

COMMUNITY EMERGENCY RESPONSE TEAM and SEARCH & RESCUE TEAM

CHRISTMAS IN THE COMMONS – DECEMBER, 2020

The New Lenox Community Emergency Response Team (CERT) was requested in early November to assist with Christmas in the Commons on the following dates: December 5th, 6th, 12th, 13th, 19th, and 20th. On each of the dates, CERT volunteers met at 3:45pm for a briefing in the upper level parking lot of the Village Hall. Following the briefing, volunteers would head out to their assigned locations which included:



- **Visit with Santa** – CERT volunteers assisted with the line outside the lower level of the Village Hall where they provided visitors with information, including safety protocols. Volunteers would then allow groups of 7 or less into the Village Hall when the previous group left. Another CERT volunteer would provide additional instructions for the group and lead them into the rotunda to safely visit with Santa. Social distancing and a Plexiglas partition was in place during the visit and pictures with Santa.

- **Horse-Drawn Carriage Rides** – CERT volunteers assisted the operators of three horse-drawn carriages with the waiting line for the activity. Our volunteers also assisted with sanitizing the carriages, helping families onto the carriages, and off the carriages when they returned. As the carriages made their way around the Commons, 5-6 volunteers kept the inside lane open for the carriage operators, ensuring that no pedestrians walked in front of the horses.



- **Traffic Control** – CERT volunteers assisted with traffic control in front of Trinity Services, Inc. This proved to be a very busy location as vehicles came into the Commons from Rt. 30 and made a right turn (one-way only) into the Commons in front of Trinity Services, Inc. Vehicles parked in front of Trinity, parked in the rear parking lot, or continued toward the Village Hall. As such, traffic control was needed for vehicles pulling into the lot, exiting the lot, and for pedestrians crossing the street at this location. As each of the nights passed, suggestions were made for improvement, which included an electronic messaging board, additional signage, assistance from ESDA, and a light tower to provide lighting for the crossing.



- **Fire Pits** – CERT volunteers assisted keeping the fire pit areas safe. The fire pits, which were surrounded with chairs, were situated at two locations. Two pits were in the street between the Village Hall & the New Lenox Public Library, while the other two pits were located in front of the police department near the food trucks. CERT volunteers assisting in these areas also helped keep the inside lane open for the horse-drawn carriages as they passed by these areas.

- **Village Commons Pond** – CERT volunteers trained in the use of a water rescue throw bag kept a close watch on the pond. From time-to-time kids would get too close to the pond and our CERT volunteers would remind them to stay away from the water. Fortunately, no one went into the water, but if they did our volunteers were ready to take the appropriate action if needed.



Our Core Principles:

- Readiness
- Member Safety
- People Helping People
- Doing the greatest good for the greatest number of people...

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Christmas In The Commons cont'd

- **Official Lighting Ceremony** – On the “Opening Day” (December 5th), CERT volunteers assisted New Lenox Public Works employees at a number of locations throughout the Commons. Following the Mayor’s opening remarks and the official countdown, our CERT volunteers threw switches and plugged in cords to make all of the wonderful lights go on in “magical” fashion.

Each of the details ended at 8:00pm and were followed by de-briefings on the front steps of the Village Hall. The de-briefings played an important role in the success of the event since improvements were made based on observations and feedback from our volunteers. In addition to the above assignments, our volunteers treated a minor fall-related injury, assisted with the relocation of children with their parents, relocated lost items with their owners, handled an issue with propane tank at one of the fire pits and otherwise served as excellent sources of information for guests that came to enjoy all the activities.

Special thanks to ALL of our CERT members who collectively put in **427 hours of volunteer time!** Everyone played an integral role in the safety and success of this event – well done!

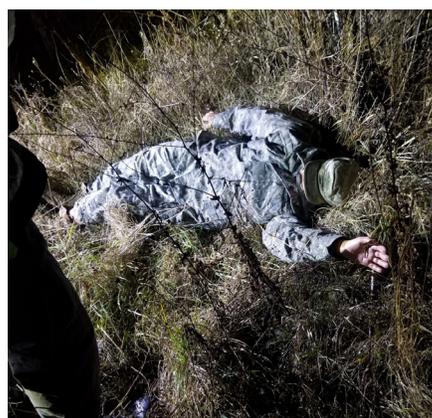


Doing the greatest good for the greatest number of people . . .

NIGHT SEARCH AT U.S. ARMY JOLIET TRAINING AREA – DECEMBER 16, 2020

At 3:30pm on Wednesday, December 16, 2020 two members of the New Lenox Search and Rescue (NLSAR) Team met Kim Gotte, Section Chief, Search and Rescue, Kendall County Emergency Management Agency (and ISARC Board Member) at the U.S. Army Joliet Training Area, 20612 W. Arsenal Road, Elwood, IL. The purpose of meeting at 3:30pm was to set-up the training exercise for the team that was scheduled to arrive at 6:30pm in advance of the 7:00pm start time.

In advance of the training exercise, Kim was kind enough to scout the site, prepare a SARTopo map, create a QR code, and create assignment sheets in addition to bringing additional equipment. Terry Hartigan (NLSAR) did all the necessary groundwork to secure the facility and also provided military clothing for the Rescue Randy mannequin, who would be the "victim" for this exercise. After dressing the mannequin as a "soldier," the planning team drove him to an area south of Arsenal Road (Efficiency Search Segment 111) where he was placed and marked with GPS/UTM coordinates. Two additional "clues" (water hydration pack and equipment pouch) were also placed and documented with GPS/UTM coordinates. The planning team then moved north to Efficiency Search Segment 110 and placed two additional clues (vest and equipment pouch), which were also marked accordingly.



The planning team then returned to the staging area, which was included within Initial Search Area 13. One additional clue (equipment pouch) was placed in Initial Search Area 12. Kim then set-up a television on a stand, which would serve as a monitor for the SARTopo map. Kim also connected her laptop computer and used her cellular phone as a hot spot for Internet connectivity. Additional time was spent discussing the exercise, which in [summary](#) included the following: A 26-old soldier walked away from the Training Center following a training exercise. The soldier was rumored to have behavioral health issues and could not be located by his fellow soldiers. Law enforcement was contacted and they in turn, requested ground search and rescue resources.

Between 6:15pm and 6:50pm NLSAR members arrived at the staging area. In addition to dressing for the exercise, NLSAR members signed a liability waiver for the facility and were provided with the SARTopo QR code to access the map. At 7:00pm Dan Martin welcomed everyone and thanked both Kim and Terry for their efforts in preparing for the exercise and securing the training site. Kim then provided a 12-minute overview on SARTopo, which included helpful hints for navigating the app. Dan then provided a briefing for the exercise, which included a description of the "missing soldier."

At 7:15pm five teams were created for the purpose of completing Initial Searches of the area. The Initial Search Areas were designated 10 (Team Alpha), 11 (Team Bravo), 12 (Team Charlie), 13 (Team Delta), and 14 (Team Echo). Teams were then briefed, maps were provided, and assignment sheets were completed. All teams completed the Initial Searches before 8:00pm and the clue that was placed in Initial Search Area 12 was located. The teams were de-briefed when they arrived back at the staging area.

At 8:00pm two teams were created (Team Frank, Team George). Team Frank was assigned Efficiency Search Area 111 and Team George was assigned Efficiency Search Area 110. Teams were briefed (search area boundaries, hazards, etc...) and then drove to a parking area just outside the search segments. As with the Initial Searches, radio protocols were followed, team members started tracking in SARTopo, labeled themselves, and marked clues when located. Kim did an excellent job tracking everyone on the video monitor which showed the teams moving through their search areas in real time. By 8:50pm the training aid was located as were the clues. The teams were then directed to return to staging for a de-briefing.

Kim then showed everyone their tracks on the SARTopo map and included additional helpful hints for the SARTopo app. It was clear from the de-briefing that everyone improved their (SARTopo) skills between the Initial Searches and the Efficiency Searches. Following a short Q & A with Kim, Dan provided everyone with some information about the Annual Meeting as well as a preview of training in 2021. The training concluded at 9:20pm after Dan thanked Kim, Terry and the team members for doing an excellent job!



ASSIST NEW LENOX TOWNSHIP FOOD PANTRY (TURKEY GIVEAWAY) – NOVEMBER 24, 2020

At 10:15am on Tuesday, November 24, 2020 nine members of New Lenox CERT met at the New Lenox Township Food Pantry to assist with a turkey giveaway for families in need. Janet Maes, CERT member and regular volunteer at the food pantry, organized this detail. Our CERT volunteer’s primary responsibility was to safely direct vehicles to the pick-up area and then out of the parking lot.



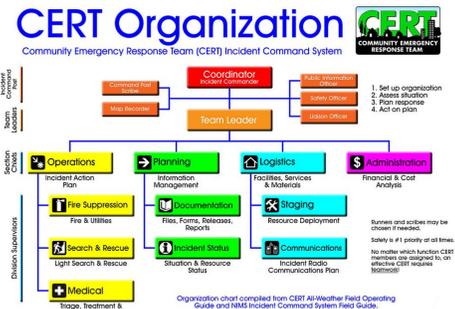
The turkey giveaway began at 10:30am and concluded at approximately 12:30pm. Our volunteers did an excellent job in the parking lot and kept the vehicles moving in an efficient and effective manner. Those that were able to take advantage of this wonderful event, also received a Thanksgiving meal box as well as additional groceries.

Special thanks to our volunteers that assisted with this event and to the New Lenox Township Food Pantry for organizing it.



TEAM ORGANIZATION AND INCIDENT COMMAND – NOVEMBER 19, 2020

At 7:00pm on Thursday, November 19, 2020, fifty-six members of New Lenox CERT met via Zoom videoconference for monthly training. Due to Covid restrictions, our team could not meet in person, which is why the Zoom option was chosen. The training topic was Team Organization/Incident Command, which provided a good opportunity to cover the (NEW) Unit 2 – CERT Organization. Before doing so, Dan Martin, New Lenox CERT Program Coordinator, covered some recent events (Narcan training, “Teen Driver? What Every Parent Should Know,” “Operation Lifesaver,” “Question, Persuade and Refer,” and “Holiday Blues in the Time of Covid”). Dan thanked everyone for attending these safety / injury prevention programs and said that volunteer hours would be added for attendees. Dan noted that the 16-Hour Ground Search and Rescue Class scheduled for November 21st and 22nd is cancelled due to Covid restrictions. Dan also talked about team assignments, a November 24th detail at the New Lenox Township Food Pantry, Christmas in the Commons, the Presidential Volunteer Service Awards, Wreaths Across America, and the team’s Annual Meeting on January 28, 2021.



Dan then shared a PowerPoint of Unit 2 – CERT Organization with attendees and began the presentation. A summary of the presentation included the following:

- Principles of On-Scene Management – safety of volunteers, clear leadership / organizational structure, and improving effectiveness of rescue efforts.
- CERT On-Scene Management – well defined management structure, manageable span of control, common terminology, effective communication, consolidated action plans, comprehensive resource management, and accountability.
- Objectives for On-Scene Management – identify scope of incident, determine overall strategy, deploy resources, and document action & results.
- Incident Command System – Incident Commander, Operations, Intelligence/Investigations, Logistics, Planning, and Finance. Dan noted that Intelligence was added to new material.
- Incident Command System (ICS) – Overview and description of each of the Sections, how CERT fits into the ICS, and how ICS can expand and contract based on the size of the event.
- CERT Operations – Command structure, CERT Team Leader, Command Post, and expand structure as needed.
- Dealing with the Media – Refer media inquiries to CERT Incident Commander/ Team Leader, do not let media inhibit CERT goals, and be careful about information released.
- NIMS Implementation – definition of NIMS (National Incident Management System) and encouragement to complete IS-100 and IS-700.

- ICS Functions Exercise – Ten scenarios where attendees had to name what entity was in charge (ex. Team Leader, Operations, Planning or Logistics).
- CERT Mobilization – CERTs take care of themselves, their families, their homes and neighbors; Team Leader is established; Team Leader prioritizes actions; organization is flexible and evolves based on new information.
- On Scene Size-Up – 1. Gather Facts; 2. Assess and Communicate Damage; 3. Consider Probabilities; 4. Assess Your Own Situation; 5. Establish Priorities; 6. Make Decisions; 7. Develop a Plan of Action; 8. Take Action; and 9. Evaluate Progress.
- Rescuer Safety – Heavy, Moderate and Light Damage
- Documentation – All CERT forms (examples given and discussed).
- Unit Summary – Overview of the Unit provided.

At the end of the presentation there was a brief Q & A session/discussion. Training concluded at 8:30pm at which time Dan thanked everyone for attending.

HOLIDAY BLUES IN THE TIME OF COVID – NOVEMBER 18, 2020

At 7:00pm on Wednesday, November 18, 2020 approximately 60 members of the community joined a New Lenox Safe Community Coalition program entitled “*Holiday Blues in the Time of COVID.*” Included in the 60 attendees, were 24 members of New Lenox CERT. This program was delivered via Zoom videoconference, which has proven to be an effective delivery method during COVID restrictions. Dan Martin, Safe Community Coordinator, Village of New Lenox, welcomed everyone and provided a brief history of the New Lenox Safe Community Coalition. Dan then introduced the presenter, Marie Goulet, LCSW, Assistant Director of Special Education, New Lenox School District #122, who is also a member of the New Lenox Safe Community Coalition and its Suicide Prevention and Awareness Task Group.

Marie, an incredibly enthusiastic and well-rehearsed speaker, complimented her presentation with a deck of 74 slides, which were sent to all attendees via email following the presentation. Marie’s presentation covered information about stress, depression, positive coping skills, anxiety, compassion fatigue and holiday blues. Some highlights of the presentation included:

- Working to increase our “protective factors” – basic needs are met; emotional support is available and accessed; social correctness; and self-care.
- Navigating during coronavirus – new challenges; major changes in education, healthcare, employment and routines; social isolation and loneliness; interpersonal conflicts; and decreased social supports. Everyone is experiencing a level of “trauma” and this changes the way our brains are wired.
- Trauma – can impact work and school performance; can impact attention, memory and cognition; can interfere with effective problem-solving strategies; and can result in physical and emotional distress. Physical symptoms like headaches and stomachaches, unpredictable behaviors and poor control of emotions.
- Reduce Trauma – maintain routines, increase levels of support, awareness of the signs, attend to self-care and limit social media (and media in general).
- Anxiety – normal and adaptive system in our bodies that tell us when we are in danger or perceived danger. It becomes a problem when our bodies tell us we’re in danger when there is no real danger (perceived).
- Mindfulness – the basic human ability to be fully present. During this state, we are aware of where we are and what we’re doing. We are not overly reactive or overwhelmed by what’s going on around us.
- Stress vs. Anxiety – stress and anxiety mimic each other; stress is short term; stress has an identifiable trigger; anxiety can linger; and anxiety may not have an identifiable trigger.
- Types of Anxiety Disorders – General Anxiety Disorder (GAD); Separation Anxiety Disorder; Social Anxiety Disorder; Specific Phobia; Panic Disorder; Obsessive Compulsive Disorder; Post Traumatic Stress Disorder. Detailed descriptions were provided for all of these disorders.
- Be Kind to Your Mind – pause; take breaks; make time; reach out; and seek help.

Holiday Blues in the Time of Covid

Marie Goulet, LCSW
Assistant Director of Special Education
New Lenox District #122

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Holiday Blues In The Time Of Covid cont'd.

- Small Things to Improve Your Life – read for 15 minutes; meditate for 10 minutes; write down what makes you happy; talk to a friend/family member deeply; and hug someone you love.
- Depression – a mood disorder that results in a persistent feeling of sadness and loss of interest. Marie discussed signs, symptoms and types of depression.
- Suicide Risk Factors and Warning Signs – talk about: killing themselves; feeling hopeless; having no reason to live; being a burden to others; feeling trapped; and intense emotional pain.
- Suicide Warning Signs and Risk Factors / Behaviors – increased use of drugs/alcohol; looking for methods; withdrawing from activities; isolating from family and friends; saying goodbye; giving away possessions; aggression; and fatigue.
- Compassion Fatigue – emotional withdrawal, accompanied by mental and physical exhaustion after caring for a sick or traumatized people over time or apathy or indifference toward the suffering of others after over exposure to tragedy and pain. Many signs / examples given.
- Basic Coping Skills – self-care; distraction; grounding; thought challenge; emotional release; altruism (helping others).
- What we can control vs. what we cannot. Message – there are simply things that are outside of our control so control the things that you CAN control.
- Ways to deal with the Holiday Blues – open up to others; meditate; start a new holiday tradition; make a gift; get moving; get outside; treat yourself; and give to someone in need.

In addition to the material included in the presentation, Marie engaged the audience by having them answer questions via the chat box. She also had everyone participate in several relaxation exercises, which are designed to reduce stress. Marie also included a number of inspirational quotes throughout the presentation. This “mix” really made the presentation interesting as well as informative.

Special thanks to our CERT volunteers that attended this presentation. For anyone that’s reading this and interested in an electronic copy of the slides, feel free to send an email to dmartin@newlenox.net.

MARK YOUR CALENDAR

January 9, 2021 / 9:00am	Multi-Agency SAR Training	Check-in, Staging and SARTopo Mobile App – Location TBD
January 19, 2021 / 7:00pm	New Lenox SAR Meeting	Annual Meeting – New Lenox Village Hall Community Room
January 28, 2021 / 7:00pm	New Lenox CERT Meeting	Annual Meeting – via Zoom
February 13, 2021 / 9:00am	Multi-Agency SAR Training	Cold Weather Survival, Equipment, Gear – Location TBD
February 17, 2021 / 7:00pm	New Lenox SAR Training	Night Search – Location TBD
February 25, 2021 / 7:00pm	New Lenox CERT Training	Topic and Location TBD
March 13, 2021 / 9:00am	Multi-Agency SAR Training	Day Search – Location TBD
March 18, 2021 / 7:00pm	New Lenox SAR Training	Navigation / Compass Exercises – Location TBD
March 25, 2021 / 7:00pm	New Lenox CERT Training	Topic and Location TBD



New Lenox CERT Activity

New Lenox SAR Activity

QUESTION, PERSUADE AND REFER (QPR) TRAINING – NOVEMBER 16, 2020



At 7:00pm on Monday, November 16, 2020 forty-two people participated in QPR training that was held via a Zoom video conference. Twenty-two of the participants were New Lenox CERT members.

Dan Martin introduced Gia Washington and Veronica Cullinan from Sertoma Centre, Inc. who were the instructors for this class. Gia Washington, who has taught this course in New Lenox over a dozen times, started the presentation at 7:05pm by sharing her screen which included the QPR PowerPoint. Some of the highlights of the presentation included, in summary the following:

- In 2018, 48,344 Americans died by suicide, with an average of 132 suicides each day. Every 28 seconds, someone attempts suicide. Males are more likely to die by suicide, while females are more likely to attempt suicide. Suicide is the 10th leading cause of death. 18% of all suicides in the US are veterans. A police officer is more likely to die by suicide than in the line of fire.
- Could COVID-19 make the suicide crisis worse? Gia led a discussion about this real possibility.
- Dr. Paul Quinett developed QPR training to help reduce the number of completed suicides. QPR raises awareness, helps dispel myths and misconceptions, and teaches three skills that can save a life. QPR is not intended to be a form of counseling. QPR is intended to offer hope through positive action.
- Gia cited a number of “myths” about suicide. Myth – Confronting a person about suicide will only make them angry and increase the risk of suicide. Fact – Asking someone directly about suicidal intent lowers anxiety, opens up communication and lowers the risk of an impulsive act.
- Direct Verbal Clues – “I’ve decided to kill myself.” “I wish I were dead.” “I’m going to end it all.”
- Indirect Verbal Clues – “I’m tired of life, I just can’t go on.” “Who cares if I’m dead anyway.”
- Behavioral Clues – Putting personal affairs in order, giving away prized possessions, acquiring a gun, stockpiling pills, unexplained anger, aggression and irritability.
- Situational clues – Being fired, loss of major relationship, death of a spouse, child or best friend, diagnosis of serious or terminal illness, anticipated loss of financial security, or unwanted move.

QUESTION

- Tips for asking the suicide question – if in doubt, don’t wait, talk to the person alone or in private, allow the person to talk freely, have resources ready (QPR card, phone numbers, counselor’s name and other information that might help).
- Less direct approach – “Have you been unhappy lately?” “Have you been so very unhappy lately that you’ve been thinking about ending your life?”
- Direct approach – “Are you thinking about killing yourself?” “You look pretty miserable, I wonder if you’re thinking about suicide?”
- How NOT to ask – “You’re not thinking of killing yourself, are you?” “You wouldn’t do anything stupid, would you?” “Suicide is a dumb idea. Surely you’re not thinking about suicide?”

PERSUADE

- Listen to the problem and give them your full attention. Do not rush to judgment. Offer hope in any form.
- Then ask – “Will you go with me to get help?” “Will you let me help you get help?” “Will you promise me not to kill yourself until we’ve found some help?”

REFER

- Take the person directly to someone who can help. Get a commitment from them to accept help, then make the arrangements to get that help. Give referral information and get a good faith commitment not to complete or attempt suicide. Don’t hesitate to get involved.

FOR EFFECTIVE QPR

- Say – “I want you to live.” “I’m on your side, we’ll get through this.”
- Get others involved – family, friends, brothers, sisters, pastor, physician, etc...
- Join a team – offer to work with clergy, therapists, psychiatrists or whomever is going to provide the counseling or treatment. Follow-up with a visit, a phone call or a card. In whatever way feels comfortable to you, let the person know you care about what happens to them. Caring may save a life!

Gia handed off the presentation to Veronica at different points. Both did a great job asking the attendees questions, which generated some excellent feedback and discussion. As planned, the presentation ended at 8:30pm, with everyone thanking both Gia and Veronica for their efforts.

Special thanks to our CERT volunteers who attended this presentation. It was great supplemental material to the CERT Disaster Psychology Unit.

CRITICAL INCIDENT STRESS MANAGEMENT & BLOODBORNE PATHOGENS – NOVEMBER 14, 2020

On Saturday, November 14, 2020, at 9:00am the New Lenox SAR Team joined a Zoom video training on [Critical Incident Stress Debriefing](#). The class was taught by Chaplain Tim Perry and Ed Epstein, a

personal developmental coach. They have a ministry to help people deal with changes in their lives. They use a Neurobiofeedback machine to look at the brain, and they use counseling/therapy. The brainwaves change when a person experiences change in their life. This machine can show how a person is being affected by stress, lack of sleep, etc. Since COVID, their counseling sessions went from 30 to 7,500.

We can learn how to manage difficult changes in our lives. There are different stages when change occurs: Resistance, Panic, Trust/Decision, Acceptance, and New Normal. Choosing not to do anything when a change is necessary, can cause pain, depression, and suicide. We should teach our children and grandchildren how to manage change.

Our brainwaves show 5 different stages our brain can be in:

- Gamma: super focused mind, increased brain power
- Beta: awake, normal alert consciousness
- Alpha: relaxed, calm consciousness
- Theta: deep meditation, light sleep
- Delta: deep sleep

Sleep is important, because that is when our brain gets washed. The recommended amount of sleep is 7-9 hours. This improves health and daily alertness. The average American gets 5-7 hours. 0-5 hours causes high risk for a number of health issues: 2.5x higher risk of diabetes and 45% higher risk of heart attack. Sleep deprivation causes decreased cognitivity and poor judgment. For better sleep habits, use black out curtains, set temperature to 60 – 78 degrees, and have a one-hour wind-down time before bed. Maintain balanced eating, no smoking, limit alcohol, exercise regularly, and have an annual physical check-up.

Attendees were shown slides of a brain that a sugar addict would have. It was mostly red from inflammation. Sugar can impact the brain more than cocaine or cigarettes. The inflammation can go throughout the body.

Attendees were also shown slides of before and after pictures of a healthy brain, then a brain after 10 years of consuming too much alcohol. The alcohol caused holes in the brain, decreased oxygen and blood flow, and poor decision making. The slide of a brain after 4 years of smoking also showed holes in the brain and produced bad decision making.

Solutions

Get to the root cause of the problem. Use the **PIES** approach:

Physical: Exercise, medication, cardio, nutrition

Intellectual: Workshops, study books and videos



Emotional: Journal your thoughts, share thoughts with a trusted friend, counseling

Spiritual: Know your faith, apply what you learn, conversation with the right person

There was a question and answer period after the session which ended 11:30am. Tim Perry and Ed Epstein are available to help anyone struggling with stress and change.

The next session was [Bloodborne Pathogens Awareness Training](#), taught by Kim Gotte, which started at 11:35am. Bloodborne Pathogens are infectious microorganisms in human blood that can cause disease in humans. They

can be found in any bodily fluids. We can be exposed to these pathogens by getting splashed with blood in our eyes, nose, and mouth; contact with a cut; misuse of needles, broken glass; a bug bite which carried pathogens from another human; not washing hands after using the restroom; touching handrails, etc. Bloodborne Pathogens can cause diseases including Herpes Virus, tuberculosis (17 different kinds), HIV, HBV, HCV, and Human T-lymphotropic virus.

To decontaminate a blood spill, bleach is the best. Alcohol or soap and water can also be used if bleach is not available. Kim stressed how important PPE is on our searches. We should have safety goggles or glasses with side shields, long pants, and long sleeve shirt.



Doing the greatest good for the greatest number of people . . .

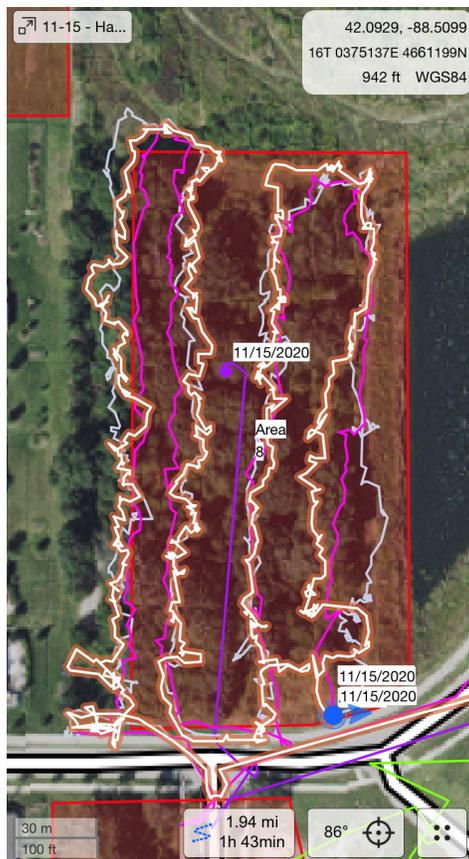
Replace contaminated clothing and/or torn gloves immediately. If we get contaminated by a blood-borne pathogen, we should wash our hands and report it immediately. If it's wet and sticky and not yours, don't touch it! Get a tetanus shot every 10 years. After and during a search, wash hands before eating. You can use hand sanitizer, but soap and water is preferred. When washing hands, be mindful to wash thumbs, in between fingers, and under fingernails. Use warm, not hot water. Hot water opens the pores, which could allow pathogens to enter the body. Wash hands for 15 – 30 seconds. Hand dryers contain bacteria, so use paper towels if available.

When using gloves, it's better to use non-latex disposable gloves, because some people are allergic to latex. To remove the gloves, pinch and hold outside of the glove near the wrist area. Peel downwards, turning the glove inside out. Put the inside-out glove in the other hand without touching the outer surface of the gloves. Peel the next glove down-ward, away from the wrist, turning the glove inside-out with the first glove wrapped inside of it. Dispose of properly.

Kim asked for questions and the training ended at 12:45pm. Special thanks to our team members who attended this excellent training!

SEARCH MISSING 71-YEAR OLD MAN HAMPSHIRE, IL – NOVEMBER 13TH AND 15TH 2020

At 3:14pm on Friday, November 13, 2020 the Illinois Search and Rescue Council (ISARC) requested our team's assistance with a search for a missing 71-year old man from Hampshire, IL. It was reported that the man was last seen on Thursday, November 12, 2020 at approximately 9:00pm. Our team was advised that the staging area for this search would be Tuscany Woods Park, 1363 Romke Road in Hampshire, IL (near Romke Road & Rt. 72).



A text message was sent to our team members and five indicated that they would be respond to the request for assistance. Some team members carpooled from the New Lenox Village Hall, while others drove separately. Team members signed-in at approximately 5:40pm and were assigned to Team Echo along with three additional volunteer searchers.

A briefing was held and searchers were provided with information similar to what was published by local media sources. *"71-year-old Walter Reimers of Hampshire was last seen leaving Casey's Gas Station at 820 Warner St. in Hampshire. Video surveillance recovered from area residents have placed Reimer's last known location in the area of Warner Street and Jake Lane. He is believed to have been heading northbound still on foot at 9:35pm. Reimers is believed to be wearing a gray coat with a black hoodie, black pants and black shoes."*

A QR code for SarTopo, was provided and the app was utilized during the search. Team Echo's search area included tall weeds, rivulets, dense woods, and a steep berm along train tracks. Progress was slow and after about an hour the search was terminated. Team Echo arrived back at staging, debriefed, and signed-out at 10:03pm. Team members arrived back in New Lenox by midnight.

At 9:00am on Saturday, November 14, 2020 (ISARC) once again requested assistance with this search, which was now deemed a "Recovery Search." Our team was asked to stage at the same location at 8:00am on Sunday, November 15, 2020. A text message was sent to our team members and three indicated that they would assist.

At 6:30am on Sunday, November 15, 2020 three New Lenox SAR members met at the New Lenox Village Hall and carpooled to the staging location. After signing-in at 7:45am, the search was delayed until 9:00am due to heavy rains. Following the delay, our team members were assigned search segment 8 and three additional volunteer searchers were added to the team. The search area was wooded and took approximately three hours to search. The team returned to staging and after a short break was given another assignment (search segment 13), which was a harvested cornfield with some wooded areas around the edges. Following

that search, the team returned to staging and signed-out at 2:20pm. Our three team members drove back to New Lenox, arriving at the Village Hall at 3:30pm.

Special thanks to our team members who participated in this search on Friday the 13th and Sunday the 15th. At the time of this report, the missing man has not been located.

TEEN DRIVER? WHAT EVERY PARENT SHOULD KNOW – NOVEMBER 11, 2020

At 7:00pm on Wednesday, November 11, 2020 thirty-eight citizens attended “Teen Driver? What Every Parent Should Know,” which was held via Zoom videoconference. Eight of the participants were New Lenox CERT members that wanted to learn more about the program that is routinely offered by the New Lenox Safe Community Coalition and its Motor Vehicle/Traffic Safety Task Group. Dan Martin, Safe Community Coordinator, Village of New Lenox, welcomed everyone and provided a brief overview of the New Lenox Safe Community Coalition. Dan then introduced Rocky Dellamano from Rocky Dellamano COUNTRY Financial who in turn introduced the following panelists:

- Kathleen Widmer, Illinois Secretary of State’s Office
- John Karales, Department Chair, Lincoln-Way Central High School Driver’s Education
- Margaret Pearson, Illinois Secretary of State’s Office – Organ/Tissue Donor Program
- Jen Hannon, Lincoln-Way Community High School District #210



Kathleen then provided everyone with the history and origins of the Illinois Graduated Licensing Law, which took effect in 2008. Kathleen noted that in 2007, before the law took effect, there were 155 teen deaths on Illinois roadways. In 2018 there were 48 and in 2019 that number decreased to 41. Since the inception of the law, teen driver deaths are down 74%. Following the history and background, Kathleen went through the following GDL Phases:

- GDL Phase 1 – Permit Phase: Age 15; need to hold permit for 9 months; parental consent required; approved driver education course; practice 50 hours behind-the-wheel, including 10 hours at night, with an adult licensed driver; student cannot be a designated driver; cell phone use restrictions; and passenger limit restrictions.
- GDL Phase 2 – Initial Licensing Phase: Ages 16-17; to get a license, driver must have had a permit for 9 months, completed approved Driver’s Education Course, 50 hours practice, including 10 at night; and have parent written consent. There are also nighttime driving restrictions, cell phone use restrictions, passenger limit restrictions and must maintain conviction-free driving record during the first 6 months.
- GDL Phase 3 – Full Licensing Phase: Ages 18-20; no age-related restrictions apply; and cell phone restrictions do apply.

John Karales then discussed the three phases of driver education at Lincoln-Way Community High School District #210:

- Phase #1 - Permit Phase (Freshman Year): 7-day curriculum for the Rules of the Road Test; students test and receive their permit application; take identification and permit application to Secretary of State’s Office; take eye exam; students with their permit should drive as much as possible in preparation for Sophomore year; parents – be a positive role model and be patient with your child; and when you (parents) are driving, keep your child engaged and use commentary driving.
- Phase #2 - Classroom Phase (Sophomore Year): 9 weeks of driver education classroom; stringent curriculum to reinforce defensive driving; students who receive a “B” or better in classroom are eligible for a bypass test; continue to have your student drive with parents as much as possible; and parents’ role in helping their children become better drivers is critical.
- Phase #3 – Behind-the-Wheel (Sophomore Year): Students enter this phase after passing the classroom; behind-the-wheel consists of 6 hours of driving and at least 6 hours of observation (does not count toward 50 hours); BTW takes place during school, after school, Saturdays and during school breaks; and BTW is the “test” of a student’s driving skills so practice is needed to help them pass the “test.”

In addition to discussing the Driver’s Education Phases at Lincoln-Way, John provided Zoom videoconference participants with sample behind-the-wheel lessons. For example, Lesson #5 is City Driving – Downtown Joliet, which includes one-way streets, pedestrian traffic, heavy traffic, road construction and flashing red lights. John also walked parents through the driver’s license application process at the Secretary of State’s Office. Lastly, John provided contact information (names and email) for each Lincoln-Way High School Driver’s Education Department.

Rocky Dellamano then led a discussion about how an adolescent’s brain is different than an adult’s brain. Adolescents are more likely to act on impulse, get into a crash and engage in risky behavior. They’re less likely to think before they act, pause to consider consequences, and change dangerous or inappropriate behaviors. An awareness of these differences can help parents, teachers, advocates and policy makers understand, anticipate and manage the behavior of adolescents. Rocky went on state the role of parents is critical and 50 hours of practice is the absolute minimum. Studies have shown that it actually takes 1,000 hours of driving before being considered an “experience driver.” It’s important for parents to set a good example, practice commentary driving, continue the role of teacher even after their child gets their license, and use the GDL Guide (link provided) as it’s a great resource. Rocky concluded with some auto insurance implications for parents, noting that there is typically a teen safe driving and/or good student discount available through most carriers.

Margaret Pearson then discussed the Illinois Secretary of State's Organ/Tissue Donor Program – "Life Goes On." Margaret noted that more than 110,000 people wait nationally for life-saving organ transplants (about 4,000 in Illinois). "Life Goes On" has had a strong presence in high school driver's ed classes for many years (now virtual in many schools). Driver Education teachers statewide embrace the program and many joined in classroom conversations. Margaret then went over the criteria / process to register as a donor, pursuant to the new law that took effect January 1, 2018. To date, more than 155,000 sixteen and seventeen-year-old students have signed up.

Jen Hannon facilitated a Q & A session with the audience, with questions directed certain at certain panelists. Jim Mihalovich, Top Driver was also on the call and helped to answer questions as well. Parents were provided with a list of resources, including several links. In addition, everyone registered for this workshop was sent a copy of the PowerPoint as well as a link to the recording.

Special thanks to our wonderful CERT volunteers for attending this valuable workshop!

OPERATION LIFESAVER PRESENTATION – NOVEMBER 10, 2020

At 7:00pm on Tuesday, November 10, 2020 thirty-six citizens participated in an Operation Lifesaver presentation, which was held via Zoom videoconference. Twenty-eight of the participants were New Lenox CERT members.

Dan Martin, Village of New Lenox Safe Community Coordinator, welcomed everyone in attendance and provided some background on the New Lenox Safe Community Coalition, which hosted this workshop. Dan then introduced Larry Green, Safety Coordinator, METRA, who started his presentation with a video on the dangers of trains at grade crossings. Following the video, Larry transitioned to his PowerPoint presentation, which covered in summary the following points and concepts:



- As you approach a railroad crossing, always expect a train.
- Unlike vehicles, trains cannot swerve to avoid a collision and take great distances to stop.
- Stopping distances – vehicle = 200 feet; semi-truck = 300 feet; freight train = 5280 feet.
- When traveling at 55mph, stopping distance for an average freight train can be a mile or more, which is 18 football fields.
- A car crushing a can is the same as a train crushing a car. 4,000 to 1 ratio.
- Passive crossings and advance warning signs, pavement markings and no passing zones within 100 feet of the approach to a railroad crossing. No flashing lights or automatic gates.
- Active crossings and warning devices. Flashing lights warn of an approaching train and must be treated like a stop sign.
- Driving around lowered gates is dangerous and illegal.
- Multiple tracks mean multiple trains. Check for multiple track signs, which informs drivers how many sets of tracks are at the crossing.
- Trains overhand the track approximately 3 feet on each side of the rail. Trains can also have loose chains, straps or other equipment swing loose from the rail cars.
- All trucks carrying hazardous materials must stop at all railroad crossings.
- What to do if your vehicle stalls on the tracks? 1. Get out. 2. Get away from the tracks, even if you don't see a train. 3. Locate the Emergency Notification System sign and call the number provided.
- If a train is approaching, run toward the train but away from the tracks at a 45-degree angle. If you run in the same direction a train is traveling, you could be injured by flying debris.
- Emergency Notification System (ENS). Look for a blue sign that shows an emergency phone number. Call the number and provide the Department of Transportation (DOT) number of the crossing. This sign may be located on the crossbuck post of signal post. If you cannot locate this sign, dial 9-1-1 or call the local police.
- Three Don'ts: 1. Don't Pass. 2. Don't Shift Gears. 3. Don't Stop on the Tracks. When you stop, make sure the front and back of your vehicle are at least 15 feet from the nearest rail.
- Distractions: Multi-tasking and driving when tired or under the influence are dangerous.
- Look, Listen and Live: 1. Look both ways. 2. Listen for the sound of a train. 3. If you look and listen, you will live!

Larry concluded at approximately at 7:45pm and following a brief Q & A session, the presentation ended just before 8:00pm. Special thanks to Larry Green from METRA for a great presentation and to our team members who participated!

ASSIST NEW LENOX TOWNSHIP FOOD PANTRY – NOVEMBER 8, 2020

At 11:00am on Sunday, November 8, 2020 nine members of New Lenox CERT arrived at the New Lenox Township Food Pantry to assist with a variety of needs. Some of those needs included putting together new metal shelving units, carrying in food from the New Lenox Scouts Food Drive, sorting, checking expiration dates, and shelving food items. Some of our volunteers also brought along family members to assist and it was awesome to see everyone working together.

Kathie Johnson, Family Services Manager, New Lenox Township, was very grateful for the assistance that was provided from approximately 11:00am to 3:00pm. Special thanks to our wonderful volunteers and their family members for helping. Everyone did an excellent job!



NARCAN® (NALOXONE) TRAINING – NOVEMBER 2, 2020

At 7:00pm on Monday, November 2, 2020 sixty-five citizens joined a Zoom videoconference for the purpose of receiving Narcan® (Naloxone) training. Included in the number were seven members of the New Lenox Community Emergency Response Team (CERT).

Daniel Martin, Safe Community Coordinator, Village of New Lenox, welcomed everyone and provided a brief history of the New Lenox Safe Community Coalition and the Substance Use Prevention Task Group that organized this training event. Dan then introduced Dr. Kathleen Burke, Director of Will County Office of Substance Use Initiatives, who began her presentation, which was complimented by PowerPoint slides. Dr. Burke then provided the following information to those in attendance (summary, not all-inclusive):

- Understanding the Good Samaritan Law.
- Illinois Public Act 096-0361 (maintain supplies of nasal naloxone kits, authorization to possess and distribute nasal naloxone to responders, and authorization of trained responders to possess and administer naloxone to a person experiencing a drug overdose).
- Illinois Public Act 099-0480 (BB1), which permits other trained personnel to obtain, possess and administer naloxone to any person who appears to be suffering an opioid-related overdose.
- Overdose deaths – recent statistical data. Heroin is the most cited drug among drug treatment admissions in Illinois.
- Prescription pain meds > Heroin > Fentanyl.
- Length of time opiates last in the body (heroin, 6-8 hours with high potency).
- Substance Use Disorder and Risk Factors.
- Definition of Addiction – “a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences.”
- Risk factors for drug overdose - mixing drugs, using alone, reduced tolerance (prison, compulsory drug treatment center, voluntary treatment, sickness/hospitalization).
- Signs and symptoms of a drug overdose (relaxed muscles, deep snoring or gurgling, slowed/slurred speech, very infrequent or no breathing, sleepy looking, pale, clammy skin, nodding, heavy nod, no response to stimulation, slow heart beat/pulse).
- Naloxone – Opioid Antagonist, which temporarily blocks the effects of opioids, giving the person a chance to breathe. Naloxone works within 1 to 3 minutes and lasts 30 to 90 minutes. Naloxone can neither be abused nor cause overdose, only contraindication is known sensitivity, which is rare.
- “SCARE ME” – **S**timulation, **C**ommunicate with EMS/Call 9-1-1, **A**irway, **R**escue Breathing, **E**valuate the Situation, **M**ucosal-Nasal Injection, **E**valuate again.
- Recue Breathing – steps covered.
- Recovery Position.
- Overdose Reversal and Naloxone Administration Reporting Form

Following the presentation Dr. Burke answered a variety of questions, which led to additional discussion. Dan Martin and Dr. Burke advised that the Narcan® (Naloxone) nasal spray kits would be on Wednesday, November 4, 2020 in the upper level parking lot of the Village Hall. The distribution of the kits (two 4mg nasal sprays per box), would be done in drive-up fashion.

Special thanks to Dr. Burke for providing an excellent presentation to everyone in attendance, including our CERT volunteers!



ASSIST WITH RECOVERY SEARCH IN PARK FOREST – NOVEMBER 5, 2020

On Tuesday, November 3, 2020 the New Lenox Search and Rescue (NLSAR) Team received a request to provide support for the Illinois-Wisconsin K-9 Team on a search scheduled for Thursday, November 5, 2020 at 9:00am at Sauk Trail Woods, North Grove in Park Forest, IL. The search was for a 36-year old male from Somonauk, IL who has been missing for several months.

On Thursday, November 5, 2020 five NLSAR team members arrived by 8:45am, signed-in, and waited for a briefing and assignments. Our team members were then assigned to individual handlers and their K-9s. Because of the terrain, two NLSAR members were assigned to Team Cargo, as well as a Cook County Forest Preserve Officer. Their search area had a steep ravine and Thorn Creek on the north side of 26th, east of Western. Team Spirit, his handler, and NLSAR member searched the area by the Power lines on the southeast corner of 26th and Western. Team Quest, his handler, and NLSAR member had the search area east of Sauk Trail Lake and west of the parking lot. Team Bain, his handler, and NLSAR member searched the wooded area to the west of Sauk Trail Lake and along the west bank of the lake.



The searches lasted about an hour each. There were hits by the lake and in the area north of 26th. The dogs were rested and then Team Cargo went back to the area north of 26th and had two more hits. The second search by the lake was done by Team Ryker, his handler, and a NLSAR member. A shirt was found and to be collected by a Forest Preserve Officer.

NLSAR members signed-out at 1:35pm and headed back home. Handles from the Illinois-Wisconsin K-9 Team were grateful for the assistance as was Kim Gotte from the Illinois Search and Rescue Council. Special thanks to our team members who did a great job – we appreciate your efforts!



ASSIST NEW LENOX TOWNSHIP FOOD PANTRY – MONTH OF OCTOBER, 2020

Throughout the month of October, 2020, New Lenox CERT volunteers assisted Kathie Johnson, Family Services Manager, New Lenox Township. Kathie is in charge of the New Lenox Township Food Pantry and has been very appreciative for the assistance that our volunteers have provided on the following dates:

- Wednesday, October 7, 2020 from 8:30am to 11:00am (*approximately)
- Monday, October 19, 2020 from 9:00am to 1:00pm (*approximately)
- Wednesday, October 21, 2020 from 8:30am to 12:30pm (*approximately)
- Sunday, October 25, 2020 from 9:00am to 2:30pm (*approximately)

**some volunteers stayed longer than others*



Depending on the day, volunteers have assisted with unloading trucks from the Northern Illinois Foodbank, sorting food, and stocking food pantry shelves.

The New Lenox Scouts have also started their Annual Food Drive, so our volunteers have assisted unloading vehicles filled with bags of food that have been donated by the community. Work has consisted of sorting food, checking expiration dates, stocking shelves, and helping to keep all areas clean and organized.

For many of our volunteers that have never assisted at the food pantry before, they've been very impressed with the operation. It's quite organized and is an incredibly important component to our community because of the number of families it feeds. Our team members have enjoyed volunteering at the food pantry and everyone has indicated that they're glad they signed up to help.

Thank you to Kathie Johnson and New Lenox Township for offering this much needed asset to our community. Also, thanks to our team members who been volunteering at the food pantry. Great job!



SEARCH AND RESCUE TRAINING – HOW TO USE THE SARTOPO APP – OCTOBER 20, 2020

At 6:30pm on Tuesday, October 20, 2020 two members of the New Lenox Search and Rescue Team participated in Multi-Agency SAR Training, which was hosted by Kim Gotte from Kendall County SAR. This training was held via Zoom videoconference, due to COVID-19. After a brief welcome and an opportunity to visit with fellow SAR volunteers, Kim jumped into the training by walking everyone through the SARTopo app. Kim reminded everyone to be sure to accept the updates when they become available to ensure that the app is up-to-date. Kim explained that CalTopo (SARTopo app), provides the ability to view the search area map with real time updates. Searchers can turn on tracking so that SAR Managers can watch their movement in real time and see the areas that have been searched. Searchers can also see where they've been and can also see the boundaries of the search segments that have been created by SAR Managers. The app also allows searchers to add things to the map such as clues or hazards that they come across along the way.

After providing an overview of what the app can do, Kim walked through the steps to login. Kim noted that users can login via Google, Facebook, Yahoo or through their Microsoft accounts. Kim added that it's a good idea to "Sync Account" so that the app knows which account to add new information to. Kim advised that during a search, users will be provided with a QR code that can be scanned with a smart phone. Once the QR code is scanned, the app will open with the map that has been created by SAR Managers, which usually will include search segments.

In addition to providing an overview of the app, how it functions, how to login and how to scan a QR code, Kim shared the app's following features:

- Bookmarks – can be used to quickly find maps that a user would like to access. In addition, a bookmark can be created on your own map, which can be shared with others.
- Location Tracking – on the bottom of the app, click on the icon with the dots, which will allow users to turn on tracking. The same location is to be utilized to turn off tracking, which will typically be when a search segment has been completed.
- Unit # or Name – can be added to a map so SAR Managers know whose track they are watching.
- Save Track – record a track so it will leave a track of where you've been, which can also be saved.
- Add a Clue – click on the compass rose next to the icon with the four dots. It will say waiting for GPS and you will see that the compass rose will change to blue with a heading. In addition, a heading will be added with a blue dot with a "rubber band" attached.
- Highlight Clues – click on the top center button then click on the map item. Users can add as many items as they like. Label the marker and if necessary, add comments. Select OK to save the marker(s).

The discussion regarding the SARTopo app concluded at approximately 7:10pm and transitioned into a discussion about creating maps in SARTopo with the desktop version. This information was of particular interest to SAR Managers. Following discussion, Q & A, and wrap-up comments, the training concluded at approximately 8:30pm. Special thanks to our members that attended this valuable training.



CERT CLASS #16 SKILLS TEST AND GRADUATION – OCTOBER 17, 2020

This has been a crazy year that's been filled with many challenges for our team. This includes trying to graduate another CERT class like we've done this time of the year since 2009. To overcome the challenge of having "in-person" classes, we decided to embrace the University of Utah School of Medicine's "CERT 2020 Online" program, which is supported by the State of Utah Emergency Management Agency as well as the National CERT Association. Following a recruitment period, students completed 12 hours of online training, which was supplemented with some Zoom videoconferences.

At 7:00am on Saturday, October 17, 2020 nine veteran New Lenox CERT members and trainers met at the New Lenox Public Works Facility, located at 2401 Ellis, New Lenox, IL 60451 to set-up the skills practical for CERT Class #16. Some of the work had already been done the day before, which included setting-up the classroom with social distancing protocols in mind. In addition, our team's friend, Patrick Hardin, MABAS, USAR Operations Branch Chief, delivered 20 training mannequins on Friday so that each of the students would have their own mannequin to work on.



Set-up took almost two hours and was completed just before the class started to arrive. At 9:00am the class was briefed, which included safety protocols, and the skills practical got underway. The skills practical included approximately 70 items that had to be completed in order to successfully complete the Basic Class. Each of the nine instructors were responsible for a number of the skills on the list. In many instances they provided a brief overview, demonstrated the skill, and then had the students complete the skill. By 12:30pm the skills practical was complete at which time the instructors moved all the equipment and supplies into the CERT trailer, while the class returned to the facility's training room for a debriefing.

Mayor Tim Baldermann arrived and was introduced by Dan Martin, New Lenox CERT Program Coordinator. Dan noted that this was the Mayor's 16th consecutive CERT graduation since 2009. Dan thanked the Mayor and the Village Board for their continued support of the CERT program and turned the floor over to the Mayor

for his remarks. The Mayor thanked the students for taking the class as well as the instructors for their efforts. The Mayor cited several examples of how CERT has assisted in the community over the years and emphasized how he appreciates our volunteers.

The Mayor and Dan then presented the class with their certificates and backpacks, which was followed by a luncheon. Everything wrapped-up shortly after 1:00pm at which time Dan thanked EVERYONE for participating in this "one-of-a-kind" event. Dan noted that additional training will be offered to CERT Class #16 to supplement the online material, Zoom videoconferences, and skills practical.

Great job to all and welcome CERT Class #16!



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NEW LENOX SAR TRAINING AT MIDWIN NATURAL TALLGRASS PRAIRIE – OCTOBER 13, 2020

At 3:30pm on Tuesday, October 13, 2020 preparations began for training at Midwin Natural Tallgrass Prairie. Between 6:30pm and 7:00pm New Lenox Search and Rescue (NLSAR) members arrived in the parking lot located at the corner of Chicago Road & Hoff Road, which was the designated staging location. Sixteen team members gathered around for a briefing, which included safety information, about this particular training. At 7:10pm the team, divided into four smaller teams (Alpha, Bravo, Charlie, and Delta), left the parking lot to begin training. In summary, the training consisted of hiking a 4-mile loop, with a number of exercises at the following locations (GPS – UTM coordinates):

- 16T 0410650 4582892 Alpha was asked to find two flags – 320° @ 27M and 180° @ 50M. While Alpha was locating the flags, Bravo, Charlie, and Delta did resistance band exercises.
- 16T 0411021 4582891 Bravo was asked to find two flags – 225° @ 29M and 43° @ 29M. While Bravo was locating the flags, Alpha, Charlie, and Delta did resistance band exercises.
- 16T 0411435 4582918 Charlie was asked to find two flags – 38° @ 18M and 198° @ 30M. While Charlie was locating the flags, Alpha, Bravo, and Delta did resistance band exercises.
- 16T 0411545 4582905 Delta was asked to find two flags – 8° @ 32M and 224° @ 24M. While Delta was locating the flags, Alpha, Bravo, and Charlie did resistance band exercises.

During each of the exercises, team members practiced their compass and pace count skills by finding small flags in tall grass and wooded areas. In addition to practicing compass skills, team members also practiced their GPS skills as well. Team members were given the above UTM coordinates and had to find each of the starting points for the exercises.

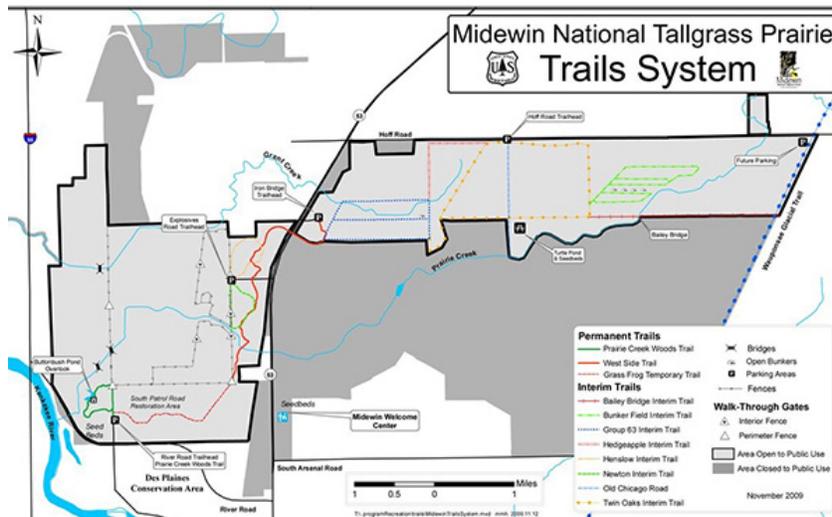
- 16T 04115549 4582656 One team at a time, teams had to locate an object (small blue bucket), in a tall grass prairie, by utilizing their GPS units. The bucket was located at 16T 0411604 4582668.

Two of the teams navigated through a wooded area and out into the open prairie to find the bucket. Two teams navigated around the wooded area and to the bucket in the open prairie. Both methods proved to be successful.

- 16T 0411560 4581713 All four teams were provided with six flags and given an azimuth of 130°. Teams were then directed to place a flag every six paces and to check their back azimuths (310°) along the way.
- 16T 0410891 4581713 AMDR Exercise was skipped due to time constraints
- 16T 0410137 4581441 Evidence Search (locate a firearm in an open field) was skipped due to time constraints. The firearm (black B.B. gun/pistol) was located at 16T 0410130 4581388.

At Turtle Pond (3-mile mark), the teams re-grouped and prepared for the last mile of the course. It should be noted that each team was given a 35-pound sandbag to carry around the course as well.

Team members arrived back at the staging area at 9:15pm at which time a short de-briefing was held. Everyone did an excellent job during this training, which tested physical skills as well as navigation skills!



Doing the greatest good for the greatest number of people . . .

Additional Information

Daniel Martin

Safe Community Coordinator

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Email: dmartin@newlenox.net

**COMMUNITY EMERGENCY RESPONSE TEAM
20-HOUR BASIC CLASSES**

CERT Class #16 completed their Final Exercise and Graduated on Saturday, October 17, 2020. Eleven citizens graduated from this "first of its kind" class, which was considered a "hybrid" Basic CERT Class. Class #16 was a 'hybrid' because students completed 12 hours of online coursework through the University of Utah School of Medicine's CERT 2020 Online Program, attended additional trainings via Zoom, and then came together for the Final Exercise on October 17th. The Final Exercise included a Skills Practical where over 70 skills were demonstrated. For additional information about New Lenox CERT or to register for a future class, contact Daniel Martin, Safe Community Coordinator, Village of New Lenox, at (815) 462-6493 or via email at dmartin@newlenox.net. dmartin@newlenox.net.

Congratulations to the following classes:

- Class 1 Graduation 10/17/2009
- Class 2 Graduation 12/05/2009
- Class 3 Graduation 02/27/2010
- Class 4 Graduation 10/30/2010
- Class 5 Graduation 04/09/2011
- Class 6 Graduation 11/12/2011
- Class 7 Graduation 10/20/2012
- Class 8 Graduation 10/19/2013
- Class 9 Graduation 10/25/2014
- Class 10 Graduation 10/31/2015
- Class 11 Graduation 03/12/2016
- Class 12 Graduation 10/29/2016
- Class 13 Graduation 10/28/2017
- Class 14 Graduation 10/27/2018
- Class 15 Graduation 10/26/2019
- Class 16 Graduation 10/17/2020

To learn more about the CERT program and the CERT Basic Class, visit <https://www.ready.gov/cert>



Visit us on Facebook

<https://www.facebook.com/NewLenoxCERT>

<https://facebook.com/safenewlenox>

<https://www.facebook.com/NewLenoxSAR>

**SPOTLIGHT MEMBER -
LORI POWLESS**

My first interest in CERT was when I kept seeing posts on my friend's Facebook about New Lenox CERT and SAR. I signed up for CERT the first time I heard about classes being available.

Giving back to the community is so important to me. I believe in the theory of "If you don't see the change you want in this world, then BE THE CHANGE"!

My volunteering efforts with CERT have led me to help out at the local food pantry, ShareFest, assisting with traffic control at a 5K runs, and honoring our Veteran's as we laid wreaths upon their graves at Abraham Lincoln National Cemetery. It's a humbling experience to be a part of something so great.

I have met some truly amazing people through this experience. Although I have not experienced an "emergency" yet, I am confident in the training that I received from Dan Martin and his team of experts, that I will be prepared for whatever situation that comes along.

My personal jobs include working as a bookkeeper for M.H. Detrick in Frankfort and as an administrator for Good Shepherd Lutheran Church, also in Frankfort.

My family and I live in Frankfort. I love to be in my garden or my fruit orchard. I enjoy cooking, baking, canning and traveling in my free time.

Want to make new friends and not sure where to go to do that? Start in New Lenox with a group of people who would be there for you in your time of need! It doesn't get better than that!



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