

# Ready Neighbor News



August 2013

*Neighbors Helping Neighbors...*

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## Next Meeting Dates:

**General Meeting:**  
August 14, Fire Station 1.  
Medical Operations Review.  
Meeting starts at 6:30 with  
doors open at 6:00 PM.

**Leadership Meeting:**  
August 28, Fire Station 1.  
Meeting starts at 6:30 with  
doors open at 6:00 PM.



## Faces of Ashland CERT - member profile

Ashland CERT is very excited to continue to highlight the committed volunteers involved in making Ashland a safe community to live and work in. I continue to get very positive comments on our training offerings, capabilities and mission sets, promotion of Citizen Alert and use of the notification system, professionalism and knowledge of members, and more. Volunteers make this organization successful and when reading the following profile I am reminded that CERT members emulate an empowerment movement towards preparedness and provide a unique leadership model in the community that influences on many different levels dependant upon how the message is received and what value the recipient places upon it.

This month CERT introduces Deputy CERT Coordinator, Paul Collins. Paul has been a long time member and advocate of CERT. He makes every effort to immerse himself in every training opportunity, meeting, planning event, and other functions. Paul has been the lead on the phone tree and area administrator for several years taking the time to make personal connections with members and valuing their support of CERT.

Let's get to know Paul Collins a bit...

Name and age?: **Paul Collins, mid-50s.**



Where are you from and when did you move to Ashland?: **San Mateo, CA. I moved here with my wife, Cathy Carrier, in 1998.**

What attracted you to Ashland?: **We always enjoyed visiting and seeing OSF plays with family. Still do!**

What is/was your career?: **Software engineer, specializing in Mac, iPhone, and iPad applications. Under local software firms Open Door Networks and Project A , I have been the primary app programmer for the award-winning Art Authority for iPad and iPhone (available in the App Store). Currently, as a developer with DigitalFish, Inc., I work remotely with a development team at Intuit in Mountain View, CA.**

Hobbies, interests, favorite movie, food, etc?: **CERT members like Dan Ragen got me interested in getting an Amateur Radio license, nearly 40 years after first studying for it! Fortunately, that early electronics learning got me into kit-building and early computers, starting with a Digital Group**

## Faces of CERT *continued...*

**Z-80 computer built from a mail order kit in 1977. It originally had about 16K of RAM, an advanced-for-the-time digital cassette storage, and there was no Internet! Today I still tinker with hardware a bit, such as Arduino. If I have spare time I pick up my alto sax. Oh yes, I got a General class license and a handheld ham radio for better emergency communications.**

**How did you first learn about Ashland CERT?: I kept seeing it among the ValPak coupons, and kept thinking it would be a good thing to do. Which it is!**

**What did you like best about the CERT basic training?: The final exercise was exhilarating, working with (and sometimes leading) a small team to use the skills we had just learned in two weekends!**

**What do you find most interesting about Ashland CERT?: The people! We have an interesting cross-section of caring citizens with backgrounds from medicine to rocketry, all here to do the *Most Good for the Most People*.**

**Why did you choose to be a CERT member?: It is something I do help my community prepare for, respond to, and recover from disaster. It's also fun to just get out and do stuff with great CERT members.**

**What other programs in the Ashland community do you support?: Ashland Food Project, OSF, Martin Luther King Jr. Day Celebration, AIFF, and nearby Amateur radio and environmental groups.**

**What do like best about the community?: Nobody's boss ever transferred them to Ashland. We are an intentional gathering of the talented, the intelligent, the caring, and the spiritual.**

**Anything else you would like to add?: I'm thrilled to have Terri as our Ashland CERT Coordinator. Under her leadership, CERT is growing and improving our readiness to serve Ashland in a big way.**

Please thank Paul for being the August Face of CERT in August. He is invaluable to the organization.

## Hot Fun in the Sun

Summer is here and it's heating up out there. Not only do you need to consider your personal safety from sun related illnesses such as heat exhaustion, stroke, and general fatigue you also need to consider heat related weather nuances. Changes in the weather can occur abruptly in the summer just as in other seasons and it's important to be alert of the potential risks for these changes.

Basic summer safety includes hydration; the rule of thumb is to drink as many ounces as half your body weight. If you weigh 100 pounds you need to consume 50 ounces of water over the course of a day which equates to just over six cups. However, if you are involved in physical activity and / or activities involving sweat and loss of electrolytes you should increase your water consumption as needed.

Sun screen and general sun protection; the Centers for Disease Control warns

Ultraviolet Radiation exposure is most hazardous during the hours of 10 am – 4 pm and if you cannot avoid the sun during those hours the CDC suggests sunscreen of at least 15 SPF or higher, wearing UVA/UVB protective clothing, sunglasses, sun hat, and / or seeking shade to avoid exposure.

Air quality; with fire dangers on the rise and wildfires burning across the western United States it is important to be aware of air quality and follow precautions / pre-warnings when issued concerning exposure. The Oregon Department of Environmental Quality provides an ongoing air quality index for greater Oregon with more than 25 monitoring stations providing up-to-date information concerning particulate matter in the air. In addition, the DEQ will issue air quality advisories; learn more by visiting their website at [www.deq.gov](http://www.deq.gov)

Travel; whether staying locally or traveling be cognizant of the weather

and potential weather hazards in your area. There's an app for that; the National Weather Service also provides a list of more than 30 email and SMS weather alerts to sign up for many of which are provided free of charge. Severe weather can be unpredictable to the untrained eye as many anomalies exist high in the troposphere which attributes to rapid changing conditions when instability occurs due to rapidly changing air temperature mass and vapor distribution. For trip check Oregon dial 511 and be sure to check online before traveling where to get information on your location and route.

Ashland CERT recommends revamping your 72-hour kit during summer months when there is potential for power outages due to user consumption taxation on the electric system and fire danger.

**Current fire information websites:**  
**[www.swofire.com](http://www.swofire.com) & [www.inciweb.org](http://www.inciweb.org)**

## Wildfire & You

With hot summer months comes added risk of wildfire in and around Ashland especially for those living in the wildland urban interface (WUI); however, you can be affected by fire in the wildland urban interface regardless of whether you live near the boundaries.

What is the WUI? The WUI is defined as a geographical area where human habitation and their developments intermix with wildland or vegetative fire fuels. The typical boundaries of a WUI exist without reference to municipal city limits or urban growth boundaries and as human habitation extends into areas of natural vegetation, the propensity for large-scale wildfire increases with the corresponding loss of human life and property. Records

indicate at least 10,150 acres has burned in Ashland since the early 1900s. Lightning strikes are natural causes that can result in fire, but humans have attributed to several hundred acres of fires in Ashland as well.

Practice safe fire habits and know the evacuation routes for the areas you live in and visit. Protect your home against wildfire danger by staying in compliance with weed abatement codes and consider recommendations for planting fire resistant plants and other firewise recommendations.

**Stay up to date on local fire conditions. Call the Wildfire Hotline if you have concerns. 541-552-2490**

## Ashland Is Ready (AIR)

When: Saturday, September 7

Where: Historic Ashland Armory

What to expect: These 3 hour workshops will look closely at local community and local hazards. The goal is to provide preparedness at the individual level providing an opportunity for the audience to build their own personal 72-hour kit.

Cost: \$5.00



## AHA HeartSaver First Aid and / or CPR certification course

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. Can take either course in August.

The cost for this course is \$35/\$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 10th, 2013

**Where:** Ashland Fire Station 1

**Time:** 9am-(12pm CPR) 5pm

**Cost:** \$35 for CPR & \$55 for First Aid / CPR



**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](mailto:cert@ashland.or.us)

# CERT 2013 Calendar of Events

| January 2013  | February 2013   | March 2013  |
|---|---|---|
| General Meeting January 9<br><i>(Pacific Power Safety)</i><br><b>MRE and Emergency Food Tasting</b><br><b>Saturday, January 12 (12PM-2PM)</b><br>Leadership Meeting January 23  | General Meeting February 13<br><i>(Weather Conditions)</i><br>Leadership Meeting February 27<br><b>MYN Night - February 26</b>  | General Meeting March 13<br><i>(Swiftwater Awareness)</i><br><b>MYN Night – March 12</b><br><b>Base Inventory – March 16</b><br>Leadership Meeting March 27   |
| April 2013  | May 2013  | June 2013   |
| General Meeting April 10<br><i>(JC SAR)</i><br>Leadership Meeting April 25<br><i>(Final Prep for Basic Training)</i><br><b>Spring Basic Training April 11-13 &amp; 18-20</b>    | <b>Basic Graduation - General Meeting May 8</b><br>Leadership Meeting May 22<br>(Basic Training AAR & 4th of July Planning)<br><b>Annual Phone Tree Test - May 18</b><br><b>Base Bike Ride – May 19 (9AM-1PM)</b> | <b>Refresher Training—June 1</b><br>General Meeting June 12 <i>(Radio Comm. )</i><br>Leadership Meeting Jun 26 <i>(Parade Support)</i><br><b>Firefighter Rehab Mission Training</b><br><b>June 22 (9AM-4PM)</b><br>Solar Storm Formidable Footprint June 29 |
| July 2013   | August 2013   | September 2013  |
| General Meeting July 10 <i>(START Triage)</i><br><b>Base Painting Party – July 13 (8AM-11AM)</b><br>Leadership Meeting July 24<br>Tracking Resources & Opening Bases—June 26-27 | General Meeting August 14<br><i>(Medical Operations Review)</i><br>Leadership Meeting August 28<br><i>(Basic Planning)</i><br><b>Advanced Training – August 24</b>  | <b>National Preparedness Month</b><br>General Meeting September 11<br><b>CPR Saturday September 21</b><br>Leadership Meeting September 25   |
| October 2013  | November 2013   | December 2013   |
| <b>Fall Basic Training—October 3-5 &amp; 10-12</b><br>General Meeting October 9<br>Leadership Meeting October 23  | <b>Refresher Training – November 9</b><br>General Meeting Nov 13<br><i>(Basic Graduation)</i><br>Leadership Meeting November 20<br><i>(Annual Training Planning Session)</i>                                      | <b>CERT Year in Review</b><br><b>December 11, 6:30 to 8:00 PM</b><br>No Meetings<br><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.

Ashland CERT  
 455 Siskiyou Boulevard  
 Ashland, OR 97520

TO: