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Community Connections



September / October 2010

September 2010

National Preparedness Month

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2010

National Breast Cancer Awareness Month

SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

In This Issue...

- National Preparedness Month
- National Breast Cancer Awareness Month
- Events
- Contests & Promotions

**Don't forget
Grandparents Day
September 12th**

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September is National Preparedness Month (NPM), sponsored by the Ready Campaign in partnership with Citizen Corps and the Advertising Council.



NPM is held to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses, and communities.

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communications plan, are the same for both a natural or man-made emergency.

However, there are important differences among potential emergencies that will impact the decisions you make and the actions you take. Learn more about the potential emergencies that could happen where you live and the appropriate way to respond to them.

In addition, learn about the emergency plans that have been established in your area by your state and local government. Emergency preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.

Visit the RESOURCE CENTER at www.ACountryConnection.com for information including phone numbers and websites to contact before, during and after an emergency, safety checklists, evacuation plans, emergency and safety kits, and much more.

Earthquakes Tornadoes
Terrorism WILDFIRE
WILL YOU BE
PREPARED?
Blizzards
DISASTERS FLOODS

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Plan Now. Work Together. Be Ready.

NATIONAL PREPAREDNESS MONTH
September 2010 | ready.gov

October is

NATIONAL BREAST CANCER AWARENESS MONTH



Every year thousands of women are diagnosed with breast cancer. Chances are, many of us have known someone who has been affected. Thanks to the many people and organizations who have diligently worked to bring BREAST CANCER AWARENESS to light, the numbers are decreasing. More woman are getting regular mammograms and exams.

In honor of National Breast Cancer Awareness Month many organizations have set up local events. To find out how you can get involved as a VOLUNTEER and/or PARTICIPANT go to: www.ACountryConnection.com and click on "Newsletter Features"



Photo courtesy of John Yeager

In loving Memory of
Carol Mohrbacher

November 26, 1944 – January 17, 2010

Forever Missed but not Forgotten



I came across this poem
that reminded me of Carol's positive attitude.

She never let cancer take over
her life. She was one of the strongest
women I ever knew.



My Gift from God by Marion

People think I'm crazy....
To thank God for this gift....
They say I must be "brain dead"..
To even consider this...
But it has made me understand
Life ups, and yes it's downs....
It has given me the ability...
To laugh through all the frowns....
My gift from God's a treasure...
I celebrate each day....
And live my life as best I can...
And help others, on my way.....
When God gives gifts, we do not want...
It is our challenge to..
Accept them in what form they take...
And live our lives anew...
For the time may come when I am gone...
But my friends won't need an answer....
To everyone who knew me well.....
I didn't die... but truly learned to LIVE with Cancer.
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Sign up for Wireless AMBER Alerts™

The first three hours after a child is abducted are the most critical to recovery efforts. Wireless AMBER Alerts, an initiative of the National Center for Missing & Exploited Children and the wireless industry, have the potential to reach more than 242 million wireless subscribers with information to help bring abducted children home quickly and safely.

Amber alert's have helped to safely recover over 495 children. Sign up to receive free text Amber Alerts: **Text AMBER followed by a space and five-digit zip-code to AMBER (26237)**



HALLOWEEN COSTUME CONTEST

Details coming soon

Halloween Costumes

Hundreds to choose from!
www.ACountryConnection.com



Customer Appreciation Day
October 2nd
Lake Wohlford Café
Escondido, CA

For information on these EVENTS and more visit:
www.ACountryConnection.com



September 4TH Philip Rivers 5K Celebrity Walk & Fun Run

Join Philip Rivers in a 5k walk & fun run benefiting his Rivers of Hope Foundation supporting Foster Care and adoption programs throughout San Diego County.

September 4TH

Palomar Mountain Volunteer Fire Department Annual BBQ Fundraiser

Fun for the whole family - Raffle, Silent Auction, Chinese Auction, BBQ, Beer & Wine Garden, Crafts, Public Education & Firefighter Demonstrations, and the **3rd Annual Best of the Best Firefighter Competition.**

SUPPORT OUR LOCAL FIRE FIGHTERS!



FalconRidge
Equine Rescue
First Annual Fund Raise-n'
Spaghetti Western Dinner Dance

\$40

501c3 - Tax Deductable Donation

Catering By: Portino's Resturant, Valley Center
Raffle Ticket & Door Prizes Donated By Local VC Merchants
Music By: Hot Pursuit, Valley Center

** Raffle Tickets Sold by Select VC Merchants & Residents
Raffle Tickets Will Be Available From 6:00PM - 7:00 PM At The Event

Saturday October 9th, 2010
Valley Center Community Center
6:00 P.M. - 11:00 P.M.

For Tickets Call 760-260-8130 x101
OR Email:
judie@sdquickbooks.com

Visit FalconRidge Equine Rescue
On The Web At:
<http://www.nickibranch.com/falconridge>

For information on items featured In this newsletter go to www.ACountryConnection.com and click on "Newsletter Features"

VOTE November 2nd



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Back-To-School Promotion

Code: newsletter





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Prepare. Plan. Stay Informed.®

1 GET A KIT.	Ready America
2 MAKE A PLAN.	Ready Business
3 BE INFORMED.	Ready Kids



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760.212.5705
Valley Center, CA

Include your Business in
the next newsletter
contact Mary at:
info@ACountrtyConnection.com
760.685.6014

For information on items featured in
this newsletter go to
www.ACountrtyConnection.com
and click on "Newsletter Features"

Angels & Inspirations



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