



February 2013

*Neighbors Helping Neighbors...*

### Inside this issue:

Faces of CERT Campaign	1
Faces of CERT continued	2
2013 Phone Tree Update	2
Volunteer Opportunities	3
Calendar News	3
MYN & Firewise	3
CPR certification class	3
Training Calendar	4

### Next Meeting Dates:

**General Meeting:**  
 February 13, Fire Station 1.  
 Meeting starts at 6:30 with  
 doors open at 6:00 PM. Come  
 welcome Ryan Sandler from  
 National Weather Service.

**Leadership Meeting:**  
 February 27, Fire Station 1.  
 Meeting starts at 6:30 with  
 doors open at 6:00 PM.



## Faces of Ashland CERT campaign member profile

Continuing on with the Ashland CERT member profile campaign "Faces of CERT" series this month the feature member is **Annette Heron**. Annette was born April 6, 1959. She has extensive background in supporting the CERT community and beyond. Since graduating from basic training Annette has immersed herself attending various trainings such as Spontaneous Volunteer Management and running the Ashland Emergency Operations Center. Annette frequently attends meetings as well.

The intent of the campaign is to inform Ashland residents of CERT while making community connections. The campaign also encourages networking and outreach between existing members. Here is one dedicated volunteer's story to another. Let's get to know Annette.

Where are you from and when did you move to Ashland?: **I am from Winston-Salem, North Carolina, and moved to Ashland, OR on August 17, 2012. Although I lived most of my life in North Carolina, Oregon feels more like home than North Carolina. I hope to make Ashland a permanent home.**



What attracted you to Ashland?: **In July 2012, I accepted a position with the Oregon Department of Public Health through AmeriCorps\*VISTA to work at the Jackson County Medical Reserve Corps as the MRC Volunteer Coordinator.**

What is/was your career?: **I have a Masters degree in Health Psychology, a branch of psychology that addresses how behaviors (i.e. social, psychological, and biological) causes biological illnesses and diseases. Health Psychology also has a public health component, in that it is based on the health promotion and disease prevention model.**

**As the MRC Volunteer Coordinator with the Jackson County Medical Reserve Corps, Annette works with the MRC Unit Coordinator to recruit and prepare volunteers to respond to disasters by providing free trainings in CPR & AED, START Triage, Psychological First Aid, Radiation Protection, Risk Management, Medical Skills, ADLS & BDLs, etc.**

## Faces of Ashland CERT - continued...

The MRC also collaborates with multiple partners to educate the community about disaster preparedness and response, and public health issues such as the flu and H1N1. As an AmeriCorps\*VISTA, I work with other Oregon VISTAs on projects to address poverty such as Project CONNECT (also known as Project Homeless Connect).

Hobbies, interests, favorite movie, food, etc?: **Although I enjoy quiet time when I can get it, I am very active in my church as a member of the Humanitarian Team. In this position, I help fight against poverty by managing the church food bin for the Ashland Food Project, and working with other church leaders to support church teachings on disaster preparedness. I also love physical fitness, a good movie, and intelligent conversations. My favorite foods are antioxidant foods.**

How did you first learn about Ashland CERT?: **I learned about Ashland CERT shortly after I began my position with the Jackson County MRC. I graduated from Ashland CERT on November 13, 2012.**

What did you like best about the CERT basic training?: **The best thing about the CERT training was the disaster simulation sequence on the last day. Since graduating I have been diligent about attending training opportunities offered by Ashland CERT and other disaster response organizations to keep my skills fresh.**

What do you find most interesting about Ashland CERT?: **I was most impressed with Terri Eubanks, the CERT Program Coordinator. Terri represents well and works very hard to make sure our team has the best and latest training opportunities available.**

Why did you choose to be a CERT member?: **I chose to become a CERT member because disaster preparedness and recovery is the most fulfilling and rewarding work I have ever done, outside of positions I have held in the church I am a member of.**

What other programs in the Ashland community do you support?: **None in the Ashland community. But other programs/organizations in Jackson County I support include Una Voz of Southern Oregon, Oregon Vulnerable Populations Emergency Preparedness Coalition (VPEPC), Community Organizations Active in a Disaster (COAD), American Red Cross, Oregon Health Authority, Citizen Corps, hospitals, faith-based organizations, and other emergency response organizations.**

What do like best about the community?: **The first thing that stood out about Ashland when I moved here, was that there were no fast-food restaurants in the city, and that it is a health-conscious community. I was also impressed that the community promotes sustainability. And I was also amazed that such a small community can offer a great variety of social activities from the Shakespeare Festival to hiking.**

## 2013 Phone Tree Update

Phone trees- updated as of 2013. Newest phone trees can be obtained on-line via download at [www.ashlandcert.org](http://www.ashlandcert.org) or by contacting the CERT office. The newest version is good through late April following the basic training as new members will be added at that time and new phone tree lists will be uploaded. Please note: All CERT member information is personal and confidential. Member information shall not be shared with anyone outside of City of Ashland personnel and CERT membership. Information may not be used for any purpose other than CERT related activities or without prior consent of the person in question.



## Volunteer Opportunities

How did you spend National Volunteer Service Day? Do you have extra time to spend volunteering? Want to be more actively involved but have scheduling conflicts making it difficult to attend meetings? Ashland CERT needs help with a few tasks. If you have an interest contact the CERT office; tasks include:

- Updating the Team Leader binders for the bases to mirror the new forms and information.
- Distributing flyers and brochures around Ashland at local businesses and other community boards.
- Manning a CERT information booth at the Grower's Market once monthly Tuesdays 8:00 AM – 1:30 PM March – October 2013 (this is a perfect opportunity for certified drivers).
- Creating surveys via Survey Monkey following basic trainings concerning member involvement.
- Researching grant funding opportunities.

## Calendar News

**Ashland EOC exercise- Wednesday, March 20.** Ashland CERT will have an opportunity to show off some training capabilities at the 2013 level 3 EOC training exercise. CERT will interface with EMT's, City personnel and beyond is this well thought simulation. Please contact Ashland CERT if interested.

**ODOT Traffic Control - When:** February 9th from 8:00 am – 12:00 pm

**Where:** Central Point City Hall, Council Chambers @ 140 S. 3rd. St., Central Point.

**To Register contact:** Rick Bartlett, Central Point CERT Program Manager @ 541-261-1032 (cell) No calls before 8am or after 8pm or 541-423-1319 (office) Leave a message if no answer. **Also email:** rick.bartlett@centralpointoregon.gov

**MYN Info Meet: Tuesday, February 26** from 6 pm - 8 pm at Station 1. CERT invites you to come hear from Eileen Polk and Ali True. We will discuss the importance of annual refreshers in your MYN area and you will have an opportunity to schedule assistance from CERT in facilitating an existing and/or new meeting.

## Map Your Neighborhood meets Firewise

Ashland CERT is partnering with Ashland Firewise to present Map Your Firewise Neighborhood (MYFN). This collaboration will blend the 9-step process from the traditional MYN program with the 5-steps necessary for a neighborhood to become a recognized Firewise community. Because some of the MYN steps greatly mirror Firewise steps the process will likely continue with 10-11 steps to become a MYFN. This program will be offered in addition to the already popular MYN and Firewise recognition. If unified communities would like the opportunity to complete one of the programs in addition to a program they have already completed we will be offering some priority to those neighborhoods. For example, if you have a strong MYN and would like to explore the possibility of becoming Firewise as well we can invite those same trusty neighbors to get involved in the Firewise process and vice versa. Both MYN and Firewise promote social unity and structures for preparedness, self-sufficiency and leadership among neighbors. We hope this model can be used by other communities in the future to assist in readiness using Ashland as their model. Inquiries are always accepted and there is no obligation to complete any program. For more information attend the MYFN meeting info night Tuesday, February 26th from 6:00 - 8:00 PM.

## American Heart Association Adult CPR certification class

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

\*Upon successful completion, students will receive an American Heart Association HeartSaver CPR Course Completion Card that is valid for two years.

**When:** February, 9th, 2013

**Where:** Ashland Fire Station 1

**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 contact the Ashland CERT Program Coordinator 541-552-2226**

**American Heart Association**  
  
*Learn and Live*

# CERT 2013 Calendar of Events

January 2013	February 2013	March 2013
General Meeting January 9 <i>(Pacific Power Safety)</i> <b>MRE and Emergency Food Tasting</b> <b>Saturday, January 12 (12PM-2PM)</b> Leadership Meeting January 23	General Meeting February 13 <i>(Weather Conditions)</i> Leadership Meeting February 27 <b>MYN Night - February 26</b>	General Meeting March 13 <i>(Swiftwater Awareness)</i> <b>MYN Night – March 12</b> <b>Base Inventory – March 16</b> Leadership Meeting March 27
April 2013	May 2013	June 2013
General Meeting April 10 <i>(JC SAR)</i> Leadership Meeting April 25 <i>(Final Prep for Basic Training)</i> <b>Spring Basic Training April 11-13 &amp; 18-20</b>	<b>Basic Graduation - General Meeting May 8</b> Leadership Meeting May 22 (Basic Training AAR & 4th of July Planning) <b>Annual Phone Tree Test - May 18</b> <b>Base Bike Ride – May 19 (9AM-1PM)</b>	<b>Refresher Training—June 1</b> General Meeting June 12 ( <i>START Triage</i> ) Leadership Meeting Jun 26 ( <i>Parade Support</i> ) <b>Firefighter Rehab Mission Training</b> <b>June 22 (9AM-4PM)</b> Solar Storm Formidable Footprint June 29
July 2013	August 2013	September 2013
General Meeting July 10 ( <i>Radio Communications</i> ) <b>Base Painting Party – July 13 (8AM-11AM)</b> Leadership Meeting July 24 Tracking Resources & Opening Bases—June 26-27	General Meeting August 14 <i>(Medical Operations Review)</i> Leadership Meeting August 28 <i>(Basic Planning)</i> <b>Advanced Training – August 24</b>	<b>National Preparedness Month</b> General Meeting September 11 <b>CPR Saturday September 21</b> Leadership Meeting September 25
October 2013	November 2013	December 2013
<b>Fall Basic Training—October 3-5 &amp; 11-12</b> General Meeting October 9 Leadership Meeting October 23	<b>Refresher Training – November 9</b> General Meeting Nov 13 <i>(Basic Graduation)</i> Leadership Meeting November 20 <i>(Annual Training Planning Session)</i>	<b>CERT Year in Review</b> <b>December 11, 6:30 to 8:00 PM</b> No Meetings <b>Holiday Season Training Stand Down</b>

**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: