



January 2012

Neighbors Helping Neighbors...

Ready Neighbor News

Now's the time, Resolve to be Ready in 2012

For many, the New Year is a time for making resolutions and goals for the year to come. Spending more time with the family, losing ten pounds, exercising more, and reducing debt are resolutions that appear on many of our lists. Ashland CERT is asking you to *Resolve to be Ready* by making an emergency preparedness resolution.

An emergency preparedness resolution is easy to keep by using the tools and resources available at www.ashlandcert.org and www.ready.gov. At either site, you can learn the four important steps of disaster preparedness: get a kit, make a plan, be informed, and get involved.

Inside this issue:

Resolve to be Ready	1
Resolve Continued...	2
First Aid / CPR Class	2
Basic Training	3
Blood Donation	3
Volunteers Wanted	3
Training Calendar	4

Next Meeting Dates:

General Meeting:
January 11th, Fire Station 1.
Meeting starts at 6:30 with doors open at 6:00 PM.

Leadership Meeting:
January 25th, Fire Station 1
Meeting starts at 6:30 with doors open at 6:00 PM.



The AD Council

Flooding, winter storms, wildfires, and earthquakes - preparing ahead of time can help to save lives, protect property, and can speed up the pace of recovery. By taking a few simple steps you can prepare for the impact of disaster and emergencies. A simple resolution to follow the four steps of preparedness will help you all year long.

continued on page 2



Resolve to be Ready *(continued from page 1)*

You and your family can create or update and practice your emergency preparedness plan. You can set a particular day to change smoke detector batteries and replenish your emergency supply kit. If you haven't already, you can build your own supply kit. All these steps will help you be ready for winter storms, summer power outages, and other disasters.

Free preparedness resources, such as a Family Emergency Plan template and an Emergency Supply Kit Checklist

are easily found at www.ready.gov.

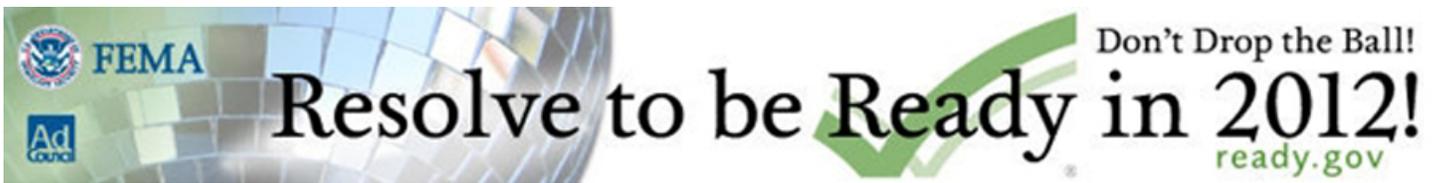
The *Ready* web site also has special sections for kids, (*Ready Kids*) and for businesses (*Ready Business*).

Preparedness is contagious. What starts with one family can spread throughout a neighborhood, and every prepared community frees up emergency responders to take

care of those who are in dire need. Preparedness is a shared responsibility and everyone has



a role. So take the time and *Resolve to be Ready* in 2012.



HeartSaver First Aid, CPR, and AED class

Date: February 11th, 2012

Time: 9am-5pm

Place: Ashland Fire Station 1
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 \$45, which includes a student study book and card. The class takes approximately 8 hours to complete. All fees must be paid ten (10) days prior to the class date to confirm reservation.

The AHA HeartSaver First Aid

CPR AED Course Completion Card is valid for two years.

Classes are limited to eight participants, so register early. Registration is based upon when the class fee is paid. Class fees are refundable only if the class is not conducted.

For information or to register contact: Jessica Bowman, Volunteer Coordinator
541-552-2242 | cert@ashland.or.us

Winter Basic Training

Every Tuesday and Thursday in February, 2012:

CERT Basic training is a hands on interactive class during which you get to use a technique called cribbing to move large debris, use a fire extinguisher, and communicate with hand held radios!

Basic Training is FREE and will be held at the SOU campus in the Marion Ady Building (Siskiyou and Indiana). Training consists of 24 hours of

instruction, over four weeks, every Tuesday and Thursday from 2 PM to 5 PM culminating in a final exercise.

Participants must complete all training modules to complete the course.

Participants may register by calling Jessica at 541-552-2242 or email



Fire extinguisher training is popular among participants.

CERT MEMBERS: PLEASE VOLUNTEER TO BE AN INSTRUCTOR!

January - National Blood Donor Month

Supplies of blood fluctuate throughout the seasons; holidays, travel schedules, illnesses, and weather are the main reasons for a shortage of blood supply.

Donating blood is free and safe. Prospective donors must be at least 16 years of age (depending upon your state's law), and weigh at least 110 pounds. Most blood banks have no upper age limit and donating only takes about 10-20 minutes.

According to the AABB, "10.8 million volunteers donate blood each year, 29 percent of which are first time donors..."

The need for blood is great. "Every

day in the U.S., approximately 44,000 units of blood are required in hospitals and emergency transplant facilities..." Donated blood is used for trauma patients, patients with cancer, organ transplants, and other diseases.

You can also donate blood for yourself before a scheduled surgery. Your own blood can be saved and used if you need it.

After the surgery, you can give unused blood away to others who may need it.

"An estimated 38 percent of the

U.S. population is eligible to donate blood at any given time, although less than 10 percent do so annually..."



Your body only takes 24 hours to replenish the fluid lost during blood donation, and approximately two weeks to replace the donated red blood cells. You can donate blood every eight

weeks.

Resolve to be ready in 2012 by donating blood to help save a life today. Your preparedness can and will save lives. www.aabb.org

Volunteer to be an Instructor!

We need volunteers for basic training. This is the perfect opportunity to get involved and to exercise your skills.

Volunteers will be trained in January to deliver CERT basic training classes. If you are

interested in becoming an instructor, please let us know!

Contact Jessica at 541-552-2242 or bowmanj@ashland.or.us

CERT 2012-2013 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 Management)</i>	SOU Basic Training Tue-Thu, Feb 2 - 28 General Meeting February 8 <i>(Guest Speaker)</i> CERT Annual Phone Tree Test Leadership Meeting February 29	General Meeting March 14 <i>(CERT Skills Training)</i> Leadership Meeting March 28 <i>(Pre-Lessons for Advanced Training)</i> Advanced / Leadership Training Mar 31
April 2012	May 2012	June 2012
General Meeting April 11 <i>(Basic Training, Volunteer Training)</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 <i>(Basic Training AAR)</i>	General Meeting June 13 <i>(Guest Speaker)</i> Leadership Meeting Jun 27 <i>(Advanced Training Lesson & Final Planning for 4th of July)</i>
July 2012	August 2012	September 2012
General Meeting July 11 <i>(CERT Skills Training)</i> Leadership Meeting July 25 <i>(4th of July AAR – Fire Mission Planning)</i>	General Meeting August 8 <i>(CERT Skills Training)</i> Leadership Meeting August 22 <i>(Advanced Training - Managing the Firefighter Rehab Mission)</i>	National Preparedness Month General Meeting September 12 <i>(Disaster Preparedness Review)</i> CPR Saturday September 8
October 2012	November 2012	December 2012
SOU Basic Training Tue -Thu Oct 4-30 General Meeting October 10 <i>(Guest Speaker)</i> Leadership Meeting October 24	General Meeting Nov 7 <i>(CERT Skills Training)</i> Leadership Meeting November 14 <i>(Annual Training Planning)</i>	CERT Year in Review / Awards Event December 5, 6:30 to 8:00 PM No General Meeting Holiday Season Training Stand Down

Ashland CERT
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Address Service Requested

TO: