



March 2014

*Neighbors Helping  
Neighbors...*

# Ready Neighbor News

## Preparedness Thoughts

As Oregonians become more versed in the potential impacts of an eruption of Cascadia's fault we transition into a mindset of preparedness. The fault has not had a major eruption since 1700, and the impacts were far less damaging to loss of life and property due to population size. With an ever growing populous and infrastructure preparation must be considered and serious actions taken by individuals to have a plan, make a kit, be informed, and get involved. Scientists determined as many as thirteen "superquakes" (those measuring magnitude 8-9) have ruptured along the coastline over the past 7,000 years. In more recent years, Oregonians have also been impacted from quakes farther inland such as the Scotts Mills Earthquake along the Mount Angel Fault. Aftershocks from this quake were felt months after the initial eruption in March 1993.

The damage from the Scotts Mills quake was far less extensive than the tsunami that followed that followed the March 11 Tohoku Earthquake impacting coastal areas in Oregon and California. Damage of primary concern from the 5.6 magnitude quake was isolated to a local school and major bridge; however, because the rupture occurred during spring break in the early morning hours therefore loss of life was not a large impact. The primary focus of individuals during emergency instances is to be self-efficient and prepared for all hazards to reduce loss of life and personal damage. Japan had a great ready program for a large earthquake and for an inevitable tsunami given their history in experiencing both. Their loss of life and property was primarily due to the tsunami, which surpassed their planning efforts, which resulted from the earthquake which caused hundreds of deaths and millions in repair costs there. One year after the Tohoku Earthquake and resulting tsunami debris continued to wash ashore the Oregon and California coastlines causing further negative impacts both monetarily and hysteria provoking due to health and safety concerns from possible nuclear materials contamination. According to the Oregon State Parks & Recreation Department, removal and disposal of debris as of March 2012 (one year later) cost \$230,000.

Tsunamis have long periods and can overcome obstacles such as gulfs, bays and islands. Tsunamis make landfall usually in the form of suddenly decreasing and then rapidly increasing water levels (not unlike a tidal bore) a combination of several large waves or bore-type waves. Generally tsunamis arrive, not as giant breaking waves, but as a forceful rapid increase in water levels that result in violent flooding. Due to the destructive nature of coastal fault lines with the additional implications of producing tsunamis residents both along coastlines and inland need to be prepared for the potential impacts. Both instances can affect travel, economy (shipping and trading), wildlife, and recreation to name a few.

No matter where you live or visit you should always know the potential hazards, be prepared with area maps and a plan to evacuate or shelter in place depending upon circumstances along with your emergency kit items including a communication plan for family and loved ones. Stories from historic events help to understand the impact potential and help to lessen negative effects in becoming more resilient and efficient at achieving recovery from the uncontrollable impacts that surround instances of such magnitude.

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### Next Meeting Dates:

#### General Meeting:

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

#### No Leadership Meeting:

The March meeting is  
canceled due to spring break  
doors open at 6:00 PM.

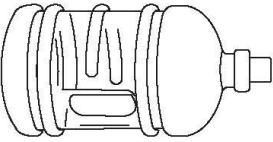
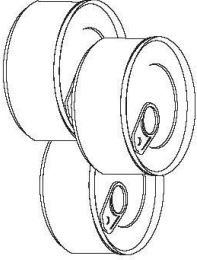
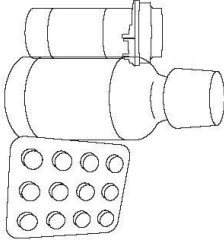
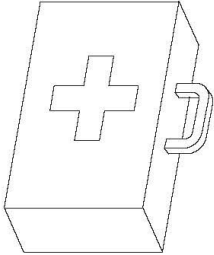
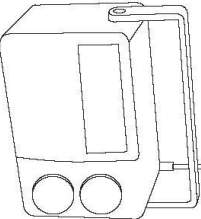
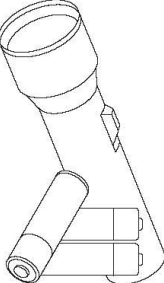
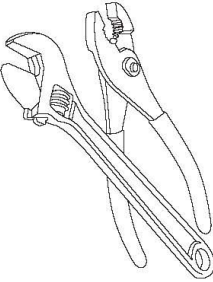
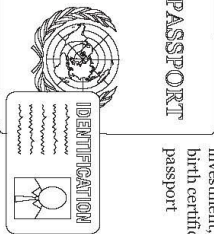
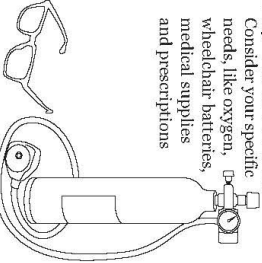
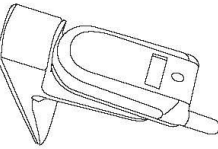
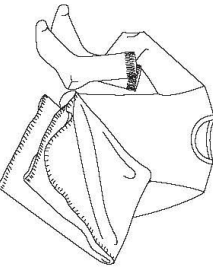
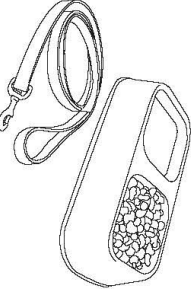


## Ready List

# checklist



## Emergency Preparedness Kit

<input type="checkbox"/> <b>Water</b> 1 gallon per person per day 	<input type="checkbox"/> <b>Food</b> Non-perishable (doesn't require refrigeration or heat) 	<input type="checkbox"/> <b>Medications</b> 	<input type="checkbox"/> <b>First Aid kit</b> 
<input type="checkbox"/> <b>Battery-powered radio</b> 	<input type="checkbox"/> <b>Flashlights and batteries</b> 	<input type="checkbox"/> <b>Wrench or pliers</b> to turn off utilities 	<input type="checkbox"/> <b>Documents</b> Copies of ID, bank, IRS, medical records, insurance papers, trust, investment, birth certificates, passport 
<input type="checkbox"/> <b>Special needs</b> Consider your specific needs, like oxygen, O <sub>2</sub> , wheelchair batteries, medical supplies and prescriptions 	<input type="checkbox"/> <b>Mobile phone and emergency charger</b> 	<input type="checkbox"/> <b>Clothing and blankets</b> for each family member 	<input type="checkbox"/> <b>Pet kit</b> water, food, sanitation items, ID tag, crate, collar, a picture of you with your pet 

## Courageous Grief Talk

**Courageous Grief Talk** will introduce KSKQ listeners to conversations that are often taboo--how to deal with grief. Co-hosts Julie Lockhart and Susanne Severeid will help you learn how to cope, discuss available resources and point you toward the "new you" after your loss including loss from disasters.

**Julie Lockhart**, is Executive Director of WinterSpring, a non-profit in the Rogue Valley, that supports children, teens, and adults in bereavement. Julie has been seasoned by numerous difficult losses and is a compassionate companion to people in grief.

**Susanne Severeid** is an award-winning author and TV anchor who experienced grief firsthand with the death of her husband, leaving her to raise their son by herself. She has written and spoken extensively on the subject of grief.

**Tune in for the premiere on Wednesday, March 5 at 2:30 pm and every Wednesday thereafter.**

## Informational Opportunities & Training

Cascadia Fault ~ What to Expect when you're Expecting the Big One – Presented by Dr. Althea Rizzo, Geologic Hazards Program Coordinator for Oregon Office of Emergency Management. When: Thursday, April 17, 2014 from 1:00 PM to 4:00 PM at the Smullin Center - 2825 E. Barnett Road, Medford. This seminar is free and open to the public. We all have a role in earthquake preparedness. Attend the seminar to learn how you can be prepared and what to expect.

Emergency Prepared Business Workshops - Wednesday, March 19 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.

## Basic Life Support class for Healthcare Providers offered at AF&R

Basic Life Support (BLS) is intended for Healthcare providers and other students seeking training and certification in CPR. This course teaches critical concepts of high quality CPR, use of an automated external defibrillator, and relief choking for victims of all ages.

The cost for this course is \$55, which includes a student study book and card\*. The class takes approximately 4.5-5 hours to complete. All fees must be prepaid prior to the class date to confirm reservation. Please register early to reserve your space.

**When:** March 22nd, 2014

**Where:** Ashland Fire Station 1

**Time:** 9am-2pm

**Cost:** \$55

### 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 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 BLS for Healthcare Providers Course Completion Card that is valid for two years.

**For information or to register contact the CERT Program Coordinator at 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 (Cold-weather Shelter Operations) Leadership Meeting January 22 (Member Mission Compilation) <b>EOC TRAINING - FEBRUARY 1</b>	General Meeting February 12 (Avista~ Gas Water Heaters) <b>Emergency Food Prep &amp; Tasting Saturday, February 8</b> Leadership Meeting February 26	General Meeting March 12 (Preparing for Wildfire) <b>Spontaneous Volunteer Management - March 15</b> NO Leadership Meeting
April 2014	May 2014	June 2014
General Meeting April 9 (Radio Communications) Leadership Meeting April 23 (Basic Planning) <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 23 <b>Base Bike Ride May 17 (9AM-1PM)</b> <b>CPR Night - May 22</b>	<b>Annual Phone Tree Test</b> General Meeting June 11 (Safe Drinking Water) Leadership Meeting June 25 (Planning for 4th of July) <b>Firefighter Rehab Mission Training</b>
July 2014	August 2014	September 2014
General Meeting July 9 (Mass Casualty Incidents) <b>Evacuation Training—July 2 (8AM-1PM)</b> Leadership Meeting July 23 Disaster Relay Games— July 19	General Meeting August 13 (POD Training) Leadership Meeting August 27 (Phone Banks) <b>CPR Night—August 7</b>	General Meeting September 12 (CERT Skills Training) Leadership Meeting September 26 (Advanced Training Lesson)
October 2014	November 2014	December 2014
<b>Basic Training October 9-11 &amp; 16-18</b> General Meeting October 8 Leadership Meeting October 24 <b>Base Bike Ride—October 25</b>	General Meeting November 12 (Basic Graduation) <i>Refresher Training—November 15</i> Leadership Meeting November 19	<b>CERT Year in Review /Awards 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 Station1.

Ashland CERT  
455 Siskiyou Boulevard  
Ashland, OR 97520

TO: