



April 2017

*Neighbors Helping Neighbors...*

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### Next Meeting Dates:

**General Meeting:**  
April 12 - Building Assessment and Triage

**Leadership Meeting:**  
April 26 - Leadership Field Retreat AAR



## Am I a Fireman yet?

In Phoenix, Arizona, a 26-year-old mother stared down at her 6 year-old son, who was dying of terminal leukemia.

Although her heart was filled with sadness, she also had a strong feeling of determination.

Like any parent, she wanted her son to grow up and fulfill all his dreams. Now that was no longer possible.

The leukemia would see to that. But she still wanted her son's dream to come true.

She took her son's hand and asked, 'Billy, did you ever think about what you wanted to be once you grew up? Did you ever dream and wish what you would do with your life?'

Mommy, 'I always wanted to be a fireman when I grew up.'

Mom smiled back and said, 'Let's see if we can make your wish come true.'

Later that day she went to her local fire Department in Phoenix, Arizona, where she met Fireman Bob, who had a heart as big as Phoenix.

She explained her son's final wish and asked if it might be possible to give her 6 year-old son a ride around the block on a fire engine.

Fireman Bob said, 'Look, we can do better than that. If you'll have your son ready at seven o'clock Wednesday morning, we'll make him an honorary Fireman for the whole day.'

He can come down to the fire station, eat with us, go out on all the fire calls, the whole nine yards! And if you'll give us his sizes, we'll get a real fire uniform for him, with a real fire hat - not a toy -- one-with the emblem of the Phoenix Fire Department on it, a yellow slicker like we wear and rubber boots.'

'They're all manufactured right here in Phoenix, so we can get them fast.'

Three days later Fireman Bob picked up Billy, dressed him in his uniform and escorted him from his hospital bed to the waiting hook and ladder truck.



## Am I a Fireman yet? ...continued...

Billy got to sit on the back of the truck and help steer it back to the fire station.

He was in heaven.

There were three fire calls in Phoenix that day and Billy got to go out on all three calls.

He rode in the different fire engines, the Paramedic's van, and even the fire chief's car.

He was also videotaped for the local news program.

Having his dream come true, with all the love and attention that was lavished upon him, so deeply touched Billy that he lived three months longer than any doctor thought possible.

One night all of his vital signs began to drop dramatically and the head nurse, who believed in the hospice concept ~ that no one should die alone, began to call the family members to the hospital.

Then she remembered the day Billy had spent time as a Fireman, so she called the Fire Chief and asked if it would be possible to send a fireman in uniform to the hospital to be with Billy as he made his transition.

The chief replied, 'We can do better than that.

We'll be there in five minutes.

Will you please do me a favor?

When you hear the sirens screaming and see the lights flashing, will you announce over the PA system that there is not a fire?'

'It's the department coming to see one of its finest members one more time.

And will you open the window to his room?'

About five minutes later a hook and ladder truck arrived at the hospital and extended its ladder up to Billy's third floor open window -----16 fire-fighters climbed up the ladder into Billy's room.

With his mother's permission, they hugged him and held him and told him how much they LOVED him.

With his dying breath,

Billy looked up at the Fire Chief and said,

'Chief, am I really a Fireman now?'

'Billy, you are, and Jesus, is holding your hand,' the Chief said.

With those words, Billy smiled and said,

'I know, He's been holding my hand all day, and The angels have been singing.'

He closed his eyes  
one last time.

Source: <http://my.firefighternation.com/forum/topics/>



## Drones

The commonly referred to drone, more readily known in the industry as an unmanned aircraft system (UAS), has become one of the fastest growing industries in the world. Drones are governed under the Federal Aviation Administration (FAA).

The Fire Service and overall public safety sector is seeing a tremendous value in drone technology due to the potential to view fire activity from above and promote firefighter and civilian safety. Drones can be used in large-scale search and rescue as long as the pilot in command (PIC) always has eye contact with the UAS. They are also beneficial in active shooter incidents where the capability to deploy the drone to complete a scene survey and gather facts without placing officers in harm's way before valuable details are known exists.

Currently drones are being successfully used to lay and inspect electrical lines through power companies, inspecting aircraft carriers for airlines, exploring hard to reach human habitats such as volcanoes for scientists, mapping for mining industries, and so much more. Current culture would like to see drones delivering mail and takeout in the future. Locally drones are being used, but cost has kept many prospective users from incorporating the drone into their business models and lives. Potentially our local fire department may see the incorporation of drone technology in the future.

## Core Strength for CERT

The core refers to more than just your abdominals, the core includes all muscles between your arms and legs – essentially everything in your torso. Having a strong core means being able to execute motions more efficiently by taking the stress off of your arms and legs. It is important to focus on building the complex, interconnected core strength muscles to reduce the risk of injury during movement. Core strength is considered essential in the emergency responder field and CERT volunteers are encouraged to maintain a healthy exercise regimen including building core strength.

Gaining core strength doesn't necessarily mean you have to do numerous crunches daily. Core strength can be achieved and maintained through a variety of activities including body-weight circuits and equipment-based exercise including weight lifting. When used together core building is most successful.

While promoting core health also consider other healthy habits including drinking plenty of water daily to stay optimally hydrated, consuming adequate protein amounts, and getting at least eight hours of sleep at night.

You and your safety are first priority.  
Be sure to be considerate to yourself.



## Membership Celebrations and April Birthdays

### 2006 – April

Clark Custodio

Julie McGrath

### 2011 – April

Terry Bateman

John King

Melanie Dupuis

Madison Sandreth

Nicole Lima

Elizabeth Austin

John Barth

Stephen Bosback

Helen Danson

Chelsea Davis

Helene DeMartinez

Loden Donahoo

Terri Eubanks

Anne-Marie Smith

Gayle Frye

Kim Gabriel

Karine Gabrielle

Jeff Golden

Amber Harris

John Harrison

Greg Hartley

Annette Herron

Adrian Reynolds

Julian Spalding



# CERT 2017 Calendar of Events

January 2017	February 2017	March 2017
General Meeting - January 11 <i>(211 Info)</i> Leadership Meeting - January 25 <i>(Leadership Retreat Planning)</i>	General Meeting - February 8 <i>(Movie Night)</i> <b>Advanced Medical Refresher - Feb 25</b> Leadership Meeting - February 22 <i>(Leadership Retreat Planning)</i>	General Meeting - March 8 <i>(Surrounding Awareness)</i> NO Leadership Meeting <b>Vulnerable Populations Psychology - 3/25</b> <b>CPR Night - March 27 (6pm)</b>
April 2017	May 2017	June 2017
General Meeting - April 12 <i>(Building Assessment &amp; Triage)</i> <b>Field Experience Retreat - April 21-23</b> Leadership Meeting - April 27 <i>(Planning for Basic Training)</i>	General Meeting - May 10 <b>Basic Training</b> <b>Session 1 – May 8, 9, 14, 15, 16, 21</b> <b>Session 2 – May 11, 12, 13, 18, 19, 20</b> Leadership Meeting - May 24 (Basic AAR)	<b>Base Bike Ride - June 4 @ 10am</b> General Meeting June 14 <b>Certified Driver (EVOC) - June 10</b> <b>Firefighter Rehab - June 11</b> Leadership Meeting June 28
July 2017	August 2017	September 2017
<b>Parade Support - July 4</b> General Meeting - July 12 <i>(Skills Training)</i> <b>SAR Navigation Skills - July 22</b> Leadership Meeting - July 26 <i>(4th of July AAR)</i>	<b>CPR Night - August 7</b> General Meeting - August 9 Leadership Meeting - August 23 <b>Wilderness First Aid - August 26-27</b>	<b>Spontaneous Volunteer Management - 9/9</b> General Meeting - September 13 <b>Family &amp; Friends CPR - September 24</b> Leadership Meeting - September 27
October 2017	November 2017	December 2017
<b>Basic Training</b> <b>Session 1 - October 2, 3, 8, 16, 17, 22</b> <b>Session 2 - October 5, 6, 7, 19, 20, 21</b> General Meeting - October 11 Leadership Meeting October 25	<b>Post Disaster Recovery - November 4</b> <b>Base Bike Ride - November 5</b> General Meeting - November 8 Leadership Meeting - November 15	<b>CERT Year in Review</b> <b>December 13 - 6:30 to 8:00 PM</b> NO MEETINGS <b>Holiday Season ~ Training Stand Down</b>

**Note:** General meetings are open to the public. Doors open at 6pm. Meetings are from 6:30pm-8pm at Fire Station 1.

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TO: