



## Community Action Plan: How You Can Help Protect Our Homes

Together, we can reduce the destructive noise and vibration caused by heavy freight traffic at the CN–Metra rail crossing. Here's how every resident can make a real difference:

### 1. Support Our Community — For the Cost of One Cup of Coffee

For as little as **\$4.45 per month**—the price of one Grande Cappuccino—you can help fund expert studies, legal advocacy, and community outreach. **Make a monthly donation:** <https://gofund.me/11d410b02>

### 2. Print Two Flyers and Share with Neighbors

Print two flyers from <https://cadhcr.com/help/> and give them to the neighbors on your left and right. A simple conversation can double our reach.

### 3. Share Our Cause with Three Friends

Email **three close friends** and ask them to support our efforts—and encourage each of them to share it with three more people.

**Website link:** <https://cadhcr.com/>

### 4. Sign Our Online Petition

Use the QR Code on the right side to add your name to our growing list of supporters demanding action:

<https://chng.it/LHMPrrQ6gK>



### 5. Send a Letter to the Federal Railroad Administration (FRA)

Use the sample letter included in this packet (see reverse side of each page). Copy, sign, and mail it to the FRA to amplify our message.

### 6. Send a Letter to Canadian National Railway (CN)

Type, print, and mail the CN version of the letter found at: <https://cadhcr.com/help/>

### 7. Document Property Damage

Take photos of any structural issues (e.g., cracked foundations, walls, or porches) caused by train vibration. Email them to: [info@CADHCR.com](mailto:info@CADHCR.com)

### 8. Write a Testimonial

Share your personal experience with train noise and vibration. Your story strengthens our case. Email testimonials to:

[info@CADHCR.com](mailto:info@CADHCR.com)

### 9. Spread the Word on Social Media

Post our story on your social platforms, including Facebook, Instagram, X (formerly Twitter), and Nextdoor. Your voice can inspire others to take action.

### 10. Email Federal and State Officials

Send a message urging action to the Federal Railroad Administration: [FRALegal@dot.gov](mailto:FRALegal@dot.gov) and [rrswebinquiries@dot.gov](mailto:rrswebinquiries@dot.gov)

### 11. Contact Your U.S. Senators and Representative

Senator Dick Durbin (D-IL), District: (312) 353-4952, Website: [durbin.senate.gov](http://durbin.senate.gov)

Representative Sean Casten (D-IL 6th District), District: (630) 520-9450, Website: [casten.house.gov](http://casten.house.gov)

Citizens Against Destruction of Their Homes by Canadian Railway (CADHCR)  
106 Barrington Commons Ct, #111, Barrington, IL 60011, USA  
<https://cadhcr.com> | Email: [info@CADHCR.com](mailto:info@CADHCR.com)