

Portola Family Resource Center

Portola Point of View

August 2016

Issue #3



What's Happening This Month

- Aug 1- Sept 5 Portola Pool Open**
Mon-Fri-12-5pm/Sat-Sun 12-6pm
- Aug 1-5 Summer Skills Camp-Sports Success-Soccer**
Mon-Fri: 9am-2pm 530.258.6222
- Aug 7 Music In The Park**
- Aug 8-12 Summer Skills Camp-Sports Success-Cheer**
Mon-Fri: 9am-2pm 530.258.6222
- Aug 25 Veteran's Support Group**
4pm / PFRC
- Aug 26-28 Portola Railroad Days**
- Aug 28 Willie A Tate Memorial 5K Run/Walk & 10K Run**
Portola City Park: Race @ 8:00am
Registration: 7-7:45am

Every Thurs CoDA Meeting 6pm / PFRC

Alcoholics Anonymous Meetings

- Sunday** 8:00pm - 9:00pm
- Monday** 7:00pm - 8:00pm
- Tuesday** 7:00pm - 8:00pm
- Wednesday** 7:00pm - 8:00pm
- Friday** 8:00pm - 9:00pm

Meeting at the PFRC, 165 Ridge Street.

For more information on any of these events, please call 530.832.1827

On a mild day of 80-degrees, in 10-minutes the inside of a vehicle can rise to 99-degrees; in 20-minutes, 109-degrees; and in 60-minutes - 123-degrees!

A child's body heats up 3 to 5 times faster than that of an adult. Heatstroke can occur when the core body temperature reaches 104-degrees and internal organs begin to shut down. Once the body reaches 107-degrees, the person dies. Symptoms can progress to flushed dry skin and vomiting to seizures, organ failure, and death. Every week in the US a child dies from being left alone in a car. Most were forgotten by the parents and were younger than 2-years of age.



NEVER LEAVE A CHILD ALONE IN A MOTOR VEHICLE!

A child should NEVER be left in a vehicle alone...never!

LEAVE REMINDERS!

Leave a briefcase, purse, something needed at your final destination by the child while traveling.

LOCK YOUR CAR!

Keep your car locked when you're not in it so children are unable to climb in on their own.

IF YOU SEE A CHILD ALONE, CALL 911 !

Save a Life...Save a Child!

DON'T FORGET THE PETS!

Leave pets at home when doing errands in the heat.

August

24/7 Dad® is a unique set of programs designed to equip fathers with the self-awareness, compassion, and sense of responsibility that every good parent needs. It focuses on building the man first and the father second. An on-going group is available in Portola. To participate call 530.832.1827.

Facilitated by Scott Cash,
National Fatherhood Initiative.



FREE SUMMER MEALS!

WHAT: Free Lunch
WHO: Anyone 18 or under can receive meals for free!

WHEN: June 12 through August 19
Monday through Friday,
11:30am to 12:30pm

WHERE: Portola City Park,
441 S. Gulling Street

HOW: No sign-up required

JUST SHOW UP!

FREE LUNCH!

