

It's a celebration!

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With more than a dozen volunteers, Greater Carolinas Chapter AmeriCorps members Aisha Ramos- Foote, England Simpson and Kim Moseley danced and paraded around the streets of Charlotte during the city's annual MLK Jr. Day parade Jan. 17. They provided life-saving information to more than 1,500 parade-goers.



To read more and to view pictures, visit www.redcrosshelps.org.

Red Cross honors Black History Month

African-Americans have been involved in the humanitarian work of American Red Cross since its founding in 1881. A few distinguished African-American Red Crossers include...

Frederick Douglass (1818-1895) - Noted abolitionist lent his support as one of the founding members of the Red Cross.

Frances Elliott Davis (1877-1965) - First African American Red Cross nurse. Her nurse's pin was inscribed with "1-A" on the reverse. The "A" designated the wearer as an African American.

Dr. Charles R. Drew (1904-1950) - Pioneer in the development and preservation of blood plasma, which is used in transfusions to save lives. Dr. Drew was also a surgeon, educator and scientist. The Red Cross blood program is a direct result of his work more than 50 years ago.

Dr. Frederick Douglass Patterson (1901-1988) - Educator and founder of the United Negro College Fund, he became the first African-American member of the American Red Cross Central Committee in 1946.

Dr. Jerome H. Holland (1916-1985) - First African-American chairman of the Red Cross. Dr. Holland was appointed by Presi-

dent Jimmy Carter in 1979.

Gwendolyn T. Jackson - In 1989, Ms. Jackson became the first African-American to be appointed National Chairman of Volunteers. Following her term as Chairwoman, she served two terms as a member of the Board of Governors.

Steve D. Bullock - Acting President from January to July 1999. Mr. Bullock was the first African-American to serve as Acting Chief Executive Officer of the Red Cross, following the departure of Elizabeth Dole.

Thank you to these and the countless others for paving the way for our future.



Spectators at the MLK Jr. Day Parade smile for the camera.

Disaster volunteer leads by her example

Marge Gray started volunteering with the Greater Carolinas Chapter of the American Red Cross in August 2008.

A few months ago, Marge took the introductory courses for Disaster Services and was assigned to Disaster Action Team One in Statesville.

After responding to a few disaster response calls, Marge accepted the role of Disaster Action Team Captain for Team One. The Disaster Action Teams in Marge's zone responded to 13 incidents between September and December 2008; Marge responded to nine of these calls.

Marge has exemplified a strong commit-

ment to serving disaster clients locally and leading local volunteers in disaster response.

In addition to being a leader in Disaster Services, Marge also helps take veterans to doctor's appointments at the VA Hospital in Salisbury. She was an American Red Cross representative at the Veterans' Dinner in November and at the Candlelight Vigil in December.



Marge Gray

Marge is a veteran herself, having served in the U.S. Navy for 12 years as an Aircrew Survival Equipment Technician, Petty Officer 2nd Class.

Marge is a member of the Ebenezer Volunteer Fire Department in Statesville and serves on the Iredell County Search and Rescue Team.

In her spare time, she enjoys playing and following all sports, especially softball. She also finds time in her busy schedule to assist a family in Troutman and play with her two dogs.

Thanks, Marge, for volunteering with the American Red Cross.

Want to volunteer? E-mail MartinHope@usa.redcross.org or call 704.347.4628.

Love a heart, save a heart

Valentine's Day is fast approaching, and sure, flowers, candy and diamonds are wonderful. But nothing compares to the gift of life.

The first few minutes after a heart attack are the most crucial. Being trained in CPR (cardio-pulmonary resuscitation) could make a life-or-death difference for a loved one, friend, co-worker or even a total stranger. In the event of an emergency, Red Cross First Aid, CPR, automated external defibrillator (AED) and Pet First Aid programs are designed to give you the confidence and skills to help you save a life.

Red Cross Adult CPR training provides hands-on skill training that prepares participants to respond to breathing and cardiac emergencies in adults. Coupled with AED training, this course is highly effective in preparing you to provide immediate assistance in

the event of sudden cardiac arrest. An AED is a computer operated device that automatically analyzes a heart's rhythm and delivers a shock if the rhythm is irregular.

The Red Cross also offers child and infant CPR classes, designed for those who care for children full time or occasionally. This course teaches participants how to recognize and care for breathing and cardiac emergencies in infants and children age 12 and younger.

Furthermore, Pet First Aid teaches participants how to identify and care for breathing emergencies, cardiac arrests, sudden illnesses, and provide basic first aid for cats and dogs. This Valentine's Day, demonstrate your love by learning skills that can save a life in an emergency by enrolling in or giving the gift of a class today.

Or better yet, take a class together!



Protect your home

The Greater Carolinas Chapter responds to multiple home fires a week. The Charlotte Fire Department offers some tips on keeping your home safe if you use a fireplace:

- Don't use flammable liquid to start the fire.
- Never leave a fire unattended.
- Extinguish the fire before going to bed or leaving the house.
- Soak hot ashes in water and place them in a metal container outside.
- Maintain and repair prefabricated fireplaces and chimneys as needed.

wintry weather

Your Winter Storm Plan

- **Ensure each member of your household has a warm coat, gloves or mittens, hat, and water-resistant boots.**
- **Assemble a kit with:**
 1. **First aid kit and essential medications**
 2. **Battery-powered radio, flashlight and batteries**
 3. **Canned food and opener**
 4. **Bottled water**
 5. **Extra warm clothing**
- **Assemble a kit for your car.**
- **Have your car winterized before winter storm season.**
- **Listen to local radio and TV stations for updated storm information.**
- **Keep your car's gas tank full to keep the fuel line from freezing.**
- **Let someone know your destination, your route and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.**

- For more tips, visit redcrosshelps.org



American Red Cross

Greater Carolinas Chapter

American Red Cross - Greater Carolinas Chapter

With offices in Charlotte, Lake Norman
and Statesville

Charlotte: (704) 347.8224

Lake Norman: (704) 664.2500

Statesville: (704) 873.9751

Have news for us? Shoot us an e-mail at
meierk@usa.redcross.org.

The American Red Cross, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disasters and help people prevent, prepare for and respond to emergencies.



Calendar — February events

Blood Drives: For a comprehensive list of our blood drives, visit the site www.redcrosshelps.org.

Club Red: Club Red is a social networking group for young professionals interested in volunteering and helping our community through the Red Cross. All are welcome to meetings and socials.

For more information, contact Kate Meier at MeierK@usa.redcross.org or 704.347.8224.

Volunteer Recruitment: The Lake Norman office will host a recruitment sessions for volunteers:

- 7 p.m. Monday, Feb. 9, at the Cool Springs Volunteer Fire Department,

2997 Mocksville Highway, Statesville. Contact 704.872.3221.

Disaster Training: Our disaster training courses are on our Web site, www.redcrosshelps.org. Contact Kim by calling 704.378.4634 or send an e-mail to MoselyK@usa.redcross.org for more information.

Eaton helps fund disaster relief

The Eaton Corporation, which has more than 800,000 employees worldwide, has awarded the American Red Cross, Greater Carolinas Chapter (GCC), with a \$15,000 grant to fund local disaster relief.

"I am very pleased to be able to give to the Red Cross, given this tough economic system," said Ellen Luebbert from Eaton. "I'm so glad that I'm able to support the Red Cross globally!"

Eaton invites nonprofits to submit grant requests that will help our local community. Employees then vote for the organizations that receive the grant.

"We chose the Red Cross unanimously, because among our employees they all wanted to help the Red Cross," said Nereida Ramos, Eaton plant manager in Charlotte. "It was an Eaton family decision."

GCC CEO Pamela Jefsen, "It's great to get support from a local business because they know we will pump that money right back into our neighborhoods," she said.

*Not pictured is Lisa Parker from Eaton, who put together the request for the grant.



Pictured (from left) are Rick Schou, Emergency Services director at the GCC, Pamela Jefsen, CEO of the GCC, and Nereida Ramos and Ellen Luebbert from the Eaton Corporation.