



August 2012

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:
August 8, Fire Station 1.
Meeting starts at 6:30 with
doors open at 6:00 PM.

Leadership Meeting:
August 22, Fire Station 1
Meeting starts at 6:30 with
doors open at 6:00 PM.



Ready Neighbor News

August is vacation month...don't get caught off guard

Nature has already made the summer of 2012 historic in several ways and extreme heat and drought continues in many parts of the country. Severe storms and record wildfires have left many residents vulnerable to flooding as well. The recent wildfires have sadly impacted many lives, burned homes and structures, and left landscapes blackened. Natural hazards can happen at any time; be prepared.

Knowledge first:

Familiarize yourself with your surroundings when traveling to your vacation destination; common things to consider knowing include where emergency facilities are located, evacuation maps and other route information, and all hazards/threats related to the location and how best to mitigate the impacts during travel.

It takes just seconds:

Pick up a few extra containers of water and food for your trip in case of emergency. When car packing don't remove your "go-kit" even though it may take up a bit of space it may be the best use of space in your vehicle.

Third person contact:

Let someone know your itinerary and keep a schedule of check-in times to let them know you are okay. If you have an out-of-the-area contact use it along with a local contact to ensure your safety can be effectively communicated.

We live in earthquake territory; don't let your guard down! Disaster preparedness month is just around the corner. Keep an eye open for updates for the **CERTain Disaster Expo** scheduled Saturday, September 9th to learn more about natural disasters and how to be better prepared when disaster strikes.

Attendees will gain information on how to build an emergency supply kit and what should be included in your kit, purchasing disaster supplies at local retailers, learn about the Map Your Neighborhood program, gain an understanding of what CERT is, what we do, and how it relates to you and your community. There will be activities for the kiddos and information on pet safety. Many organizations from around the valley are expected to attend.



Base Update



Special thanks to those who volunteered to paint the base rooftops. The first coat of elastomeric coating was applied to each of the five Ashland CERT bases. Volunteers spent six hours Saturday, July 7th coating the roofs to provide more than 80% reflective properties from the sun's rays and provide cooling to the inside of the base and contents. If you are interested in taking part in the second coat application process sometime in August please contact the CERT office.

Base file boxes will soon represent current Incident Command Systems (ICS) forms and files to coincide with Ashland Fire Department and other emergency response agencies across the U.S. The ICS structure enables emergency responders the ability to integrate

through a standardized structure to enhance response management and communication regardless of incident complexity. The system is now used for all incident scopes regardless of size in both the private and public sectors providing a uniform response mechanism for management.

Many of the CERT forms have been swapped with the appropriate ICS forms to align with other emergency response agencies including Ashland Fire & Rescue. Training and familiarity of these forms will be presented at general meetings on an on-going basis.

If you have specific questions please feel free to contact the CERT office or your base area coordinator.



Members should practice skills and refresh knowledge often

The Los Angeles CERT Program has always stood out as an exemplary model for other CERT programs. LA CERT has several resources available via the web that anyone anywhere can take advantage of including quizzes and flashcards delivered digitally to test your knowledge and refresh your brain. Research shows that we must exercise our minds to keep ourselves fresh and lively and many researchers suggest Sudoku. Ashland CERT suggests refreshing your training skills as often as possible, but with an average busy schedule attending meetings and trainings is not always an option. The following on-line links can be done from home or on the go if you have a mobile device. You can spend fifteen minutes a day or a week and more at your convenience. Check it out!

Quiz Knowledge

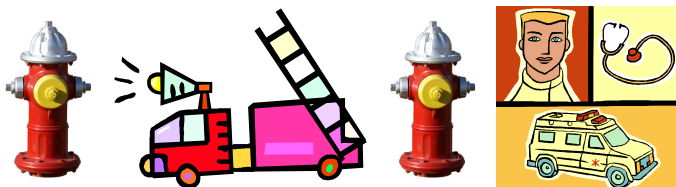
<http://www.cert-la.com/quiz/cert-quiz.htm>

Flashcard Machine

<http://www.flashcardmachine.com/p/7bm6n6>

LA CERT also provides both CERT and Citizen Corps videos with clips to watch the experts provide triage, bandaging and splinting, head-to-toe assessments and more. Follow the provided link to see the videos.

<http://www.cert-la.com/flash/cert-videos.htm>



Answers to last month's **"Get Ready"** Crossword Puzzle:
Across: 2.flash; 4.water; 6.sofa; 8.pets; 9.snack; 10.kit; 11.games.
Down: 1.plan; 3.sleeping; 5.two; 7.facts; 9.shoes.

Ashland Fire & Rescue Charitable Raffle

AFR is holding a special raffle to help support local charities including, but not limited to, the Ashland Senior Center Thanksgiving Dinner, the Ashland High School *All Night* event, and the Ashland Community Hospital Foundation. The raffle prize winner will receive a Trek EX5 mountain bike courtesy of Ashland Cycle Sports. The EX5 is a lightweight full suspension bike valued at over \$1,800. Raffle tickets are being sold at Station 1 for \$5.00 each. Remember ticket proceeds stay in the community to support the community.



Volunteer Opportunities

The Greensprings Mountain Festival will be held Saturday, September 8. The community event supports the Greensprings Fire and Rescue, Pinehurst School, and the Greensprings Food Pantry. The Greensprings Mountain Festival organizers are in need of volunteers. If you are interested please contact Gordon Brown at: airmed1@hughes.net or call: 541-482-2422



CERT Members receive \$10 discount toward CPR classes at AFR

In 2011 the American Heart Association (AHA) announced new research driven training standards for CPR. Ashland Fire and Rescue offers monthly First Aid/CPR/AED classes with certification through AHA. If you are a CERT member and are interested in taking a certification class you will receive a \$10 discount. Being prepared makes sense and with this discount preparedness is even more affordable. To sign up for any CPR certification class at AFR and / or for more information about the discount simply contact Ashland CERT.

American Heart Association First Aid / CPR / AED class

HeartSaver First Aid, CPR, AED, is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use.

The cost for this course is \$55, which includes a student study book and card*. The class takes approximately 8 hours to complete. All fees must be prepaid prior to the class date to confirm reservation. Please register early to reserve your space.

*Upon successful completion, students will receive an American Heart Association HeartSaver First Aid, CPR, AED Course Completion Card that is valid for two years.

When: August 11th, 2012

Where: Ashland Fire Station 1

Time: 9am-5pm

Cost: \$55



Registration is first-come, first-served according to when class fees are paid. Classes are typically limited to 8 people. Participants may register by mailing a check or by paying in person 8 AM - 4 PM Monday - Friday at Station 1, 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland.

For information or to register contact the Ashland CERT Program

Coordinator

541-552-2226 | cert@ashland.or.us

American Heart Association
Learn and Live



CERT 2012-2013 Calendar of Events

January 2012	February 2012	March 2012
General Meeting January 11 <i>(Phone Tree Training)</i> Leadership Meeting January 25 <i>(Phone Tree 9-1-1 System Management)</i>	SOU Basic Training Tue-Thu, Feb 1– 24 Canceled General Meeting February 8 CERT Annual Phone Tree Test Leadership Meeting February 22	General Meeting March 14 <i>(CERT Skills Training)</i> Leadership Meeting March 28 <i>(Planning for Basic Training)</i>
April 2012	May 2012	June 2012
General Meeting April 11 <i>(Guest Speaker)</i> Leadership Meeting April 25 <i>(Final Prep for Basic Training)</i> CERT Spring Basic Training April 27-May 5	Basic Graduation - General Meeting May 9 Leadership Meeting May 23 <i>(Basic Training AAR)</i> Base Bike Ride May 19 4th of July Event Planning	General Meeting June 13 <i>(CERT Evacuation Training)</i> Leadership Meeting June 27 <i>(Supplement File Box Committee meeting & Final Planning for 4th of July)</i>
July 2012	August 2012	September 2012
General Meeting July 11 <i>(CERT Fire Mission Training)</i> Leadership Meeting July 25 <i>(4th of July AAR – Fire Mission Planning)</i>	General Meeting August 8 <i>(Guest Speaker)</i> Leadership Meeting August 22 <i>(Fire Department Communications)</i>	General Meeting September 12 <i>(CERT Skills Training)</i> Leadership Meeting September 26 <i>(Advanced Training Lesson)</i>
October 2012	November 2012	December 2012
SOU Basic Training Tuesday and Thursday October 1-25 General Meeting October 10 <i>(CERT ICS Demonstration)</i> Leadership Meeting October 24	General Meeting November 14 <i>(CERT Skills Training)</i> Leadership Meeting November 28	CERT Year in Review /Awards December 12, 6:30 to 8:00 PM No Meetings Holiday Season Training Stand Down

Note: General meetings are open to the public. Doors open at 6pm. Meetings are from 6:30pm-8pm at Fire Station1.

Ashland CERT
455 Siskiyou Boulevard
Ashland, OR 97520

TO: