

THE FIREHOUSE SCENE

is a publication of the
Harlem-Roscoe Fire Protection District

February 2022



Fire Chief Don Shoevlin

Editor Sheryl Drost





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



I have flipped the calendar page. It is February and today as I write this, the groundhog has not been out. But the forecast is for partly sunny skies with a high of 39 degrees. The snowstorm is supposed to stay south of us, which is good. Another day closer to spring and let's hope it remains somewhat mild.

January continued being busy as we have experienced in the last six months of 2021. We will respond to over 300 calls for the month. Could this be a pace that will bring us to my prediction of 4000 calls for 2022? We all like to be correct however, it would not bother me one bit to be wrong, especially is that number is less.

So, as I stated last month, here is the breakdown of calls for 2021 that we responded to. Structure fires; 28, furnace fires 2, vehicle/equipment fires 9, grass/brush fires 21, false alarms/co detector 321, motor vehicle accidents 187, misc. others 283, and emergency medical calls 2988. We continue as the area grows to become busy with our response requests. Our average response time, (out the door to you) was 2 minutes. I am very proud of the response from our members and officers as they are challenged daily. To say the least, the officers continue to adapt to these changes to assure the care you receive is nothing short of professional, compassionate, and superior, but to also continue to train and mentor our membership.

I challenge and push my management team and all members to strive to be at their best. The least they should expect from me is to assure that I remain proactive of new technology, new techniques, new ideas and the sharing of obstacles I may see that we need to keep an eye on. Some items we need to remain vigilant of are consistent staffing of our stations and we must provide wellness and well-being programs to our members. They are being asked to do more. We need to continue our community education engagement and even begin to strengthen it. We need to begin

discussions to address the following question, "Will there be a greater expectation from the fire service and pressure to do more?" We will continue to look at staffing models, response models, capabilities in our members, buildings, team building, along with recruitment & retention. The one item of confidence I can make to you is that the members of this fire department are committed to continue to grow, develop, train, and work as a team to overcome the challenges by looking at them as opportunities.

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. www.harlemroscoefire.com. Which by the way a new website will be coming in the near future.

Even though we have not heard from "Phil" every day is another day closer to SPRING. In fact, we spring ahead at 0200 on March 13th.

Stay safe and warm,
Chief Don Shoevlin



William Gindhart
Jan. 13, 1947 - Jan. 9, 2022

It was sad and shocking when I was informed of the passing of Bill. He had been in my office visiting just three weeks prior, full of jokes and stories.

Bill became a member in 2017 of our CERT team then started doing work in the Fire Prevention Bureau as an inspector. He decided to call it quits in early 2021. I will never forget the stories, the one liners, or just the visits he made to the station. He always wore a big smile no matter when I saw him. Those visits from him will be missed. *Chief Shoevlin*

TRUCK FIRE

PHOTOS BY BC BRIGGS

Harlem-Roscoe Firefighters responded to a truck fire on January 15th on Cortland Lane in Roscoe. Firefighters extinguished the fire and damage was contained to the vehicle. No one was injured.



DEER RESCUE

PHOTOS BY BC BRIGGS & HOO HAVEN

You never know what a shift will hold for our firefighters. An out of the norm call on Jan. 8th for our crews, but as the pictures tell the story, the personnel performed exceptional. Because of their training, skills and determination, they successfully rescued this young female deer from the frigid water and ice on the Rock River. A job well done ladies and gentlemen. All of you should be proud of your successful accomplishment. Thank you, Hoo Haven, for coming out to assist once the deer was brought to shore.

HRFD Fire Chief Don Shoevlin



PUPPY RESCUE

COURTESY PHOTO



Harlem-Roscoe Firefighters responded to a report of a puppy stuck in furniture in a home on Ventura Blvd on Jan. 31st.

The puppy was rescued and a very happy owner emailed in a photo of the puppy with its rescuers.

APARTMENT FIRE
PHOTOS BY SHERYL DROST



Harlem-Roscoe Firefighters responded to a report of a dryer on fire in an apartment on Clearwing Ln. on Jan. 31st. First in units found heavy smoke in the apartment and the resident safely outside. While police and fire crews evacuated

the attached apartments in the 4-plex, firefighters located the fire in a dryer and quickly extinguished it. Positive pressure fans were used to rid the apartment of smoke. No one was injured. Rockton Fire and South Beloit Fire assisted at the scene





TRAINING UPDATE
BY DIVISION CHIEF TOM AAKER

This last quarter for training I guess you could say I was inspired by my vacation out to the Bad Lands of South Dakota this summer with my family. We were out in the middle of nowhere, or what felt like nowhere. More secluded than I had ever been in my life, that I can remember.

I thought to myself a couple of times “What would happen if?”. Thankfully, nothing happened and we had a great time. But it seems the what ifs come up in my mind whenever I’m out with my kids. Must be the natural “protector” intuition, or whatever. Such things as is Amber going to go get help and I stay or am I going and she stays. What if it’s one of us hurt, etc. etc. Either way, do we have a plan or are we just going to wing it. We kind of winged our vacation. When you’re out against the elements or in unknown situations, it never hurts to be prepared. Even in our own backyards we should have a plan in place if something goes wrong.

We did some on-site training this winter that was really supposed to challenge our members. It was definitely outside our norm. We completed a search and rescue training where we had someone who had fallen and could not tell us where they were but we were able to locate them by their phone GPS.

If you looked out on Stone Bridge Trail on our training night you may have seen headlights and flashlights moving around. This was us searching for our victims (who were really poorly dressed mannequins).

We trained on rope rescue for sloped conditions. We also worked on coordinating and communicating when looking for people out in secluded areas. All in all, its not something we train on that often, so it was nice to get our skills brushed up on and learn some new tricks.

Some things to think about when you’re out walking

some of the more secluded trails in the county but really any secluded spots you may wonder to.

1. Bring a friend. We bring a buddy into a house fire in case something goes wrong. Same should be said for walking out in the wilderness.
2. If you have to go alone let someone know your going alone and when you should be back. Just a quick text to tell them where you are and when you come back you will text them again. Or call if you are not a “texter”
3. Prepare for weather. Short or long trip. Check the weather before you go.
4. Bring water to drink. You can never have enough.
5. Stick to your plan. Don’t wonder to far off a trail you told someone you would be on. In case something happens, you want them to know where you are. Also see number 6.
6. Bring your cell phone. Make sure it is charged, turned on, and secured. First of all, then if you change plans, you can text you friend that you changed plans. You also want to keep it secured so that if something does happen you have easy access to it.

Just some ideas to keep yourself safe on those close to home excursions. For longer trips and trips to even more secluded areas check out: <https://www.self.com/story/hiking-safety-tips>. This has some great tips on even bigger adventures.





HOME FIRES, TIPS ON WHAT TO DO BEFORE, DURING AND AFTER A FIRE. BY CAPT. TIM BERGERON



The information that follows is meant to help educate and advise residents on fire safety and fire prevention within their homes.

How Fast Does Fire Spread? 30 seconds. It takes all of 30 seconds for a manageable fire to turn into something that is dangerous, fast-moving, and life-threatening. Synthetic materials, wood, wall hangings and countless other factors can accelerate the spread of fire, giving even less time to stop the fire before it spreads.

LEARN ABOUT FIRE

- Fire is **FAST!** In less than 30 seconds a small flame can turn into a major fire. It only takes minutes for thick black smoke to fill a house or for it to be engulfed in flames.
- Fire is **HOT!** Heat is more threatening than flames. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this super-hot air will scorch your lungs and melt clothes to your skin.
- Fire is **DARK!** Fire starts bright, but quickly produces black smoke and complete darkness.
- Fire is **DEADLY!** Smoke and toxic gases kill more people than flames do. Fire produces poisonous gases that make you disoriented and drowsy.

SMOKE ALARMS

A working smoke alarm significantly increases your chances of surviving a deadly home fire.

- Replace batteries twice a year, unless you are using 10-year lithium batteries.
- Install smoke alarms on every level of your home, including the basement.
- Replace the entire smoke alarm unit every 10 years or according to manufacturer's instructions.
- Never disable a smoke alarm while cooking – it can be a deadly mistake.
- Audible alarms are available for visually impaired people and smoke alarms with a vibrating pad or flashing light are available for the hearing impaired.

BEFORE A FIRE

If you are insured, contact your insurance company for detailed instructions on protecting your property, conducting inventory and contacting fire damage restoration companies.

CREATE AND PRACTICE A FIRE ALARM

Remember that every second counts in the event of a fire. Escape plans help you get out of your home quickly. Practice your home fire escape plan twice each year. Some tips to consider when preparing this plan include:

- Find two ways to get out of each room in the event the primary way is blocked by fire or smoke.
- Make sure that windows are not stuck, screens can be taken out quickly and that security bars can be properly opened.
- Practice feeling your way out of the house in the dark or with your eyes closed.
- Teach children not to hide from firefighters.
- If you use a walker or wheelchair, check all exits to be sure you can get through the doorways.

FIRE SAFETY TIPS

- Make digital copies of valuable documents and records like birth certificates.
- Sleep with your bedroom door closed.
- Keep a fire extinguisher in your kitchen. Contact your local fire department for assistance on proper use and maintenance.
- Consider installing an automatic fire sprinkler system in your residence.

DURING A FIRE

- Drop down to the floor and crawl low, under any smoke to your exit. Heavy smoke and poisonous gases collect first along the ceiling.
- Before opening a door, feel the doorknob and door. If either is hot, or if there is smoke coming around the door, leave the door closed and use your second way out.
- If you open a door, open it slowly. Be ready to shut it quickly if heavy smoke or fire is present.
- If you can't get to someone needing assistance, leave the home and call 9-1-1. Tell the emergency operator where the person is located.
- If pets are trapped inside your home, tell firefighters right away.
- If you can't get out, close the door and cover vents and cracks around doors with cloth or tape to keep smoke out. Call 9-1-1 and say where you are and signal for

help at the window with a light-colored cloth or a flashlight.

- If your clothes catch fire, stop, drop and roll – stop immediately, drop to the ground and cover your face with your hands. Roll over and over or back and forth until the fire is out. If you or someone else cannot stop, drop and roll, smother the flames with a blanket or towel. Use cool water to treat the burn immediately for three to five minutes. Cover with a clean, dry cloth. Get medical help right away by calling 9-1-1 or the fire department.

AFTER A FIRE

- Contact your local disaster relief service, such as The Red Cross, if you need temporary housing, food and medicines.
- Check with the fire department to make sure your residence is safe to enter.
- DO NOT attempt to reconnect utilities yourself. The fire department should make sure that utilities are either safe to use or are disconnected before they leave the site.
- Conduct an inventory of damaged property and items. Do not throw away any damaged goods until after you make the inventory of your items.
- Begin saving receipts for any money you spend related to fire loss. The receipts may be needed later by the insurance company and for verifying losses claimed on your income tax.
- Notify your mortgage company of the fire.

PREVENT HOME FIRES

Home fires can be preventable. The following are simple steps that each of us can take to prevent a tragedy.

Cooking

- Stay in the kitchen when you are frying, grilling or broiling food. Turn off the stove if you leave the kitchen for even a short period of time.
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- Position barbecue grills at least 10 feet away from siding and deck railings, and out from under eaves and overhanging branches.
- Keep a fire extinguisher available.
- Electrical and Appliance Safety
- Frayed wires can cause fires. Replace all worn, old or

damaged appliance cords immediately and do not run cords under rugs or furniture.

- If an appliance has a three-prong plug, use it only in a three-slot outlet. Never force it to fit into a two-slot outlet or extension cord.
- Immediately shut off, then professionally replace, light switches that are hot to the touch and lights that flicker.

Keeping Children Safe

- Take the mystery out of fire play by teaching children that fire is a tool, not a toy.



- Store matches and lighters out of children's reach and sight, preferably in a locked cabinet.
- Never leave children unattended near operating stoves or burning candles, even for a short time.
- Fireplaces and Woodstoves
- Inspect and clean

woodstove pipes and chimneys annually and check monthly for damage or obstructions.

- Use a fireplace screen heavy enough to stop rolling logs and big enough to cover the entire opening of the fireplace to catch flying sparks.
- Make sure the fire is completely out before leaving the house or going to bed.

Portable Space Heaters

- Keep combustible objects at least three feet away from portable heating devices.
- Only buy heaters evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL).
- Check to make sure the portable heater has a thermostat control mechanism and will switch off automatically if the heater falls over.
- Only use crystal clear K-1 kerosene in kerosene heaters. Never overfill it. Use the heater in a well-ventilated room away from curtains and other flammable items.

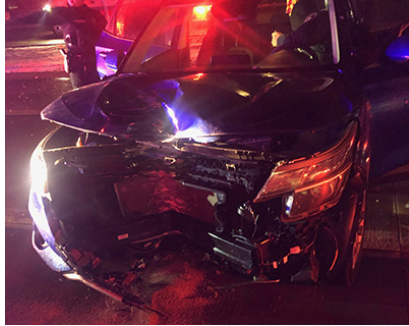
MORE FIRE PREVENTION TIPS

- Never use a stove range or oven to heat your home.
- Keep combustible and flammable liquids away from heat sources.
- Portable generators should NEVER be used indoors and should only be refueled outdoors and in well ventilated areas.

ACCIDENTS PHOTOS BY DUTY OFFICERS



01/08/22 Hwy 251



01/08/22 Belvidere Road

01/09/22 Hwy 173 and Hwy 251



01/10/22 Hwy 173 and Continental Drive



01/20/22 I-90



01/20/22 Rockton Road

01/26/22 Hononegah Rd

American Heart Month

life is why™

HEART ATTACK vs. CARDIAC ARREST



CIRCULATION

A blockage or narrowing of the coronary artery, cuts off or reduces blood flow to the heart, causing damage due to lack of oxygen.



ELECTRICAL

The heart stops beating abruptly, either from a malfunction in the heart's electrical system or another sudden change in the circulatory system.



SYMPTOMS



MAY OCCUR
HOURS OR DAYS BEFORE
SYMPTOMS ARE RECOGNIZED

- Chest Pain
- Fatigue
- Weakness
- Nausea
- Difficulty Breathing

MAY OCCUR
MOMENTS BEFORE
LOSS OF CONSCIOUSNESS & COLLAPSE

- Collapse
- Unconscious
- Not Breathing
- No Pulse



TAKE ACTION



UNTIL HELP ARRIVES

Every minute matters! Whether you suspect it's cardiac arrest or a heart attack, The first step is always to call 911 or another emergency number.

WHAT TO DO WHEN YOU SUSPECT A
HEART ATTACK

Call 911
or another emergency number.

Chew & Swallow Aspirin
unless allergic or told not to by a doctor.

Take Nitroglycerin
If you think you're having a heart attack, take it as prescribed. If you're *not prescribed* nitroglycerin, do *not* take someone else's.

WHAT TO DO WHEN YOU SUSPECT
CARDIAC ARREST

Call 911
or another emergency number.

Start CPR
Learn how in under 90 seconds:
PennMedicine.org/CPR.

Use an AED
(Automated External Defibrillator)
if there is one nearby.

WARNING SIGNS FOR HEART ATTACKS

For men or women, most heart attacks start slowly with chest pain or discomfort. Women are more likely to also experience shortness of breath, nausea/vomiting, and back or jaw pain.

Warning Signs Include:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, unusual fatigue, nausea and/or lightheadedness.



16 SURPRISING FACTS ABOUT YOUR HEART

February is the month of love, so why not take some time to love your heart? Here are some of the quirky and interesting things your heart can do, all without being asked.



1 Your heart can weigh between 7 and 15 ounces.



3 Your heart is located in the middle of your chest.



5 Your heart pumps 2,000 gallons of blood a day.



7 There are 60,000 miles of blood vessels in your body.



9 Men and women have different heart attack symptoms.



11 The heart works twice as hard as the leg muscles of a sprinter.



13 Your aorta is as large as a garden hose.



15 Some capillaries are ten times smaller than a human hair.



2 Newborn babies have the fastest heart beats.



4 Your heart beats around 100,000 times a day.



6 Heart attacks happen most often on Monday mornings.



8 No one knows why the heart is associated with love.



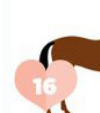
10 **HAHAHA!**
Laughing is good for your heart.



12 **ALRIGHT!**
Sneezing does not stop your heart.



14 A "broken heart" can feel like a heart attack.



16 Horses can mirror a human's heart rate.



116.4 million, or 46%

of US adults are estimated to have hypertension. These are findings related to the new 2017 Hypertension Clinical Practice Guidelines.



On average, **1 in 5 adults, or 22.5%**

of American adults, reported achieving adequate leisure-time aerobic and muscle-strengthening activities to meet the physical activity guidelines, based on 2016 data.



1 in 6 males and 1 in 7 females

in the United States are current smokers, based on 2016 data.

By 2035, more than 130 million adults, or 45.1% of the US population,

are projected to have some form of CVD. Total costs of CVD are expected to reach \$1.1 trillion in 2035, with direct medical costs projected to reach \$748.7 billion and indirect costs estimated to reach \$369 billion.



Chaplains Corner

By Chaplain Everett Peterson

While walking along a beach, an elderly gentleman saw someone in the distance leaning down, picking something up and throwing it into the ocean.

As he got closer, he noticed that the figure was that of a young man, picking up starfish one by one and tossing each one gently back into the water.

He came closer still and called out, "Good morning! May I ask what it is that you are doing?"

The young man paused, looked up, and replied "Throwing starfish into the ocean."

The old man smiled, and said, "I must ask, then, why are you throwing starfish into the ocean?"

To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die."

Upon hearing this, the elderly observer commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"

The young man listened politely. Then he bent down, picked up another starfish, threw it into the back into the ocean past the breaking waves and said, "It made a difference for that one. So go out and make a difference for one person at a time.

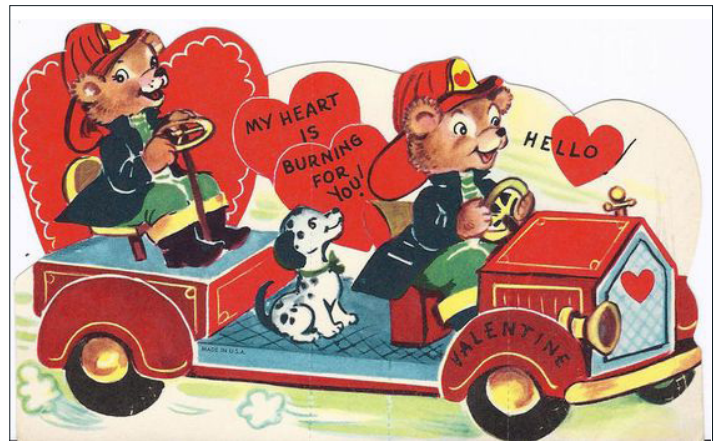
Gone, But Not Forgotten



*Some people come into our lives,
And quickly go.
Some stay awhile,
And leave footprints in our hearts.*

- Retired Inspector William Gindhart passed away on January 9th, 2022.
- Retired Firefighter Harold Richards passed away on January 9th, 2022

Our deepest sympathy and prayers go out to Bill and Harold's family and friends.



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 at:
sdrost@harlemroscoefire.org

hAPPY bIRTHDAY

FEBRUARY

- 10th William Sieracki
- 13th Brandon Sherbon
- 22nd Butch Taylor
- 23rd Alissa Neubauer

MARCH

- 3rd Ambriana Corrado
- 4th John Donovan
- 9th John Donahue
- 9th Tracie McCormick
- 16th Aaron Miller
- 22nd Jay Alms
- 22nd Tyler Young
- 29th Sheryl Drost

This is a Times Rekindled article we did on Harold Richards in the Nov. 2012 issue, pg. 10 .



Times Rekindled

by Sheryl Drost

Former firefighter Harold Richards stopped in for an interview this month. Richard served over ten years on Harlem-Roscoe in the 70's and early 80's. Harold lived on the north end of the fire district, long before the days of Station Three. He would have to drive to Station One on Main St. to respond to a call.

Harold said he never made the first truck out, but that was ok, you needed people to get the rest of the trucks out as well. The firefighters that lived on the north end would sometimes carry their gear in their cars and go straight to the scene. Harold said he didn't have to be on the hose line and didn't become an EMT. He said he helped get trucks to the scene, directed traffic and said he has rolled a lot of hose line in his time. If he made it to the station and the trucks were all out, well, the station always needed sweeping or cleaning. He said they were reimbursed \$3 a call and \$5 an hour. He figured he was there to help with whatever was needed, so he would grab a broom if need be.

Harold said the fire trucks were all gas-powered when he got on and you got there, but it took awhile to get there. So, when the new trucks arrived with bigger engines, well they got you there a lot faster. He said the gear they wore were the hip boots with the long jackets, helmets and boots. He had a monitor in his home to hear the call and remembers wearing a pager. I guess you can't take the firefighter out of the man because he still likes to monitor the scanner to this day.

He remembers working many a coon and ham dinner. He liked to help prepare the coon and he poured coffee during the dinner.

Harold remembers a call off Ventura Blvd where the homeowner smelled something burning. Well, up they go into the attic searching for the smell and they found a dead mouse in a light fixture! Harold said they were walking on the beams and he slipped and his feet went straight through the drywall on the ceiling below. Then the next Spring Dinner, he had to face the homeowner's teasing as he poured him coffee.



L-r Fred Tuttle, Richard Lyford, Oscar Presley, John Chamberline, Richard Mackenthun, Harold Richards and Terry Pitkus.



FIRST PLACE TEAM -- Harlem-Roscoe Fire Department sent a team of eight men to the Winnebago County Fire Chief's Association field tournament day Sunday, June 6. They returned victorious. They placed first in two of the five events and received a large trophy for first place in the overall competition. Winners and their times for the five events were: Harlem-Roscoe at a minute and 10 seconds in the ladder rescue. Loves Park No. 1 with two minutes and 14 seconds in the hose and ladder maneuver. Harlem-Roscoe at one minute and 16 seconds in the burst hose shutoff. Kishwaukee at a minute and 59 seconds in the smoke mask maneuver. North Park No. 5 with nine seconds in the sprinkler head shutoff. This is the first field day competition since 1963. It is planned to be an annual event in the coming years. Pictured (front row left to right) are Fred Tuttle, Richard Mackenthun, Oscar Presley and Richard Layford; (back row) Terry Pitkus, Harold Richards, John Chamberline and Don Paris.



Meal preparations

Harlem-Roscoe firemen Don Ball and Harold Richards prepare tubs for cooking 90 pounds of coon for the department's annual coon dinner slated from 5-8 p.m. Saturday in the fire hall. (Daily News photo by Judy McCleary)



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

22

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

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



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

23

20 leg lifts

heart.org/KidsActivities