

Village of New Lenox

COMMUNITY EMERGENCY RESPONSE TEAM and SEARCH & RESCUE TEAM

2018 PRESIDENTIAL VOLUNTEER SERVICE AWARDS – DECEMBER 11, 2018

At 6:00pm on Tuesday December 11, 2018 New Lenox CERT members, and in some cases their invited guests, began to arrive at the Village Hall. The Community Room and Rotunda had been decorated and prepared to host the 2018 Presidential Volunteer Service Awards (PVSA) and Christmas Party. By 6:30pm the room was buzzing and everyone was enjoying Christmas music, beverages, and an array of food. It was great to see everyone enjoying each other's company in a festive and relaxed atmosphere.



At about 7:15pm approximately 110 attendees headed up to the Council Chambers for the formal presentation of the 2018 Presidential Volunteer Service Awards. Dan Martin, Safe Community Coordinator for the Village of New Lenox, introduced Village Administrator Kurt Carroll. Kurt welcomed everyone and thanked ALL of our volunteers for all that they do for the Village of New Lenox and other communities. Kurt also thanked family members for allowing their loved ones to participate in all of the CERT and SAR activities throughout the year. Along with many other nice comments, Kurt extended thanks and appreciation on behalf of Mayor Tim Baldermann and the Board of Trustees. Kurt added that the Mayor and the Board are extremely thankful for our volunteers.

Following Kurt's opening remarks, the following awards were presented:

BRONZE (100 to 249 volunteer hours)

- Christine Dzik
- Philp Glavan
- Jennifer Huizenga
- Tim King
- John Kukulka
- Diego Ortegon (not in attendance)

SILVER (250 to 499 volunteer hours)

- Eleni Bosch
- Patrick Galligan
- Laura Johnston
- Alain Murry
- Jerry Reeves

GOLD (500 + volunteer hours)

- Patricia Buhle
- Phyllia Mitchell
- Ed Selvas



Dan also took a moment to recognize all previous PVSA recipients, with special recognition given to all GOLD medal recipients. Following the presentation of the PVSAs, Dan and Kurt presented two special awards to Lisa Murphy and Rich DeVault for surpassing 1000+ volunteer hours. Both Lisa and Rich were presented with plaques to commemorate their milestone achievement.

Following the formal ceremony everyone headed back down to the Community Room and Rotunda for some holiday cheer. It was a fun evening and a nice opportunity for fellowship between team members and families.

Congratulations to all the PVSA recipients and thanks to all that attended this wonderful event. Special thanks to those that brought a dessert or side dish. Everything was terrific!



Our Core Principles:

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

Recent Activities:

Presidential Volunteer Service Awards	1
Wreaths Across America	2
Compass, AMDR, Critical Separation & Flagging	2
Critical Incident Stress Management	3
NARCAN Training	3
Christmas in the Commons	4
Team Building & Leadership	5
Stop the Bleed Training	6
Ground Search & Rescue	7
Missing Youth Search	8
MABAS & Civil Air Patrol	8
Search & Rescue Training	9
CERT Training/Disaster Psychology	9
Shelter Fundamentals	10
Search Missing Man	11
LWSRA Trick or Trot	11
Basic CERT Graduation	12
Missing Chicago Woman	12
IL Search & Rescue	13
CASA 5K/10K	13

Member Spotlight 14

Upcoming Events 8



WREATHS ACROSS AMERICA – DECEMBER 15, 2018

At 9:15am on Saturday December 15, 2018 eighteen members of New Lenox CERT, along with some friends and family, met in the upper level parking lot of the Village Hall. John Schuld, who organized this Wreaths Across America event for our team, requested that everyone carpool to Abraham Lincoln National Cemetery in Elwood, IL to reduce the number of vehicles on site. After a short briefing, everyone left at approximately 9:35am and drove toward the cemetery.



Everyone took Route 53 south from Laraway Road. As our vehicles reached the town of Elwood, traffic started to back-up. Without exaggeration, there were hundreds, and hundreds, and hundreds of cars for approximately two miles. Some of our vehicles were able to make it into the cemetery, but unfortunately others in our group were turned away. As such, only about half of our group were able to participate in the event.

The ceremony started at 11:00am and included an invocation, laying of wreaths for all branches of the military, a benediction, and instructions for all who would be laying wreaths at headstones. The instructions included laying the wreath with reverence and making sure to say the soldier's name. Following the ceremony, everyone headed out to the all the various sections within the cemetery.

Eleni Bosch, having participated in several previous Wreaths Across America events, took the lead. Eleni led everyone out to Section 16 where wreaths were handed out. Specific headstones (with corresponding paperwork) were done first. This was followed by all other headstones. Once our group got started, it took approximately 30 minutes to lay all the wreaths that were available. It was mentioned during the ceremony that more than 22,000 wreaths were donated, but were still not enough to cover all the headstones.



Our group headed back toward our vehicles at about 12:45pm. Special thanks to John Schuld for organizing and for Eleni Bosch's leadership when we were on-site. Thanks to those that were able to participate and also to those who were unable. We certainly know the effort that was given to make it into the cemetery.

COMPASS, AMDR, CRITICAL SEPARATION AND FLAGGING – DECEMBER 5, 2018



At 6:45pm on December 5, 2018 New Lenox SAR members met at Pilcher Park for monthly training. Everyone entered the park on Highland Park Drive and parked just west of Gougar Road near the pavilion. Our training leaders for the evening were Joe Frigo, Dan Johnson, and Dan Martin. Training topics for the evening included compass (navigation), AMDR (Average Maximum Detection Range), critical separation and flagging.

Compass / Navigation: This exercise was led by Joe Frigo and included everyone standing at the same location, pointing their compass at a pre-determined object and taking a reading. In addition, Joe had everyone complete a "compass triangle." This particular triangle was formed by walking 20 paces at 0° / 360°, 20 paces at 120°, and 20 paces at 240°. In addition to these two hands-on exercises, Joe provided an overview on the different types of compasses and did a refresher on how to use a bezel.

AMDR (Average Maximum Detection Range): This exercise was led by Dan Martin and included everyone going into a wooded area, just north of the pavilion. Dan placed an olive drab back pack on the ground and had 6 searchers form a circle facing away from the item. Everyone walked outward from the backpack, looking back every so often so ensure they could still clearly recognize it for what it was. Everyone counted their paces and, like spokes on a wheel, rotated clockwise to the next position. Searchers adjusted their positions accordingly and paced inward toward the item. This process was repeated six times until searchers had a number that they could divide by six. Searchers remembered this number as it would be needed for the Critical Separation exercise.

Critical Separation: This exercise was led by Dan Martin who explained that Critical Separation is the sum of two searchers' individual search ranges. Dan had the team assemble near the right flanker. After determining the right flanker's Critical Separation, team members started from that position, using their personal AMDR pace number. Team members walked "X" number of paces, dropped a glove, and then walked "X" number of paces again. Another team member was there to start their Critical Separation, which allowed the previous person to return to where they dropped their glove. This was repeated by each team member until the line was formed. This exercise was repeated several times and team members also practiced pivoting and turning in the opposite direction.

Flagging: This exercise was led by Dan Johnson and included dividing everyone into two teams. The teams started from the parking lot and were directed to travel north toward the wooded area. Flaggers were giving bearings to following along with 6-foot fiberglass hi-vis yellow poles for marking along the way. A Crew Leader directed the flaggers ahead and after an appropriate period of time direct the line to move forward. Once the line caught up with the flaggers everyone did 360° turns and were reminded to look up and down. This process was repeated for approximately 100 yards with flaggers checking their poles ("flags") and back azimuths along the way.

The team then held a de-briefing under the pavilion and also talked about upcoming training. Training concluded at 9:00pm. Special thanks to our leaders for the evening as well as everyone who participated!

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

CRITICAL INCIDENT STRESS MANAGEMENT - DECEMBER 3, 2018

At 8:00am on Saturday, December 8, 2018 five members of the New Lenox Search and Rescue Team met in the upper level parking lot of the New Lenox Village Hall. Everyone met for the purpose of carpooling to the Kendall County Multi-Jurisdictional SAR training, which was being held at Oswego Fire Station One, located at 3511 Wooley Road in Oswego, IL. After leaving shortly after 8:00am, our team members arrived at the fire station at 8:50am.

At 9:00am Kim Gotte from Kendall County EMA / SAR welcomed everyone in attendance. Kim provided a quick update regarding the 2019 training schedule along with a printed copy of the schedule. Following the update, Kim introduced Pastor Tim Perry for a presentation on Critical Incident Stress Management (CISM).

Pastor Perry's (PowerPoint) presentation covered the following components:

- Glossary of terms (Crisis, Critical Incidents, Critical Incident Stress)
- 4 Types of Interventions (Mobilization, Crisis Management Briefing, Defusing, and Debriefing)
- Discussion and understanding of the types of interventions
- Defusing – 3 phases (Introduction, Exploration, and Information)
- CISM (Goals, Team Composition, and Ground Rules)
- CISD Structure (Introduction, Fact, Thought Phase, Reaction Phase, Symptom Phase, Teaching Phase and Re-Entry Phase)
- Deeper understanding of CISD Structure
- CISM Summary (Table)



Pastor Perry was also kind enough to provide everyone in attendance with a copy of his PowerPoint as well as his contact information. Everyone was also enlightened about concepts that were introduced to the group regarding identifying and solving problems. In short, Pastor Perry suggested that it's important to identify what the PROBLEM is (ex. not sleeping, anxiety...). Next, it's important to determine the ROOT CAUSE, which is really what needs to be solved. Lastly, the SOLUTION must be found, which can be done in any one or more of the following ways:

- Physical (exercise)
- Intellectual (reading a book, attending a lecture...)
- Emotional (dialogue with a subject matter expert)
- Spiritual (some can find this by visiting a beautiful destination such as the mountains or just by changing one's environment)

Pastor Perry noted that any one of these can be done first. Doing more than one or all may also be beneficial.

The lecture concluded at 11:40am at which time everyone stayed for a bit to do some networking. Our team left at 12:00pm and arrived back in New Lenox at 12:45pm. Special thanks to Kendall County EMA / SAR for hosting and to our team members for attending.

NARCAN (NALOXONE) TRAINING - DECEMBER 3, 2018

At 7:00pm on Monday December 3, 2018 sixty-four citizens arrived in the Community Room at the Village Hall for Narcan (naloxone) training. Included in those sixty-four, were twenty members of the New Lenox Community Emergency Response Team. This particular training was being hosted by the Village of New Lenox and its Safe Community Coalition. The training was also in partnership with HERO (Heroin Epidemic Relief Organization) and the Will County Executive's Office.

Daniel Martin, Safe Community Coordinator for the Village of New Lenox welcomed everyone in attendance and went over some housekeeping items. Dan then introduced the presenter for the evening, John Roberts who is co-founder of HERO. John thanked Dr. Kathleen Burke, Director Substance Use Initiatives at the Will County Executive's Office. Dr. Burke was unable to give the presentation, but supplied all the materials, including the Narcan kits.

John did an excellent job with the presentation, which included sharing the death of his son due to a heroin overdose. John also shared many pointed stories from his decades in law enforcement. By the end of the presentation, which included some excellent discussions, everyone understood the value of Narcan and how it has the ability to save lives. In addition, everyone had an opportunity to learn how to use the nasal spray, which was demonstrated in a video and live presentation. Before concluding the presentation, John asked Jerry



Reeves to come up and share his story of how he utilized Narcan on a male in Pilcher Park just three days after the last Narcan training that was held on August 30th.

John concluded the presentation at approximately 8:30pm by going over the post-test with everyone. Jan Dombrowski from HERO assisted John by passing out the Narcan nasal spray kits to everyone that attended the training. On the way out of the Community Room everyone was thanked for their attendance and issued their Certificate of Completion.

Special thanks to all our CERT members who attended this valuable training!

CHRISTMAS IN THE COMMONS - DECEMBER 2, 2018

At 1:30pm on Sunday December 2, 2018 twenty-three members of the New Lenox Community Emergency Response Team arrived at the Village Hall for a briefing related to Christmas in the Commons. During the briefing Dan advised the group where the various activities were located. Examples included:

- Visit with Santa and Mrs. Claus Council Chambers
- NLPD (child ID cards) Upper Level of Village Hall
- New Lenox Public Library (games) Upper Level of Village Hall
- TCBY Yogurt (FREE) yogurt Upper Level of Village Hall
- Old Plank Trail Bank (FREE) popcorn Lower Level of Village Hall
- Madrigal Performers and Music Lower Level of Village Hall
- Coloring Contest and Movies Lower Level of Village Hall (Community Room)
- Fleckenstein’s (FREE) Cookies Outside (north side) Lower Level Village Hall
- New Lenox Township Food Pantry Outside (north side) Lower Level Village Hall
- NLCPD (skating rink) Performing Arts Pavillion Area
- Frozen Characters and Games Trinity Services, Inc.
- Donkey (formerly reindeer) Petting East side of Commons near concession stand
- Hot Chocolate Concession Stand



In addition to the various locations, Dan advised the group to watch out for people overheating, slipping on wet floors, etc... After advising of the locations for all the activities, Dan provided everyone with their respective assignments. The assignments included CERT volunteers at the following locations:

- Information / Assistance Upper and Lower Level Main Doors
- Line Management and Safety Throughout the Upper Level of the Rotunda
- Assistance with Santa and Mrs. Claus Inside the Council Chambers (and exit area)
- Assistance with Donkey Petting Village Commons near Concession Stand
- Traffic Control and Assistance Trinity Services, Inc.
- Assistance with Lighting Ceremony Throughout Village Commons
- Floating Assignments / Relief Village Hall and Commons



Following the briefing, everyone headed out to their assignments at 1:45pm in advance of the 2:00pm start. With the weather a little rainy outside, the doors were opened a few minutes in advance. Within minutes the Village Hall was filled with excited children and families who were anxious to start taking advantage of all the wonderful activities. The Village Hall was buzzing and our volunteers did a wonderful job directing everyone to the various fun filled activities throughout the Village Hall and Commons.

At approximately 4:30pm the Official Lighting Ceremony took place with Mayor Tim Baldermann thanking all the volunteers, staff, collaborative partner organizations and those who came out to partake in the festivities. The Mayor and his Little Helpers held a countdown – 5...4...3...2...1 and the lights all around the Commons magically turned on when the switch was thrown. Following the lighting ceremony, everyone returned to their respective assignments until a little before 6pm when the kick-off officially ended.

A short de-briefing was held in the Council Chambers, but not before a quick photo opportunity with Santa! During the de-briefing several suggestions were made for next year and EVERYONE WAS THANKED FOR A JOB WELL DONE! The de-briefing ended at about 6:15pm and everyone went on their MERRY way.



TEAM BUILDING AND LEADERSHIP - NOVEMBER 29, 2018

At 7:00pm on Thursday November 28, 2018 sixty members of the New Lenox Community Emergency Response Team arrived at the Public Works Facility for training. The topic for this month's training was Team Building and Leadership. Dan Martin, Safe Community Coordinator for the Village of New Lenox, welcomed everyone in attendance.



Following a short overview of the training, a discussion was held regarding the qualities of good teams, good team members, and the importance of leadership.

Following the discussion, everyone played a game called "Heads or Tails." Attendees had been given a 2-sided sheet of paper, each side depicting a coin marked heads or tails. Everyone stood up and faced the front of the room holding up their choice. After round one, approximately half of the class sat down. After the second round, only three players remained. To start the third round the three players came to the front of the room and made their choices. Following the flip of the coin a winner was determined and it was Trish Buhle.

Following "Heads or Tails," everyone in the room was divided into five teams. Everyone was provided with a color-coded grid showing the station rotations. The teams were made up of between 10 and 12 team members each.

The teams began rotating through the stations at 7:30pm. The stations were 10 minutes each, and included the following challenges:

1. Stacking 6 plastic cups into a triangle using 4 strings and an elastic band. Four team members competed against another team of four
2. Stacking 24 red cups and 1 black cup in relay race fashion. Two teams competed against each other.
3. Stacking 4 plastic cups with 3 pieces of cardstock paper in between each cup. Teams had to quickly pull out the paper so the cups would stack on top of each other.
4. Transporting a golf ball through section of PVC with ends cut on a 45 degree angle. Teams had to move the golf ball to the top of a traffic cone approximately 50 feet away without dropping it.
5. Two team members had to face each other and press against each other's hands while stepping wider and wider. For safety, other team members were used as spotters.
6. Two teams of 4 competed on plans, walking a distance of about 100 feet and then back to the start. Teams had to communicate and develop a cadance to stay together.



At each of the stations, when time permitted, team members asked and answered questions in an effort to get to know each other.

Following the station with the planks, which all teams did together, everyone headed back to the training room for a de-briefing.



In short, this training provided an opportunity for everyone to get to know each other, communicate, work together, build trust, and have some fun! Special thanks to those who facilitated stations, to New Lenox Public Works for the use of their facility, and to everyone who attended.



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“STOP THE BLEED” TRAINING – NOVEMBER 15, 2018

On November 15, 2018 “Stop the Bleed” training was held in the Warrior’s Lodge at Lincoln-Way West High School. This particular training was offered by the New Lenox Safe Communities America Coalition, in partnership with Lincoln-Way School District #210 and other collaborative partners. Two sessions of bleeding control (B-CON) training were offered; one at 3:30pm and one at 6:00pm. Forty-six citizens attended the 3:30pm training, which included eleven CERT members. Forty-three citizens attended the 6:00pm training, which included sixteen CERT members. In addition, Patty Edgett, Chuck Geraci, Mary Spata and Dan Martin, all “Stop the Bleed” instructors, assisted with the training.



Following opening remarks by Dan Martin, the floor was turned over to Leslie Livett, Trauma Nurse Coordinator at Presence St. Joseph Medical Center. Leslie pointed out the importance of bleeding control training and how it applies to work-related injuries, home injuries, motor vehicle crashes, mass shootings and terrorist incidents. Leslie covered the primary principles of immediate response as follows:

- A** – Alert, call 9-1-1.
- B** – Bleeding, find the bleeding injury (types of life threatening discussed).
- C** – Compress, apply pressure to stop the bleeding (methods discussed).

Leslie’s presentation included the importance of rescuer safety, including proper P.P.E. (personal protective equipment). At this point everyone learned the following sequence:

1. Ensure safety.
2. Look for life threatening bleeding.
3. Is a trauma first-aid kit available?
4. YES - Where is the wound? Arm or leg?
5. Is a tourniquet available immediately?
6. YES - Apply above the bleeding site.
7. Tighten until the bleeding stops.



A fair amount of time was spent talking about types of tourniquets and their proper application. Leslie’s presentation was supplemented by doctors and other “Stop the Bleed” instructors who were in attendance. Megan Lynch from Silver Cross Hospital demonstrated the proper application of a tourniquet as well as the proper method for packing a wound with gauze, preferably hemostatic gauze.

Following Leslie’s PowerPoint presentation, everyone had an opportunity to practice tourniquet application and wound packing. All of the “Stop the Bleed” instructors walked around the room to assist everyone during the hands-on practice. Additional Q & A was held as the hands-on training was taking place.

Following the hands-on practice, a short wrap-up concluded the training. At 6:00pm the same training as described above was conducted in a very similar fashion.

Special thanks to the “Stop the Bleed” instructors and the Lincoln Way School District for hosting this valuable training. Also, special thanks to everyone who attended this valuable live-saving training, especially our CERT members. Approximately 100 of our members have now been trained in “Stop the Bleed!”



16-HOUR GROUND SEARCH AND RESCUE COURSE - NOVEMBER 17-18, 2018

At 8:00am on Saturday November 17, 2018 twenty-nine individuals arrived at the New Lenox Village Hall to attend the Illinois Search and Rescue Council's (ISARC) 16-Hour Ground Search and Rescue Course, which was being taught by ISARC instructors. Included in that number were 22 members of the New Lenox Community Emergency Response Team (CERT).



Dan Martin, Safe Community Coordinator for the Village of New Lenox, welcomed everyone in attendance. Following safety and housekeeping guidelines, Dan introduced the lead instructor for the course, Kim Gotte. Kim then began working through the PowerPoint presentation, which included the following concepts:

- Definition of Search and Rescue, including a working definition.
- Definition of a Subject Profile, including both physical and mental description.
- Explanation of the ISARC Search Urgency Rating Factors or "SURF" form. All students in attendance were given a scenario and completed the form based on the scenario facts.
- Explanation of the ISARC Subject Profile / Missing Person form.
- Survival Risk - general factors, mental impact factors.
- Notable behaviors of lost people and common lost person strategies.
- Vision Theory, including central vision and peripheral vision.
- Determining AMDR (Average Maximum Detection Range), including classroom demonstration.
- Critical Separation or Critical Separation, including classroom demonstration.
- Golden Rule – don't search while walking
- The Search Cycle – stop, search 360°, walk (purposeful wandering) REPEAT
- Line Search Forward Movement
- Time vs. Search Area (360° circle from the Last Known Point or Point Last Seen).
- Explanation of ISARC First Arriving Officer Checklist for Search for a Missing Person.
- Initial Search (Reflex Tasking), Efficiency Search, Tight (Closed) Grid, Loose (Open) Grid Searches.
- Search Crew Positions (Crew Leader, Flanker, and Searcher).
- Whistle Signals
- Parallel Searches, First Pass Search and Flagging, Pivot Pass Search and Flagging.
- Searcher Safety, Personal Protective Equipment (PPE), and Searcher Equipment.
- 4 R's (Replenish, Repair, Repack and Rest).
- Common Problems, Safe Practices, Resources (untrained searchers and trained SAR teams).
- Compass Types (lensatic, orienteering, sighting, mirrored field orienteering, prismatic).
- Compass Components, Azimuths, Back Azimuths and Pace / Stride.



The classroom portion of the training ended at 1:15pm and the class was directed to meet at the Messenger Woods Nature Preserve at 2:15pm.

The field exercises began at 2:15pm following a short briefing. Students participated in an evidence search and completed an AMDR exercise, which was followed by critical separation / spacing. In addition, students had an opportunity to practice navigation and flagging before the dinner break.

After dinner, the class resumed now in full darkness. The class was broken into 4 teams, each given a separate area to conduct an efficiency search. Teams had to demonstrate AMDR, critical separation / spacing and the ability to utilize flankers. Each team was assisted by an ISARC Field Training Officer (FTO) who led the teams through their search segments. Teams searched for articles of clothing, communicating their finds to "Search Base." The training concluded at 9:30pm with instructions to be back at 8:15am the next morning.

At 7:00am on Sunday November 18th, ISARC instructors met at Messenger Woods and set-up an initial search exercise for the class. The class was briefed at 8:15am and each of the 4 teams were given an area to conduct an initial search. Following the initial searches, the teams were assigned areas to conduct an efficiency search, this time with a class member serving as Crew Leader. Crew Leaders called in their evidence finds to "Search Base," with all teams finishing around 12:30pm. Following a de-briefing, students were awarded their certificates just before 1:00pm.

Congratulations to everyone that completed this course. Thank you for your time and willingness to learn these lifesaving skills!



Keeping our community safe, healthy, and prepared . . .

SEARCH FOR MISSING YOUTH WITH AUTISM IN NAPERVILLE - NOVEMBER 24, 2018

A request for Search and Rescue Mutual Aid Assistance went out at 12:34am on Saturday November 24, 2018. The Naperville Police Department, via the Will County Emergency Management Agency, requested assistance in the search for a missing 14-year old autistic boy. The youth, a student at Naperville Central High School, was said to have left his home wearing a t-shirt, jeans, and no shoes.

A total of five members from the New Lenox Search and Rescue Team responded to Washington Street & Ring Road, which was designated as the staging area. The parking lot at this location provided adequate space for Naperville Police Department vehicles, the Naperville Emergency Management Agency’s Mobile Incident Command Center, as well as arriving SAR personnel. New Lenox volunteers arrived on scene between 1:30am and 2:00am.

At approximately 2:15am our SAR members, along with a volunteer from another jurisdiction and a Naperville Police Officer, were requested to conduct an “initial search” along the DuPage River. The starting point was in the parking lot of the Knoch Knolls Nature Center. Our team was asked to cross the bridge over the DuPage River and search in a north easterly direction along the river until reaching a nearby subdivision. This was considered a high probability area based on a K-9 track that was completed prior to our arrival.

After determining critical spacing, our team started at the trail just south of the bridge. The DuPage River was our left boundary and we were able to cover a good distance to the right of a trail that followed the river. Our team searched along the river and trail until reaching the homes to the northeast (Ford Lane & Baker Court). Search Command directed our team to pivot and head back to our starting point. As our team was approximately 1/3 of the way back, it was announced that the youth had been located at his home. The search then concluded and searchers were directed back to the staging area.

After a short de-briefing, our team members signed out and we cleared the area at approximately 3:45am. Special thanks to our team members who came out during the middle of the night, in the rain, and on a holiday weekend to search for this young man.

MABAS AND CIVIL AIR PATROL OVERVIEW - NOVEMBER 10, 2018

At 8:00am on Saturday November 15, 2018 four members of the New Lenox Search and Rescue Team met in the parking lot of the New Lenox Village Hall for the purpose of carpooling to the North Aurora Police Department, 200 S. Lincolnway, North Aurora, IL. This was designated as the location for the Kendall County EMA / SAR Multi-Jurisdictional Training for the month of November.

Our team members arrived shortly before 9:00am and found seats inside the Training Room. Kim Gotte, Kendall County EMA, Section Chief – SAR, welcomed everyone in attendance and introduced Kevin Lyne from MABAS. With regard to MABAS – Illinois, everyone learned that they have four Special Ops Teams, which include:

- Urban Search and Rescue – 206 members
- Haz Mat Team – 39 teams
- Technical Rescue Team – 36 teams
- Water Rescue Team – 16 teams

MABAS provides the infrastructure to support the Special Operations Teams.

Training, compliance management, standard operating procedures, standard equipment and interoperability are key to MABAS’ success. MABAS is part of EMAC (Emergency Management Assistance Compact) as well as the national US & R Response System (FEMA).

Following the MABAS presentation, everyone in attendance also learned about the Illinois Civil Air Patrol, which was quite interesting.

As training wrapped up, it was announced that there will be a large-scale SAR exercise, which will be held on November 2, 2019. The training will include participation from Illinois SAR teams, MABAS, ILEAS, Illinois Task Force 1 and others.

Following the training, Dan Martin and Dan Johnson stayed for a meeting with representatives from other participating SAR teams. The purpose of the training was to set the training schedule for 2019. The meeting took a little over an hour and some excellent ideas were generated for next year’s training calendar. Special thanks to our team members for attending this training and meeting in North Aurora.

MARK YOUR CALENDAR

January 12, 2019 / 9am - Kendall County SAR Training Cold Weather Survival TBD

January 17, 2019 / 7pm - New Lenox SAR Annual Meeting Annual Meeting in Community Room

January 22, 2019 / 7pm - New Lenox CERT Annual Meeting in Community Room

February 9, 2019 / 9am - Kendall County SAR Training Autism and Alzheimer’s at Oswego PD

February 12, 2019 / 7pm - New Lenox SAR Training TBD

February 20, 2019 / 7pm - New Lenox CERT Training

March 9, 2019 / 9am - Kendall County SAR Training Day Search

March 13, 2019 / 7pm - New Lenox SAR Training CPR / AED

March 28, 2019 / 7pm - New Lenox CERT Training TBD



New Lenox CERT Activity

New Lenox SAR Activity

SEARCH AND RESCUE TRAINING / NIGHT SEARCH - NOVEMBER 6, 2018

At 6:15pm on November 6, 2018 a Nixle text message went out to New Lenox SAR members providing them with the location for our team’s monthly training. The text message directed team members to report to Pilcher Park and to use the entrance off of Gougar Road. By 6:30pm team members began to arrive on scene and started to gear up for a search involving a 34-year old autistic man that had walked away from his caretaker in the area of Gougar & Francis Roads. The scenario included the subject being last seen heading north into the woods, just east of Gougar Road. The scenario included information that the subject’s caretaker had been searching for the subject for approximately 45 minutes before notifying law enforcement. As such, it was believed that the subject was missing since around 5:15pm.



Team members also received information that “Search Command” had been established on the west side of Gougar Road in Pilcher Park, specifically in the parking lot of the Bird Haven Greenhouse & Conservatory. New Lenox SAR had been assigned “Search Segment #1.” Search Management requested NLSAR to start at Gougar & Francis Roads and search north to the homes. For this search, New Lenox SAR was designated as Team ALPHA, operating on Channel 10. Lastly, a complete physical and clothing description of the missing man was given to team members along with historical information regarding the severity of his autism.

Following the briefing, which included safety information, the team left the staging area shortly after 7:00pm, commencing the search at 7:20pm. A team leader, left flank / flagger and right flank / flagger had been randomly chosen during the briefing. Critical spacing was set for a 5’09 / 175lbs. man and a moderately dense wooded area. The team entered the woods at Gougar & Francis Roads on a heading of 10° using Gougar Road as the western boundary. The team worked its way north through the wooded area, stopping just short of the homes that bordered the woods. The team then reversed direction with a back azimuth of 190°, picking up the right flank’s flags along the way. The team exited the woods near Francis Road and learned the “subject had been located in a nearby subdivision.”

The team returned to the staging area in Pilcher Park for a de-briefing of the scenario. Following the de-briefing, the team talked about recent searches, gear / equipment, and upcoming training. Special thanks to our team members who attended this training along with the Joliet Park District who allowed the use of their property.

CERT TRAINING / DISASTER PSYCHOLOGY - OCTOBER 23, 2018

At 6:15pm on October 23, 2018 six students from Lincoln-Way Central and West High Schools met in the rotunda at the Village Hall for the purpose of assisting with our team’s disaster psychology training. The students were joined by Dan Martin, New Lenox CERT Program Coordinator, along with four CERT team members who would serve as station facilitators / evaluators. In addition, Patty Edgett arrived to set-up the moulage area for our student actors.



The station evaluators walked the students to their respective stations, which consisted of the following locations within the Village Hall:

- Station 1 Conference Room 127 Apartment Complex Fire (1) Actor
- Station 2 Storage Room 137 Explosion During a Concert (2) Actors
- Station 3 Break Room School Bus Crash (1) Actor
- Station 4 Loading Dock Severe Weather Event (2) Actors



The student actors were given the scenarios in advance. Each of the scenarios consisted of an incident that occurred near the Village Hall and they, in their respective roles, were brought back to the Village Hall until they could be reunified with family members. The actors were provided with the scenarios and guidelines, but were allowed to add their own emotions and dialogue into the scenario as it progressed. The actors were told that the challenge for CERT members would be to assist them by being good listeners and using empathy. The actors were provided with a disaster psychology training document that our CERT volunteers would receive at 7:00pm during the refresher. Following the briefing, the actors were taken to the moulage area where they received minor injuries consistent with their scenario.

At 7:00pm Dan Martin welcomed everyone in the Council Chambers and provided a 20-minute refresher on Disaster Psychology. Following the refresher, the 30 team members in attendance were broken into four teams – ALPHA, BRAVO, CHARLIE and DELTA. Everyone was provided with a grid, which had the starting times of each scenario (7:30pm, 7:45pm, 8:00pm and 8:15pm), where the station was located and how each of the teams were expected to rotate.

Each station facilitator / evaluator started the scenario by reading the teams the scenario and quickly answering questions. The teams were given a minute or so to develop a plan and enter the room where the actor(s) were located. The scenes were intense! Depending on the scenario and actor(s), teams were faced with anger, hysteria, numbness, or disassociated behavior. Team members did a good job reacting to each of the actors and helping them accordingly. With this said, there were still many lessons learned from participating in the scenarios.



At approximately 8:30pm everyone, actors included, met in the Council Chambers for a de-briefing. First and foremost, the student actors were thanked for assisting with the disaster psychology training. They truly did an excellent job! The station facilitators / evaluators were provided with an opportunity to comment on how each of the teams did during their respective scenario, which was followed by comments and discussion from our team members. The briefing and training concluded at 8:50pm.

Special thanks to our actors, station facilitators / evaluators, moulage personnel and everyone that participated. This was extremely worthwhile training!

SHELTER FUNDAMENTALS / SHELTER SIMULATION - NOVEMBER 3, 2018

At 8:00am on Saturday November 3, 2018 twenty-seven members of New Lenox CERT arrived at Spencer Point / Spencer Crossing School for an American Red Cross Shelter Fundamentals / Shelter Simulation Class. In addition to our volunteers, there were also a few attendees from the American Red Cross and Will County Emergency Management Agency. Following opening remarks, Jeremiah LaPlante from the American Red Cross provided an overview of the Shelter Fundamentals (classroom) portion of the training. Jeremiah then explained how the Shelter Simulation would work in the afternoon.



Everyone in attendance was provided with handout materials, which corresponded to the PowerPoint presentation. Highlights of the handouts / PowerPoint included:

- Shelter program principles
- Operational structure / diagram for a shelter
- Job descriptions for shelter volunteers
- Shelter checklists and signage (reception, registration, information area, dormitory, feeding)
- Documentation, forms and shelter supplies
- Procedures for opening the shelter
- Shelter set-up (dormitory and feeding area)
- Operation of the shelter – reception, registration, volunteer shifts, documentation, etc...
- Visitors, functional needs, donations, animals (difference between “service” and “therapy”)
- Donations and donations management
- Closing of the shelter – cleaning, inventory, restocking supplies, etc...

At 12:00pm everyone in attendance was treated to lunch, compliments of the New Lenox Safe Communities America Coalition, who co-sponsored the course. The “working lunch” was provided to save time and keep the discussion going from the morning session.

At approximately 1:15pm the class transitioned into the Shelter Simulation portion of the training. Everyone in attendance walked outside where the American Red Cross trailer was parked with its shelter supplies. Everyone was provided with an overview of the contents of the trailer, which was followed by bringing the cots and supplies into the gymnasium. The class was then broken into three groups of roughly 10-12 participants each. One group went to reception / registration, which was located at the main entrance of the school. Another group went to the dormitory, which was located in the gymnasium. The third group went to the feeding area, which was located in the cafeteria.

Once at their assigned locations, each group was divided in half. Half of the participants served as shelter volunteers while the other half role played as shelter clients in various roles (non-English speaking, unaccompanied minor, individual identifying as opposite sex, under the influence of alcohol, someone with an animal, etc...). The scenarios at each of the stations took about 45 minutes each and provided the participants an opportunity to play shelter volunteer as well as shelter client. All participants rotated through all three stations. The exercises concluded at 4:00pm, after which a de-briefing was held in the gymnasium. Lastly, everyone pitched in to clean the cots and walk them back out to the trailer. After cleaning up, training ended just short of 4:30pm.



Special thanks to the American Red Cross for teaching this course to our CERT volunteers and others. Special thanks to New Lenox School District #122 for the use of Spencer Pointe / Spencer Cross to host this valuable training. Thank you to the Will County Emergency Management Agency for taking the registrations and the support they provide to our community by-way-of identifying suitable shelter locations and completing regular inspections. Lastly, thanks to those who attended. Thanks to this training, our team members will be ready to assist the American Red Cross with opening and operating a shelter when the need arises.



Keeping our community safe, healthy, and prepared . . .

SEARCH FOR MISSING AUTISTIC MAN IN MANHATTAN, IL - OCTOBER 30, 2018

At approximately 1:00am on October 30, 2018 the New Lenox Search and Rescue Team was requested to assist in the search for a 34-year old male subject, classified as autistic. The man apparently walked away from his home, which is located in the area of Cedar Road & Smith Road in Manhattan, IL. In addition to being autistic, it was related that the subject's mental capacity was the equivalent of an 8-year old child. Searchers were advised to meet in the Hanover subdivision just off of Cedar Road, between Baker Road and Smith Road.

The first member of the New Lenox Search and Rescue Team was on scene by 1:25am and three additional team members were on scene by 1:55am. As additional personnel were arriving, a Lake County, Indiana helicopter unit searched the area with FLIR (Forward Looking Infrared Radiometer). The area where the subject was believed to be located was contained by law enforcement officers on Cedar Road (eastern boundary), Eastern Ave. (western boundary), Smith Road (southern boundary) and Baker Road (northern boundary). This area consisted of harvested and unharvested corn fields as well as some wooded areas.

At approximately 2:25am it was decided that a tree line relatively close to Smith Road and across Cedar Road from the subject's home should be searched first. Inside the tree line were old barns and structures. A line search commenced with SAR volunteers from New Lenox and the Will County Emergency Management Agency, in addition to law enforcement officers from the Will County Sheriff's Department, Manhattan PD, New Lenox PD, Mokena PD and Frankfort PD.

After about 20 minutes of searching the subject was located in the harvested corn field just north of the tree line. It appeared that as a result of the line search, the subject was "flushed out" into the open field. The subject was in good condition, although he made a statement that he didn't feel well. The subject was transported out of the corn field by personnel from the Manhattan Emergency Management Agency who had been participating in the search in vehicles. It was believed that the subject was going to be transported to Silver Cross Hospital for further examination.

Our team members headed back to the staging area where a short de-briefing was held. NLSAR members left the area at approximately 3:15am. Special thanks to those who participated in what turned out to be a successful search!

LINCOLNWAY SPECIAL RECREATION ASSOCIATION "TRICK OR TROT" 5K - OCTOBER 20, 2018

At 7:15am on Saturday October 20, 2018 thirty members of New Lenox CERT met in the parking lot of the Jewel-Osco, located at Schoolhouse Road & Laraway Road. Members of New Lenox Emergency Services as well as a member of the Heather Glen Homeowner's Association (co-sponsor of the event), joined our team members for the briefing.

Dan Martin, CERT Program Coordinator, advised the group that this was the 3rd Annual "Trick or Trot 5K" sponsored by the LWSRA and Heather Glen Homeowner's Association. Dan explained to those in attendance that our team's responsibility was to keep the runners and walkers the course, although the race organizers did an excellent job with signage as well. Everyone was provided with a map of the course as well as the briefing sheet. The course (and briefing sheet) was color coded; 1st mile **RED**, 2nd mile **BLUE**, and 3rd mile in **GREEN**. Volunteers were also told where the water stations were located, where New Lenox Emergency Services vehicles were located, how to handle medical emergencies and where the post-race de-briefing would be held. Everyone in attendance either had a radio or was issued one to ensure good communications throughout the course. Following a quick group photo, everyone headed out to their assignments well in advance of the 8:00am start time.

The race kicked off at 8:00am sharp with just under 100 participants running and walking through the subdivision. In addition to keeping participants safe, our volunteers did a great job cheering them on as well. Fortunately, there were no issues and the last walkers made it to the finish line at around 9:00am.



Our team members headed back over to the Jewel-Osco parking lot for a de-briefing. Congratulations to the LWSRA and Heather Glen Homeowner's Association for putting on another successful event. Special thanks to all of our wonderful volunteers for coming out on Saturday morning to keep the race participants safe great job!



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

NEW LENOX GRADUATES 39 CITIZENS FROM 20-HOUR BASIC CERT CLASS – OCTOBER 27, 2018

CERT Class #14 started on Wednesday September 12th, and met every Wednesday evening thru October 24th in the Community Room at the Village Hall for approximately 2-2 ½ hours. The Final Exercise and Graduation for this class was held on Saturday October 27th from 7:00am to 12:30pm. Like the 13 previous classes, this class consisted of some very talented individuals that come from all walks of life. It was a pleasure having these folks in class for 7 weeks and we're super excited to have them on board as new team members. With the graduation of our most recent class, our total number of graduates is 425!



As noted above, all the CERT Units were taught on Wednesday evenings thru October 24th. Many thanks to our awesome instructors, some coming as far as Orlando, FL (Randy Halach), to teach classes.

In addition to each of the CERT units, a large-scale disaster simulation was held to test skills that were learned during the course. At 7:00am on October 27th our moulage team, evaluators, and actors arrived at the Village Hall to prepare for the exercise. CERT Class #14 arrived at 8:00am and began preparing for the exercise in the Council Chambers of the Village Hall.

After the exercise was set-up in the New Lenox Commons, 25 "victim" actors were briefed at 8:30am. The actors were provided with the severe weather scenario, the boundaries for the exercise, safety information and requested to act in accordance with their injuries - Minor, Delayed and Immediate. At 8:45am CERT Class #14 was provided with the scenario and safety information as well. Following the briefing, everyone exited the Village Hall, crossed the street, and the exercise commenced at 9:05am.

CERT Class #14 established Incident Command on the south side of the Commons and a treatment area in the grass on the north side of Veterans Parkway & Gear Drive. Search teams were established and called out to the "walking wounded" who were brought to the treatment area or utilized to help more seriously injured victims. The search teams triaged the victims and treated those who were classified as Immediate. Transport teams did an excellent job getting the victims to the treatment area by utilizing several different types of carries. Team Leaders did a good job communicating with Incident Command via portable radios and the Incident Commander and his staff did a good job tracking assignments.

During the exercise an "inject" was given that consisted of a fire behind the performing arts pavilion, which was extinguished by a fire suppression team. Another "inject" was the smell of gas near the concession stand. A team was dispatched to the area and properly shut off the gas main (prop). The exercise concluded at 10:30am with all victims accounted for in the treatment area. Everyone worked together to return items to the CERT trailer, which was followed by a sweep of the Commons to ensure no bandages, dressings or similar materials were left behind. At 10:50am everyone walked over to the New Lenox Police Department for the de-briefing, luncheon, and graduation.

The de-briefing included an opportunity for the Incident Commander, evaluators, victims and participants to discuss various aspects of the disaster simulation. An excellent discussion was had based on the comments and feedback that was provided. At 11:30am everyone had an opportunity to eat lunch and additional conversation went on about the exercise. At 12:00pm New Lenox Emergency Services Assistant Director William Byerley administered the IEMA Act Oath to Class #14, which was followed by comments from New Lenox Mayor Tim Baldermann. The Mayor thanked Class #14 participants, evaluators, the moulage team, victims, and everyone that participated. It was noted that this was the Mayor's 14th consecutive CERT graduation and he was thanked for his continued support of the program. Following the Mayor's comments the graduation ceremony ensued where class members received their certificates, ID cards and backpacks. The graduation concluded at 12:30pm.

Congratulations to CERT Class #14 and special thanks to everyone who contributed to another successful class!

SEARCH FOR MISSING WOMAN / CHICAGO – OCTOBER 18, 2018

On October 17, 2018 our Search and Rescue Team was requested to assist with a missing 26-year old female who was last seen approximately 2 weeks earlier. The mutual aid request was made by the Chicago Police Department, via the Cook County Department of Homeland Security and Emergency Management. All searchers were requested to meet at Beaubien Woods, E 132nd Street & I-94 (near the boat docks). Searchers were requested to be there at 7:30am on October 18, 2018.



Photo courtesy of the Chicago Police Department

Due to the difficulty of sending searchers on a weekday during "working hours," New Lenox was only able to send one searcher. Our NLSAR member arrived at 7:20am, signed in, and waited for an assignment. While waiting, searchers were provided with a (public) flyer from the U.S. Postal Inspection Service. The missing woman, Kierra Coles, was reported missing on Tuesday October 2, 2018 and was a U.S. Postal Service employee. The flyer contained a picture of Kierra along with her physical description.

This particular search included volunteer (trained) searchers, Cook County Forest Preserve Police Officers, U.S. Postal Inspection Service Agents, and others. Shortly after 9:00am a briefing was held, search teams were developed, and teams were assigned area. Once the searches commenced, the terrain was found to be dense and often times contained a fair amount of standing water, which could not be searched. Throughout the day teams completed search segments and returned to staging for new segments. Most teams completed approximately three search segments throughout the day.

The search was concluded at approximately 3:30pm and a short de-briefing followed. Everyone in attendance was thanked by the Cook County Forest Preserve Police, Cook County Department of Homeland Security and Emergency Management, the Chicago Police Department and the U.S. Postal Inspection Service. Following the de-briefing and rush hour traffic, our team member returned to New Lenox just before 5:00pm.

ILLINOIS SEARCH AND RESCUE COUNCIL CONFERENCE - OCTOBER 6-7, 2018

On Friday team members drove out to the Rock Springs Conservation Area for a 3.5 mile hike. Again, this was a nice opportunity for team building as well as an opportunity to get some exercise. Following the hike, our team drove out to Lake Decatur and had lunch at "The Beach House." Our team headed back to the hotel in Forsyth to re-group and get ready for the conference. After an opportunity to shower and change, everyone headed up to Little Galilee Christian Camp where the conference was being held.



Following registration, our team members had dinner and did some networking with SAR team members from around the State.

Saturday started bright and early with a quick breakfast at the hotel, which was followed by a 20-minute drive to the conference. At 8:30am there was an opening ceremony, which included posting of the colors, National Anthem, and Pledge of Allegiance. Following opening remarks at 8:45am, the Annual Membership Meeting and Board of Officer's Elections were held. At 10:15am Dr. Krista Latham did a presentation on Forensic Anthropology. After a short break, Michele Devlin and her colleagues presented "Searching in Crops," which was quite interesting and concluded at about 12:30pm.

Following a break for lunch, everyone went off to their break-out sessions. This year's conference featured presentations on GIS for SAR, Communications, Forensic Anthropology, Grant Writing, Low Angle Rescue, Alzheimer's, Navigation, Stop the Bleed and a track for K-9 Officers. The presentations were held throughout the afternoon and concluded around 6:00pm. Following the presentations everyone headed over to the dining hall for the Saturday evening banquet.

Sunday started off similar to Saturday with breakfast at the hotel. By 8:30am everyone was at the camp where breakout sessions were held on Technology in Search and Rescue Management, Autism, Evidence / Crime Scene Preservation, and SAR Equipment. Breakout sessions ended at 11:45am and lunch was served at 12:00pm. Kudos to this year's chef for a great variety and excellent food. Following lunch Mary Wrobel did a keynote session on Autism, which was followed by closing remarks by Kim Gotte, Chair of the Search and Rescue Council. The conference concluded at about 2:00pm at which time our team members carpooled home.



A well-deserved thank you goes to New Lenox SAR member Dan Johnson who served as the ISARC Conference Chair. Dan and his team put together an excellent conference, which was really enjoyed by our team members. Dan ended his tenure as an ISARC Board Member with this conference and did an excellent job – thank you Dan!

Lastly, special thanks to our ELEVEN team members who attended this conference. Our team members made sacrifices (time as well as financial) to attend this conference. It doesn't go unnoticed and is greatly appreciated. You all ROCK!

CASA RUNNING 4 KIDS 5K / 10K / 8-MILER - SEPTEMBER 30, 2018

At 8:00am on Sunday September 30, 2018 twenty-five members of New Lenox CERT met in the rear parking lot of Martino Jr. High School for a briefing related to the CASA Running 4 Kids 5K / 10K / 8-Miler. Joining us for the briefing were approximately 12 members of Will County ARES (amateur radio operators) as well as members of New Lenox, Mokena and Lemont ESDAs. Dan Martin, CERT Program Coordinator, provided everyone with background on the CASA organization as well as the 2-year history of the event.



Those in attendance learned that bib colors (5K – white, 10K – blue, and 8-miler – red) were added this year. In addition, a two-minute stagger time was added for the start of each race. As such, the 8-miler was scheduled to start at 9:00am, the 10K was scheduled to start at 9:02am and the 5K was scheduled to start at 9:04am. Dan also went over the courses for each of the races, the five water stations and the (CERT) traffic control points. Included in the briefing were the assignments, including specific instructions for each water station and traffic control point. The briefing ended at 8:15am and after a quick photo, everyone headed out to their respective assignments.

As planned, the race kicked off at 9:00am with the 8-miler runners hitting the course. Our volunteers were in place at their assigned locations and the ARES folks did a great job with communications. Amateur radio operators did a good job letting everyone know where the runners were on the course(s). All the stations had plenty of water and supplies. In addition to keeping the runners safe and hydrated, our volunteers did an excellent job cheering them on too!



By 10:30am the vast majority of the runners passed the traffic control points and water stations, which were cleaned up before the volunteers left. A number of volunteers met back at Martino Jr. High School for the post-race festivities. Others communicated via text that they're assignment was completed and they were heading home. Special thanks to ALL of the volunteers who helped make this a safe and wonderful event!



Keeping our community safe, healthy, and prepared . . .

Additional Information

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

CERT Class #14 graduated on Saturday, October 27, 2018. Thirty-nine citizens graduated from this class and are now eager to start training with our team. The next class (#15) will likely be held in the Fall of 2019 (TBD). Contact Daniel Martin, Safe Community Coordinator, Village of New Lenox, at (815) 462-6493 or via email at dmartin@newlenox.net to register for the class.

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

To learn more about the CERT program and the 20-Hour Basic Class, visit <http://www.citizencorps.gov/cert/>



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SPOTLIGHT MEMBER – LAURA JOHNSTON

Hello! First, I would like to say that I hope you find this article interesting. If not, I hope you enjoy your nap!

I joined CERT about 7 years ago, graduating from Class #5. I've enjoyed the training and activities that I've participated in. What motivated me at first to join were selfish reasons. I have always felt like an outsider, wanting to belong to an organization where I get to meet interesting people and assist others. I'm also a volunteer with the Will County Health Department's MRC (Medical Reserve Corps).



Let me explain what's been my biggest obstacle in life. Back in October 2003 I was diagnosed with MS (Multiple Sclerosis). At that time, I was starting to have vision problems in my left eye, headaches that would make migraines seem like nothing, and numbness in my legs, which made it difficult to walk. My doctor acted quickly and got me in to see a wonderful neurologist whom I will always be grateful to. Fifteen years later I have not had any relapses. I know my limitations, sometimes I push myself because it's not going to get me down. So when we have training or working events during the hot months, I slow down and try to keep hydrated and cool because heat aggravates the symptoms.

All right, now that that's off my chest, let me tell you about the good things going on. I have two children; my daughter lives downstate in Maryville (20 minutes from St. Louis on the Illinois side) with her husband and 2 children (Dominic who is 12 and Alexis who is 8). I travel down there a few times a year. I also have a son who is trying his best.

I pride myself on going to college and getting my Associates in "Medical Assisting." With the desire to learn more, I attended classes and received my EMT-B license as well. In addition, still having a thirst for knowledge, I went to Joliet Junior College and studied EKG Technician.

Where did I end up?? Working in retail. Not the glamorous job, but that's ok because I'm having fun! It's a good company, plus I get to travel.

Hobbies include gardening and travel (preferably by car so if there's a quaint town or an attraction that interests me I just pull off the highway and investigate). I also love going to antique stores. In the summer time I absolutely love going to the Demolition Derby at the "Dirty O" in Joliet. There's just something about crunching metal and car parts flying everywhere that I like. Also, I'm fascinated by the paranormal, love being by water, and enjoy crafting projects.

So being a member of CERT is not for selfish reasons anymore. I am surrounded by awesome people, gaining strength and knowledge from the diversity of the classes, and know that New Lenox and surrounding communities can benefit from what our team members can do. In closing CERT, with all the extra classes / trainings offered, has taught me to be more aware of my surroundings. So, whether traveling or working, I now have the ability to assist in many circumstances when the need arises.

Resolve to Be Ready 2018

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