



October 2011

Neighbors Helping Neighbors...

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Next Meeting Dates:

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

Leadership Meeting:
October 26, Fire Station 1
Meeting starts at 6:30 with doors open at 6:00 PM.

Ready Neighbor News

Terra Team Meets a 9.0 Earthquake - The Play

Ashland CERT members will present a dramatization of how the Community Emergency Response Team will operate during a magnitude 9.0 earthquake. The presentation, in the form of play reading, will be held in lieu of the CERT general meeting. The play, entitled "Terra Meets a 9.0 Earthquake," was written by CERT member John Ames with the support of local playwrights and actors. The cast includes CERT members and actors from the community. The reading is open to the public and admission is free.



Recent research of the Cascadia subduction zone suggests that Western Oregon, including the Rogue Valley, will experience an earthquake of the same destructive power as the one that recently devastated Japan. In that event, professional

responders will be overwhelmed, leaving community members to provide the bulk of the disaster response until more assistance can arrive; usually 72 hours or more.

The play follows the members of the CERT Terra Base as they respond in the first eight hours after a disastrous earthquake. The action moves after the first scene from the team's base to a nearby church. The scenes, each lasting 5 minutes, are snapshots of the team performing their duties during the first five minutes of successive hours. The first scene is illuminated by flashlights.

The presentation will be held at 6:30 PM, Wednesday October 12, at the Ashland Bible Holiness Church, 583 Normal Avenue, between Ashland Street and Siskiyou Boulevard.



What is the Flu?

The flu is a contagious respiratory illness that is easily passed from person to person through water vapors, or water droplets caused by a cough, sneeze, or even talking. These droplets can be picked up from surfaces or even breathed in. The flu virus can cause mild to severe illnesses that rarely lead to death.

In the United States, the flu season usually begins in October. This coincides with school back in session. When in a close environment, such as a classroom, the flu is easily transmitted from person to person then home to their families. The flu season usually lasts until May.

The best way to “deal” with the flu is to prevent it. Getting a flu vaccine and proper hand sanitizing are effective ways to prevent the spread of influenza.

The 2011-2012 flu vaccine will add immunity against the three main influenza viruses that were prevalent during the last flu (2010-2011) season. This vaccine will include influenza A (H1N1) virus, influenza A (H3N2) virus, and influenza B virus. It takes approximately two weeks for a person to develop immunity to these viruses.

Until a person develops



immunity, they may still infect others even before symptoms develop. Young children, people 65 years and older, pregnant women, and people with underlying health conditions are at the highest risk of flu related complications.

Prevention

- Get vaccinated
- Wash your hands with soap and water. Sixty percent Alcohol based hand cleaners are also effective
- Cover your mouth when you cough or sneeze. Vampire Cough, is the most effective (cough into your elbow)

- Avoid close contact with those who are sick
- Stay home if you are sick
- Frequently clean commonly used surfaces like counters and keyboards

As with most infections, these are some ways in which to protect yourself. The first step to prevention is awareness and education. Parents and other adults need to be aware and plan for alternative arrangements if they or a family member should become ill with the flu during the upcoming school season.

Some information in this article was obtained from the CDC at www.CDC.gov

Ashland Fire & Rescue Goes Pink

Once again Ashland Firefighters will be wearing pink during the month of October to help support Breast Cancer Awareness. Last year the firefighter association raised over \$2000 in helping breast cancer awareness.

This year's goal is to raise \$2500, through the sales of T-shirts, wrist bands, and donations. Like last year

Ashland Firefighters will be joining up with The Human Bean to help raise awareness, and on October 21st will be at The Human Bean collecting donations.

The fire department recently received a new order of the bright pink T-shirts and wrist bands. They sell fast so buy yours before they are gone.

The T-shirts sell for \$25 dollars each and come in sizes small to extra-large. Wrist bands are a dollar each. Both items are available for purchase at fire station 1 at the intersection of Siskiyou and East Main.



Ashland Fire Fighters wear pink for Cancer Awareness

Halloween Safety Tips

Halloween is just around the corner, and there is no better time of year to express your creative side! However, aside from trying to prevent children from entering a sugar coma, there are a few Halloween safety tips for adults and children to keep in mind.

- Never trick-or-treat alone!
- Trick-or-treat in well lit familiar neighborhoods.
- Avoid shortcuts.
- Look before you cross the street.
- Drive slowly.
- Carry a flashlight and wear light colors or reflective tape.
- Never go into a strangers' house.
- Have adults check candy before children are allowed to eat.

To get visits from trick-or-treaters remember, to turn your porch lights on, and when the candy is gone, turn your porch lights off.

Also, candy not individually wrapped will



usually get thrown out; so, to save money and heartache, pass out candy that is individually wrapped.

Remember, you can always pass out non food items such as erasers, stickers, and such.

CERT 2011-2012 Calendar of Events

October 2011	November 2011	December 2011
<p>General Meeting October 12 (CERT Earthquake Dramatization) Leadership Meeting October 26 (Advanced Training Modules—Planning)</p>	<p>General Meeting Nov 9 (CERT Skills Training) Leadership Meeting November 16 (Pre-Lessons for Advanced Training) Advanced / Leadership Training Nov 18-19</p>	<p>CERT Year in Review / Awards December 7, 6:30 to 8:00 PM No General Meeting Holiday Season Training Stand Down No Leadership Meeting</p>
January 2012	February 2012	March 2012
<p>General Meeting January 11 (Phone Tree Training) Leadership Meeting January 25 (Phone Tree 9-1-1 System Management)</p>	<p>SOU Basic Training Tue-Thu, Feb 1– 24 General Meeting February 8 (Guest Speaker) CERT Annual Phone Tree Test (Advanced Training Lesson)</p>	<p>General Meeting March 14 (CERT Skills Training) Leadership Meeting March 28 (Planning for Basic Training)</p>
April 2012	May 2012	June 2012
<p>General Meeting April 11 (Basic Training, Volunteer Training) Leadership Meeting April 25 (Final Prep for Basic Training)</p>	<p>Basic Graduation - General Meeting May 9 Leadership Meeting May 23 (Basic Training AAR)</p>	<p>General Meeting June 13 (CERT Evacuation Training) Leadership Meeting Jun 27 (Advanced Training Lesson & Final Planning for 4th of July)</p>
July 2012	August 2012	September 2012
<p>General Meeting July 11 (CERT Fire Mission Training) Leadership Meeting July 25 (4th of July AAR – Fire Mission Planning)</p>	<p>General Meeting August 8 (Guest Speaker) Leadership Meeting August 22 (Fire Department Communications)</p>	<p>General Meeting September 12 (CERT Skills Training) Leadership Meeting September 26 (Advanced Training Lesson)</p>

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TO: