

The Red Cross of
Fond du Lac County
thanks . . .

The Stone Foundation

Thanks to a \$6,000 grant from the Stone Foundation, the American Red Cross of Fond du Lac County was able to purchase a new copier and printer for our chapter office. This office necessity is a great tool that will help make our everyday tasks a little easier. The Red Cross thanks the Stone Foundation for supporting our mission of providing relief to victims of disasters and helping people prevent, prepare for, and respond to emergencies.

The American Red Cross of Fond du Lac on the Web!

Got Mail?

Help the American Red Cross save time and money!
If you would prefer to receive this newsletter via e-mail, please contact the American Red Cross of Fond du Lac and provide your address.

920-922-3450
haackj_arc@charter.net

Visit our new and improved Web site!

<http://fonddulacounty.redcross.org>

- Use the Site to:
- + Register for Classes
 - + Get the latest news
 - + And much more!

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Fond du Lac, WI 54935
(920) 922-3450
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Red Cross Connection



Vol. 8, No. 2 American Red Cross of Fond du Lac County

Summer 2008

Area residents “Dine Out for Disaster”



Diners enjoy a meal at Ala Roma, one of the 20 participating restaurants in this year's Dine Out for Disaster Relief.

On April 10, restaurants in Fond du Lac, Ripon, Waupun, and Cambellsport joined together to support the mission of the Red Cross by donating 10% of their total food sales. Support for the event was overwhelming, and more than \$2,500 was raised.

Proceeds from the Dine Out event were directed towards replenishing our chapter's quickly depleting disaster relief fund. Since the beginning of 2008, the Fond du Lac Co. Red Cross has provided disaster relief to 13 local families and supplied more than \$10,500 in financial assistance to those devastated by disastrous situations.

Disaster relief is provided free of charge and is only possible through the generosity of the Fond du Lac Co. community. The Red Cross thanks everyone who helped make this event a success.

Thanks to These Participating Restaurants!

-Ala Roma-A&W Drive Inn-Bagelmeister-Dominos FDL, Waupun, & Ripon-Dairy Queen-Fisherman's Cove-Sunset Supper Club-Culvers of Waupun & Ripon-Kristina's Café-Fat Bruce's -The Red Apple Restaurant-Golden Cup Café-Spirits-Tony's Pizza-Pizza Ranch-Helen's Kitchen-

INSIDE CONNECTION

- + **Page 2**
Taking your driving test isn't the only thing you can do at 16 - How teens can do their part in the Red Cross effort.
- + **Page 3**
Summer Sports - Make sure your ball team is prepared!
- + **Page 4**
Got e-mail? Let us know! - Help us save time and money.



Join a Dedicated Team

Disaster Action Teams (DAT's) are indispensable parts of the Red Cross effort, and anyone with a dedication to serving their community can volunteer! DATs provide immediate emergency services to those affected by a disaster, most commonly a fire in a single family home. These dedicated volunteers are on call 24/7 for designated shifts and respond quickly if called to a disaster.

For more information, contact:
Joyce Keyes, Disaster Chair, at
(920) 922-3450

New law allows 16-year-olds to donate

Teenagers across Wisconsin have yet another milestone they can check off on their 16th birthdays. Not only can they secure the much coveted driver's license, but they can also put that license to good use by driving to a local blood drive.

As of March 15, 16-year-olds in Wisconsin are allowed to donate blood to the American Red Cross, provided they have written parental consent. The consent form can be obtained by contacting the Red Cross or the blood drive coordinator, and it must be presented when the 16-year-old comes to donate.

This newly passed legislation represents Wisconsin's desire to join a growing trend across the country. States from Ohio to California have lowered the minimum donation age, and accepting blood donations from 16-year-olds has proven to be an acceptable practice. In fact, the state of Washington has allowed 16-year-olds to donate blood for the past 30 years.

The Red Cross certainly recognizes the importance of young donors, as approximately 20% of dona-

tions currently come from high school and college blood drives. If your child is on their high school student council, encourage them to work with an advisor to set up a blood drive at their own school.

The Red Cross strongly believes in fostering a sense of lifelong, committed service to the community. By including students in voluntary blood donation early on, gives teenagers the opportunity to begin their civic involvement in a simple and effective way.

Upcoming Blood Drives

Fond du Lac

*June 17 & 18-FDL Armory (17) 11:30 AM-5:30 PM, (18) 10 AM-4 PM
 *August 12 & 13-Community Church (12) 11:30 AM-5:30 PM, (13) 10AM-4 PM
 *July 2-Festival Foods 11 AM-4 PM

Mount Calvary

*August 5--Maximillians 12 PM-6 PM

Rosendale

*June 25-Rosendale Community Center 1:30 PM-6:30 PM

Ripon

*June 28-Ripon High School Rm. 167 9 AM-2 PM
 *August 22-Mt. Zion Basement 11:30 AM-5:30 PM

Campbellsport

*July 29-Campbellsport Elementary 11:30 AM-5:30 PM

Waupun

*June 28-Location TBD 12 PM-5:30 PM

Prepare your ball team for summer!

With the summer softball season in full swing, the American Red Cross encourages safe play by all. According to the Centers for Disease Control and Prevention, more than 125,000 youth softball players under the age of 15 seek treatment at emergency rooms each year, and hundreds of thousands more adults sustain minor injuries while playing softball.

Youth soccer is another Fond du Lac tradition, with approximately 1750 participants and 129 recreation teams in 2007. While soccer is a great way for kids to be physically active during the summer, recent statistics from the Medical College of

Wisconsin show that of the 150,000 soccer-related injuries that occur each year, 45% occur in participants under the age of 15.

Since minor injuries such as cuts, scrapes, and sprained ankles are common during both practice and games, the Red Cross recommends that at least one person on every team be certified in First Aid. First Aid courses are held regularly throughout the summer, and dates can be found on the Clip-and-Save at the bottom of this page.

While having a sports First Aid Kit is not required by the Fond du Lac Recreation Department, the Red Cross strongly promotes having one on hand for your team at all times. The Red Cross sells a variety of kits, such as the backpack shown above.

Parents can also do their part to ensure



Be prepared for the most common sports related injuries with this Red Cross Backpack First Aid Kit.

their children's safety. Encourage your child's coach to have a basic First Aid Kit, and be sure to ask if he/she is prepared for an emergency situation. Above all, make sure that your child is on a team appropriate for his or her skill level, and focus on making the sport fun. Too much emphasis on winning and competition can result in your child pushing themselves too hard and risking serious injuries.

Why compression only CPR?

Yet another option to help save lives has officially been approved by the American Red Cross.

While full CPR requires cycles of 30 chest compressions and two rescue breaths, Compression-Only CPR has proven to be an acceptable option for those who are unwilling, unable, or untrained in full CPR.

According to an ACFASP Advisory, some studies have shown that Compression-Only CPR may be effective in providing life-sustaining blood flow in the first few minutes following a heart attack.

The advisory also noted that Compression-Only CPR has been shown to be effective when compared to no form of CPR, a point the Red Cross immediately incorporated into its official policies. In May, the Red Cross discontinued its advice not to use Compression-Only CPR on infants, children, or adults who may have collapsed as a result of a respiratory emergency. It is now recommended that a bystander who witnesses anyone suddenly collapse call 9-1-1 and then perform continuous chest compressions until help arrives.



1st Sgt. Devon A. Holson and company pose with their prepaid calling cards from Cell Phones for Soldiers. Photo courtesy of cellphonesforsoldiers.com

Dig out those old cell phones—we've found them a new home

When Robbie and Brittany Bergquist started Cell Phones for Soldiers, it was a small endeavor funded with \$21 of their own money.

Now, the teenagers from Norwell, Mass., are spearheading a registered 501c3 non-profit organization that has raised over one million dollars and provided more than 400,000 pre-paid calling cards to soldiers serving overseas.

Used cell phones are collected at more than 3,000 sites across the nation and then sent to ReCellular, an organization that pays Cell Phones for Soldiers for

each donated phone.

It's easy to help the cause in Fond du Lac County. Instead of throwing away or packing up your old cell phone, simply drop it off at U.S. Cellular in Fond du Lac, which serves as a collection site.

If you would prefer to make a monetary donation to the cause, instructions are provided on the Cell Phones for Soldiers web site. On the site, an abundance of information on drop-off sites, donations, and even how to have your own phone drive is available. Addresses for U.S. Cellular and the web site are provided to the left.

Fond du Lac Drop Off Site:
U.S. Cellular
481 W. Johnson Street

Visit www.cellphonesforsoldiers.com for more information.

Clip and Save-Cool Summer Courses

June	July	August
17 & 18-CPR for the Professional 9 a.m.-12:30 p.m. 27-First Aid 9 a.m.-12:30 p.m. 30-First Aid 5:30 p.m.-9:30 p.m.	8-Adult CPR/AED 5:30 p.m.-9:30 p.m. 15-Adult CPR/AED 9 a.m.-12:30 p.m. 22-First Aid 9 a.m.-12:30 p.m. 23-Infant & Child CPR/AED 5:30 p.m.-9:30 p.m. 29-First Aid 5:30 p.m.-9:30 p.m. 30 & 31-CPR for the Professional 5:30 p.m.-9:30 p.m.	6-Adult CPR/AED 5:30 p.m.-9:30 p.m. 14-First Aid 9 a.m.-12:30 p.m. 20-Adult CPR/AED 9 a.m.-12:30 p.m. 21-Infant & Child CPR/AED 5:30 p.m.-9:30 p.m. 25-First Aid 5:30 p.m.-9:30 p.m. 26 & 27-CPR for the Professional 5:30-9:30 p.m.

Contact Us at (920) 922-3450 for further information