



**In the know:**

- September 10 - Annual Volunteer Picnic
- October 21 - Strategic National Stockpile
- November 18 - Point of Dispensing (POD)
- December 18 - Annual Holiday Luncheon

**An All Volunteer - Nonprofit Organization**  
*Heroes aren't born. They volunteer!*

**Fun Facts**

In 2004, Preparedness Month was declared for September by FEMA

**QUICK LINKS:**

- [National Hurricane Center website](#)
- [GNR Public Health](#)
- [Healthcare Coalition - Region D](#)
- [MRC GEM](#)
- [Alerts and Warnings](#)
- [National MRC](#)



**Don't miss our annual MRC GEM Volunteer Picnic**

*Sunday, September 10, 2023, 12:30-2:30pm*

Members and their immediate family are welcome to come and celebrate a few hours of fellowship and enjoy a nice BBQ lunch from Cue. [Signup is a MUST](#)



**DID YOU KNOW?**

**Resuscitation Dummy used for CPR**



Known as the "Most Kissed Girl in the World"

The CPR dummy was made from an unidentified girl pulled from the river in Paris in the late 19<sup>th</sup> century after a drowning. A mask was made in the 1950s to be used as a training model for first aid. One of the last counts years ago was that its usage has surpassed 500 million students and saved over 2.5 million lives.



**5 Phases of Emergency Management**

1. Preparedness
2. Response
3. Recovery
4. Prevention
5. Mitigation

**21 Year Anniversary Video**

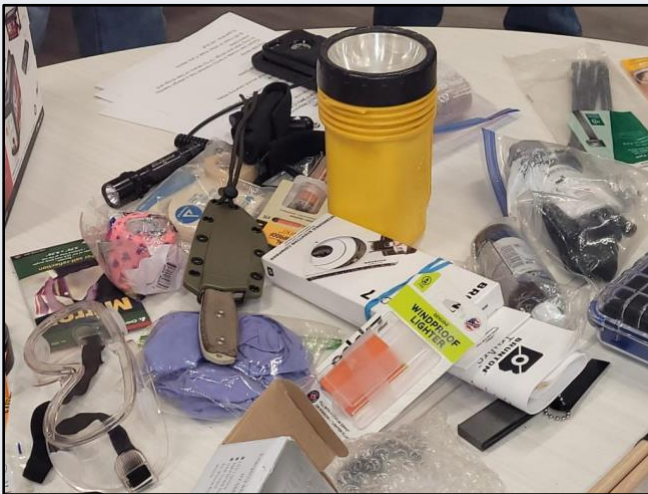


## AUGUST MEETING FULL OF EXCITEMENT

Gary Johnson, a long-time MRC GEM member, shared the items that he had in his preparedness bag in our training class in August. We learned about the many items that you might need to include in your "go bag" and where you could find them.



Some of the more interesting items that we heard about were a weather alert radio that was hand-cranked, a pocket-sized jump starter for your car, a Zippo lighter, and "turbo matches".



## A Big Congrats to Dr. Audrey Arona

Congratulations to Dr. Audrey Arona for winning the Gwinnett Chamber of Commerce's 2023 *Paying It Forward* Moxie Award!

There were more than one hundred finalists at the 2023 Moxie Awards, presented by Northeast Georgia Health System. Established to honor women professionals.



**National Preparedness Month**  
*Prepared, Not Scared*



## MRC GEM Management Team

In August the management team spent a half day of their Saturday planning and discussing ways to make our organization continue to run smooth and have a long sustained future.

