



August 2014

*Neighbors Helping Neighbors...*

### Inside this issue:

Thunder & Lightning	1
CERT NEEDS YOU	2
Left in the Dark	2
CPR Night	2
Mark Your Calendar	3
HeartSaver CPR / AED	3
Training Calendar	4

### Next Meeting Dates:

**General Meeting:**  
August 13, Fire Station 1.  
Points of Distribution  
Meeting starts at 6:30 with  
doors open at 6:00 PM.

**Leadership Meeting:**  
August 27, Fire Station 1.  
Meeting starts at 6:30 with  
doors open at 6:00 PM.



## First Annual CERT BBQ & Fun Activities

Introducing the first annual CERT BBQ social.

This is an opportunity to share your love of the Community Emergency Response Team with fellow volunteers and family members. We will be serving delicious food and have great family friendly activities planned. Emigrant Lake is a lovely setting for this social event planned to intermingle all regional CERT groups and their loved ones.

**When:** Saturday, August 23 - beginning at 6:00 pm

**Where:** Emigrant Lake Area C (below water slides)

**Cost:** Park Entrance fee = \$4 (carpooling encouraged)

### Menu includes:

Main Course items: Steak, Chicken, Turkey Burgers

Side Dishes & Salads: Potato Salad, Pasta Salad, Fruit Salad, Greens

Beverages & Deserts also available.

### Activities:

Include, but are not limited to, The Human Knot, Geo-Caching, Radio Relay, and Line Charades.

Feel free to bring a potluck style dish to share or your own meal if you have dietary restrictions. Children are welcome, but no pets are allowed in the park in the picnic areas.



## CERT NEEDS YOU

Are you interested in assisting with designing a training session? Do you have time to type a script? Are you interested in investing a few volunteer hours supporting CERT?

If so, I am looking for volunteers to fill two different tasks; anyone with the willingness can complete these tasks and if you have additional questions feel free to ask. The first task includes designing the framework for a training surrounding shelter operations. I can provide some documentation from other agencies on setting up and running a shelter to use as a starting tool, then your creativity can guide you to complete what you feel is a strong Ashland CERT model for shelter operations. The second task entails the creation of a script for each of the four basic training stations. This would be a great task for someone who has a strong opinion about the proper structure and learning components sought through the station rotations. The script is being created in conjunction with video recording the proper techniques and expectations of each station to showcase to trainees during basic training.

---

## Don't be left in the Dark

Blackouts are always a possibility, even when severe storms or other disasters haven't found their way into your area, and power outages are not uncommon during the summer months. Remember to maintain a positive attitude. Here are a few helpful tips on what you can do before and during a blackout:

**Make sure** you have an **emergency toolkit** and a **family communications plan!** Your toolkit should contain basic short-term survival materials, like bottled water and non-perishable goods.

**Tape the refrigerator** and freezer door to prevent opening and keep your perishable food fresh for as long as possible. Throw away any food that has been exposed to 40° F temperatures for more than two hours.

**If the blackout** isn't storm related, make use of this time outdoors with family and friends!

**Keep non-electrical** entertainment on hand, such as board games and charades to make time pass more quickly (this is especially helpful with children).

**Make sure** to keep a camp stove and a stockpile of flashlights handy in case the blackout runs longer than expected.

**Be prepared for extended outages** and keep a full tank of gas and a full cellphone battery.

---

## CPR Night

Be Informed; a powerful evening opportunity to learn the valuable tool of hands-on CPR.

Every two minutes someone falls victim to cardiac arrest. Four-hundred fifty people will suffer cardiac arrest today, but their chance of survival based on current community member knowledge is eight percent; another words, 92% of victims die before making it to the hospital. Cardiac arrest is one of the top leading causes of death in the United States. The more people who know CPR the better chance of survival. If someone you knew fell victim to a sudden cardiac arrest, odds are they wouldn't survive. But if we lived in a world where most everyone knew CPR and was ready to help, we could double, even triple, their chance of survival.

CERT is offering a free evening of CPR awareness. Attendees will not gain any certification instead they will gain valuable knowledge and skills to aid them in assisting loved ones and others when suffering cardiac arrest.

This is open to the public and begins at 5:00pm Thursday, August 7 at Ashland Fire & Rescue Station #1.

---

## MARK YOUR CALENDAR

**Psychological First Aid** is an evidence-informed set of skills for assisting people in the immediate aftermath of disaster, to reduce initial distress and to foster short- and long-term healthy coping.

It is for use by first responders, incident command systems, Community Emergency Response Teams, Medical Reserve Corps, and others.

This full day training (**Saturday, November 8**) will build on CERT's Disaster Psychology module. Participants will learn to recognize acute emotional needs in survivors and will develop beginning proficiency with a range of practical interventions to use "in the field". Ellen Wilfong-Grush, Ph.D. Licensed Clinical Psychologist

RSVP for events and training always appreciated.

**CPR Night** – Non-certification CPR course free and open to the public. Limited space available; Please RSVP with the CERT office: [cert@ashland.or.us](mailto:cert@ashland.or.us)

**When: Thursday, August 7 from 5:00-8:00 PM.**



**CERT BBQ - Saturday, August 23rd**

**beginning at 6pm at Emigrant Lake Picnic Area C**

**RSVP to [cert@ashland.or.us](mailto:cert@ashland.or.us) by August 18 with number of family members attending for food and other planning purposes.**



## American Heart Association HeartSaver CPR / AED

HeartSaver CPR AED is a classroom, video based, instructor led course that teaches adult CPR and AED use, as well as how to relieve choking on an adult. This course teaches skills with American Heart Association's research-proven Practice-While-Watching technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills.

This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements.

**When: Saturday, August 23 - 9:00 am - 12:00 pm**

**Where: Ashland Fire Station 1**

**Cost: \$35**

The cost for this course is \$35, which includes a student study book and card\*. The class takes approximately 3 hours to complete. All fees must be prepaid prior to the class date to confirm reservation.

Please register early to reserve your space.

### TO REGISTER:

**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 between 8 AM & 4 PM Monday through Friday at Fire Station 1, 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland.

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



For information or to register contact the Ashland CERT Program Coordinator

541-552-2226 | [cert@ashland.or.us](mailto:cert@ashland.or.us)



# CERT 2014 Calendar of Events

January 2014	February 2014	March 2014
General Meeting January 8 <i>(Cold-weather Shelter Operations)</i> Leadership Meeting January 22 <i>(Member Mission Compilation)</i> <b>EOC TRAINING - FEBRUARY 1</b>	General Meeting February 12 <i>(Avista~ Gas Water Heaters)</i> <b>Emergency Food Prep &amp; Tasting</b> <b>Saturday, February 8</b> Leadership Meeting February 26	General Meeting March 12 <i>(Preparing for Wildfire)</i> NO Leadership Meeting
April 2014	May 2014	June 2014
General Meeting April 9 <i>(Radio Communications)</i> Leadership Meeting April 23 <i>(Basic Planning)</i> <b>Basic Training April 10-12 &amp; 24-26</b>	<b>Base Inventory - May 10</b> <b>Basic Graduation - General Meeting</b> Leadership Meeting May 28 <b>Base Bike Ride May 17 (9AM-1PM)</b> <b>CPR Night - May 22</b>	<b>Annual Phone Tree Test - June 7</b> <b>Firefighter Rehab Mission Training June 29</b> General Meeting June 11 <i>(Safe Drinking Water)</i> Leadership Meeting June 25 <i>(Planning for 4th of July)</i>
July 2014	August 2014	September 2014
General Meeting July 9 <i>(Mass Casualty Incidents)</i> <b>Evacuation Training—July 12 (9AM-1PM)</b> Leadership Meeting July 23	<b>CPR Night—August 7</b> General Meeting August 13 <i>(POD Training)</i> Leadership Meeting August 27 <i>(Phone Banks)</i> <b>CERT BBQ—August 23</b>	General Meeting September 10 <i>(CERT Skills Training)</i> Leadership Meeting September 24 <i>(Advanced Training Lesson)</i>
October 2014	November 2014	December 2014
<b>Basic Training October 9-11 &amp; 16-18</b> General Meeting October 8 Leadership Meeting October 22 <b>Base Bike Ride—October 25</b>	<b>Disaster Psychology Advanced—Nov. 8</b> General Meeting— <i>Basic Graduation</i> <i>Refresher Training—November 15</i> Leadership Meeting November 19	<b>CERT Year in Review /Awards</b> <b>December 10, 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.

Ashland CERT  
 455 Siskiyou Boulevard  
 Ashland, OR 97520

TO: