

Mountain Valley Chapter

Newsletter, March 2006



Run for disaster victims!

5k will raise money for local disaster relief

Come join local disaster volunteers, Mountain Valley Chapter staff and anyone who supports the Red Cross in a 5k Run/Walk on Saturday, March 18th. The run will begin at Independence High School in Provo and lunch, sponsored by Carrabbas Italian Grill, is included for all participants. Get registered today by visiting www.runforred.org or pay the day of the race, and show that you care about disaster victims. For more information, contact Katrina Pope at (801) 373-8580 or kpope@mtnvalleyredcross.org.



Run for Red

Race begins at 10:00 am
Independence Highschool
636 Independence Avenue, Provo

March is Red Cross Month!

Now is the perfect time to show that you love the Red Cross

March has been set aside as the month to celebrate and support the American Red Cross. There are so many ways to lend a hand – you don't have to have a lot of money or a lot of time. For example, did you know you can register your credit card online and as you shop, the Mountain Valley Chapter will receive donations from the retailers you frequent? You can make a decision to register yourself today and never have to think about it again – and it doesn't cost you a penny! To register now click [here](#). You can also recycle your inkjet cartridges and old cell phones for the chapter. Just visit [here](#) to print your labels (postage is free) and the Mountain Valley Chapter will receive a donation for continued disaster relief. However you decide to help, just decide now to do SOMETHING! For more information on how you can aid our mission, please call us at (801) 373-8580.

★ Join our All-Star Campaign! ★

During the month of March "Red Cross Month", we are initiating our All-Star Campaign. Individuals, businesses, organizations or groups can sign-on to help by raising \$1000. Ask for donations, hold a carwash, sell lemonade or write a check yourself. All-Star's will be recognized in the Daily Herald at the end of the campaign. All funds raised will stay here locally for disaster relief, emergency preparedness programs and other community services. For more information, contact Garr Judd at 801-373-8580.



Clara Barton was honored during her lifetime and is still honored as one of the great women of America. She was a true pioneer. Her greatest pioneering began when she was nearly 40 years old. Soon after the outbreak of the Civil War, Miss Barton's eyes were opened to the needs of people in distress and to the ways in which she and other volunteers could give help. This vision dominated the rest of Miss Barton's long life. By the force of her personal example, she cleared the path to new fields of volunteer service to people in trouble. An intense devotion to the aim of serving others led her on to enough achievements to fill several ordinary lifetimes.

"It is amazing what a committed volunteer can accomplish. Our chapter is grateful for the volunteers we work with and encourage every person to choose a cause to support and then support it however you can the rest of your life." --Garr Judd, Executive Director

Provo residents look to the local Red Cross for help

[Feb. 27, 2006 – Provo] Dozens of Provo residents weren't expected to be able to stay in their homes Sunday night and possibly longer after a suspicious fire gutted a portion of an apartment complex. A little after 4 p.m., firefighters from four Provo fire stations responded to heavy smoke pouring out of a third-floor unit at the Shadowood Apartments. Provo police and the American Red Cross Mountain Valley Chapter quickly made preparations to feed and house the displaced residents. A Red Cross temporary shelter was set up at the Eldred Senior Center with hot meals, cots and hygiene kits for the tenants. Residents will continue to receive Red Cross assistance for necessary items such as new clothing and prescriptions as well as with finding permanent housing. If you would like to help, monetary donations will be accepted at the Mountain Valley Chapter on 865 N. Freedom Blvd.

Sign up with a family member, and get **50% off the price of one class!**

Course Schedule ~ March

Community First Aid & Safety

March 4th 8:00-5:30

March 6th, 8th 6:00-10:30 pm

March 18th 8:00-5:30

March 21st, 23rd 6:00-10:30 pm

First Aid Only

March 16th 6:00-9:00 pm

Challenge

March 11th 8:00-11:00

CPR Only

March 7th, 9th 6:00-9:00 pm

March 25th 8:00-2:30

CPR for the Professional Rescuer

March 14th, 15th 6:00-10:00 pm



865 N. Freedom Blvd., Provo Utah 84604, (801) 373-8580,
<http://mountainvalley.redcross.org>