524 Maple Grove Road  
Duluth MN 55811

NON-PROFIT ORG  
U.S. POSTAGE  
PAID  
PERMIT NO. 563  
DULUTH, MN