



**American  
Red Cross**  
of Central New Jersey

# GUARDIAN

A QUARTERLY NEWSLETTER PUBLISHED BY THE AMERICAN RED CROSS OF CENTRAL NEW JERSEY • June 2006

Serving Hunterdon, Mercer, Middlesex, and parts of Somerset Counties

*PLEASE...*

# TAKE

# IT

# SERIOUSLY

## FOUR STEPS TO DISASTER PREPAREDNESS

1. Get Informed
  2. Make A Plan
  3. Assemble A Disaster Supplies Kit
  4. Maintain Your Plan
-

## MESSAGE FROM THE CEO



We all witnessed the devastation and destruction that the 2005 Hurricane Season brought to the people of the Gulf Coast. With predictions for this year's season pointing at the North East Coast, the beginning of hurricane season should be a call to action for all of us: check our family emergency plans and restock our disaster supplies kits.

There is no way to know how many hurricanes will make landfall or how much damage they may wreak. However, every region of our country is vulnerable to severe storms and flooding or disasters of some type: high winds, power outages, tornados or earthquakes. Remember last year...it was simply a thunderstorm that sat over Middlesex County that caused major flooding in the Jamesburg area.

Every family can follow the same basic emergency preparedness strategy, whether in a hurricane-prone area or elsewhere: get to know the types of disasters that can occur in your community, create a personal disaster plan and build a kit.

If you haven't put together a kit or a plan....  
what are you waiting for?

The time to prepare is now.

Visit [www.njredcross.org](http://www.njredcross.org) for more details about how you can be better prepared. Knowing what to do in an emergency situation is your best protection.

Kevin Sullivan

## *In Memory of our beloved past chairman Bill Noonan*



*William J. Noonan  
1926 - 2006*

*As a long time friend of the Red Cross and our one time commander-in-chief, Bill's leadership and dedication proved invaluable to our ability to carry out our mission...all this combined with a wink, a smile and a good story.*

*Bill will be sorely missed, but we will carry with us the gifts he left behind. His philanthropic nature, wit and wisdom are characteristics that sustained us in difficult times and gave us something to which we can all aspire.*

	<p>American Red Cross of Central New Jersey</p>	<b>GUARDIAN</b>
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Patrick Ryan

## HURRICANE SEASON 2006

If you're not prepared already, the time to prepare is **NOW**.

Create your personal disaster and evacuation plan and make sure you build a disaster supplies kit.

Knowing what to do in an emergency situation is your best protection.

### Prepare a Personal Disaster Plan

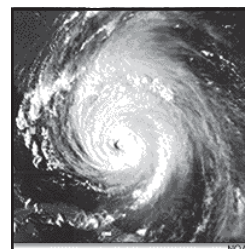
The American Red Cross, the National Weather Service and the Federal Emergency Management Agency urge each and every family to develop a family disaster plan.

- Meet with your family to create a plan. Discuss the information you have gathered and why it is important to prepare for a disaster.
- Show and explain to each family member how and when to turn off the water, gas and electricity at the main switches, and how to use a fire extinguisher. Remember, if the gas is shut-off, only a professional can turn it back on.
- Identify ahead of time where you would go if public officials told you to leave your home. Choose several different places – a friend's home outside of the affected area, a motel or a shelter.
- Listen to local media broadcasts or NOAA Weather Radio for the latest storm conditions.
- If you are told to evacuate, do so immediately.
- In case you have to evacuate, be sure to bring your disaster supplies kit including medications, extra clothing, pillows and blankets, and other hygiene and comfort supplies, along with copies of essential papers and documents.
- Be sure to make advanced safety preparations for your pets. Be aware that pets are not allowed in Red Cross shelters. Contact your local humane society or veterinarian for suggestions.
- Ask an out-of-town friend or family member to act as "family contact" for everyone to call in case of separation. It is often easier to call long distance after a disaster than to make local calls.

### Assemble a Disaster Supplies Kit

Gather enough emergency supplies to meet your needs for at least three days. Store these supplies in sturdy, easy to carry, water resistant containers. It's also a good idea to keep a smaller kit in the trunk of your car. Your disaster supplies kit should include:

- A three-day supply of water (one gallon per person per day) and ready-to-eat canned goods, such as tuna fish, peanut butter, crackers, canned fruit, juice boxes, etc. Please remember that you want to replace stored water and food every six months.
- A battery-powered radio, flashlight and extra batteries
- A manual can opener
- Copies of important documents, including birth certificates, insurance policies and social security cards. Your original documents should be secured in a locked box or safety deposit box
- Comfortable clothing and footwear
- One blanket or sleeping bag per person
- A first aid kit, including prescription medicines
- Emergency tools, including tools to turn off utilities
- An extra set of car keys
- Cash/Credit cards
- Special items for infant, elderly or disabled family members
- An extra pair of glasses or contact lenses



Practice and maintain your plan.  
Make sure your family knows meeting places, phone numbers and safety rules.  
Conduct drills.

Something else to keep in mind is the value of neighbors during a difficult time. Working with neighbors can save lives. Know your neighbors' special skills and consider how you could help neighbors who have special needs, such as disabled and elderly persons. Make plans for child care in case parents cannot get home - that way, all of the children in your neighborhood can be safe.

For more information regarding how individuals and families can prepare for disasters visit

**[www.njredcross.org](http://www.njredcross.org)**

## Recent Fires Left Many In Our Community Without A Home



A fire in March at the Rivendell Village in Piscataway (above) destroyed 9 units of a 12 unit building, leaving 30 adults and 9 children homeless. The Red Cross was there to help. (Right) Disaster Relief Volunteer Ted Saunders talks with one of the residents.



### Local Disaster Response

*February 15 - May 9, 2006*

- 41 Disaster responses
- 116 Families assisted
- 239 People assisted with food, clothing and/or shelter (170 adults, 69 children)
- 1,700 First responders provided with canteen services (11 canteen events)
- 119 Volunteers there to help

***Free Assistance Provided: \$56,140***

### Three Bridges School Walks for Red Cross Disaster Response

Teachers, students and parents at Three Bridges School in Readington Township participated in a May 20th Kids Care Charity Walk at the school and raised over \$1,000 for local Red Cross disaster response. During the check presentation, Disaster Relief Volunteer Linda Zdepski informed the children just how their generosity will help families that lose everything to a flood or house fire.

(Left) Children, parents and teachers at Three Bridges School cheer their accomplishment following their charity walk.





## Blood Donor Center Holds First *Week of Caring* with Greenfield Dodge



Adrienne Parker of the Red Cross (far right) tends to blood donor John McIntire (seated) as fellow Greenfield Dodge employees lend support (pictured left to right) Lynne Vandegrift, Anthony Pizzuta, Alexis Collazo and Stacy Dougherty.

Our Blood Donor Center celebrated its first *Week of Caring* in late March when more than 20 employees and customers from Greenfield Dodge of Lawrenceville visited the Center to donate blood. The *Week of Caring* program gives smaller companies and local community groups the opportunity to hold a blood drive at the Donor Center. A *Week of Caring* sets aside a full week for employees, management, clients and/or members to give blood at the Donor Center. For more information, contact Sharon Hurley at 609-951-2121.

*"Greenfield Dodge's Week of Caring was a great way for us to come together as a group to help."* – General Manager Jeffrey G. Reeb (who also donated blood)

## Red Cross On Hand at National Guard Open House in Flemington



The 50th Finance Battalion of the National Guard invited us to participate in their May 6th Open House at the Flemington Armory. (Above) Volunteer Linda Zdepski (who coordinated the event) is pictured with SFC David DeMarco (left) and SFC Berto Diaz. (Center) Volunteer Donna Baumgartner provides instruction as a young visitor climbs out the window following his fire safety lesson inside the Red Cross Fire Safety Trailer. (Right) Our little ERV Ernie makes new friends wherever he goes!

Hunterdon County Branch

### 5th Annual Save-A-Life Golf Classic



October 9, 2006

Stanton Ridge Golf & Country Club  
Whitehouse Station, NJ

Rain or Shine ~ Scramble Format

Registration & Lunch  
10:30-12:15

Shotgun Start  
12:30

Million Dollar Shootout  
Sponsored by  
Hunterdon Saab  
6:00

Dinner & Auction  
6:00-7:30

*Sponsorships available*

Contact:  
Jennifer Durrant  
908/782-4121

Registration Deadline  
October 2, 2006



# 2006 Dance-A-Thon



Our Youth Council held its first Dance-A-Thon on April 22nd and successfully raised over \$8,000 to help fund our chapter's programs and services and the international Measles Initiative.

*Thank You to the following sponsors:*

94.5 PST

South Brunswick Schools

Crossroads North Middle School, Monmouth Junction

Kampus Klothes

Central Jersey Dance Society

The Peddie School

Americana Diner

dotPhoto.com

Rutgers College Recreation

Along with the many area businesses that supported this event with ad sponsorship, food donations and prizes



### *A special thanks to:*

Those Youth Council members that made it all happen  
The volunteers and parents that helped at the event  
The bands, DJs and the choir that donated their talent  
And, of course, all the Dancers...



Participating dancers came from area schools including: West Windsor Plainsboro HS North and HS South, South Brunswick HS, Hightstown HS, Stuart Country Day School, The Peddie School, Princeton Day School, The Hun School, Colonia HS, and Job Corps of Edison – Thank you all!



## Area Mayors Participate in National Mayors For Meals Day

Mayor Janice Mironov of East Windsor; Mayor Shing-Fu Hsueh of West Windsor; Mayor Phyllis Marchand of Princeton Township; Mayor Glen Gilmore of Hamilton Township; and Deputy Mayor Neil Lewis of Plainsboro helped Red Cross Home Delivered Meals Volunteers with their daily deliveries on March 22nd.

Joining hundreds of mayors participating around the country, our mayors aimed to raise awareness about senior hunger and showed their support for the senior nutrition programs that deliver these meals daily. *Mayors For Meals Day* is a component of March For Meals, a national campaign by the Meals on Wheels Association of America.



(Pictured L-R) Volunteer Sam de Turo, Mayor Shing-Fu Hsueh, Mayor Phyllis Marchand, volunteer Charles Mapes, Mayor Janice Mironov, volunteer Terri Gans and Deputy Mayor Neil Lewis.



(Pictured L-R) MOW Volunteers Joanne Morgan, Gemma Lupinacci, and Joy Caldwell are joined by Mayor Glen Gilmore of Hamilton Township.

**DID YOU KNOW?**  
Our chapter's Home Delivered Meals Program delivered 47,756 meals throughout the Mercer County area last year with the help of 235 dedicated Red Cross volunteers.

## Meals on Wheels Spring Luncheon & Volunteer Recognition



Volunteer Mickey Graham enjoys a moment with luncheon host Hugh Wynne.



Volunteer Barbara Purnell receive a 15-year Service Recognition Plaque.

On May 16th, the chapter celebrated the dedicated work of our Meals on Wheels volunteers at a luncheon graciously hosted by volunteer Irene Wynne and her husband Hugh. A good time was had by all as the Red Cross saluted these fine individuals. Special recognition was awarded to volunteers Bonnie and Mahlon Thompson for their Milestone 28 Years of Service!



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LEAVE A LASTING LEGACY...PUT THE AMERICAN RED CROSS OF CENTRAL NEW JERSEY IN YOUR WILL.

### *MARK YOUR CALENDAR!*

*October*

**10/9/06**

***Red Cross Golf Classic***

Stanton Ridge Golf and Country Club  
Whitehouse Station  
Scramble Format – Shotgun Start 12:30 PM  
Sponsorships available  
*Contact: Jennifer Durrant - 908-782-4121*

**10/11/06**

***The Day After...Getting Back to Business***

4th Annual Disaster Preparedness  
Conference  
Ramada Inn, National Conference Center  
Hightstown  
*Contact: Hugh Adams - 609-951-8550*

Visit [www.njredcross.org](http://www.njredcross.org) for additional information

### *RECEIVE THE GUARDIAN VIA EMAIL*

If you prefer, we can send you the GUARDIAN newsletter via email. This could help us greatly reduce our printing and mailing costs, and we would still be able to keep you informed with the GUARDIAN in an electronic format.

Just send an email to:  
[newsletter@njredcross.org](mailto:newsletter@njredcross.org)  
and list your name, company (if applicable), address, phone number and email address.

Thank you!