



American Red Cross

GREATER LONG BEACH YOUTH COUNCIL PRESENTS...

Red Cross Reviews

ISSUE 1

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ABOUT US:

The Red Cross Reviews is a bi-monthly publication, distributed by the Greater Long Beach Red Cross Youth Program. It informs readers about the great events going on in the GLBC Youth Program. Publicity Chair, Opal Patel,, as well as various volunteers of the youth program oversee the production of this newsletter.

INSIDE THIS ISSUE:

NEWS

Page 2-3
LDC 2009
Safe Kids
Puppet Show
Meet the 2009
e-Board

Page 4
Dear James
GLBC Maze
Upcoming Events

'Back to School...

Welcome Back Volunteers!

By Opal Patel, Publicity Chair

Hey guys, welcome back from summer vacation! This summer was a blast! With our wonderful youth volunteers, this year's activities have grown to become fun-filled events for everyone. Not only was this year filled with laughter and excitement, but very successful. 2009's Leadership

Development Center turned out to be one of the year's biggest highlight. We are looking forward to an amazing rest of the year, and there will certainly be plenty of



opportunities for anyone interested in participating.

If you like kids, then consider taking a part in the SAFE kids program or even helping out with the puppet shows that involving teaching kids a variety of safety precautions. Not only do we offer these programs, but also bigger fundraisers that support international events and more! If you want to start meeting new people and help the Red Cross, then come join our

Youth Council at the general meetings the first Friday of every month here at the GLBC. We're looking forward to new ideas and great volunteers, so come out and join the fun!

Club Leadership Day...

By Tammy Pham, Vice President

In August, Red Cross club officers from different schools had the opportunity to come to Club Leadership Day at the



Long Beach Red Cross Chapter. Our Red Cross liaison, Allan Wang, held this event in hopes of expanding youth involvement and opening a greater

communication pathway between schools. Guidelines and requirements were distributed to ensure an efficient and fun school year. Our Director of Volunteer & Youth Services, Lokia Pearson and our Volunteer & Youth Services Specialist, Priya Sodha emphasized on the importance of reaching out to new youth volunteers with the knowledge of our mission and history. In hopes of another fun year, we hope with your leadership and participation, we can make an impact in our community. We like to thank Allan Wang for all his efforts he put in the GLBC and all of those that came out to represent your school.

Leadership Development Center '09

By: Allan Wang, Club Liason

Perhaps the most common question asked to people who return from LDC is what is LDC? The second most common question is what do you even do at LDC? Lastly, was it really that great?

The answer to the first question is that LDC stands for Leadership Development Center, a week-long camp that ran from Aug 10 to Aug 14, located at Pilgrim Pines Camp in Yucaipa, CA. This year's LDC, entitled Cirque du So-Lead, had about 100 high school delegates, 25 junior delegates attending and 70 staff.

So, what do you do at LDC? The most common activity is perhaps listening to the staff-run sessions. Our staff, trained to teach the delegates valuable leadership skills, put enthusiasm into their skins. However, LDC is not just about the sessions. Other activities range from the speakeasies and closing circle at the end of the night that allow the delegates to share their day to day experiences as well as the infamous Challenge of the Clans where delegates compete to put on their best performance.

The last, but perhaps most important question, is if LDC was really that great?



The answer a resounding yes. Delegates and staff alike attribute the phenomenon of strangers becoming lifelong friends to something called LDC magic. This LDC magic becomes the most apparent on the very last day when all 125 delegates and 70 staff members leave for their normal lives.

Our first memory of LDC was of the staff running down on our first day, screaming towards the buses. The delegates, many groggy from a two hour nap, left the buses and were quickly assigned to various cabins



with names ranging from Harvard to Salem. It was there that they got the first taste of LDC, finally meeting some of the fellow delegates that they would be spending the next week with.

Within one hour came our first session describing the basic rules. Pam, the camp nurse, instructed the delegates to drink plenty of water to prevent dehydration and nosebleeds. The delegates learned that

LDC is a family camp, not a family making camp. To end the first day, delegates gathered around for a closing circle to discuss the events that



had happened. Of course, being it was only the first day, only a few delegates decided to speak up.

Delegates that were extremely quiet were able to run their own sessions for a teach-back where the roles of staff and delegates were reversed. People that were too afraid to speak up started to open up during speakeasies as they broached sensitive topics. On our final night at LDC delegates shared their experiences of camp, how LDC has changed them, and how those four days seemed longer, as if it had lasted four



Pines.

years. By Friday morning, every delegate and staff member felt the magic of LDC as each bus slowly pulled away from Pilgrim

One memorable quote from LDC is...

"For those that have not experienced LDC, no explanation is possible...for those that have experienced LDC, no explanation is necessary."

Safe Kids

By Amieris Lavender, Youth Volunteer

Summer can be the most care free time of the year for youth. When school is out, it is easy to forget that safety comes first. However; thanks to the Red Cross, youth of all ages were offered a lesson in safety and preparedness education. Safe kids is just one of the programs the Red Cross offers to young children.

During the seminar volunteers teach their younger peers the importance of safety and how to react in crisis situations. By the end of the day, the children have learned to give general first aid as well as perform rescue breathing. Each child leaves with the knowledge that they are not too young to be of



help in an emergency situation. Teenagers were

Teenagers were not exempt from the safety lessons. The Red Cross offers CPR certification classes to all of their youth volunteers, during the three hour course students take part in an interactive learning environment, volunteers learn how to help a choking victim, administer rescue breathing and of course...how to perform CPR.



Being knowledgeable on the subject of safety is a very important aspect for all Red Cross volunteers. Take part in the safety preparedness classes offered year round at the GLBC and you can be one step closer to being Red Cross Ready! Contact the Long Beach Chapter for more information on how you can get training on CPR.

Disaster Preparedness

Puppet Shows

By Jennifer Pham, Co-Response Chair

Our Puppet Show teaches kids about disaster preparedness using Sesame Street characters to teach about earthquake and fire safety. Youth volunteers perform these shows to a variety of organizations, elementary schools, and fairs. This is a fun and exciting, but educated way to learn about safety for all ages.

Youth volunteers take time out of their schedules to come to the trainings to learn how to use the puppets and learn the songs and dances. They also learn how to set up the stage and make new friends. This year James and I had the privilege of being the Response Co-chairs of the youth executive board. I hope to meet new people, teach many volunteers, and have lots of fun. Keep an eye out for our Puppet Show training, so you could be part of teaching younger kids about responding to emergencies!

Meet our E-board 09-10!

By: Patrick Tith, President

The 2009-2010 E-Board is ready to take some responsibilities and to accomplish new things. For those who don't know what E-board, it stands for Executive Board. E-board helps plan our meetings, hold trainings, and much more. E-board is always here to help everyone out, so do not be afraid to ask any questions!

We offer a chance for our youth volunteers to become a part of our E-board for next year, so this is always an opportunity for our volunteers to get a hold of! Get ready to meet our 2009-2010 E-Board:

- Patrick Tith – President
- Tammy Pham-Vice President
- Allan Wang- Red Cross Clubs Liason
- Nandini Kannan - Activities chair
- Jennifer Pham – Response Co-Chair
- Opal Patel– Publicity Chair
- Sarah White—International Chair
- Ekta Doshi– Preparedness Chair

UPCOMING EVENTS...

10/26: Holiday Project Meeting

11/06: Presidents Meeting (3:30pm), General Meeting (4pm) @ Whitney High School in Cerritos

11/26: Thanksgiving!!!

12/5: Belmont Shore Parade On 2nd Street in Long Beach 6-8pm

12/7-10: Holiday Project Work Week 4-6pm

12/11: HP Set-up at Silverado Park 4-7pm.

12/12: Holiday Project Set-up, event, and clean up 7-3pm.

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Dear James

By James Adamos, Response Chair

Dear James,
I have a sister who is a big pest and gets all my nerves. How do I get rid of her? -Annoyedchild

Dear Annoyedchild,
Dude, I know EXACTLY how you feel, sometimes, it's just best to tune out her naggy-ness and block her out. Try just chilling in your room, blast music, & just relax. You will be fine. Trust me! :D
- JAMES :D

Dear James,
I can't control my eating habits, and I just always feel like eating ALL THE TIME, what should I do, because I don't want to get fat. -Porkchop

Dear Porkchop,
STORY OF MY LIFE. Hey, just a question, but do you watch Disney Channel? If you don't, you are missing out, but if you do, you know how they have those segments about getting active? That's MY motto. I eat like a BEAST. Trust me. But the way I stay fit (kind of) is I just go running with my dog! It's simple, go around the block, neighborhood, and park, and just go! Or just run by yourself if you don't have a doggy companion.

Haha :D
-JAMES :D

COMMUNITY DISASTER EMERGENCY

EQUITY HUMANITY IMPARTIALITY

INDEPEND- NEUTRALITY REDCROSS
ENCE

SERVICE TOGETHER UNITY

UNIVERSITY VOLUNTARY VOLUNTEERS

Dear James
What is the meaning in life? What is our purpose in life and how do you think humans should live? -Crazygirl

Dear Crazygirl,
Hmm, that's a good question, but it seems that I am not the one to answer that one for you. HERES HOW I LIVE MY LIFE: Eat, Sleep, Fun. DONE. And you know, recycle, reduce, reuse, help save mother earth! :D
-JAMES :D

Dear James,
I think this girl is cute in my class but I don't know how to go up to her. I was looking up those pick up lines online, but I couldn't find the right one. What is the perfect pick up line to get chicks?
-Someone

Dear Someone,
Pickup lines? No no buddy. NO pickup lines for you. I can't really tell you how to get this girl. It depends what type of girl she is. You should definitely try being a charmer. Always seems to work. Trust me ;)
-JAMES :D

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