



# American Red Cross

## Kansas Capital Area Chapter Instructor E-Newsletter

### CPR Made Simple (1 Hour)

CPR Made Simple is a non-certification course designed for individuals who want to learn adult CPR/AED but do not need or desire certification. The course introduces individuals to adult CPR/AED and focuses on hands-on practice of adult CPR/AED skills. If you are interested in teaching this or want more information please contact either Sharita Davis or Carey Walker.



### Quick Information

- We have a Facebook group for our chapter: [American Red Cross of the Kansas Capital Area](#)
- Since the earthquake in Haiti, our Chapter has received almost \$60,000 in donations
- If you would like to send this newsletter to someone, send their email address Carey Walker and the newsletter will be forwarded to them
- If you need help with your classes, please contact us or check out the Instructors Corner link at the bottom of the newsletter
- Please fill out this short survey: [Instructor Survey](#)

### February Schedule

#### Instructor Classes

- **Water Safety Instructor**  
3/15-21
- **Lay Responder First Aid/CPR/AED**  
3/17-19
- **Lifeguarding Instructor**  
3/25-28

#### Review Courses

- **CPR for Adult, Child & Infant**  
2/22-Manhattan  
3/3-Topeka  
3/18-Manhattan
- **CPR/AED-Professional Rescuer**  
3/13-Topeka
- **CPR/AED for Lifeguards-**  
2/20-Topeka  
3/10 & 3/13-Topeka

### My Name Is...

Rod Strole has been an Instructor/Instructor Trainer for the Kansas Capital Area Chapter for over 20 years. He began his Red Cross career in 1984 at the age of 14 by assisting swimming lessons at his hometown pool in Valley Falls. Rod became a Water Safety Instructor in 1988 and a Lifeguarding Instructor in 1989, then he completed his Instructor Trainer training in 1991 and has been teaching ever since. He has been involved mostly with the Water Safety and Lifeguarding programs, however, he is also an Instructor Trainer in CPR/AED and First Aid. Rod is involved with the training of new Instructor Trainers and has been an aquatic resource for the Chapter and teaches exclusively for the Kansas Capital Area Chapter. If you are interested in learning more about the aquatic programs, you can contact Rod at: [rastrole@prodigy.net](mailto:rastrole@prodigy.net) or 785-231-9656 or contact the chapter.



### My Name Is...

Hello! My name is Pamela Overby. I started working for the American Red Cross in January 2009. I assist with the coordination of Health and Safety training programs and services throughout our communities. I was born in Atlanta, Georgia, and have traveled the US for the last 18 years, but currently I reside in Manhattan, KS. Before joining the Kansas Capital Area, I was an American Red Cross volunteer for over 21 years in Health & Safety, Emergency Services, as well as with the Armed Forces, working with soldiers that deployed to Iraq. I look forward to working with all of you! My door is always open and I'm just a phone call or email away.



### First Aid Team-Country Stampede 2010

It's time once again to start preparing for the American Red Cross First Aid Unit at Country Stampede! We would like to invite you to join the fun as an American Red Cross First Aid Team Member. Each year hundreds of concert-goers seek basic first aid from the American Red Cross First Aid Unit and our caring volunteers are there to help. As member of the American Red Cross First Aid Team you will gain experience using the basic first aid skills taught in our Red Cross courses. Country Stampede is a major four-day country music festival held at Tuttle Creek State Park outside of Manhattan, Kansas. To learn more about the First Aid team,

please contact me at 785-537-2180 or e-mail to [overbyp@usa.redcross.org](mailto:overbyp@usa.redcross.org) or Sharita Davis.

### First Aid Team-Wildcat Football 2010

Carrying on a great tradition with KSU athletics and the American Red Cross, the volunteers with the First Aid Team will provide emergency care for non-life-threatening injuries and illnesses in cooperation with Riley County EMS at KSU Home Football games for this upcoming season.

### Upcoming First Aid Team Events:

- February 25, 2010 - First Aid Team Meeting at the Manhattan office at 6PM. RSVP with Pamela Overby at 785-537-2180 or e-mail to [overbyp@usa.redcross.org](mailto:overbyp@usa.redcross.org). Open to all who are interested in the First Aid Team!
- June 24-27, 2010- First Aid Unit at Country Stampede 2010.

**American Red Cross Kansas Capital Area Chapter**  
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Health and Safety Education Specialist-Carey Walker, Jr. [walkercar@usa.redcross.org](mailto:walkercar@usa.redcross.org)

[American Red Cross](http://www.redcross.org/en/)  
<http://www.redcross.org/en/>

[Kansas Capital Chapter](http://www.thinkred.org/)  
<http://www.thinkred.org/>

[American Red Cross Instructors' Corner](https://www.instructorscorner.org/RedCross/Index.aspx)  
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