www.ashlandcert.org

CITY OF ASHLAND CERT COMMUNITY EMERGENCY RESPONSE TEAM

Ready Neighbor News

May 2015

Neighbors Helping Neighbors...

Inside this issue:

Physical Fitness	1
Fitness *continued...*	2
Volunteer Engagement	2
Fitness & Sports Month	3
Mercy Flights	3
HeartSaver CPR Class	3
Training Calendar	4

Next Meeting Dates:

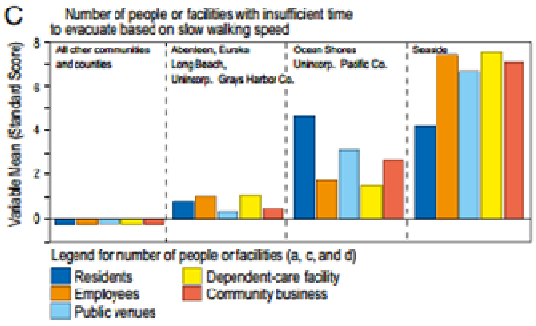
General Meeting:
May 13 - Mercy Flights. Meeting begins at 6:30 PM Carpooling from Station 1 at 6PM. Please RSVP.

Leadership Meeting:
May 27. Basic Training AAR. Doors at 6PM with meeting at 6:30. Station 1.

Being physically fit could save your life

We all realize eating a healthy diet and exercising attributes to living longer, but did you know your fitness level also correlates with life-saving capabilities? The United States Geologic Survey recorded a magnitude 4.2 earthquake along Cascadia's Fault outside of Gold Beach Tuesday, April 7. According to historical record and new technology the west can anticipate earthquakes up to magnitude 9.0 along the northern United States coast along the fault. Upon eruption, we further anticipate ground shaking lasting up to five minutes followed by a huge tsunami. Those living in, working in, and visiting coastal areas will have between 10-30 minutes to evacuate to higher ground before the inundation.

Proceedings of the National Academy of Sciences recently looked closely at the area's most vulnerable coastal towns and noted that interestingly while thousands of people are at potential risk given their location their level of fitness may make a difference in their ability to make it to safety by simply walking at a normal pace. The article is the result of research to determine where loss of life is possible, what types of interventions could best serve at-risk populations, and what knowledge networks can be established to connect communities with similar issues compiled by researchers from the USGS and several universities. The study concluded that tsunami hazard areas along the coast of Washington, Oregon, and California associated with the Cascadia Subduction Zone leave 94,872 residents, 42,424 employees, 486 public venues, 440 dependent-care facilities, and 2,314 businesses at risk disproportionately.



Interestingly in some vulnerable coastal towns travel time out of the hazard zone is greater than predicted wave arrival time, of these, Washington has the highest instance followed by Oregon then California, with Seaside being the most at risk Oregon coastal town assuming a slow walking speed 1.1 m/s. Based on pedestrian evacuation models assuming a slow walking speed of 1.1 m/s for evacuees, there are an estimated 21,562 residents, 6,372 employees, 142 public venues, 50 dependent-care facilities, and 473 businesses at risk; however based on a fast walking speed of 1.52 m/s there is a change to 15,970 residents, 4,807 employees, 102 public venues, 36 dependent-care facilities, and 328 businesses at risk suggesting that simply being physically fit increases survival chance.

Being physically fit could save your life ...*continued*...

While models focused the data pertaining to education and evacuation training in these areas one can also look at the data as a means of encouraging residents, employees, and visitors to consider increasing their fitness level and ability to coincide with higher average walking speeds as a life-saving mechanism. For local tsunami threats, the ability to reach higher ground before wave arrival is a critical aspect of population vulnerability to tsunami hazards in tsunami zone, and this can be conceived as short-term resilience. An individual has little to no resilience to survive a local tsunami if he or she cannot travel at a pace conducive to achieved evacuation.

Being physically fit not only promotes the ability to walk at an increased pace it also reduces risk of heart disease, diabetes, obesity, and much more.

If you are interested in exploring the entire article: http://www.pnas.org/content/early/2015/04/09/1420309112.full.pdf

Volunteer Engagement

Volunteerism is something Ashlanders are no stranger to. If fact, after nearly a decade spent in the area I would suggest our community members have a high national instance of volunteerism based on other comparable communities. I might even go so far as to say our community members have higher rates of volunteerism than some major metropolitan areas. The 2014 Community Viability Report using the National Citizen Survey developed by the National Research Center, Inc. and the International City Management Association revealed that of the Ashland community members who took part in the survey “Opportunities to Volunteer” were voted of significant importance by 93% of respondents with 61% of them indicating they volunteer; both results are significantly higher than the national average.

Volunteer engagement is a driving force behind every successful volunteer program. Positive engagement outcomes strengthen volunteer organizations while negative aspects deter them from flourishing. Reasons people volunteer for a specific agency include the organizations practices or motives, morals, and values, opportunities for learning and development, intrinsic values such as sense of self-worth and accomplishment, the people, including opportunities to network and collaborate, and an overall quality to one’s life to name a few.

Some of the strongest attributes of positive volunteerism include what the general buzz is (what others say concerning the organization), the overall retention (the extended sense of belonging), and motivation (the exertion put forth to sustain success of the agency). These attributes and others have been defining factors towards sustaining Ashland CERT. Our members value the core beliefs towards community preparedness and community resiliency making our organization a huge success since 1999. The City of Ashland and Ashland Fire & Rescue successfully strategized a national model to adopt locally which embraces the essence of volunteerism and overall has been considerably successful.

Ashland has had many very successful volunteer programs for many decades including the Volunteer in Parks program through Ashland Parks and Recreation, Volunteers in Police through Ashland Police Department and Ashland CERT (both Citizen Corps programs). We tend to think that volunteerism is separate from the state of the economy, but in fact, it is directly related in that one who has no time due to paid obligations is unlikely to volunteer; however Ashlanders experience a higher than the national average rate of volunteering despite the economy.
Give yourself a pat on the back if you volunteer!

May is National Physical Fitness and Sports Month

May is a great time to renew your commitment to a healthy, active lifestyle. Just over four years ago, First Lady Michelle Obama launched *Let's Move!*, an initiative designed to end childhood obesity within a generation and create a brighter future for our nation's youth.

In light of the headline article indicating the importance of a healthy lifestyle as a tool to save your life during a tsunami event let's all get motivated to commit to a healthy choice during May. The easiest means of promoting new healthy choices for most individuals is to begin one step at a time. Start with something easy such as setting your alarm 30 minutes early and walking each morning or completing reps of squats and sit-ups to start your day.

Throughout May and beyond, the U.S. Department of Health & Human Services and President's Council on Fitness, Sports & Nutrition are encouraging children and families to get up, get out, and be active. Whether it's running around on the blacktop before school or work, or walking around the neighborhood with your family after dinner, set aside at least 60 minutes for some fun physical activity each day.

Mercy Flights Welcomes CERT

Mercy Flights graciously welcomes CERT for a tour and special informative presentation on Firefighter Rehab Wednesday, May 13. Mercy Flights has agreed to be the responding agency for medical calls associated with firefighters needing assistance while battling blazes. Ashland CERT has established protocols for setting up rehab. Firefighter Rehab training is held annually with the next training scheduled for Saturday, June 6th at 9am. This is a great opportunity to meet some of the faces you may be working in the field.

We will be carpooling to Mercy Flights in Medford leaving Station 1 beginning at 6pm unless you would rather meet at their facility near the airport at 6:30 pm. Please RSVP.

American Heart Association HeartSaver CPR Course

HeartSaver CPR AED 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 who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements.

When: Saturday, May 9th - 9:00 am - 12:00 pm

Where: Ashland Fire Station 1

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.

TO REGISTER:
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 between 8 AM & 4 PM Monday through Friday at Fire Station 1, 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland. Credit cards accepted as well.

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

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

ASHLAND CERT COMMUNITY EMERGENCY RESPONSE TEAM

CERT 2015 Calendar of Events

January 2015	February 2015	March 2015
General Meeting January 14 *(Cascadia Fault- Movie Night)* CERT Luncheon SSBC - Jan. 20 Leadership Meeting January 28 *(CERT member handbook)* ***JoCounty CERT Training – JAN.30-FEB. 1***	General Meeting February 11 *(Avista - Carbon Monoxide Awareness)* ~~**Emergency Food Prep, Tasting Challenge Feb. 28**~~ CERT Luncheon SSBC – Feb. 17 Leadership Meeting Feb. 25 *(Everbridge Training)*	**Base Inventory – March 7** General Meeting March 11 *(ECSO Tour)* CERT Luncheon SSBC – March 17 **No Leadership Meeting**
April 2015	**May 2015**	**June 2015**
General Meeting April 8 *(Building Triage)* CERT Luncheon SSBC – April 21 Leadership Meeting April 22 *(Basic Planning)* **Spontaneous Volunteer Management** **RESCHEDULED—MAY 9—ST # 2**	**Basic Training – April 30-May 2 & May 14-16** General Meeting – (*Mercy Flights)* CERT Luncheon SSBC – May 19 **Base Bike Ride – May 31 (2PM)** Leadership Meeting May 27 *(Basic AAR)*	**Annual Phone Tree Test – June 6** General Meeting June 10 *(Basic Graduation)* CERT Luncheon SSBC – June 16 Leadership Meeting Jun 24 *(Parade Planning)* **Firefighter Rehab Training - June 6 (9AM)**
July 2015	**August 2015**	**September 2015**
Parade Support – July 4 General Meeting July 8 *(Radio Comms)* **Evacuation Training – July 11 (9AM-St#2)** CERT Luncheon SSBC – July 21 Leadership Meeting July 22	General Meeting August 13 *(Life-saving techniques)* CERT Luncheon SSBC – Aug 18 Leadership Meet Aug. 27 *(Advanced Radio Comms)* **CERT BBQ – TBA**	General Meeting Sept. 9 *(Opening Bases/ICS)* CERT Luncheon SSBC – Sept. 15 **Family & Friends CPR September 19** Leadership Meeting Sept. 23 (Basic Planning)
October 2015	**November 2015**	**December 2015**
Basic Training - October 1-3 and 8-10 **Basic Graduation October 14** CERT Luncheon SSBC – Oct. 20 **Disaster Psychology Advanced—October 24** Leadership Meeting October 28 **Base Bike Ride - October 18 (2PM)**	**Certified Driver – November 14** No General Meeting Nov 11 *(Labor Day)* CERT Luncheon SSBC – Nov. 17 Leadership Meeting November 18 *(Annual Training Planning Session)*	**CERT Year in Review /Awards** **December 9 ~ 6:30 to 8:00 PM** No Meetings **Holiday Season Training Stand Down** CERT Luncheon SSBC - Dec. 15

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: