

# THE FIREHOUSE SCENE

*is a publication of the  
Harlem-Roscoe Fire Protection District*

October 2023

*Fire Chief John Bergeron*

*Editor Sheryl Drost*





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

Well, where did it go? Seems that summer has come and gone and the kids are back in school. Fall is upon us. I hope everyone enjoyed the parade. Thank you to everyone that stopped by

the Fall Festival tent and supported us, it does not go unnoticed. The Fall weather also brings with it cooler temperatures. Remember to have your furnace serviced as well as your fireplace.

Fire Prevention Week is Oct.8th through Oct.14th. We invite everyone to stop by our Fire Station #1 from 11am-2pm for our annual Open House on Oct. 14th. There will be many things to do and see and refreshments will be served. Our shift crews, Fire Prevention Bureau, and CRR Officer have been busy planning and conduction fire drills, school visits and station tours. We sure do enjoy seeing all the kids and interacting during fire prevention week.

The Village of Roscoe Trick or Treat will be held on Oct. 31st from 5 PM-7PM. Please pay extra attention to all the kids that will be out that night.

Daylight savings is November 5 th at 2 AM. It is also a great time to change your batteries in your smoke and carbon monoxide alarms.

The Holiday Season is upon us. We are pleased once again to partner up with the Roscoe Lions club to do the Senior Turkey Dinner luncheon. It will be held on November 16th from 11am - 2pm. It will he held at Harlem-Roscoe Station 1 located on Main Street. Please join us to a delicious meal of Turkey with all the trimmings.

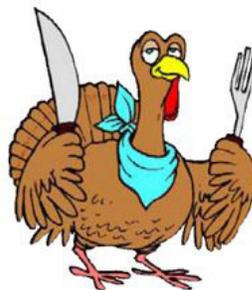
The Holiday Reindeer drive will also be in full swing. Last year we had the pleasure to make 31 Families and 77 Kids Christmas a little brighter, thanks to the community and businesses throughout our district for their generous donation during our Reindeer Drive.

Village of Roscoe Hometown Holiday will be held on December 9 th from 3PM to 7PM in downtown Roscoe.

Along with all the events and dinner, our personnel responded to 2918 calls to date. Watch for more information on our sign and Facebook. Your continuous and generous support is greatly appreciated. Do not forget to keep up with us by visiting our website: [www.harlemroscoefire.org](http://www.harlemroscoefire.org). We can also be found on Facebook. Be safe and enjoy the fall weather and upcoming Holiday Season.

**NEW PARAMEDIC**

HRFPD would like to congratulate Lt. Ryan Donner on his graduation from Paramedic Class. Job Well Done!



*Roscoe Lion's Club*  
**SENIOR  
TURKEY DINNER**  
**(Free)**

**November 16th**  
**11am - 2pm**  
**Fire Station #1**  
**10544 Main St. Roscoe**

# HRFPD PROMOTIONS AND NEW FIREFIGHTERS CEREMONY

PHOTOS BY SHERYL DROST

On July 24th, HRFPD Trustees Bart Munger, John Donahue, and Al Bach promoted BC Jeff Grant to Division Chief of Training, Capt. Mike Huffman to Battalion Chief, and Firefighter Cecilia Young to Lieutenant. Six new probationary Firefighters were sworn in - Jacob Kruckenburg, Aaron Kaszczuk, Caleb Pillow, Marty Taufer, Cooper Jevremovic, and Kyle Briggs. Three Firefighters, Zander Vanderheyden, Madison West, and Lucas Burbach were also given their black helmets after completing their probationary period. Congratulations to all!



New Interim Chief John Bergeron welcomes everyone.



L-r Chief John Bergeron, new Div. Chief Jeff Grant, and DC Kevin Briggs.



L-r Chief John Bergeron, new Battalion Chief Mike Huffman, and DC Kevin Briggs.



L-r Chief John Bergeron, new Lt. Cecilia Young, and DC Kevin Briggs.



L-r Chief John Bergeron, new probationary Firefighters Jacob Kruckenburg, Aaron Kaszczuk, Caleb Pillow, Martytas Taufer, Cooper Jevremovic, Kyle Briggs, and DC Kevin Briggs.



L-r, Chief John Bergeron, Zander Vanderheyden, Madison West, Lucas Burbach, and DC Kevin Briggs.

# Gone, But not forgotten



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



Retired Capt. Dave Harmon passed away on August 20, 2023. He served on Harlem-Roscoe from 1983 to 2000. He served as a EMT and retired as Captain of Station #2.

Div. Chief Jay Alms remembers, “Dave was quiet, strong, and a supportive leader. He was well-liked as a Captain and eager to share his knowledge. He was a good friend to all. He taught me how to pump

a truck in an afternoon. He spent hours at the station before we had paid shifts, a true volunteer!” Photographer Sheryl Drost remembers, “He was one of the good ones, fun to be around, and loved by all. I searched my archives and have included a few photos” Chief John Bergeron expresses on behalf of everyone at HRFD our deepest condolences and prayers to his wife Terri and all his family and friends.



## TRAINING UPDATES

BY DIVISION CHIEF JEFF GRANT



There is never a dull moment in training. It doesn't matter how long someone has been a firefighter, you can NEVER stop learning in this business. The Harlem-Roscoe Fire Protection District is growing and with new members. Currently, there are 6 new members attending the Basic Operations Firefighter Academy held at the Cherry Valley Fire Protection District through the Illinois Fire Service Institute. Along with the probationary firefighters attending the BOF academy, they are also required to attend department practical training held once a month at the training tower. This will give the new firefighters the opportunity to get more hands-on training and be better prepared when they have met the requirements and begin working shifts.

At the end of September we took delivery of a new training prop, a Forcible Entry Door training prop. The door is constructed out of heavy duty steel, and uses wood blocks to give a realistic feel to what firefighters would encounter. The prop is able to withstand thousands of hits from various methods used to force doors open. When the door prop was delivered it was put onto three 4x4 blocks, and will be able to be moved around the training site, challenging firefighters to adapt to different scenarios they will see in the real world on the street.



### The Firehouse Scene

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

Fire Chief - John Bergeron  
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 of April, July, October, and January.

E-mail submissions to: Sheryl at: [sdrost@harlemroscoefire.org](mailto:sdrost@harlemroscoefire.org)

# NEW BABIES

*Congratulations* to Lt Dylan Lackey and his wife Monica on the birth of their son, Dean Wojciech Lackey. Dean was born on August 21st and measured in at 5 pounds 11 ounces and 21 inches long.



IT'S A  
**Boy!**



*Congratulations* to Lt. Spencer Caruana and his wife Tara on the birth of their son, Emilio "Milo" Caruana. Milo was born on September 14 and measured in at 7 pounds 8 ounces and 19 inches long.



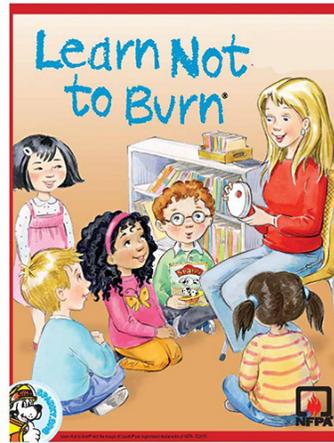


**FIRE PREVENTION 2023**  
BY CRR OFFICER JEN ANDERSON

Can we say “whirlwind of a day?!” That’s about the easiest way to describe my day on Sept. 25th, 2023. It was my first day of teaching Lesson #1 of the “Learn Not To Burn” curriculum from the National Fire Protection Association (NFPA) to all of the Pre-K and Kindergarten classes at Ledgewood Elementary School in Roscoe.

Every twenty minutes I was changing classrooms. So I was not only talking about Fire Safety but also trying to make it fun too. Needless to say, I was packing a lot in that short time frame! I had so much fun though! I will teach once a month to the kids at Ledgewood until the end of the school year. I am very grateful to Mrs. Freedlund, Superintendent of Kinnikinnick Schools and Mr. Etnyre Principal at Ledgewood Elementary for allowing HRFPD to come in and teach this program to the students at Ledgewood!

Now that we are in October, National Fire Prevention Month, HRFPD will be out and about at all of schools within the next two weeks for the Annual Fire Drill and Safety talk. HRFPD will also be visiting the local Pre-Schools to talk about Fire Safety. Not only will HRFPD be talking to the students at the schools within our District, but I am fortunate enough to be speaking to the 50 North group within the next week regarding Senior Fall and Fire Safety within their residence. It just goes to show that you are never too old to broaden your knowledge when it comes to Fire Safety!



The NFPA created the Learn Not to Burn® Program in 1991 to address the high risks children under the age of five face in regards to fatal home fires. It was then later expanded through 2nd grade level.

Stories, pictures, activities, and more to teach the children how to stay safe! The updated program integrates literacy, music, movement, and dramatic play to provide a developmentally appropriate learning experience.

The NFPA Learn Not to Burn Preschool Program lessons are intended for 3-5 year old children. The program teaches this age group about fire safety and “Community Helpers”(i.e. Firefighters, Police Officers, Doctors, Nurses, etc.) and about the roles they play.

The NFPA Learn Not to Burn Kindergarten program will teach the students how to recognize the sound of a smoke alarm, and what to do in a fire drill at school. These engaging and hands-on lesson plans prepare kindergartners to be fire safety heroes.

The NFPA Learn Not to Burn 1st grade program will teach with tons of printables perfect for stations or group work, these lesson plans will help the first graders learn the steps of fire safety and how to identify and handle a real emergency.

The NFPA Learn Not to Burn Program for 2nd graders includes Research-based and Common Core-aligned activities and printables to help the students stay safe and protect others in case of fire.



**Working**  
**SMOKE ALARMS**  
**SAVE LIVES**  
Change Your Clock, Change Your Battery



# Kitchen fire Safety

L D U R B R N C F I R E I N S P E C T O R V S I  
 S K K U J H R W J V R R E G N A D O J M W X Q B  
 Y A R C K Q T G O Z H C D R U L E Z D Q A P T X  
 W N O R Z Q B S R M D D M H V T R S Y B Z A P P  
 I I H E Q B T I U Y A G E P W M F R V G C Z P C  
 N C K G Z O X E M A F N Y X G N A M U H U J Y D  
 A G F H V S O P K K P V H T P R N E G Y X O C I  
 P N R E S E Q L C N L U R J S M E B O P O L L S  
 G I R V F W I R R Q A Q C D B E Z C T E A Y Z T  
 N K A I W J E A Z E V L W S V V M R Y S R F V R  
 I O U T T C E F H V H Q B Z T L H A S U A I B A  
 K O D T I V C I X F Z S E E G U J K L T C J F C  
 O C M L A Q T W N T U C I O R Y V M O F L O Y T  
 O C F S N G Q H Y M O F Y U I I V G O R X N T I  
 C P E F H L F U F X W I W Q G C F V B U G E S O  
 J N P T U E G R O W Y S X P X N E Z T R M T U N  
 M A X P N E H C T I K V K N J N I Z T Y K O R W  
 J Y O T M P I J P E X B T X M T I T C E G S E R  
 D Z K N Z A D Y C U E C S I T N U V X P M B L X  
 M M F E E P W L P D D G T Y C C M M C E H U C C  
 V N O V H R D K C C W T Y A K B B Z L O E H N H  
 G I F E E N Q D J R Y N E A O K Q L D M G R U V  
 D J I R F M E S R E T H G I F E R I F E F W I S  
 X P D P H Q U N E G S W P U V N E M T E W N B F

- |              |                   |              |                |
|--------------|-------------------|--------------|----------------|
| Flames       | NFPA              | FIRE blanket | Burn           |
| Woman        | Uncle rusty       | Stove        | Prevent        |
| Oxygen       | Oven mitt         | Kitchen      | Fire inspector |
| Firefighters | Fire extinguisher | Fire         | Distraction    |
| Danger       | Cooking           | Cooking pan  | Class k        |



## **CARBON MONOXIDE SAFETY**

**BY LT. RYAN DONNER**

With the colder months ahead, let's talk about carbon monoxide. We should be aware this can happen at any time during the year, but during the colder months, we have more appliances that are running that produce carbon monoxide.

Carbon monoxide (CO) is a poison gas that is a by-product of appliances, heaters, and automobiles that burn gasoline, natural gas, wood, oil, kerosene or propane. It has no color, no taste and no odor. Each year in the United States, around 50,000 people go to the emergency department for carbon monoxide poisoning, and more than 400 people die from it.

Carbon monoxide detectors are used to protect against carbon monoxide poisoning or exposure, your home should have at least one carbon monoxide detector on each floor. If you have a battery-operated detector, remember to change the batteries every 6 months. Keep in mind that plug-in detectors might not go off if there is a carbon monoxide leak while your power is out. Although you replace the batteries, carbon monoxide detectors don't last forever. They have a lifetime of 5 to 7 years, but it is important to refer to your user manual. After 5 to 7 years, replace the CO detector completely. If your CO detector alarm goes off, leave the house immediately, and call 911.

Symptoms of CO poisoning include: headache, dizziness, weakness, nausea and vomiting, rapid heartbeat, shortness of breath, seizures, chest pain, disorientation, and loss of consciousness. CO poisoning needs to be treated right away by getting outside to fresh air and calling 911.

Carbon monoxide poisoning most often happens in the home. CO is in fumes produced by furnaces, kerosene heaters, vehicles "warmed up" in garages, stoves, lanterns, and gas ranges, portable generators, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces.

**Reduce your family's exposure to CO by following the recommendations below:**

### **Fuel-burning appliances**

Forced-air furnaces should be checked by a professional once a year or as recommended by the manufacturer. Pilot lights can produce carbon monoxide, so they should be kept in good working order. All fuel-burning appliances (such as gas water heaters, gas stoves, gas clothes dryers) should be checked professionally once a year or as recommended by the manufacturer. Gas cooking stove tops and ovens should not be used for supplemental heat.

### **Fireplaces & wood stoves**

Fireplaces and wood stoves should be checked professionally once a year or as recommended by the manufacturer. Check to ensure the flue is open during operation. Proper use, inspection, and maintenance of vent-free fireplaces (and space heaters) are recommended.

### **Space heaters**

Fuel-burning space heaters should be checked professionally once a year or as recommended by the manufacturer. Space heaters should be properly vented during use, according to the manufacturer's specifications.

### **Automobiles & other motor vehicles**

Regular inspection and maintenance of the vehicle exhaust system are recommended. Many states have vehicle inspection programs to ensure this practice. Never leave an automobile running to "warm up" in the garage or other enclosed space; CO can build up in a home even when a garage door is open.

### **Generators & other fuel-powered equipment**

Follow the manufacturer's recommendations when operating generators and other fuel-powered equipment. When the power goes out, keep your generator outside. Portable back-up generators produce CO. Always set up a generator at least 20 feet from your house.

You can protect yourself and your family by learning the symptoms of CO poisoning and how to prevent it, as well as ensuring you have proper working carbon monoxide detectors. Let's make this year another great and safe cold weather season!



## MOTHERHOOD IN THE FIRE SERVICE BY LT. CECILIA YOUNG

In the United States there are approximately 1.1 million firefighters in career, volunteer and combination departments. Only 10% of them are women. 5% of those individuals are mothers. It's not very common

to see women in the fire service but it's much more uncommon to see women that are mothers, even though a majority of women in the United States have jobs.

Being in the fire service is one of the most rewarding jobs anyone could do, but it is also one of the most challenging. Motherhood in the fire service is no different.

In today's society, working mothers face many challenges; It's difficult to work long shifts while trying to maintain peak physical fitness. Just to add on top of that, keeping a schedule for your newborn and managing time for family activities. In addition, maintaining a healthy lifestyle and childcare provide additional levels of stress. Finding balance and support is a key component to combating unnecessary stress; especially after the arrival of a child. Being a new mother myself and trying to balance a work life along with family life can be difficult and challenging.

As previously mentioned, child care to cover a 24 hour shift is not common in most of today's lifestyles. Most mothers have only a few months to make and maintain a schedule that works for them and their families before returning to the job. Some women in the fire service are lucky enough to have their very own support system as soon as they return to duty. They say when you join the fire department you gain a second family. I have found this statement to be all so true. The best support a firefighter could have starts from their very own firefighter family. Fire crews train for long hours together, cook and share meals together. They're a group of individuals that knows they'll have to drop whatever they're doing in a split second to rush to the aid of other individuals. The fire service family is a special bond that is incomparable to others. It's a difficult job to jump into but it's also the most rewarding.

In today's world there are now many resources out there for working mothers who struggle with finding childcare. There are also many videos and social groups that show you how to maintain schedules, active lifestyles and provide stress reduction tips. Many women have support groups that are online and in person for convenience for the working mom.

Becoming a mother was the best day of my life. Balancing work and home was a process to get used to, but change is good. Motherhood in the fire service isn't easy, life is full of changes, but it's how you handle those changes that will set you up for success.

## Carbon Monoxide Safety for Your Home

There are simple ways to protect your household from dangerous carbon monoxide (CO).



CO is a colorless, odorless gas. For detection, install CO alarms near bedrooms on each level of your home.



Have a professional inspect and service your heating system annually to ensure proper operation.



Make sure your appliances are installed correctly and meet local building codes.



Never operate a portable generator inside your house or garage.



Don't leave a vehicle running in your garage.



Never use gas ranges or ovens to heat your home.



Common causes of CO poisoning include improper use of fuel-burning appliances and faulty equipment.

**BREAST CANCER**  
is the most common cancer among women in the U.S.

**39%**  
decline in deaths due to early DETECTION AND TREATMENT

**1 in 8**  
WOMEN will be diagnosed with BREAST CANCER in their lifetime

EVERY 2 MINUTES one woman IN THE U.S. IS DIAGNOSED WITH BREAST CANCER

Source: Susan G. Komen®



**NATIONAL NIGHT OUT**

Firefighters participated in both in Roscoe and Machesney Park's National Night Out Celebrations. All the photos taken can be seen on our Facebook Page.

The winners of our Annual National Night Out Classic Car, Truck & Bike Show!

- Chief's Choice Winner was Randy Ketchum with a 1967 Chevrolet Camaro
  - People's Choice Winner was Larry & Beth Wegner with a 1964 Chevrolet Corvette
  - Firefighters Choice Winner was Jim Langendorf with a 1964 Pontiac Grand Prix
- We had 100 entries! This year our "Registration Fee" was donations of canned cat & dog food. All of the donations were taken to Winnebago County Animal Services .



Oct. 3rd, Country Financial agent Nick Sommer along with his family members presented Harlem-Roscoe Fire with a check for \$1500.00 as part of the company's Operation Helping Heroes Program. See our Facebook post for the whole story.



Firefighters rescued eight baby ducks from a sewer on Baneberry Dr.



*Out in the Community*



Thank you to Mission BBQ for the outstanding lunch provided to the crews on Sept. 25th.



August 9th, the "Green Room" class from Stepping Stones Child's Center toured Station One. And thank them for their beautiful paperweights!



August 26th - HRFD red shift had the honor of sending off the Jaimie Cox Foundation motorcycle rally.



Thank you to Roscoe Schnucks for your donation of Water and Body Armor to keep us hydrated.



**Roscoe Fall Festival**

- Raffle Winners:  
 1st Place- Ellyn N  
 2nd Place- Sara R  
 3rd Place- Hanna B



**Fall Festival Parade**  
 September 10th



## RECURRENCE

The risk of local and distant (metastatic) recurrence varies greatly based on many factors. Estimates of long-term cumulative risk range from about 5% to 60%, with most falling between **10%-30%**.<sup>6-9</sup> Furthermore, recurrence risk remains elevated more than 3 decades from the primary diagnosis.<sup>9</sup>

## PREVALENCE

As of January 2022, there were an estimated **>4 million** women living with a history of invasive breast cancer in the U.S.<sup>10</sup>

It is estimated that in 2018, **140,230** women in the U.S. were living with metastatic breast cancer. By 2025, this number is expected to increase to **169,347**.<sup>11</sup>

## RISK FACTORS

**Only 5-10% of breast cancers are hereditary. The strongest risks for breast cancer are age and being assigned female at birth.**

### Other non-modifiable risk factors include:<sup>12-14</sup>

- ◆ Genetic mutations, such as in *BRCA1* and *BRCA2*
- ◆ Starting menstrual periods before age 12 and menopause after age 55
- ◆ Having dense breasts
- ◆ Personal history of breast cancer or benign breast diseases
- ◆ Family history of breast cancer
- ◆ Previous radiation therapy in chest or breasts
- ◆ Exposure to the drug diethylstilbestrol (DES)
- ◆ Naturally high levels of estrogen or testosterone

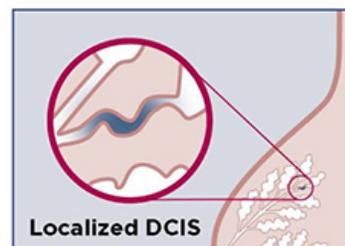
### Risk factors that are potentially modifiable include:

- ◆ Lack of physical activity
- ◆ Being overweight or having obesity (post-menopause)
- ◆ Taking hormonal medications, such as menopausal hormone therapy or hormonal contraceptives
- ◆ Reproductive history, including being over 30 years of age at first full-term pregnancy, not breastfeeding, and never having a full-term pregnancy
- ◆ Alcohol consumption

## DCIS & SCREENING

The diagnosis of ductal carcinoma in situ (DCIS) was rare before 1980, but the widespread adoption of screening mammography led to a massive increase in DCIS diagnosis. From 1980-2000, women aged 20-49 experienced a **400% increase** in DCIS diagnoses, and women over the age of 50 experienced over a **900% increase** in DCIS diagnoses.<sup>2</sup> However, screening has not decreased the rate of lethal disease (i.e., distant stage) at diagnosis.<sup>15</sup>

Overdiagnosis of breast cancer (i.e., cancer that would never have become a problem) by screening mammography is difficult to determine, with the most credible estimates ranging from **11%-22%**.<sup>16,17</sup> False positive and false negative mammography results are also possible.



Over a 10-year period, **more than half** of women getting an annual mammogram will receive a false-positive result.<sup>18,19</sup>

# Cooking safety starts with YOU.

Pay attention to fire prevention.™



FIRE PREVENTION WEEK™

fpw.org

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## FIRE PREVENTION WEEK **OPEN HOUSE**

**Sat. OCT. 14<sup>TH</sup> @ 11am – 2pm**  
**HRFD Fire Station #1**  
**10544 Main St. in Roscoe**



Smoke House ~ Extinguisher Simulator ~ Fire Trucks ~ Slide  
Spray Water ~ Station Tours ~ Hotdogs, Chips & Cookies  
Activity table including coloring and puzzle pages etc.