



November 2017

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:
Topic: Basic Training
Graduation - Nov. 8

Leadership Meeting:
November 15 - 2018 Planning
Calendar & Training



Disaster Planning

Destructive hurricanes in the southeast and mega fires in the west left thousands without power, and in some instances gas and water. Emergency food preparation has never been more essential to survival as recent disasters have illuminated. Families in Oregon have been encouraged to be prepared to survive on their own for 2-weeks. Storing supplies for a family of four can seem excessive and overwhelming; however, failing to prepare suggests a high likelihood of increased negative impact from the disaster. Avoid unnecessary added stress by being prepared to thrive without everyday services.

Water being the basic essential humans cannot survive without should be considered primary in your family disaster planning. Without water we cannot live. We need clean drinkable water to survive free of pathogens and pollutants. The minimum recommendation is one gallon of water per person per day. In terms of disaster preparedness in the Pacific Northwest that equates to 12 gallons per person and 48 for a family of four for two weeks. Storage containers vary from large non-portable water barrels to bottled options and drinking pouches. If you have access to water sources many options exist for purifying the water including tablets and pump filtering systems. Read the labels and understand how to use your purification systems before the disaster strikes. Bleach can also be used to purify water, but you need the non-perfume brands. When using bleach for purification there is also a waiting time of roughly 30 minutes before the water can actually be consumed.

Though we can survive lengths of time without it, food also becomes a necessity in disasters when grocery stores and other services are unavailable. Planning ahead can help. Regular canned food items have a good shelf life and can be easily stored though are heavy during evacuation. Canned foods are already cooked and can be eaten directly from the container without heating. There are many options for hot meals including freeze-dried and dehydrated



foods which frequently come prepackaged, but do take a significant amount of water to prepare. MREs (meals ready to eat) are an option which requires very little water for preparation. A variety of heating options exist as well including folding camping stoves and canned fuels. Other contained heating options include the use of a charcoal grill or propane stove (if you have fuel stored). Open fires are not recommended, and are sometimes completely prohibited due to fire restrictions depending on where you live and the season. For those motivated types a solar cooker can be made or purchased to prepare hot meals. Outdoor masonry ovens are also an option.

A few general reminders include:

During power outages and other impacts to regular services keep the refrigerator door closed tight as much as possible to keep stored food cold longer.

Food should not be stored in cans once opened. Store a can opener with your canned food supply.

Disaster planning ...continued...

Water and food supplies should be rotated as necessary. Be sure to observe and record shelf life info.

Dehydrated foods need water for preparation in most instances.

Lessening the impact of disaster is your responsibility because no one else knows what you need to thrive in adverse situations. Establish your personal protection against disastrous events by preparing and practicing to overcome them today.

Membership Celebration

Ashli – 2009	Gayle Frye - 2013
Waleed Almotaery - 2014	Dillon Garrison - 2012
John Ames – 2002	Laura Glasscock – 2008
Kirk Austbo - 2013	Joe Graf – 2014
Jennifer Bacon – 2005	Amber Harris – 2013
Jackson Bangs – 2014	Marina Hartnell - 2013
Darrell Barker – 2009	Christine Hince – 2010
James Betesh - 2009	Paul Huard – 2014
Victoria Bones – 2009	Hallie Iversen – 2016
Crystal Bosbach – 2016	Alex Landt – 2009
Stephen Bosbach – 2016	Debra Levorse – 2014
Terry Brown – 2012	Al Lord – 2003
Mary Burnham Curtis - 2013	Sue MacDonell – 1999
Kevin Calkins – 2005	Colleen Martin-Low - 2010
George Conand – 2014	Leslie Mason – 2008
Holly Connell - 2010	Soren Moritz – 2014
BJ Cooper – 2009	David Myers – 2010
Chris Curtis – 2013	Ken Pearson – 2014
Helen Danson – 2016	Adrian Reynolds – 2016
Charlie Delgado - 2013	Beverly Thruston - 2014
Chris Del Monaco – 2012	David Thruston – 2013
Eric Dinger – 2012	Greg Thweatt – 2016
Tom Doolittle – 2016	Maureen Slack - 2013
Bob Downing – 2016	Julian Spalding - 2012
Terri Eubanks - 2010	Deborah Stampfli – 2010
MJ Ferguson – 2009	Sue Stendebach – 2014
Patrick Fisher – 2010	Linda Whorton – 2002
Andrea Freewater – 2012	

Peanut Chicken Disaster Recipe

Creativity matters when the power goes out!

This recipe, adapted from the “The Storm Gourmet” guide, indicates that puffed rice cereal and peanut sauce make a great combination of texture and taste.

Ingredients:

1 can premium chicken breasts

1/2 - 1 can coconut milk

8 Tbs creamy peanut butter

1 tsp soy sauce or alternative

2 tsp brown sugar or other sweetener

1/4 tsp chili oil or alternative(s)

Black pepper (if you have a garden - fresh cilantro)

2 cups puffed rice cereal

Preparation:

Combine peanut butter, coconut milk, soy sauce, chili oil, and brown sugar till smooth and fully mixed. Mix in canned chicken and serve over puffed rice cereal.



Disaster Corn Soup for 4

This recipe, also adapted from the “The Storm Gourmet” guide, consists of items more typically found in the everyday pantry.

Ingredients:

- 1 can cream-style sweet corn
- 1 can chicken broth
- 1 can black beans rinsed and drained
- 1/2 can roasted peppers chopped
- 1 cup milk or alternative
- Pepper to taste and cilantro if available
- Tabasco or alternative

Preparation:

Combine all ingredients and mix well. Add Tabasco to taste. Allowing soup to rest allows flavors to meld. Top with corn chips if available.

Member Birthdays

Jawwad Abu-Saleh
 Mary Burnham-Curtis
 Amanda Cowin
 Daniel Hamnett
 Linaria Kitchen
 Eric Laursen
 Sue MacDonell
 Josie Marks-McQuade
 Faith Mitchell
 Gary Powell
 Ron Robak
 Bennie Williams



American Heart Association CPR AED Certification Course

HeartSaver CPR is a classroom, video-based, instructor led course that teaches adult CPR and AED use, as well as how to relieve choking for 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 knowledge and skills.

This course is for anyone with limited or no medical training seeking a course completion card in CPR and AED use to meet job, regulatory, and/or other requirements.

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 as class sizes are limited.

*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, November 18

Where: Ashland Fire Station 2

Time: 9am-12pm

Cost: \$35

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> Leadership Meeting - January 25 <i>(Leadership Retreat Planning)</i>	General Meeting - February 8 (Movie Night) 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>	NO General Meeting - due to: Basic Training 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 - TBA General Meeting - September 13 Family & Friends CPR - September 24 Leadership Meeting - September 27
October 2017	November 2017	December 2017
Basic Training October 5, 6, 7, 19, 20, 21 General Meeting - October 11 - Jackson County Fire District 5 Open House (5-7pm) Leadership Meeting (Basic AAR) October 25	Base Bike Ride - November 5 General Meeting - Graduation - November 8 Leadership Meeting - November 15 SoOregon CERT Meet & Greet - Nov. 18	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: