



February 2019

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:
 February 13, Fire Station 1.
 Topic: Medical / First Aid.
 Meeting starts at 6:00 with
 doors open at 5:30 PM.

Leadership Meeting:
 February 27, Fire Station 1.
 Topic: Task Books.
 Meeting starts at 6:00 with
 doors open at 5:30 PM.



February Drink a Gallon of Water a Day Challenge

Last month we learned some essentials of water basics in an emergency. This month the Water Gallon-Drinking Challenge begins. Drink a gallon of water each day in February. Send CERT a few notes regarding this challenge and your testimony may be included in next month's newsletter or even in an email recognition. You can also send CERT a picture of you completing the challenge.

The fact is, water is essential to our existence, and, even more importantly, to our daily health. Many of us are dehydrated right now. If you are already dehydrated before disaster strikes imagine how awful it could be in the following days on your body and your ability to sustain.

Want to know just why water is so important? Consider these 10 things that you may not know about water and your body:

- Your brain is 75% water
- Your blood is 92% water
- Your bones are 22% water
- Your muscles are 75% water
- Without water, your body could not absorb nutrients from food
- Water regulates your body temperature
- Water carries nutrients and oxygen to all of your cells
- Without water, waste could not be removed from your body
- Water helps your lungs absorb oxygen in the air you breathe
- Water cushions and protects your vital organs



Want to know if you are getting enough water every day? Take your total body weight and divide by four. That is the bare minimum amount of water in ounces you require every day for proper body function. If you are active, or exercise often, double that amount.

Water is critical to survival and the normal functioning of so many body systems, and yet very few of us are drinking enough water daily. In reality, a lot of the chronic syndromes such as fatigue, headaches, joint pain, etc. are often due to dehydration.

If you're feeling sick, it may be that your body is actually thirsty. Let's take the month of February and dedicate it to hydration. Most of us aren't doing enough physical activities to demonstrate the need for water consumption in winter months, and the cooler climate contributes to not consuming enough water tricking us in colder seasons.

Take charge of your water consumption and fight dehydration and drink a gallon a day in the month of February. You won't regret you did. Let's drink to that!

When in doubt - throw it out

Primetime movies such as *Lost* highlight the emotional and psychological, as well as physical, effects hunger can have in a survival situation. Pre-planning for an emergency is essential, enabling you to be more resilient in combating adversity which coincides with disaster.

Oregon is a 2-Week Ready state. That means residents are encouraged to have a stockpile of 2-weeks worth of provisions at all times in case of disaster. While caloric intake needs vary greatly among individuals, a general guideline follows 1,500-2,000 calories per person per day. Non-perishable food items are the best option for long time storage. Rotating meals items will help you keep your food safe and the pantry fresh.

What if the electricity goes out and you have a freezer and refrigerator full of fresh food items? The more items in your freezer the longer the items will last; for example, if the freezer is full, the food will stay frozen two days, whereas if the freezer is half full the food will stay frozen only one day. You can attempt to cover the unit with blankets to prolong thawing.

To avoid loss of cold air to the freezer and refrigerator avoid opening them (especially unnecessarily). Meat, including fish, spoil quickly at temperatures above 40* and should be cooked, or otherwise used first, if the electricity is expected to stay off. Other foods which spoil quickly to be aware of include, but are not limited to, milk and most dairy products specifically

those containing cream and custard, and any foods containing mayonnaise and eggs including eggs and mayo. Cooked and cured meats will keep for several days in a cold refrigerator. Hard cheeses, however, will keep nicely at room temperature.

If you ever have any doubt regarding a food item – throw it out.

FEMA recommends the following foods should be included in your regime:

- Power bars
- Peanut butter
- Dried fruits
- Nuts and seeds
- Other high energy foods
- Canned juices
- Dry cereal or granola



Storing dry goods can be easily achieved in air-tight containers in a cool, dry location. If storing canned-food items be sure to have a backup can-opener stored nearby.

Typically, when you hear the phrase “I’m starving” from a friend or neighbor, they are using strong language to indicate they are hungry. Hunger can get the best of us mentally, and, eventually, physically. Don’t let hunger control your disaster response. Take some action and buy a few non-perishable food items at your next shopping extravaganza so you’ll be ready when disaster strikes.

February Training Opportunities

Public Agency Work Zone Traffic Control

This class covers the basics of temporary traffic control for the protection of maintenance and utility work areas. The program covers Federal and State standards, including the fundamental principles of traffic control from both part VI of the MUTCD and the Oregon Temporary Traffic Control Handbook. 3 year flagger card awarded. Participants must pass exam (80%) to obtain certification card. (5 hours) Eligible for 0.4 wastewater CEUs.

What: Certification Course - Public Agency Work Zone Traffic Control

When: Saturday, February 9, 2019 8am – 1pm

Where: City of Ashland, Oregon Fire Station #1 | 455 Siskiyou Blvd.

Incident Traffic Control for First Responders

This class is intended for public agency employees who may need to provide traffic control at emergency or non-emergency incidents. (more than 2 hours)

What: Flagging traffic control for first responders

When: Saturday, February 9, 2019 2pm – 4:30pm

Where: City of Ashland, Oregon Fire Station #1 | 455 Siskiyou Blvd.

To register for either or both free courses contact: Terri Eubanks | terri.eubanks@ashland.or.us | 541-552-2226

Winter driving must-haves

LED Safety flare kit – reusable solid / blinking light flares are visible from more than one-half mile away.

Cat litter – it doesn't have to cost a lot to make a huge impact on you getting out of being stuck in ice and snow.

A shovel – for those with compact cars purchase a collapsible model, such as those made for backcountry adventures. For folks with trucks and large SUVs - you are more likely going "off-road", so having a shovel will surely come in handy and you'll have plenty of room to store a cheaper option.

Pigskin, or other sturdy leather gloves – pigskin offers the wearer dexterity for shoveling, pushing and pulling things under the tires. And pigskin can take a beating; don't worry about them getting grimy – keep your ski gloves in your ski-gear ensemble.

Sturdy / waterproof boots – while you're making a winter travel vehicle checklist, don't forget to have something handy for snowdrifts and deep snow and ice if you get stuck. An old pair of boots can save you from ruining those new loafers (and diminishes frustration associated with ruining your favorite sneakers).

Drinking Water Tips and Tricks

Are you ready for the February "Drink a Gallon of Water a Day" Challenge?

Maybe you dread drinking water simply because it has no taste, or you crave more. Maybe you are filling your taste buds with coffee, tea, soda, and juice. With a couple easy tips you can trick your mind into enjoying glass after refreshing glass of water this month, and for many more to come including:

Add flavor including sliced lemon, limes, cucumber, or other favorite fruits

Add sea salt, or other flavored salts

Add flavored electrolyte mixes, or Emergen-C packets to your glass

Heat up a cup and sip to offer some warmth through these cold winter days

Drink with family or a friend. That's right, enjoy a glass of refreshing water with someone you love.



American Heart Association CPR Certification Course

HeartSaver CPR is a classroom, video-based, instructor led course that teaches adult CPR and AED use, as well as how to relieve choking for 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 knowledge and skills.

This course is for anyone with limited or no medical training seeking a course completion card in CPR and AED use to meet job, regulatory, and/or other requirements.

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 as class sizes are limited.

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

When: Wednesday, February 20, 2019

Where: Ashland Fire Station #2

Time: 5:30pm - 8:30pm

Cost: \$35

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 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
 455 Siskiyou Boulevard
 Ashland, OR 97520

TO: