



March 2018

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:
 March 14, Fire Station 1.
 Topic: Radio Communications
 Meeting starts at 6:00 with
 doors open at 5:30 PM.

Leadership Meeting:
 March 28, Fire Station 1.
 Topic: Basic Planning.
 Meeting starts at 6:00 with
 doors open at 5:30 PM.



Youth Preparedness Council

Emergencies and disasters can happen at any time, often without warning. Disaster planning, response, and recovery efforts must take into account the unique needs of children, who make up roughly a quarter of the U.S. population.

The Federal Emergency Management Agency (FEMA) created the Youth Preparedness Council (YPC) in 2012 to bring together young leaders who are interested in supporting disaster preparedness and making a difference in their communities, by completing disaster preparedness projects nationally and locally. The YPC supports FEMA's commitment to involve America's youth in preparedness-related activities. It also provides an avenue to engage young people by taking into account their perspectives, feedback, and opinions. YPC members meet with FEMA staff throughout their term, typically two years, to provide input on strategies, initiatives, and projects. YPC members also attend the annual YPC Summit in Washington, DC, meet periodically with FEMA representatives, and work to complete a number of emergency preparedness projects. The YPC members are selected based on their dedication to public service, their efforts in making a difference in their communities, and their potential to expand their impact as national supporters of youth preparedness. The terms are further spent being mentored for the first year, and then mentoring newly elected youth the second year.

Students in 8th, 9th, 10th, or 11th grade, who have engaged in community service or are interested in emergency preparedness, are encouraged to apply. The deadline to complete an application is March 18, 2018. If you know someone who may be a good fit for this opportunity pass the message along. We need more youth leaders in our community and in society.

What is Ashland CERT doing to promote youth preparedness?

We created a Student Emergency Response Team (SERT) Club at Ashland High School (AHS) in 2015. While this effort is currently inactive, we are continually seeking opportunities to revamp these efforts.



Youth Preparedness Council *cont...*

Students at AHS are encouraged to be part of this “Prepared Club.”

Our agency provides K-5 Public Education lessons annually. These are targeted lessons at each grade level. Lessons are age appropriate from topics including smoke and fire awareness, firefighters are your friends, cooking and kitchen safety, to emergency preparedness and leadership at home.

Hands-only CPR training is delivered each year to every seventh grade student at Ashland Middle School. This service, implemented in 2014 in partnership with the So. Oregon CPR Initiative, is free of charge to both the district and students with the support of grant funding from FEMA and the American Heart Association.

How can you help?

Encourage our youth to actively participate in some of the many opportunities available. Youth as young as age 14 can participate in our local CERT training. We always need victim volunteers as well. And those who participate earn community service hours which are required to receive a diploma in the State of Oregon. It's a WIN for everyone!

National Nutrition Month

The Winter Olympics are quite inspiring. While we cannot all be elite athletes, we can learn and apply lessons from those who are including healthy eating. Each Olympian at some point needed to learn, then train and choose a specific direction, then ultimately experience setbacks before persevering. Each of us can have that same experience through our own diets and exercise. March is National Nutrition Month and with any national campaign some great supportive information exists on the web to assist in eating a bit healthier one day at a time. If you can make it a March goal you could continue your healthy trend throughout the year.

In cooperation with this effort the folks at MyPlate put together some useful guidelines to support your healthy efforts including:

Limit processed foods including boxed items and the like and include whole grains, fresh fruit and vegetables, and lean meats. Also include low-fat options when available including dairy products.

At each meal, the majority of your plate should consist of colorful fruit and non-starchy vegetables.

Omit or significantly limit fried foods and snacks. Opt for small portion healthy snacks of fruit, nuts and seeds, and some protein when you need a quick fix.

Drink plenty of water. Adding fruit or herbs can create a more complex flavor to help you fall in love with water again.

Consume less than 10% of your calories from added sugars and fillers, or avoid completely.

Think of meal planning and eating with the same goals used when tackling emergency preparedness and response; make them SMART (specific, measurable, achievable, relevant, and timely). One takeaway I noted was that healthy eating does not need to be trendy. And since we all recognize the power of exercise consider spending 150 minutes weekly indulging in some form of your favorite exercise routine.

Whether you are looking for noticeable results physically or simply feeling a bit better after each meal, healthy eating coupled with exercise can help achieve your goals.

Everyone has a different approach to what fits their unique needs and everyone obtains a unique result. Don't delay; practice nutrition today!

Volunteer Day

In cooperation with Jackson County Fire District 5 we are offering a free event at the Talent Community Center Saturday, March 31 from 11am – 2pm providing the community with preparedness related information and an opportunity for them to get involved. Many local and national preparedness based agencies will be attending this event and you are encouraged to attend and spread the word.



TALENT COMMUNITY CENTER

SATURDAY, MARCH 31

11 AM - 2 PM

FREE - ALL AGES

AGENCIES INCLUDE:

AMERICAN RED CROSS

ASHLAND AT HOME

ASHLAND FIRE & RESCUE CERT

APD VOLUNTEERS IN POLICE SERVICES

COAD

FIREHOUSE 5 FOUNDATION

GO | STAY | KIT

JC AMATEUR RADIO EMERGENCY SERVICES

JACKSON COUNTY FIRE DISTRICT 5

JACKSON COUNTY SEARCH & RESCUE

OREGON DEPARTMENT OF FORESTRY

ROGUE VALLEY COUNCIL OF GOVERNMENTS

UNITED WAY

American Heart Association BLS Certification Course

Basic Life Support (BLS) is intended for Healthcare providers and other students seeking training and certification in CPR. This course teaches critical concepts of high quality CPR, use of an automated external defibrillator, and relief choking for victims of all ages.

The cost for this course is \$55, which includes a student study book and card*. The class takes approximately 5 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: Saturday, March 10, 2018

Where: Ashland Fire Station 2

Time: 9am-2pm

Cost: \$55

Registration is first-come, first-served according to when class fees are paid. Classes are typically limited to 9 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 CPR Program Coordinator

541-552-2226 | [cpr @ ashland.or.us](mailto: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 2018 Calendar of Events

January 2018	February 2018	March 2018
General Meeting - January 10 <i>(Bleeding Control)</i> Personal Protection Training- January 13 Leadership Meeting - January 24	General Meeting - February 14 <i>(CERT Go-Bags / Backpacks)</i> Leadership Meeting - February 28 <i>(CERT Member Handbook)</i>	General Meeting - March 14 <i>(Radio Comms)</i> Alternative Routes & Access - March 17 CPR Night - March 27 (6pm) Station 2 Leadership Meeting (Basic Plan) - March 28 Volunteer Day - March 31
April 2018	May 2018	June 2018
Basic Training - April 5, 6, 7, 19, 20, 21 General Meeting - April 11 <i>(CERT Skills)</i> Leadership Meeting - April 25 <i>(Basic AAR)</i>	General Meeting - May 9 - <i>(Basic Graduation)</i> Mother's Day Pancake Breakfast - May 12 Leadership Meeting - May 23 <i>(Campout Planning)</i>	Emigrant Lake Campout - June 2-3 General Meeting June 13 <i>(Evacuation Training)</i> Leadership Meeting - June 27 <i>(Planning for 4th of July & Campout AAR)</i>
July 2018	August 2018	September 2018
APD presents ALICE - July 1 Parade Support - July 4 General Meeting - July 11 <i>(Ropes & Knots)</i> Basic Refresher - July 21 Leadership Meeting - July 25 <i>(4th of July AAR)</i>	General Meeting - August 8 <i>(ICS)</i> Opening Bases - August 18 CPR Night - August 15 (6pm) Station 2 Leadership Meeting - August 22 <i>(Basic Planning)</i>	General Meeting - September 12 <i>(Cribbing Techniques)</i> Family & Friends CPR - September 15 Leadership Meeting - September 26 <i>(Basic Planning)</i>
October 2018	November 2018	December 2018
Basic Training - Oct. 4, 5, 6, 18, 19, 20 JCFD5 Open House - October 10 - (5pm-7pm) Leadership Meeting October 24 <i>(Basic AAR)</i>	General Meeting - November 14 <i>(Basic Graduation)</i> Leadership Meeting - November 28 <i>(Annual Training Planning Session)</i>	CERT Year in Review December 12 - 6:00 to 8:00 PM No Meetings Holiday Season ~ Training Stand Down

Note: General meetings are open to the public. Doors open at 5:30pm. Meetings are from 6-8:30pm at Fire Station 1.

Ashland CERT
 455 Siskiyou Boulevard
 Ashland, OR 97520

TO: