



Together, we can save a life

ORDINARY PEOPLE. EXTRAORDINARY COURAGE.  
**REAL HEROES**

## DO YOU KNOW A HERO?

### Red Cross Seeks Local Hero Nominations

Throughout the South Puget Sound community ordinary people perform extraordinary acts of courage and selflessness that save lives. The American Red Cross Mount Rainier Chapter needs your help to identify and honor these local heroes from our community. Nominations are being sought for the **American Red Cross Real Heroes Breakfast of Thurston-Mason Counties**.

Do you know a hero? Your Real Hero nominee may be a friend or family member, a neighbor, co-worker, a firefighter, a member of the military or a police officer. The nominee may be a professionally trained life saver or simply a Good Samaritan. Heroes must either live or work in **Thurston-Mason Counties**; the heroic action may have taken place outside as long as the nominee either resides or works in **Thurston-Mason Counties**. (Example: A local resident who saved a life while on vacation in Oregon.)

Help the Red Cross recognize these extraordinary people by nominating your hero today. The categories for the nominations include but are not limited to: 911 Dispatch, Animal Rescue, Community Partner, Fire Safety, Youth Humanitarian, Adult Humanitarian, Law Enforcement, Medical Rescue, Military, Water Safety, Wilderness Rescue, Workplace Safety, and Spirit of the Red Cross. For more information or to make a nomination, please visit our local Red Cross web site at [www.rainier-redcross.org](http://www.rainier-redcross.org) or contact the American Red Cross Mount Rainier Chapter.

#### **DEADLINE FOR NOMINATIONS— March 31, 2009**

Please mail or fax in your nomination —

**American Red Cross Mount Rainier Chapter  
Thurston-Mason Counties Office  
2618 12th Court SW, Olympia, WA 98502  
(360) 352-8575 / (360) 352-0861 FAX**

An annual community celebration, the American Red Cross Real Heroes Breakfast honors local heroes for using their first Aid & CPR training and other actions to save lives. We hope you will join us as the American Red Cross Mount Rainier Chapter honors our community's heroes. Proceeds from the Real Heroes Breakfast benefit local Red Cross disaster relief and emergency preparedness programs in our community.

You can support the work of the American Red Cross Mount Rainier Chapter as a Real Heroes Corporate Event Partner, serving as a Table Captain and inviting guests to join you, or by making your own reservation to attend the community celebration.



