

MRC News You Can Use



Annual Training Day April 5th

Save the date for our annual training day. This year we will once again work with our Northeast Tennessee MRC friends to hold a conference. The event will be held at Northeast State Community College next to Tri-Cities Airport on Saturday, April 5th, from 8am - 5pm. Lunch is included.

If you bring a friend who is not a MRC volunteer, you will be eligible for a door prize. The friend can attend all of the programs, and even get certified in CPR. All FREE!

Things you can learn...

- CPR
- Revive
- Participate in a Shelter Exercise
 - Comms
 - Go Bags
- Lessons from Helene
- Animal Rescue in Disasters

...and more!

Your Time Adds Up!

Log your hours

Each time you volunteer, please use the link below to log your hours.

[2025 Volunteer Hours Link](#)

Update Your Contact Info in VVHS

Log into www.vvhs.vamrc.org and update your picture and contact information.

Let us know if you have any questions.

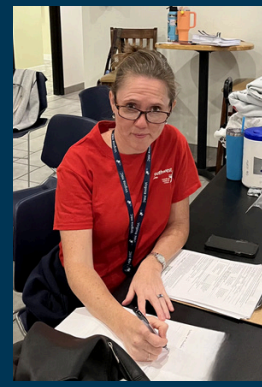
Bronze Pins!

Each time you volunteer, your hours are recorded. When you reach 100 hours, you earn a bronze pin from the Virginia MRC. Below are the volunteers who earned a bronze pin in November.



Rennie Atkins
Susan Austin
Amy Barkley
George Copeland
Phil Ernst
Natasha Mullins
Denise Wolfe
Deb Clarkston
Kathleen Volkaert
Laci McConnell

Helene Wrap Up



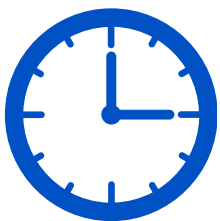
Volunteers contributed 598 hours during the Helene Response. Activities included helping at shelters, Disaster Recovery Centers, the United Way coordination center, wellness checks in the community, mobile vaccinations, and working in the office. Southwest Virginia MRC volunteers put in more hours in October than in any previous October, event during the Covid response.



2024 Hours



359
Deployable Volunteers



2050
Hours this year

**YOU
ROCK!**

Communications Upgrade



If possible, we will purchase radios that are mobile, meaning volunteers will be able to take them from the health department and use that at a more appropriate location depending on the situation.

If you are interested in becoming a HAM operator, the MRC will cover the cost of the training manual and the license. Many of you responded to a survey in November. If you did not and are interested in becoming licensed, email Pat at pat.meinen@vdh.virginia.gov

During a disaster, our traditional means of communicating may not work. Cellular networks may be down, landlines may be damaged. To help ensure communications during a disaster, we applied for and received a grant to purchase HAM radios. These will be installed at health departments throughout the region. We will have antennas installed and train volunteers to be HAM operators.



Training Opportunities

One of the mainstays of VA MRC is that volunteers remain trained and prepared to be ready in the event of a public health emergency. Keep an eye on your volunteer alerts for upcoming training in Southwest Virginia!

We now have volunteers trained to teach Stop the Bleed, REVIVE! and CPR. If you are interested in having any of these taught at an event near you, call Pat.

Friends of the MRC Scholarship

Each year the Friends of the Southwest Virginia MRC gives scholarships to volunteers who are in college.

If you know someone who wants to apply, have them contact Pat at 276-274-0555 or pat.meinen@vdh.virginia.gov

Contact Info



Pat Meinen
Unit Coordinator
276-274-0555
pat.meinen@vdh.virginia.gov

PICTURES!



Alisa at Grayson Rabies Clinic

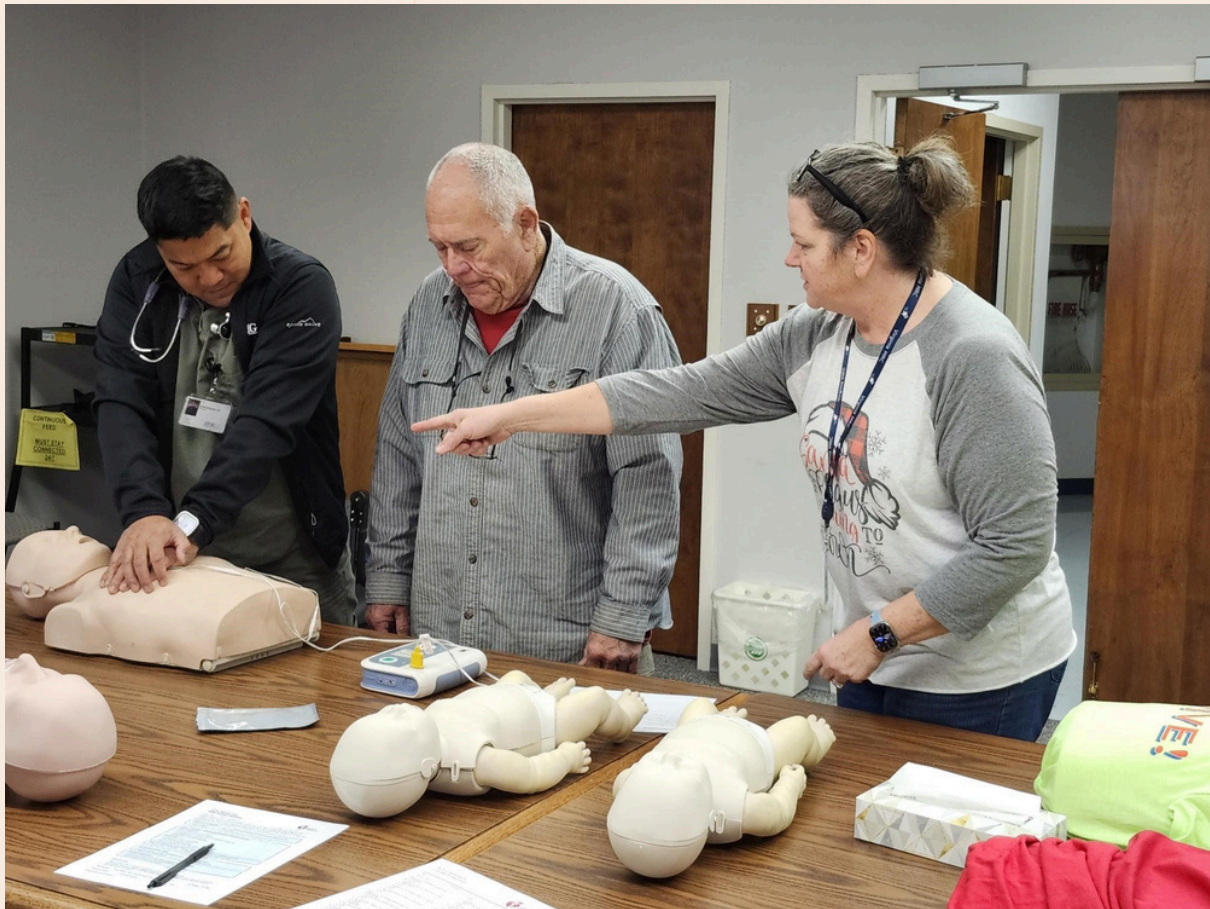


Volunteers at active shooter drill at Bristol Hard Rock Casino



Fun in ambulances at Bristol Hard Rock Casino drill

MORE PICTURES!



CPR class taught by MRC volunteer Becky Daugherty at Washington County Health Department to other volunteers.