



May 2012

*Neighbors Helping Neighbors...*

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### Next Meeting Dates:

#### General Meeting and Basic Graduation:

May 9, Fire Station 1.  
Meeting starts at 6:30 with doors open at 6:00 PM.

#### Leadership Meeting:

May 23, Fire Station 1  
Meeting starts at 6:30 with doors open at 6:00 PM.



# Ready Neighbor News

## The Importance of Volunteers

By: Jessica Bowman

There are many articles on the web about the importance of working with team members; however, very few of these articles mention the importance of volunteers who give their time to a nonprofit organization. Ashland CERT has had the opportunity to work with exceptional volunteers who give what little free time they have to help see their CERT program succeed.

Ashland CERT's volunteers have a shared responsibility to be successful, and their efforts have proven their capabilities. Ashland CERT has an open atmosphere where communication is essential. The CERT coordinator communicates our needs from our volunteers, and our volunteers communicate how to accomplish that task. During our bimonthly meetings, we encourage open discussion. Members are allowed to express their thoughts which helps build trust among our volunteer group. We have learned to value the multitude of different skills that each member contributes, and use those skills to enhance our successful program. Our team strengths are then maximized, and we obtain outstanding results. The Ashland CERT program is, after all, one of the most successful CERT programs in the Nation.



According to the Volunteering in America, about 32.9% of the Oregon population volunteers their free time. That is approximately 993,700 volunteers in the state of Oregon. These volunteers contribute 115.9 million hours of time which equals about \$2.5 Billion dollars worth of service! Medford alone has about 42,000 volunteers, which is approximately 28.6% of its population. A lot of good can be accomplished by such talented and selfless volunteers!

Not only do volunteers selflessly contribute their valuable time for a good cause, volunteers also receive some perks. According to the Corporation for National & Community Service, "Research demonstrates that volunteering leads to better health and that older volunteers are the most likely to receive physical and mental benefits from their volunteer activities", and "volunteers report a higher level of happiness, life satisfaction, self-esteem, a sense of control over life, and physical health, as well as lower levels of depression." We would like to extend a heartfelt THANK YOU to all of those who contribute their time and skills towards the benefit of our CERT program.

*"Volunteers are not paid because they are worthless, but because they are priceless"-Anonymous*

[www.volunteeringinamerica.gov/OR](http://www.volunteeringinamerica.gov/OR)

Corporation for National & Community Service: The Health Benefits of Volunteering

MMS Holdings Inc. Effective Project Teams: The Importance of Cooperative Relationships.

## Remember... to Purify Water...

You can purify water by heating the water to a rolling boil for 1 minute, using commercial purification tablets, or adding perfume-free household chlorine bleach (if it is pure 5.25% sodium hypochlorite) in the quantities recommended in the table below:

### Ratios for Purifying Water with Bleach

Water Quantity	Bleach Added
1 Quart	2 drops
1 Gallon	8 drops
5 Gallons	1/2 Teaspoon

**Note:** If water is cloudy, double the recommended dosage of bleach. After adding bleach, shake or stir the water container and let it stand 30 minutes before drinking.



[http://www.ewhow.com/how\\_6371825\\_purify-water-using-natural-resources.html](http://www.ewhow.com/how_6371825_purify-water-using-natural-resources.html)

## May Base Bike Ride



Yes; we will ride! The May Base Bike Ride is Saturday, May 19 from 10:00 am – 2:00 pm. We will begin the journey at Briscoe then ride to Lincoln, then Terra and Oak Knoll before concluding at Grove. Much of this ride is downhill. Refreshments will be available at some of the

bases along the way. Those who only wish to ride part of the route are welcome and those who cannot bike are welcome to carpool to join the event. Many thanks to those who helped organize this event and let's all keep our fingers crossed for mild weather that day.

## Additional Training

Medical "Skills Day" is Wednesday, May 23 at the Rogue Community College in White City from 9:00 am – 5:00 pm. This training is geared towards those in a medical profession career.

To register use the following link: <http://www.surveymonkey.com/s/ZQVL3M2>

Formidable Footprint – Wildfire: Saturday, May 26 from 8:00 am – 1:00 pm. This tabletop training simulation is a nation-wide exercise which provides organizations such as CERTs with scenario-based learning opportunities that carry over into the field. If you have never attended it is a great learning experience. Please contact our office for more information.

### Other opportunities:

Volunteerism- Firewise Clean-Up Day is Sunday, May 6th, from 9:00 am to 4:00 pm.

If you are interested in volunteering contact Ali True,



Firewise Coordinator.

Workshop- Vulnerable Populations Emergency Planning Workshop is Wednesday, May 16, from 1:00 to 4:00 pm at the Smullin Center in Medford.

To register use the following link: <http://www.surveymonkey.com/s/M99VL6M>

*NOTE: CERT is interested in having an informational booth at this event, as well, if anyone is interested in providing 1-2 hours of their time please contact our office.*

## Citizen Alert!

Citizen Alert Sign up– Volunteers are needed to help sign up citizens for Citizens Alert! You can stay the whole time, or you can rotate shifts. Tuesday, **May 15th**, Mountain Meadows 855 Mt. Meadows Drive, Ashland. This event is scheduled for 10:00 am - 11:30 am. If you are interested in volunteering, please contact Jessica Bowman, Volunteer Coordinator 541-552-2242 [cert@ashland.or.us](mailto:cert@ashland.or.us)

## Spring Basic Training

Training is in full swing! We are delighted to welcome 15 trainees from Ashland and the surrounding valley including an Ashland High School teen. Thank you to those members who were able to provide support and expertise over the first weekend.

We will culminate the spring training out at the Public Works

Yard the afternoon of Saturday, May 5. If you are interested in helping out or just coming to get to know the trainees please contact our office for details.

We need more volunteer victims for the disaster scenario. The theater department from Southern Oregon University will be volunteering their

time and moulage materials to create gruesome injuries.



## Ashland CERT Thanks you! Member Appreciation Section:

Special thanks to our MYN guru who has been instrumental in the development of the Map Your Neighborhood program in Ashland and the surrounding valley. We have recently been successful in providing outreach and support to Talent residents and our very own Ashland Rotary. If it was not for our member's continued dedication our community and the surrounding area would be less informed and underprepared.



<http://cityfitnessphilly.com/blog/wp-content/uploads/2010/11/nitelife-slide.jpg>

Many thanks to those members who joined us in the base inventory completion. We were successful in documenting the contents of each base. Without the additional help and support from members volunteering their time we may not have completed the task. Thank you.

And thank you to all of our members for your continued support in community preparedness.

## Basic Life Support for Health Care Providers

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.

**Where:** Ashland Fire Station 1

**Cost:** \$55

**When:** Saturday June 9th

**Time:** 9am-2pm

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.

**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 and 5 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: Jessica Bowman, Volunteer Coordinator 541-552-2242 | [cert@ashland.or.us](mailto:cert@ashland.or.us)**



# CERT 2012-2013 Calendar of Events

January 2012	February 2012	March 2012
General Meeting January 11 (Phone Tree Training) Leadership Meeting January 25 (Phone Tree 9-1-1 System Management)	<b>SOU Basic Training Tue-Thu, Feb 1– 24</b> <b>Canceled</b> General Meeting February 8 <b>CERT Annual Phone Tree Test</b> Leadership Meeting February 22	General Meeting March 14 (CERT Skills Training) Leadership Meeting March 28 (Planning for Basic Training)
April 2012	May 2012	June 2012
General Meeting April 11 (Guest Speaker) Leadership Meeting April 25 (Final Prep for Basic Training) <b>CERT Spring Basic Training April 27-May 5</b>	<b>Basic Graduation - General Meeting May 9</b> Leadership Meeting May 23 (Basic Training AAR) Base Bike Ride May 19 4th of July Event Planning	General Meeting June 13 (CERT Evacuation Training) Leadership Meeting June 27 (Advanced Training Lesson ) & Final Planning for 4th of July)
July 2012	August 2012	September 2012
General Meeting July 11 (CERT Fire Mission Training) Leadership Meeting July 25 (4th of July AAR – Fire Mission Planning)	General Meeting August 8 (Guest Speaker) Leadership Meeting August 22 (Fire Department Communications)	General Meeting September 12 (CERT Skills Training) Leadership Meeting September 26 (Advanced Training Lesson)
October 2012	November 2012	December 2012
<b>SOU Basic Training Tuesday and Thursday October 1-25</b> General Meeting October 10 (CERT ICS Demonstration) Leadership Meeting October 24	General Meeting November 14 (CERT Skills Training) Leadership Meeting November 28	<b>CERT Year in Review /Awards December 12, 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: