



February 2016

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:

February 10, Fire Station 1.
Eric Dittmer - Seismic Activity. Meeting starts at 6:30 with doors open at 6:00 PM.

Leadership Meeting:

February 24, Fire Station 1.
Using Everbridge - *Aware*. Meeting starts at 6:30 with doors open at 6:00 PM.



Earthquake Response

Early Sunday morning, February 21, the ground started to rattle in Alaska, and those who didn't sleep through the 7.1-magnitude earthquake reacted in many different ways. Some people ran outside of their homes, while others pressed themselves into doorways. Some people hurried down the stairs of hotels in their underwear, while others squatted under kitchen tables.

But what's the best thing to do when you feel the floors start to sway? Alaskan emergency officials have a few tips and one of them is stay inside.

What should I do if I wake up to an earthquake?

"Stay in bed," said Sam Johnson, preparedness specialist with the American Red Cross of Alaska.

Johnson said Alaskans should generally follow a simple mantra when an earthquake hits: "Drop, cover and hold on."

When you're in bed, she said, you've already dropped. And as long as nothing can fall on you -- including a ceiling fan, a large headboard or shelves -- you just, "cover your head," she said. "Just stay as stationary as you can." Buildings in the U.S. are resilient, and people shouldn't have to worry about them collapsing, said Jeremy Zidek, public information officer with the state's Division of Homeland Security and Emergency Management. "There may be significant damage, but a pancake collapse is not very likely," he said. In other lands, it may be more of a problem, he said. "If you were in Tibet, I would try to get out of the building as quickly as possible."

Chris Nance -- chief communications officer at the California Earthquake Authority, a nonprofit that provides earthquake insurance for homeowners and renters -- said if you can quickly roll out of bed and under a table, you should do that. If not, just cover your head with your arms. When the earthquake hit at 1:30 a.m. Sunday, Johnson said she stayed in bed and shielded herself with pillows. Zidek said he squatted next to his bed, and held onto the frame.

Rob Fitch, an emergency programs manager at Anchorage's Office of Emergency Management, said you should keep a pair of heavy gloves and shoes under your bed so that after the shaking stops you can get out of your house and past any broken glass or debris.



Earthquake Response *continued...*

When should I run outside?

Probably never, Nance said. People will get thrown to the ground in a big earthquake before they make it outside, he said. They could also get hit by falling objects on their way to the door, Johnson said. Outside, there are also light poles, power lines and trees that can fall, she said. “The No. 1 cause of injury in the U.S. during earthquakes is from falling objects,” Zidek said. “The second most common cause is people being thrown to the ground.” Instead of sprinting outside when you start to feel the ground shake, you should look around and ask: Can anything fall on top of me? Am I near windows? If the answers are no, drop and cover your head, Johnson said. If the answers are yes, move and get under something sturdy like a desk or table, she said.

“If you're on the couch, just ride it out,” Fitch said. “If you're next to a nice, sturdy kitchen table, do the duck and cover thing.” Nance said you should use one hand to hold the leg of the table so it doesn't move and put your other hand over your head for reinforcement, in case anything heavy falls on the tabletop.

What if I'm already outside?

“Just stand there and look at your surroundings and make sure that nothing can fall over,” Fitch said. Michael West, state seismologist, said that if you're outside and away from buildings, “you're probably in a decent place.” If people are close to buildings, they should be aware of building facades that could fall off in an earthquake, he said. And then there are the light poles, power lines, trees and cars, Johnson said.

What if I'm driving?

Most of the time, you won't notice an earthquake if you're in a car, Fitch said. But if you do, stay in your car. “That's the best thing in the world,” he said. If you're driving, you should pull over to the side of the road and stop -- avoiding power lines and overpasses, according to the U.S. Geological Survey. If you're walking in a parking lot, get in your car, Fitch said. “The worst thing is cars bouncing across parking lots and crushing people,” he said.

Full story available at: http://www.emergencymgmt.com/disaster/What-you-should-do-when-your-home-or-office-starts-shaking-in-an-earthquake.html?utm_medium=email&utm_source=Act-On+Software&utm_content=email&utm_campaign=%20Zika%20Virus%20Spreads&utm_term=What%20You%20Should%20do%20When%20Your%20Home%20or%20Office%20Starts%20Shaking%20in%20an%20Earthquake

Training Opportunity

Saturday, February 20 – 9am-4pm at AF&R Station 1. Class size is limited and Ashland members will have priority seating, but I hope to squeeze everyone in who is interested. The course will align with basic CERT curriculum while providing a more in-depth look at recent and historical trends. Instructor, Rob Douglas, is well versed in this subject with 38 years law enforcement experience including SWAT, gang, firearms, and gang specialties, 32 years of adjunct instructing at Santa Rosa Junior College, and assisting the US State Dept. Diplomatic Security.

RSVP is required - **CURRENT WAITLIST**

This training is an opportunity to learn more about the subject matter and will benefit you throughout life.

What is Map Your Neighborhood?

Map Your Neighborhood (MYN) is a simple, powerful, lifesaving resource to build community among neighbors. The program was developed through a partnership with Washington State Emergency Management and Washington University many years ago. Oregon has adopted the MYN program and many cities are using it including Ashland.

Ashland CERT has been delivering the program to welcoming residents throughout Ashland and Talent/Phoenix. The program is easy as the CERT representatives complete the majority of the work including personally hand delivering invitation letters. We walk the neighborhood to be certain we've included the appropriate homes. You and your neighbors need to locate your utilities shut off valves and attend the meeting where we will device master neighborhood map, contact list, and complete skills and equipment inventory.

The contact list identifies who in the neighborhood may have specific needs following the disaster, including those who are elderly, neighbors with disability, or those home alone. Identify the skills and equipment inventory each neighbor has that are useful in an effective disaster response. Knowing which neighbors have supplies and skills ensures a timely response to a disaster and allows everyone to contribute to the response in a meaningful way.

You will also learn the basic 9-Step process of what to do in emergency including team formations; one to monitor radio for emergency broadcasts, a team who goes to check on known special needs persons or pets, one to check gas and water lines are intact throughout the neighborhood, and a team to go door to door looking for signs of someone needing help.

Disaster response planning begins at home and then reaches throughout the neighborhood. The MYN program teaches what to do to save a life, reduce the severity of injuries, reduce emotional distress, and decrease property and environmental damage. Further it teaches neighbors to rely on each other during the hours or days before fire, medical, police, or utility responders arrive.

It's Easy! There are 9- Steps to take immediately following a disaster to secure your home and protect your neighborhood. It is hard to think clearly following disaster. Work together as a team to evaluate your neighborhood after a disaster and take the necessary actions. These steps will help you to quickly and safely take actions that can minimize damage and protect lives.



Ashland CERT Updates

When you attend a CERT related event as an active volunteer you need to carry your hard hat, vest, identification badge, and any other related materials as needed or per requested regardless of the event. Your CERT response items should always accompany you as you never know when a true catastrophic event will occur. As a CERT member you have been trained to be prepared for these events in a moment's notice so that if you are able to respond you can.

We need to be identifiable to each other and to the community. Your CERT issued gear signifies you are part of a larger entity and gives the appearance of organization and authority. We want the public to view us professionally and that means looking the part.

You are also being issued new long sleeve shirts to wear during response, other events, and at your leisure to promote the program. All members attending training and other related events need to have their CERT issued gear with them. You could be turned away if you are not properly prepared.

Thank you for your understanding.

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>(CERT Skills Training)</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>	CERT BBQ - AUG 13 General Meeting - August 10 <i>(TBA)</i> Leadership Meeting - August 24 <i>(Fire Department Communications)</i>	Ashland Is Ready (AIR) - September 10 General Meeting - September 14 Family & Friends CPR - September 24 Leadership Meeting - September 28 <i>(Basic Planning)</i>
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 - November 19 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
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 Ashland, OR 97520

TO: