

THE FIREHOUSE SCENE

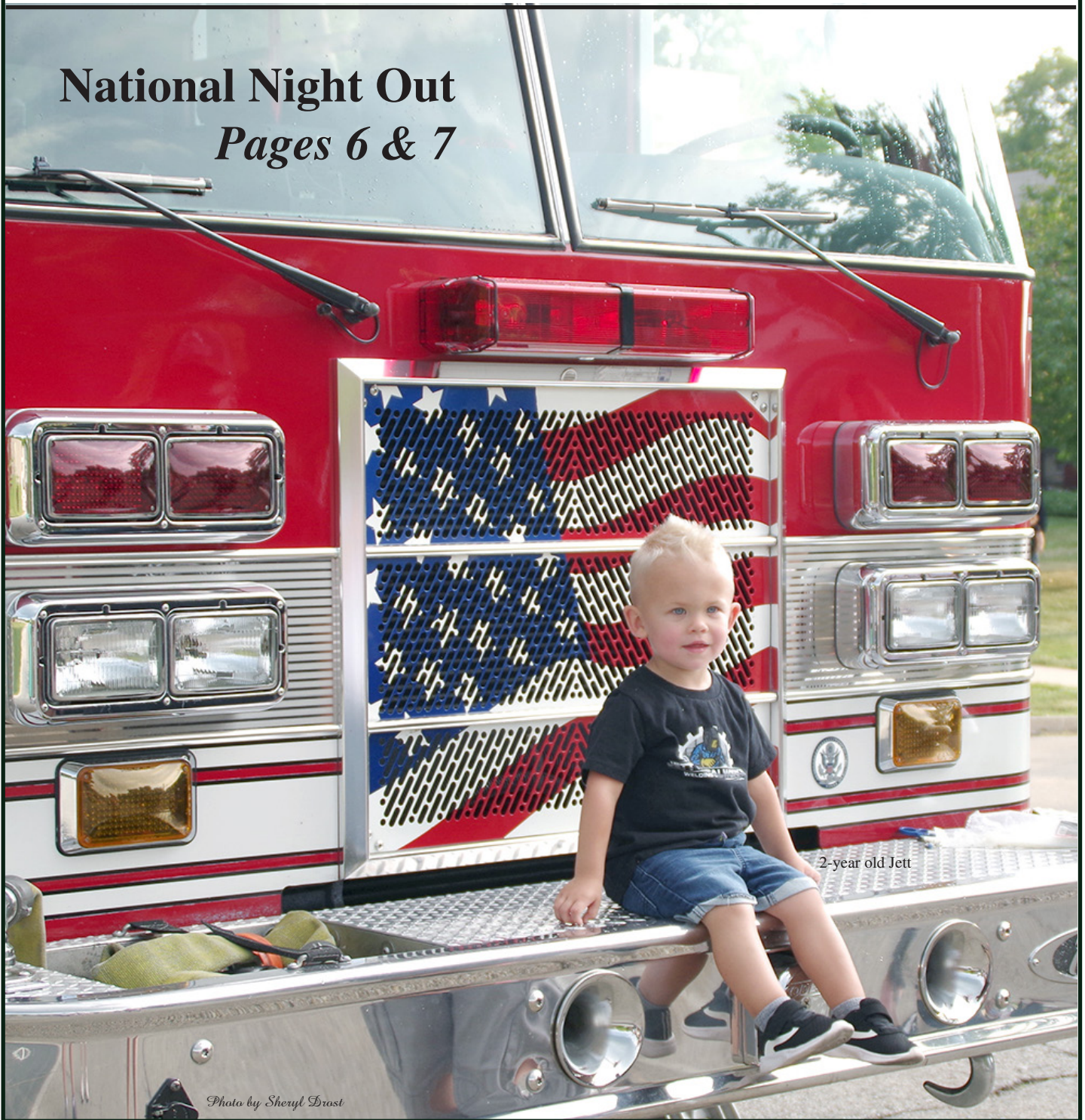
is a publication of the
Harlem-Roscoe Fire Protection District

August 2021

Fire Chief Don Shoevlin

Editor Sheryl Drost

National Night Out
Pages 6 & 7



2-year old Jett

Photo by Sheryl Drost



FROM THE CHIEF'S DESK BY FIRE CHIEF DON SHOEVLIN

It is hard to believe that the summer is quickly coming to an end. Everyone is in fast mode to get their vacations in, shopping for school needs, and trying to believe they really have a college bound child. In fact, I have heard that some have already left for college especially if they are involved in athletics.

As the summer winds down and things have begun to return to a sense of normal as we knew it. It has been enjoyable to be out and about visiting with you, seeing kids playing, and interacting with one another along with just enjoying the community events.

Last night, 8/3, was National Night Out and an opportunity we look forward to with partnering with Roscoe Police. Beside the normal firetrucks, fire pole, slide, free food etc., we held our first annual HRFD car show. We had 54 beautiful cars from many eras show up and participate. The entry fee was a nonperishable food which we will be donating to a local food pantry. Thank you so much, as we filled a 55-gallon barrel. Congratulations to all the participants. I look forward to our 2nd annual event next year.

But our weeks not over. We will be out at RUMC Thing night 8/5 looking forward to seeing all the kids and eating ice cream, then out to Mud Volleyball 8/9 supplying shower water. We have begun planning for the Roscoe Lions Fall Festival which will be held September 10th – 12th. We are looking forward and welcome the opportunity to lead the parade being held on the 12th honoring those who gave there all on 9/11/01. It is hard to believe it has already been 20 years since that tragic event.

Lastly, to say that all the firefighters/medics/EMT's/ Chaplains have been busy this past month would be a severe understatement. They responded (which I believe to be the most calls in a month in our history) to 341 calls. This was accomplished while keeping apparatus checked, that the stations are in shape both interior and exterior, attending public relation events, attending classes for EMS, and completing the requested fire training placed upon them. On top of that we had officers and instructors make time to teach in our current recruit class. This is just a small example of a busy, busy, group of devoted committed members of HRFD. I am very proud and thankful to all of them for what they do and accomplish. A week does not go by that I do not receive a call or card for the professionalism shown or the quality of care given.

Your continuous and generous support is greatly appreciated and does not go unnoticed. Please remember we do not solicit for donations. If you have any questions, please don't hesitate to call me, this is your fire department. Don't forget to keep up on the progress of your fire department by visiting our website. www.harlemroscoefire.com, we can also be found on Facebook, so go ahead and friend us. Stay cool, stay safe and enjoy the remaining month of summer.

HELP WANTED!

We are currently accepting applications for part-time EMT-B or EMT-P and firefighters. Are you a caring individual looking for an opportunity to grow in the public safety world? Are you a person looking for challenges and working with a superb group of individuals as indicated above? If you are then we are looking for you.

Applications may be filled out online at our web site or picked up at Station 1 which is located at 10544 Main Street Roscoe Illinois 61073. Any questions should be directed to the Chief or Deputy Chief of the Harlem-Roscoe Fire Department.

TRUSTEE AWARD



Trustees John Donohue, Bart Mumger and Al Bach presented Chief Donald Shoevlin with a plaque at the Annual Appreciation Awards Dinner on June 29th.

The plaque reads, "In recognition of your distinguished and dedicated service as President of the Illinois Fire Chiefs Association 2020-21"

Chief has proudly displayed it on the wall in the foyer of Fire Station One.

SHED FIRE

PHOTO BY BC BRIGGS



Firefighters responded mutual aid to Rockton Fire for a shed fire on July 11th on Dorr Rd. A small shed fire was found and extinguished.

LIGHTNING STRIKE

PHOTOS BY CHIEF SHOEVLIN



Firefighters checked out a home that had been struck by lightning on July 14th on Ventura Blvd.

SMOKE INVESTIGATION

PHOTOS BY SHERYL DROST

Firefighters check out a heating/AC unit that was smoking on the top of a strip mall on Williams Dr. on July 27th.



DONATIONS



We would like to thank Gracie Ann for stopping by while doing a community service project and dropping off some Powerade and bottled water for the firefighters to stay hydrated!



Cambridge Sensors USA VP of Sales, Scott LeFevre, dropped off many cases of Microdot Minute Wipes to the department on Aug. 4th. Thank you for the donation!

DID YOU KNOW?



Everyone has noticed the circular dimples on a gallon of milk, but most of us probably don't know the specific reason those dimples exist. It turns out those circular indentations are used to indicate when the milk has expired.

When milk goes bad, there are gasses that are released causing the jug to bulge outward. So next time you see that happening to your milk, be sure to double-check the expiration date!

ROTARY RIBFEST WINNERS



Congratulations to HRFD's Battalion Chiefs John Donovan and Patrick Trollop for bringing home the hardware and winning the 1st Annual Rockton-Roscoe Rotary Ribfest on July 17th in South Beloit!! Thanks to South Beloit Fire, North Park Fire, Beloit Fire and the Rotary Club for the stiff competition! We are looking forward to next year!

HRFA GOLF PLAY DAY

BY CHAIRMAN ROB LUKOWSKI

The 2021 Harlem-Roscoe Firefighter's Association Golf Play Day was held at Atwood Homestead Golf Course on 07/02/2021. As in years past, we did sell out this year and it was a huge success -- Great weather, great food, and great people! We also had the Greg Lindmark Foundation out prior to golf to give info on services available to first responders; this was an awesome gesture from this foundation to remind everyone we are not alone and there is always help. We always want to give a special thanks to all of your sponsors listed below. They, along with all of your golfers, make this event successful each year.

Special thanks to all the volunteers that worked tirelessly throughout the event--your actions at the event did not go unnoticed! We do not have the final numbers but preliminary numbers show another record year. Again, all the proceeds are donated to schools in our district to ensure all children in our community have the opportunity to "Ignite" their "Futures!" See you next year!

Please support our sponsors: **Trickie Enterprises, Meijer, Legends, LandMark Real Estate Group, Air One Equipment, Inc., NorthPointe, Mercyhealth, Bonelli Design LLC, Sheriff Caruana, Schwarzbach Cattle, American Aluminium, Physicians Immediate Care, T-Mobile, Swedish American, Strypes, Crazy Times, and Starbucks.**

ACCIDENTS PHOTOS BY BC KEVIN BRIGGS AND PHOTOGRAPHER SHERYL DROST



07/11/21 I-90



07/17/21 Manchester Rd.



07/20/21 Hononegah Rd. and Baneberry Rd.



08/04/21 Hwy 251



Harlem-Roscoe Firefighters partnered with Roscoe Police Officers to host a National Night Out Block Party on Main St. in Roscoe on Aug. 3rd .

Fire personnel manned some of our firetrucks, the fire pole, the fire truck slide, and served free food. We also held our first annual HRFD Car Show. It was great to be able to get out and mingle with all of you!!



All the photos taken at NNO by our Photographer can be seen on our HRFD Facebook page, but here are a few from the fun night:



1ST ANNUAL HRFD NATIONAL NIGHT OUT CAR SHOW



1ST ANNUAL HRFD NNO CAR SHOW



People's Choice - Louie Barker - 1955 Chevy 210



Chief's Choice - Arnie Dyer - 1955 Chevy Nomad



Firefighter's Choice - Butch Taylor - 1955 Chevy 210



Best in Show - Brian Clayton - Ford Gran Torino



BACK to SCHOOL

Be SAFE Be SMART

- Watch for school zones
- Put your phone away -- don't get distracted
- Drop off and pick up in designated areas
- Carpool so there are less vehicles on the road
- Watch for children around parked cars
- Stop for buses loading or unloading students
- Watch for warning signs and signals

For more Back to School Safety Tips go to:
<https://www.nhtsa.gov/back-school-safety>



A FIREFIGHTER DEVOTIONAL

INSPIRED BY WRITINGS BY
SENIOR CAPTAIN BOBBY DELGADO. HFD CHAPLAIN
SUBMITTED BY HRFD CHAPLAIN DANGER

Mourn and Rejoice Together

“Rejoice with those who rejoice; mourn with those who mourn.”
- Romans 12:15

Grief and celebration are part of the dichotomy of life. The mother of a best childhood friend died. A fire department loses a brother or sister in the line of duty.

A baby is born with EMS assistance, and, a brother firefighter got to marry the love of his life. To say that life is full of highs and lows is an understatement.

My take away this is that no matter what we go through, we are created to go through it together. To rejoice and mourn with others is as simple a command as we can get. Both our extended family and fire family have done this extremely well. We have shed tears, lent empathetic ears, and offered shoulders to cry on. We've shared meals, beers, laughs, and memories together.

As God's children on this journey called life, we are to come alongside each other and offer our presence as Jesus did. In mourning and in celebration we share in the human experience. We commit to being there for and with our fellow brothers and sisters. We hurt because they hurt, and we celebrate because they celebrate. There are people in our lives right now who need us to mourn or rejoice with them. When we show up for others, we demonstrate that they are loved and they matter. In doing so, we show them the love and presence of God.

My prayer for you is...May God bless you and keep you safe. May his grace give you peace as you share your time and talents to serve our community. Go each day knowing your love creates love, your presence creates hope and your gifts of service gives peace when people need it most. Amen





**MENTAL HEALTH
& THE FIRST RESPONDER:
THE HUMAN UNDER THE UNIFORM**

BY LT. KYLE SWANSON

Mental health in the United States has been a hot button issue that has really come to light in the past decade. There have been a vast variety of events that have taken place that have fueled this fire in which, we in the fire service were not necessarily prepared for. By saying “not prepared” I’m speaking of the mental anguish the spouses, children, families, and the men and women of the FDNY that worked tirelessly to find their lost comrades were then forced to deal with. The first and most notable event which will continue to have an ever-changing and evolving impact on the fire service was Sept. 11th, 2001.

Post 9/11 left a bitter taste in the mouths of Americans, but the one facet that had been “not so popular” had taken a backseat. That was the mental health of not only the men & women of the FDNY, but first responders nationwide. One of the biggest reasons mental health was not at the forefront of the medical community is because we as first responders hadn’t dealt with tragedy and loss at that level. The National Alliance on Mental Illness reported in 2019 that 45 million Americans (almost 20%) suffered from a mental health disorder. To me, that number is too high, however approximately 30% of first responders suffer from a mental health disorder.

There is one major reason as to why the numbers are so high regarding civilians and first responders. That reason is because mental health wasn’t a high priority before 9/11, and the United States was unsure how to deal with it when it manifested itself in the form it did. Firefighters, EMS personnel, police officers, dispatchers were suffering through the memories they had of that day, as well as our military veterans that have sacrificed everything to protect you and me. Again, the biggest obstacle was getting the mental health education, classes, resources, counselors, therapists, out to those that needed it.

Since becoming of more importance, mental health for some reason still always seems to have a stigma attached to it. I can say, as a person that deals with mental health illness, I see no stigma whatsoever. I knew something was wrong, and like all of us first responders, we tend to ignore things because “we’re tougher than that”. I was one of those “I’m tougher than that”. Turns out I was tougher than that because I found help. It has made a world of difference for me, and my only regret was thinking I was “too tough” for help in dealing with what I had to deal with. My relationship with my wife and loved ones is better than ever, I’m more active now than I’ve been in the last three years, and I have the drive to accomplish more.

My mental health not only benefits myself, but the crew members that I work, day in & out with.

**POST TRAUMATIC
STRESS “DISORDER”**

Post-Traumatic Stress D*****

I think Chaplain Paul Meyers said it best regarding PTSD as in “erase the D”. I couldn’t agree with him more. Post traumatic stress disorder is not a “disorder”, it’s simply Post Traumatic

Stress. Post traumatic stress is something that we first responders deal with, sometimes on a daily basis. It’s the cumulative stress of an incident, good or bad, sleep deprived, stress from home, stress from work, literally any form of stress you can think of. In the United States Post Traumatic Stress affects approximately 3.6% of the population. Approximately 37% of those diagnosed have been classified to have severe symptoms.

In conclusion, mental health is one of the most important aspects of being a first responder. We’re always concerned about what the patient needs, or what needs to be done that day. Before we’re concerned about that, most importantly we need to be concerned with ourselves. Being concerned with ourselves includes our diet, our day-to-day schedule or rhythm of how we get things done, helping your brother & sister firefighter, exercising, having a positive outlook, studying something you haven’t studied in a while, or putting your phone down and reading a book. Every single one of us, regardless of rank, need to look out for one another at all times, because we are a family. We as firefighters, with the schedule we work, spend

Continued on page 9 . . .



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about a third of our lives working together, making meals together, training together, running calls together, grieving together. But most of all we need to support one another together as much with our own mental health, as we would support one another on the fireground. I can say with absolute certainty that nobody on this entire planet we live on is “perfect”. We’re human beings, and we all have flaws whether we want to accept that or not. Just remember, it is absolutely okay to not be okay. We respond to others emergencies every day, and every now and then we need someone to respond for us. Please:

- Take care of your emotional & physical health
- Show empathy towards one another (Be Kind)
- Embrace one another = Strengthen Us All
- Empower others, push individuals to be their best
- Be an open ear for someone to talk to if they want
- Do not for any reason judge an individual because you haven’t spent a day in their shoes
- Be welcoming

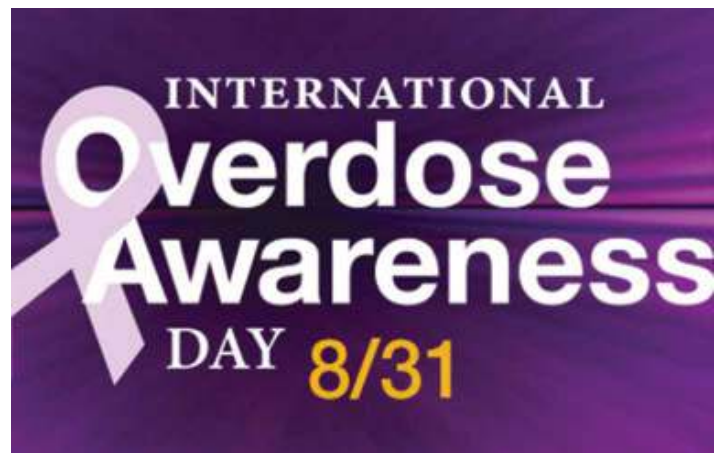
Mental Health Illness Symptoms to be aware of

- Loss of appetite
- Change in behavior (quiet, reserved)
- Easily frustrated
- Nightmares
- Insomnia
- Intrusive thoughts, whether it be past events or something else
- Over-eating
- Desensitization of everything around (loss of sympathy/empathy towards others)
- Substance Abuse

Some Available Resources

- IFSI Resiliency Course (I have found this very helpful)
- The Greg Lindmark Foundation
- Rosecrance Florian Program (Free to First Responders)
- Our very own HRFD Chaplains
- Opioid Addiction, National Hotline - 1-800-662-4357
- National Suicide Prevention Lifeline - 1-800-273-8255 or text Crisis Text Line at 741741
- National Alliance on Mental Illness Northern Illinois provides the tools and resources necessary to improve response to mental health for all. - <https://naminorthernillinois.org>

Disclaimer: The resources listed are provided solely as a courtesy.



**LIVE REAL
FOUNDATION**

BY FOUNDER AND EXECUTIVE DIRECTOR
AND ROSCOE RESIDENT BEV POMERING

www.golivereal.org

The Live R.E.A.L. Foundation (LRF) is a registered 501(c)3 charity corporation. We focus on bringing education, awareness and advocacy on stopping the stigmas of mental illness and substance use dependency. The R.E.A.L. is an acronym for Relational, Empathetic, Authentic & Loving.

We believe that if individuals change their thoughts to include R.E.A.L. beliefs then they will change their actions. If they change their actions they will change their world. If they change their world, TOGETHER we can change THE world.

We offer:

- Free NARCAN Training
- Education Seminars
- Awareness Events & Community Support

Stigmas of mental illness or episodes of anxiety &/or depression keep people from sharing what is really going on in their lives and getting the assistance they need. LRF is working hard to reduce the number of people who turn to substance use as a way to self-medicate their mental illness. More information about the foundation, resources available and our current calendar can be found on our website, www.golivereal.org. on our social media sites Facebook, Instagram and Pinterest with our tag @goliverealorg. We also have an Etsy shop (<https://etsy.me/3jr1v96>) where all profits go to the Live R.E.A.L Foundation education efforts.

SUPPORTING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

STARTING THE CONVERSATION

When a family member is drinking too much, using drugs, or struggling with a mental disorder, your support can be key to getting them the treatment they need. Starting the conversation is the first step to getting help.

How You Can Help

- 1 IDENTIFY AN APPROPRIATE TIME AND PLACE.** Consider a private setting with limited distractions, such as at home or on a walk.
- 2 EXPRESS CONCERNS AND BE DIRECT.** Ask how they are feeling and describe the reasons for your concern.
- 3 ACKNOWLEDGE THEIR FEELINGS AND LISTEN.** Listen openly, actively, and without judgement.
- 4 OFFER TO HELP.** Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to treatment services.
- 5 BE PATIENT.** Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

What to Say

"I've been worried about you. Can we talk? If not, who are you comfortable talking to?"

"I see you're going through something. How can I best support you?"

"I care about you and am here to listen. Do you want to talk about what's been going on?"

"I've noticed you haven't seemed like yourself lately. How can I help?"

For more resources, visit www.SAMHSA.gov/families.

If you or someone you know needs help, call 1-800-662-HELP (4357) for free and confidential information and treatment referral.

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

SAMHSA
Substance Abuse and Mental Health
Services Administration

Out in the Community



Gone, But not forgotten
Some people come into our lives,
And quickly go.
Some stay awhile,
And leave footprints in our hearts.

- Marcia Soppe's mother, Diane Howe passed away July 5th, 2021. Our deepest sympathy and condolence go out to Marcia and Mark and their families.



Glad to hear Mark Soppe is doing well after his recent shoulder surgery. Best wishes Mark on a speedy recovery!

hAPPY BIRTHDAY

AUGUST 2021

1st Larry Sarver
8th Teresa Kinney
14th Tim Schrader '60th'
14th Dylan Lackey
14th Sam Scott
27th Al Bach
27th Mike Sherbon

SEPTEMBER 2021

5th Adam Eich
12th Bart Munger
13th Marty Green
13th Joe Koeninger
24th Kevin Briggs
26th Austin Schwarzbach
28th Paul Meyers
30th Kevin Raymer

The Firehouse Scene

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

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.

E-mail submissions to: Sheryl: sdrost@harlemroscoefire.org

Back-to-School FOOD SAFETY TIPS

Chances are you worry more about whether your children will eat the food in their lunch boxes than about whether that food will be safe to eat. But children are the most vulnerable to food poisoning, so it makes sense to take extra precautions when preparing the lunches they take to school.



1 IN 6 Approximate number of Americans stricken with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



42,000

Estimated annual reports of salmonella infections, the most frequent cause of foodborne illnesses

Of the estimated 42,000 annual salmonella infections, almost



Because many milder cases are not diagnosed or reported, the actual number of salmonella infections may be 29 or more times greater. That's more than

1.2 MILLION

estimated cases annually.



Tips to keep your kids healthy

CLEAN

If you're making lunch the night before, be sure to wash your hands and use clean cutting boards, utensils and countertops. Making lunch on the same surfaces you used to prepare raw meat or poultry for dinner may result in cross-contamination and lead to salmonella-related illness.

SEPARATE

Use one cutting board for fresh produce and a separate one for meat and poultry.

COOK

Cook foods to the right temperature using a food thermometer.

CHILL

If the lunch contains perishable food items like luncheon meats, eggs, and yogurt, make sure to pack it with at least two cold sources (e.g., freezer packs and frozen water bottles).

Pack a Safe Lunch

Send your kids back to school with safe and satisfying lunches by following these simple tips:



Tip 1
Frozen juice boxes can also be used as freezer packs. By lunchtime, the juice should be thawed and ready to drink!



Tip 2
Perishable food can be unsafe to eat by lunchtime if packed in a paper bag. Use an insulated box or bag instead.



Tip 3
Children should wash their hands for 20 seconds with warm soapy water before eating. Have them sing the ABCs twice while washing if they sometimes finish early.



Tip 4
If possible, your child's lunch should be stored in a refrigerator. But leave the lid of the lunchbox or an insulated, soft-sided bag open in the fridge so that cold air can circulate and keep the food cold.



Tip 5
If you're packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell your child to keep the insulated container closed until lunchtime to keep the food hot — 140°F or above.



Tip 6
After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food.

Additional source: CDC



For more Back to School Food Safety Tips go to

FoodSafety.gov