

COMMUNITY VOICES

# Community classes help save lives

By Rose Howe

To the Blue Mountain Eagle

At least once a year we hold a Community CPR/AED class here in Monument, the goal being to encourage community members the opportunity to come and learn the basics of cardiopulmonary resuscitation and automated external defibrillator use for no cost in a low stress environment.

In communities such as ours and many others in Grant County, I feel the more folks who know this potential life saving skill, the better. As part of what I do as a volunteer on the Monument ambulance, I offer my capacity as a CPR instructor to teach such a class.

Sylvia Cockrell of the Monument Service Club is instrumental in organizing this event and makes it even more rewarding by always cooking and serving a delicious



CPR teacher Rose Howe gives instructions during a recent class in Monument.

luncheon to participants, also free of charge. She goes above and beyond to advertise the class, making sure as many

people in our own as well as surrounding communities are aware of the event.

Our latest class saw 10



Contributed photos

Monument students practice CPR techniques.

people participating and it was a grand group of folks!

I would like to credit Sylvia once again for organizing this event and applaud all those who attended, plus the fine folks who have contributed to our fundraising efforts over the years. The support has allowed us to establish a PAD – Public Access Defibrillator – pro-

gram here in the Monument/Kimberly area. We are fortunate in having seven such devices scattered in public places as well as the Columbia Power Co-op, which now carries an additional five AEDs in their service rigs.

As an EMT and community member, I feel encouraging folks who come to such as

class become more aware of the reason why jumping in and starting CPR even as a bystander is so important, will ultimately give any person who suffers a sudden cardiac event that much more of a chance to survive.

Monument resident Rose Howe is a CPR instructor and EMT with the Monument ambulance.

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## Prepare for disasters at fair

Learn the essentials at April 10 event

Blue Mountain Eagle

JOHN DAY – American Red Cross and community volunteers are planning a Grant County Disaster Preparedness Fair set for 5 p.m. Friday, April 10.

Residents and other visitors will learn how to prepare for natural disasters (including house fires) and other emergencies, how to assemble 72-hour kits, store food and water, and more.

Several emergency service responders, Red Cross and other volunteers are organizing the event.

More details are in the works.

“When a disaster occurs, the time to prepare is past,” said Disaster Action Team leader Joan Bowling.

## Cycling tourism meeting on tap

Blue Mountain Eagle

JOHN DAY – A meeting on cycling tourism will be

held from 1:30-4:30 p.m. Wednesday, April 8, at the Squeeze-In Restaurant in John Day.

Representatives from Travel Oregon and Oregon State Parks and Recreation will talk about the success of bicycle tourism since the program began, and plans to expand bicycle tourism.

All are welcome to attend. Lunch can be ordered before or during the meeting.

Oregon State Parks and Recreation and cycling proponents collaborate by promoting, improving and sustaining the Scenic Bikeways Program to enhance the public's ability to enjoy the bikeway communities and recreational cycling.

For more information, call 541-620-1819.

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