



# Village of New Lenox / New Lenox Police Department COMMUNITY EMERGENCY RESPONSE TEAM

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## CRIBBING - OCTOBER 15, 2012

At the request of CERT Class #7 whose Final Exercise and Graduation was scheduled for Saturday October 20, 2012, cribbing training was held on Monday October 15, 2012. The training was held from 7:00pm to 9:00pm in the Training Room at the New Lenox Police Department with the purpose of getting in some additional hands-on experience with this discipline. To start the training, CERT Program Coordinator Daniel Martin played the cribbing video from the national CERT web site. Martin also provided attendees with handouts related to the various cribbing positions and procedures. The training was then turned over to New Lenox CERT Team Leader Sean Egan who explained the various cribbing positions in greater detail and led the class step-by-step through the cribbing process. Our team's "Rescue Randy" training mannequin was placed under a table which was weighted down with crates filled with masonry bricks. Attendees were given the opportunity to be Team Leader, Safety Officer, Lever Operator, Fulcrum Builder, Crib Builder(s) and Medical Person. The exercise was repeated a number of times, placing "Rescue Randy" in various positions which forced the "teams" to crib the table in different locations. Throughout the training session questions were asked and everyone was provided ample opportunities



to assume different roles. Twenty-three team members attended this training, including several members of previous Prairie State CERT Challenge Teams who were on hand to assist Sean who did an excellent job. Kudos to CERT Class #7 for asking for the additional training to ensure they were well prepared for their Final Exercise!



### Our Core Principles:

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

## CERT CLASS #7 FINAL EXERCISE AND GRADUATION - OCTOBER 20, 2012



On Saturday October 20, 2012 twenty-two members of the New Lenox CERT / MRC met at the New Lenox Police Department at 7:00am to participate in CERT Class #7's Final Exercise. Seventeen team members served as "victims," three served as evaluators and two served as logistics officers. The time prior to the exercise was spent applying theatrical make-up and various appendages to the "victims;" this process also known as moulage. In addition, volunteers assisted by setting-up an outdoor cribbing challenge with the "Rescue Randy" mannequin.



Twenty-eight members of New Lenox CERT Class #7 arrived at 8:30am and conducted their own briefing in the parking lot. Members of CERT Class #7 were allowed access to the Training Room at 8:55am at which time they were provided with a severe weather scenario. The class had already determined who would be Incident Commander, Safety Officer and Scribe. In addition, the class had already established Search & Rescue Teams, Triage and had determined who the Team Leaders would be. After ensuring that all role players and evaluators were in place, the scenario commenced at 9:15am.



CERT Class #7 did an excellent job with the exercise which was completed at 10:45am. All equipment and supplies were returned to the CERT trailer, the grounds of the police department were cleaned up and everyone returned to the Training Room at 11:00am for a de-briefing of the exercise. During the de-briefing the evaluators and victims offered constructive feedback for members of CERT Class #7. The Incident Commander, Team Leader, Safety Officer and Scribe, as well as the remaining members of the class, were also given an opportunity to provide comments.

At 11:30am members of CERT Class #7 were treated to lunch, after which New Lenox ESDA Deputy Director William Potocki administered the IEMA Act Oath. Village of New Lenox Clerk Laura Ruhl was on hand to notarize each of the oaths. Mayor Tim Baldermann assisted with the graduation ceremony by giving each of the graduates their CERT back pack, thanking them for participating in the class and wishing them good luck. The graduation ceremony ended at 12:00pm at which time members of CERT Class #7 were dismissed following comments from Public Safety Division Chief and CERT Program Coordinator Daniel Martin.



Congratulations to members of CERT Class #7! Great job and welcome to the team!

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## OLD PLANK TRAIL BANK "PANT FOR THE PANTRY 5K RUN" - OCTOBER 21, 2012

On Sunday October 21, 2012, seventeen members of the New Lenox CERT / MRC met at the New Lenox Police Department at 7:30am for a briefing. The briefing was for the Old Plank Trail Bank "Pant for the Pantry 5K Run" which was scheduled to start at 8:30am. In addition to members of New Lenox CERT / MRC, members of New Lenox ESDA and the Illinois Radio League were also in attendance. The Illinois Radio League agreed to handle communications for the race, New Lenox ESDA was responsible for traffic control while members of the New Lenox CERT / MRC were responsible for three water / first aid stations along the course.



Those in attendance were provided information about the course, locations of the water / first aid stations and information pertaining to how to handle medical emergencies during the race. New Lenox CERT / MRC volunteers were then given their assignments at the water / first aid stations which were located at Joliet Highway & Gear Drive, Central Road & Wisconsin and at the Finish Line. Those in attendance were given an opportunity to ask questions prior to heading out to their assigned water / first aid stations.



Team members were in place at 8:00am and the race started at 8:30am. Team members did an excellent job at the water / first aid stations, including providing lots of cheers for the runners as they passed through the stations. Almost 400 runners participated in this race with proceeds going to the New Lenox Township Food Pantry. Following the race team members were dismissed



from their assigned locations and were invited to the Finish Line area for post-race festivities. Everyone that assisted with this race did a great job – thanks very much!

## ST. JOSEPH MEDICAL CENTER HAZMAT DRILL - NOVEMBER 9, 2012

On Friday November 9, 2012 the New Lenox CERT / MRC was requested to assist with a Hazmat / Decontamination Drill at Presence St. Joseph Medical Center in Joliet, IL. Six New Lenox CERT / MRC volunteers arrived at the facility at 1:30pm for a briefing. In short, the scenario consisted of an explosion at a local refinery where numerous victims were transported to the medical center. Many of the victims were drenched with chemicals used in the refinery process. Our team's volunteers were asked to play the role of victims which included a short ride to the Emergency Room via ambulance. On arrival at the Emergency Room victims would be directed to decontamination tents where they would be decontaminated (simulated) by medical facility staff.



The drill commenced at 2:00pm and lasted for approximately one hour. New Lenox CERT / MRC volunteers enjoyed playing victims and were treated to a sweet table and refreshments at the end of the drill. Special thanks to the volunteers that assisted with the drill.

## NEW LENOX SCOUTS FOOD DRIVE - NOVEMBER 12, 2012



The New Lenox Scouts held their Annual Food Drive the week of November 5th. Brown paper bags were distributed to residences throughout New Lenox with a request for food donations. The scouts conducted a well-organized collection of the bags on Sunday November 11th, after which the food was transported to the field house at Lincoln Way West High School for preliminary sorting and counting. It's estimated that 42,000 food items were collected as a result of the food drive. The food was then divided and delivered to the New Lenox Township, New Life Church and St. Jude Church Food Pantries.



New Lenox Township requested assistance with the food donations which needed additional sorting and checking of expiration dates. Members of New Lenox CERT / MRC responded to the request for assistance and arrived at the New Lenox Township Building on Monday November 12th at 8:00am. New Lenox CERT / MRC members worked side-by-side with volunteers from other community organizations by sorting food and checking for expiration dates. Most volunteers worked 4-hour shifts and by mid-afternoon the work had been completed. Volunteers that had signed up for Monday evening and Tuesday shifts were contacted and thanked for their offer to assist but were told that the work had been completed. Special thanks to all the New Lenox CERT / MRC volunteers that assisted with this wonderful event and congratulations to the New Lenox Scouts for doing a fantastic job!

## DASH FOR SCOUTING 5K RUN – NOVEMBER 11, 2012

At 8:00am on Sunday November 11, 2012 twenty-three members of the New Lenox CERT / MRC met at the New Lenox Police Department for a briefing prior to the "Dash for Scouting 5K Run." The New Lenox Boy Scouts requested our team's assistance to staff two water / first aid stations as well as handle a number of "Race Marshall" positions along the course. During the briefing volunteers were provided with background information about the race as well as what our team's duties and responsibilities included. Volunteers were reminded that New Lenox Fire Protection District Paramedics would be at the Start / Finish Line area and could be summoned in case of an emergency. Those in attendance were also reminded that personnel from the Illinois Radio League would be handling communications with volunteers pre-positioned at strategic locations throughout the course. New Lenox ESDA was given the responsibility for traffic direction and control at the major intersections along the course. The briefing ended at 8:20am at which time volunteers left for their assignments.



As scheduled, the race kicked-off at 9:00am following a short Veteran's Day Ceremony. Volunteers from New Lenox CERT / MRC did an excellent job during the race which included enthusiastic encouragement for the runners. Volunteers from the Illinois Radio League and New Lenox ESDA did a terrific job as well and through everyone's collaborative efforts, the race was a success! Special thanks to all that assisted and we look forward to helping out again next year!



## TRIAGE, TREATMENT AND TRANSPORT – DECEMBER 11, 2012

On Tuesday December 11, 2012 at 7:00pm members of the New Lenox CERT / MRC met in the Community Room at the New Lenox Village Hall for monthly training. Training consisted of Triage, Treatment (controlling bleeding / bandaging) and Transport. Following a brief welcome by New Lenox Police Department Public Safety Division Chief Daniel Martin, those in attendance were divided into three groups. Instructors for each "station" were as follows: Triage – Patty Edgett; Treatment – Becky Strliko & Jon Heyer; Transport – Dan Johnson, John Opoka & Adam Bulthuis. The groups started at their assigned stations at 7:10pm and rotated at 7:35pm and 8:00pm. At the Triage Station, the groups were given a brief overview and then given two hands-on exercises to complete. At the Treatment Station, the groups were given a brief overview of the topic and then provided an opportunity to practice their bandaging skills on each other. At the Transport Station, the groups were introduced to "Rescue Randy," a 165-lb. training mannequin used frequently in fire service training. The groups then practiced a blanket carry of "Rescue Randy" as well as a chair carry of a volunteer. The exercises concluded at 8:25pm at which time a short de-briefing was held. Forty-five team members attended the training which concluded at 8:40pm. Special thanks to all the instructors who did an excellent job at each of their respective stations.

