



# American Red Cross



## Upcoming Classes/Events

- ⊕ New Volunteer Orientation is held **EVERY** Wednesday from 1300-1430 in the Red Cross Conference Room – Registration Requested
  
- ⊕ **July 5-6** – Wilderness & Remote First Aid
  - Time: 0800-1600
  - Cost: \$55/person
  - Registration: Required
  - Payment Due: 30 June
  - MUST HAVE CURRENT CPR/AED CERTIFICATION TO ATTEND\*\*\*
  
- ⊕ **July 15** – Infant CPR
  - Time: 1700-1800
  - Cost: FREE (new and expecting parents)
  - Registration: Required++
  
- ⊕ **July 19** – Adult & Pediatric First Aid/CPR/AED
  - Time: 1000-1600
  - Cost: \$55/person
  - Registration: Required
  - Payment Due: 17 July
  -
  
- ⊕ **July 29** – Babysitting Class (Ages 11-15 only)
  - Time: 0800-1400
  - Cost: \$45/person
  - Registration: Required
  - Payment Due: 23 July

**For more information or to register, please contact us at  
0434-30-5576 or [aviano@redcross.org](mailto:aviano@redcross.org)**

# AVIANO AMERICAN RED CROSS VOLUNTER CORNER



June 2016

## 2014 Volunteer Appreciation



Guest speaker Christine Tuato'o.  
Photo Courtesy of Samantha Cain.

Aviano Red Cross recognized 176 volunteers at the 2014 Volunteer Appreciation Ceremony on May 19 at La Bella Vista Club. Guest speaker, Instructor Christine Tuato'o, said of her involvement with the Red Cross, "To be able to volunteer with the Red Cross and be a part of something this big is an honor in itself....The Red Cross has opened my eyes to see the world in a different view. It has allowed me to understand the worth of life and not take anything for granted."

The dedication of all of our volunteers has been phenomenal this year, but we'd like to take a moment to recognize our Clara Barton Award recipient.

### The Clara Barton Award

The Clara Barton Honor Award is the highest honor for volunteers in the American Red Cross. Named for the American Red Cross founder, the award recognizes meritorious service in volunteer leadership positions held over a period of several years. Our Aviano recipient, Carla Seward, has given 38 years of service to the Red Cross. Please see our interview with Carla on Page 3.

### Upcoming Events & Activities

**15 JULY 2014** Infant CPR

**19 JULY 2014** Adult & Pediatric First Aid/CPR/AED

**29 JULY 2014** Babysitter Training

**12 AUGUST 2014** Adult & Pediatric First Aid/CPR/AED

**12 AUGUST 2014** Infant CPR

**19 AUGUST 2014** Pet First Aid

*New Volunteer Orientations held every Wednesday from 1300-1400 in the Red Cross Office.*



Aviano Red Cross Leadership Volunteers. Photo Courtesy of Samantha Cain.

### Aviano American Red Cross

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American Red Cross— Aviano, Italy

# 100 Days of Summer Volunteer Challenge

As part of our 100 Days of Summer Volunteer Challenge from June 1st to September 1st, we challenge you to volunteer with the Red Cross at least once. We will be highlighting the volunteer opportunities offered through the Red Cross all summer long on our facebook page, so join us.

## Help out your fellow Airmen at the Airman's Attic

Summer is PCS season, which means families are cleaning out their attics and back rooms before leaving, and incoming families are in need of lamps, board games and clothing as they move into their new homes.



The Airmen's Attic plays a critical role in our military community by providing donated household items FREE to E-5s and below. Single and married military members (and spouses) are authorized to shop, free of charge.

If you have questions about these or any other volunteer opportunity, contact us as [aviano@redcross.org](mailto:aviano@redcross.org) today!

## Interested in Volunteering at the Airmen's Attic?

To get started, join us for our volunteer orientation, held every Wednesday at 1300 in the Red Cross conference room. After the general orientation, we can discuss working at the Airmen's Attic. There are two ways to get involved at the Attic-

### Open Hours:

*Every Thursday, 1600-1800  
First & third Saturdays, 0900-1300*

Open Airmen's Attic, assist customers with their shopping needs, clean and close up Attic at the end of the shift.

### Sorting Hours:

*Monday-Friday, 0730-1630*

Accept, sort and stock donated items. Keep Attic organized and clean for open hours.

*Join our Challenge on facebook!*

*Tell us about your experience with the*





## VOLUNTEER CORNER

*This month, we talk with Carla Seward, our 2014 Clara Barton Award Winner.*

1. Why did you begin volunteering with the Red Cross?

I started in 1969. I first got married and didn't speak much English so it was a little selfish, thought maybe could pick up a little. (I began as) an interpreter at the clinic, with the little English I had. I was even volunteer of the year in Arizona.

2. What is the most rewarding and most difficult part of volunteering?

Most rewarding, people start to recognize me and it makes me feel good to help others- to see that you do something that makes people happy. That thank you for me, that is the best.

Most challenging, when people don't follow the rules. Put your heart at it. If you are going to do it, do it right. It's aggravating when you are working hard if you feel like someone isn't.

3. What has motivated you to stay with the Red Cross?

I go back a long time, I appreciate what they do and what people did before me. I think (the Red Cross mission) is important. When I had small kids, it got me out of the house. It was fun, I enjoyed it. About six years ago I quit working, I was really getting bored at home. So it is good for giving you something rewarding to do.

## Out in the Community: End of School Bash

Our Youth Committee planned and ran an End of School Bash for their fellow students on 12 June from 1200 to 1630 in the Aviano High School gymnasium. Over 85 high school and middle school students joined the Youth Committee for face painting, volleyball, basketball and indoor football with pizza and drinks to ring in the summer.

**Come out and kickoff summer with the American Red Cross Youth Group**

- Free food & games
- Face painting prizes
- Volleyball
- Basketball
- Soccer
- yearbook signing

**Open to all Middle and High School Students**

## Summer Safety Tips: General Outdoors

Taking a short trip to the park? Remember these basic safety tips!

- **Fluids.** When conducting outdoor activities on hot days, drink, drink, drink. Consume plenty of cold fluids – especially water. Stay away from alcohol when conducting hot weather activities, however. The risks include heat-related illness and accidents.
- **Sunscreen.** Use sunscreen when spending time outdoors – even on cloudy days. The FDA recommends using broad-spectrum (protects both UVA and UVB) sunscreen with an SPF of 15 or greater. Apply 30 minutes before sun exposure and reapply every 1-1/2 to 2 hours. When the sun's UV rays are strongest (10 a.m. to 4 p.m.), wear broad-brimmed hats and loose-fitting clothing for extra protection.
- **Helmets and safety gear.** Helmet use may reduce head injury risk, reports the Insurance Institute for Highway Safety. When biking, skateboarding or other such activities, wear a comfortable, properly fitting, approved safety helmet. Always fasten the safety strap. bathroom, handling pets or doing something with children.

# Letter from the Station Manager

Michael Dong, Station Manager

With the heat of Summer now upon us, we have some changes at the SAF Aviano office. The Station Manager, Robyn Cadwallader, accepted a deployment to SAF Kuwait. During Robyn's absence, I will be stepping up to the Station Manager position as a temporary assignment, after being Station Chair for the past year.

This change has proven to be near seamless, and we look forward to developing programs and services with a "fresh view". Of course, the anchor of the office, our Field Office Assistant Amber O'Steen, is available during our office hours, 0730-1630, Monday through Friday. Please feel free to stop by to see what's coming up with programming, and enjoy a Starburst from "the Ab".



Michael Dong and Amber O'Steen present awards at the 2014 Volunteer Appreciation Ceremony. Photo courtesy of Samantha Cain.

## July Birthdays

Siara Tarantino	7-1
Barbara Nitz	7-5
Andrew Berroth	7-8
Irma Avery	7-11
Megan Olsen	7-14
Casey Becker	7-15
Andrew Eichholz	7-16
Jefferson Sangrones	7-17
Lauren Alpuerto	7-18
Schaheda Durrell	7-21
Zachary Simon	7-22
Carla Seward	7-26
William Seehausen	7-30



### Reminder!!

Don't forget to log your volunteer hours in Volunteer Connection every month! You can access Volunteer Connection at: <https://volunteerconnection.redcross.org/> . If you have any questions or cannot log into your account, please call or email the Aviano Red Cross and we will help you!

