



St. Croix Valley Summer Update

Serving Eastern Washington County in Minnesota; Polk and St. Croix Counties in Wisconsin.

E. Washington County Office

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651-439-0031

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OUR FISCAL YEAR (08-09) STATS SO FAR...

- We have responded to 20 local disasters; 70 individuals and families were helped with emergency food, shelter and supplies.
- 5,853 individuals learned lifesaving skills through classes offered by this chapter.
- 8,270 units of blood have been collected, of which 1,249 were first time donors.
- Provided emergency communication for 54 military families.

UPCOMING EVENTS

Annual Meeting
June 16, 2009

Hudson Booster Day Parade
July 4, 2009

Balsam Lake Parade
July 5, 2009

Washington County Fair First Aid Station
July 29—August 2, 2009

Fore The Red Golf Tournament
August 24, 2009

Prepare for a Safe Summer

There's no question that the Red Cross will be there to provide help and relief when severe weather strikes, but the Red Cross is also there to help people prepare for other emergencies, from a swimming emergency to a heart attack. As we head into summer, it is important to be safe in, on, and around the water. Swimmers of all ages and abilities can develop their swimming and water safety skills by contacting their local Red Cross chapter.

Your local Red Cross can also give you the confidence to respond in an emergency situation with skills that can save a life through CPR and AED programs.

According to a recent Red Cross Survey:

- Nearly half of the people surveyed will be taking part in water related activities at places where there is no lifeguard.
- Four in 10 households plan to engage in 10 or more water-related activities this summer.
- Almost half (48%) said they had nearly drowned at some point in their life.

Changes to Policy Regarding Tornado Safety

The American Red Cross has revised its public safety advice to include new information about what to do if you are caught outdoors during a tornado. If you cannot get to shelter, our new recommendation, advises that you should try to protect yourself in your car by doing the following:

- Get into a vehicle, buckle your seat belt and drive at right angles to the storm movement so you can get out of the path.
- If strong winds and flying debris occur while you are driving, pull over and park, keeping seat belts on and the engine running. Put your head down below the windows, covering with your hands and a blanket if possible.

The most important thing to remember is that you should always try to seek shelter first in a basement, shelter or sturdy building. That advice hasn't changed and is universally recognized as the most effective way to stay safe in a tornado.

Babysitter Training

Is your child looking for a summer job? Babysitter Training provides individuals, ages 11 to 15, with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership and professionalism; basic care; safety and safe play; and first aid. Call 651-439-0031 to register or for more information.

Course Dates:

6/23 & 6/25	9:00am-12pm each day
7/14 & 7/16	9:00am-12pm each day
7/28 & 7/30	9:00am-12pm each day
8/4	9:00am-3:30pm
8/18 & 8/20	9:00am-12pm each day
9/12	9:00am-12pm each day
9/26	9:00am-12pm each day

Visit
www.scvarc.org
for a full listing
of the Health and
Safety Courses
we offer.



Red Cross Swim Lessons:

Osceola Aquatic Center, Osceola
715-294-4180

Unity School, Balsam Lake
715-825-3542

Baldwin-Woodville Pool, Baldwin
715-684-2994

New Richmond Area Centre, N.R.
715-246-2252

Glenwood City Pool, Glenwood City
715-265-4752

Courage St. Croix, Stillwater
651-439-8283

River Valley Athletic Club, Stillwater
651-439-7611

Stillwater Community Ed., Stillwater
651-351-8346

Bloodmobiles

6/19 First United Methodist, Stillwater
6/23 Lion's Club, Scandia
6/26 Wal-Mart, Oak Park Heights
6/29 St. Croix Electric, Hammond
6/30 Clayton School, Clayton
7/2 Stillwater Senior Center, Stillwater
7/6 St. Francis of Assisi Church, Lakeland
7/13 St. Croix Regional, St. Croix Falls
7/15 Osceola High School, Osceola
7/16 Hudson County Govern., Hudson
7/21 Gethsemane Lutheran Ch., Baldwin
7/22 Luck Lutheran Church, Luck
7/27 Our Lady of the Lakes, Balsam Lake
7/27 & 7/28 WITC, New Richmond
7/30 Hudson Hospital & Clinic, Hudson
7/31 Famous Dave's, Oak Park Heights
8/3 Wal-Mart, New Richmond
8/4 Roberts Park Building, Roberts
8/6 Stillwater Senior Center, Stillwater
8/10 Christ Lutheran Church, Somerset
8/13 Gateway Publishing, Woodville
8/17 Salem Evangelical Lu. Ch., Stillwater
8/21 American Legion, New Richmond
8/26 Bethany Lutheran Ch., Star Prairie
8/27 Faith Community Church, Hudson