## SHELTER MANAGEMENT TRAINING – NOVEMBER 17, 2012

On Saturday November 17, 2012 the New Lenox CERT / MRC held training in the Community Room at the New Lenox Village Hall. Team members started to arrive at 8:30am for a Shelter Management Workshop taught by Ron Carlson from the American Red Cross. Training began at 9:00am and included information regarding registration, feeding, dormitory management, health services, client services, staff recruitment & placement and logistics. Ron also discussed several checklists associated with these areas that have found to be very useful when operating a shelter facility. Those in attendance were provided an opportunity to ask questions throughout the training, including questions related to what role our team would play in shelter operations. Forty-two team members attended this training event which ended at 12:15pm. The hands-on portion of the training where team members will actually "stand-up" a shelter will be scheduled in the near future. Special thanks to Ron Carlson and our friends at the American Red Cross for providing this training.



## MARK YOUR CALENDAR

- Leadership Meeting – January 10, 2013 / 7:00pm New Lenox Village Hall
- "Prepping 101" & Vehicle Tips – January 15, 2013 / 7:00pm New Lenox Village Hall
- Semi-Annual Meeting – January 23, 2013 / 7:00pm New Lenox Village Hall
- ARC Shelter Manager Workshop – February 6, 2013 / 6:00pm New Lenox Village Hall
- ARC Shelter Exercise – February 9, 2013 / 9:30am New Lenox Village Hall
- Monthly Training – February 21, 2013 / 7:00pm New Lenox Village Hall
- \*Basic Land Navigation Class – Saturday February 23, 2013 / TBD New Lenox Village Hall
- \*Ground Search and Rescue - March 9 & 10, 2013 / TBD New Lenox Village Hall
- Monthly Training - March 19, 2013 / 7:00pm New Lenox Village Hall
- \*Registration required through the Illinois SAR Council



**Additional Information****Daniel Martin**

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[http://www.meetup.com/  
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**COMMUNITY EMERGENCY RESPONSE TEAM  
20-HOUR BASIC CLASSES**

Twenty-eight citizens graduated from the 20-Hour Basic CERT Class on Saturday October 20, 2012. This was the 7th graduating class since the program's inception in September 2009. Over 220 residents have now completed the program. The Village of New Lenox and the New Lenox Police Department are very proud of the CERT program and its accomplishments in just three short years. Those interested in registering for the next (TBD) 20-Hour Basic CERT Course, 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

To learn more about the CERT program and the 20-Hour Basic Class, visit <http://www.citizen corps.gov/cert/> and [www.safenewlenox.org](http://www.safenewlenox.org)

**CERT/MRC DISASTER DRILL**

At 8:00am on Saturday December 29, 2012 nine members of the New Lenox CERT / MRC met at the Richton Park Fire Department to assist Metra and the Richton Park Fire Department (RPF) with a disaster drill. Tom Donegan from Metra provided an overview of the drill to our volunteers as well as members of the RPF. In summary, the drill was to simulate a train derailment with minor injuries to passengers. Our team's volunteers were to play victims who would be triaged and removed from the train by members of the RPF.



At 8:45am everyone drove over to the 219th Street Metra Station just east of Governor's Highway. Our volunteers boarded the train, were given a few additional instructions and the drill commenced. The RPF was "dispatched" to the incident and arrived on scene. Incident Command was established and RPF personnel boarded the train and began to triage "victims." Methodically the "victims" were removed from the train, after which a de-briefing was held. Several of our team's volunteers served as evaluators for the drill in the areas of Incident Command, Communications and Medical Treatment.

The exercise was great fun and served as a good learning experience for all that participated. Special thanks to the volunteers that gave up a portion of their Saturday morning in late December to participate!

**MEMBER SPOTLIGHT: TRISH BUHLE**

When I got married 18 years ago, we lived in a small house in Chicago, where I was born and raised. After awhile, we started looking for a larger house in the far south suburbs since my in-laws live in Mokena. We liked New Lenox, so we built a house and settled in. 16 years later, we still love it here!

I first heard about CERT after reading an article in the paper that New Lenox was starting one up. I wanted to join at that time, but I had a young son and couldn't devote that much time to it. I kept an eye on the classes and was able to attend CERT class #6 once my son was older. Since then I have learned much more than I ever thought I would and the knowledge goes beyond the initial 20-hour class. My favorite are the hands-on trainings. I have also made some really great friends.



One of my goals that I set when I first started CERT class #6 was to finish the class and be the best I could be. Another goal was to be a part of the Prairie State CERT Challenge. That goal was fulfilled on September 29, 2012. It was one of the greatest times I've had with CERT. It was not only fun but very informative. It really showed us our strengths, and our weaknesses.

I truly enjoy being a part of CERT to help our community and the great people in it. With the knowledge we've all learned in CERT, I feel we're better prepared for WHEN that disaster happens.

**FEMA****American  
Red Cross****Now's the Time.****Resolve  
to be  
Ready.****in 2012****Ready.**[www.ready.gov](http://www.ready.gov)