

Ready Neighbor News



September 2012

Neighbors Helping Neighbors...

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Next Meeting Dates:

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

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



Ashland CERT presents the CERTain Disaster Expo

September is National Disaster Preparedness Month and Ashland CERT wants to aid citizen preparedness by providing information and tools necessary for preparedness at our CERTain Disaster Expo Saturday, **September 8th** from 9:00 am to noon at The Grove located at 1195 East Main Street in Ashland. Knowing how to mitigate natural disasters and other large scale emergencies can save your life and Ashland CERT offers many tools for how to be prepared when disaster impacts you, your family and friends, or your community.

Attendees will get coupons towards the purchase of disaster supplies at local retailers, information on how to build an emergency supply kit, what should be included in your kit, and you will see examples of 72-Hour Kits. Preparing a kit now saves you discomfort later in the event responders cannot immediately reach everyone following a disaster you will have your basic needs met in one container.

Attendees can learn about the very popular Map Your Neighborhood program, and gain an understanding of what CERT is, what we do, and how it relates to you and your community. There will be an opportunity to sign up for a fall basic training as well. There will also be activities for the kiddos and information on pet safety as well as FireWise.

Many organizations from around the valley are expected to attend including local retailers providing product discounts and disaster service organizations. Come spend the morning or mere minutes learning more about disaster preparedness. Be sure to fill out a raffle ticket for a chance to win gift certificates graciously donated by local businesses.

Attend this free event to learn more.

Ashland CERT presents the CERTain Disaster Expo

When: Saturday
September 8th, 2012
Time:
9:00 am - 12:00 pm
Where:
the Grove in Ashland
Cost: FREE

September is Disaster Preparedness Month and Ashland CERT wants to aid citizen preparedness by providing information and tools necessary for preparedness. Attendees will get coupons towards the purchase of disaster supplies at local retailers, information on how to build a emergency supply kit and what should be included in your kit, learn about the Map Your Neighborhood program, gain an understanding of what CERT is and how it relates to you and your community. There will be activities for the kiddos and information on pet safety as well as FireWise. Many organizations from around the valley are expected to attend including local retailers providing product discounts and disaster service organizations. Come spend the morning or mere minutes learning more about disaster preparedness.

- Organizations include:**
- Ashland CERT
- FireWise
- American Red Cross
- Rogue Valley Council of Governments
- Vendors include:**
- Ace Hardware
- Solar Styles
- Activities include:**
- Kids Table
- Demos
- Freebies



For more information contact:
Ashland CERT
541-552-2226 |
cert@ashland.or.us



Fall Basic Training in October - Are you ready?

Ashland CERT proudly announces the upcoming fall basic training October 18-20 and 27-28. This training is intended to accommodate work related schedules and maximize the experience with a hands-on disaster scenario simulation created by current active members. Do you know someone who is interested? Encourage them to sign-up today; class sizes are limited to optimize learning experience. Current members are encouraged to sign up

for an Incident Management Team position during the simulation scheduled for Sunday, October 28. We also need live victims. Contact the CERT office to sign up.

Current members in need of a refresher are also encouraged to come by and sit in on any of the lesson units in the classroom. I also need volunteers during some of these lessons and you could aid by lending an additional hand.



Ashland CERT proudly announces the upcoming fall basic training October 18-20 & 27-28



Bases need a second roof coat before winter

A big thanks to those members who put the first coat onto the base roofs.

If you have been in your area base lately you surely noticed how much cooler they feel; it is noticeable. We do need to get the second coat on before the weather prohibits and volunteers would be greatly appreciated.

Family and Friends CPR September 29th at Pioneer Hall

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only® CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant. Skills are taught in a dynamic group environment by using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

Family & Friends CPR is for people who want to learn CPR but do not need a course completion card* in CPR for employment. This course is ideal for schools and students, new parents, grandparents, babysitters, and others interested in learning how to save a life.

The cost of this course is \$5.00 which includes a student study book. This class takes approximately 2 hours to complete. All fees must be prepaid prior to the class date to confirm reservation. Please register early to reserve your space.

When: Saturday September 29th, 2012

Time: 9:00am—11:00am

Where: Pioneer Hall at 73 Winburn Way

Cost: \$5

TO REGISTER:

Registration is first-come, first-served according to when class fees are paid. Participants may register by mailing a check or by paying in person between 8:00 AM and 4:00 PM Monday through Friday at Fire Station 1 located at 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland.

* This course does not provide a course completion card; however, students receive a tear-out participation card in their student manual.

American Heart Association 

Learn and Live

Volunteer Opportunities

Volunteers needed for the CERTain Disaster Expo and Fall Basic Training. Contact Ashland CERT.

Cycle Oregon! The 2012 Cycle Oregon Event is coming through Ashland on their annual ride. Cycle Oregon is celebrating their 25th Anniversary. Approximately 2,200 riders have signed up for the event. The Ashland Chamber will be partnering with Cycle Oregon to ensure riders enjoy the beauty of Ashland and with this partnership comes the responsibility of handling specific tasks for the event. The

Chamber is looking for volunteers who would like to be involved.

Contact Kelsey for more information at 541-482-3486 or email: kelsey@ashlandchamber.com



Bear Creek Cleanup- Hawthorn Park in Medford- Saturday, September 22 from 9:00am-11:30am sponsored by Bear Creek Watershed Education Partners. Snacks will be provided as well as great prizes provided by REI.

For more information contact: Rebecca Slosberg at 541-708-2104 or bearcreekwatershed@gmail.com



Autumn and back-to-school brings Flu Season

Attendees of the recent Pandemic Tabletop found that even the flu can cause mass hysteria in the workplace, schools, and at home for very valid reasons. The flu is highly contagious, and while you can catch the flu at any time of the year, the cooler, wetter seasons typically have the highest number of flu related illness reported. The flu affects those who are age 65 and older, younger than age 5, and those who already have compromised immune systems more severely. Proper hand washing is still the number one means of mitigating the virus and many healthcare professionals suggest singing a tune while you wash. There are many melodies that can aid you in staying flu-free this season including Happy Birthday, Twinkle Twinkle Little Star, and Frère Jacques; sing them twice for effective germ prevention.

You should always phone your doctor if you have concerns, but there are some basic guidelines in the

meanwhile including bed rest, hydration, fever control, and tracking vitals and documenting changes. Rest helps restore energy and strengthens the immune system, helping fight illness and speed recover. Preventing dehydration is one of the most important things you can do to treat influenza. Keeping a fever low helps reduce the risk of dehydration. A record of temperature along with general observations regarding your well-being and fluid intake is helpful information when you see your doctor.

If you missed the last Formable Footprint Tabletop there will be future opportunities for you to attend another. These tabletop exercises typically happen every other month with a wide range of interesting topics available. CERT teams from all over the nation participate as well as other organizations in the highly effective tabletop teaching tool with scenario-based training.

How does CERT benefit the community?

CERT training provides a better understanding of the potential threats to your home, workplace and community and the right steps to lessen the effects of these hazards. If a disaster happens that overwhelms local response capability, CERT members apply the training learned in the classroom and during exercises to give critical support to their family, loved ones, neighbors and community until help arrives. When help does arrive, CERTs provide useful information to responders and support their efforts, as directed, at the disaster site. CERT members can also assist with non-emergency projects that improve the safety of the community. CERTs have been utilized in a variety of areas.

CERT 2012 Calendar of Events

| January 2012 | February 2012 | March 2012 |
|---|---|---|
| General Meeting January 11 <i>(Phone Tree Training)</i> Leadership Meeting January 25 <i>(Phone Tree 9-1-1 System Management)</i> | SOU Basic Training Tue-Thu, Feb 1– 24 Canceled General Meeting February 8 CERT Annual Phone Tree Test Leadership Meeting February 22 | General Meeting March 14 <i>(CERT Skills Training)</i> Leadership Meeting March 28 <i>(Planning for Basic Training)</i> |
| April 2012 | May 2012 | June 2012 |
| General Meeting April 11 <i>(Guest Speaker)</i> Leadership Meeting April 25 <i>(Final Prep for Basic Training)</i> CERT Spring Basic Training April 27-May 5 | Basic Graduation - General Meeting May 9 Leadership Meeting May 23 (Basic Training AAR) 4th of July Event Planning | General Meeting June 13 <i>(CERT Evacuation Training)</i> Leadership Meeting June 27 <i>(Advanced Training Lesson)</i> & Final Planning for 4th of July) |
| July 2012 | August 2012 | September 2012 |
| General Meeting CANCELED Leadership Meeting July 25 <i>(4th of July AAR – Fire Mission Planning)</i> | General Meeting August 8 <i>(Guest Speaker)</i> Leadership Meeting August 22 <i>(Fire Department Communications)</i> | General Meeting September 12 <i>(CERT Skills Training)</i> Leadership Meeting September 26 <i>(planning session)</i> |
| October 2012 | November 2012 | December 2012 |
| Fall Basic Training October 18-20 & October 27-28 General Meeting October 10 <i>(CERT ICS Demonstration)</i> Leadership Meeting October 24 | General Meeting November 14 <i>(CERT Skills Training)</i> Leadership Meeting November 28 | CERT Year in Review /Awards December 12, 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: