



January 2018

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:
January 10, Fire Station 1.
Topic: Bleeding Control.
Meeting starts at 6:00 with doors open at 5:30 PM.

Leadership Meeting:
January 24, Fire Station 1.
Topic: Movie Night.
Meeting starts at 6:00 with doors open at 5:30 PM.



Break the ICE with your Children

We all watched several disastrous floods in 2017 including the Oroville Dam crisis in February, Harvey's rage on Texas in August, and Hurricane Irma's damage across the Caribbean and Florida Keys one month later in September. We continued to watch one of California's most devastating wildfires into December. Natural hazards occur with little to no warning, the impacts can be great, but with any natural disaster personal preparedness can make a huge difference.

FEMA encourages you to follow their basic tenets of preparedness. A study was led by the National Center for Disaster Preparedness at Columbia University's Earth Institute. The purpose of the study, conducted in December 2015, was to learn more about people's opinions and attitudes toward disaster preparedness with a focus on children in disasters.

Key finding includes: over one-third of American households with children (35%) are not familiar with their child's school evacuation and emergency plans, and even more (41%) do not know to what location their children would be evacuated to during a disaster. Children represent nearly one-quarter of the US population which will be completely dependent on others for assistance.

You and your family should have a plan to reunite following a disaster if you are not together without relying on emergency services as they will be taxed and trying to assist the whole community. We must go beyond the paradigm of basic planning to incorporate a holistic approach to preparing our children to face "the big one" when it happens.



Break the ICE: Talk to your children, schools, and caregivers regarding your family's plan for a disaster.

Talk about why: Talk about the top disaster risks in your area (locally - wildfire, flood, and earthquake), and explain

that it is important to have a plan to reunite quickly during emergencies.

Breaking the ICE with your Children *cont...*

Letting children know you're planning ahead to keep them safe helps them feel safe - both before and during an emergency.

Talk about who: Each child should have three emergency contacts that any camp counselor, teacher or caregiver can reach out to. Since local power and phone service can be disrupted during emergencies, it's important to have one out-of-town contact as well. Practice learning these numbers with your child, and teach them to keep a hard copy with them at all times. In Case of Emergency (ICE) cards can be essential to reunification.

Make the ICE cards together: Enter the three contacts along with your child's medical info at www.SavetheChildren.org/ICE, upload a photo and print out your cards at home. You can also create your own if you wish; the bottom line is that the information stays with the child at all times. Discuss a bag/backpack, wallet or other place where they can keep it so it will always be nearby. Keep a copy for yourself as well.

ICE cards are also a useful method for first responders, such as paramedics, firefighters, and police, to gather some basic information from the card holder should they be injured and/or unresponsive. Cell phones are not a great means for obtaining information because the battery could go dead or otherwise be unavailable for use such as passcodes etc.

Make 2018 the year to have that chat regarding your family planning and expectations. Disasters are going to happen, but how we prepare for them that makes all the difference. Children need guidance as to what they should do and expect during and after a disaster.

RCRC_National_Survey_FINAL_web.pdf

Change is Coming

Happy New Year everyone. CERT continues to be challenged with providing necessary opportunities for volunteers to gain adequate training. The program insists on consistent specific lesson plans in addition to those which suit our demographic and changing society including megafires. Along with the support of the CERT Leadership Team, our Wednesday evening meetings will now serve as training opportunities and we will extend the duration of those meetings to fit our needs.

Please note the time change for our General and Leadership Meetings - the second and fourth Wednesdays monthly. Doors open at 5:30pm.

Meetings run 6:00-8:30pm.

Longer meetings will give more opportunity for mini training sessions such as refresher training of single units and hands-on opportunities.

Staying Safe: Practice Situational Awareness

Situational awareness refers to staying aware of your surroundings to avoid becoming a victim of a "crime of opportunity." Traveling on a subway, dropping a child off at school, walking in a parking garage, or carrying purchases to your car can present an opportunity for a mugging, robbery, assault, theft, or carjacking. Your intuition and senses are your best tools for perceiving threats so you can act decisively should danger present itself. Police officers are trained in situational awareness, and like them, you can participate in exercises to increase your situational awareness skills.

Take a few moments each day to notice details relating to people and things in your environment that typically escape your attention. Over time, this can improve your ability to naturally be more observant, thereby reducing your risk of becoming a victim of a crime of opportunity.

Additional Training Opportunities

Several training opportunities are available in the coming months through the Oregon Department of Emergency Management. All can be found on their website at: <http://www.oregon.gov/oem/emresources/Pages/Training.aspx>

Some highlights include:

January 16-17, 2018: ICS - 400

January 23, 2018: MGT - 405 Mobilizing Faith-Based Community Organizations in Preparing for Disaster

January 30-31, 2018: Maturing Public-Private Partnerships

Deschutes County Training Opportunities:

January 22-25, 2018: L0962 All-Hazards Planning Section Chief

February 19-22, 2018: L0958 All-Hazards Operations Section Chief

March 19-22, 2018: L0950 All-Hazards Incident Commander

April 16-19, 2018: L0973 All-Hazards Finance Section Chief

April 24-26, 2018: MGT - 345 EOC Operations and Planning for All-Hazards



Interested persons should explore the website above and make contact accordingly depending.

American Heart Association First Aid CPR Certification Course

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 \$55, which includes a student study book and card*. The class takes approximately 8 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, January 20

Where: Ashland Fire Station 2

Time: 9am-5pm

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

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 Communications)</i> Alternative Routes & Access - March 17 CPR Night - March 21 (6pm) Station 2 Leadership Meeting - March 28
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: