



October 2012

Neighbors Helping Neighbors...

# Ready Neighbor News

## The Great Oregon ShakeOut 2012 - Drop, Cover, and Hold On!

What you do now will determine your quality of life after our next big earthquake. Are you prepared to survive and recover quickly?

Why be concerned?

Oregon lies at a convergent continental boundary where two tectonic plates, the Juan de Fuca Plate and the North American Plate, are colliding. The fault line is known as a subduction zone because the denser Juan de Fuca Plate is being pulled under (subduction) the North American Plate. The Juan de Fuca Plate is moving to the northeast at about an inch a year as the North American Plate moves west. The Oregon coastline is actually bulging upward from the two plates pushing against each other.

The Cascadia Subduction Zone is a 600 mile-long earthquake fault stretching from offshore northern California to southern British Columbia. This fault builds up stress for hundreds of years as the two plates push against each other. An earthquake is caused by a sudden slip, or rip on a fault, much like what happens when you snap your fingers.

Eventually, the two plates rip apart, creating some of the largest earthquakes and tsunamis found recorded in history. Historic evidence suggests these plates create large magnitude earthquakes roughly every few hundred years leaving emergency officials concerned that the Pacific Northwest is overdue for an occurrence.



Damaging earthquakes are not uncommon here and many small quakes are recorded annually as well as larger quakes in our region. There have been over a dozen recorded earthquakes in the Pacific Northwest this year alone.

Great ShakeOut earthquake drills help people at home, in school, and organizations practice how to be safe during big earthquakes, and provide an opportunity for everyone to improve their overall preparedness. By participating, you can have **peace of mind** that you, your family, your community and millions of others will **be better prepared to survive and recover quickly**.

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### Next Meeting Dates:

#### General Meeting:

October 10, Fire Station 1.  
Meeting starts at 6:30 with doors open at 6:00 PM.

#### Leadership Meeting:

October 24, Fire Station 1.  
Meeting starts at 6:30 with doors open at 6:00 PM.



## Oregon ShakeOut - continued...

The most critical factor during an earthquake is to not try to move but to **immediately** protect yourself as best as possible where you are. Earthquakes occur without any warning and may be so violent that you cannot run or crawl; you therefore will most likely be knocked to the ground where you happen to be. You will never know if the initial jolt will turn out to be the big one. You should Drop, Cover, and Hold On immediately!

Visit the ShakeOut website directly ([www.shakeout.org](http://www.shakeout.org)) to sign up and join over 60,000 Oregonians October 18, 2012 in practicing the life saving skill of drop, cover, and hold on at 10:18 am. Ashland CERT joined the National ShakeOut movement when it began in Oregon in 2011 with a pledge to continue to maintain, improve, and update the knowledge and skills of our organization. We will also kick off fall basic training on October 18th.

As with anything, practice makes perfect. Be ready to protect yourself immediately when the ground begins to shake; practice *Drop, Cover, and Hold On*.

**DROP** to the ground (before the earthquake drops you!),  
Take **COVER** by getting under a sturdy desk or table, and  
**HOLD ON** to it until the shaking stops.



Reference: <http://www.shakeout.org/>, <http://www.pnsn.org/shakemap?year=2012>



## Basic Life Support CPR Class offered by Ashland Fire & Rescue

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.

**When:** Saturday, October 20th, 2012

**Time:** 9am-2pm      **Cost:** \$55

**Where:** Ashland Fire Station 1

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

American Heart Association   
*Learn and Live*

**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 8am - 4pm Monday through Friday at Fire Station 1, 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland.



## Citizen Alert and CERT

By now many of you are aware of the new call-back notification system being utilized by Jackson County, but in case you haven't heard here are the basics:

Citizen Alert is a mass notification capabilities system designed to alert residents about emergencies and other important events by allowing local officials to provide you with critical information quickly in a variety of situations such as fire, flood, unexpected road closures, missing persons, and evacuation of buildings and neighborhoods.

This software allows you to sign up to get emergency alerts on your cell phone, work phone, through text message, e-mail, your home phone, and more. You can also choose the locations you want to be contacted about (up to five locations). You can receive notifications about emergencies that may affect your home, your parents' home, your workplace, and your child's school, as long as those locations are within the boundaries of the county, but you can only be alerted if you sign-up for Citizen Alert.

This service is provided to you via opt-in; meaning you physically need to sign up to receive the alerts. Sign-up is relatively quick and easy. Once you create a profile in the secured database you can update it at any time, make changes, and even delete your profile at any time (i.e. opt-out).

But what does it have to do with CERT?

Ashland CERT wishes to have each active member sign-up for Citizen Alert to be mobilized. We won't throw away our beloved phone tree completely as it holds great value to our organization, however the phone tree will become less of a notification means and more of a tool utilized annually to update member information and keep team members connected.

Chief Karns gave a brief overview of the system at the September Leadership Meeting. If you missed the meeting and need assistance opting-in please contact the CERT Office and I will coordinate a time when you can come in to obtain guidance.

## Personal First Aid Kits

If you missed the September General Meeting you missed a great show and tell on the new Responder Kits and mini First Aid Kits that are now in each of the bases. You also missed some great advice from Battalion Chief Hollingsworth concerning items to include in your personal kit. Suggestions include:

**Make it light** – Your personal first aid kit should have the medical items to treat and be light enough to manage in the field and at home.

**Include a headlamp** – A small headlamp should be included in your kit in addition to the light in your Go-Pack and/or 72-Hour Kit.

**Vet Wrap** – If you haven't heard of a vet wrap, not everyone has, but it's a great tool to include in your kit. It is interchangeable with an ace bandage, other conforming bandages, can be used as a slinging tool, and it is light-weight and otherwise versatile.

**Benadryl** – This is a great over-the-counter medication to include in your

kit that has many uses including as an antihistamine for sneezing, watery eyes, itchy throat, etc.

**Sam-splint** – This lightweight splint comes prepackaged and is reusable. It can splint an arm in seconds and then be rolled quickly and packed away back into your kit for future use.

Other medications to consider include Aspirin, Acetaminophen, and Ibuprofen. All of these items are affordable as well. Look for these items at your local pharmacy.

## Volunteer Opportunities

### SOUTHERN OREGON CPR INITIATIVE FUNDRAISER

**Date:** Saturday, October 13, 2012  
**Time:** 10am - 4pm  
**Location:** Butler Ford, 1977 Highway 99 N, Ashland

Help purchase AnyTime CPR kits to teach Hands-only CPR to middle school students in Jackson County by taking a free test drive. Details & Flyer at <http://www.jcems.net/docs/ButlerDriver.pdf>

Ashland CERT needs volunteers for fall basic training October 28th. Your support is greatly appreciated.

# 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 Management)</i>	General Meeting February 8 <i>(Guest Speaker)</i> <b>CERT Annual Phone Tree Test</b> 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> <b>Spring Basic Training April 27-28 &amp; May 4-5</b>	<b>Basic Graduation - General Meeting May 9</b> 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                      &amp; Final Planning for 4th of July)</i>
July 2012	August 2012	September 2012
General Meeting <b>CANCELED</b> 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	General Meeting September 12 <i>(CERT Skills Training)</i> Leadership Meeting September 26 <i>(Training planning session)</i>
October 2012	November 2012	December 2012
<b>Fall Basic Training October 18-20                      &amp; October 27-28</b> General Meeting October 10 <i>(Blood-borne Pathogens)</i> Leadership Meeting October 24	General Meeting November 14 <i>(Basic Graduation &amp; Shelter Operations)</i> Leadership Meeting November 28 <i>(Annual Training Planning Session)</i>	<b>CERT Year in Review /Awards                      December 12, 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: