



January 2019

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:

January 9, Fire Station 1.
Topic: ALICE. **
Meeting starts at 5:00 and
culminates at 9PM. **

Leadership Meeting:

January 23, Fire Station 1.
Topic: Nixle Emergency
Alerting.
Meeting starts at 6:00 with
doors open at 5:30 PM.



New Year Resolve to be Ready

You don't need to wait till the first of the year to start your personal readiness resolution, but what better time than now? Simple solutions include tackling one realistic, measurable goal with an achievable outcome. Write it down, and keep it visible.

Some reports indicate those who set new year resolutions often do not keep them, but Ashland CERT can help you stay on the forefront of healthy, disaster prepared living in 2019. A few thoughts for your New Year's Resolution include:

Wellness / Fitness Commitment

Adopt a fitness routine for 2019. Even if you can only commit to small increments weekly, the goalsetting and achievable motivation will leave you merrier. You don't need to spend money and join a gym as long as you stay focused and on schedule.

Financial Control

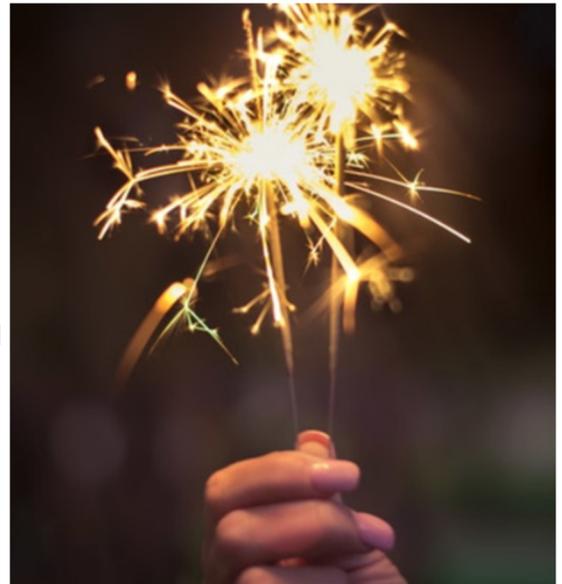
Facing debt stress can be detrimental to your health. Review your earning vs spending in 2019 and make a budget with a plan to lower debt and reduce stress.

Purge Clutter

Having less clutter is proven to make people happier as there is less visual distraction allowing the mind and eyes to rest. Go slow, and commit to cleaning and clearing small sections at a time. For example, pick a drawer, a box, or a pile of paperwork, etc. a day, a week, or whatever it takes.

Healthy Eating

Fill your fridge and your plate with non-processed options including an array of fresh fruits, vegetables, whole grains, and lean protein. It all begins in the grocery store. If you don't purchase that bag of chips it won't be waiting in your cabinet to be eaten.



New Year Resolve to be Ready ...cont...

Take baby steps to each, if necessary. If you don't like gyms, run or bike outdoors, or make an appointment with a personal trainer who can help guide you in personal solutions. You can always try a yoga class. If you feel a strict daily budget is too overwhelming, make reasonable budgets for events such as holiday spending, and that next big vacation. Maybe you put extra money aside for that upcoming vacation. If you don't feel you can tackle the kitchen table over piled with unread mail, buy a nice bouquet of flowers and place it as the centerpiece for encouragement. Remember most of that clutter mail is junk mail anyways. If you're not ready to make the immediate jump into fresh eating, buy one fresh item to replace one bag of chips or cookies at your next grocery outing. At the next visit replace two items, and so on.

Bring in the New Year with self-confidence. Don't be afraid to ask for support. Family and friends are standing by to help. Take some time to reflect on last year's resolutions and what made some successful and others failures. Focus on the positive, and have a blessed 2019.

Water Safety and Storage

Emergency planning for drinking water should follow the basic rule including the need for one gallon per person (and pet) per day. Oregonians are encouraged to store 2-weeks' worth of water and food rations along with other emergency supplies. Water storage for a family of four can seem overwhelming, but not having enough clean drinking can have detrimental impacts including death. If you are running low on water in an emergency – do not ration. Drink what you need and try to find more later. Not drinking enough water leads to dehydration and potentially death.

You have water access right in your own home including your hot water heater, toilet tank (not the bowl), ice reserves, and liquid found in canned foods such as fruits and vegetables. Water heaters should be properly strapped to the walls to avoid damage and ensure valuable water is available during a disaster including an earthquake when damage to utilities may leave you without essential services. Water tank extraction should be considered prior to a disaster, not during.

Proper water storage methods include purchasing pre-packaged unopened, water containers. Store bottled drinking water out of direct sunlight, in an area where the water is not likely to freeze, and far away from chemicals which may permeate the container. If you are bottling tap water, you should consider purchasing specific containers or re-use clean and

dry water and soda containers. Never use bleach and detergent containers or milk containers. You will also need to empty, wash, dry, and refill containers every six months if you are bottling tap water for storage.

Treating water is always an option for those with a water source. In addition to having a bad odor and taste, water from questionable sources may be contaminated by a variety of microorganisms that can cause Giardia, Norovirus, Salmonella, and even Hepatitis A (to name a few). The presence of contaminants have known health risks according to the Center for Disease Control which can further include gastrointestinal illness, reproductive complications, and neurological disorders. There are several methods of water treatment. One of the most realistic water treatment methods during a natural disaster is to add regular non-scented, no soap added, chlorine bleach to water. The bleach to water ratio is 16 drops of bleach per one gallon of water, stir to mix, then allow to sit 30 minutes. Boiling is also a popular method; however, it may not be available during a disaster. If you are able to use the boil method, first strain water through a coffee filter, then bring to a rolling boil for at least one minute, and then let sit 30 minutes before consuming.

If water taste bad you can always aerate it by pouring it back and forth between two containers which will make it taste better due to the added oxygen. Drinking water that tastes bad is far less deadly than drinking none and risking dehydration and death. Remember to think and plan ahead. Be ready when disaster strikes.

Oregon Safety and Emergency Resources

Oregon Department of Environmental Quality: <https://www.oregon.gov/deq/>

Oregon Department of Geology and Mineral Industries: <https://www.oregongeology.org/>

Oregon Disaster Center: <http://disastercenter.com/oregon/oregon.htm>

Oregon Office of Emergency Management: <https://www.oregon.gov/OEM/>

Oregon Office of State Fire Marshal: <https://www.oregon.gov/osp/sfm/>

National Safety and Emergency Resources

American Association of Poison Control Centers: <https://www.aapcc.org/>

Center for Disease Control and Prevention: www.cdc.gov

Federal Emergency Management Agency: www.fema.gov

National Fire Protection Association: www.nfpa.org

National Weather Service: www.nws.noaa.gov

United States Geological Survey: <https://www.usgs.gov/>

US Department of Homeland Security: www.ready.gov



2019 American Heart Association Certification Courses

Ashland CERT volunteer members receive a \$10 discount when registering for classes at Ashland Fire & Rescue.

Month	Class type	Class duration	Day	Date
February	CPR	3 hours	Wednesday evening	February 20, 2019
March	BLS	5 hours	Saturday	March 23, 2019
April	First Aid	8 hours	Saturday	April 27, 2019
May	CPR	3 hours	Wednesday evening	May 29, 2019
June	BLS	5 hours	Saturday	June 29, 2019
July	First Aid	8 hours	Saturday	July 27, 2019
August	CPR	3 hours	Wednesday evening	August 21, 2019
September	BLS	5 hours	Saturday	September 28, 2019
September	Family & Friends	2 hours	Saturday	September 21, 2019
October	First Aid	8 hours	Saturday	October 26, 2019
November	CPR	3 hours	Wednesday evening	November 20, 2019

CERT 2019 Calendar of Events

January 2019	February 2019	March 2019
Flood Fight USACE - January 5 General Meeting - January 9 ** 5pm - 9pm ** (<i>ALICE</i>) Leadership Meeting - January 23	ODOT Flagger & EM Control - February 9 General Meeting - February 13 (<i>Medical First Aid Skills</i>) Leadership Meeting - February 27 (<i>CERT Member Participation</i>)	General Meeting - March 13 (<i>Leadership Roles</i>) LabX Preparedness Game - March 15 & 16 Leadership Meeting - March 27
April 2019	May 2019	June 2019
Basic Training - April 4, 5, 6, 18, 19, 20 General Meeting - April 10 (<i>Search Markings & Cribbing</i>) Leadership Meeting - April 24 (<i>Basic AAR</i>)	Combined AF&R Simulation - May 4 General Meeting - May 8 (<i>Basic Training Graduation</i>) Leadership Meeting - May 22 (<i>Base Tours</i>)	Base Inventory - June 1 RV Airport Exercise - June 12 General Meeting - June 12 (<i>Urban Foraging</i>) Leadership Meeting - June 26 (<i>Event Planning - 4th of July</i>)
July 2019	August 2019	September 2019
Parade Support - July 4 General Meeting - July 10 (<i>Driving Skills</i>) Spontaneous Volunteer Management - 7/20 Driving Routes - July 21 Leadership Meeting - July 24 (<i>4th of July AAR</i>)	General Meeting - August 14 (<i>Wildfire Smoke</i>) Defusing Adverse Situations - August 24 Leadership Meeting - August 28 (<i>Activating Bases & ICS</i>)	General Meeting - September 11 (<i>Vulnerable Populations</i>) Evacuation Scenario - September 21 Leadership Meeting - September 25 (<i>Planning for Basic Training</i>)
October 2019	November 2019	December 2019
Basic Training - Oct. 3, 4, 5, 17, 18, 19 JCFD5 Open House - October 9 - (5pm-7pm) Leadership Meeting - October 23 (<i>Basic AAR</i>)	Resiliency Skills - November 2 General Meeting - November 13 (<i>Basic Training Graduation</i>) Leadership Meeting - November 20 (<i>Annual Training Planning Session</i>)	CERT Year in Review December 11 - 5:00 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 Station1.

Ashland CERT
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TO: