



**American
Red Cross**

Red Cross Reviews

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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.

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Thank you all!

Stay Connect with American Red Cross Youth Program and get updated on activities and events.

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**American Red Cross
GLBC Youth**

To volunteer contact
Priya Sodha at
(562) 490-4015

Youth Volunteer Recognition

By: Opal Patel, Publicity Chair



Our annual Youth Volunteer Recognition was held at Golf N' Stuff in Norwalk, on Friday, June

4th. As families, school clubs, and volunteers came, ate, and settled down- the awards and power point the demonstrated our years worth of volunteer work and effort. Countless awards were given to distinguished volunteers that had put in many hours of work and sweat in the recent events and chapter activities.

We want to honor Kevin Hsu for receiving our Response Award, Ryan Northup for our Preparedness Award and Hetal Shah for our Publicity Award. In addition, Arshdeep Dhanoa received our Community Service award for being active in the chapter events, CSULB was given the International Services Award for their hard work in the

Measles Initiative and our very own future President, Jennifer Pham, received our Clara Barton Award for volunteering the most hours and being at all the events, close to 100 hours this year alone.

A special congratulation went out to Patrick Tith, the 2009-2010 E-board President, who earned our Leadership Award for all his hard work and dedication as President and Sarah White, who received our Volunteer of the Year, for being truly an outstanding volunteer and setting a great example for us all. Also, Artesia High School Presidents, Jessica Eusebio and Jesse Aguirre, received our Presidents of the Year Award and CAMS High School won the Club of the Year award and was congratulated for helping the chapter with so many events. Good job, CAMS! The rest of the night was spent mini golfing, playing arcade games, going on rides, and of course hanging out with friends and family. GO RED CROSS!

Exploring Humanitarian Law

By: Sarah White, International Services Chair



Hey volunteers! Exploring Humanitarian Law is a course where volunteers look at the basic rights

that every human has. We look globally to countries where these rights are taken away. The volunteers get a chance to look at child soldiers, l

Volunteers look at child soldiers, land mines and torture prisons. By looking internationally at the violation of human rights, our volunteers can seek to find solutions to these problems. Keep on the lookout on the calendar for the next class! We offer certificates and you gain great experience and knowledge that you can use in your future!

National Youth Service Day

By: Hetal Shah, Youth Volunteer

National Youth Service Day took place on Saturday, April 24th from 9 a.m. to 5 p.m. at the Red Cross Long Beach chapter. This event is a specially designated day for the Red Cross youth volunteers all over Southern California to come together and volunteer as a team; chapters that were involved were Santa Monica, San Gabriel Pomona Valley, Los Angeles, Long Beach and San Diego chapters.

The day began with icebreakers that brought all the youth to a more tranquil ambiance. Groups of about six youth with two additional adult volunteers were requested to share personal likes and dislikes with comical games, which created a more relaxed environment.

Once everyone was peaceful, a presentation was displayed for us all to watch. It was a moving, emotional power point that explained the terrors of young children aged from eight to seventeen being forcibly conscripted into the armed forces. Handouts on polls



and geographically targeted countries were given out in efforts to alert the youth on an issue affecting many major countries such as India and Indonesia.

After this event, a short break was issued where the youth were split up into five groups. Each group performed a one of our 5 lines of services; such as going out into nearby neighborhoods to hand out fire safety door hangers and blood services fliers. They also went to a local library to present out Disaster Preparedness Puppet Show and some stayed at the chapter to host a Safe Kids training to kids 7-12 years old. Lastly, another group put on a bingo party for the veterans at the VA, who truly enjoyed the experience!

All in all, new friends were made, the community was made safer, and the mission to enlighten the public was accomplished.

Red Cross Club Updates!

By: Allan Wang, Club Liaison



If you are reading this newsletter, then you are probably an active youth volunteer with the Greater Long Beach Chapter; you help out with the monthly puppet shows, attend the regular EHL trainings, and show up to our Youth Council meetings. However, another set of volunteers exist, helping out with local clubs at their schools. The largest clubs have members numbering the hundreds.

These clubs hold their own events at their schools, providing another option for those who cannot make it to the Chapter. They raise thousands of dollars for causes ranging from the disaster in Haiti to the Measles Initiative. The clubs we have that actively participate in our Red Cross mission and services are Artesia HS, CAMS HS, Poly HS, Mayfair HS, Poly HS, Gahr HS, CSULB, Whitney HS, St. Josephs and a few more that are new to our chapter! A big congratulations for our Club of the Year Winners— CAMS HS!

These clubs also work to support our Chapter events. Among other achievements this year, they have gathered over 300 toys for our Holiday Project and have donated hundreds of dollars to our Youth Program.

So what can you do if there is no Red Cross Club at your school? The first step is contacting the Youth Specialist Priya Sodha at SodhaP@usa.redcross.org, and notifying the Chapter of your interest. We are always interested in middle schools, high schools and even college clubs in our 9 cities, to open up a club and be great part of our Red Cross mission!

CPR Saturday

By: Ekta Doshi, Preparedness Chair

“Can someone give me some example of an emergency?” “If there’s an avalanche or a tornado coming toward my house..” “If my little brother accidentally breaks his arms and legs”



Entertained by the innocent responses of the kids, the GLBC Volunteers taught the SAFE kids classes at CPR Saturday on May 22nd, 2010. At 7:00 am volunteers reach Long Beach City College, extremely sleepy, yet eager to get to work. The youth volunteers were generally spread between teaching aides or models for the CPR instructors, helping

grade CPR certification tests, and teaching SAFE Kids (clearly, the superior of the three). The volunteers began each SAFE Kids class with an exciting icebreaker, volunteer introductions, and opening of the 3 C's: Check, Call, and Care!

As the volunteers slowly carried the plastic men outside, careful to make minimal amounts of noise, the

children became anxious to finally practice mouth-to-mouth! The volunteers demonstrated a simplified version of CPR which is called Rescue Breathing as some of us were inside preparing for the abdominal thrusts section. After the volunteers explained this way of saving a choking person, the kids formed pairs and practiced on each other, enjoying themselves even more than we could have imagined.

As the main learning portion came to an end, the kids learned about burns, cuts, animal bites, lightning, etc. and how to deal with the potential dangers, followed by a presentation of “Master of Disasters” which interactively deals with kids preparedness of disaster. It encouraged them to make safety kits and practice escape routes from your house. We finished off each class with a Scavenger Hunt and review Jeopardy game made by Patrick Tith. We were also super glad to have E-Board alumni Kristyn Tith helping us out!

As the classes ended, we sent of a new group of children into the world, hopefully more prepared to handle disaster, should it strike.

Arabian Nights

By: Nandini Kannan, Activities Chair



Arabian Nights had a great turnout! This dance and casino night was held to raise funds for our youth services department, and I'm glad to say that it went pretty successfully! Planning this event

was not so easy, but it was fun. Thanks to everyone on the March Fund Drive committee, we were able to formulate ideas, themes, and ways to attract more people to come and how to set things up. After we chose our theme, Arabian Nights, the committee kept shooting out different and great ideas.

Thanks to all of their effort with weeks of planning, we were able to pull it off! Many people came from different schools and seemed to have a great time. Coordinating this event was a lot of work, but I had a



lot of fun doing so because of the members of the committee as well as planning out the fun aspects, such as decorations and food.

The day of, we had a henna tattoo station, people playing poker and other card games at the casino tables, dancing and music, as well as snacks. We also had a raffle at the end for those who won a lot of raffle tickets from the casino games!

Thank you so much to those that helped out with, planned, and attended Arabian Nights! It was such a successful event and the money we raised was donated to our youth program, so we can continue to do amazing activities for the community!

UPCOMING EVENTS...

07/01/10: Safe Kids Training
07/09/10: Youth Council Mtg.
07/17/10: Safe Kids @ GLBC!
08/09-08/13- LDC!

Congratulations to all seniors on your graduation as well as thank you to all volunteers for a successful year!

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Dear James

By James Adamos Response Chair

Dear James...

Summer's on it's way and I have nothing to do. I'm looking for a job, but I don't know what to go for. I'm 14 and eager to make some money. Got any suggestions?

-Mike the Man

Dear Mike the Man,

"When i was your age..." i babysat.. haha sounds boring, but its a really good job that can pay good if you are a persuasive person :) I babysat one night for about 9 hours, 24 dollars per hour (two 5 year old kids, so if you do the math, its 12 dollars per kid) then I made massive bank! and if you like kids, it also will prepare you for events at the chapter, like safe kids or puppet shows :D now, if you don't like babysitting and maybe you play video games, I say you trade in some of the games you don't play anymore. I made a couple bucks off of that as well. there's many ways to earn money at the age of 14. Like more chores, sounds horrid but can come in handy later on in life.

- James :)

Hi James! There's this girl who keeps following me not like creepy stalker following me but I think she wants to be my friend, but the thing is, I DO NOT like her. What do I do? :/ -ConfusedPrincess

Whats up Confused Princess, I'm going to be honest with you. Just try being her friend. I know you don't like her, but maybe try to work some

thing out,
YOU
NEVER
KNOW. I

have friends today, that i didn't like in middle school and now I am good friends with them today :)

James :)

James,

What are some good pop/Indie songs?

-MusicDiva4ever

Dear MusicDiva4ever,

This may sound like a lazy answer, and it probably is, but maybe you try and check out this music site called Pandora. It's a great place to play the music you love listening to. I personally don't know any good pop / indie music, because truthfully i don't really listen to that kind of stuff. But anyways, I would try Pandora. Just type in the artist or type of music you enjoy listening to and it will automatically come up with related searches that you might like as well :)

James :)

