



October 2014

*Neighbors Helping
Neighbors...*

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Next Meeting Dates:

General Meeting:

October 8, Fire Station 1.
START Triage.
Meeting starts at 6:30 with
doors open at 6:00 PM.

Leadership Meeting:

October 22, Fire Station 1.
Basic Training AAR.
Meeting starts at 6:30 with
doors open at 6:00 PM.



Ready Neighbor News

Seasons Changing - Be Prepared for Cooler Weather in the Forecast

How prepared or unprepared are you? It always seems that summer rushes by faster than I can fully enjoy it. With cooler weather moving in it serves as a reminder to begin culminating the garden, cleaning and storing the patio furniture, and getting into the winter frame of mind.

Ask yourself: Did you winterize your home? Remove leaves from the gutter? Have you cleaned the chimney and flue and/or had it inspected? Do you have a winter weather plan? Did you update your emergency supplies kit with cold weather clothing options?

If you answered no to any of these questions place the item on your "to-do" list before it's too late. The time to prepare is before an incident occurs. If you wait until your impacted the time to prepare has passed. Don't let yourself get caught in a situation you aren't prepared for.

The most common place the majority of Americans spend their time outside of the workplace and home is in their vehicles. Ashland CERT encourages you to prepare your vehicle for winter weather by following a few easy steps including; carrying tire chains and an emergency supplies kit, keeping your tank at least half-filled, check the anti-freeze levels and have the radiator serviced, and replace worn tires and check pressure on others.

Start winterizing your vehicle by cleaning it inside and out. Wash and wax the outside to protect the paint from the elements before the temperatures drop to 55 degrees Fahrenheit. Inside you can swap out the carpeted floor mats for vinyl or rubber to protect the carpeting from rain and mud.

Perform a battery test on your own by turning on your lights before starting your vehicle. If the lights get brighter when the vehicle is started you may want to consider a more comprehensive test with a reputable mechanic to see if a replacement is recommended.

It's just as important to check the coolant in the colder months as it is during summer months, but never check it when the vehicle is hot as you risk a burn. You also want to check that your other fluids are topped off including brake, transmission, clutch, and motor oil and examine beneath the vehicle for leaks. All fluids have the potential to leak so keep an eye out for spots beneath your vehicle year-round.

Don't compromise vision during winter months. Ensure that your vision is impeccable by replacing your windshield wiper blades and filling or replacing your washer fluid. You might consider an ice and snow scraper for those unexpected snow days.

Once your car is in good shape for the weather consider stocking other needs for yourself and your loved ones. Be sure to stock your emergency supplies kit with winter in mind and update or rotate anything necessary. Other tips include: turning on your NOAA hand-crank radio to be sure it is working properly. Stay Safe and Warm this Winter.



Supporting the Cold-Weather Shelters this Season

ASHLAND WINTER EMERGENCY & HOMELESS OVERNIGHT SHELTER- VOLUNTEER TRAININGS

Ashland volunteers will begin to offer winter overnight shelters from Monday-Thursday, beginning the week of November 17, 2014, with emergency shelters opening whenever the temperature is projected to fall to 20 degrees or colder. Shelters usually begin in mid-November and end mid-April. In preparation for this, we are offering two options for training. If you have previously served as a shelter volunteer, there is no need to attend another orientation, and updated information on this year's shelters will be sent to you by email. If you are interested in becoming a shelter volunteer, or know of anyone else who might be interested in volunteering, please plan on attending one of the following orientations:

MONDAY, OCTOBER 13th from 7:00-8:00 p.m. or **WEDNESDAY, NOVEMBER 5th** from 7:00-8:00 p.m.

Both meetings will be at the Presbyterian Church's Calvin Hall, located at 1615 Clark Avenue (corner of Siskiyou Blvd. & Walker Ave.) For any questions, feel free to contact Heidi Parker, Winter Shelter Volunteer Coordinator, at [541-482-1520](tel:541-482-1520) or by email at: parkershames@gmail.com.

Fall Base Bike Ride

Plan to join the base bike ride this fall as we welcome and encourage new trainees around to experience the bases in our community. We will begin at Briscoe and end at Grove base. You are welcome to join for portions or the entire ride. If you would rather carpool that is also acceptable. Spring isn't the only time to get out and enjoy the weather and experience CERT. Weather permitting; Sunday, October 26 will be the rain make-up date at 1:00pm.

Ashland Is Ready (AIR)



Ashland Is Ready



Ashland Is Ready (AIR). Are you and your family prepared for a disaster?

You will be better prepared to cope with a disaster and have greater resilience if you prepare before the disaster strikes. Let us help you be prepared with some tips and a kit.

Attend one of the citizen emergency preparedness workshops Saturday, November 1.

Date: 11/1/2014

Time: 9am- 12pm OR 1pm- 4pm

Place: Historic Ashland Armory

Register at: Ashland Fire Station 1
455 Siskiyou Blvd or call 541-482-2770

Cost for attending is \$10 which includes obtaining your own emergency supplies kit. The kits estimated value is more than \$30 including items such as a flashlight, whistle, first aid kit, emergency blanket, and more. Local experts will highlight hazards including seismic risks, fires and floods, weather emergencies, structural safety and much more.

Ashland's Own
Shop'n Kari



Ashland Community Hospital

Two informative workshops (exactly the same content) provided for your convenience. There will be live demos, preparedness related vendors, and informative presentations from Ashland Fire & Rescue, Ashland CERT, Ashland Forest Resiliency, Oregon Department of Geology and Mineral Industries, and more. Tickets can be purchased over the phone and in person in advance at Ashland Fire Station 1.

MARK YOUR CALENDAR

PSYCHOLOGICAL FIRST AID TRAINING

This training is an opportunity to learn well-proven tools to help survivors cope and recover after disasters and traumatic events. You will learn eight "Core Actions" to use in the field, including: How to begin on the scene, How to comfort survivors, How to help a distraught person to calm down, Figuring what is most needed, and when, Helping survivors solve critical problems, Building strength for recovery, What are typical reactions and what is not helpful for recovery, and How to help survivors move on.

Instruction for this course provided by Ellen Wilfong-Grush is a licensed psychologist in practice in Ashland. In addition to her private practice, she is a member of the Medical Reserve Corps and SERV-OR, and provides crisis interventions services in the southern Oregon and north California regions. In 2005 Dr. Wilfong-Grush was deployed soon after Hurricane Katrina, to

provide disaster mental health care to the people of Pass Christian Mississippi.

When: Saturday, November 8 ~ 9am – 3:30 PM at Ashland Fire Station 1

Please plan to bring a sack lunch as we will eat together, and there will be plenty of refreshments available. There is a refrigerator for use. Please RSVP if you plan to attend as space is limited.

REFRESHER TRAINING

Saturday, November 15 from 10:00 am—3:00 pm

Sack lunch requested as well as registration.

CERTIFIED DRIVER TRAINING

Saturday, December 6



American Heart Association HeartSaver First Aid / CPR / AED

HeartSaver First Aid, CPR, AED, is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use.

The cost for this course is \$55, which includes a student study book and card*. The class takes approximately 8 hours to complete. All fees must be prepaid prior to the class date to confirm reservation. Please register early to reserve your space.

*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: October 25, 2014

Where: Ashland Fire Station 1

Time: 9am-5pm

Cost: \$55

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 | 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) EOC TRAINING - FEBRUARY 1	General Meeting February 12 (Avista~ Gas Water Heaters) Emergency Food Prep & Tasting Saturday, February 8 Leadership Meeting February 26	General Meeting March 12 (Preparing for Wildfire) NO Leadership Meeting
April 2014	May 2014	June 2014
General Meeting April 9 (Radio Communications) Leadership Meeting April 23 (Basic Planning) Basic Training April 10-12 & 24-26	Base Inventory - May 10 Basic Graduation - General Meeting Leadership Meeting May 28 Base Bike Ride May 17 (9AM-1PM) CPR Night - May 22	Annual Phone Tree Test - June 7 Firefighter Rehab Mission Training June 29 General Meeting June 11 (Safe Drinking Water) Leadership Meeting June 25 (Planning for 4th of July)
July 2014	August 2014	September 2014
General Meeting July 9 (Mass Casualty Incidents) Evacuation Training—July 12 (9AM-1PM) Leadership Meeting July 23 Disaster Relay Games— July 19	General Meeting August 13 (POD Training) Leadership Meeting August 27 (Phone Banks) CPR Night—August 7	General Meeting September 10 (CERT Skills Training) Leadership Meeting September 24 (Advanced Training Lesson)
October 2014	November 2014	December 2014
Basic Training October 9-11 & 16-18 General Meeting October 8 Leadership Meeting October 22 Base Bike Ride—October 25	Disaster Psychology Advanced—Nov. 8 General Meeting—Basic Graduation Refresher Training—November 15 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 Station1.

Ashland CERT
455 Siskiyou Boulevard
Ashland, OR 97520

TO: