



January 2017

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:
 January 11 - Informational
 Presentation on 211

Leadership Meeting:
 January 25 - Leadership
 Retreat Planning



Cold-weather Vehicle Essentials

Preparing for winter driving conditions can be daunting. The average driver should always keep the very basic supplies on hand annually, but winter conditions can present a challenge that a few items may help solve and save you from much hassle. Keep in mind that the following lists provided should always be tailored to meet individuals and family needs (ie. pets and children).

Minimum year-round requirements:

- Water for drinking, etc.
- Food rations - energy bars, non-perishables
- First Aid Kit
- Self-container battery charger or jumper cables
- Spare tire and jack with a lug wrench
- Work or leather gloves
- Road emergency warning lights or flares
- Jumper cables
- Fire extinguisher
- Inclement weather apparel
- Flashlight with extra batteries
- Handheld / hand crank NOAA radio
- Mobile phone charging device
- Pen / pencil and paper



A well-positioned driver will carry basic tools and other supplies in their vehicle as well. Consider collecting the following items to keep with you when traveling (even when close to home):

- Your vehicle factory service manual
- Duct tape and electrical tape
- Wrench and socket set
- Screwdrivers
- Pliers
- Zip Ties (so many uses)
- Tire pressure gauge
- Belt cutter / window breaker



You also want to be certain you are mindful of your monthly vehicle maintenance which can include:

- Windshield washer fluid (updated in cold-weather conditions)
- Proper oil levels
- Antifreeze in radiator (recommended -15* in winter)
- Wiper blades replaced in fall
- Lights inside and out in working order
- Properly inflated traction tires

It is ideal to keep your gas tank half full throughout the year as well. Think of it as the optimistic glass half-full. In the event gas stations are down due to power outage etc. you will still be able to travel outside the area with minimum worry.

Cold-weather Vehicle Essentials ...continued...

Winter driving add-ons:

- Lock and windshield de-icer
- Ice scraper
- Tire Chains
- Sand tracks and a shovel
- Tool box kit essentials appropriately sized
- Foot traction
- Tarp for laying down to protect you from the elements

For you adventure-type inclement weather lovers also consider:

- Tow strap
- Saw or chainsaw (for cutting downed logs)
- GPS and/or compass
- Fix-a-Flat
- Detailed area maps



At minimum you should always have hydration, nutrition, source of warmth, lighting, first aid supplies, and tools. Don't let the elements interfere with your daily life to the point of disaster. Get prepared this New Year.

Member Birthdays this Month

Ashli
 Katharine Danner
 Christine Garlow
 Karan Johnson
 John King
 Nicole Lima
 Alek Louke
 Mark Maddox
 Julie McGrath
 Ed Mills
 Karen O'Rourke
 Ken Pearson
 Claire Riga
 Dan Shaw
 Deborah Stampfli
 Sue Stendebach
 Carol Voisin
 Tabitha Wenke
 Victoria Williams

Fun Snowflake Facts

All snowflakes have six sides

Snow crystals are translucent, not white. The white coloring is caused by sunlight that is reflected off the crystals. All visible colors are reflected, which together, look white.

Most snowflakes fall at a speed of 2-5 feet per second, roughly the same speed as a person casually walking through the park.

A cubic foot of snow (12" worth) may contain between 1-2 million individual snowflakes.



Wind Chill and You

What does wind chill mean? How does it effect you when it's cold outside?

It is the temperature it "feels like" outside and is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the wind increases, the body is cooled at a faster rate causing the skin temperature to drop. Wind Chill does not impact inanimate objects like car radiators and exposed water pipes, because these objects cannot cool below the actual air temperature.

The NWS will inform you when Wind Chill conditions reach critical thresholds. A Wind Chill Warning is issued when wind chill temperatures are life threatening. A Wind Chill Advisory is issued when wind chill temperatures are potentially hazardous for human and pets.

Essentially wind speed and temperature are calculated showing frostbite development increments. An example of how the calculations are figured includes a temperature of 0°F and a wind speed of 15 mph will produce a wind chill temperature of -19°F, which under such conditions, exposed skin can freeze (frostbite) in 30 minutes. In colder climates a 15 mph wind coupled with a -20°F temperature creates a wind chill factor of -45°F thus lowering the time till frostbite to 10 minutes.

Avoid being in the elements too long when there is an issued Wind Chill warning.

Membership Celebration

Congratulations to Ed and Martina Mills who have been members of Ashland CERT for 14 years as of January 2017.

American Heart Association First Aid CPR AED 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.

The cost for this course is \$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: Saturday, January 7

Where: Ashland Fire Station 2

Time: 9am-5pm

Cost: \$55

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 | cpr@ashland.or.us**

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.



CERT 2017 Calendar of Events

January 2017	February 2017	March 2017
General Meeting - January 11 <i>(211 Info)</i> Radio Communications - Jan 18 Leadership Meeting - January 25 <i>(Leadership Retreat Planning)</i>	General Meeting - February 8 <i>(Movie Night)</i> Advanced Medical Refresher - Feb 25 Leadership Meeting - February 22 <i>(Leadership Retreat Planning)</i>	General Meeting - March 8 <i>(Surrounding Awareness)</i> NO Leadership Meeting Vulnerable Populations Psychology - 3/18 CPR Night - March 27 (6pm)
April 2017	May 2017	June 2017
General Meeting - April 12 <i>(Building Assessment & Triage)</i> Advanced Leadership Retreat - April 21-23 Leadership Meeting - April 27 <i>(Planning for Basic Training)</i>	General Meeting - May 10 Basic Training Session 1 – May 8, 9, 14, 15, 16, 21 Session 2 – May 11, 12, 13, 18, 19, 20 Leadership Meeting - May 24 (Basic AAR)	Base Bike Ride - June 4 @ 10am General Meeting June 14 Certified Driver (EVOC) - June 10 Firefighter Rehab - June 11 Leadership Meeting June 28
July 2017	August 2017	September 2017
Parade Support - July 4 General Meeting - July 12 <i>(Skills Training)</i> SAR Navigation Skills - July 22 Leadership Meeting - July 26 <i>(4th of July AAR)</i>	CPR Night - August 7 General Meeting - August 9 Leadership Meeting - August 23 Wilderness First Aid - August 26-27	Spontaneous Volunteer Management - 9/9 General Meeting - September 13 Family & Friends CPR - September 24 Leadership Meeting - September 27
October 2017	November 2017	December 2017
Basic Training Session 1 - October 2, 3, 8, 16, 17, 22 Session 2 - October 5, 6, 7, 19, 20, 21 General Meeting - October 11 Leadership Meeting October 25	Post Disaster Recovery - November 4 Base Bike Ride - November 5 General Meeting - November 8 Leadership Meeting - November 15	CERT Year in Review December 13 - 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: