

COMMUNITY EMERGENCY RESPONSE TEAM, MEDICAL RESERVE CORPS *and* SEARCH & RESCUE TEAM

TRINITY TRIUMPH 5K – JUNE 28, 2014

On Saturday June 28, 2014 at 8:00am, twenty-six New Lenox CERT / MRC volunteers arrived at the New Lenox Police Department for a briefing related to the Trinity Triumph 5K Run/ Walk. Everyone was on time and excited about the opportunity to assist Trinity Services with their race – a first for our team! During the briefing a number of important areas were discussed which included: The weather for the event; locations for Illinois Radio League personnel; locations for New Lenox ESDA personnel; location for New Lenox Fire Protection District ambulance; location of water/first aid station, location of race marshal positions; protocol for medical emergencies; clean-up of water/first aid station; and the location for the debriefing upon conclusion of the event. The briefing ended at approximately 8:20am at which time volunteers headed out to their assignments.



Everyone was in place by 8:30am, including those staffing the water station which was located on Wildwood Drive, two houses east of Illinois Highway. The race started promptly at 9:00am in the New Lenox Commons and before no time runners were crossing Haven Avenue into the subdivisions. Those assigned to the "S" curve at Mustang & Gear did an outstanding job with traffic as did all our race marshals. Runners and walkers alike, appreciated the cold water at the water/first aid station as well as cheers and words of encouragement from all our volunteers along the course. Everyone made it through the course safely at which time volunteers returned to the New Lenox Police Department at approximately 10:00am for a debriefing. Special thanks to all the volunteers who did an outstanding job!



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H2O AWARENESS – JUNE 21, 2014

On June 21, 2014, five members of the New Lenox Search and Rescue team attended the Will County SAR monthly training, "H2O Awareness." Will County SAR, and Wilmington ESDA were the primary organizers of the event that began at 9:00am at South Island Park in Wilmington, IL. Wilmington ESDA provided a motorized rescue raft, and crew to ferry the "victims" upstream so that they could float down the river to be rescued by the SAR team members using "throw bags." All members had several opportunities to "rescue" the "victims" as they floated by. As always, rescuer safety was emphasized, with all participants near the water required to wear personal floatation devices. The water was quite swift, and occasionally, it took multiple attempts



to get the rescue rope within the victim's reach. All victims were eventually rescued. The training concluded at approximately 10:15am, followed by a short debriefing and question/answer.

Our Core Principles:

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

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Village of New Lenox



SHELTER EXERCISE (WITH PETS) – JUNE 18, 2014

On Wednesday June 18, 2014 from 6:30pm to 8:30pm the New Lenox CERT / MRC held its monthly training. This particular training was held at the relatively new, New Lenox Public Works Facility, located at 2401 Ellis Road. In addition to volunteers from New Lenox CERT / MRC, New Lenox ESDA volunteers and New Lenox Police Cadets also participated. Daniel Martin, Public Safety Division Chief with the New Lenox Police Department, provided the welcome and opening remarks. The floor was then turned over to Dan Johnson, Chair of the Shelter Management Committee, who provided an overview of shelter operations and a timeline for the shelter exercise. Dan then introduced Shelley Halach, Chair of the Pet Preparedness Committee, who worked closely with members of the Stone City Kennel Club to prepare for this exercise. Shelley provided



an outline of the exercise with emphasis on the registration process for animals (dogs). Following Shelley's remarks, everyone in attendance was divided into two groups. The purpose of the two groups was to allow one group to role play while the other served as shelter staff.

At approximately 6:50pm everyone walked over to the facility's garage where two volunteers from the American Red Cross (ARC) had parked the ARC Disaster Relief Trailer. At this time everyone formed a line to receive cots, blankets and individual bags containing toiletries. Within 15 minutes, 50 cots were set up (5 rows of 10), which included areas for families, single men and single women. Two blankets were placed on each of the cots along with the bag of toiletries. After the dormitory was set-up, one group went outside to act as shelter clients while the other group prepared to receive clients. The shelter operations group designated volunteers to complete registration forms, escort clients to the dormitory, serve as "security," and others to assist those with medical needs.

As the clients came into the shelter, they were screened by shelter operations staff who directed them accordingly. The clients were given roles to play (a.k.a. "injects") which included a police officer looking for a wanted person, an intoxicated person, people requesting kosher food, someone carrying a large "knife," someone taking photographs, a person from the media, and many other roles. The 1st scenario to approximately 30 minutes and the groups switched. As the two groups role played at the entrance and hallway of the facility, clients with pets (dogs) were directed to the opposite end of the facility. At this location they completed the standard registration form for the shelter as well as a pet registration form. As part of the registration process, pictures were taken of the animals with their owners. In addition, licensed veterinarians and veterinary clinicians examined the dogs before they were placed in their cages.

The exercise concluded at approximately 7:45pm at which time everyone helped out by returning the cots, blankets and toiletries to the ARC trailer. Everyone then returned to the break room for a debriefing which lasted approximately 30 minutes and yielded some excellent comments and suggestions. The debriefing ended at 8:40pm at which time everyone was thanked for their participation and dismissed for the evening. Special thanks to the American Red Cross and the Stone City Kennel Club for their participating in this exercise.



MARK YOUR CALENDAR

- Tuesday July 8, 2014 / 7:00pm – New Lenox SAR Monthly Training, Location TBD
- Wednesday July 9, 2014 / 7:00pm – Question, Persuade and Refer (QPR) Training in the Community Room at the Village Hall
- Friday July 11, 2014 / 4:30pm – Pat Benetar Concert, briefing at the New Lenox Police Department
- Saturday July 12, 2014 / 9:00am – SAR Training with Kendall County, Location TBD
- Thursday July 17, 2014 / 7:00pm – CERT / MRC Semi-Annual Meeting in the Community Room at the Village Hall
- Saturday July 19, 2014 / 9:00am – SAR Training with WCEMA, Location TBD
- Saturday July 26, 2014 / 9:00am – CERT / MRC Informational table at French Market in the parking lot of the Village Hall
- Saturday August 2, 2014 / 4:30pm – Peter Frampton Concert, briefing at the New Lenox Police Department
- Saturday August 9, 2014 / 9:00am - SAR Training with Kendall County, Location TBD
- Thursday August 14, 2014 / 7:00pm - New Lenox SAR Monthly Training, Location TBD
- Saturday August 16, 2014 / 9:00am - SAR Training with WCEMA, Location TBD
- Saturday August 23, 2014 / 9:00am – CERT / MRC Monthly Training, Location TBD
- Saturday August 23, 2014 / 6:00pm – Running with Faith 5K & 10K, briefing at the New Lenox Police Department
- Saturday August 30, 2014 / 4:30pm - .38 Special Concert, briefing at the New Lenox Police Department
- Wednesday September 3, 2014 / 7:00pm - New Lenox SAR Monthly Training, Location TBD
- Thursday September 11, 2014 / 6:30pm – CERT Class #9 in the Training Room at the New Lenox Police Department
- Tuesday September 16, 2014 / 7:00pm – CERT / MRC Monthly Training in the Community Room at the New Lenox Village Hall
- Saturday September 20, 2014 / 9:00am - SAR Training with WCEMA, Location TBD



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

EVIDENCE PRESERVATION FOR SEARCH AND RESCUE – JUNE 14, 2014

On Saturday June 14, 2014 at 9:00am four members of the New Lenox SAR Team met at the Kendall County Sheriff's Office in Yorkville, IL. Sgt. Justin Kness from the Sycamore Police Department and Kim Gotte from the Kendall County Emergency Management Agency conducted "Evidence Preservation for Search and Rescue" training. There were about 15 SAR members in attendance from Kendall County, McHenry County and New Lenox. Training began with a classroom presentation by Sgt. Kness that covered three main topics; what to ask prior to the search, how to secure a crime scene and how to preserve and document evidence. Sgt. Kness' classroom presentation lasted just over an hour and those in attendance were provided with handouts to go along with the lecture.



After a short break the training moved outside to a nearby tree farm, which was overgrown and had not been used in years. Attendees were directed to perform an evidence search with one line, 15 people wide, with instructions to search for three items that Kim had hid over a week ago. Searchers were told they were searching for a 7-year old girl who was missing for about 48 hours. Once an item was located, searchers were called together at which time Sgt. Knees reiterated the classroom concepts regarding evidence preservation. During the first sweep, searchers missed three bones on the ground. The trees and bushes were heavy so it was difficult to maneuver in a straight line. In addition, the end of the search line started to bunch in so the bones were missed. As the search continued, one of the searchers found something and the team gathered around it. It was



a shallow grave where a dummy was buried over a week ago by Kim and her team. "Dried blood" was on the leaves and branches were broken around the grave. This would have been very hard to spot but the searcher who found it sunk into the loose soil as he stepped. The team continued the search and located a "bloody" glove and a gun (unloaded of course). Each time the team found items Sgt. Knees would explain a few things like setting a perimeter, how to handle evidence or take pictures if directed by Incident Command, as well as how the environment affects a crime scene.

The training ended at approximately 1:00pm at which time our team members returned to New Lenox.

CHASING THE SUN 5K – JUNE 5, 2014

On Thursday June 5, 2014 at 6:00pm, twenty members of the New Lenox CERT / MRC met at the New Lenox Police Department for a briefing. The purpose of the briefing was to prepare for the Chasing the Sun 5K Race, sponsored by the New Lenox Chamber of Commerce and the New Lenox Community Park District. Volunteers were provided with an overview of the race and how it's evolved over the past several years from an 8K race on a Saturday morning to a 5K race on a Thursday evening. In addition, volunteers were given a map of the course and were told where the water / first aid station would be situated as well as the race marshal positions. Jerry Watts from the Illinois Radio League (IRL) joined the briefing and shared information as to where the IRL amateur radio operators would be located. Jeff Butler from New Lenox ESDA also stopped by to let the CERT / MRC volunteers know which intersections New Lenox ESDA would be handling. In addition, the group learned that personnel from the New Lenox Fire Protection District would be staged at Wildwood Park, about 1/2 through the course.



Following the briefing (approximately 6:20pm), everyone left to travel to their respective assignments. Volunteers at the water / first aid station filled dozens of cups with water, in preparation for approximately 200 runners / walkers. Those assigned to race marshal positions checked their respective corners and met with IRL personnel whom they were teamed-up with. The race kicked-off at 7:00pm and runners were quickly passing the race marshal positions along the course. All runners and walkers made their way safely through the course and back to the New Lenox Commons where the race started / finished. New Lenox CERT / MRC volunteers met on the north side of the Village Hall following the race for a short de-briefing. Everyone was dismissed at approximately 8:15pm. Special thanks to all the volunteers who did an outstanding job!



NEW LENOX SAR PHYSICAL FITNESS TEST – JUNE 2, 2014

On Monday June 2, 2014 at 7:00pm New Lenox SAR members met at the Forest Preserve District of Will County, Sugar Grove Administration Center, 17540 W. Laraway Road Joliet, IL for the New Lenox SAR physical fitness test. The purpose of this particular training event was to allow New Lenox SAR members who missed the May 17th physical fitness test hosted by the Will County Emergency Management Agency (WCEMA) SAR Team, to make-up the test. In addition, a number of WCEMA SAR members needed to make-up the test so they participated in ours.



Prior to the test, EMT Randy Halach took each participant's vitals, which consisted of resting heart rate and blood pressure. Following the vitals check, a "gear check" was conducted. This included each participant demonstrating that they were carrying all the necessary equipment (compass, whistle, personal first aid kit, flashlight, extra batteries, etc...) in their packs. Participants were also checked to ensure they were wearing long pants and hiking boots for the physical fitness test.

Teams were sent out in two groups, one group completing the 3-mile walk and the other completing the 2-mile walk. The maximum time limit for the 3-mile walk is 50 minutes while the 2-mile walk is 35 minutes. Both courses started on the south side of Laraway Road at the sign for the Wauponse Glacial Trail. Markers were placed at the ½ mile, 1 mile and 1 ½ mile points prior to the test. The test was proctored by members of New Lenox and WCEMA SAR who had already completed the test on May 17th.

Everyone did an outstanding job on both the 3-mile and 2-mile courses. In fact, everyone passed! Following the test a post-test vitals check was performed. In addition, a member of WCEMA's SAR Team provided a brief overview on two radios commonly used by WCEMA SAR during searches. The demonstration also included a question and answer session. Training concluded at approximately 8:15pm. Special thanks to the New Lenox SAR members that helped out with the test and congratulations to those that passed!

NLSD #122 PTO 5K RUN / WALK – MAY 31, 2014

On Saturday May 31, 2014 at 6:45am New Lenox CERT / MRC members met in the parking lot at Nelson Ridge / Nelson Prairie School. Volunteers set up the MRC tent, cots, and table which would serve as a first aid station near the finish line of the NLSD #122 PTO 5K Run / Walk. Following set-up of the tent and its amenities, members of New Lenox ESDA and the Illinois Radio League joined CERT / MRC members for a briefing at 7:00am.



Daniel Martin, Public Safety Division Chief, New Lenox Police Department and CERT / MRC / SAR Program Coordinator, provided everyone with an overview of the event. Martin distributed 11" X 17" photo copies of the course, compliments of John Opoka who was kind enough to print them. Everyone also received a "Community Event Log," which provided details regarding the run / walk, including everyone's assignments. At approximately 7:20 the briefing ended at which time everyone started heading to their respective assignments along the course.

The race kicked-off at 8:00am as runners / walkers traveled north on Nelson Road and then west into the Palmer Ranch subdivision. Participants were assisted by our race marshals who not only ensured that participants were on course, but also provided encouraging words and cheers as they passed by. In addition, our volunteers at the water station located at Yamma Ridge & Echo Drive did a great job providing water to the runners / walkers as they passed by. They too clapped and cheered for the participants as they came through the station.

The first runner finished the course in a little more than 16 minutes while some of the walkers came in closer to the one hour range. Nonetheless, everyone had a great time and our volunteers did an outstanding job! Following a short de-briefing, everyone was dismissed at approximately 9:15am. Thanks again to everyone that helped out with this event!



MONTHLY TRAINING / SHELTER OPERATIONS AND PET PREPAREDNESS – MAY 13, 2014

On Tuesday May 13, 2014 at 7:00pm approximately 40 members of the New Lenox CERT / MRC and SAR Team met in the Community Room at the New Lenox Village Hall for monthly training. The training topic(s) for this event included a Shelter Operations review by Dan Johnson as well as a Pet Preparedness and Pet Sheltering overview by Shelley Halach. The purpose of the training, in part, was to prepare the team for a shelter exercise with the American Red Cross scheduled for June 18th.



During the presentation(s), team members learned about why individuals and families need to be sheltered (tornadoes, floods, blizzards, fires, etc...). Several examples of events that New Lenox CERT / MRC volunteers have participated in were used as examples. During these events, our volunteers typically assist with registration, coordination of shelter logistics, and the distribution of supplies (pillows, blankets, personal hygiene kits, food, water, medical supplies, toys, etc...) to shelter clients. Those in attendance were "walked through" the process of opening the shelter which includes a pre-occupancy inspection, registration, and the establishment of designated areas for health services, mental health, meals, child play, staff breaks, media and pets.

In addition to the shelter operations review, attendees learned about the importance of preparing pets for disasters. Examples were given where people have lost their lives because they refused to leave their homes because they were not prepared to take their pets with them. The need to have a 72-kit in place for pets was stressed. Items to be included in a pet preparedness kit include, but are not limited to: Food, water, medicines, medical records, first aid kit, collar with ID tags, harness or leash, crate or pet carrier, sanitation items, a picture of owner(s) with the pet, and familiar items such as toys, treats and bedding. Along with the establishment of a pet preparedness kit, pet owners should have plans to get away during emergencies. Plans should include knowing where emergency shelters are located as well as which motels are "pet friendly." Along with the pet preparedness information, attendees learned about the logistics related to sheltering pets. Much like with the sheltering of humans, a pet shelter needs a registration area which should include the ability to take photos of pets and their owners. The pet shelter area must be lined with plastic for sanitation purposes and cages must be assembled for dogs, cats and perhaps other animals that may need sheltering.

Many thanks go out to Dan Johnson and Shelley Halach who both did an excellent job with their presentations!

SAR TACTICAL ROPES TRAINING (TRT) – MAY 5, 2014

On Monday May 5, 2014 Tricia Pakosz, Joe Frigo and Dave Klingensmith attended a 2-hour Tactical Ropes Training (TRT) at the Will County Emergency Management Agency facility on Laraway Road. Those in attendance were divided into two teams and were given a scenario involving an unresponsive repeller hanging 50 feet off a 100-foot drop. Each team was given a bag of equipment and directed to bring the victim back up to ground level. A "Z-rig" was used to send a rescuer down to the victim.



The victim was then hooked to the rescuer's gear while the rest of the team pulled them back up. Two additional scenarios were conducted; one with a rope bag as the "victim" and the other with a live person as the victim. Volunteers learned that the "Z-rig" makes hauling people up a lot easier than other manual techniques. In addition to practicing with the "Z-rig," volunteers were also shown how to use a "Slik" stretcher.

36TH ANNUAL LOYALTY DAY PARADE – MAY 4, 2014

On Sunday May 4, 2014 approximately 45 members of the New Lenox CERT / MRC / SAR arrived at the New Lenox Village Hall at 12:00pm for the purpose of decorating the float for the William A. Athans, 18th District VFW Posts' 36th Annual Loyalty Day Parade. Everyone swarmed the flatbed trailer and quickly turned it into a parade float by adding our team's banners, crepe paper streamers, and balloons. Others worked on preparing the candy for the parade, placing it in bags for team members to carry along the parade route. Ready.gov literature, as well as New Lenox CERT literature, was also prepared for distribution along the parade route. Following a group photo in the parking lot, everyone boarded the float which was pulled by Gary Cook's pick-up truck to Cedar Road & 2nd Street, the assigned staging area for our group.



After a short wait at the staging area and a few light showers, the parade kicked off at 2:00pm. Volunteers walked the parade route, throwing candy to kids and distributing preparedness literature to adult parade attendees. Other volunteers rode on the float and assisted with the replenishment of candy and literature to walkers. Shelley Halach and several other team members walked with their dogs while handing out dog bones and pet preparedness literature. Our float and volunteers reached the end of the parade route (New Lenox Public Library) at 2:40pm at which time everyone returned to the Village Hall parking lot. Special thanks to Gary Cook for securing the use of a trailer and pulling it with his truck during the parade. Thanks to everyone that participated, especially those that were kind enough to donate candy and decorations for the float – it was a great time!

SEARCH AND RESCUE TEAM TRAINING - NAVIGATION AND COMPASS BASICS – MAY 1, 2014

On Thursday May 1, 2014 twelve members of the New Lenox Search and Rescue (SAR) Team met at Haines Park for monthly (New Lenox) SAR training. This particular training was led by Gary Cook and Joe Frigo who provided the team with a ground navigation refresher, which included several practical exercises.



Prior to team members arriving, Joe Frigo measured a distance of 100 yards and 100 meters for the purpose of having team members calculate their pace counts. Team members began the exercise and counted every time their left foot touched the ground. By counting in this manner, it kept the number lower rather than counting every time both feet touched the ground. After completing the 100 yard and 100 meter course, team members wrote down their "magic numbers" for future reference. Both Joe and Gary explained that nightfall, weather, walking uphill, walking downhill, carrying a pack, terrain as well as mental and physical exhaustion can affect individual pace counts.

After everyone established their pace count, team members were taught a simple compass and pace count exercise to practice ground navigation. Team members were directed to find a starting point in the park and were provided with three points to locate (compass degrees /distance in feet). Everyone was directed to mark their starting point and each way-point, which again was determined by compass heading and distance. Following the exercise, everyone ended up back at their starting point as the exercise was designed as a triangle.

Following the compass and pace count exercise, team members were taught a simple way to create a sun compass with shadow sticks. A simple stick (approximately 3-feet) was driven vertically into the ground to create a shadow while shorter sticks (approximately 6 inches) were used to mark the sun's movement. A west point was created by the placement of the first marker at the end of the shadow from the 3-foot stick. After a period of time and placement of several similar markers at the end of the shadows created by the 3-foot stick, an east point was established. A 3 ½ foot stick was then placed on the ground in line with the markers. The 3 ½ foot stick aligned with the markers representing east to west, from which north and south could be determined as well. It was stressed that although this is one "survival" method to navigate, everyone should carry at least one (preferably two) compasses.

The last exercise consisted of the establishment of two "teams" that were given the assignment of finding markers that had been "hidden" by Gary Cook at various locations throughout the park. Each team member was provided the opportunity to take the lead to find the markers while his / her compass and pace work was double checked by teammates. The exercise served as excellent practice for team members, all of which did a great job. Special thanks for Joe Frigo and Gary Cook who did an outstanding job leading the navigation and compass refresher!

SAR TRAINING / CRITICAL INCIDENT STRESS MANAGEMENT – APRIL 19, 2014

On Saturday April 19, 2014 at 9:00am eight members of the New Lenox SAR Team attended training at the Plainfield Police Department. The monthly Will County Emergency Management Agency (WCEMA) SAR training included participation from approximately 35 SAR members from various Will County teams. Critical Incident Stress Management was the training topic, instructed by a member of the Naperville SAR Team who is also a psychologist. The training included, but was not limited, to the following:



- Recognizing Symptoms of Post-Traumatic Stress Disorder (PTSD)
- Psychological First Aid
- Statistical Data (# of Americans exposed to traumatic events)
- Key Factors
- Survival and Emotional Instincts
- Stress Reactions (feelings, cognitive effects, physical effects, behaviors, spiritual)
- Critical Incident Stress Management (debriefing, defusing, critical incident stress debriefing)
- Additional Suggestions (be tolerant, respect boundaries, respect privacy, offer assistance and take care of yourself)

Following the presentation, a question and answer session generated some excellent discussion. Training ended at approximately 11:00am at which time our team members returned to New Lenox.

PET PREPAREDNESS COMMITTEE MEETING – APRIL 14, 2014

On Monday April 14, 2014 Shelley Hallach, Chair of the Pet Preparedness Committee, held a committee meeting at 7:00pm in the Training Room at the New Lenox Police Department. Six members of the committee were in attendance and the following topics were discussed:



- May 4th Loyalty Day Parade – Shelley is encouraging members to bring their “friendly” dogs to walk in the parade. Shelley reminded those in attendance that costumes with CERT green are encouraged! In addition, Shelley advised that she will be preparing small baggies with dog treats with a CERT informational card attached. The dog treats can be passed out to dog owners along the parade route.
- 2014 French Market – Shelley requested assistance staffing the Pet Preparedness table during this year’s Village of New Lenox French Market. It’s likely that New Lenox CERT / MRC will have several dates between May and October so as soon as those dates become available Shelley will let everyone know.
- An equestrian club called “Horse Promoters” has requested Shelley to conduct a pet preparedness presentation sometime in June. Shelley advised that she will let everyone know the exact date and location when it becomes available.
- Shelley advised that the Lincoln-Way Animal Hospital will be holding their annual open house sometime in August, although the exact date has not yet been determined. Shelley advised that the event typically runs from approximately 10:30am to 2:00pm and she would appreciate some assistance at the event.
- According to a representative from Stone City Kennel Club in New Lenox, the American Kennel Club (AKC) is looking to partner with a local kennel club and a local emergency response team. The partnership would be for the purpose of funding a DART (Disaster Animal Response Team) trailer which would have the capability of caring for 65 animals for up to 72 hours. Shelley advised that this would provide a great opportunity for our team and will provide additional details as they become available.
- May 13th Monthly Training – Shelley advised that May 13th will be the team’s monthly training. It will include a 45-minute refresher on shelter management and a 45-minute presentation on pet sheltering / pet preparedness. Shelley also showed the group her Powerpoint presentation which will be given during the May 13th training. The purpose of the training, in part, is to get everyone ready for the May 17th Shelter Exercise.
- May 17th Shelter Exercise – Shelley advised that planning for the May 17th shelter exercise is still underway. The exercise will involve the sheltering of people and animals, a first of its kind in this area. Shelley advised that she is communicating with a representative from the American Red Cross regarding the procurement of kennels, plastic / tarps and intake forms that will be utilized during the exercise. Stone City Kennel Club will have 10-12 dogs available for the exercise.

Following discussion of the above items, the meeting adjourned at approximately 8:30pm.

WHY YOU SHOULD KNOW YOUR NUMBERS

Patricia Edgett, RN, BSN, MEd, PEL-CSN

Health care changes have dominated the news lately. The recently instituted Affordable Care Act requires that all Americans have health care insurance. Most insurance plans cover and, in fact, encourage seeing your health care provider and having basic blood chemistry testing at least once a year. Early identification and treatment of potential health risks only makes sense. But that’s not possible if you don’t “KNOW YOUR NUMBERS.”

Like the proverbial ostrich, some of us would rather just stick our heads in the sand than hear the bad news; that we weigh too much or our blood pressure or cholesterol levels are too high. We may not feel unhealthy or sick, so why do we need to know? The truth is that the potential for developing a serious health condition may already be percolating. Early detection means we can take action now that will avert the development of a serious health problem later down the road.

METABOLIC SYNDROME IS DIAGNOSED WHEN A MINIMUM OF THREE OF THE FOLLOWING CRITERIA ARE MET:

Waist circumference: Greater than 40 inches for men and greater than 35 inches for women
HDL cholesterol: Less than 40mg/dl in men and less than 50mg/dl in women

Fasting Blood Sugar: Greater than 100mg/dl
Blood Pressure: 130/85 or greater
Triglycerides: Greater than 150mg/dl

(CDC: National Health Statistics Report, Number 13, May 5, 2009)



A person with Metabolic Syndrome may have no symptoms for several years before developing diabetes or heart disease. Early detection enables us to change the scary outcome. How? It’s the same answer that we have heard over and over again, and the reason many of us don’t want to know what our numbers are; eat more fruit, vegetables, lean protein, whole grains and eat less calories, sugar, fat. Do more moving and less sitting.

Make small gradual changes. Attempting to change everything at once will most likely lead to frustration and failure. Try starting by changing one thing, maybe switching to skim milk, having a salad for lunch just one day a week, or parking a little farther away so you get some walking in. Once you master one or two changes, keep on adding healthy changes one at a time. If our numbers add up to Metabolic Syndrome, we may be headed for a heart attack, stroke, or diabetes. It may be possible to delay, reverse, or eliminate the risks if we start making the necessary changes now and we... KNOW OUR NUMBERS!

2nd ANNUAL WILL COUNTY CERT SYMPOSIUM – APRIL 12, 2014

On Saturday April 12, 2014, sixteen members of the New Lenox CERT participated in the 2nd Annual Will County CERT Symposium. Many of our team members met in the parking lot of the New Lenox Village Hall at 7:00am and made car pool arrangements for the drive to the Plainfield Fire Protection District Training Center, 23748 W. 135th Street, Plainfield, IL. Team members began arriving at the facility as early as 7:30am, while the formal check-in began at 8:00am. Following check-in, attendees enjoyed some breakfast items and refreshments while mingling with CERT volunteers from 15 jurisdictions. At 8:30am, opening remarks were given by Brenda Lutz, Deputy Director – Preparedness, Will County Emergency Management Agency. Following the opening ceremony, which included the Pledge of Allegiance, 20-minute “refresher” presentations were given on the following topics:

- Triage
- Treatment
- Transport
- Interior Search
- Exterior / Ground Search
- Documentation
- CERT Organization



Following the presentations, attendees were divided into groups which included triage, treatment, transport, search & rescue, scribes and leadership. Attendees were then provided an opportunity to sit together during lunch for the purpose of developing a plan for the afternoon exercise, which had not yet been disclosed. While CERT members were eating lunch, 20 volunteers (“victims”) were moulaged and briefed on the scenario as well as their respective roles. The “victims” were then led outside and placed in various locations around the facility to await the start of the exercise. CERT members were then provided with the scenario and given a safety briefing by Jim Lutz, Director of the Grundy County Emergency Management Agency.

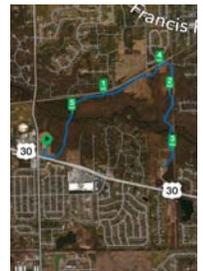
As the exercise started, Incident Command was established and search & rescue teams were sent into the field. Victims were then located and triaged by the search & rescue teams. Transport teams were then called to transport the victims to the triage area (red/immediate, yellow/delayed, green/minor and black/dead) which had been established shortly after the start of the exercise. In an effort to simulate the lack of communication that would likely occur if teams from 15 jurisdictions were called to a disaster, no radios were issued. As such, “runners” were needed to provide and receive information from Incident Command. In approximately one hour all victims had been located, triaged, transported and treated by the symposium participants.

Following the exercise, everyone returned to the facility’s training room for a “hot wash” of the exercise. Evaluators for each of the respective disciplines provided comments, which was followed by team leader comments. In addition, a short session was held for anyone that wished to ask a question or provide feedback. As the day wrapped-up, designees for each of the teams received certificates for participating team members as well as a sling / chair, designed to transport victims in a seated position. The symposium wrapped-up at approximately 4:00pm following thanks and appreciation from planning team members!

NEW LENOX SAR 6-MILE HIKE – APRIL 5, 2014



On Saturday April 5, 2014 at 9:15am six members of the New Lenox SAR met at the Hickory Creek Preserve – Barrens Access, for a hike. New Lenox SAR member Randy Halach planned the hike earlier in the week and extended an invitation to those who were able to join him – kudos Randy! Randy suggested that everyone bring the gear that they would normally carry on a search. The hikers set off on the 6-mile hike at 9:35am and finished at 12:00pm. Randy advised that the hike provided a great opportunity to get some exercise in preparation for the annual physical agility test and to test personal gear.



NEW LENOX SAR MONTHLY TRAINING – APRIL 1, 2014

On Tuesday April 1, 2014 at 7:00pm twelve members of the New Lenox SAR Team met in the Community Room at the New Lenox Village Hall for the team’s first (New Lenox) monthly training event. The team has been training with the Will County Emergency Management Agency SAR Team, and will continue to do so, but it was decided that our team will host its own monthly training as well. Gary Cook facilitated the training, which started with a month-by-month synopsis of training that’s being planned for 2014. In addition, Gary asked for volunteers to lead each of the monthly training topics which included the following disciplines: Orienteering (compass, azimuth, back azimuth), physical fitness, water rescue (throw bags, PFDs, water safety), search (flagging, critical spacing, leader commands, marking), search (size-up, site, resources, safety), search (transport, carry methods), search (communications, navigation, GPS), and search (survival, gear, techniques, knots).



In addition to the discussion regarding upcoming training, Joe Frigo led a discussion about SAR equipment. Joe discussed the “minimum” requirements as outlined in the New Lenox SAR Volunteer Handbook as well as additional recommended items. Everyone in attendance brought their equipment and shared pieces of equipment that they’ve added to their packs. Joe drove home the importance of having essential items available during activations, adding that everyone should be able to sustain themselves (food, shelter, clothing) for 24 hours. Following the equipment discussion, training ended at 9:00pm.

Keeping our community safe, healthy and prepared . . .

SHAMROCK SHUFFLE – MARCH 30, 2014

On March 30, 2014, four members of New Lenox CERT / MRC met in the parking lot of the New Lenox Village Hall at 6:00am. Our volunteers included Tom Chojnacki, Randy Halach, Dave Klingensmith, and Mike English. After ensuring they had the necessary clothing and equipment, Mike English drove the "team" to Chicago, IL where they registered to assist with the 2014 Bank of America Shamrock Shuffle.



Medical /Spotter Tower check-in was located at the Essex Inn where Randy checked-in at 7:00am and was immediately deployed to the Medical Tent at Columbus & Balbo. Randy's assignment was the pre-finish area on Columbus, just North of Roosevelt Road.

Tom, Dave, and Mike checked-in at approximately 7:30am and received "Spotter Tower 22," located at the corner of Columbus & Balbo as their assigned spotter tower. A volunteer from Northbrook CERT also received the same assignment, joining our volunteers. At the Essex Inn we received our credentials, spotter tower vest, radio, bull horn and detailed laminated maps.



Following initial check-in, volunteers went to the Harrison Volunteer Compound for snacks and refreshments, followed by a second debriefing at 8:45am. At 9:00am volunteers walked over to Spotter Tower 22 to get settled in. Once there they realized very quickly that runners were already finishing and walking past the spotter towers. Two volunteers assumed positions in the spotter tower while two others were at ground level in the area of the spotter tower. Fortunately, there were no issues around Spotter Tower 22. Randy related that he and his fellow medical volunteers dealt with a couple minor issues that did not require additional medical treatment or transport. Our volunteers finished at about 11:15am and walked back the Essex Inn to return gear. Following a quick lunch, our volunteers safely drove back, arriving in New Lenox at approximately 1:00pm.

Special thanks to Mike, Randy, Tom and Dave who participated in a great event with over 30,000 runners!

MISSING PERSON / PLANO, ILLINOIS – MARCH 27 & 29, 2014

On Thursday March 27, 2014 at approximately 1:00pm local Search & Rescue (SAR) Teams were notified that the Plano Police Department and Kendall County Emergency Management Agency needed assistance with a search for a missing person. At 2:30pm, Lisa Murphy, Joe Frigo and Dan Martin met in the parking lot of the New Lenox Village Hall at which time preparations were made for the drive to Plano, IL. Upon arriving in Plano, IL at 3:30pm, New Lenox SAR Team members checked-in with local officials and were joined by Tricia Pakosz who arrived at approximately 4:00pm. Searchers were told that the missing person was Paul Scull, M/W/54 years of age who had not been seen since Friday March 21st. Searchers were briefed on some of the areas that were already checked and given a clothing description of what Scull was last seen wearing.



New Lenox SAR members were paired with three local firefighters and given an assignment to check a 1 ½ mile section along a local creek. Another team was given an assignment to check the area on the opposite side of the creek. The New Lenox team started their search at 4:30pm after preparing their gear, which included water throw bags and PFDs. The assigned area was extremely challenging because it contained thick brush (with thorns), steep terrain, and was extremely muddy. The New Lenox team completed their first pass at approximately 9:00pm at which time the search ended due to severe thunderstorms, which included lightning. The team returned to the staging area for a short de-briefing and learned that Randy Halach had arrived at approximately 6:00pm after the teams were deployed. New Lenox SAR members then drove back to New Lenox, arriving at the Village Hall at 10:30pm.

On Saturday March 29, 2014 at 8:00am, Rich DeVault, Dave Lauer and Dan Johnson met at the New Lenox Village Hall and then drove to Plano, IL to join the search efforts. After arriving at the staging area, New Lenox SAR members signed-in and waited for deployment with approximately 20 other SAR members from various teams. New Lenox SAR members were deployed with a Kendall County SAR member to an area nearby. The search area included about 12 different structures (old barns, sheds, trailers, etc...). The surrounding area included acres of farm land, a perimeter of tree cover and streams. Upon conclusion of the search, the New Lenox team returned to the staging area to provide a summary of their efforts. Team members then returned to the New Lenox Village Hall at approximately 1:00pm. The missing man was not located despite comprehensive searches on March 27th and March 29th.



Additional Information

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Visit us on Facebook

<http://www.facebook.com/NewLenoxCERT>
<https://facebook.com/safenewlenox>
<https://www.facebook.com/NewLenoxMedicalReserveCorps>

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

CERT Class #9 will be held on Thursdays starting September 11, 2014 from 6:30pm to 8:30pm at the New Lenox Police Department. The class will continue every Thursday thru October 23rd, and will end on Saturday October 25th with the Final Exercise and Graduation from 9:00am to 1:00pm. There is no charge for the training but attendance at all sessions is required to complete the program. If a session is missed, it must be made up in a subsequent class offering with the approval of the Program Coordinator.

The CERT training program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and medical operations. For additional information about the New Lenox CERT Program or to register for the next class, contact Public Safety Division Chief Daniel Martin at the New Lenox Police Department by phone (815) 462-6100 or email 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

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

**MEMBER SPOTLIGHT:
 LISA MURPHY**

I grew up in the south suburb of Evergreen Park. In 1996, I met my husband Dan. He lived here in New Lenox. Once we got married in 1998, we decided to stay. New Lenox is a beautiful town with excellent schools ... we love it here!

I worked as an executive assistant at Northern Trust for many years. After having my son, Ryan, in 2001, I chose to be a full-time parent. Sean was born in 2003. Being the mom of 2 active boys keeps me very, very busy.

I was first introduced to CERT when my boys were in cub scouts. Unfortunately, my schedule at the time didn't allow for me to take the class. In 2011, I met Jeni Healy (a member) who reminded me about CERT. I took the next available class ... class #8.

I love being a member of CERT. It has provided me the knowledge and skills to be able to assist my family, friends and community in emergency response situations. It has also given me the opportunity to volunteer for many different things - from the Triple Play Concerts, to 5k runs, as well as serving as medical support at the Chicago Marathon.

Once the New Lenox Search and Rescue Team (SAR) was formed, I joined that as well. Because of the training I'm receiving through both of these excellent organizations, I feel confident in my ability to assist when a disaster occurs. But the best part is that I know I will always have a team of CERT / SAR friends by my side.



FEMA



American Red Cross