



November 2014

Neighbors Helping Neighbors...

Ready Neighbor News

CERT-Community Emergency Response Team

Ask yourself ... am I prepared to save my family or myself, should a medical emergency or natural disaster strike ?? It's the middle of the night and suddenly you're awakened to pounding on your door ... there is a wildfire rushing towards your home ... you have 10 minutes to get everything you need to survive this, what do you grab first?? What about the kids – are they ready ?? ...



Unfortunately, most people are not ready for this type of crisis, be it a natural gas leak, an earthquake, or even just a power outage.

Based on a National model, created by Terri Eubanks, for our very own town of Ashland – the CERT program is a fantastic use of 4 evenings, and 2 full Saturdays. Together with others from the community (students, grandparents, caregivers, etc.) who are also interested in having the knowledge to keep themselves, their families, or neighbors safe during a medical emergency or natural disaster. You will learn very valuable information, which will benefit you for a life time.

Inside this issue:

CERT-Community	1
CERT cont...	2
CERT cont...	3
CPR Classes	3
Training Calendar	4

Next Meeting Dates:

General Meeting:
November 12, Fire Station 1.
Topic: Basic Graduation.
Meeting starts at 6:30 with doors open at 6:00 PM.

Leadership Meeting:
November 19, Fire Station 1.
Topic: Annual Planning.
Meeting starts at 6:30 with doors open at 6:00 PM.

This is a great way to serve in your community and neighborhood. As CERT members, we also help out in other ways – like having a medical aid station available during the 4th of July parade and street fair, helping out the Wild Land Firefighters as they come off the front lines to get some rest and some water, and radio communications, to name a few. We help out anywhere we are needed.



Learning how to keep yourself, your family, neighbors or even strangers safe during an emergency is a very empowering feeling, it gives you the confidence you need to keep a level head and not panic. We learned the proper way to triage people, assess the “big picture” so we are able to “do the greatest good, for the greatest number of people”. Using the buddy system is also a top priority – safety 1st !!!



CERT~ continued ...

Firefighter and Engineer, David Roselip, Ashland Fire & Rescue, began Saturday morning teaching us the importance of assessing damaged buildings as we come upon the scene.

During an actual exercise, we chose a team leader to assess the debris pile and make suggestions, while others (using good communication is key) worked together to prioritize the removal of the debris pile as well as any victims you may find. He taught us how to triangulate a victims' calling out to us – even

when we are not sure exactly where they are. He did a fantastic job in showing us how to prioritize our objectives.

Firefighter Justin Foss, taught us the proper way to handle a fire extinguisher, also how to know which type to choose depending on the kind of fire you are extinguishing. He went over the “fire triangle” with us and the 5 classes of fires – each with its own class of fire extinguisher. Each participant was able to handle the extinguishers a couple of times, making sure we knew what we were doing. Justin also gave us a lesson on

utilities, gas meters, and when it's necessary, how to go ahead and shut it off. Only a certified technician can turn back on the gas after a major incident, while there may not be many available, making it something to think about before shutting anyone's off.

Ashland's own, Kelly Burns, EMT with the Ashland Fire & Rescue taught us so much; he showed us how to do head to toe assessments, proper way to backboard someone for transport, and basic medical triage and treatment. We learned how to splint, basic wound care, how to stop bleeding and where all our major arteries are. The importance of wearing an “N-95 mask” for our protection, about avoiding bodily fluids, and even how to make water safe out in the field, with limited resources. Kelly was great at fielding the groups many questions; he has stories that are relevant to the classes, and very entertaining.

Helene was our guest speaker for our last evening class, Disaster Psychology, and was by far my favorite presenter. She has a ton of real world experience and the knowledge of dozens of people, rolled up into one person. I don't want to give too much away, as I know you'll listen on the edge of your seat, like we all did. Helene is a fantastic speaker, who's personality matches the great wisdom and skills set she has and offers to us.

The second Saturday is all about real world experience and getting the trainees as close to the “real deal” as possible – without actually causing a disaster. The sheer number of hours spent thinking about and planning this event goes beyond just a job, it shows Terri's passion for the program. The effort of Terri and her dedicated team of volunteers is crucial to pulling off this “full scale disaster”, and is just amazing. There are real victims, real wounds, partially collapsed buildings, real emotions and mistakes (mistakes are encouraged during training); everything



CERT ~ continued...

certainly feels real. Without the help of the volunteers, this full scale exercise would not be possible on such a scale.

The CERT members who are dedicated to the program and its success, are those who Terri likes to call her “Rockstars” – and believe me, they really are. But frankly folks, Terri is the real rockstar – she is our example and the leader that we follow. She is the real deal, her passion and dedication are second to none, and it shows in everything she does. Terri’s vision for CERT is creative and professional, fun, informative and genuine – definitely time well spent learning new skills which we will use for a lifetime, even in our everyday life.

So, does this sound interesting to you ?? While I have shared some of the things we learned with you, the class offers so much more. I will let you learn about 72 hour kits, go bags, PPE, and the like from the next set of classes. Sign up early as space fills quickly.

Personal and family safety, basic medical skills are something we should all know and have. The skills learned in this course are life changing and confidence building. When my son had a violent seizure a week ago, I didn’t even panic ... that is thanks to Terri Eubanks and the CERT program I went too. Thank you Terri for everything you do – you’re amazing !!!!

Written by: CERT Member - Kristin Dilling-Conand (member since April 2014)



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, November 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

CLASS FULL

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.

CERT 2014 Calendar of Events

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