

THE FIREHOUSE SCENE



is a publication of the
Harlem-Roscoe Fire Protection District

May 2021

Fire Chief Don Shoevlin

Editor Sheryl Drost



EMS STRONG

This Is EMS: Caring for Our Communities
National EMS Week * May 16-22, 2021





FROM THE CHIEF'S DESK
BY FIRE CHIEF DON SHOEVLIN

As we end April and start May, we have seen the wind play an integral part of our weather. I know we are anxious with wanting to be outside cleaning up our yard from the fall and winter months, but I ask that all of us use caution when burning. There have been days when the wind has been strong and the ground cover dry that I have posted not to burn. This is done to avoid the possibility of increased hazards from the wind causing fire spread. This notification is posted on our Facebook page in the morning. Please check our Facebook page before burning.

EMS week is May 16th – 22nd. This is the week we recognize and celebrate those in EMS (Emergency Medical Services). Not that we should not do it all year. EMS is a vital component of medical care. On any given day, our members help save lives by responding to medical emergencies, including heart attack, difficulty breathing, fall, accident, drowning, cardiac arrest, stroke, drug overdose or acute illness. We provide both basic and advanced medical care at the scene and en-route to a hospital. We are dedicated to bringing compassionate, life-saving emergency medical care to our streets, our homes and our workplaces. I am proud of our roster of professional personnel that are dedicated and committed to the care we give.

May, the start of graduations, when kids, children and young adults are recognized and rewarded for their hard work and successful accomplishments in education. They are the future and why we are so proud to be able to have our “Ignite Our Youth” golf outing which supports our scholarship program. Speaking of that, this year’s golf outing will be on July 2nd. Sign up at hrfd-golf.com quick as the foursomes are filling up fast.

We remain busy. In April, our personnel responded to 283 calls. Our average response time (or out the door) being 1.92 minutes and arrival on scene was 5.94 minutes. These accomplishments are just a small indication of the commitment of our members to achieve providing a professional level of service.

Watch your mail for a letter from the Firefighters Association and myself. The Association will be holding a drive thru luncheon on 6/5/21 from 11-1. There is more information contained in their letter.

Last and not least I hope all the Mom’s on our roster, of our personnel and of our district had a most enjoyable Mother’s Day. Do we thank them enough for all they endure but more importantly for all the love they share. To all the Mom’s, my wife (the rock behind our wonderful children and me), my children who are now Mom’s, the Mom’s on our department and my Mom in heaven,



*A Mother’s love is something that no one can explain,
It is made of deep devotion and of sacrifice and pain,
It is endless and unselfish and enduring come what may
For nothing can destroy it or take that love away . . .
It is patient and forgiving when all others are forsaking,
And it never fails or falters even though the heart is breaking . . .
It believes beyond believing when the world around condemns,
And it glows with all the beauty of the rarest, brightest gems . . .*

By Helen Steiner Rice

Your continuous and generous support is greatly appreciated. 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 (which has been updated) www.harlemroscoefire.com, we can also be found on Facebook, so go ahead and friend us.



NATIONAL EMS WEEK
EMS STRONG
This is EMS/Caring For our Communities

*Always ready to bravely answer the call to provide care,
Comfort and support to those in need.
Compassion lies at the heart of everything you do and it shows.
For all you do for our community,*
THANK YOU!

Paramedics: DC John Bergeron, Div. Chief Jay Alms, BC John Donovan, BC Patrick Trollop, Lt. Nate Sarver, Lt. Ryan Sarver, Lt. Jordan Stark, Lt. Sam McNames, Lt. Kyle Swanson, Dylan Lackey, Taylor Larson, Rob Lukowski, John Morgan, Kevin Raymer, Steve Rosander, Brandon Sherbon, Cecilia Ster, Pedro Villasenor, Brett Whiting, and Chris Witcik.

EMTs - Chief Shoevlin, Div. Chief Tom Aaker, BC Kevin Briggs, Capt. Tim Bergeron, Capt. Mike Huffman, Hanna Benard, Jared Christiansen, Tyler Ebany, Adam Eich, Justin Harwood, John Hawkins, Joe Koeninger, Gus Larson, Alissa Neubauer, Mike Sherbon, Jason Street, Greg Wernick, Andrew Wiechman, and Tyler Young.



TRAINING MINUTES BY DIVISION CHIEF TOM AAKER

Most people that come into contact with each other at some point talk about the weather. In normal conditions, the better you know the person, the longer it takes to talk about the weather. If you hardly know them, then “friendly conversation” takes over. “Man, it’s cold out”. “Boy you never know the temperature when you wake up”. So with a good friend, it may take you 20 minutes or so then eventually there will be a pause in conversation.....then the weather. Whereas with someone you just met at the Dr’s office, or waiting at the DMV socially distanced for 3.5 hours, weather is probably within the first five sentences. That being said, there is a disclaimer, farmers are excluded for about half the year. It is some of the first things they talk about because of how it affects their lives.

Weather is a hot topic these days. I don’t think April made much sense, and May is starting to me, the same way. Why am I telling you this you ask? Well, it’s just my way of breaking the ice. Something to gain your interest before I start talking about our training. I was trying to think of something and that’s the first thing that came to mind, and it makes sense, to me at least.

We are slowly starting to get some of our training back on track this year. We had to make a lot of adjustments over the last year and we are still adjusting. I think just about the time we get adjusted, things change. That’s typically how this industry seems to work. Just about the time we get going and things go smoothly, something pops up and changes everything. There is a saying that I found a few years ago. “Two things that every firefighter can agree on, I don’t like the way things are and I don’t like change.” Truly though, in the job we are in, we are always changing and always adapting. Every fire is different. Every challenge is new.

We have a recruit academy that we started at the end of February. Currently we have six recruits and have

slowly been working through the program. We are teaching them a full class this year. When they are done, they will have over 300 hours of training in an 8-month period. A lot of hours, a lot of time, a lot of commitment to the department and to our community. With this class we have zoomed a few classes so we have some core classes online. We are looking towards the future in developing online training with our systems and guidelines rather than those found online.

We have purchased some audio video equipment to make the training a better quality online for someone to view. The equipment will also make it easier to hear someone when they are working outside or in the tower with firefighters.

Department training for the most part has been segregated and still following the guidelines in place by the state. Training this quarter we focused on some subjects that we don’t necessarily do separately, but work well in small groups. We adapted to change. All of the training was done in small groups at each station. Officers were tasked with leading and directing the training. Some stayed at the station, some went out to businesses and buildings in their area just to keep things new.

We completed Rapid Intervention team drills; what we use for rescuing our own. We completed ladder drills at local businesses so we get some idea of their layouts and building construction. We completed core competencies such as hydrant drills, master streams (large volumes of water), and hose deployment. These are core competencies that really should be practiced everyday till your bored and sick and tired of doing. This way when we have the call its like second nature for us, which in turn makes us respond faster to our goal, extinguishment.

We also completed riser room training this quarter. I know that sounds exciting to you, it really isn’t. However, I am one who really enjoys the training. We don’t go over the training every year and honestly if you’re not a fire inspector, as a firefighter you really don’t have a lot of working knowledge in sprinkler systems. We did however, receive 147 automatic fire alarms in 2020. This could be anything from the company testing the alarm and forgetting to call us to tell us they were testing, to some type of fire emergency where the

Continued on page 4 . . .

sprinklers were activated. I will tell you that most of the time it seems like we go to calls for ghosts in the systems. So as a retired chief told me once.... actually, I can't tell you the saying but let's just say it ends with "magic". These calls are called nuisance calls, but they are also very frustrating calls when we don't know the systems we are looking at. With the two-week training we completed, I feel like the majority of the department has a good working knowledge of the systems in our area. Special thanks to Lowe's, North Pointe Wellness, Menards, Farm and Fleet, American Aluminum, and Schnucks for letting us into their buildings to look at their systems. They helped to educate our firefighters to do their jobs better.

This next quarter will prove to be yet another challenge, masks with hot weather.... kidding. Whether you believe in masks or not. Whether you believe in the vaccine or not. Whether you believe in Covid or not.

Please try to remember before this pandemic we should all try to respect each other every day. As we move forward, we should continue to try to respect each other. As for the department, we come to your house with masks to protect you from us out of respect. We hope you take that into consideration when calling upon us to come help you. As I said in my last article, 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.

Stay safe!

*Division Chief
Tom Aaker*

ACCIDENTS PHOTOS BY DUTY OFFICERS



04/11/21 Mitchell Rd. and Hwy 173



04/16/21 Willowbrook Rd. and Rockton Rd.

May is Stroke Awareness Month

F

Does one side of the **FACE** droop?

A

Does the **ARM** drift downward?

S

Does the **SPEECH** sound slurred or strained?

T

There's not a lot of **TIME**.
Call **911**.

A stroke is treatable if you act F.A.S.T.

STROKE BY THE NUMBERS

Every **40 seconds** someone has a stroke



About 55,000 more women than men have a stroke each year



1 in 4 strokes are in people who have had a previous stroke

#5

Cause of death in the USA



80% OF ALL STROKES CAN BE PREVENTED



Together to End Stroke™

life is why™



WATER SAFETY TIPS

BY BC KEVIN BRIGGS

Summer is coming and drowning is one of the top causes of injury and death in children. Children can drown in pools, rivers, ponds, lakes, or oceans. They can even drown in a few inches of water in bathtubs, toilets, and large buckets. After birth defects, drowning is the number 1 cause of death for children 1-4 years of age. The reason for this is because children are curious. The water shines, ripples and splashes which draws children to it. What they don't understand is that water is very dangerous.

Water Safety at Home

Parents need to keep a watchful eye on their young children, especially as they are learning to crawl and walk. Tips for water safety:

- Never leave your child alone in a bathtub: even using bath seats they can tip over.
- Empty water out of containers, such as large pails, buckets, kiddie pools, and water toys.
- Keep doors closed that have water in them, such as bathrooms
- Keep toilets closed by using latches

Water Safety at the Pool, Hot Tubs, and Spas

Adults should actively watch children at all times while around the pool area. Tips for pool safety

- Keep toys away from the pool area when not in use
- Empty out small pools or buckets when not in use
- No running around the pool area
- Build a fence around the pool area
- Have a pool cover if able to
- Take swim lessons
- Never swim alone
- Don't dive in shallow water

Water safety in other bodies of water

Swimming in other bodies of water is different than swimming in a pool. Wear life jackets that fit, and know that life jackets do not take the place of a person. Tips for body of water safety:

- Swim in a group or with adult supervision
- Never swim alone
- If in a bigger area of water use a life jacket
- Never swim around boats, jet skis, or water skiers
- Never swim during electrical storms
- If you swim afar, stay calm, tread water, or float on your back until help arrives

In an Emergency

Always be ready for an emergency and know what to do in case you need to help out.

- Yell for help
- Stay calm
- Know CPR
- Have a phone near to call 911

Remember . . .

KNOW CPR

Always keep your children's safety in mind around any body of water even when at home, with friends, relatives or on family vacations. Prevent unsupervised access to pools or bodies of water. Swim with others to help ensure safety.



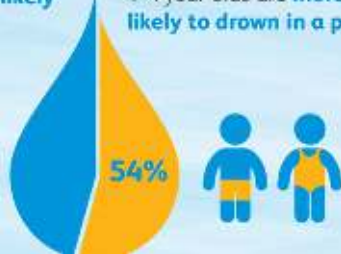
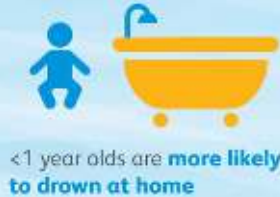
The Facts about Kids and the Danger of Drowning

Almost 800 children drown in the U.S. every year.



Two thirds of these deaths occur during May – August.

Drowning Risk Varies by Age



More than half of all child drowning deaths are among children ages 0 to 4.

WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.



I'M ON A BOAT!

Always wear a properly fitted US coast guard approved life-jacket (PFD- personnel Flotation devise)



STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.

WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



MISCONCEPTION 1
Nearly half of parents surveyed think that if a child was drowning nearby, they would hear it.

Reality
Drowning is silent. There can be very little splashing, waving or screaming.

MISCONCEPTION 2
1 out of 3 parents have left a child alone in a pool for two or more minutes.

Reality
Drowning is quick. Once a child begins to struggle, you may have less than a minute to react.

MISCONCEPTION 3
More than half of parents surveyed think that when present, a lifeguard is the primary person responsible for their child's supervision at the pool.

Reality
Watching your child in the water is your responsibility. A lifeguard's job is to enforce rules, scan, rescue and resuscitate.

MISCONCEPTION 4
60 percent of parents surveyed would not worry as much about drowning if their child has had swim lessons.

Reality
Swim lessons are essential, but skill level varies. A review of children who drowned in a pool revealed that 47 percent of 10 – 17 year olds reportedly knew how to swim.

5 Survival Skills That Could Save Your Life in the Water

1. Step or jump into water over your head and return to the surface.
2. Float or tread water for one minute.
3. Turn around in a full circle and find an exit from the water.
4. Swim 25 yards to the exit.
5. Exit from the water. If in a pool, be able to exit without using the ladder.



- Watch your kids when they are in and around water, without distraction.
- Teach children to swim and the 5 Water Survival Skills.
- Learn CPR and basic rescue skills.
- Make sure pools have four-sided fencing at least 4 feet high.



May is Mental Health Awareness Month

OWNING YOUR FEELINGS

It can be easy to get caught up in your emotions as you're feeling them. Most people don't think about what emotions they are dealing with, but taking the time to really identify what you're feeling can help you to better cope with challenging situations.

TIPS FOR SUCCESS



Allow yourself to feel. Sometimes there are societal pressures that encourage people to shut down their emotions, often expressed through statements like, "Big girls don't cry," or "Man up." These outdated ideas are harmful, not helpful. Everyone has emotions—they are part of the human experience—and you have every right to feel them, regardless of gender, sexual orientation, ethnicity, socio-economic status, race, political affiliation or religion.



Don't ignore how you're feeling. Most of us have heard the term "bottling up your feelings" before. When we try to push feelings aside without addressing them, they build strength and make us more likely to "explode" at some point in the future. It may not always be appropriate to process your emotions at the very moment you are feeling them, but try to do so as soon as you can.



Talk it out. Find someone you trust that you can talk to about how you're feeling. You may find that people are eager to share about similar experiences they've had or times that they have felt the way that you are feeling. This can be helpful, but if you're really only interested in having someone listen, it's okay to tell them that.



Build your emotional vocabulary. When asked about our feelings, most people will usually use words like bad, sad, mad, good, or fine. But at the root of "good, bad, sad, mad, or fine" are many words that better describe how we feel. Try building your emotional vocabulary by writing down as many "feeling" words as you can think of and think of a time that you felt that way.



Try journaling. Each night write down at least 3 feelings you had over the course of the day and what caused them. It doesn't need to be a "Dear Diary" kind of thing. Just a few sentences or bullet points to help you practice being comfortable with identifying and expressing your emotions.



Consider the strength of your feelings. By thinking about how intense your emotions are, you may realize that what you thought you were feeling at first could better be described by another word. For instance, sometimes a person might say they are stressed when what they are really experiencing is something less severe like annoyance, alternatively anger might really be a stronger, deeper feeling like betrayal.



See a mental health professional. If you are taking steps to be more in touch with your feelings, but are having trouble dealing with them, mental health providers like counselors and therapists have been trained to help. Some free or low cost options are also available. Your employer might have an Employee Assistance Program (EAP) that offers a limited number of free counseling sessions, and your Human Resources department can help you access this resource. If you don't have an EAP through work, the leaders of religious organizations like churches, synagogues and mosques often have experience with counseling.

YOU ARE NOT ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

SUPPORTING OTHERS

While 1 in 5 people will experience a diagnosable mental health condition in their lives, 5 out of 5 people will go through a challenging time that affects their mental health. There are simple things that every person can say or do to help the people in their life who are struggling to get through the tough times.

HOW TO BE HELPFUL



Practice active listening. Active listening is different than just hearing what a person has to say. A good active listener puts everything aside and gives their complete attention to the person who is talking; asks open-ended questions to get more details about the topic that is being discussed (ex. "And how did that make you feel?"); and takes moments throughout the conversation to summarize what they've been told and make sure they are understanding clearly.



Don't compare. If a friend or loved one is going through a tough situation and they come to you for support, you might feel tempted to tell them about something that happened to you and how you were able to get through it. It's okay to share about similar experiences, but be careful not to compare because it can make someone feel like their pain isn't valid. For instance, if they are telling you about a breakup, don't mention how you had a much harder divorce. Focus on what you did to cope with feelings of loss or loneliness.



Ask what you can do. It can be tempting to assume what would be helpful to someone who is struggling, but it's always better to ask them what they need from you. If you ask and get a response like, "nothing, I'm fine," offer up a few suggestions for things you would be willing to do (without being pushy). For instance, you could offer to come sit with them and watch a movie, cook them a meal, or pick up a few things for them at the store.



Keep your word. If you have offered your support to someone and told them you would do something, keep your word. When a person is struggling, the last thing they need is to feel abandoned by someone else. If you absolutely can't honor your promise, make a sincere apology and find another time that you can do what you said you would.



Don't judge. To be truly supportive of someone, you need to put your personal opinions and biases aside. They may be struggling because of a mistake that they made, or you may think that they are overreacting, but you will never know what it is truly like to be that person in this moment, and criticism is not helpful to their recovery.



Offer to join them. When someone is going through a time of sadness or uncertainty, their emotions can take over and leave them feeling paralyzed and unable to take care of life's obligations. Offering to go with someone to help them take care of responsibilities like walking the dog, going to the grocery store, attending doctor appointments, or picking up the dry cleaning can help them feel a sense of accomplishment and lift their spirits.



Know when more serious help is needed. Sometimes the support that you can offer won't be enough. If you notice that your friend or loved-one continues to struggle after weeks or months, they may be showing signs of a mental health condition and likely need professional help. Don't be afraid to encourage them to seek help from a mental health professional and offer to help them find a provider if needed. If someone you care about is in immediate danger of taking suicidal action, seek help by calling 911 or going to the closest emergency room. Trained crisis counselors are available 24/7 by texting "MHA" to 741-741 or calling 1-800-273-TALK8255.

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 781741).



OFFICE OF THE ILLINOIS STATE FIRE MARSHAL

JB Pritzker, Governor
Matt Perez, State Fire Marshal

For Immediate Release

Date: May 3, 2021

Contact: JC Fultz

217-685-2041

jc.fultz@illinois.gov

The OSFM Recognizes Arson Awareness Week 2021

In 2020, the OSFM Arson Division Closed 53 cases with an arrest.

Springfield, Ill- In recognition of Arson Week, the Office of the Illinois State Fire Marshal (OSFM) is raising awareness about the seriousness of this crime and educating Illinois residents about the true cost of arson and its impact on individuals and communities. Arson Awareness Week 2021 (May 2-8), highlights critical actions that first responders must take to help ensure a safe response to arson fires during periods of civil unrest.

According to the United States Fire Administration, an estimated 210,300 fires are intentionally set each year. Losses resulting from these fires included approximately 375 civilian deaths, 1,300 civilian injuries, and \$1 billion in direct property damage. The incidence of these fires typically peaks in March and April and again in July. In 2020, OSFM Arson Special Agents responded to 1,051 investigations and canine teams assisted in 230 investigations. In 2020, the OSFM's Arson Division closed 53 arson related cases with an arrest. The OSFM Arson Division consist of seven Accelerant Detection Canines and 15 Special Agents who aid and assist fire and police department across the state.

"Arson is a serious crime and I encourage communities and fire departments to work together to help raise awareness to prevent these fires that are costing people their lives and needlessly putting firefighters in dangerous situations. If you see something, say something," **said Illinois State Fire Marshal Matt Perez.** "I encourage departments to review their plans for dealing with arson related to civil unrest, as we have seen an increase in activity over the past year and a half. Keeping firefighter safe on the fireground should be a top priority, while still working to effectively protect the lives and property in their communities."

A statewide **Arson Hotline, (800) 252-2947**, has been established so that citizens may anonymously provide information about a suspicious fire that has occurred or may occur.

Arson fires are preventable through education and awareness such as the Youth Fire Setter Intervention Program. To request help from this program you can call 1-844-689-7882 or visit the OSFM website at www.sfm.illinois.gov.

JRTC 100 W. Randolph Suite 4-600
Chicago, IL 60601
(312) 814-2693

1035 Stevenson Drive
Springfield, IL 62703
(217) 785-0969

2309 W. Main
Marion, IL 62959
(618) 993-7085

www.sfm.illinois.gov

In Memory of . . .



Terry Pitkus 1940 - 2021

Our deepest sympathies, prayers, and love goes out to the family and friends of former Harlem-Roscoe Firefighter Terry Pitkus. Terry passed away April 7th, 2021. Terry joined Harlem-Roscoe back in 1966 and was very active in the department in many fields.

He was one of the first EMT's on the department. He and Virgil Johnson started the department's Fire Prevention Program in the 70s and he would take a week off of work during Fire Prevention Week. He loved helping with the Annual Coon and Ham dinner as well as the fundraising for the department's first true rescue/ambulance.

He left HRFD when he became a Arson Fire Investigator for the State of IL Fire Marshal's Office, serving 24 years at the OSFM before retiring. He so loved to teach and would work with our fire investigators to help them hone their skills. He was well known for smoking his pipe, thus he received the nickname 'Pipes' Here are a few photos we have of Terry from our archives.



FOUR ROSCOE - HARLEM firemen have recently completed 70 hours of emergency medical training at St. Anthony's hospital. Rockford. From left - Oscar Presley, captain; Clay Winter, fireman; Dick Lybort, assistant chief, and Terry Pitkus, fire inspector. (VSAP- McCleary)

Roscoe Review *Firemen emergency trained*



PREPARING RACCOONS for eating are (from left) Terry Pitkus, 12806 Ventura Blvd., Oscar Presley, Rockton, and the chief cook, Ralph Walker, Belvidere. The coons are being readied for the Harlem-Roscoe firemen's Coon and Ham dinner to be served from 5:30 p.m. to 9 p.m. tonight in the Roscoe fire station.



CUCUMBERS Who Knew!

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
6. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.
7. Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
8. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
9. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown the reduce stress.
10. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
11. Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm you fingers or fingernails while you clean.
12. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

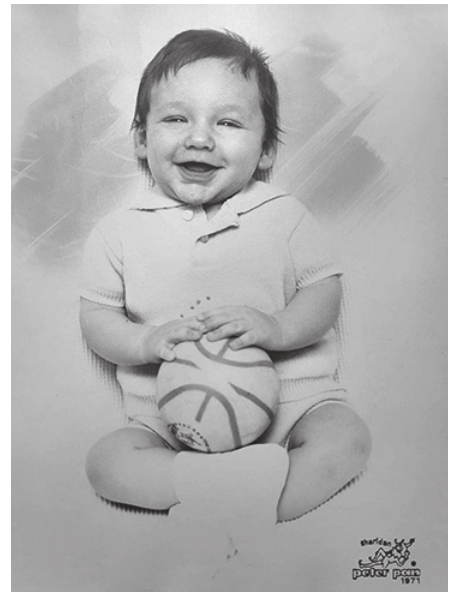
hAPPY BIRTHDAY

MAY 2021

23rd Rob Lukowski
31st Jordan Stark

JUNE 2021

8th Shannon Burbach
8th Hanna Benard
11th Mike Huffman 50th
16th Jen Anderson
19th Justin Harwood
22nd Sam McNames



**Capt. Mike Huffman - 50th
May 11th**

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

Harlem-Roscoe Firefighter's Association Annual Golf Play Day



**~July 2, 2021~
Atwood Homestead
Golf Course**

Please join us for the "Ignite our Youth's Future" Golf Fundraiser for the Harlem-Roscoe Firefighter's Educational Grant. The grant is awarded annually to in-district schools to assist students in their educational needs in the 21st century.

-  Friday, July 2, 2021
-  Atwood Golf Course
-  8:00 a.m. Shotgun start (Registration starts at 7:00 a.m.)
-  Register Online: WWW.HRFD-GOLF.COM
-  \$120/golfer   
(\$480/foursome)

What's Included?

- 18 holes of golf with cart
- Lunch at the Turn
- An "all-inclusive" dinner at pavilion (Free alcoholic and non-alcoholic drinks at dinner!)
- A gift certificate for a free future round of golf, cart included, at any of the Winnebago County golf courses!

What Can You Win?

- Longest Drive, Longest Putt, and Closest to the Pin winners will be awarded a TV or Grill.
- Putting contest winner will be awarded a Grill
- Door prizes, raffle baskets, and 50/50 golf ball drop!

50/50 Golf Ball Drop Raffle



Golf balls will be dropped onto a green at Atwood Golf Course from our aerial truck's ladder on the day of the play day. If your ball lands in the hole you win! 3,000 balls are available, so the raffle prize could be very significant!!!

\$5 per ball or \$20 for 5 balls

Purchase Online at www.hrfd-golf.com

Do not need to be present to win. Winner will be notified.

**Don't golf but would still like to support our Educational Grant?
Sponsorships & Donations are also accepted online!**