



An All Volunteer - Nonprofit Organization

Heroes aren't born. They volunteer!

In the know:

- September 22 - Volunteer Appreciation Picnic
- October 19 - Preparedness - Drive Thru Tent Setup
- November 16 - Police Training Facility Tour
- December 14 - Volunteer Recognition Lunch

FUN FACTS

- Australia is wider than the moon
- Owls don't have eyeballs
- Bats are the only flying mammals

QUICK LINKS:

- [GNR Public Health](#)
- [Healthcare Coalition - Region D](#)
- [MRC GEM Full Schedule](#)
- [Alerts and Warnings](#)
- [National MRC](#)



NATIONAL PREPAREDNESS MONTH

2024 Theme: "Start a Conversation" (from Ready.gov)

Talking about bad things that could happen like a disaster or emergency isn't always easy. We may think we're protecting the people we love by avoiding these conversations, but they are important to start taking steps to get ready and stay safe.

Starting a conversation today can help you and your family to take more actions to prepare. By taking simple steps, you can build your preparedness at your own pace:

- Set aside a time when everyone is calm and relaxed.
- It may help to hold the discussions over a set time period, so decisions aren't rushed, and people feel more comfortable talking about the topic.
- Talk about steps you've taken to prepare and encourage others to ask questions about preparedness actions that might work for them.

To help spark a conversation, we've created preparedness toolkits in English, Spanish, Arabic, Hindi, Japanese, Korean, Simplified Chinese, Tagalog, Traditional Chinese, Vietnamese. Toolkits include graphics, publications and messaging you can share with family, friends and neighbors.

Later this fall, Ready and the Ad Council will launch a new Public Service Advertisements (PSA) campaign that will include broadcast, out of house graphics and more.

- [Preparedness Graphics and Publications](#)

DID YOU KNOW?

Our MRC training team is hard at work building the annual calendar of events for the upcoming 2025 year. Get ready for a full schedule of informative and engaging training sessions to help us better serve our community. Stay tuned for more details and mark your calendars - you won't want to miss out!



MRC GEM





WE NEED YOU!

We are looking for someone to help MRC GEM in the following areas:

Newsletter - looking for someone to take over the monthly newsletter - email Patty, patty@mrcgem.com for more information

Community Outreach - looking for volunteers to help with community fairs and festivals (currently 4 a year - would not have to commit to all) - email Liza, yorkshirerose1461@gmail.com

For everything below, please email Jim, membership@mrcgem.com

Volunteer database (Google Sheets and/or Excel spreadsheet experience would be helpful, but will train)

- updating volunteer database, verifying professional licenses, etc. probably about 2 - 3 hours weekly
- Mail merge help - want to update the database by contacting members in the database
- Someone to follow up with people that sign up, but don't send in a background check

Photography - looking for someone to take pictures at monthly meetings and other events

Audio/Visual help - want someone to learn how to set up a/v at monthly meetings

Website help (WordPress experience helpful) - to help update and maintain our website

Annual Family Picnic - September 22



You and **your immediate family** are invited to join us for our Seventeenth Annual Volunteer Appreciation Picnic on Sunday, September 22, from 12:30 to 2:30 pm at the Medlock Pavilion in Pinckneyville Park. As many of us feel that our regular meetings don't give us enough time to socialize, this is the one time of year that we have no other agenda, AND you get FREE FOOD! [Sign Up Now](#)

CALL FOR VOLUNTEERS

Full-Scale Exercise - November 18, 2024



Rockdale County EMA is looking for volunteers to play as actors in our upcoming Full-Scale exercise! Actors will have special effects makeup applied to their skin and clothes, and be given a role to act out for the duration of the exercise.

Scan the QR Code to register.

Get Ready to Grill Safely

Separate
When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.

Chill
Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep 40°F or below in an insulated cooler.

Clean
Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.

Cook
Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at 225°F to 300°F to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry

Don't cross-contaminate
Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

Refrigerate
Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).

www.cdc.gov/foodsafety

CS296044A

WALMART



Customers can choose to round up their purchases, with the difference going to MRC GEM.

