

# THE FIREHOUSE SCENE

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Harlem-Roscoe Fire Protection District*

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*Fire Chief John Bergeron*

*Editor Sheryl Drost*

Trailer Fire  
Pages 6-7







**FROM THE CHIEFS DESK**  
BY FIRE CHIEF JOHN BERGERON

I hope this letter finds you in good health and spirits. As your Fire Chief, it is both an honor and a responsibility to communicate with you, the heart of our community. I write to you today to share important information, express gratitude, and reinforce our commitment to your safety.

First and foremost, I want to extend my sincere thanks to each one of you. Our community is built on the strength of its people, and your support is invaluable. Whether you are a resident, business owner, or visitor, your cooperation and vigilance contribute significantly to the overall safety and well-being of our community.

2023 was another busy year for our department, answering a total of 3790 calls for service. 2024 is keeping our crews busy, as January we answered 387 calls for service.

As we navigate the challenges of our dynamic world, it is essential to remain proactive in ensuring the safety of our community members! Our dedicated team of firefighters and emergency personnel work tirelessly to protect lives and property. We are truly fortunate to have the great women and men that make up the entire Harlem-Roscoe Fire Department.

We continuously update our training, equipment to stay ahead of emerging risks and to provide the best possible service to you.

I want to emphasize the importance of fire safety and emergency preparedness. We encourage you to take proactive measures to safeguard your homes and families. This includes having a well-thought-out emergency plan, regularly checking and maintaining smoke and CO detectors, and staying informed about local emergency procedures.

Our fire department is here to support you not only in emergencies but also in proactive community engagement. If you have questions or suggestions about fire safety, please do not hesitate to reach out. Your input is valuable, and your involvement makes us a stronger and more resilient community.

In closing, I want to express my gratitude for the privilege of serving as your Fire Chief. The trust and support of our community are the driving forces behind our commitment to excellence. Together, we can continue to build a safer, more resilient, and united community. Thank you for your attention, cooperation, and dedication to the well-being of our community.

**PROMOTIONS AND NEW FIREFIGHTER**  
PHOTOS BY SHERYL DROST

Harlem-Roscoe Fire Trustees Bart Munger, John Donahue, and Al Bach promoted three firefighters to the rank of Lieutenant and swore in one new firefighter on Jan. 22, 2024 at Fire Station One. Congratulations to new Lts. Joe Koeninger, Justin Mayton, and Tim Broderick as well as new Firefighter Jesse Jensen



L-r, new Lts. Justin Mayton, Tim Broderick, and Joe Koeninger.



L-r, Chief John Bergeron, new Firefighter Jesse Jensen, and Div. Chief Jeff Grant.



**TIPS TO PURSUE A CAREER AS A FIREFIGHTER**  
BY DIV CHIEF JEFF GRANT

Becoming a Firefighter is more than a job, it's a calling to serve and protect a community and people in their greatest time of need. The path to becoming a firefighter is both challenging and rewarding. It will demand a person to be dedicated, disciplined, and strive to pursue a higher standard. Here are some tips to help prepare you to pursue a career as a Firefighter.

1. Maintain good physical conditioning: Firefighting is a physically demanding profession that requires strength, endurance, and agility. Establish a regular exercise routine that includes cardiovascular workouts, strength training, and flexibility exercises to maintain peak physical condition. Many fire departments have specific fitness requirements, so strive to meet and exceed these standards to ensure you're prepared for the rigors of the job.
2. Research the hiring process and requirements. Before embarking on the path to becoming a firefighter, take the time to research and understand the responsibilities of the role. Firefighters are not only tasked with extinguishing fires but also respond to medical emergencies, hazardous materials incidents, and natural disasters. It's essential to

be mentally prepared for the challenges and demands of the job.

3. Join a Fire Department to obtain entry level certifications. Some fire departments require basic certifications to apply for full-time positions. These certifications can be obtained through a local community college or join a small fire department as a part-time firefighter. Small fire departments will send their new part-time personnel through a local academy to attain the Basic Operations Firefighter certification through the Office of the State Fire Marshal.
4. Prepare for written exams and interviews As part of the hiring process, candidates are typically required to undergo written exams and interviews to assess their knowledge, skills, and suitability for the role of firefighter. Study relevant materials, such as fire science textbooks, emergency medical procedures, and departmental policies and procedures, to prepare for written exams. Practice interview techniques and be ready to articulate your passion for firefighting, your relevant experiences, and your commitment to serving the community. Firefighter testing sites offer study materials to prepare for entry tests and also offer tips for best interviewing techniques.

Becoming a firefighter is a noble and rewarding career path that requires dedication, sacrifice, and a commitment to serving others. By following these tips and continuously striving for excellence, you can fulfill your dream of joining the ranks of these brave men and women who dedicate their lives to protecting and saving others. Embrace the challenges, seize opportunities for growth, and never lose sight of the profound impact you can make as a firefighter in your community.

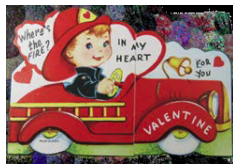
**NEW BABY**



*Congratulations* to Firefighter Andy Wiechman and his wife Breanna on the birth of their daughter Olivia Rose on Jan. 23rd, 2024. She measured in at 7lbs 9oz and 19.5". Mom and baby are doing great. Congrats again Andy, she is adorable!







**CHIMNEY FIRE  
MAINTENANCE & SAFETY**  
BY LT. JUSTIN HARWOOD

Chimney fires are a serious concern and account for almost half of reported heating-related fires from December through February. It is important to prioritize chimney fire safety to protect yourself and your property.

**Prevention:**

- Regular inspections and cleanings of the chimney can help prevent the buildup of creosote and other flammable materials
- Proper use of the fireplace or wood stove is also important. Use only dry, seasoned wood, avoiding the use of accelerants like gasoline.
- Installing a chimney cap can help prevent debris from getting trapped in the chimney.
- Maintaining a safe distance from the chimney, keeping the area around the chimney clear, and repairing any damage to the chimney.
- Insuring that the fire is fully extinguished before leaving the house or going to bed.



*If a chimney fire is detected, it is important to call the fire department!*

Chimney fires are caused by a buildup of creosote, a highly flammable substance that can accumulate inside the chimney. Creosote is created when wood is burned, and if it's not cleaned regularly, it can ignite and cause a chimney fire.

Signs of a chimney fire include loud cracking or popping noises, dense smoke, and an intense, hot smell.

Chimney fires can be extremely dangerous, with temperatures reaching up to 2,000 degrees Fahrenheit. They can cause significant damage to the chimney and surrounding areas, and in severe cases, can even lead to a house fire.

Remember, prioritizing chimney fire safety is critical to protecting yourself, your property, and your loved ones from the devastating effects of a chimney fire leading to the rest of your home becoming involved.



**DID YOU KNOW?**  
By CRR Jen Anderson

HRFD offers a fire extinguisher inspection program once a month, at no cost to the business owners within the Harlem-Roscoe Fire Protection District. On the 4th Wednesday of every month from 8am-10am. This month it will take place February 28th at our Station Number 1 located at 10544 Main Street.

A State certified fire inspection company performs all of the inspections & tagging while you wait, usually 5-10 minutes.

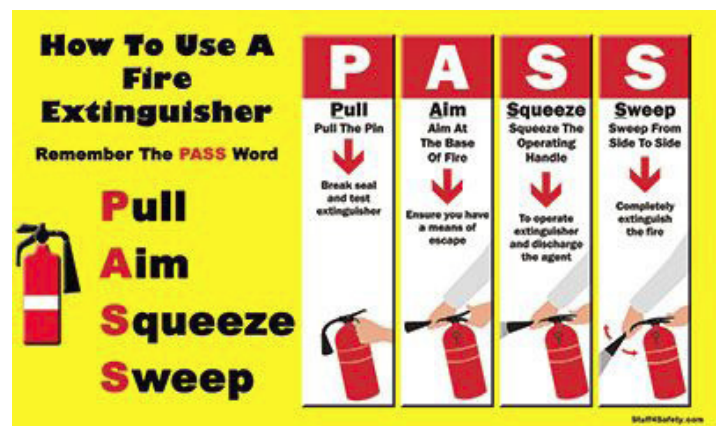
Please take advantage of this program to remain compliant with the life safety code. Again the service is free as long as the fire extinguisher is:

1. Less than six (6) years old,
2. Has not been discharged,
3. Is free of rust or damage,
4. The valve is metal.

If the extinguisher is older than six years of age it can still be tagged, but will have to be rebuilt & refilled and then it's taggable for another 6 years. No more than 4 extinguishers may be brought in at one time.

Depending on the size and brand of extinguisher, it may be more cost effective to purchase new. The fire extinguisher tech can advise you when he examines your extinguisher.

If you have any questions regarding the Free Extinguisher Inspection & Tagging please do not hesitate to call Station 1 at 815-623-7867 between 8 a.m. to 4:30 p.m.





# FIRST AID & **CPR TRAINING**

Learn Livesaving Skills From the Experts

Classes are held the 4th Saturday of every month



**Where:** HRFD Fire Station #3  
@ 13974 Willowbrook Rd.

**Time:** Starts at 8am

**Cost:**  
\$25 - CPR/AED  
\$25 - First Aid Only

**Payment:** Cash or Check

**Register:** Call 815-623-7867  
Monday - Friday 8-4:30pm



# TRAILER FIRE

PHOTOS BY SHERYL DROST

At 5:13pm on Jan. 16th, firefighters were dispatched to the Rainbow Trailer Park on Hwy 251 in Machesney Park for reports of a trailer on fire. Crews arrived to find a trailer fully involved with fire and all residents safely outside.

Fighting in below zero temps and quickly freezing fire scene, Harlem-Roscoe and North Park Firefighters were able to quickly knock down and extinguish the fire. They also protected exposures including trailers close on either side.

The residents were safely outside and checked out by paramedics, but sadly two family cats perished in the fire. The trailer was a total loss. Thank you to all our mutual aid fire departments that assisted with this fire. The investigation to cause is in progress.

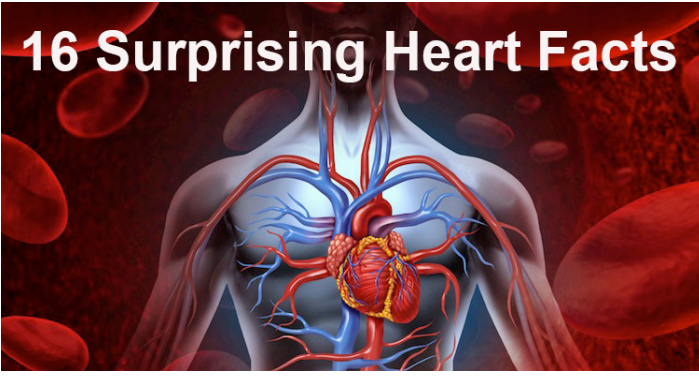








## 16 Surprising Heart Facts



1. Your heart can weigh between 7 and 15 ounces. A man's heart weighs, on average, around 10 ounces and a woman's heart weighs around 8 ounces.

2. Newborn babies have the fastest heart beats. A newborn's heart rate is around 70 to 190 beats per minute. The average adult should have a resting heart rate between 60 and 100 beats per minute. If your resting heart rate is higher or increases over several years, it could be a sign of current or impending heart problems. Athletes, who regularly train, will have a very slow resting heart rate around 40 to 60 beats per minute. Women also have faster heart rates, on average, than men because their hearts are smaller in size and need to beat more to pump the same amount of blood.

3. Your heart is located in the middle of your chest. It's found behind your breastbone, but it's tilted to the left, which makes it easier to feel on that side of your chest.

4. Your heart beats around 100,000 times a day. The sound you hear when it beats is actually the noise of the heart valves opening and closing.

5. Your heart pumps 2,000 gallons of blood a day. That blood travels about 12,000 miles through your body each day, which is four times the size of the U.S. from coast to coast. During your lifetime, you pump about one million barrels of blood.

6. Heart attacks happen most often on Monday mornings. Stress hormones are higher in the mornings than at any other point during the day, and Mondays in particular seem to cause people more stress than other days of the week. A rise in blood pressure, plus an increase in heart rate and stress hormones can break pockets of plaque and cause a blockage to the heart.

7. There are 60,000 miles of blood vessels in your body. If one of the vessels is damaged, it makes your heart have to work harder to pump your blood.

8. No one knows why the heart is associated with love. Different civilizations and historical time periods had different meanings for the heart. The belief that the heart

controlled all thought and emotion was the general assumption in ancient civilizations. They also believed that the brain was completely useless. Over time, the idea that love came from the heart stuck in popular culture.

9. Men and women have different heart attack symptoms. The symptoms of a woman having a heart attack are much less prominent than a man. For women, heart attacks can feel like uncomfortable squeezing, pressure, fullness or pain in the center of the chest. It can also produce pain in one or both arms, the back, neck, jaw or stomach, shortness of breath, nausea and other symptoms. Men experience the typical heart attack symptoms of chest pain, discomfort and pressure. They, too, can experience pain in other areas, such as the arms, neck, back and jaw, as well as shortness of breath, sweating and discomfort that mimics heartburn.

10. Laughing is good for your heart. Studies have shown that your blood vessels relax when you're laughing, which sends 20% more blood through your body. Relaxed blood vessels mean your heart doesn't have to work as hard.

11. The heart works twice as hard as the leg muscles of a sprinter. It takes a lot of force to move your blood around your body, and that is why a strong, healthy heart is so important. The heart, which is a muscle, has twice the power of the leg muscles of someone sprinting.

12. Sneezing does not stop your heart. Contrary to popular belief, sneezing does not stop your heart or make it "skip a beat." It can, however, briefly change your heart's rhythm. The only time your heart stops is during cardiac arrest.

13. Your aorta is as large as a garden hose. The biggest artery in your body, the aorta, runs from your heart to your belly. It carries the most blood and is also the most common sight for problems like aneurysms.

14. A "broken heart" can feel like a heart attack. Intense and sudden feelings of sadness can mimic the symptoms of a heart attack. Stress hormones are released into the body and can cause chest pain and shortness of breath. Luckily, with a little bit of rest, your heart will begin to feel normal.

15. Some capillaries are ten times smaller than a human hair. They are so small that blood cells have to travel single-file through them. Oxygen and carbon dioxide are exchanged through the very thin walls of the capillaries.

16. Horses can mirror a human's heart rate. A study showed that a horse can mimic the heart rate of the person touching them. Along with dogs and cats, horses have been added to the list of animals that are emotionally responsive to humans, and they may one day be used to detect stress hormones in patients.





**Harlem-Roscoe Fire  
Protection District And  
Roscoe Police Department  
Community Blood Drive Challenge**

**Tuesday, March 5 2024**

**12:00 PM - 6:00 PM**

**10544 Main St Roscoe IL. Training room**

***ALL Donors will receive a***

***T-shirt (While supplies last)***

***and will be entered into a drawing for a***

***\$500.00 Visa Gift Card***

*Please bring a photo ID,  
eat a hearty meal, and  
drink plenty of fluids before  
donating!*



**To Make an appointment:  
Scan the QR code, call  
(815)-965-8751, or visit  
RRVBC.org**

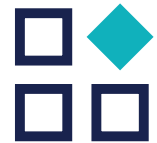




**122.4 million, or 47%,**

of US adults are estimated to have hypertension.

*(based on 2017-2020 data)*



On average,

**1 in 4 adults**

in the United States reported achieving adequate leisure-time aerobic and muscle-strengthening activities to meet the physical activity guidelines.

*(based on 2020 data)*



**1 in 8 male adults**

in the United States are current smokers.

*(based on 2021 data)*



**1 in 10 female adults**

in the United States are current smokers.

*(based on 2021 data)*



**1 in 7 high school students**

in the United States used e-cigarettes in the past 30 days.

*(based on 2022 data)*



Every **1 h/night decrease in sleep** below the 7-8 h/night recommended duration is associated with **6% higher risk of total CVD.**

Every **1 h/night increase in sleep** duration above 7-8 h/night is associated with **12% higher risk of total CVD.**

In 2021, Alzheimer disease and other dementias affected

**57 million**

people globally.



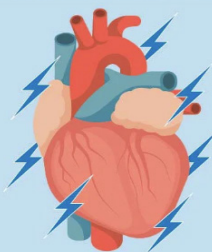
**Less than 10%**

of US adults met the guidelines for whole grain, whole fruit, and nonstarchy vegetable consumption each day in 2017-2018.



## Cardiac Arrest Vs. Heart Attack

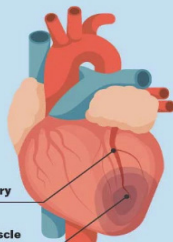
How cardiac arrest and heart attack are different:



Cardiac arrest happens when rapid, abnormal impulses override your heart's natural rhythm. It's an electrical issue.

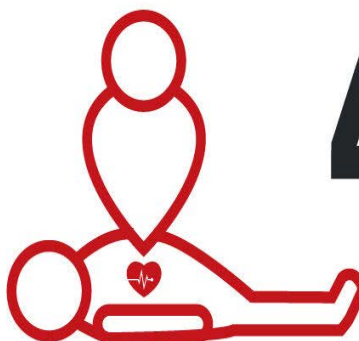
Heart attack occurs when a clogged artery disrupts blood flow to your heart.

A heart attack is a common cause of cardiac arrest.



Blocked Artery

Dying Muscle

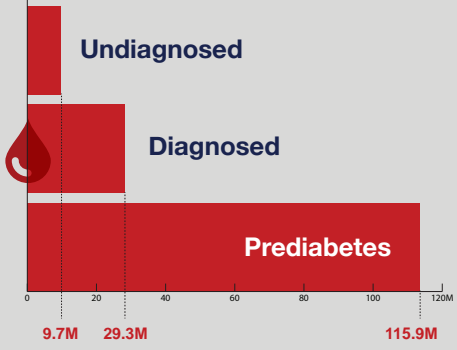


**45%** of out-of-hospital cardiac arrest victims survived when bystander CPR was administered.

FEBRUARY IS  
**HEART MONTH.**

**PulsePoint**





# Heart Disease & Stroke Statistics

## 2024 Update

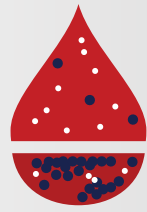
The American Heart Association (AHA) **2024 Statistical Update** is a major source for monitoring cardiovascular health, risk factors, and disease in the US and global population. It is published annually in *Circulation* and can be accessed for free at [AHAjournals.org/StatUpdate](https://AHAjournals.org/StatUpdate)

**9.7 million**  
adults have undiagnosed diabetes

**29.3 million**  
adults have diagnosed diabetes

**115.9 million**  
adults have prediabetes  
*(based on 2017-2020 data)*

**25.5%**  
of US adults have high LDL-C ( $\geq 130$  mg/dL)  
*(based on 2017-2020 data)*



**3.72 million**  
deaths globally were attributed to high LDL-C in 2021

**224.0**  
per 100,000  
The age-adjusted US death rate attributable to CVD *(based on 2021 data)*

**237.9**  
per 100,000  
The age-adjusted global death rate attributable to CVD *(based on 2021 data)*



On average, someone in the US dies of CVD every **34 seconds**  
2552 US deaths from CVD each day *(based on 2021 data)*



On average, someone in the US dies of a stroke every **3 minutes and 14 seconds**  
446 US deaths from stroke each day *(based on 2021 data)*

## HEART ATTACK SYMPTOMS







# WE'RE HIRING



## HRFPD has opened testing for Full-Time Career Firefighter / Paramedic / EMT

The National Testing Network has been selected to manage the application process and testing. Upon completion of your scheduled exam, the scores are automatically forwarded to the Harlem-Roscoe Fire Protection District. Candidates who attain a passing score on the entry-level exam will then be invited to participate in further stages of the selection process.

**THE WINDOW TO APPLY IS OPEN NOW AND WILL  
CLOSE FEBRUARY 19TH, 2024**

To Apply:

[www.nationaltestingnetwork.com](http://www.nationaltestingnetwork.com)

Select "Find Jobs" then select "Firefighter Jobs" and search for Harlem-Roscoe Fire, and click on it.

