

# Ready Neighbor News



February 2014

*Neighbors Helping Neighbors...*

## The Earthquake Predication- Myth or Magic

In October 2013 National Public Radio (NPR) covered a story entitled “*Predicting Quakes Still Shaky, But Being Prepared Is Crucial*” looking closely at earthquake impacts on the populous. NPR interviewed a few key experts including FEMA’s own Craig Fugate, who highlighted the importance of personal preparedness and Senior Science Advisor for the US Geological Survey, Lucy Jones, who indicated they have a decent handle on where earthquakes will strike and suggests to know possibly when (read the article here: <http://www.npr.org/2013/10/27/241221117/predicting-quakes-still-shaky-but-being-prepared-is-crucial>), but not at what magnitude. Is there any truth behind this suggestion?

Governor Jerry Brown, of California, believes the signing of Bill 135 will provide millions of California residents and visitors with plausible seconds, even minutes, to embrace the inevitable by identifying funding for the implementation of an early warning system by January 2016. Systems do exist in countries such as Japan and Mexico where detailed attention to education and committed adequate funding provides a holistic approach to preparedness in predominant earthquake susceptible countries.

Because the fault activity outside of Mexico City is rather restricted to a specific area residents in the city receive at least 60 seconds warning in most instances when a quake is occurring. While Japan has less time, in most cases, their warning system is rather advanced and is capable of providing an advanced announcement of the estimated seismic intensities and expected arrival time of principal motion. These estimations are based on prompt analysis of the focus and magnitude of the earthquake using wave form data observed by seismographs near the epicenter.

In truth, we can detect seismic waves with monitoring devices such a seismograph which can provide a record of both S and P waves. P waves are the destructive waves that cause the majority of damage and destruction, but are followed by a less damaging S wave. If monitors can quickly pick up S wave occurrence then the capability to “warn” before P waves exists, but the true warning here is that while a warning might occur the time to react varies as well as where you may be when you receive the warning. Reaction time becomes critical as well as education previous to receiving the warning; knowing what to do is critical. Californians regularly practice drills especially in schools and other educational facilities similar to practicing drills in other disaster susceptible states such as tornado drills in Oklahoma because no matter what expert you speak to

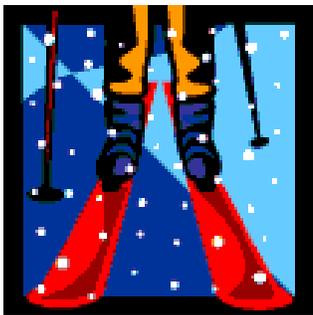
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### Next Meeting Dates:

**General Meeting:**  
February 12, Fire Station 1.  
Meeting starts at 6:30 with  
doors open at 6:00 PM.

**Leadership Meeting:**  
February 26, Fire Station 1  
Meeting starts at 6:30 with



## Earthquake Predictions ... continued ...

react varies as well as where you may be when you receive the warning. Reaction time becomes critical as well as education previous to receiving the warning; knowing what to do is critical. Californians regularly practice drills especially in schools and other educational facilities similar to practicing drills in other disaster susceptible states such as tornado drills in Oklahoma because no matter what expert you speak to the message always includes “preparedness” therefore practice makes perfect.

California anticipates the system will cost \$80 million to start up and then hold a price tag of \$16 million annually to operations. In any case, the real lesson is providing the appropriate education on how to prepare before, during, and after an earthquake. The principles of 72 hour kits, civilian training, neighborhood groups, drop, cover, and hold-on, and home mitigation should not become less significant. The purpose of preparedness is to assist one’s self

in being resilient and self-reliant. Early warning systems are intended to provide invaluable seconds to hunker down including, but not limited to, pulling over if driving, dropping to gain cover to hold onto, and finding a safe area away from buildings and power lines if outdoors. The systems do not change potential for loss of power, water, and other services such as phone lines.

The message continues to be consistent in that preparation and readiness are key to resiliency in all disasters. Oregonians can expect a large magnitude earthquake to impact the western coast causing potential mass destruction when the Cascadian Fault erupts, but what we won’t know is when or where will be so it is essential to be prepared by having a plan, making a kit, being informed, and getting involved, when possible, volunteering or otherwise learning about what you can do prior to the disaster.

## Maintaining your Disaster Supply Kit

Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies ready and in good condition:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented or corroded.
- Use foods before they go bad and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Re-think your needs every year and update your kit as your family’s needs change.

Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack or duffel bag.

**Water**, one gallon of water per person per day for at least three days, for drinking and sanitation

**Food**, at least a three-day supply of non-perishable food  
 Battery-powered or hand crank radio and a **NOAA Weather Radio** with tone alert and **extra batteries** for both

**Flashlight** and **extra batteries**

**First aid kit**

**Whistle** to signal for help

**N-95 Dust mask**, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

**Moist towelettes, garbage bags** and plastic ties for personal sanitation

**Wrench** or pliers to turn off utilities

**Can opener** for food (if kit contains canned food)

**Local maps** for evacuating / evacuations

**Cash**, small bills

**Prescription Medications**

Other **unique needs**, including children, infants and pets

## YES - A poem by William Stafford

It could happen any time, tornado,  
earthquake, Armageddon. It could happen.  
Or sunshine, love, salvation.

It could you know. That's why we wake  
and look out—no guarantees  
in this life.

But some bonuses, like morning,  
like right now, like noon,  
like evening.

Thank you to Andrea Freewater for this delightful slice of poetic preparedness. Andrea recently attended an event honoring Stafford where she heard this piece and thought it would be a great addition. Stafford, a native of Kansas, moved to Oregon in 1948 where he taught at Lewis & Clark college, published numerous books and essays, and more than 100 poems was honored in January in recognition of this birthday. Thought to be a cutting-edge poet is still deeply renowned was interestingly writing poems concerning preparedness decades ago.

## Training Opportunities

Emergency Food Preparation - Saturday, February 8 from 11:00 am—1:00 pm at Ashland Fire Station 1. This session is open to the public and involves a deeper understanding of emergency food types, cost, ease of preparation, and shelf life / accessibility. We will also taste some different types and have an opportunity to rate them when thinking about additions to your emergency supply kit. RSVP requested.

Emergency Prepared Business Workshops—Wednesday, February 12 from 5:30-7:30 pm at Station 1. Ashland CERT has implemented an all hazards business training model focused on preparedness and safety of businesses in the event of a disaster introducing essential knowledge and skills needed to increase business resiliency and continuation of operations following a disaster. The program focuses on key elements all businesses desire including hazards prevention, education, and leadership in the workplace. RSVP requested.

## HeartSaver CPR Adult class offered at Ashland Fire & Rescue

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, February 22 - 9:00 am - 12:00 pm

**Where:** Ashland Fire Station 1

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: Ashland CERT Program 541-552-2226 | cert @ ashland.or.us

# CERT 2014 Calendar of Events

| January 2014  | February 2014   | March 2014  |
|---|---|---|
| General Meeting January 8<br><i>(Cold-weather Shelter Operations)</i><br>Leadership Meeting January 22<br><i>(Member Mission Compilation)</i><br><b>EOC TRAINING - FEBRUARY 1</b> | General Meeting February 12<br><i>(Avista~ Gas Water Heaters)</i><br><b>Emergency Food Prep &amp; Tasting</b><br><b>Saturday, February 8</b><br>Leadership Meeting February 26  | General Meeting March 12<br><i>(Preparing for Wildfire)</i><br><b>Spontaneous Volunteer Management -</b><br><b>March 8</b><br>NO Leadership Meeting   |
| April 2014  | May 2014  | June 2014   |
| General Meeting April 9<br><i>(Radio Communications)</i><br>Leadership Meeting April 23<br><i>(Basic Planning)</i><br><b>Basic Training April 10-12 &amp; 24-26</b>               | <b>Base Inventory - May 10</b><br><b>Basic Graduation - General Meeting</b><br>Leadership Meeting May 23<br><b>Base Bike Ride May 17 (9AM-1PM)</b><br><b>CPR Night - May 22</b> | <b>Annual Phone Tree Test</b><br>General Meeting June 11<br><i>(Safe Drinking Water)</i><br><b>Leadership Meeting June 25</b><br><i>(Planning for 4th of July)</i><br><b>Firefighter Rehab Mission Training</b> |
| July 2014   | August 2014   | September 2014  |
| General Meeting July 9<br><i>(Mass Casualty Incidents)</i><br><b>Evacuation Training—July 2 (8AM-1PM)</b><br>Leadership Meeting July 23<br><i>Disaster Relay Games— July 19</i>   | General Meeting August 13<br><i>(POD Training)</i><br>Leadership Meeting August 27<br><i>(Phone Banks)</i><br><b>CPR Night—August 7</b>   | General Meeting September 12<br><i>(CERT Skills Training)</i><br>Leadership Meeting September 26<br><i>(Advanced Training Lesson)</i>   |
| October 2014  | November 2014   | December 2014   |
| <b>Basic Training October 9-11 &amp; 16-18</b><br>General Meeting October 8<br>Leadership Meeting October 24<br><b>Base Bike Ride—October 25</b>                                  | General Meeting November 12<br><i>(Basic Graduation)</i><br><b>Refresher Training—November 15</b><br>Leadership Meeting November 19   | <b>CERT Year in Review /Awards</b><br><b>December 10, 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: