



Milton Township CERT NEWSLETTER

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Have You Re-Charged Your Batteries?

Self-care; the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

Many of you have been consistently volunteering at event after event. This constant activity has drained down your batteries so to speak. It is time to recharge your batteries!

Remember in our CERT training we talk about the self-care tool kit – it is important to do the following,



- **GET ENOUGH SLEEP**
- **EXERCISE REGULARLY**
- **EAT A BALANCED DIET**
- **BALANCE WORK, PLAY, AND REST**
- **ALLOWING YOURSELF TO RECEIVE AS WELL AS TO GIVE**

When you are feeling up to volunteering again, with your **“CHARGED UP BATTERY”**, CERT will be here ready to accept anything you want to do. Renew, refresh, revitalize and rejuvenate yourself to be the best volunteer you can be.

In light of the recent tragedy in Highland Park if you feel you need to step back because of your mental health, that is OK too. Just know that we would never knowingly put you in any danger.

When a flashlight grows dim or quits working, do you just throw it away? Of course not. You change the batteries. ✓. When a person messes up or finds themselves in a dark place, do you cast them aside? Of course not! You help them change their batteries. Some need AA...attention and affection; some need AAA...attention, affection, and acceptance; some need C....compassion; some need D...direction. And if they still don't seem to shine...simply sit with them quietly and share your light. 💡



Hope to see you at something soon!



SAR & Transportation Training at Wheaton Bowl - Mike Lynch and Rich Pioppo

We were able to secure the old Wheaton Bowl to practice our skills for searching and transporting as the building is going to be torn down. The inside look like a real disaster has gone through the building. We learned some new things and refresh some old skills. Over all this was a great experience and I hope one day we can find another type of business/ building to practice in again. And a special thank you to the owner Sal for letting Cert use the Wheaton Bowl for there training. Thank you all who help and did the exercise!



CPR Class - Jeanine Moore

Learn CPR-Save a Life!

Statistics report that about 2,200 Americans die each day from a heart attack.

On May 9th, 2022, 20 of us from Milton Township CERT attended a CPR class taught by retired Naperville fire department Lieutenant, Al Katona.

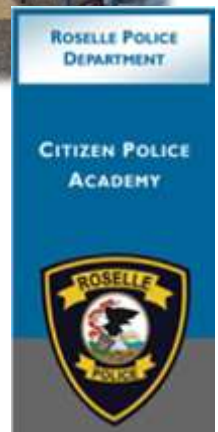
Skills learned were: infant, child, and adult CPR. How to use an AED (automated external defibrillator). And, how to do the Heimlich maneuver to assist an infant, child, or adult, if they were choking.

Thank you to Al Katona for instructing the class. And thank you to all who attended.



Roselle Grad Night Talk - Trish Billings

David Sezonov and I went to graduation night to the Roselle Citizen Police Academy and we presented what CERT is all about. We explained what a great program it is to be a part of and a natural progression from CPA to the CERT Team. Special Thanks to Jeanine Moore for getting us in the door.





Senior Fair in Bloomingdale – Jeanine M

We promoting CERT and how it can benefit seniors. In the three hours we signed up three people for the fall CERT class and handed out many brochures. We mingled with other agencies that attended and made a few new friends. Thank you Jeanine for being my CERT buddy that morning.



Yard Clean Up Day – Trish Billings

One of the many things a Cert Team can do is lend a hand to a 90 yr. old lady with her yard spring cleaning. So we teamed up with the DuPage County Senior Council and Chuck Smith who introduced us to this resident who needed our help. Thank goodness mother nature cooperated. Hot, but so rewarding!! Thank you to all who came out.





Downers Grove Township Shredding Day – Trish Billings

Downers Grove Township Supervisor Paul Coultrap asked the Milton Township CERT Team to assist them with the Traffic control on their Shredding Event. The traffic that day turned out to be a few 100 cars , so we jumped in with breaking down boxes and helping to unload from residents’ back trunks. Eight CERT members in all, was very happy to help.



Lilac Lombard Parade – Jeanine Moore

“Seasons Of Sports” was the theme of Lombard’s annual Lilac Day Parade, and there were 14 of us who showed up for the parade, wearing sports themed outfits. Luckily the weather cooperated, and the rain ended shortly before the parade started.

Thank you to all who came out and participated.

This was Milton Township CERT’s first time ever participating in it, and hopefully not the last.



Postal Food Drive – Trish Billings

After a two year hiatus the local US Post office Food Drive was back in action. Every second Saturday in May, letter carriers in more than 10,000 cities and towns across America collect the goodness and compassion of their postal customers, who participate in the NALC Stamp Out Hunger National Food Drive — the largest one-day food drive in the nation. Milton Township Food bank is one of the recipients of this food drive. With the help of eight CERT Members who drove to the Post Office twice to load up and unload the CERT van and Milton Township Food Truck . After unloading we unbegged, checked dates, sorted, threw away the bad cans and stocked the shelves with the goods. Special THANKS to the Wheaton Firemen of Station #3 for sending five of their men to help with checking the dates.

Pictures on the next page!



Postal Food Drive Pictures – Thank you all who came and helped!



CERT volunteer unloading the food from the CERT van!



The Wheaton Fireman of Station #3 sorting out the foods and checking the expiration dates!



Tails & Trails at The Arboretum – Dee Lehrman & Dottie Hemrick

Wow, it was a busy event! Dogs, dogs, and dogs everywhere.

We had a table of information about pet preparedness, a dog go bag, a spinner for prizes, applications MT CERT brochures and a few other items. We gave out over 400 sheets with what is needed for a pet go bag on one side and a human go bag on the other. Other information given out included more pet information and planning. CERT brochures were handed out to those interested in the training. Some took applications or used the QR code.



I have a small spinner children and "children at heart" could spin for prizes-candy, paw print sticker or a deck of cards. If they landed on a question space, they had to answer a question before choosing a prize.

Besides the spinner to attract people, we had about 2 lbs of small doggie treats. We used 2/3 of them. We would ask the people if we could give the dog a treat. While doing so, we were able to ask if they had a go bag for their pet and/or if they thought they had prepared enough for their pets before a disaster struck.

We were able to make contacts with other vendors there and explained about CERT. Some rescue and breed clubs are interested in us coming to them for a presentation. Another lady wants to have us come to a senior center. I'll keep you posted!





DPC Fine Arts Festival – Jeanine & Jan G

“Celebrate Culture. Support Community”

On May 28th, 2022, At the DuPage County Fairgrounds in Wheaton, DuPage hosted its inaugural Community Arts Festival.

With local community artists showcasing and selling their work throughout the festival, there were also three stages for the various music acts, food trucks, and a beer tent.

With the CERT tent up and the first aid sign out, several of us assisted that day with bag checks, walking around to be the eyes and ears for the police, and making sure no one left the fairgrounds with alcohol.

Jan and I want to thank each and everyone of you who came out to volunteer.



Memorial Day Parade – Jim Devitt

Honoring the men and women of our armed forces started off our summer of activities for the Milton Township CERT Team. This annual parade travels through the streets of downtown Wheaton and ends at the Wheaton Cemetery. The CERT Team provided traffic and crowd control as well as extra eyes and ears for the Wheaton Police Department. Thank you to all who volunteered on this very hot day!



This year alone we ALL in one way or another have felt the pain of another going through tough times in their lives. Whether it is losing a loved one or finding out friends are struck ill. Just know that there are the arms of comfort from your teammates supporting you from afar, giving you space to recover quickly, and we shall see your smiling faces real soon! Take Care & BE CERT STRONG!



Cream of Wheaton - N2 & Mike Lynch

Taste of Wheaton 2019 was very successful. We gave out lots of band aids and ice packs. Searched a ton of people going through the gates this year kept attendance each day. Thank you to all the volunteers that worked 4 days and countless hours. We appreciate your dedication. The Wheaton Park District was also very glad to have us. Thank you team



Cosley Race 5K - Dee & Dottie H

Milton Township CERT once again participated in this 5k event by helping the Wheaton Park District and the Wheaton Police Department keep the racecourse safe for all the runners. We are thankful for the Cert members volunteered their time for this event. It's dedicated volunteers that help make an event a success. A special thank you to all who helped. These events are good for practicing the training you learned in class.

Traffic Refresher Course - Trish & David

A number of the Wheaton Response Team gathered at the Wheaton Police Department to get a refresher course on Traffic control. This was taught by Lt Van Dillenkoffer from the Wheaton PD. Thank you for taking the time to renew our skills.





Run for the Stars - Jim Devitt

On the morning of June 11th, the Milton Township CERT Team supported the Wheaton Police Department by maintaining traffic control during a 5K for autistic children. The race started and finished through Wheaton Bible College. Approximately 200 runners made it safely and enjoyed the day. Thank you to everyone who participated in short notice.



Train the Trainer Class 2022 - Trish & David

On June, 10 – 11, 2022 the CERT Association of Illinois through the sponsorship of the Illinois Emergency Management (IEMA) held a CERT Instructor Train –the- Trainer (TtT) class at the Aurora Office of Emergency Management Office.

We congratulate the following persons in successful completion of the two-day course.

- John Brenneman , Elburn Campton Hills CERT
- Ray Jackson, Aurora EMA
- Kimberly Kopoulos, Round Lake Beach EMA
- Robert Lang, South Lake County CERT
- Veronica Martinez, City of Chicago CERT
- Phillip Mason, Cook County OEM
- Kim Muhr, Elburn Campton Hills CERT
- John Piwko, Huntly CERT
- Damini Singh, DuPage ARES – Naperville

The Association wishes to thank the following CERT Instructors for their hard work and time teaching this class:

- Trish Billings, Association President and Milton Township CERT
- David Sezonov, Milton Township CERT
- Randy James, Association Vice-President and South Lake County Regional CERT
- Richard Frizelis, Association Board Member and Chicago CERT
- Allison Anderson, Will County OEM





20th Rib Fest – David Sezonov & Trish Billings

Rib Fest was the biggest and most ambitious event our team has been asked to be a part of to date! At this event we had 53 different cert members participating over the 4 day event, 8 people worked all 4 days, 605 volunteer hours worked in total, and 12 hour days (11am to 11pm) worked during most days.

Cert’s role was to do everything from helping with bag checks, making sure the carnival area was safe, checking people at all gates into the concert area for proper tickets, acting as the eyes and ears at the events, and securing the areas around the stage.

Everyone involved with Rib Fest, including the head of the Rib Fest and the head of fairgrounds, personally thanked our team for our hard work and for the outstanding job we did.

Special thanks to Trish for her organizational skills, holding down the fort at the cert tent, and making sure we had plenty of food, snacks, and water. Nick & Trish received 13 sign-ups for CERT Class.

Thanks to Squared for his knowledge of security and being there longer than planned

Most of all, a huge thank you to everybody who gave of their time and energy to make the 2022 Rib Fest a safe and successful event for everyone!



Field of Honor Picture – Trish Billings

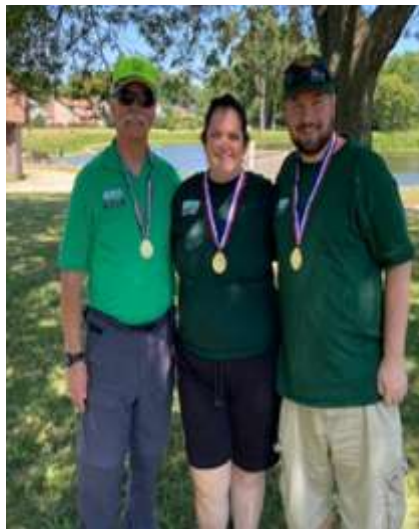
Last year and this year a number of the Milton Township CERT members gathered in front of the Flags at Seven Gables Park for a group photo. Last year there was 29 of us this year we grew a bit to 35. A few of also helped with the preparation of the flags, assembling them, and putting them into place. Special Thanks to **Bill Dabovich** the professional photographer.





CERT Scavenger Hunt – Dee Lehrman & Dottie Hemrick

On Saturday, July 9th, participants met at the Milton Township Office and divided into teams. Each team was given a CERT bag of “tools”. Upon completing a word scramble, the team was given their first “tool” to open- (an envelope of where to go and what task to do.) Once the task was done, the team would text the IC with a picture. The IC would then text back which tool to open next. The very last tool were instructions to go to Northside Park where medals were awarded for the winners. When everyone arrived a couple of team building activities were performed. To finish off the activity, participants enjoyed a cookout.



Wheaton Fireworks – Jeanine Moore and Dee Lehrman

CERT was called upon to help with traffic for the Wheaton Fireworks display at Graf Park. We handled the traffic flow of cars and people before, during and after the fireworks. The team did a great job working together and being flexible-even Jeanine and Dee had to pitch in at times.

We are proud of your efforts during a stressful event. You kept professional and made CERT look good.





Tools of the Trade—Paul Mueller Jr—Baker Class.

“Top 10 Things You Forget to put In Your Pack/ BOB”

First of all, I’m sure you’re asking, “Who is BOB?” Well, it is not a who, but a what. A *BOB* is an acronym that stands for Bug Out Bag, or BOB. It is simply a faster way to refer to your CERT pack.

Now that we’re clear on that, let’s talk about items that are easily overlooked when assembling items for your BOB. Remember that these items are open for discussion and/ or amendment.

So, in no particular order, here we go:



1. **Stomach meds** – when working hard for the team, there is little time for an upset stomach, so how about a roll of Tums or other antacid. And don’t forget the other end of the spectrum, anti-diarrheal. Either ailment could put an end to a call out for you fairly quickly.

2. **Photos** – laminate photos of your loved ones and pets for that motivation boost when you really need it. The lamination keeps the photo safe from water or sweat.

3. **Protein** – the body needs protein to keep going strong hour-after-hour. Keep high protein foods in your BOB, such as beef jerky, nuts or protein bars.

4. **Plastic garbage bags** – either the white kitchen bags or the larger black bags work great for improvised rain gear, ground tarps or shelters. Here’s a top tip, open a kitchen bag up inside your empty CERT pack, add all of your equipment and roll up the top when done and you have just added a rain proof layer between the pack and your valuable equipment.



5. **Extra water** – while it is likely that there will be water available at the CERT tent, you may be stationed far from the tent and unable to access it easily. Keep a water bottle or canteen in your bag and you will be set. You may also want to look into a camel-back hydration pack.

6. **Hand sanitizer** – this doesn’t really need explanation.

7. **Small notebook and a Sharpie** – the Sharpie is nice for marking the “X” and info on a house that has been searched. It is easily seen and won’t wash away in the rain. Extra points for a waterproof notepad. We’re not always outside in the best of weather.



8. **Paper maps** – unless you know the township like the back of your hand, maps are a nice addition to the BOB. In large scale situations, your phone may not be able to help here.



9. **Wet wipes / TP** – personal hygiene is extremely important in the field and access to water may be limited or non-existent. Smaller travel packs hold ten or so wipes, just enough to be useful, but not a heavy burden to carry.

10. **Surveyor’s tape** – this non-sticky tape is very cheap and can help cor-don off an area or blaze a trail in an unfamiliar wood. A few bucks at Menard’s for a very helpful item.

I’ll stop here because I know there are many more that are tailored to your specific needs.

Please remember, preparedness starts with you.



NCA Conference –Aug.18-20th 2022

FL CERT Assoc. Conference –Sept 21-24,2022

IL CERT Assoc.-Zooms 4th Tues of each



Are you MOVING? Remember if you move outside of the DuPage County and / or the State of IL, we will need your CERT Backpack back. It will be recycled to someone else.

If you have moved within the DuPage County, do we have your new address on file? Phone number, CELL Carrier, and email too?

This is extremely important we have accurate information on file because if there is a CALL OUT, we need to be able to reach you!



- year Volunteer for 1 or 2 events this
- 100b Complete online course IS
- 700a Complete online course IS



FYI: We have started up a Milton Township Facebook Page! This has articles and pictures from events that we have done and events that are in the area. If you are a Milton Township CERT Member and are on Facebook, please join our group and see what's new!

MILTON TOWNSHIP CERT TEAM - FB Name

Please visit our website at www.miltontownship.net - It's new!
(Click on the CERT TAB)

The CERT application is also on our website. Please tell your friends, co-workers, family members etc. who may be interested in enrolling in class.

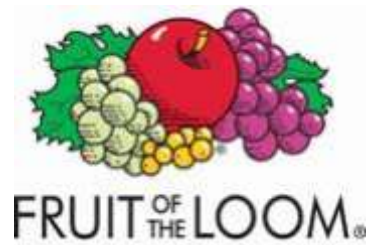
Audit a class and refresh your knowledge in CERT—check out our website for future classes.





Official CERT Tee Shirt™ Milton Township Cert Team

A beautiful 100% 5.6oz Cotton
Shirt with pocket from



- ◆ This Forest Green Shirt comes in sizes Small to XXX Large
- ◆ It features an embroidered (not Screened) CERT LOGO on the front, and a retro reflective night time safety "CERT" name on the back.
- ◆ Your Cost is \$20.00
- ◆ Please email Trish at P.billings@miltontownship.net to order
- ◆ Please include your name/ size/ quantity/ phone/ & return e-mail address with your order

** Available only to CERT graduates! **



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“Are You Ready?”

We are on the web:
<http://www.miltontownship.net>

Visit the calendar for current and future classes/events

www.miltontownship.net

Visit the gallery of photos from past classes/events

www.miltontownship.net