

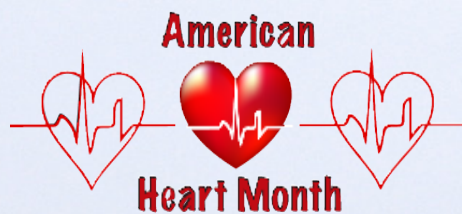
# THE FIREHOUSE SCENE

is a publication of the  
*Harlem-Roscoe Fire Protection District*

February 2020

*Fire Chief Don Shoevlin*

*Editor Sheryl Drost*



*Photo by Sheryl Drost*



## FROM THE CHIEF'S DESK

BY FIRE CHIEF DON SHOEVLIN

2020 has begun and has been a busy start. January saw us respond to 329 calls.

The winter weather has been docile for the most part this season and the ground hog is predicting an earlier spring. We will see as Mother Nature has not been easy to predict this season for our meteorologists. But hey, every passing day is a day closer to longer days of sunlight and warmer days. Speaking of longer days, don't forget to spring forward on 3/8/2020

Congratulations to Chris Witcik on the successful completion of his paramedic class. One more hurdle of the national test before you get the most deserving paramedic license you have worked so hard for. Also congratulations to Nate Sarver for his promotion to Lieutenant. I commend you both not only for achieving these bench marks, but for all you do for the district and department.

On March 8th we will be partnering with our brothers and sisters from Rockton Fire to host a pancake breakfast at the RoRo Expo held at Hononegah High School.

Watch your mail for information on our annual Spring Dinner. It will be held on Saturday April 18th at our Fire Station #1 on Main Street in Roscoe from 4-7pm.

I have almost completed my annual report for 2019. It will be available in print along with being posted on our website and Facebook page. It will share with you facts and data about your fire department that I am sure you will find interesting and supportive to all we do.

We greatly appreciate your continuous support and feedback. If you have any questions about anything regarding your fire department, please don't hesitate to call me or stop by. Don't forget to friend us and follow us on Facebook plus visit us on our website. [www.harlemroscoefire.com](http://www.harlemroscoefire.com)

Be Safe,  
*Chief Shoevlin*

## OFFICER PROMOTION

HRFD Trustees promoted Firefighter Nate Sarver to the rank of Lt. on Jan. 27, 2020. Congratulations Nate!



*L-r; Trustee John Donahue, Battalion Chief Tom Aaker, Deputy Chief John Bergeron, Lt. Nate Sarver, Fire Chief Don Shoevlin, and Trustee Al Bach.*

## LT. NATE SARVER

Nate joined the department in April of 2012. He became an EMT in March of 2014, and a Paramedic in June of 2016. Nate was promoted to Lieutenant on Feb. 4, 2017. Nate moved out of district in Jan. 2019 and served 6 months on Memphis Fire in Tennessee before returning to Harlem-Roscoe in Aug. 2019 as a Firefighter. Nate was promoted back to a Lt. on Jan. 27, 2020. Nate's brother Ryan also serves as a Lt. on Harlem-Roscoe.

Nate holds state certifications in Basic Firefighter Operations, Technical Rescue and Rope Rescue Operations, HazMat Operations, Vehicle Machinery Operations, along with several more certifications pertaining to firefighting and EMS. Nate has also attended various classes with the topics of fire ground operations, fire attack, safety, along with several medical classes to supplement his Paramedic training.

Nate has an active role in the department's maintenance division as well as being an operator of the department's UAS. Nate has received the 2013 VFW Post 9759, Harlem-Roscoe Fire's Firefighter of the Year Award, the 2013 Harlem-Roscoe Fire's Firefighters' Choice for Good Service Award, as well as the 2012 Harlem-Roscoe Fire's Rookie of the Year award.

## RV & CAR FIRE

PHOTOS BY SHERYL DROST

Firefighters responded to Interstate -90 at the 2.5 mm for a report of a camper fire trailer on January 15th.

The fire was actually found to be in a vehicle being towed by a RV. The fire was quickly extinguished.

Cause of the fire is undetermined, but may have started in the tire area.



## DRYER FIRE

PHOTOS BY MCKENNA DONOVAN

Harlem-Roscoe Firefighters started their day around 1:30am on Jan. 11 as they responded to a dryer fire on Metalmark Lane.

The fire was extinguished and a positive pressure fan used to rid the home of smoke.





## TRAINING MINUTES 1ST QUARTER

BY BATTALION CHIEF TOM AAKER

Welcome to February, for those of you hoping that winter is almost over. First, I hope you're not complaining because this year has been very mild in snowfall amounts and temperature. Second, this is Illinois. I'm sorry to tell you we have some time to go before this is over. So, keep the shorts in the summer bins for just a bit longer.

This Quarter we have started a new program to keep our firefighters up to date with the basics. We have really done this for multiple years now but we are trying to get some of the critical learning's organized, so we do it the same way year over year. Muscle memory is a good thing to have when going into chaos. With this training program we are hoping to get everybody on the same page and everybody truly trained to the same great level that you would expect from us. A lot of the departments in the area are using better tracking software and let me tell you we are seeing some great strides in training because of it.

Our recruits this year had an opportunity to go to a blended learning program for Basic Operations Firefighting Certification. This program is run through Illinois Fire Service Institute. They help develop and bring trainings to departments across the state and get instructors from across the state to help teach the program. This year, the program was funded by the Office of the State Fire Marshal and was completely free to our people. It's a great opportunity to learn everything all at once in classroom and at home. When they are done, they will be much closer to a Certification than they would be through our normal training program. Don't get me wrong, we do a great job, but it's nice for them to get training from the outside. Even more so, it's nice for them to learn with other departments recruits. This helps us become more familiar with other departments personnel. This is a great thing to have, because in this day and age, we have been helping each other out more and more as a county. The more we know each other, the better we can anticipate each others needs.

We will be working on Ice Rescue this quarter as well as we try to do annually. With the mild winter though, it's been hard to find good ice to train on (no pun intended). We have been accessing ice in the area weekly and hope to have a couple of good trainings before the ice is gone completely.

This time of year there is always a lot more required training. By required, really I mean training that we do specifically every year. This is not only to stay in compliance, but to keep us sharp so when the emergency comes out we are ready for action.

Please continue to be ready for the weather every day. Make sure you have the things you need in your car for inclement weather and watch your step as you navigate the snow and ice through the rest of the season. Be conscious of the people around you and be courteous to each other when the roads are bad. We are all trying to keep our busy lives in order and there is nothing worse than a careless mistake to ruin a day. Hope you have a great rest of the winter and stay safe!

**NEW**



HRFD is pleased to announce a new service to the residents in our fire district. We will supply senior citizens and those with disabilities a Key Box.

This will allow us to unlock your door to administer aid if you are unable to. It will avoid us from forcing entry and is keyed only to our fire department key. This new program will allow more immediate attention to those in need and maybe give a peace of mind to the family who may not live close.

For more information contact us at 815-623-7867 Monday - Friday from 8:00 to 4:30.



## GROWING OLD IN THE FIRE SERVICE

BY CAPT. JOHN DONOVAN

When most people decide to get involved in the volunteer fire service, the majority of the time, they are in their 20's or early 30's. They are full of energy and usually

have little knowledge about how to be a firefighter or for that matter, how life works in general (of course they think they know....but they don't). That's not a bad thing, because being "green", is a good thing in the beginning.

Most newbies are moldable and are willing to learn. The only real exposure that they have had is to Chicago Fire or Backdraft, but once they begin their training, they realize that how it looks on TV is far from how it is in real life. It is hard work, dedication, and commitment. And the ones that make it through recruit and probation have put in the work and have "some" of the knowledge to be successful in the Fire Service.



2001

About two years after you started your journey in the fire service, and you're fully sworn on, is when the real work comes into play. The reason I say that is because it takes a lot more commitment and dedication to make it for the long haul. Training commitments, calls in the middle of the night, calls during holidays and family functions will all happen throughout your career and we need you there for as many calls as you can. Isn't that

why you decided to get on the fire department, to run calls, to serve the community? That commitment and dedication takes effort and your internal drive needs to be strong.

Time goes on, and with a blink of an eye it is now 15 or 20 year later, and you have been on 100's of fires, car accidents, medical calls and whatever else the community needs. That commitment and dedication is now instilled within you and is second nature, but now you have a new problem to deal with, AGE. It now becomes a mental and physical game of a different type. You can still do the job and do it well, but you notice that your not as quick as before, your SCBA bottle doesn't seem to last quite as long, the bones creek a little more than they did 20 years ago. When you are in the fire service you have the, "I can do anything" attitude, but when you feel it's becoming a little tougher to keep up with the

"young guns" it become more of a mental game. Everyone knows when you get old, your body makes noises you have not heard before and you accept it because you understand that you are getting older - it's natural.



7/21/2019 Tranary Ct.

Unfortunately, in our line of work, when you still have that commitment and drive, but being a step or two behind, it is very hard to accept. You still have the 'want' to get up on that roof or to be first in on the nozzle to a structure fire, but now it's time to understand that it is important to let the younger firefighters do a little more of the grunt work. Let them get the experience and you mentor instead of trying to do everything. Being a step or two behind is not a reason to stop doing the job, it is a matter of knowing your limits, applying them and making sure that all 20+ years of knowledge that is in your head is passed on. Then when those "young guns" get to be 50+ they also have something to pass on, because they will be going through what you are now.

Grow and mentor the "young guns" because someday you may depend on them to save your life. Maybe passing on that wealth of knowledge that you have gained in your 20+ years and knowing that you are growing the future of the fire service will help you deal with "being a step or two behind.

Stay Safe.



John's Recruit Class - 2001





04/25/15 Product Dr.  
Photo by Sheryl Drost



11/06/15 Elevator Rd.  
Photo by Sheryl Drost



08/21/16 Cherry Hill Dr.  
Photo by Sheryl Drost



04/24/16 Otto Rd.  
Photo by Harold Danger



03/05/17 West Lane  
Photo by Carol Donovan



08/15/17 Hwy 251  
Photo by Sheryl Drost



04/30/18 Gray Hawk Dr.  
Photo by Harold Danger



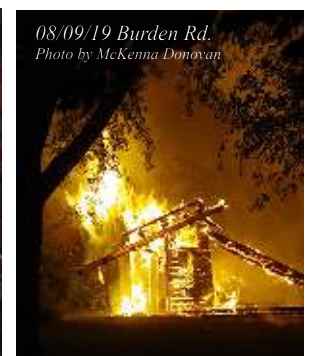
09/16/16 Shanes Way  
Photo by Sheryl Drost



11/25/18 Grace Dr.  
Photo by Sheryl Drost



07/21/19 Tranary Ct.  
Photo by Sheryl Drost



08/09/19 Burden Rd.  
Photo by McKenna Donovan



09/15/19 Shappert Dr.  
Photo by McKenna Donovan

# FEBRUARY

February is the shortest month of the year (even in leap years, when it has 29 days instead of 28), but there's no shortage of interesting facts about it. From weird holidays to astronomical oddities, this month has a bit of everything.

1. February (do you see that extra "r"?) is one of the most frequently misspelled words in the English language. In 2015, even the White House press office got it wrong—several times over the course of the month.
2. February also marks American Heart Month, along with some other "months" you might not recognize: Canned Food Month, Grapefruit Month, Hot Breakfast Month, and our favorite, Return Shopping Carts to the Supermarket Month.
3. February got its start as a spring-cleaning festival. Well, kind of. It's named after one: "Februa" was an early Roman festival and cleansing ritual held on Feb. 15.
4. It's the only month that can pass without having a full moon. That doesn't mean February never has a full moon—it usually does, as a matter of fact. The last time it didn't was 1999. The next time it won't have a full moon? 2037!
5. Groundhog Day—Feb. 2—is based on a German superstition. In Germany, though, it's not a groundhog that forecasts either an early spring or a longer winter: It's a badger.
6. February is the only month that gets longer every four years. Sure, everybody knows about leap years, and most know why we have them. But did you know that every so often, we need a "leap second," too? This is typically added to Coordinated Universal Time in June or December, because of irregularities in our planet's rotation.
7. The odds of being born on Feb. 29 are about 1 in 1,461. If you're born on a leap day, you're typically known as a "leaper" or "leapling." And depending on where you live, Feb. 28 or March 1 is considered your birthday in non-leap years.
8. We misspelled "February" in item No. 7. Did you catch it?
9. Valentine's Day did not start on a romantic note. According to historians, the day now synonymous with "love" probably began as a pagan fertility festival in ancient Rome. We'll leave it at that, because some of the other details are disturbing.
10. And maybe it's more commercial than romantic now, anyway. It's estimated that Americans spend more than \$18 billion on gifts, chocolate and more for Valentine's Day.
11. Valentine's Day isn't just about humans, either. Almost 9 million people in the U.S. buy their dogs gifts or cards for Valentine's Day.
12. The first Sunday in February is Super Bowl Sunday (at least for the foreseeable future). It wasn't always that way—until 2001, the game was played in January. But we'd say that's a pretty good way to kick off a month.
13. Speaking of that, February is National Snack Food Month as well. Way before the Super Bowl took over the first weekend of February, the month was pretty slow for snack sales—and National Snack Food Month was born. We're guessing sales are up a little bit now.



## 16 SURPRISING FACTS ABOUT YOUR HEART

February is the month of love, so why not take some time to love your heart? Here are some of the quirky and interesting things your heart can do, all without being asked.

1. Your heart can weigh between 7 and 15 ounces.
2. Newborn babies have the fastest heart beats.
3. Your heart is located in the middle of your chest.
4. Your heart beats around 100,000 times a day.
5. Your heart pumps 2,000 gallons of blood a day.
6. Heart attacks happen most often on Monday mornings.
7. There are 60,000 miles of blood vessels in your body.
8. No one knows why the heart is associated with love.
9. Men and women have different heart attack symptoms.
10. Laughing is good for your heart.
11. The heart works twice as hard as the leg muscles of a sprinter.
12. Sneezing does not stop your heart.
13. Your aorta is as large as a garden hose.
14. A "broken heart" can feel like a heart attack.
15. Some capillaries are ten times smaller than a human hair.
16. Horses can mirror a human's heart rate.



99% of Americans need to improve their heart health.

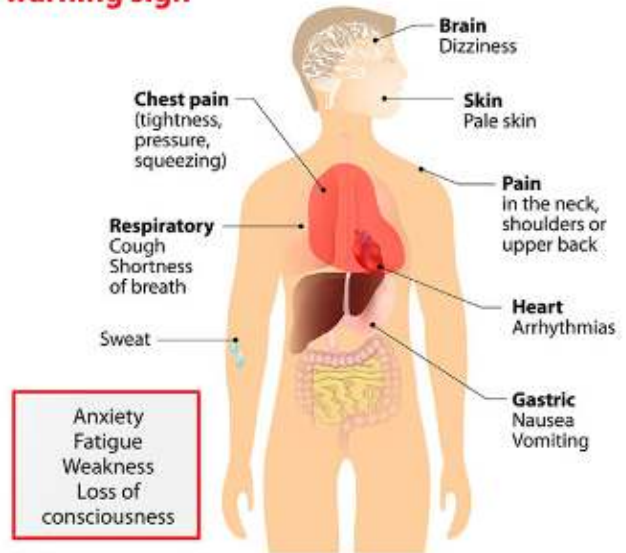
1 of every 3 deaths in the United States is caused by heart disease.

Each year, an estimated 785,000 people will have their first heart attack.

Every 39 seconds someone dies from heart disease and stroke.

**AMERICAN HEART MONTH**

## HEART ATTACK warning sign

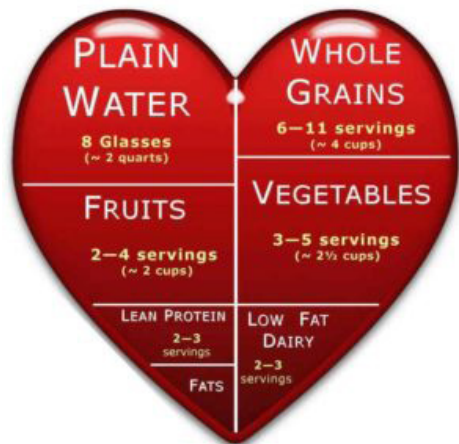


A heart is not judged by how much you love, but by how much you are loved by others.

Frank Morgan

**HEALTHY HEART TIP**

Get regular, moderate physical activity! It helps lower blood pressure and helps your body control stress and weight. Start by doing what you can, even 10 minutes can make an impact on your heart.



**THE SALTY SIX**

**For Kids**

American Heart Association | American Stroke Association | life & whyr

- About 90% of kids eat too much sodium.
- Kids' preferences for salty-tasting foods can be shaped early in life.
- Parents and caregivers can help lower sodium by influencing how foods are produced, purchased, prepared and served.

**FOODS THAT ADD THE MOST SODIUM TO THE DIET, AGES 6-10:**

1. PIZZA	2. BURRITOS & TACOS*	3. SANDWICHES*
4. BREADS & ROLLS	5. COLD CUTS & CURED MEATS	6. SOUPS

**BENEFITS OF LAUGHING**

- Reduces heart disease
- Natural pain killer
- Improves breathing
- Helps you lose weight
- Gives good sleep
- Decreases stress
- Makes you look young

**THERE'S NO REASON NOT TO LAUGH!**

The sodium kids eat comes from every meal and snack:

Most of the sodium kids eat is already in the foods they get from:

14% at breakfast	31% at lunch
16% at snack time	39% at dinner

Stores: 58% | Restaurants: 23% | School Cafeterias: 10%

...and not from the salt shaker

Learn more at [heart.org/sodium](http://heart.org/sodium)



01/06/2020 Perryville Rd.



02/01/2020 Hwy 251 & Hwy 173



01/11/2020 Rockton Rd. & Willowbrook Rd.



02/03/2020 Hwy 251 and McCurry Rd.



02/03/2020 Hwy 251 and McCurry Rd.

## WIRES DOWN & ACCIDENT

PHOTOS BY SHERYL DROST

A winter storm hit the fire district on February 11. The ice part of the storm took out a high wire line on Belvidere Rd. The area was dangerous and Belvidere Rd. was completely shut down from Atwood Rd. to Hamborg Rd. (Photo below)

The department's utility truck was responding to the incident when a car coming from the other way, spun out and struck the front of the vehicle on Hamborg Rd. (Photo right)



## CONGRATULATIONS!

HRFD Firefighter Chris Witcik graduated from Paramedic Class on Jan. 30. Fire Chief Don Shoevlin says, "Congratulations Chris Witcik on successfully completing the Paramedic class. It took a lot of endurance on your part along with commitment. We are honored to have you as a member of HRFD."



L-r, Sam McNames, Deputy Chief John Bergeron, Lt. Ryan Sarver, Chris Witcik, and Fire Chief Don Shoevlin.

## 2020 CALENDARS



HRFD's 2020 Calendars are still available. Stop by Station One at 10544 Main St. in Roscoe to pick yours up. No charge.

## Birthdays



### February 2020

13th Brandon Sherbon  
22nd Butch Taylor  
23rd Alissa Neubauer

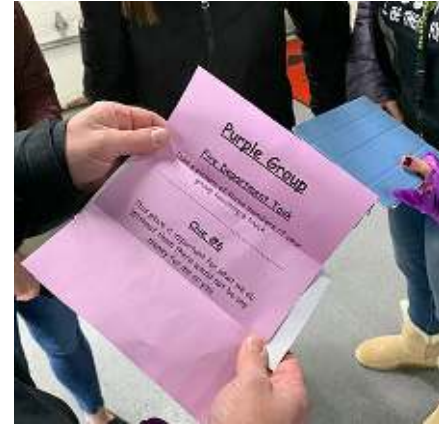
### March 2020

4th John Donovan  
4th Melissa Whiting  
10th John Donahue  
11th Allen Watts  
16th Aaron Miller  
22nd Jay Alms  
22nd Tyler Young  
29th Sheryl Drost

## TEACHER SCAVENGER HUNT

PHOTOS BY SHERYL DROST

Ledgewood School's teachers had a scavenger hunt on Feb. 17th in Roscoe as part of a team building exercise. Station One was one of the stops! These photos are one of the five groups that came through. Admin Asst. Colleen had a lot of fun hiding the clues!



## The Firehouse Scene

The Firehouse Scene is a monthly newsletter produced by the Harlem-Roscoe Fire Prot. Dist. #1

Fire Chief - Don Shoevlin  
Editor & Layout - Sheryl Drost

The Firehouse Scene is available at Station One - 10544 Main Street in Roscoe and on the department's website after the second Sunday each month: You can now sign up on the home page of our website to receive the newsletter by email. [www.harlemroscoefire.com](http://www.harlemroscoefire.com)  
E-mail submissions to Sheryl: [hfrdsdrost@gmail.com](mailto:hfrdsdrost@gmail.com)

# CARDIAC ARREST VS. HEART ATTACK

## WHAT IS CARDIAC ARREST?

**CARDIAC ARREST** occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.

## WHAT IS A HEART ATTACK?

A **HEART ATTACK** occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.



A heart attack is a **"CIRCULATION"** problem.

### WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs within minutes if the victim does not receive treatment.**

### WHAT TO DO

Cardiac arrest can be reversible in some victims if it's treated within a few minutes.



First, call 9-1-1 and start CPR right away.



Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible.



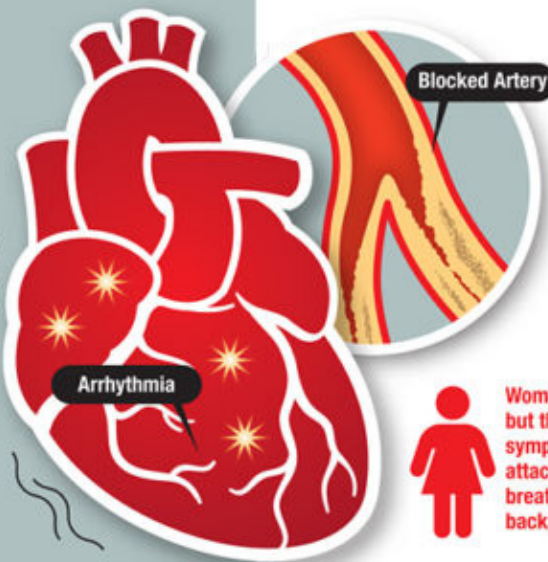
If two people are available to help, one should begin CPR immediately while the other calls 9-1-1 and finds an AED.

**CARDIAC ARREST IS A LEADING CAUSE OF DEATH**

### RISK FACTORS:

- Prior heart disease is a major risk factor for cardiac arrest.
- A family history of cardiac arrest in a first-degree relative is associated with an approximate 2-fold increase in risk of cardiac arrest.

Learn more about CPR or to find a course, go to [heart.org/cpr](http://heart.org/cpr)



### WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**



Women have the same symptoms as men, but they might have slightly different symptoms, making them not think of heart attack. Women may have shortness of breath, nausea, vomiting and they can have back, neck or jaw pain.

### WHAT TO DO



Even if you're not sure it's a heart attack, call 9-1-1 or your emergency response number.

**Every minute matters!** It's best to call EMS to get to the emergency room right away. Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

### WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.



**Fast action can save lives.**

