

Ready Neighbor News



March 2019

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:
 March 13, Fire Station 1.
 Topic: Member Roles.
 Meeting starts at 6:00 with doors open at 5:30 PM.

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



CERT volunteer & member friend passes away

Last KS Wild's Joseph Vaile writes a dedication in the loving memory of Gary Powell. In addition to being a CERT volunteer and HAM Radio Operator, Gary was the KS Wild Canvass Director from 2005-2019. The CERT office appreciates Joseph's remarks and wanted to share it will all. This article was also published in the Ashland Daily Tidings.

For those who knew Gary, KS Wild is assisting in hosting a memorial for Gary on Saturday, May 18. Details for the memorial are still being explored. Folks might consider checking with KS Wild later in spring.

Joseph writes:

As I sat beside my close friend and coworker this past Friday, I knew he was taking his last breaths. I was sitting beside someone that I can safely say lived life like every day - every moment - was remarkable. Up to the very end, he was someone who left nothing on the table.

Gary "Joaquin" Powell was a force of nature. Gary worked on behalf of wild places with dogged persistence and contagious enthusiasm, the likes of which I had never seen before. I had the great honor and pleasure of working with Gary for over 14 years as he built support for campaigns to protect rivers, forests, and biodiversity here in southern Oregon and northern California.

I bet there are many of you reading this that knew Gary. It seemed like he was friends with every soul he ever met. He may have knocked on your door as KS Wild's Canvass Director. Maybe you knew him as a member of the Elks Lodge. Or perhaps you went on one of his epic mushroom forays into the wild.

The way Gary lived his life is an inspiration to many. He didn't hide his ideals and those around him knew with certainty that he would act on them without pause or fear. That empowered many people to do the same. Try as you might, he could not be discouraged.

While I worked with Gary for over a decade, I only recently learned about how much he packed into his short 59 years on Earth. He was an expert sailor and a phenomenal downhill skier. I learned about his broadcasting career and camera work. I recently met his friends from when he ran a bed and breakfast.

What was really special about Gary was not just fearlessness. It was that he was so extremely kind to everyone he met and even to complete strangers. Too often sincere humility and kindness elude those with big personalities. Not Gary.

May we all learn what Gary knew so well. We have one life. We have one planet. We need to make the most of it. We have a responsibility to do right by each other and by nature that sustains us all. Not tomorrow or some distant time in the future - the time to make a difference is right now.



CERT volunteer & member friend passes away ...continued...

While Gary was a force of nature, he directed this determination to also be a force for nature. As he told me, his work on behalf of wild nature was the most important work of his life.

I will miss him. I know many of you reading this will also miss Gary's smiling face and warm heart. May we all live without fear, in this moment in time, for the greater good that is inside every one of us. Just like Gary.

For those unfamiliar with the Klamath-Siskiyou Wildlands Center, they advocate for forests, wildlife, and waters within the Klamath and Rogue River Basins of southwest Oregon and northwest California. Gary seemed to be involved with serving several of his local passions. He will be missed by many.

CERT Field Training Retreat - June 7-9, 2019

Reserve your space by March 13

COMMUNITY EMERGENCY RESPONSE TEAM (CERT) TRAINING

Ashland CERT is offering Community Emergency Response Team (CERT) training. Upon completion of this course, you will be able to perform basic disaster responses such as small fire suppression, light search and rescue, and disaster medical operations. When disasters occur, you will know how to respond by being prepared to give critical support to your family, friends, neighborhood, and professional responders.



To register contact Ashland CERT:
541-552-2226 | cert@ashland.or.us
For more information visit:
www.ashlandcert.org



Teamwork & Leadership Skills



BASIC CURRICULUM

- Disaster Preparedness
- Fire Safety & Suppression
- Radio Communications
- Disaster Medical Operations
- Urban Search and Rescue
- CERT Organization & ICS
- Disaster Psychology
- Terrorism Awareness
- Real-life Simulated Disaster

- FREE FREE FREE FREE FREE FREE
- Thursday, April 4 ~ 5:30 - 8:30 pm
- Friday, April 5 ~ 5:30 - 8:00 pm
- Saturday, April 6 ~ 8:00 am - 4:00 pm
- Thursday, April 18 ~ 5:30 - 8:30 pm
- Friday, April 19 ~ 5:30 - 8:00 pm
- Saturday, April 20 ~ 8:00 am - 5:00 pm

CERT Field Training Retreat - June 7-9, 2019
Reserve your space by March 13

Rogue Valley Preparedness & Recovery Hub

Recovers is an easy way for area residents to offer and/or request help. For example, let's say your basement has flooded following a large storm and you need some help. The storm was impactful enough that it got significant attention. Through the Recovers hub, you can privately request support from local organizations in your community recovery effort. Once local organizers have found a way to fulfill your request, they will contact you.

Now let's say you offer services locally and you are willing to provide volunteer support to muck out basements; you would simply privately post on the Recovers site and local organizers would contact you when someone had a need for basement services.

Lastly, anyone can gain up-to-date information on the Recovers site. Visit roguevalley.recovers.org to learn more.

Ashland CERT is a member – maybe you should consider becoming one too.

Are you getting enough vitamin-D this winter?

Researchers attribute vitamin D deficiency to many factors, including more time spent indoors and the increasing use of sun protection, which blocks skin from absorbing the sunlight it needs to create vitamin D naturally. Still, most health professionals continue to recommend limiting sun exposure.

The U.S. government recommends adults get anywhere from 200-600 international units (IU) of vitamin D a day, depending on their age. However, many experts now say vitamin D intakes should be at least 800-1,000 IU a day in all adults. Some experts even recommend a higher daily intake.

If you're over age 50, live in a northern latitude (where sunlight is rare in certain months), your risk of vitamin D deficiency may be even higher than it is for others.

Although vitamin D deficiency is a potentially serious problem, it can be avoided or corrected. The first step would be to talk to your doctor and get a blood test for a deficiency. Your heart will be happy you did.

Vitamin D also plays a role in reducing the risk of cancer and autoimmune diseases while being essential in helping your body to absorb calcium for building and maintaining strong bones.

American Heart Association BLS Healthcare Provider Course

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.

*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, March 23, 2019

Where: Ashland Fire Station #2

Time: 9 am - 2 pm

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 Skiway Blvd., Ashland, OR 97520. Make checks payable to City of Ashland.

For information or to register contact the CPR Program Coordinator
541-482-2770 | 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: