

THE FIREHOUSE SCENE



is a publication of the

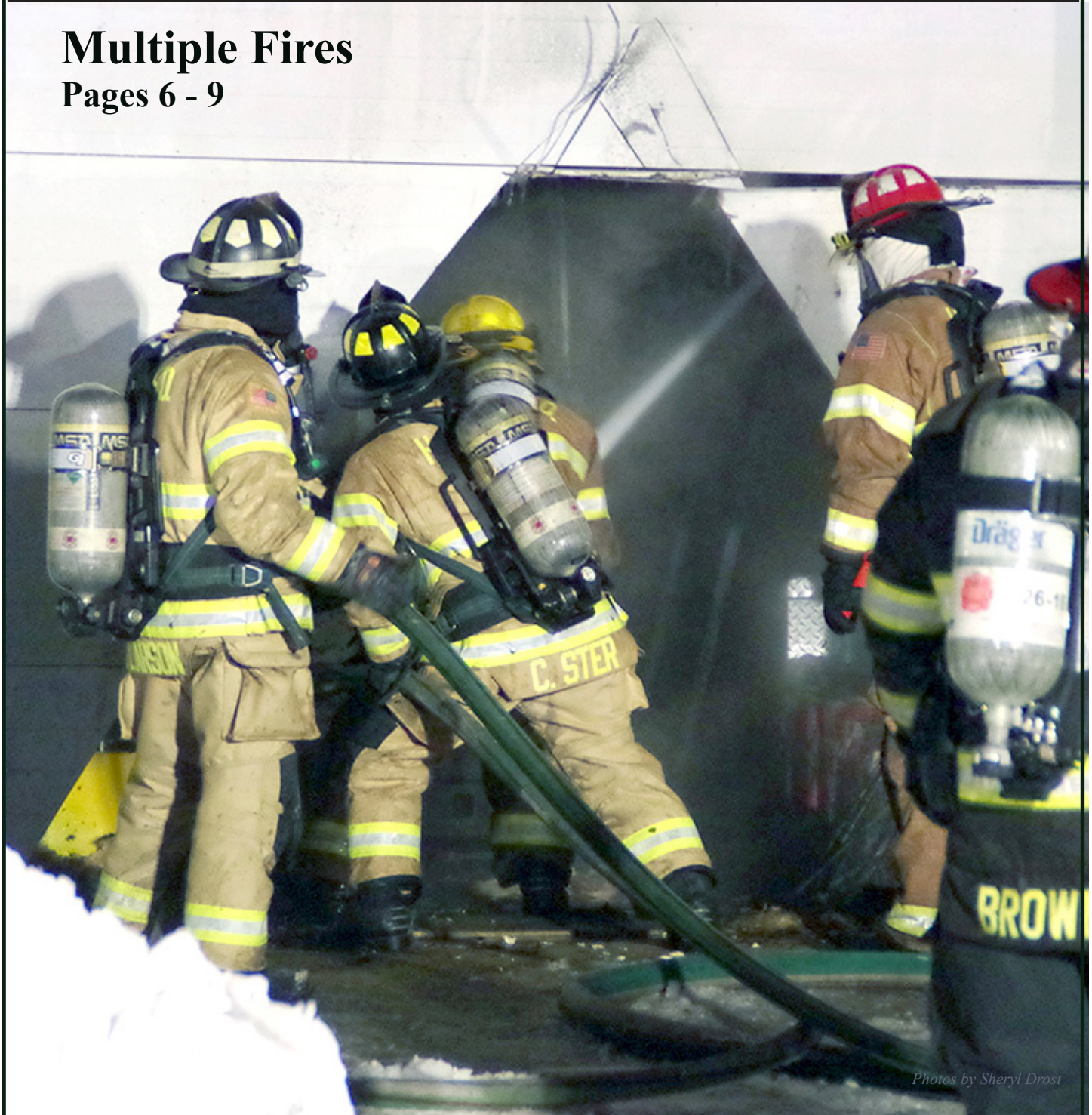
Harlem-Roscoe Fire Protection District

February 2021

Fire Chief Don Shoevlin

Editor Sheryl Drost

Multiple Fires Pages 6 - 9



Photos by Sheryl Drost



**FROM THE CHIEF'S DESK
BY FIRE CHIEF DON SHOEVLIN**

Once again, it is February and the groundhog saw his shadow. Looking out my window, I think he is right. All of the snow, cold, and ice of these past few weeks is making the jobs for our firefighters a little more challenging and dangerous to say the least. Thank you to all who assist us with clearing snow from around your fire hydrants. By doing so, you are helping us locate and use these hydrants much easier, which saves precious time in a fire situation. In fact, this January our team responded to 262 calls. Five of which were active structure fires. Fortunately, there were no injuries in any of the fires to either occupants or firefighters. In one incident though, our crew help to rescue a beloved family dog. He is doing well! More information and photos on these fires can be found in this newsletter, pages 6-9, or on our website at harlemroscoefire.com.

“We pledge to stay abreast of new technologies and techniques to further improve services. We will continue to meet our mission of providing the highest standard of service to the Fire District through prevention, training, education, and emergency services. It is our vision to be a progressive fire department providing a professional level of service.”

I have made the above statement numerous times since becoming Fire Chief. With that being said, because of the intricate details involved, it has taken many years to find ways to improve our notification and response time to your calls for help.

Since the beginning of HRFD, we have done our own dispatching from within. It all started with a loud siren coming from the station, to telephones being answered in a member’s home, to the dispatch center here on Main Street. Over the past years, the 911 Center would receive your call first, notify our dispatchers, then our dispatchers toned out your emergency and monitored the call until our crew was back in the station. Our dispatchers were a huge part of our team working non-stop, 24/7/365. You can only imagine how over time these communication systems and technology have changed as has the equipment, training and manpower needed.

With the ongoing evolution of it all, I was looking for improvement and resources that would most fit our need,

not only financially, but to stay abreast of constant changing technology and training requirements which provides an efficient service into the future as well.

We began working with the 911 center to investigate the feasibility of providing a quicker notification process and to acquire improved equipment for your emergency. In what took over a year of discussions, research, and meetings, it was decided to work toward being dispatched directly from the 911 center. Over the first half of last year, we began the process to work towards this direction.

This past July, I decided to begin this transfer slowly to assure it could meet our goals and objectives. The 911 center began to dispatch our calls directly from 6:00pm until 6:00am daily. Then at 6:00am, our crew of dispatchers took over again. We continued this schedule to be certain that any hiccups and glitches were found (and there were a few) until a full 24-hour transfer to the 911 center was completed. On October 1st, as we made the final transition, we turned the page on our past dispatching practices.

As we enter our fifth month since the change over, I am honored to say we are now getting your emergency calls much quicker (which was the main objective). The dispatch time has improved by 2 to 2 ½ minutes per call and in a life and death situation, which can feel like an eternity, but make a drastic difference.

Our commitment will always be to continue the path of innovation, improvement, and safety for all of us. Our fire district is second to none because of the people who serve and your continued support.

The dedication and commitment of all of our dispatchers over the years to HRFD and myself has been unwavering. Sadly, with this change we have lost valued members of our team and have changed the course of our history in the department as well. To our dispatchers, you will NEVER be forgotten, and I will always be grateful for your service! You have all played an essential part of our success and our foundation so for that we cannot thank you enough.

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. harlemroscoefire.com

Even though the beginning of February has been a little snowy and dang cold, remember each day is another day closer to SPRING. In fact, we spring ahead at 0200 on March 14th. And, did you notice the days are getting longer!!

Stay safe and warm,
Chief Don Shoevlin

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

Signs of heart attack IN MEN



- Uncomfortable pressure or squeezing in center of chest
- Shortness of breath
- Discomfort in back, jaw and neck
- Nausea
- Unusual fatigue
- Stomach pain
- Cold sweat

Oklahoma Heart Institute

Signs of heart attack IN WOMEN



- Shortness of breath
- Indigestion
- Unusual fatigue
- Stomach pain
- Sleep disturbance
- Dizziness
- Discomfort in back, jaw and neck
- Uncomfortable pressure or squeezing in center of chest
- Unexplained Anxiety



7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:



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!

source: ebjchechecastro



- Live smoke-free.** If you smoke, quit.
- Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.
- Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.
- Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.
- Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.
- Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
- Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.



**A PIECE OF FIRE SERVICE
HISTORY: THE MALTESE CROSS
SUBMITTED BY CAPT. TIM BERGERON**

one the Beatitudes given by Jesus Christ. While the symbolism of these eight knightly virtues hasn't changed over the years, their working has. The Maltese cross, like we've established, symbolized a special breed of men and women that take the motto "For the Service of Mankind" as a way of life.

It's universally agreed upon that the four arms of the Cross are indicative of the Cardinal Virtues: prudence, temperance, justice, and fortitude. However, the eight points as a whole don't carry a straight-forward meaning, as various authorities have given it different meanings.

The Maltese Cross Firefighters

If you take a look at almost any fire apparatus today, you're likely to see the Maltese cross. While it's not really there for aesthetic appeal, this emblem has a very rich history and it symbolized an elite group of people that have dedicated their lives to serve everyone in need. This is the story that this symbol of chivalry has to tell and bring to light the correlation between it and the fire service.

Where Did The Maltese Cross Originate?

The Maltese cross had its origins during the Crusades, symbolizing the knights of that period. It was adopted by the early Knights of Malta as a design for their shields because it was perfect for riding horses into battle without being too bulky and cumbersome.

During the 11th and 12th centuries, the Knights of Malta abandoned their military life and became a charitable organization that provides aid to those who need it whether poor or sick. Knights of the Maltese cross have also helped erect countless hospitals. Later on, the Knights of Malta joined forces with the Knights of the Crusades in order to claim the Holy Land.

This rare breed of champions then started dressing differently and showcasing their status with crimson-colored capes over their suits of armor. Not only did the capes symbolize the status of the knights wearing them, but they were also used as a means of resistance against fire.

The now caped Knights of Malta would storm on horsebacks, rip their capes off their back, and use them to put out the fire eating away at their fellow troops that were engulfed in flames. The cross was later on inscribed and decorated by admirers as a reward for their chivalry. It later became the most honorable accolade to ever grace a knight's uniform in the form of a badge.

Since then, the Maltese cross has been associated with an array of admirable qualities such as bravery and loyalty. Fast forward to today, the time-honored Maltese cross is being worn by the men and women of the fire service as a badge of honor on their uniforms all across the country.

What Does The Maltese Cross Represent?

There are eight points on the Maltese cross, each point symbolizing



The meaning of each point was primarily religious before the secular version of the British Royal Order was released. That version has zero references to the Christian Faith and understanding. Since then, the meaning behind each point has changed to become observation, tact, resource, dexterity, explicitness, discrimination, perseverance, and sympathy respectively.

What Does The Maltese Cross Stand For?

The eight knightly virtues have been personalized by the fire service to the eight we know today. To get a better understanding of how each virtue applies to the life of a

firefighter, let's ponder at the emblem from the past and find out what it signifies to a firefighter today.

Observation – Meaning to constantly be aware. When it comes to firefighting, you must be aware at all times because the unknown can always happen. Firefighters prepare for the worst en route and a thorough size-up is carried out upon arrival to the scene. Being observant and perceiving all the changes in a firefighter's surroundings helps ensure the survival of the people to be rescued and the firefighters himself. Situational awareness is key.

Tact – Meaning to be professional in your speech. We, as humans, are social creatures, and so human interaction is just unavoidable. Firefighters have to conduct their speech in such a way that impacts the people around them. The way a firefighter speaks should deliver a certain message, especially when giving orders on the fire ground.

Dexterity – Meaning to be versatile. The emergency scene can be unpredictable most of the time, and so firefighters must be able to adjust accordingly. This also touches on the firefighter's ability to use his tools cleverly. An ideal firefighter is one that's able to use his imagination to come up with strategies and tactics on the spot. Furthermore, a firefighter should strive to be a jack of all trades so that he can adapt and overcome all situations.

Explicitness – Meaning to communicate clearly. Using few words that speak volumes is a subtle art that not only firefighters need to master, but all of us humans. A fire ground is a place surrounded by hazards from all sides and there's no room for implications.

Perseverance – Meaning to never give up. As a firefighter, a lot of people depend on you to rescue them, you just can't let them

Continued on page 5 . . .

... continued from page 4

down. An ideal firefighter never quits, whether he feels exhausted mentally or physically, he just keeps going until his mission is complete.

Sympathy – Meaning to treat people gently. The life of a firefighter is a harsh reality that can be full of trauma, but a good firefighter doesn't let this throw his emotional center off balance and he just marches on. A firefighter should always treat others with respect and be sympathetic without judgment

Gallantry – Meaning to be dedicated. Upon joining the department, an ideal firefighter is one that sets an example when it comes to commitment and dedication. Firefighting is a job that's full of challenges that only a dedicated person can face and overcome.

Loyalty – Meaning to be committed. Firefighters are dependent on each other when on a fire ground. A firefighting team should have each other's backs in times of crisis and high stakes regardless of personal feelings towards one another. Loyalty to the team and the department is the essence of what makes an ideal firefighter.

Lastly, The Maltese cross and its eight points are open for interpretation and the firefighter virtues that are mentioned above are just two firefighters' take on the eight points of the cross



TRAINING MINUTES
BY DIVISION CHIEF TOM AAKER

I was thinking this morning about a book my son has this morning that I need to read myself. "What are you so grumpy about?"

By Tom Lichtenheld. It's a children's book and a pretty funny one, I think. I mentioned it to him all the time when he gives me attitude, doesn't listen to me, and mostly when he is grumpy. What's funny is that usually when I reference the book in some way it actually stops him from being so grumpy. Or he just says "I don't know" and continues down the grumpy path. But it's usually short lived. For us adults though, I'm not really quite sure we would react the same way. Like today if you asked me why I am so grumpy. I would tell you its because its 0° Fahrenheit and I am just not a fan of that cold of weather. I'm not really a morning person, add below freezing temperatures, and I am even worse. In the middle of the day, I can handle it, but in the morning, just let me go back to bed. Funny though, whenever there is a call for us to respond to, that thought doesn't really enter into my mind. I believe for most first responders we are thinking; where do we have to go, what do we have to do, and what do we need to get the job done. I won't lie, at zero, we do probably say at some point, "Man its cold out", but then it's back to work.

In the 4th Quarter we kept a lot of our training the same. We stayed socially distant, wore our masks when we were in close proximity, and took temperatures before we got together. Pretty much becomes a habit if you do it every time. Kind of like the cold, if you don't find time to complain about it you just get the job done, then move on. Our focus was to stay away from each other basically.

Work for the quarter had to do a lot with hose pulls. Pulling the hose line off the engine when we initially get on scene and setting it up for entry into a house. We have been concentrating on our larger hose advancement. Then also our specialty lines, which is called a SKID load. This line is used for high rise fires which we don't have a lot of high rises, but we do have neighbors that do. But we also use the high-rise hose for the wide rise buildings. That's what we call large buildings like Lowe's or Home Depot because of the configuration of their water supply which mimics a high-rise. We also looked at some different hose loads that we may try in the future.

Training was very focused on small group training this quarter. We did this to stay compliant with the CDC guidelines but also to keep our training groups small. This quarter we will be completing a lot of mandatory online training and slowly but surely getting back to our normal routines.

Please help us and the other healthcare workers by continuing to socially distance whenever possible. Wash your hands often, wear a mask correctly in public, avoid crowded situations, and if you desire, vaccinate as they recommend.

BASEMENT FIRE NO. 1

PHOTOS BY SHERYL DROST

Harlem-Roscoe Firefighters were dispatched to a possible residential structure fire on Jan. 7th on Greystone Dr. First in units discovered an active basement fire. All occupants were out of the home except for a family pet. Firefighters made an aggressive attack to locate and extinguish the fire. The home, however, sustained extensive fire damage in the basement and smoke damage throughout. Cause of fire seems to be failure of electrical equipment.

A crew was tasked with searching for the family dog and were able to locate and bring the dog outside. Firefighters and EMT's went to work and were able to revive the pet. He was transported by the family to a veterinarian for further evaluation. A big thank you to the auto aid fire departments for their assistance at the scene.



The Anderson family stopped by Harlem-Roscoe Fire and Rockton Fire with their family dog Henry. Firefighters had rescued Henry from a house fire on Greystone Dr. on Jan. 7th. Firefighters revived Henry by performing CPR and giving oxygen through a pet mask. He was then transported by the owners to the vet. He has since made a full recovery. The Andersons wanted to let everyone know how Henry was doing and to drop off some breakfast pizza to thank the firefighters for saving their beloved pet!

Teamwork helped save the “not so little” puppy and we are thrilled that he is doing well!



BASEMENT FIRE NO.2

PHOTOS BY SHERYL DROST

Harlem-Roscoe Firefighters were dispatched on Jan. 11th for a possible structure fire in a single family home on Wild Deer Trail. First in units found a ranch-style home with smoke visible and the family outside. A fire was discovered in the basement and quickly extinguished. The fire was contained to the basement. The cause of the fire is believed to be a hot candle. There were no injuries to the occupants or fire personnel. A pet parakeet and an elderly cat were rescued from the home, but sadly the cat had perished. Thank you to the local auto aid fire departments that assisted with this call.



BASEMENT FIRE NO.3

PHOTOS BY SHERYL DROST

Harlem-Roscoe Firefighters responded to a report of smoke in the basement on Stonington Way on Jan. 21st. First in units found a fire in a garbage can in the basement. Quick action by personnel contained the fire to contents only. Cause of fire is believed to be from smoking materials. Thank you to our local auto aid fire departments for their assistance with this call.



COMMERCIAL BUILDING FIRE PHOTOS BY SHERYL DROST

Harlem-Roscoe Fire along with auto aid departments, Rockton Fire and South Beloit Fire, responded to a commercial building fire located at Rockton Rd. and Quail Trail in Roscoe on Jan. 29th. First in units reported a commercial structure with smoke showing. Rockton Police secured the area and firefighters made an aggressive attack on the fire. HRFD Fire Chief Don Shoenlin reports, "We had a great initial attack and the discovery of safety hazards and finding the seat of the fire. We had a coordinated attack from three different departments plus the ability for HRFD personnel response to have an abundance of crews to rotate. These are the type of calls we need everyone and we got a great response. The cause of the fire seems to be electrical."



ACCIDENTS PHOTOS BY DUTY OFFICERS



01/04/21 Hwy 173 and Mitchell Rd.



01/06/21 Hwy 251 and Bridge St.



01/14/21 I-90



01/15/21 Hwy 251



01/15/21 Prairie Hill and Hwy 251



01/22/21 Elevator Rd.



01/24/21 I-90 off ramp

EXTREME COLD SAFETY TIPS



General Information:

- Minimize travel.
- Stay indoors during the worst part of the extreme cold.
- Keep a winter survival kit in your vehicle if you must travel.
- Check tire pressure, antifreeze levels, heater/defroster, etc.
- Learn how to shut off water valves for potential pipe bursts.
- Check on the elderly.
- Bring pets inside.

How Should I Dress?

- Wear layers of loose-fitting, lightweight, warm clothing, and a hat.
- Mittens, snug at the wrist, are better than gloves.
- Cover your mouth to protect your lungs from extreme cold.
- Try to stay dry and out of the wind.

For more information visit <https://www.ready.gov/winter-weather>
For information about Wind Chill, charts and calculator visit <https://www.weather.gov/safety/cold-wind-chill-chart>

FIRE SAFETY AND HEALTH DONATION



HRFD Division Chief Jay Alms and Deputy Chief John Bergeron, representing the Harlem-Roscoe Firefighter's Association, presented Harlem School District #122 Superintendent Dr. Julie Morris and School Board President Patti Lawrence with a check for \$6,000 to assist in fire safety and health for their students in the district.

hAPPY BIRTHDAY

FEBRUARY 2021

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

- 9th John Donahue
- 11th Allen Watts
- 16th Aaron Miller
- 22nd Jay Alms

MARCH 2021

- 4th John Donovan
- 4th Melissa Whiting 40th

- 22nd Tyler Young
- 29th Sheryl Drost

Melissa Whiting 40th March 4th



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.

E-mail submissions to Sheryl: hrfdsdrost@gmail.com



American Heart Association.

25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

ABC

18

Practice spelling, do a squat for every vowel



19

Run in place for 30 seconds, check your heart rate

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank



22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

heart.org/KidsActivities