



December 2016

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:
 Appreciation and Awards
 Celebration Night
 Wednesday, December 14
 Masonic Lodge - Ashland



Think Paracord for your Holiday Gift Ideas

Paracord was first used as the suspension lines for parachutes during World War II. Once paratroopers were on the ground and cut away from the parachute they would keep the "parachute cord" for its multitude of uses in the field. Sometimes referred to as 550 cord, paracord is a nylon kernmantle rope which means there is an inner core of nylon strands incased by a nylon sheath. The most commonly used paracord is Type III which has a minimum strength of 550 pounds (hence the 550 terminology), and generally has seven inner nylon strands, but can have up to nine. Paracord is so strong and trusted it was used to repair the Hubble Space Telescope by astronauts during the second space shuttle mission, STS-82.

Post WWII this versatile cord was made available to civilians at military surplus stores and has become incredibly popular not only within the military segment of the population, but in the civilian sector as well. The most common use by the general public has been the paracord bracelet. This braided bracelet features nine feet of cord available for use in the field. Other common general public uses include belts, key chains, dog leashes, lanyards, bottle carriers, hammocks and slings, but the uses for paracord are only limited by the imagination. Why not use paracord as shoelaces? How about a camera strap, or any carrying strap?



Many of these crafty ideas are simple braids, knots, and weaves to create a lightweight idea which doubles into many purposes. The use of two or more colors of paracord greatly enhances your project and personalizes it as well. Some of the more common braids, weaves, and knot techniques include the very popular the king cobra weave, flatline braid, four strand diamond braid, four strand spiral braid, spiral weaved-braid, and of course a flat braid is acceptable. There are dozens upon dozens of websites and video tutorials to get you started creating hundreds of braids, weaves, and knots to fit your project.

Paracord Gift Ideas ...continued...

Giving a paracord bracelet gift can prove highly beneficial to its wearer because of the tremendous uses of paracord including, but not limited to, secure a tent, replace draw strings on backpacks, hang food from bears and/or rig a pulley system otherwise, tie wood bundles for easy-carry, string a clothesline, repair a zipper pull, secure a sling, make a tourniquet, secure a tarp, and even repair a broken bra strap or the drawstring on your favorite pair of sweatpants. And because paracord is nylon it will not rot or mildew; therefore your gift will last and last.

Paracord can be purchased in bulk for as little as \$50 per 1,000 feet in more colors than imaginable. Colors include solids and multi-colored options.

Survival Bag for under \$100

Often referred to as a “bug-out bag,” which is actually a military reference meaning to get out of somewhere fast, the emergency supplies bag should be packed and ready for use at any moment regardless of what you call it. Vehicle users should consider leaving one for full-time use in their vehicles as the average household has two vehicles and drivers are frequently within 500 feet of their vehicles. The emergency supplies bag can be handy if you break down or get stuck away from home.

Typically speaking you can put together an emergency bag for under \$100. Many of the items could be salvaged

from around your home, but if you want to buy new items this year (especially if gift giving) consider recommendations by Outside magazine including an ALICE backpack (\$10), Dorcy waterproof flashlight (\$7), UCO stormproof fire-starter matches (\$3), MREs (\$10), the Classic SD Swiss Army Knife (\$20), and a shelter made from paracord (\$5), a tarp (\$10), and a space blanket (\$4).

Don't forget to include a comprehensive first aid kit and ample water supply for at least 72 hours.

Using a Portable Fire Extinguisher

Now is a good time to review important fire safety tips with your family, including how to properly use portable fire extinguishers.

The USFA recommends that only people trained to use and maintain a fire extinguisher should consider using them. Contact your local fire department for training in your area.

The type of fire extinguisher you use should match the type of fire. For example, an electrical fire would require a different extinguishing agent than a grease fire. Most extinguishers display symbols to show the kind of fire on which they can be used.

If you do not think you would be able to safely put the fire out in five seconds using an extinguisher, do not attempt to use it! Leave the area and call 911.

Should you need to use a fire extinguisher, follow the PASS method:

- Pull the pin to break the tamper seal.
- Aim low, pointing the extinguisher nozzle, horn or nose at the base of the fire.
- Squeeze the handle to release the extinguishing agent.
- Sweep from side to side at the base of the fire until it appears to be out.



Special Events & Training Opportunities

Traffic Incident Management Responder Training | CHOOSE: Friday, December 2 or Saturday, December 3 | 9am-1pm | or Monday, December 5 | 1pm-5pm – Oregon Department of Transportation will facilitate this multi-agency / disciplinary professional development course (three identical course to choose from for scheduling). This is a great opportunity to learn where CERT may assist and how other agencies including Fire, EMS, Police, ODOT, and beyond function together during traffic related incidents. Free.

Awards and Appreciation Night | Wednesday, December 14 beginning at 6:30pm. Location: 570 Clover Lane, Ashland Masonic Lodge | Free | Must RSVP for dinner planning purposes.

2 WEEKS READY

Check out the great tips and information available via Facebook at www.facebook.com/2weeksready/ You do not need to have a Facebook account to view content as it is open to the public on-line.

CERT 2017 Visioning

CERT training has become tremendously popular in the past couple years due in part to more education and awareness overall regarding the risks and hazards of the off-shore Cascadia subduction zone, but also due to word-of-mouth regarding the valuable experience our CERT volunteers provide. Ashland CERT members are invaluable to the learning experience of those who participate whether as a trainee or victim volunteer. This year we have a weekend advanced team-building-leadership training and exercise weekend in April and I hope you feel welcomed and encouraged to participate. This will be a memorable experience for all.

Happy Holidays everyone. And genuine blessings for the coming year. Thank a volunteer.



2017 American Heart Association certification courses

The HeartSaver CPR courses cost \$35 and take approximately 3 hours to complete.

The HeartSaver First Aid courses cost \$55 and take approximately 8 hours to complete.

The BLS courses cost \$55 and take approximately 5 hours to complete.

The Family and Friends non-certification course costs \$5 and takes approximately 2-3 hours to complete.

Courses are noted as to the level of certification you receive upon attending. All courses are held at Ashland Fire Station 2 unless otherwise noted. All courses begin at 9am; again unless otherwise noted.

We also offer private sessions. Contact the CERT Program Coordinator to learn more.

2017 PUBLIC SESSION CALENDAR

ADULT First Aid / CPR / AED Saturday January 7

ADULT/CHILD/INFANT CPR / AED Saturday February 11

BLS Healthcare Provider Saturday March 18

ADULT/CHILD/INFANT First Aid / CPR / AED Saturday April 15

ADULT CPR / AED Saturday May 20

BLS Healthcare Provider Saturday June 24

ADULT First Aid / CPR / AED Saturday July 22

ADULT/CHILD/INFANT CPR / AED Saturday August 19

BLS Healthcare Provider Saturday September 9

Family & Friends CPR Saturday September 23

ADULT/CHILD/INFANT First Aid / CPR / AED Saturday October 7

ADULT CPR / AED Saturday November 18



CERT 2016 Calendar of Events

January 2016	February 2016	March 2016
General Meeting - January 13 <i>(Calculating Risk)</i> Search & Rescue Tactics - Jan 23 Leadership Meeting - January 27 <i>(CERT member handbook)</i>	General Meeting - February 10 (Eric Dittmer - Seismic Activity) Terrorism Response Awareness - Feb 20 Leadership Meeting - February 24 (Everbridge Training)	General Meeting - March 9 <i>(CERT Skills Training)</i> NO Leadership Meeting Base Activity - March 12 CPR Night - March 16 (6pm)
April 2016	May 2016	June 2016
General Meeting - April 13 <i>(Building Assessment & Triage)</i> Leadership Meeting - April 27 <i>(Planning for Basic Training)</i> Basic Training - April 21-23 and May 5-7	General Meeting - May 11 - Basic Graduation Base Bike Ride - May 15 Leadership Meeting - May 25 (Basic Training AAR) Annual Phone Tree Test - TBA	General Meeting June 8 <i>(SCBA filling at JCFD5)</i> Evacuation Training - June 11 Leadership Meeting June 22 <i>(Final Planning for 4th of July)</i>
July 2016	August 2016	September 2016
Parade Support - July 4 General Meeting - July 13 <i>(Mission Training)</i> Firefighter Rehab Training - July 16 Leadership Meeting - July 27 <i>(4th of July AAR)</i>	DATE CHANGE - JULY 17 - CERT BBQ General Meeting - August 10 <i>(TBA)</i> Leadership Meeting - August 24 <i>(Basic Training Planning)</i>	Ashland Is Ready (AIR) - September 10 General Meeting - September 14 Family & Friends CPR - September 24 Leadership Meeting - September 28
October 2016	November 2016	December 2016
Basic Training - October 6-8 and 13-15 General Meeting - October 12 Leadership Meeting October 26 Base Bike Ride - October 23	General Meeting - Nov. 9 - <i>(Basic Graduation)</i> Certified Driver Training POSTPONED Leadership Meeting - November 16 <i>(Annual Training Planning Session)</i>	CERT Year in Review December 14 - 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 Station 1.

Ashland CERT
 455 Siskiyou Boulevard
 Ashland, OR 97520

TO: