

THE FIREHOUSE SCENE

is a publication of the
Harlem-Roscoe Fire Protection District

MAY 2022

Fire Chief Don Shoevlin

Editor Sheryl Drost





FROM THE CHIEFS DESK

BY FIRE CHIEF DON SHOEVLIN

A time of anxiety and restlessness came to an end on April 6th. Our ninth grandchild, our 6th granddaughter Olivia Mary was born to Steve and Sarah. A beautiful girl that looks so tiny. Grandpa is struggling to see her with her eyes open. A new baby that eats, sleeps and _____ you fill in the blank. I know I will have many days, months, and years to enjoy them open. I am sure of one thing, that #9 was just as exciting as #1 and will be loved just like the other eight. Mom and Olivia are doing great other than Mom's sleep deprivation.

We remain busy. In April, our personnel responded to 309 calls. Within that number, 253 were medical calls. With that in mind, May is the month that we recognize and celebrate those in EMS (Emergency Medical Services). It is the commitment and dedication of all the personnel in the Harlem Roscoe Fire that in my opinion make us second to none. I am proud of all of them for their commitment while going above and beyond the call of duty. Our communities deserve the best and they have seen that they receive it.

This past weekend members of the fire department teamed up with members of the Roscoe police department and participated in the annual Keep American Clean-Up. The crews worked on a couple of roads and picked up over 40 bags of garbage along with dodging the rain. Thank you to all that participated. Speaking of weather, has it sprung? We are assured that another season of road construction has sprung just by driving around. We have some sort of work being done on what would appear every road. This will have traffic congestion at its best. We all need to be alert, patient and polite no matter how frustrated we get. Please watch out for our personnel responding to and working in these areas.

Watch your mail for a letter from the Firefighters Association and myself. The Association will be holding a drive thru luncheon on 5/14/22 from 11-2. There is more information contained in their letter.

Last and surely not recognized enough, I wish all the moms on our roster, the moms of our personnel and of our district have a most enjoyable day this Sunday. Do we thank you enough for all you endure but more importantly for all the love you share? To the moms in my family, my wife (the rock behind our wonderful children and me), my children who are now Mom's, the moms on our department and my Mom in heaven:

Happy Mother's Day



What Is a Mother?

A mother is someone to shelter and guide us,
To love us, whatever we do,
With a warm understanding and infinite patience,
And wonderful gentleness, too.
How often a mother means swift reassurance
In soothing our small, childish fears,
How tenderly mothers watch over their children
And treasure them all through the years!

The heart of a mother is full of forgiveness
For any mistake, big or small,
And generous always in helping her family
Whose needs she has placed above all.

A mother can utter a word of compassion
And make all our cares fall away,
She can brighten a home with the sound of her laughter
And make life delightful and gay.

A mother possesses incredible wisdom
And wonderful insight and skill -
In each human heart is that one special corner
Which only a mother can fill! - Katherine Nelson Davis

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 www.harlemroscoefire.com, we can also be found on Facebook, so go ahead and friend us.

Stay safe, and think spring, it has to be coming,
Chief Shoevlin

NEW FIREFIGHTER
PHOTOS BY BC TROLLOP

Harlem-Roscoe Fire Trustee President Bart Munger swore in a new probationary HRFD Firefighter on March 28th. Welcome to the family Jonathon Doyle



COOKIE DONATION

Thank you, Matilda from Troop 3172 for making our day with your donation of Girl Scout Cookies! We appreciate it!



GREAT AMERICAN CLEANUP

Harlem-Roscoe Fire, Roscoe Police, and Keep Northern Illinois Beautiful joined forces for the annual Great American Clean-Up on Sat. April 30th. First Responders collected over 40 bags of trash throughout the Village!!



 **EMS WEEK**
Rising to the Challenge
May 15-21, 2022

The 2022 EMS Week theme is “EMS: Rising to the Challenge.” This theme is particularly meaningful now, to remind people that every day we are faced with so many new challenges in our lives and yet we still rise above them all and continue to respond, support, and care for the needs of our communities.

We send our best wishes for the constant safety and good health of all EMS personnel on the first lines who continue to take care of our communities.

We’d like to take this time to honor and say a huge Thank You to our HRFD EMS:

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, Lt. Chris Witcik, Eric Ceniti, Dylan Lackey, Taylor Larson, Rob Lukowski, Brian Mayer, John Morgan, Kevin Raymer, Brandon Sherbon, Cecilia Young, Tyler Young, and Brett Whiting,

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



SUBMITTED BY LT. CHRIS WITCIK

As many of us already know, May is Mental Health Awareness Month. This can be a tough subject to discuss when it comes to firefighters and other first responders. They deal with different calls and scenes that most “normal” people could never imagine. Mental Health Awareness Month is designed by the “National Alliance on Mental Health” to raise awareness about mental health. They do this by fighting the stigma surrounding mental health in the field, while also providing support for the individuals battling with mental health issues, as well as educating the public on the issue, all while advocating for new policies that support people with mental illness as well as their families.

When talking about mental health in the past there has been an overwhelmingly negative stigma surrounding the topic. Often times people with mental illness delay seeking treatment or avoid it all together due to concerns of people looking down on them, people treating them different, or even the fear of losing their job or career all together. These have been grouped into three different types of stigmas. The first being the public stigma, which includes the negative or discriminatory attitudes that other may have regarding mental illness. The second type is self-stigma, referring to the negative attitudes and internalized shame that an individual may have about their own mental health issues. The third is the institutional stigma, or the policies of the government and private organizations that can limit opportunities for individuals suffering from mental illness. The effects of these stigmas can lead to negative effects when referring to recovery from mental health issues including:

- Reduced hope
- Low self-esteem
- Increased psychiatric symptoms
- Struggles with social relationships
- Increased likelihood of discontinued treatment
- Increased problems at work

One way to combat these negative stigmas is by knowing or having contact with another individual suffering from mental health issues. Individuals sharing their stories and struggles with mental health has been shown to have a positive impact. Whether it be someone opening up to you about their struggles or you opening up to another individual about your personal struggles, this helps people realize that they are not alone and that other are going through the same battle. Mental health has long been a taboo subject, not only in the fire service, but in the nation as a whole. Below are some suggestions on what we can do to help reduce the stigma of mental illness.

- Talk openly about mental health
- Educate yourself and others
- Be conscious of your language
- Encourage equality
- Show compassion
- Be honest about treatment



These are just a few suggestions to keep in mind the next time you or someone you know is struggling with their mental health. There are also programs in place that can help people in need. The National Alliance on Mental Illness (NAMI) offer local programs as well as Internet resources to help educated people with mental illness, as well as their families and the general public. The Greg Lindmark Foundation is a local foundation whose goal is to reduce the impact of cumulative stress and trauma on first responders by providing awareness, education, confidential counseling. There are also state and federal agencies or programs that focus on rehabilitation for those suffering from mental illness. The Department of Veterans Affairs also offers support for individuals struggling with mental health and illness. Remember that you are not alone and to ask for help.





TRAINING UPDATE

BY DIV. CHIEF TOM AAKER

My Father-in-law said to me the other day that “You can tell it’s May!” “May-be it will be sunny, May-be it will rain, May-be it will be cold.” Never heard that one before, or if I have, I just don’t remember it. But this year it sure seems to be starting out that way. Pretty soon we will be complaining about how hot it is and all the work we have to do outside, or maybe I’ll just be complaining. I however, can’t wait to get out with the kids and do some exploring this year. We were slacking last year so let’s just say I made it my personal resolution to do a better job. I already have a warm weather bucket list that I am going to do everything I can to accomplish.

I have a list that I started at the beginning of each year for our department training as well. I attempt to complete the list every year. Year after year, the list gets moved around and pushed around and changed and added to and reworked about 7 times. We have a lot of things we are trying to accomplish on our weekly training as well as our daily training. Sometimes the schedule can be hectic getting everyone where you want them. I look towards our officers and instructors to help me with that. It’s a rough job some weeks.

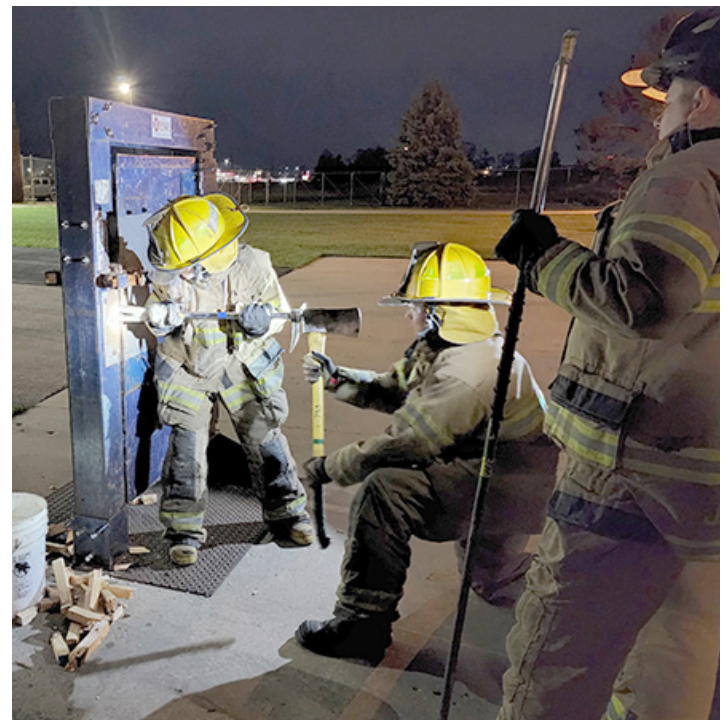
This quarter is no different but I want to get two things out to you in this article. So, I’m going to stick to my goals and get away from rambling. Priorities start with are semiannual Multi-Company drills. We will be working on these for May and June and we are inviting our neighboring departments from Rockton and North Park to join in on the training. I have to be kind of secretive with what I share in case anyone reads this to try to get the upper hand. I will say though this quarter we are doing training that we have never done before. I just finished up the first evolution tonight and it went great. Very excited for the upcoming weeks.

Our next major job performance requirement that we are reviewing is Forcible Entry. This is in case we have to

break down doors, or “force” entry onto a building. We review the types of doors out there both commercial and residential. We review the types of tools and techniques used to open those doors. Then with the thanks to North Park Fire, who allows us to use their door prop, we practice forcible entry on a door simulator. This way we get close to real life forcible entry.

Things you can remember to do around the job and at home. Keep those doors clear! Make sure you do not have doors being blocked by any large furniture or things that impede our progress into a structure or get you out! Your doors are fire escapes, don’t block your exits! Garage man doors especially are a favorite place to stack the extra stuff. Some people also like to put big curio cabinets close to the entrance. I know you have heard the expression “Bull in a China shop”. Well, firefighters with all that gear on and a pack on their back tend to be big bulls, then add it an emergency. So just something to keep in mind. Also if you are elderly and not as agile or mobile as you used to be. Call and talk to us about different options that the fire department can use when we need to respond to your house for a call. Better to be prepared and proactive than reactive.

Here’s to the beginning of good weather and getting outdoors to enjoy the spring and summer. Hopefully the “May-be’s” will be few and far between by the time you get to read this.



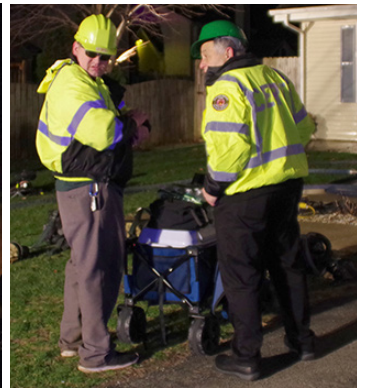
Firefighters practice forcible entry on a door prop.

HOUSE FIRE

PHOTOS BY SHERYL DROST

Firefighters were dispatched to Terragon Ct. in Roscoe just after midnight on April 26th. Chief Shoenlin says. "Upon our arrival, fire was discovered on the back side of the home and had traveled through the roof. All residents were out of the structure. A MABAS Box 2nd Alarm was activated. The fire was contained to one level of the tri-level structure. The cause of the fire appears to be electrical from a hot tub on the rear patio. Thank you to the mutual aid fire departments that assisted with this call."





HARLEM-ROSCOE



ANNUAL GOLF PLAY DAY

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 1, 2022

Atwood Golf Course

8:00 a.m. Shotgun start (Registration starts at 7:00 a.m.)

Register Online: WWW.HRFD-GOLF.COM

\$125/golfer
(\$500/foursome)



What's Included?

- 18 holes of golf with cart
- Lunch at the Turn and Drinks on the Course
- An "all-inclusive" steak 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.

5 THINGS EVERY

STROKE HERO

SHOULD KNOW!

1 Even **SUPERHEROES** are in **DANGER**

STROKE RISK

increases with age, but young adults, children, and even unborn babies can suffer strokes. If one of your parents had an ischemic stroke before 65, you are at **3X THE RISK** of suffering one yourself.



2 **HIGH** blood pressure is stroke's public **ENEMY #1.**

3 OUT OF 4 PEOPLE who suffer first strokes have high blood pressure.



3 **STROKE** targets by **ETHNICITY**

AFRICAN-AMERICANS have nearly **2x the risk** for a first-ever stroke as whites.



4 **STROKE** is largely **TREATABLE.**

Clot-busting drugs and medical devices have made stroke largely treatable, but every second counts. The faster you are treated, the more likely you are to **recover without permanent disability.**



5 **FRIENDS** usually **SAVE** friends from **STROKE**



Learn to recognize the warning signs of stroke.



Become a **STROKE HERO** and help save lives at StrokeAssociation.org/StrokeHero

ACCIDENTS PHOTOS BY PHOTOGRAPHER SHERYL DROST AND DUTY OFFICERS



04/11/22 Prairie Hill Rd.



04/19/22 Gleasman Rd. and Old River Rd.



04/20/22 Hwy 173 and Belvidere Rd.

04/29/22 Hwy 173 and Mitchell Rd.

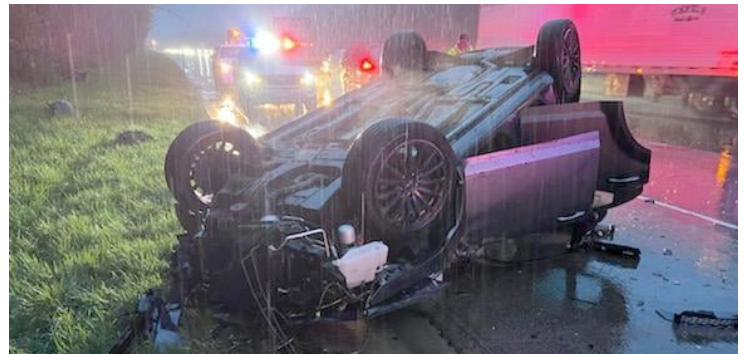


04/20/22 Hwy 251 and Bridge St.

MORE ACCIDENTS



05/02/22 Elevator Rd. and Main St.



05/03/22 I-90

FIELD FIRE PHOTOS BY SHERYL DROST

Firefighters responded to a field fire on Middle Rd. on April 12th, possibly caused by wind swept embers from a burn pile.



hAPPY BIRTHDAY

MAY

- 13th Sean Mettile CERT
- 23rd Rob Lukowski
- 30th Michael Craglow
- 31st Jordan Stark

JUNE

- 8th Shannon Burbach
- 8th Hanna Benard
- 9th Mike Pluta
- 11th Mike Huffman
- 19th Justin Harwood 40th
- 22nd Sam McNames

The Firehouse Scene

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

Fire Chief - Don Shovelin
 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 at: sdrost@harlemroscoefire.org

HARLEM-ROSCOE FIREFIGHTERS ASSOCIATION'S

Free (Donations accepted)

SPRING DRIVE THRU LUNCH



May 14th, 11am - 2pm
Fire Station No. 1
10544 Main St. Roscoe

Brats, Burgers, Bag of Chips, Cookie & Bottle of Water
****Enter from the north off Presley Place.****

