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The Pulse

June, 2008

Volume 41 • Issue 6



Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

PRESIDENTS REPORT

Reeve Conover

Superdelegates Why your vote doesn't matter And What you can do about it

Much noise is being made about the use by the Democratic Party of super-delegates – and how they make the vote of the masses meaningless. I am not writing today to comment on this issue.

Rather, I wish to bring to the front of your mind an election issue much closer to home – here at HCFAS. Several months ago we had a bylaw change come to the floor of the General Membership Meeting for vote. The motion got a majority of votes (43-42) but failed to achieve the 2/3 majority of the voting membership required for passing – and that is as it should be. Bylaws, the very skeleton upon which our organization is built, should require more than a simple majority. My problem is that, out of about 220 eligible members, the future of the organization was decided by less than 40% of our members.

This past Monday, at the GMM, we voted to fill a Captains position that was vacated. Again, about the same percentage of membership was present, and Saturdays future for the rest of this year was decided by less than a majority of the organization.

If you are unable to attend the meeting because of work schedule, family life, or other obligations, your vote simply doesn't count!

*I am submitting a Bylaws change to rectify this problem and make sure that every vote counts. It doesn't matter what side you take on any issue – your vote simply should matter. I urge you to support the Bylaws change when it comes to a vote – **which, of course, means you will have to come to the meeting!***

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CHIEF'S REPORT

Mary Conover

The summer months are upon us and I am looking forward to the warmer months ahead (Guess I better get used to it). I hope everyone will be enjoying your new HCFAS Coolers and Beach chairs. If you didn't receive your EMS week gift, please see any officer.

The warm weather brings us many outdoor events such as standbys, parades and graduations. Please see the sign up sheet that Chair Donna Smith has posted.

Congratulations to all our members and our member's families who have graduated HS and College. And let's not forget all our new EMT's. Way to go!! Just a reminder, if you are planning a vacation, please find a replacement and notify your Day Captain as soon as possible.

Congratulations to the new Saturday Day Captain Matt Cappola. I'm sure he will continue to be an asset to our organization and I look forward to working with him.

At the May Huntington's Chiefs Council meeting HCFAS took "ALL FOUR" scholarships awards. Congratulations to Post 215 Member Tiffany White, Amanda Signorelli (granddaughter of Sal and Norma), Kyle Conlon (my nephew) and Tom O'Leary's son. I'm hoping that this scholarship will help in the purchase of some books, or needed supplies as they enter college life.

Remember the website is up and running. If you need to reserve a room or sign up for a shift please feel free to use the website for these activities.

There seems to be some events lately that are not being reported to the officers. If you have an accident in a vehicle, or damaged squad property, PLEASE see an officer immediately so we can file the appropriate insurance paperwork. We are not here to "get you in trouble" we are here to make sure all the equipment is in working order so that we may continue to respond to calls without delay. Also please remember to clean up after yourselves. I know we are extremely busy running calls, but when you return to the building and before you leave, please pick up the empty cups, run the dishwasher, maybe even throw a load of laundry in. I see the same people picking up after others. I think there are a few members that believe they have a mother running around after them picking up. Be proud of the building that we have been provided and try to keep it in the best condition that we possible can.

Happy Fathers Day to all!

SECOND DEPUTY
Cindy Cairl

Thank you to everyone who participated in the April mini-MCI drill, and thank you to ex-2nd Deputy Chief Chris Winter for giving a demonstration on our new ALS/BLS simulator ("Frank"). There will be three more MCI drills this year - all active crewleaders will be required to attend at least one of them.

ALS Providers - just a reminder that you must attend a Protocol Update prior to July 1 in order to maintain your ALS status in Suffolk County. HCFAS is hosting an Update class on June 4 - please call the County to register if you plan on attending this class.

In the near future, we will be holding another "ALS for the BLS Provider" class. As soon as I have an exact date, notification will be posted.

Congratulations to our newest EMT's! Please remember to give copies of your EMT card to your Captain and to the First Deputy Chief.

Crew of the Month - April



RECORDS RETENTION COMMITTEE HELP NEEDED.

If interested contact Board Liaison Lehti Laas @ llaas@hotmail.com

SUNDAY CAPTAIN

Eileen Burns

I'd like to thank everyone for their get well wishes and holding down the fort while I was in the hospital last month. Heidie and Jim jumped right in with the roster & LOSAP and all the crews did what they needed to do, which I never have to worry about. Captain Stone went right to work in adding my load of paperwork to hers with out ever giving it a thought!! I am always grateful and appreciative of every ones help, again, thank you !! I promise to get everyone their EMS gifts and beach stickers as I catch up with everything so please bare with me, o.k.?

A few congratulations are in order, first to our new Saturday Day Captain, Matt Cappola and for graduating with a B.A. in Criminal Justice. Next up are Maria Uliano and Joe Seyfried who both graduated from the University of Stony Brook, both with a B.A. in Biology and Maria also holding a minor in English.

Now the hard road begins for medical school, just ask Ozlem Bilgen who by the way was back for a few weeks while getting a much deserved and needed break. She did great in completing her first semester and just headed back for her next one. We will see her again in August. We were all thrilled to see her home & riding with us, although we're still not too sure who was more excited her or her crews !!! She loved being back on the ambulance and was amazed at the transformation of the dispatch office and the CAD System, and with out hesitation, admitted to being grateful that she was riding and not getting a quick (disp.) lesson and going on the air!! While she was here she also got to meet her newest crew member, Melissa Rubino, who by the way is doing a great job with her training. It won't be too long before she is ready for her test either. On the other side of the fence Michelle Agoglia of the 2300 shift has resigned due to relocating and we wish her good luck.

I hope that by now all of our new EMT's have received their cards, if not, I suggest that you might become a bit more friendly with your mail carrier.

I'd like to give Kathi Bonessi a huge thank you for the work that she does chairing the Good and Welfare Committee. Although we are neighbors, she always takes the time to give a call to see if I am up to receiving a gift or perhaps need a little more time as to enjoy it. To me that shows that she doesn't do it "as a job", but does it because she cares about the member. Well I gave her the o.k. and the next day I received a fruit and candy basket that I could hardly carry. It had more things in it then you could ever think of. I would just like to say thank you very, very much for a job that has always been well done (by everyone). On that note, wouldn't it be nice if I didn't have to have this in any more articles for the rest of this year!

One last note, Patti I'd just like to say that you have been doing a great job and just keep it up.

WEDNESDAY CAPTAIN
Dominic Heavey

JUNE 2008

Wednesday Report from Cap. Dominic C. Heavey

As I look at the calendar for 2008, summer begins on 20th June Hopeful we can get a chance to use those Chairs and Coolers that we got for E.M.S. Week. Everyone got your Beach Stickers, if not see the Chief's. Father Day is on 15th June HAPPY Father Day to all.

***Happy Father's Day
Any man can be a Father,
but it takes a special person
to be called Dad.***

The idea for creating a day for children to honor their fathers began in Spokane, Washington. A woman by the name of Sonora Smart Dodd thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909.

Having been raised by her father, William Jackson Smart, after her mother died, Sonora wanted her father to know how special he was to her. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on the 19th of June, 1910.

In 1926, a National Father's Day Committee was formed in New York City. Father's Day was recognized by a Joint Resolution of Congress in 1956. In 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June. So Father's Day was born in memory and gratitude by a daughter who thought that her father and all good fathers should be honored with a special day just like we honor our mothers on Mother's Day.

I would like to thank all those who helped out in May. Those on the Crew's and those that done all those back ups. With out your help we would have being in trouble.

Thanks to the 2nd Dep. Cindy for a great Drill. I think everyone had a good day.

Thanks to Chris W. for showing us the new manikin great job Chris.

Well done to Matt C. the New Saturday Captain. Look forward to working with you.

E.M.S. GEAR:

If you have any questions on EMS Gear please e-mails me at dheavey@hunterambulance.com (ref EMS Gear). Everyone should be wearing the Boots. Don't forget that the lining can be taken out of the Jackets during the summer. If you should get Blood on them please notify me right away and DO NOT place the gear in a RED BAG. Hang it up in the truck room and place a note on it so other member knows. Do NOT leave your gear lying around, keep them in the bag and place them on the Ambulance that you are assigned.

*Thanks To All
Cap. Dominic C. Heavey*



New Member

Christopher Evers
HCFAS Member #1216
Thursday 2300-0700

- Resides in Huntington
- Graduated from Huntington High School
- Graduated from Aldephi University with a degree in Business
- Employed as a financial advisor for Mass Mutual
- Interested in becoming an A/EMT

Welcome!



New Member

Rocio Aldana
HCFAS Member #1218
Friday 0700-1100

- Resides in Huntington Station
- Graduated from Walt Whitman High School
- Attended Wilson Tech and received her certification as a nurse's aide
- Currently attending Suffolk County College
- Employed as a Nurse's Aide at Huntington Hospital
- Joined HCFAS with a desire to help people
- Her ambition is to become a nurse practitioner

Welcome!

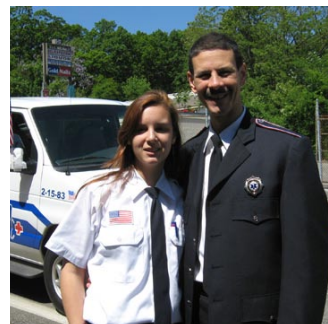
MENU FOR JUNE MEMBERSHIP MEETING

Subway sandwiches - Meat and Vegetable (with or without cheese)

Salads - Potato, Macaroni and Cole Slaw

Cookie Platters and Fresh Fruit

Memorial Day Parade 2008



Life Lessons - Happy Father's Day!

*You may have thought I didn't see,
Or that I hadn't heard,
Life lessons that you taught to me,
But I got every word.*

*Perhaps you thought I missed it all,
And that we'd grow apart,
But Dad, I picked up everything,
It's written on my heart.*

*Without you, Dad, I wouldn't be
The person I am today;
You built a strong foundation
No one can take away.*

*I've grown up with your values,
And I'm very glad I did;
So here's to you, dear father,
From your forever grateful kid.*

- By Joanna Fuchs

YMCA Carnival



LOSAP – Director Franz

The 2007 LOSAP Records Listing was approved by the Town of Huntington Town Board on May 6, 2008. In compliance with General Municipal Law, this listing was posted on the bulletin board on May 12, 2008 for a mandatory 30 day period. It is requested that each member review the information next to their name and report any changes in writing to the President. Each reported change must be clearly identified and explained. Please also verify that your legal name is properly indicated.

Suffolk REMSCO Survey Reminder - Bob Franz

The Suffolk REMSCO response committee has a survey form on the REMSCO website (suffolkremSCO.com) for all EMS individual providers so that they can share their thoughts and ideas on improving the EMS system and patient care. It would be appreciated if you could take the time to complete the survey which will be tabulated by the response committee over the summer.

NYS HESC Volunteer Recruitment Service Scholarship – Bob Franz

A squad member nominee may be chosen for the NYS Higher Education Services Corp Volunteer Recruitment Service Scholarship (covers up to 4 years) before the deadline date of August 1, 2008. Please see a copy of the Squad's selection policy on the bulletin board to determine your eligibility and visit their website www.hesc.org. If eligible, please contact Chief Mary Conover.

***A mass was dedicated to the members of HCFAS at St. Hugh's Church.
Afterwards the members posed for a pic with Msgr. Jim McDonald.***





BASICS - June 2008

Burns

By Mark Brenner



The weather is warming-up, and with it, we seem to have more patients with soft tissue injuries. Burns constitute one form of soft tissue injury. So, try these questions.

1. You are activated for an adult male with burns. What types of burns might this patient be experiencing?

- a. Chemical
- b. Thermal
- c. Electrical
- d. Any of the above

2. You are activated for a man with chemical burns from being sprayed with insecticide. The most important consideration is:

- a. Donning nitrile gloves enroute
- b. Donning full EMS gear before responding
- c. Having your crew bring their EMS gear on the call.
- d. Having your N-95 mask within reach

3. You are dispatched to a call for a man with chemical burns from an industrial accident. You are advised that the fire department is also enroute. Upon arrival, you should:

- a. Enter the industrial facility in full EMS gear to locate the patient
- b. Wait in the hot zone as the fire department decontaminates the patient
- c. Wait in the safe zone while the fire department decontaminates the patient.

4. Your patient was burned by a chemical. After decontamination by the fire department, you should:

- a. Load the patient in the ambulance and transport
- b. If possible, continue to flush the site of the burn for 10 minutes
- c. Continue to flush the site of the burn for 20 minutes before transporting
- d. If possible, continue to flush the site of the burn during transport for up to 20 minutes.

5. If your patient has received a chemical burn and is contaminated with a dry powder, after receiving the patient in the safe zone, you should:

- a. Brush any remaining chemical off of the patient
- b. Flush any remaining chemical off of the patient with.
- c. A then b

6. Your patient has suffered electrical burns from coming in contact with the energized end of the extension cord he severed while cutting the hedges. According to the NYS BLS Protocols, your first action would be to:

- a. Perform an initial assessment
- b. Place the patient in a position of comfort
- c. Assure that the scene is safe
- d. Cover the burns with a dry sterile dressing

Basics - Burns Cont'd

7. You respond to a male 12 year old, burned while playing with a candle and lighter fluid.

After assuring that the scene is safe, your next action would be:

- a. To extinguish burning clothing and stop the burning process
- b. Perform an initial assessment
- c. Assure that the patient's airway is open, and that breathing and circulation are adequate
- d. Place the patient in a position of comfort

8. What would you use to determine the extent of the burn on a patient's body surface area?

- a. BraseLOW tape
- b. Rule of Nines
- c. Rule of Thumb

9. You respond to an adult male with burns to the front of his chest and abdomen from his shirt being ignited by a barbeque. The fire has been extinguished and the burned shirt has been removed. The patient has a patent airway and has adequate breathing and circulation. He has been placed on oxygen. You would care for his first and second degree burns by:

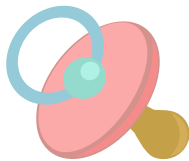
- a. Applying moistened sterile dressings to the burned areas
- b. Applying dry sterile dressings to the burned areas.

ANSWERS: 1d, 2b, 3c, 4d, 5c, 6c, 7c, 8b, 9b (reference Protocol T-4 Page1)

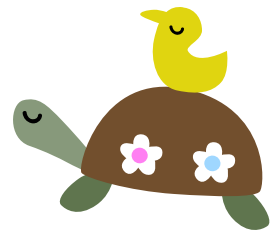
Good & Welfare

Get well wishes are going out to Eileen Burns who was recently patient at Huntington Hospital. We hope you are feeling better soon.

Richard & Lorrie Stone have a new granddaughter & niece to Jonathan & Casey Stone.



*Lily Shayna Stone
Born May 14, 2008
6 lbs, 9 oz., 18 in.
to son Michael & Amanda Stone*





HCFAS Annual Picnic

Date: July 19, 2008 (rain date July 20th)

Time: 12:00 noon til 5pm



21 Sweet Hollow Rd, Huntington, NY



Sign up sheet will be posted in the ready room. Please read the Below protocols.

IX. Protocols

A. Social Committee Protocols

3. Squad Picnic

The Squad Picnic is a special thank-you event for the families and loved ones from whom so much time is taken away. The following are entitled to attend.

- a) Squad members may bring their children, plus their parents/guardians and any siblings if they live at home with them, and one guest.
- b) Any exceptions must be approved in advance by the Social Committee and require a fee to be determined by the Social Committee Chairperson and approved by the Board of Directors to offset the additional cost to the Squad.

All Squad members must sign up prior to the deadline with the appropriate number of guests attending. Squad members and their guests below the New York State legal drinking age are not allowed to consume alcoholic beverages under any circumstances.



Quote of the month:

“Be of service. Whether you make yourself available to a friend or co-worker, or you make time every month to do volunteer work, there is nothing that harvests more of a feeling of empowerment than being of service to someone in need.”

Gillian Anderson

June 2008 • Service Awards

5

Brain Milliken

STAND-BY HELP WANTED

June 7th need CL/DR for St. Anthony's Graduation 830 - 1100

June 27th need FULL CREW for Huntington High Graduation 1730 - 2000

June 27th need CL/DR for Walt Whitman High Graduation 1730-2000THANKS,

DONNA SMITH - E-MAIL: tanna422@yahoo.com

***EAST NORTHPORT
100TH ANNIVERSARY PARADE***

SATURDAY JUNE 7TH

***Meet at HQ's at
1400 HOURS***

Class B uniform



June 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3  <i>Happy Birthday!</i> Stefanie Mirabelli Paul Tekverk	4	5 BOD Meeting  <i>Happy Birthday!</i> Scott Bielanski	6  <i>Happy Birthday!</i> Donna Gurtowski	7
8 	9 GMM	10	11 Officer Meeting  <i>Happy Birthday!</i> Ferd Neumann	12	13	14  <i>Happy Birthday!</i> James Lynn
15 Recruitment Open House 2 pm Father's Day! 	16	17	18  <i>Happy Birthday!</i> Crystal Mueller	19 BOD Meeting	20  <i>Happy Birthday!</i> Richard Gierbolini K. Sprague-Wong	21 Summer Begins! 
22	23	24	25 Officer Meeting  <i>Happy Birthday!</i> Brian Bielanski	26	27	28  <i>Happy Birthday!</i> Liz Smith
29  <i>Happy Birthday!</i> Linda Guadagnin David Mohr Greg Orr	30 <i>Happy Birthday!</i> Edward Billia Mary De Wan Thomas Heinisch Ona Mastroianni					

- *Gems for June are the pearl, alexandrite, and moonstone.*
- *The rose is the flower for the month of June*
- *Nathan Hale, American patriot, born June 6, 1755*



May General Membership Meeting



President Conover and Chief Conover congratulate John Palmieri for 30 years of service





Patricia Salajka, Editor
psalajka@optonline.net

The Pulse

July, 2008

Volume 41 • Issue 6



Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

CHIEF’S REPORT

Mary Conover

On July 4, 1776, we claimed our independence from Britain and Democracy was born. Every day thousands leave their homeland to come to the “land of the free and the home of the brave” so they can begin their American Dream.

The United States is truly a diverse nation made up of dynamic people, as is HCFAS. We at HCFAS also have a Dream, one that I see our members striving to achieve every day.

Cad system is almost ready to be turned on; our members have picked up this new progression and ran with it. Thank you goes out to the Tech committee for all their hard work, Jim Mallilo, Ex Chief Brian Canty, and Orlando Salcedo and of course Treasurer David Mohr. We have just acquired our new FCC license with the help of President Reeve Conover and Mike Bolz.

Have you seen our website lately? Thank you Dave Mohr for providing our membership with easily accessible information thru the web. Sign up for a shift, reserve a room, get a phone number of another member, these are just some of the features you can find under WWW.HCFAS.Org

*EPG gear is being worn on calls that warrant protection to our members.
(A SOP change is in process for this).*

We have provided members with “Spanish for the EMS Providers” taught and originated by Oscar and Reina Gomez. This certainly will assist with patient care for our Spanish speaking community.

More hands on Drills have been established for our continuation of education. Thanks to 2nd Deputy Cindy Cairl, we now have quarterly drills. You can look for the next drill to be held in July. Please sign up!

We have just completed another AB CL Class, in which 8 members have taken on the challenge of running Alpha and Bravo calls. This allows our CL to be available for the Charlie, Delta and Echo Calls. Dispatchers remember to still page out for a CL to the scene. Ex 1st Deputy Chris Winter and President Reeve Conover certainly have done a great job with this program.

You have taken care of yourselves physically, by joining the successful Weight Watchers Group, cheered on by Alyssa Axelrod. The officers and BOD are in the process of making the gym more available to all its members.

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CHIEF'S REPORT CONT'D

As most of you have noticed we have a bookkeeper in house. Justine has made tremendous strides with the help of Treasurer David Mohr. As all the Chairs have noticed, we can now look at an actual budget and forecast for the future needs of HCFAS.

Open Houses are offered every month and with the help of Mike Barker, Sally Staszak and their committee, they have brought in most of our RTE members. Without the help of our RTE instructors, we would not have the applicants we have flowing thru our doors. This has been one of our best recruitment tools I have seen to date. Great job to everyone involved.

The membership committee has been doing a great job of moving the applicants thru the process and bringing them to the BOD for acceptance. Dispatch Training Chairs Mary Brenner and Margaret Cornelius continue to introduce our new members into the land of dispatching.

We look at our Post 215 members and embrace them into our organization. They have been an asset to our organization. When asked to carry our flags, or banners, they are honored to participate and march along side of us. Nothing is every too much. As I have said before, they are our future.

The BOD accepted a bid for 2 new ambulances, and then into a yearly contract to continue the flow of re placing our older vehicles. Who doesn't like 2-15-82, Ex Chief Brian Cauty and his committee did a fine job specking out this vehicle.

A new look for the Pulse has been seen this year, thanks to Patty Salajka. Of course we must thank VP Martha Brenner for all the past years of hard work.

You don't have to be on a committee to see all the is being done for our organization, just look at Richards Stone, Ferd Newman, Ex Chief Roger Winter, and Joanne Vogel, most of the jobs they do to keep our organization moving forward sometimes goes unnoticed. Next time you see on of them you may want to say "thanks"

There are so many other committees' and projects that are being brought to fruition, that you may not even notice. I would suggest that you thank yourselves for seeing the future of HCFAS and "Dream Big", nothing is impossible.

Happy Birthday America!!

Mary Conover

***Watering Flower Planters at front entrance.
All Members: please water the flowers in the planters outside.
The sprinkler system does not reach them. Thank-You.***

PRESIDENTS REPORT

Reeve Conover

Summer. The very word brings visualizations of beaches and soft grass, bathing suits, warm days, the smell of cocoa butter, the splash of a refreshing pool, marching in the Huntington Manor Parade, and watching the kids at the annual picnic.

It also brings to EMS a different set of challenges. Several days in the middle of June seemed more like the end of August – 100 degrees and humid (Mary and I, of course, choose to move on those hot days). Those days serve as an early reminder that patients will tend to overheat, and so will we. Try and remember to turn the AC on in the back of the rig as you roll out of the building to calls, and of course close the doors on the rig at the scene. If you try to air-condition the great outdoors, more often than not the rig will overheat along with the crew!

While the EPG is surprisingly cool and light compared to other gear I have worn, it will still be “sticky” on a long call... or a long shift. Remember to drink lots of fluid before you go out – you may recall that you don’t get thirsty until you are already dehydrated.

Fire Standbys means rehab for the fireman – read that review training! Check out the fire standby kit if you haven’t recently, and the log sheet, so you are prepared. Crewleaders should take the opportunity (in between the one call every 86 minutes we averaged in May!) to review carefully things like where are the rigs going to be parked, how the standby will run, the rehab protocol, etc with your crew.

Have a great and safe summer!

HCFAS ANNUAL PICNIC

Saturday, July 19th, 2008

(rain date: Sunday, July 20)

Time: Noon till 5 pm

at West Hills Day Camp

21 Sweet Hollow Road, Huntington, NY

Sign up sheet will be posted in the ready room. Please read protocols below:

IX. Protocols - A. Social Committee Protocols

3. Squad Picnic - The Squad Picnic is a special thank-you event for the families and loved ones from whom so much tie is taken away. The following are entitled to attend:

a) Squad family members may bring their children, plus their parents/guardians and any siblings if they live at home with them, and one guest.

b) Any exceptions must be approved in advance by the Social Committee and require a fee to be determined by the social Committee Chairperson and approved by the Board of Directors to offset additional cost to the squad.

All Squad members must sign up prior to the deadline with the appropriate number of guests attending. Squad members and their guests below the legal drinking age are not allowed to consume alcoholic beverages under any circumstances.

SECOND DEPUTY
Cindy Cairl

BLS & ALS Providers:

1. Please remember to do all required checkouts, and if you're doing a back-up call, please be sure to restock whatever was used. But, please **DO NOT** take equipment off of other rigs to restock your rig. Crewleaders, remember that you will be held responsible if the check-outs are not done and if the rigs are not restocked post-call.

2. Just a reminder to anyone in the CME Program – Do Not count on being able to use our HCFAS Review Trainings to get 24 CME hours of self-study. These trainings are broken down by category by the County upon submission of your letter. For example, most of our trainings are considered Operational, and you can only get credit for 12 hours of Operational self-study, including Review Trainings, other literature and internet training. Please be sure to attend enough extra non-core classes, lectures, seminars, etc. to obtain the required non-core hours.

BLS PROVIDERS:

Congratulations to our newest AB Crewleaders – Lorrie Stone, Donna Smith, Stephanie Moore, Joe Frisenda, Kurt Vetter, Kevin McCann, and Israel Cortes! And a belated Congratulations to our newest full Crewleader, Stefanie Mirabelli!

ALS PROVIDERS:

1. New Bayer Contour glucometers are on all vehicles. If you have not had the chance to see Sharyn demonstrating it, please check the Quick Guide (found in each glucometer pouch and also posted in the ALS closet). The new glucometer still reads in less than 5 seconds and no coding is necessary.

2. Please **DO NOT** lock the BLS Assisted Meds box in the ALS box on the first responder vehicles.

3. We have had to replace 2 LifePak pulse oximeter extension cables in the last couple of weeks. There is no reason for this. Please take care with these cables, as they are very expensive.

4. The LifePaks are now numbered to match the vehicles that they are in. Please do not move one vehicle's LifePak to another vehicle.



WEDNESDAY CAPTAIN

Dominic Heavey

Well now summer begins on June 20th 2008, you would not believe that with the heat we have being having over the last few days. As a reminder keep cool and drink plenty of water, we should even think of caring water on the rig with us for our use in HOT WEATHER.

As always I would like to thank all the Co. 4 members for all the hard work they put in every week. As well I would like to thank all the members that come in a do an extra tour, or just help out on Wednesdays.

A big welcome goes out to Erica Alicea member # 1215 who has joined the 19.00 to 23.00 shift.

Memorial Day:

Thanks to everyone who attended, we looked great.

St. Huge Church Service:

A good turn out by all, Look forward to next year.

Well done to:

G. Angevine # 1073 who passed her driving.

K. Rubinstein # 1154 who entered the CL program.

B. Milliken # 1085 who entered the CL program.

To all the members who passed their EMT course well done.

EMS GEAR:

EMS Gear is in and anyone who has NOT picked it up should do so now.

If you have NOT received a Boot Voucher please leave a note in my mail box with your name and member ship number. If you have your boot's then you should be wearing them.

If you have a problem with any of this gear please contact one of the committee members.

**HAPPY INDEPENDENCE DAY TO ALL
ON THE 4TH JULY 2008**

On July 4, 1776, we claimed our independence from Britain and Democracy was born. Every day thousands leave their homeland to come to the "land of the free and the home of the brave" so they can begin their American Dream.

The United States is truly a diverse nation made up of dynamic people. Each year on July 4, Americans celebrate that freedom and independence with barbecues, picnics, and family gatherings. Through the Internet we are learning about and communicating with people of different nations, with different languages and different races throughout the world. Bringing the world closer with understanding and knowledge can only benefit all nations.

We invite all nations to celebrate with Americans online this Fourth of July.

Happy Birthday, America!

Thank You and keep up the good work!

Cap. Dominic C. Heavey # 54

FRIDAY CAPTAIN
Tom Lemp

Congratulations to our new EMT's, Kurt Vetter, Lorrie Stone, Joe Frisenda, and Isreal Cortez. All three have received their EMT cards and have already started AB crew leading. Both Paul Tekverk and Paul Terenzi are working hard on their ACL'ing and I have no doubt that they will make good crew leaders.

Welcome to our new members Aldana Rocio who is training with the 0700-1100 crew, and Cecelia Renderos who is training with the 1100-1500 crew. Welcome also to Rich Gierbolini, as our dispatcher, who will be replacing Bernie on the 0700-1100 shift. Bernie Hershkowitz was just filling in until we got a replacement. which was two years ago. Bernie I would like to personally thank you for your help and kindness and loyalty. You have been become part of the Friday family and the crew and I will miss you.

Congratulations to Taha Aiman and Dong Kim for completing their Dispatching test. They are both eager to complete their ambulance orientation so that they can help out on the calls.

I wish a Happy Birthday to Rich Gierbolini, Crystal Mueller, Stefanie Mirabelli and Paul Tekverk. I hope that you all enjoy your day.

I would like to continue to thank the Friday crews and all the people that help out answering the calls. We have been getting an increase in the number of calls on Friday. The overnight crew had 10 calls in one night alone, and I heard that the past month that they didn't get much sleep. We have been averaging about 16 calls a day and all shifts are pretty busy. I am still looking for help on the 1500 and 2300 shifts, so if anyone can come down and give a hand your help will not go unnoticed.

Again, thanks for your commitment.
Tom

Good & Welfare

CONGRATULATIONS MARC KOLPON !!!!

MARC HAS BEEN VERY BUSY LATELY! ON MAY 25th HE GRADUATED FROM MEDICAL SCHOOL AND JUST A WEEK LATER ON JUNE 1ST HE GOT MARRIED! GOOD LUCK AND BEST WISHES TO MARC AND HIS NEW WIFE.

July 2008 HCFAS New Members!



New Member

Carol Masten
HCFAS Member #1212
Thursday 1500-1900

- Resides at Eaton's Neck
- Graduated from Northport High School
- Member at Eaton's Neck Fire Department
- Joined HCFAS to give back to the community



New Member

Jonathan Korets
HCFAS Member #1219
Saturday 0700-1100

- Resides in Huntington
- Graduated from Walt Whitman High School
- Currently a senior at Stony Brook University majoring in neuroscience
- Interested in the medical field
- Future goal is to become a surgeon in the field of Reconstructive Facial Surgery

Welcome!

Letters to the Editor

HI PATRICIA. I AM CHARLES E. MARTIN #3 WITH THE SQUAD AND CHARTER MEMBER.

ANYTHING YOU WANT TO KNOW ABOUT ME YOU CAN FIND IT IN THE 40th. ANNIVERSARY BOOK.

I WANT TO COMMEND YOU ON THE TERRIFIC JOB YOUR DOING EDITING THE PULSE.

I HAVE A PERSON EL PRIDE KNOWING THAT I HAD SOMETHING TO DO WITH THE BEST FIRST AID SQUAD IN THE COUNTRY.

KEEP UP THE GOOD WORK

CHARLES E. MARTIN

I am a life member of HCFAS and am still talking to a lot of people here in Florida about the squad.

Since moving to Florida in 1990, I have had the pleasure of seeing both sons graduate college with multiple degrees. Our oldest is married and living in Ohio with our beautiful daughter-in-law. Our youngest graduated a year and a half ago and is moving into corporate management for 7 - 11. My wife is a resort manager in Daytona Beach, on the beach.

I have been disabled for some time now and have not let that stop me. I founded an officials association initially for baseball umpires. It now encompasses five sports and has earned their way into officiating several state championship contests. I myself have done several state championship series in both baseball and football. I also founded a college level baseball umpires association and have participated in many district and regional level championships.

I have had three heart attacks and had to retire off the field where I now teach young football officials and perform their evaluations. I work part time as a night auditor (fancy wording for clerk) in the resort my wife manages. I also have my own business, minor bookkeeping and tax preparation. I had worked for Jackson Hewitt as a tax supervisor and office manger. Well that's enough for now. Please say hello to Bob Franz and Sal Signorelli. Keep up the great work, I look forward to the PULSE every month and keep re-reading them.

God Bless.

John Hanley

NYS HESC Volunteer Recruitment Service Scholarship – Bob Franz

A squad member nominee may be chosen for the NYS Higher Education Services Corp Volunteer Recruitment Service Scholarship (covers up to 4 years) before the deadline date of August 1, 2008. Please see a copy of the Squad's selection policy on the bulletin board to determine your eligibility and visit their website www.hesc.org. If eligible, please contact Chief Mary Conover.

NYSVA&RA SCHOLARSHIP - Bob Franz

The NYS Volunteer Ambulance & Rescue Association annually provides three scholarships of \$ 500 each to applicants who are individual members of or an immediate family member of a member of a squad in good standing in the NYSVA&RA. These scholarships must be used by applicants to furthering their education in a medical related field, and may not be used for EMT and / or CFR courses. For additional information see application form on bulletin board or visit the nysvara.org website or contact Bob Franz. The deadline is July 18, 2008.

Registration Deadline for NYS Workers Compensation 9/11 Workers and Volunteers August 14, 2008

NYS Workers' Compensation Benefits are available for 9/11 Workers and Volunteers who did rescue, recovery or cleanup work. The law was changed to help you file a claim for workers' compensation if you have a 9/11 – related illness. If you are healthy, but were exposed to contaminated air after 9/11, you must register by August 14, 2008 with the Workers' Compensation Board to protect your right to file a claim if and when you become sick. Please see the bulletin board for additional details and registration form or visit www.WTC12.org or call 1-877-WTC -1208.

July 2008 • Service Awards

***5
Mark Cappola***



BASICS - July 2008

Trauma

By Mark Brenner



Ah, summer! Well, to be honest, as I sit down to write this column, it's still May. And for me, I will spend some time at school this week in meetings designed to review our school's accomplishments in achieving the benchmarks set forth in the plan for Middle States accreditation. And I am certain that at some point, we will review our plan in relation to our Mission Statement.

Mission statements became quite popular in the 1980's with most organizations adopting one to help define itself and measure its' growth/work/development against it. Even our organization has one. Do you know what it is? Article I, section 2 of our By-Laws states "The object if the Corporation will be to provide first aid and/or emergency ambulance transportation to hospitals for victims of injury, illness, sudden disablement or disaster. These services will be rendered without charge to anyone regardless of race, sex, religion and national origin."

If I was asked to revise our mission statement in three words or less, I would choose "We help people." After all, isn't that what we do; help people?

If so, we should go about our work helping all who need our help. Sounds simple; we answer call after call without ever asking whether the patient to whom we are being summoned is a friend or relative of one of our members. We respond to every call for help weather the patient is related or a stranger. But I assert that we must also turn inward to our own organization and see whom we can help.

Surely, every new member should be given a hand to help them to "learn the ropes." Many members just completed their EMT course and by now, have received their EMT card (hurray!). These folks need our help and encouragement as they go through their A/CL and driver training. That support which helped sustain them during their months of training is now needed for them to rise to new levels.

Our leaders also need our help. We must continue to do our best, in our many and diverse roles as dispatchers, first aiders, crewleaders, drivers, ALS providers, committee chairs and members to help our organization to carry out its' mission.

This summer, and for the rest of the year, I will strive to "help people"; those who need emergency medical care and those who are our fellow members – all striving to help HCFAS achieve its' mission. Writing this column, month after month gives me the opportunity to help so many providers stay current.

As stated last month, summer seems to be the season for trauma. The following questions are presented to help you be better prepared for trauma patients. Good luck!

1. One of the Physical Findings of the Adult Trauma Protocol includes The Glasgow Coma Score (GCS):

- | | |
|-----------------------------|-----------------------------|
| a. Below 14 | b. less than or equal to 13 |
| c. Less than or equal to 12 | d. Less than or equal to 8 |

2. Which of the following is NOT a physical finding consistent with the Adult Major Trauma Protocol?

- | | |
|-------------------------------------|---|
| a. Suspected flail chest | b. Systolic blood pressure less than 90 |
| c. Open or depressed skull fracture | d. Amputation of fingers |

Basics Cont'd

- 3. The term "Proximal Long Bone" refers to:**
- a. Humerus
 - b. Femur
 - c. Radius/Ulna
 - d. Both a & b
- 4. Which of these is a physical finding consistent with the Adult Major Trauma Protocol?**
- a. A suspected proximal long bone fracture
 - b. Two of more suspected proximal long bone fractures
 - c. Three or more suspected proximal long bone fractures
 - d. None of the above
- 5. The Adult Major Trauma Protocol now clarifies the vehicle rollover. What has been included?**
- a. 90 degree Vehicle Rotation or more
 - b. Unrestrained Passenger
 - c. If the vehicle rolled more than once.
 - d. Both a & b
- 6. High Risk Patients are those who do not meet the Physical Findings or Mechanism of Injury Criteria but who do have:**
- a. Bleeding Disorders or are on an anticoagulant
 - b. Cardiac and/or Respiratory Disease
 - c. Insulin dependent Diabetes, Cirrhosis, or Morbid Obesity
 - d. HIV, transplants, or are on chemotherapy
 - e. Above the age of 55
 - f. All of the above
- 7. If you have a patient who falls into the High Risk Patient criteria, the Adult Major Trauma Protocol directs you to:**
- a. Consider transportation to a Trauma Center
 - b. Consider contacting medical control
 - c. Both a & b
 - d. None of the above
- 8. One Mechanism of Injury criteria is that both Vehicle vs. Pedestrian and Vehicle vs. Bicycle collision are:**
- a. At any speed
 - b. Above 5 mph
 - c. Above 10 mph
 - d. Above 20 mph
- 9. The Mechanism of Injury criteria that indicates the use of the Adult Major Trauma Protocol with a motorcycle crash is:**
- a. Any motorcycle crash above 5 mph
 - b. A motorcycle crash greater than 20 mph
 - c. A motorcycle crash with separation of the rider from the motorcycle
 - d. Both b & c
- 10. Which of the following are common anticoagulants?**
- a. Lasix & Furosemide
 - b. Coumadin & Heparin
 - c. Digitalis & Digoxin
 - d. All of the above

ANSWERS: 1b, 2d, 3a, 4b, 5d, 6f, 7c, 8b, 9d, 10b

May 15, 2008

Dear Sir or Madam,

I need to write this letter to you, please bear with me while I try to put into words what I experienced and saw last night at Huntington Hospital. I am from Brooklyn and I count myself as being a tough guy, I was with my aunt who was in bed one at the ER.

It all started about 1:30 am or so when I heard the radio at the nurse's station informing the staff that one of your ambulances was coming in with a four month old child in full cardiac arrest, with CPR being performed BLS only. All of a sudden the ER came to life. Then a police car screeching into the parking lot and a cop came in and informed the staff that the ambulance was two or three minutes out. Then, out of nowhere, four more police cars followed by your ambulance arrived into the parking lot. Teamwork is a great thing.

With that I saw one of your people come through the door, followed by another guy carrying this little bundle (WOW). It brought great joy to my heart when I saw the smiles on their faces and the guy that was carrying the child stated he had a pulse and the child was breathing on her own. Then another one of your guys came in with the mother. As this was going on, the Driver re-positioned the ambulance in front of the door. After that, he came in and helped out the other guys doing what they do. Everyone was doing something and keeping busy.

They passed my room and went next door where there was alot going on. I could tell by the look on the faces of the Police Officers and you guys that things looked grim, but hopes were up. Then, when you think you have seen everything, one of your guys took the mother outside into a room with one of the nurses. Your guys sat with her till the father of the child arrived. Being an onlooker you see and hear alot of things that are going on. One of the staff stated that Irish was in with the mother comforting and praying with her. He's got it under control. He has set up a bond with her. When the husband arrived, your guy came out and one of the police officer's approached him and said "job well done". The guy looked at him and said nothing and walked outside. I then followed him outside where they comforted one another. After he got his composure, he came back inside and talked with his mates and the police. Everyone was so concerned. It was like they were all one big family, fighting and praying for this small child.

I then realized how things like this must bear heavily in your hearts, to be able to see things like this and be able to go back home to your families like nothing ever happened. I was so impressed with what I saw that I spoke with one of the RN's about what I had witnessed. He informed me that these guys are one of the best crews he has worked with. They are on every Wednesday night and take pride in what they do. He joked about them, but I could tell it was in good taste.

Before my aunt was discharged, I found out that the child didn't make it. Another Angel in heaven to look after us. Please give my condolences to your guys as I know they must feel hurt. With that said, please tell them how impressed I was. It gives me great comfort knowing that my aunt lives here in Huntington with such dedicated people to watch over her. After what I witnessed last night, it has made me a new person and I now have a different look on life.

Keep up the good work!

Dispatcher: Jim

July 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Happy Birthday! Fernando Rivadeneira	2  Happy Birthday! Israel Cortes	3	4th July  Happy Birthday! Robert Franz Mark Brenner	5  Happy Birthday! Joanne Cunningham Joseph Frisenda
6  Happy Birthday! Joseph Seyfried	7  Happy Birthday! Jerry Giacomini Raymond Pollard Paul Terenzi James Harrigan	8  Happy Birthday! Thomas Curry Claire Tesoriero	9  Officer Meeting 1915 Happy Birthday! James Mallilo	10  Happy Birthday! Donna Mastropietro	11  Happy Birthday! Keith Terrault	12
13	14  GMM Happy Birthday! Bazeel Walters Susan Martin	15  Happy Birthday! Thomas D'Antonio	16	17	18  Happy Birthday! Thomas Romano Rahimi Zebulnessa	19
20 Recruitment Sunday 2:00 pm	21	22  Happy Birthday! Monique Moreno	23 Officer Meeting 1915	24	25	26  Happy Birthday! Eileen Burns Bianca Kumar
27	28  Happy Birthday! Nimka Khanna	29	30	31		

• In 1777, thirteen guns were fired, once at morning and again as evening fell, on July 4 in Bristol, Rhode Island. Philadelphia celebrated the first anniversary in a manner a modern American would find quite familiar: an official dinner for the Continental Congress, toasts, 13-gun salutes, speeches, prayers, music, parades, troop reviews, and fireworks. Ships were decked with red, white, and blue bunting.

On Sunday June 1st members of HCFAS and Explorer Post 215 took part in the walk and ceremony honoring Lehti Lass's mother, Carman Ramos Calixto Laas. A planted section of the parking next to St. Hugh's Church was named in her honor. Among the dignitaries attending the ceremony was SC Legislator Jon Cooper and Town of Huntington Councilwoman Glenda Jackson.



Post 215 with Legislator Cooper and Lehti



Corner bearing Lehti's mother's name .



Lehti's sister, Maria and Lehti receiving proclamation from SC Legislator Jon Cooper

Members of Huntington Community First Aid Squad attended the EMS Memorial Ceremony in Albany May 22nd. Ed Wronski, NYS EMS Director was the keynote speaker honoring those lost in the line of duty during this past year. Two names were added to the Tree of Life this year.

The FDNY Emergency Medical Services Pipes and Drums supplied the music for the Star Spangled Banner while members of New York State Troopers stood as Honor Guard.



NY State Troopers Honor Guard



The EMS Memorial on the Plaza in Albany after the wreath laying.



FDNY EMS Pipes & Drums



HCFAS ambulance on Plaza in Albany



Patricia Salajka, Editor
psalajka@optonline.net

The Pulse

August, 2008

Volume 41 • Issue 8



Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

CHIEF'S REPORT

Mary Conover

*As Ex Chief Roger Winter would say...Moving right along!!
Yes that's what HCFAS is doing. I am so pleased on the direction that the membership, BOD and Officers have taken. We have taken so many new steps to make HCFAS the best in the County. I would go even so far to say NY State. We are in arms reach of running approximately 6,000 alarms this year. Some would say scary, but with the help of every member of this organization we continue to step up to the plate.*

The BOD has approved two very exciting programs for HCFAS.

The first one is a Scholarship for our members, Post 215 Members and family members living in your home. At the September GM Meeting we will pick four members to receive a \$500 scholarship to go to a graduate or vocational school. Applicants must be taking a minimum of six credits. Applications can be found on our newly expanded Web site or in the ready room. A random drawing will take place for the four lucky applicants with two alternates at the September GM Meeting for the year of 2008 and then at the May GM Meetings for the following years. Reminder, one application per applicant. Any questions please feel free to give me a call or drop me a note in my mailbox.

The second program that HCFAS will be participating in is a pilot program that will allow the Post 215 members to dispatch at the age of 16 and ride the ambulance at the age of 17. Major support was shown at our July GM Meeting. The Post 215 member and their parents will sit down with a Chief Advisor of the Post and the HCFAS Chief to go over the program in detail. The parents will sign a parental permission slip with the BSA hold harmless release. The Post Member will follow HCFAS Bylaws and SOP's with the exception of that the Post Member will wear their Post 215 uniform. The Post 215 member will not be allowed to dispatch or ride on the 2300 and will be scheduled thru the Day Captains. They will go thru a Medical, Dispatch Training, and Ambulance Orientation just like the rest of our members. Nothing will be different. When the member turns 18 they will be fast tracked thru to the BOD for active membership to our squad.

I have personally seen this program work with great success at CVAC. The juniors were some of the best dispatchers and aides I have ever seen. I believe the Post 215 Members, having the previous training that Ex Chief Brian Canty and Secretary David Mohr and the continuing support of the entire staff of advisors, will be of great asset to our organization. Think about all the HCFAS members that have come thru the Post.. Capt Matt Cappola, Capt Samantha Ryan, the entire Brenner clan to name a few.

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CHIEF'S REPORT CONT'D

At our July GM meeting, Capt Cappola spoke to the membership about Duty Shorts for the membership to wear during those blistering summer days. A motion was made and passed at the meeting to buy shorts and more backup T Shirts for the membership. Thank you to the BOD who supported this motion.

Keep an eye out for the new Exercise Room policy that will be coming out. A member will be able to work out at the gym and not have to respond to calls, promoting a healthy life style for you. Chair and 2nd Deputy Cindy Cairl will have more on this.

A great big THANK YOU to member Patty Salajka. If you attended the July GM Meeting you would have seen her fabulous Class A patch that she has worked very hard on. I feel it truly captured the look we have all been looking for.

Congratulations to REMSCO Winners President Reeve Conover for ALS Provider of the Year 2007, Chief Dispatcher Jonathan Stone Communications Specialist for the Year 2007 and RN of the Year 2007 Carl Schramm. I would also like to thank Mike Barker for being our Educator of the Year. Mike has worked extremely hard in the past years to teach our RTE program and bring in many new members. We can't thank you enough.

At the time of writing this article we have not had the Picnic, however I want to thank Ex Chief Brian Canty and his committee for the dedication and hard work they put forth every year to ensure that the membership has a fun filled day with their families.

Mark your calendars... E Northport will be having a Fire and EMS appreciation day on Thursday August 7th. No parade, just refreshments and discounted tickets to the fair for all members who show up in a Class B shirt. Take your families and enjoy.

Have a great month and hope to see everyone at the GM Meeting.

Mary

Chiefs Council Dinner will be held on:

Saturday October 11th at the Larkfield Manor

****Any Chief or Ex Chief interested in attending please put a request in the Chiefs Mailbox.**

Thanks, Mary

PRESIDENTS REPORT

Reeve Conover

Paul McCartney sang "Maybe I'm Amazed." For me, its not a maybe. You should be amazed too... In May and June we handled over 500 calls each month, which is a pace of 6000 calls! Our 24 rate (while up a touch) is still very respectable and our ALS rate stayed over 80%.

But that's just the beginning. In the first 20 days of July, we had two infant drownings, a woman thrown from a horse and paralyzed, and 8 year old in cardiac arrest, several adult resp/cardiac arrest saves, a man hit in the head by a pole that died on the OR, and we medevac'd a bunch of other patients.

And yet, everyone came in for their next shift. These are the kind of events that make the average person curl up in a ball and hide from the world. It is remarkable to me that people don't leave their shift after some of these calls and just never come back. You are all amazing people that ride the ambulance and each and everyone of you is to be commended for not just your gift of time for the community, or your gift of time away from your families, but for your strength, valor and professionalism. I have never been prouder of our organization than in these last 20 days.

FROM THE SECRETARY

We want to clarify the policy of GMM and Board meeting minutes for the HCFAS membership. The reason for this clarification is prompted by questions raised at the last GMM and various e-mails. As was stated by Secretary Cappola, we operate the meetings under 'Roberts Rules' which dictate that the meeting minutes reflect what actions were accomplished (motions passed, failed, reports, etc.), and not what was said. Therefore, comments, questions, etc. are not recorded. The minutes would only say that there was discussion or a discussion ensued. In short, these are not verbatim transcripts of the meeting. They are a record of the issues raised and the actions taken.

With regard to reports at the GMM and BOD: If the president, chiefs, captains, officers or delegates "read" a report and provide the recording secretary with a typed copy, the report is in the meeting minutes. If a person reads a report and does not provide a copy of the report, it is not published in the meeting minutes. The minutes would only reflect that a report was given. The Secretary and Recording Secretary have made this clear to committee chairs on numerous occasions and have asked repeatedly certain committee chairs to provide a copy of the report to the secretary or the recording secretary, but some reports, despite being typed, have not been forwarded. The Secretary and/or Recording Secretary will not "just retype them" as has been suggested. The next time an individual reads a report, but you do not see it in the meeting minutes, it is because they did not forward it to the secretary.

Cooperation by everyone is expected and appreciated in order that the minutes can be accurate and timely.

Respectfully Yours,

Mark Cappola - Secretary

Harvey W. Lapidus - Recording Secretary

August 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2  <i>Happy Birthday!</i> Dominic Heavy Ronald Weinhofer
3  <i>Happy Birthday!</i> Lorrie Stone	4	5  <i>Happy Birthday!</i> Ann Maloney	6  <i>Happy Birthday!</i> Hugh O'Brien Vaghela Prafulba	7  <i>Happy Birthday!</i> Bruce Hafner	8  <i>Happy Birthday!</i> Mike Barker Richard Stone John Palmieri	9  <i>Happy Birthday!</i> Albert Mirabella
10  <i>Happy Birthday!</i> Harvey Lapidus	11 GMM  <i>Happy Birthday!</i> Diana Weinberg	12  <i>Happy Birthday!</i> Paul Kelly Lawrence Thompson	13 Officer Meeting 1915 <i>Happy Birthday!</i> Paul Kelly Lawrence Thompson	14	15  <i>Happy Birthday!</i> Mary Ann Johnson	16  <i>Happy Birthday!</i> Joanne Mirabella
17 Recruitment Open House 2:00p <i>Happy Birthday!</i> Carl Schramm	18  <i>Happy Birthday!</i> Tom Lemp	19  <i>Happy Birthday!</i> Matthew Sisinni	20  <i>Happy Birthday!</i> Frances Jazombrek Bernard Poole	21 BOD Meeting <i>Happy Birthday!</i> Bernard Poole	22	23  <i>Happy Birthday!</i> Vanessa Amaya
24 31	25  <i>Happy Birthday!</i> Corinne Taylor	26	27 Officer Meeting 1915  <i>Happy Birthday!</i> Lawrence Herman	28	29  <i>Happy Birthday!</i> Mary Woznick	30  <i>Happy Birthday!</i> Christy Stiles

• August's flower is the gladiolus or poppy, and its birthstone is the peridot.

Total Solar Eclipse, August 1st 2008:

On Friday, 2008 August 01, a total eclipse of the Sun is visible from within a narrow corridor that traverses half the Earth. The path of the Moon's umbral shadow begins in Canada and extends across northern Greenland, the Arctic, central Russia, Mongolia, and China. A partial eclipse is seen within the much broader path of the Moon's penumbral shadow, which includes northeastern North America, most of Europe and Asia.

WEDNESDAY CAPTAIN
Dominic Heavey

August and we are well into to 2008 with Run # going up. With that said thanks to everyone that comes in on Wednesday whether it is your tour or just a back up. I appreciate all the hard work everyone does.

Have you had a look at the New Web Site for H.C.F.A.S. www.hcfas.org well worth while? Well done to all.

A great job done by all at the PICNIC.

Help is needed on Wednesday's on the 11.00 to 15.00 tour need a C/L.

Thanks to all
Dominic C. Heavey # 54

Special Events Committee – Brian Canty, Chair

What a great day for a Picnic. This years picnic had to be one of the best days we have had in years. It looked like everyone enjoyed themselves. The West Hills Day Camp could not have looked in any better shape. The Newly painted tables looked really nice. The picnic like all other events at our squad can not happen all by themselves. I would like to take this opportunity to thank Matt Sissini for preparing the signup board, Capt. Tom Lemp who assisted me in getting bids from the caterers, the Thursday 19:00 – 23:00 for all their hot air (now how do you think all those balls got blown up), and Joanne Vogel and Heidie Magerle for helping me setup the day of the Picnic. If anyone is interested in taking on the Picnic for next year, please feel free to drop me a line and we can discuss it.

A Belated thanks go out to John Maier who provided us with a great breakfast on the morning of the Memorial Day Parade. John had a bunch of helpers helping him out to prepare the night before. Thanks to the Sunday 19:00 – 23:00 for helping John out. Also thanks to Sal and Norma Signorelli and Sue Otto for assisting on Monday Morning as well a Special Thank You to Bill Otto for helping John with all the cooking in the kitchen.



Explorer Chief Sean Crenny was presented with an award by Dave Mohr along with Mary & Reeve Conover for achieving the status of Eagle Scout.

SUNDAY CAPTAIN

Eileen Burns

Well it was brought to my attention by some members that they missed my monthly article in July. Well that was nice to hear, but time just got away from me and I was so far past the point of even thinking of asking the editor to "squeeze in" my report that I had to hold off 'til now, but thanks again for noticing!

So this month there is some catching up to do along with some current news. A couple of Anniversaries passed last month, Heidie Magerle marked her 2 years and Nimka Khanna with her 1st year, both being a true asset, not to mention I get the bonus since they both are on my 0700 shift. Both Nimka and Rachel Zunno completed their EMT course on June 19th and by the time this goes to print they should have their cards in hand. Not to be left out, Zeb Rahimi received her EMT status as well! I'd like to welcome a new member Alison Lau #1226 to the 1500-1900 shift.

We also have a new and full status driver on the 2300 shift, Bedel Saget has completed all of his calls and now on his own! When Bedel first joined he had experience with a volunteer dept. in Nassau County. Except for the dispatching he was experienced with everything including being an EMT. Well we got him into a refresher A.S.A.P. and then up the ladder he went, and with in this past year he became a CL. then once he was settled with that he went into the Driving Program. We have had a deal from the beginning that once he completed everything that I would give him a rest until it was time to renew, so Bedel you now have approx. 2 years before you start to look for an Original EMT-CC Course! A hand shake is a hand shake, is a deal, right!! So rest up while you can! On another positive note we have two more members in the ACL Program, Paul Skirbe (1900) and Jim Malillo (2300). Congratulations and good luck to everyone on all of your accomplishments.

As you know the 1500-1900 is in great need of an extra driver, since Mike Milo is on an LOA and Lets face it, Sharyn can't cut herself in half to drive and run ALS! A page goes out each week at 1200 hrs. and we get no response. I know that not only is it right in the middle of the day, but it is also the summer, but look at it this way, if you don't have A/C, or a pool and we know how crowded the beaches are, why not come down and hang out for a while. It doesn't have to be for the entire shift, just what you can offer, Jim Barkocy has stayed on a few times even after pulling his own double shifts, and Paul Rittenhouse has been known to stop by for a while too, so thank you both very much for your help. It didn't go unnoticed. Now where is everyone else, if you are not available for in house, your pagers/radio's should be on, that is why you have them, right. No matter what day or what time you can give please, please let the dispatcher know, if possible in advance to save time paging out if it isn't necessary.

SUNDAY CAPTAIN Cont'd

How many times do we hear from patients or their family "what took you so long", or even how uncomfortable have you been on a call that you really needed ALS and no one answered on multiple pages, yes BLS before ALS, and we all have things to do, but even a few weeks ago at 10:00 in the morning we had a 24 because ONE member answered up who was ALS. When no one else did, he at least was able to respond to our call for an ALS assist, but initially he was trying to cover another call and we would have run ours BLS. Yes, our patient got the true care that she needed, but we also gave away a call, again at 10:00 in the morning on a Sunday.

On closing Bianca Kumar #1194 of the 0700 recently had to resign due to the pressure of nursing school and work. We will miss her and wish her luck with her career in the medical field and as she said, "when things really settle down, H.C.F.A.S. is on my list of things to do". Another face that has been missed is that of Mike Milo. We hope that all is well with Mike and his family and look forward to seeing him soon. Lets face it, it just isn't the same not seeing him looking through the "goodies" on the counter, or checking out the frig. for any leftover cake from someone's birthday! Again we hope to see ya soon and I promise to feed you.

Enjoy the rest of the summer, although it feels as if it will be around for a long time!

WORK SHIRTS

Thanks to all of you who made the effort to pick up your shirt, or to have it picked up at the July meeting. For those who have not yet received their new work shirt they will be distributed again:

SAT. AUGUST 2, FROM 10:00 TO 12:00 AND
MON. AUGUST 11, AT THE GMM FROM 6:30-8:00

August 2008 • Service Awards

5

*Angie Kalodukas • Paul Terenzi • Crystal Mueller
• Dan Kelly • Mike Bolz*

BY-LAWS CHANGE:

RATIONALE - OUR CURRENT BY-LAWS MAKE IT NEARLY IMPOSSIBLE FOR EVERY MEMBER'S VOICE TO BE HEARD. ADDITIONALLY, OUR VOTING PROCEDURES HAVE NOT BEEN UPDATED IN SEVERAL DECADES. I HAVE WORKED CLOSELY WITH JIM BARKOCY, BY-LAWS CHAIRMAN, TO DEVELOP AND REFINE A SYSTEM THAT WILL ENSURE THAT EVERY MEMBER WHO WANTS A VOTE, HAS THAT OPPORTUNITY, THROUGH THE USE OF TECHNOLOGY ALREADY EXISTING AT HCFAS.

ARTICLE X:

SECTION 1 – NOMINATIONS CURRENT:

Nominations for Annual Elections to Office shall be accepted from the floor at the November General Membership Meeting.

After nominations are accepted, the 1st Deputy and the Secretary of the Board of Directors shall review all candidates to ensure that they meet the qualifications for the office for which they have been nominated.

No later than November 20th of each year, the Secretary shall notify each nominee in writing of his qualification status, and if not qualified, the specifics of non-qualification. The list of qualified candidates shall be posted on the sign-in roster bulletin board no later than December 1st, and published in the December issue of the Pulse. The order of candidates on the ballot will be chosen by lot following nominations at the November General Membership Meeting. This list shall constitute the Official Ballot List.

SECTION 1 – NOMINATIONS PROPOSED:

Nominations for Annual Elections to Office shall be accepted from the floor at the November General Membership Meeting.

After nominations are accepted, the 1st Deputy and the Secretary of the Board of Directors shall review all candidates to ensure that they meet the qualifications for the office for which they have been nominated.

No later than November 30th of each year, the Secretary shall notify each nominee in writing of his qualification status, and if not qualified, the specifics of non-qualification. The list of qualified candidates shall be posted on the sign-in roster bulletin board no later than December 1st, and published in the December issue of the Pulse. The Secretary shall notify the membership, and such notification will include a listing of qualified candidates, the position to be filled and when voting will commence. The voting period will begin at least 10 days before a General Membership meeting and end at 8PM on the day of the meeting. The order of candidates on the ballot will be chosen by lot following nominations at the November General Membership Meeting. This list shall constitute the Official Ballot List.

SECTION 3 - SPECIAL ELECTIONS CURRENT:

If an office is unfilled after the General Election, or if a vacancy occurs in any office during the year, the Secretary shall notify membership by special letter at least three days immediately preceding the special election. This nomination and special election will be held at the next regularly scheduled General Membership meeting by the eligible voting membership. If the post remains vacant after the special election, the Secretary must notify membership by special letter at least three days immediately preceding the next special election or by notice in the PULSE until the vacancy is filled. The Secretary will note the position which is to be filled and also note that the possibility could exist for an additional election at the meeting if a current office-holder runs for the vacant position and creates another vacancy. This procedure shall not infringe upon the succession of Vice-President to President or 1st Deputy Squad Chief to Squad Chief and 2nd Deputy Chief to 1st Deputy Chief.

BY-LAWS CHANGE CONT'D:

SECTION 3 - SPECIAL ELECTIONS PROPOSED:

If an office is unfilled after the General Election, or if a vacancy occurs in any office during the year, nominations will be solicited by email, posted notice at Headquarters, a website notice and two general pages no later than 3 days after the vacancy occurs. Nominations will be submitted to the Secretary in writing, and must be received within seven (7) days of the initial announcement. The Secretary shall notify membership by special letter or notice in the PULSE at least ten (10) days immediately preceding the special election. The notification will include a listing of qualified candidates, the position to be filled and when voting will commence. The voting period will begin at least 10 days before a General Membership meeting and end at 8PM on the day of the meeting. The Secretary will also note that the possibility could exist for an additional election at the meeting if a current office-holder runs for the vacant position and creates another vacancy or if a tie vote exists. If the post remains vacant after the special election, the above procedure will be repeated until the vacancy is filled. This procedure shall not infringe upon the succession of Vice-President to President or 1st Deputy Squad Chief to Squad Chief and 2nd Deputy Chief to 1st Deputy Chief.

Voting will occur on the HCFAS website. The election committee will receive a report that shows who voted, but not how; a second report will provide the tally of the votes. Only the Election Chairman shall have access to this information until the ballots are destroyed.

Voting also may be done by computer at the Squad on the day of the General Membership meeting from 6 PM to 8 PM. A member of the election committee will be present for members requiring assistance with computer voting.

SECTION 4 - ABSENTEE BALLOTS - No Change -

SECTION 5 – ELECTION CURRENT:

Voting shall be by ballot. Election for all regular and special elections of Directors and Operational Officers shall be determined by the person receiving the largest number of votes by ballot for that office. In the event of two or more candidates receiving an identical number of votes, a second ballot will be cast immediately for that office. All qualified members, not only those involved in the tie vote, may be considered. The person receiving the largest number of votes shall be elected.

SECTION 5 – ELECTION PROPOSED:

Voting will occur on the HCFAS website. The election committee will receive a report that shows who voted, but not how; a second report will provide the tally of the votes. Only the Election Chairman shall have access to this information until the ballots are destroyed.

Voting also may be done by computer at the Squad on the day of the General Membership meeting from 6 PM to 8 PM. A member of the election committee will be present for members requiring assistance with computer voting.

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BASICS - August 2008

Dreaming

By Mark Brenner



I don't know why, but I like dreaming. I even enjoy hearing about other people's dreams. I grew up in the 60's and I vividly remember the media coverage about Robert F. Kennedy's funeral. I was moved by his brother's eulogy. In it, he said "Some men see things that are and ask 'Why?' I dream things that never were and ask, "Why not?"

Over the past months, we have seen the dreams of many members come to life in our organization. The new atrium by the back door, the electronic message boards, our EMS gear, the new first responder vehicle, the Red Alert system: all are the result of countless members who have had a dream about helping us to better achieve our mission. It's no surprise since our organization was founded by a cadre of dreamers who hoped to make a difference in the lives of their neighbors.

The dog days of August are great for kicking-back and dreaming. By now, a number of members have signed up for either an EMT or EMT-CC course. Bravo! You are to be congratulated for advancing your training! And, as you dream about the first shift you'll do with your new certification, I want to help you prepare by providing some insights into your training course.

Organization is a key component to academic success. You will be required to do a great deal of reading, note taking, studying and providing various forms of documentation. You can start getting organized now. You will be provided with a text book (perhaps a workbook) a student manual and protocols manual. You will also need a notebook and pens. You should buy a 3-ring binder to hold both the student manual and protocols. You might wish to buy a back pack to carry these items to and from class.

You may be encouraged to make flash cards as a study aid. So, while you are shopping for the above, pick up a pack of index cards so that you can make flash cards. You may also wish to buy a highlighter pen to highlight the important material in the text book. Please note that highlighters do not come in paragraph size for a reason. If you are highlighting that much, you are missing the salient point in the paragraph.

You will need a time and a place to study. Plan for this now. Review your personal schedule and determine when you can consistently study before each class. Also plan on where you will study. Perhaps the LIRR train, your den or the public library might be sites. Be certain that the site you select is free of distractions.

Study groups can also be helpful, particularly when working on practical skills. Your instructors will teach you both principles and techniques. Classmates in your study group will be familiar with both. Of course, you can use members of your own crew to help you practice your EMT skills. But be mindful that they might use different techniques. This is fine, as long as principles of the skill are the same. Whenever you are unsure as to which technique you should use, stick with the techniques that you have been shown by your instructors.

Clinical time will be an important component of your training. It's where the theories, protocols and skills you have been learning become infused in real-life, real-time situations. You will need to do hospital observation time and call time. Your instructor may require you to hand-in a copy of the PCR from each call you were on as proof. Schedule your observation time as soon as you can and keep copies of all of your clinical time paperwork. You can keep them in your 3-ring binder. I also suggest that you do hospital observation time at University Hospital Stony Brook. It is a Level 1 trauma center and where most of our medevac patients are airlifted.

Basics Cont'd

Not to be forgotten, be good to yourself during the class. Allow yourself to have some fun outside of class. Maintain good nutrition (not too much sugar, caffeine, or alcohol) and get plenty of rest on a regular basis.

And, after you complete your course and are certified as either an EMT or EMT-CC, work to become more proficient in your skills and continue to review your protocols.

Speaking of reviewing, here are several questions for all of us to review one of the first topics in every course; CPR.

1. *You respond to an unconscious adult male. Upon arrival, you find a man unconscious, non-breathing and pulseless. You and your crew have brought the oxygen and AED into the house. According to the AHA BLS CPR guidelines, your first action is to:*

- a. Immediately attach the AED and prepare to shock
- b. Start CPR
- c. While CPR is being performed for two minutes, attach the AED
- d. Both b & c

2. *When you perform CPR, remember to:*

- a. Use greater emphasis on the down-stroke, rather than the up-stroke.
- b. Start by administering another 2 breathes
- c. Breathes should be at least 2.75 seconds in duration
- d. "Push hard, push fast"

3. *Just how fast should the compressions be on an adult?*

- a. 60 per minute
- b. 80 per minute
- c. 100+ per minute
- d. 200 per minute

4. *What is the ratio of compressions to ventilations for adult CPR?*

- a. 5 to 2
- b. 15 to 2
- c. 30 to 2

5. *When providing ventilations on a protected airway (one with an endotracheal tube in place), you will:*

- a. Give one breath every five seconds
- b. Give 8 to 10 breaths per minute (one every six to 7 seconds)
- c. Wait until after compressions stop to interject one breath
- d. After two minutes of cardiac compressions

6. *Your BLS crew responds to a baseball field for an adult male who has collapsed while "running the bases". Upon arrival, you notice that bystanders are administering CPR that is consistent with current standards. You attach the AED electrode pads, "clear" the lay rescuers and turn-on the AED. It delivers one shock. Your next course of action is to:*

- a. Check for a pulse
- b. Start CPR
- c. Immobilize the patient on a backboard, transport giving only rescue breaths.
- d. Have the AED assess the rhythm once again.

ANSWERS: 1b, 2d, 3c, 4c, 5b, 6b

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ANDREA GOLINSKY, DELEGATE DIST. 7

NEW YORK STATE VOLUNTEER AMBULANCE & RESCUE ASSOCIATION

Due to the lobbying efforts of the New York State Volunteer Ambulance & Rescue Association, Suffolk County Ambulance Chiefs Association, Fire Chiefs of New York and FASNY Senate Bill # S-4617 and Assembly Bill # A-7699 giving volunteer ambulance workers and volunteer firefighters the opportunity to purchase health care insurance through municipal health plans was signed into law by Governor Paterson July 21st. The cost of the insurance for the volunteer and their families will be borne by the volunteer. How the program will be administered has yet to be determined. Updates will be provided as they become available.

Thank you to all who called or emailed the Governor in support of these Bills.

This year the New York State Volunteer Ambulance & Rescue Association will be sending out postcards informing you that you can go to the website (NYSVARA.org) for the slate of officers to be elected and amendments to the Association's Constitution and By-Laws that will be voted on at Pulse Check 2008 annual meeting. The web site will tell you download and print a proxy form. There is no need for you to do that as I will be putting a copy of the proxy form in your mail folders (Board Members and Officers will find them in their respective mail boxes.). Please sign them and return them to the District 7 mail box ---7th down from the top on the right.

Good & Welfare

Lots of congratulations go to Jim Ingwerson: his son Philip became one of New York City's Bravest upon his graduation from the Fire Department City of New York Academy, and he promptly became engaged to Teesha Silverman..

Son, Christopher graduated from the Suffolk County Police Academy recently. He is now serving in the Second Precinct, and he has become engaged to Kerri Kankula. Both Philip and Christopher are also with the Cold Spring Harbor FD.

Congratulations to David Franz, son of Bob Franz and Life Member Linda DeWitt who also joined the ranks of New York City's Bravest when he graduated June 30th from the Fire Department City of New York (FDNY Academy) . David is stationed with L158 in Queens.

Director Bob Franz

Registration Deadline for NYS Workers Compensation 9/11 Workers and Volunteers August 14, 2008

NYS Workers' Compensation Benefits are available for 9/11 Workers and Volunteers who did rescue, recovery or cleanup work. The law was changed to help you file a claim for workers' compensation if you have a 9/11 – related illness. If you are healthy, but were exposed to contaminated air after 9/11, you must register by August 14, 2008 with the Workers' Compensation Board to protect your right to file a claim if and when you become sick. Please see the bulletin board for additional details and registration form or visit www.WTC12.org or call 1-877-WTC-1208.

SOCIAL COMMITTEE-GENERAL MEMBERSHIP MEETINGS

Thank you to the following for stepping up to the plate to provide dinner at the general meetings for the rest of 2008.

August- Explorers

September- Stefanie Mirabelli, Tom Lemp and Maureen Umberto

October- Board of Directors

November- Officers

December- Wednesday crews (sorry I don't have the names yet).

I am still looking for volunteers for January and February 2009. I will no longer be the liaison for the social committee in 2009, and I would like to have a month or two in place for the next board member who takes on this committee.

*Martha Brenner
MB236@OPTONLINE.NET*

Safety...

I have been a member since 2001, and this past week has reminded me of why I joined HCFAS. In 2000, while coaching for St. Anthony's Crew, Mike Chiarelli, member and former coach at St. Anthony's told me he had joined the Huntington Community First Aid Squad. He said, "You know, it couldn't hurt to have to training out here. Why don't you join too?" Well, I thought about it many times during the season, but never made the move. Then, some major changes took place at St. Anthony's and I found myself in the position of Head Coach. It was time to get training!

One of my first experiences as a new member was 9-11. I was on duty that morning with Al Szigethy when all hell broke loose. We were still at the old location, and as tight as space was there, volunteers were responding fast and furious. Last Tuesday morning, when the call came in for a 2 yr. old drowning, I felt the same feeling of incredible readiness to help from our volunteers. I am so very proud of our Tuesday morning crew. I remember saying to Karen Reim, who was crew leading, "Karen, we cannot make any mistakes here. Do you know exactly where we are going?" She assured me she did and said "Don't worry, I'll get us there." The call could not have run better in terms of response and care. Unfortunately, no matter how we could have played it that day, that little girl was destined to be one of God's angels.

Although no one wants to experience such sadness, it is part of the "deal" when we signed on. But it is these type of calls that remind us why we became part of the few who are willing to devote a few hours or many hours a week helping others. I was never more proud to be a member of the squad on Tuesday, July 8th. First, for the crew I ride with and for the incredible amount of support we received from our Chief and President. I could hear them on the radio as I was driving to the hospital. Nothing but pure concern in their voices. The ride down Park Avenue was a sight I could never have imagined. Police cars blocked every tertiary road so that I could maneuver my way to the hospital quickly and safely. As I glanced to the left crossing over Pulaski, I saw Mary and Reeve ready and willing to assist in any way they could. Not to be heroes. And I say this because there are some that feel the need to help because they themselves need to be recognized. Sad, but true. The genuine concern could be heard over the radio. The immediate action taken by Chief Conover was beyond words. She first took us out of service and then called the CISM team and made an appointment for us to voluntarily get together in case we felt the need. Well, we all felt the need and we all wanted to stay together as a team and help each other through the "anger, sadness, concern, helplessness, pain and nightmares." These are the words we all used to describe how we felt.

So, what do we learn from all this? As the old saying goes, "sometimes good comes from bad." We all thought there had to be something we could do to help prevent this from happening again. I mentioned a program in which fire stations and first aid squads like us could hand out pool alarms before Memorial Day each year to homeowners with pools. Much like the smoke alarm program. There must be a company willing to participate, and there must be grant money or donations available to support the cost of such a vital instrument. Karen said, why can't we hand out informational material in the beginning of the season. Leave them behind when we're on calls and give them out when we are recruiting, fund raising or doing stand bys. There so much information out there, and if we saved just one life because we made an effort.....

Any ideas?

Thanks for listening on behalf of the Tuesday morning crew, 7am - 11am.

Lori Bernardo

<http://www.dos.state.ny.us/code/pools.htm>

HCFAS Newest Members!

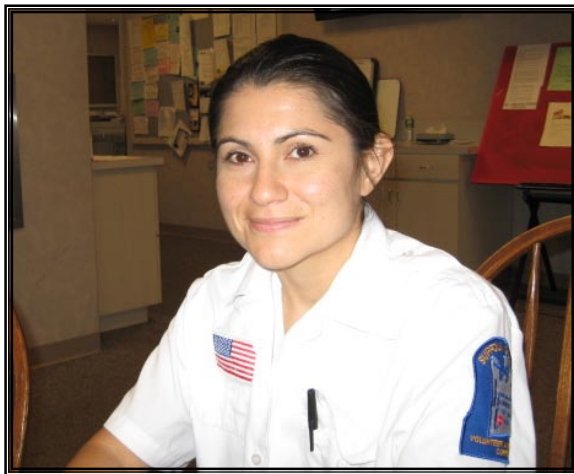


Welcome!

New Member

Richard Fernandez
HCFAS Member #1217
Friday 2300-0700

- Resides in Huntington
- Graduated from Plainedge High School
- Graduated from Nassau Community College with AS in Liberal Arts
- Employed at British Airways in the Customer Relations Dept
- Member of Huntington Fire Dept
- Joined HCFAS with an interest of becoming a critical care tech



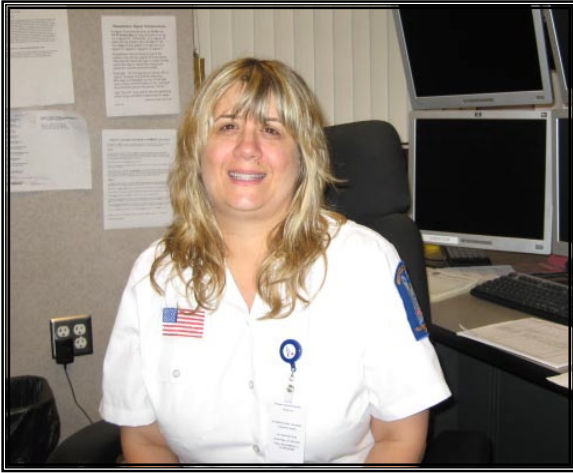
Welcome!

New Member

Celcilia Renderos
HCFAS Member #1220
Friday 1100-1500

- Resides in Huntington Station
- Graduated from Schreiber High School in Port Washington
- Graduated from Nassau Community College with AS in Applied Science
- Currently attending the College of Old Westbury with a major in Secondary Education
- Her goal is to become a teacher
- Enjoys helping the community

HCFAS Newest Members!

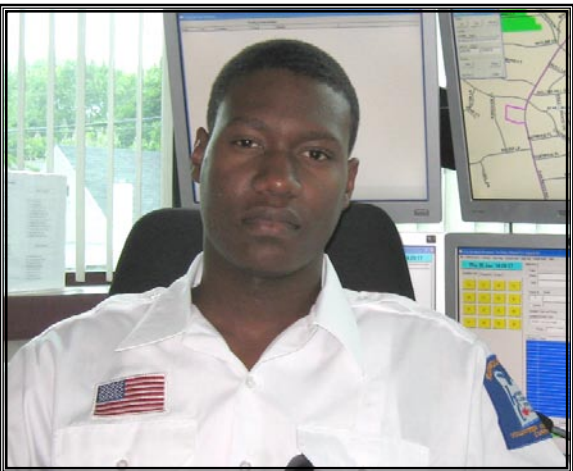


Welcome!

New Member

Carolyn Niceforo
HCFAS Member #1223
Thursday 2300-0700

- Resides in Huntington Station
- Graduated from Maria Regina DHS
- Graduated from Farmingdale University with AS in Dental Hygiene
- Certified Phlebotomist and EKG tech
- Enjoys helping her community
- Her goal is to become an EMT-CC and Driver



Welcome!

New Member

Rodriguens Gabriel
HCFAS Member #1224
Thursday 1500-1900

- Resides in Huntington Station
- Currently attending Suffolk Community College with major in nursing
- Employed at Huntington Hospital
- Became interested in joining HCFAS after attending the CPR course
- Is interested in becoming an EMT

HMFD Parade



HCFAS Family Picnic 08



HCFAS Family Picnic 08



*HCFAS
New
Class A
Uniform
Patch*



Patricia Salajka, Editor
psalajka@optonline.net

The Pulse

September, 2008

Volume 41 • Issue 9



Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

CHIEF’S REPORT

Mary Conover

As summer comes to an end, we continue to work on the projects we have started in the past 2 years. I have heard concerns about members not being ready to dispatch on the new CAD system. “Going Live” is putting undo stress on you the members. The officers have addressed this and will be putting forth the following procedures. First, we are going to schedule more dispatch classes for members to review and go over the system in its entirety. A newly expanded Dispatch Training Committee is being formed, so there will be more classes held. Secondly, we will be continuing to use the paper system until all the kinks are worked out of the system and members are ready to use the system.

We do, however, need all members to be using the system. When you arrive on your shift please sign in on the CAD system. This will help you get use to using the CAD system and will help with the transition. If you do not have your password, or forgot, please see Chair Jim Mallilo. We will be running reports to see who is using the system and who may need additional assistance. Any questions please see Chief Dispatcher Jonathan Stone or Chair Jim Mallilo. (Or see Tomoko Hirasawa, I saw her run 9 calls using the CAD System, quite impressive)

I would like to take this time to thank some of our members that have gone above and beyond. If you are an ALS provider, you might have noticed that the checkouts are going rather smoothly. This is due to the dedication of Alyssa Axelrod. She is spending countless hours doing the ALS Checkouts in its entirety. We all should congratulate her for her continued support.

If you attended the August GM Meeting, you were treated to a 4 star dinner. The kitchen was run like a well oiled machine. Chef and Ex Chief Sean Crenney and Chief Liz Mohr entered the kitchen at 9:15 AM and worked fast and furious until the rest of the kitchen staff arrived. Thank you to Secretary Sam Mohr, Capt Brendan Gellerstein, 1st Deputy Lindsay Magerle, Matt Valle, Tyler Gibbs, Olivia Hayes-Hurley and Emma Hayes-Hurley. We dined on Guinness Beef Stew, Chicken with sundried tomatoes, Truffle Oil Whipped Potatoes, Haricots’ Verts, Cream Pesto Pasta, and I heard the salad was out of this world. Let’s not stop there, how about the homemade Banana Pudding? Wow. I congratulate all of the Post members and wish Sean the very best as he enters the Culinary Institute of American this October. Let’s not forget to thank the Post Advisors, Treasurer Dave Mohr who spent the entire day assisting the Post members. Liz Steenson, Jeffrey Brenner, Pam Brenner and Carmen Schlieben were the support that completed this team and made the GM Meeting Dinner a complete success. Let’s remember to support them in their upcoming Pasta Dinner and Holiday Extravaganza. Tickets are now on sale.

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New Member’s
page 6

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CHIEF'S REPORT CONT'D

You will now see new BLS Checkout forms. These newly revised forms will include Exp dates of all equipment/medications that should be checked out on every duty shift. Thank you to Orlando Salcedo, Captains Eileen Burns and Casey Stone for taking on this task.

As our 24 rate is still higher than I would like, we have instituted a new committee to assist the Captains on filling empty shifts. Please, if you can give 1 or 2 hours of either in house or back up it would go along way in helping lower our 24 rate. I can't thank the members who continually answer up for back up and sign up for extra shifts. Your time and commitment is invaluable.

Another Committee Chaired by Ex Chief Sal Signorelli and Jerry Giacomini and a host of dedicated members are going to take on the challenge and organize the storage room. For any member who has seen this room, you can attest to the large job that is ahead of this committee. Thank you to all.

It is that time of year again, when President Conover and I will begin to work on the Holiday Slide Show. Please if you have any pictures you would like to see in the slide show, either put them on a CD and put them in our mailbox, or email them to us at mjirishemt@optonline.net

Reminder October 10th-12 will be our annual Standby for the Fall Festival. Please try to keep the dates opened. More to come.....

Mary

PRESIDENTS REPORT

Reeve Conover

I would like to urge all members to attend the next General Membership Meeting. Why? Several reasons – we are honoring a long-time member and will have some great food. And perhaps you have missed out on the fun, good times, raffles, and general camaraderie of being at the meeting. We ride most of the times as a crew, so perhaps you've lost track of some people you really like – plan on meeting up, and catching up, over a free meal.

Now, I know, some of you are saying "I don't go cause I hate all the yelling" – but that doesn't happen (much) anymore. And some of you don't come because "nothing much happens" – and you couldn't be further from the truth – we have training and education at almost every meeting, had a surprise CME in July, and reviewed the Budget at the August meeting, so something is always going on.

The big reason for coming this month, though, is that we will be voting on a bylaws change – a change to make your vote count. And you wouldn't think something as basic as making sure every members' vote count would be controversial (I don't see how it can be, personally), but there is always objection to change.

So – again – come out and join us – Dinner at 7:30, meeting at 8:15, and we are usually home by 10. I'll see you there!

SECOND DEPUTY'S REPORT

Cindy Cairl

I hope everyone has had a safe, wonderful summer (it's never long enough for me!) But it is September, and that means kids are going back to school, EMT classes are starting up again, and we're getting back to business. We'll be starting off by having another mini-MCI drill later in the month. Watch for the sign-up sheet to be posted in the ready room. We're also planning a larger drill toward the end of October or beginning of November, so come on out, test your skills and have some fun.



David Mohr – Acting Chief Advisor

Elizabeth Mohr – Post Chief

We would like to give a big Thank You to all the squad members who came down to the Post car wash on August 9th. It was a huge success, we raised over \$400. We would also like to thank Chris Winter, who coordinated the event along with Captain Brendan Gellerstein, as well as all the other advisors that came down; Jeff Brenner, Tommy Romano, Liz Steenson, Pam Brenner, Harvey Lapidus, Brian Canty, Paul Biersack, Martha Brenner, Matt Cappola, and of course our Board Liaison Roger Winter, without your help we could not have had such a successful day.

We would also like thank all the Post members who, not only came out for the car wash but, also came and helped cook for the Squad's August General Membership Meeting. A HUGE Thank You to Chef Sean Crenny, who put the menu together and oversaw the entire dinner. Also, thank you to Chief Mary Conover and President Reeve Conover for giving us the opportunity to cook for the membership, it was a great honor.

Mark your calendars. The Post is having a Pasta Dinner on Saturday, November 8th from 5:00 to 7:00pm. The cost is \$8.00 for adults, \$5.00 for youths under 12, and children under 3 are free. We will have door prizes and raffles during the evening as well. So come on down, have dinner and a good time.

Holiday Extravaganza tickets are also on sale. The tickets are only \$5.00 each and that enters you in thirty-one drawings during the month of December. Only 500 tickets are being sold, with a daily prize of \$25.00, and higher amounts for Sundays and Holidays. Tickets for the Pasta Dinner or the Holiday Extravaganza can be purchased from any advisor, or by email at davidmohr@yahoo.com or by calling 631-988-1433. Tickets are selling quickly, so get yours early.

WEDNESDAY CAPTAIN
Dominic Heavey

The Editor: *I just got finished reading the August Pulse this morning and began to wonder how she does it, she being Patricia Salajka, "The Editor" well done Patricia. Keep up the good work.*

The Dreamer: *Then I got to Mark Brenner "Dream" report/ Review and I began to Dream/Wonder How far I had come and what I have achieved in life so far. Going to school, collage, getting married, getting a job (2 jobs), having kids, moving to the Good Old U.S.A., getting a home in Huntington, and then join the H.C.F.A.S. Life so far has being great for me. My Daughter Amanda living in Ireland raising Two Girls of her Owen, and my Son Alan off to collage. It feels like I have completed a full circle. I am told by some older members at H.C.F.A.S. that it is time to settle down and start to enjoy life with my wife Anne. You may ask your self where is he going with this well lets look at all the young members we have did you ever wonder where and what would they be doing in 10 years time. Will they have moved from Huntington would they be still member of the squads or would one of them be Chief or President or President of the squad? I wonder! and yes me to dream. Thanks Mark.*

Wednesday *is doing great and as usually thanks to the entire members of Co. # 4 for all there hard work, not to forget everyone else who does those extra tours and who come in to do those signals 16 as so we do not give away any 24.*

I still need a C/L on Wednesday 11.00 to 15.00 to hang out with Margret and Sally they would love your company. To the ALS providers that come in on Wednesday thank you I know with the new ALS check out sheet it now takes a little time to do your check out. Please remember Do Not remove the seals from the bags, they are there to make your job a little easier. As a reminder remember to Close the cabinet where the drugs are kept.

P.C.R. *For those that took the P.C.R. class on 08-02-08 thank you, I think we all learned some new things and our eyes were opened. It might be a good idea if everyone has a look at the N.Y.S./D.O.H. Policy # 02-05 which can be found on there wed site, <http://www.health.state.ny.us/nysdoh/ems/policy/02-05.htm> it makes for good reading. We will hold another class in October and November look for the dates. Care must be taken when we write P.C.R. and please remember to use Black Ink Only.*

DISPATCHERS: *It is your job to sign bought LOSAP forms on your tour. Please remember to check the Last Run Number in the Red Book before you start your tour. Keep in mind when you are training a new member to frequently check the numbers. If a call is 24 then we must complete a 24 sheet. Any time an Ambulance leaves the building on a Call, Stand-By or Fire Stand-By we must fill out a P.C.R.*

VACATION: *I will be away in Ireland from Wednesday 17th September to Saturday 4th October 2008. I need replacements for the 23.00 to 07.00 on Wednesday 17th, 24th of September and 1st October C/L or D/R Pleas call me at 1-631-921-0181 Thanks.*

WEDNESDAY CAPT CON'TD

911: Well that time of the year is fast approaching us again to remember 911 and those that we lost on that sad day. I would like at this time to THANK every member of the H.C.F.A.S. for all there taught over the years. It is great to know that people will never forget. THANKS!!!! God Bless America and God Bless You.

Keep up the good work!

Thanks - Cap. Dominic C. Heavey

SUNDAY CAPTAIN

Eileen Burns

Well there is a lot of news to catch up on, but I hope that it doesn't wind up taking two pages like last month! Sorry about that Patty.

Welcome back to Mike Milo who returned early from his LOA (greatly missed & much needed). He is seriously giving thought to working things out so he can stay active with us and maintain his business & personal responsibilities in Vermont. Anything that we can do to help make that happen just let us know. Congratulations to Monica Mulchandani #1162 who was sworn in as a United States Citizen on August 25th. way to go! (I apologize for missing her 2 year Anniversary that passed in July too). More congratulations go out to Roy Chiquitucto #972 on his recent marriage last month. He still has hopes of returning as an active member after all is settled with his discharge from the U.S. Army and when that happens he knows that his original Sunday 1500 shift will be waiting for him with open arms! Along with the 2300 crew, myself and a lot of other members, we are glad to see that Bedel has made it back from a once in a life time experience (thanks to his job & depending on how he looks at it) spending 5 weeks in Beijing working very hard covering the Olympics. We hope by now he is all rested up and back to the "slow" American pace! We all missed you.

A special thank you to Jim Barkocy who went missing one morning a few weeks ago after his driver checks were done. After at least an hour went by, he came in looking like a disaster because he had gone out and taken on the Disaster Closet! As we all know and seem to be always asking, please try and put things back where they belong. We are all tired after a call (or many), but if we find a piece or pile of equipment at the E.D. it needs to be brought back and put back where it belongs. Do not open the door, throw it in, and close the door, that isn't helping anyone or anything. At the last G.M.M. I had mentioned that Margaret had been a tremendous help with calling all drivers for any help that they could give the 1500 crew since Sharyn was the DR/ALS provider. She put in a lot of time and effort and was able to get "b/u listeners" anywhere from an hour to almost the entire shift, even in bits and pieces. I just want to say thank you again for giving of your time and efforts and last I heard Margaret you no longer had finger tips, but callouses so I hope that you enjoyed your well deserved manicure, because you deserved a bit of special treatment yourself!

Well it's time to talk LAUNDRY again!!! It's very easy if a very easy schedule was followed by everyone. When the 2300 is getting ready to leave they throw it in, right guys, then they pass it on to the 0700 that follows through, then passes on to the 1100 and so on. It is not difficult at all. No crew should have up to 5 loads of laundry to do (if ignored by others). It can be a sure bet that no one lets it pile up at home the way that it does here. I'm not talking only for the Sunday 0700 crew, but between that and the frig we can be kept pretty busy and that is with out any calls. Please get back to thinking about one another and do something extra before you settle down to relax, like we would all like to do!

Special Events Committee

Brian Canty

Well the Special Events Committee hosted another event in August, we had the District 7 CME and Meeting that we prepared dinner for. I would like to thank David Mohr for shopping, Liz Steenson who came up to the squad early to help me prepare, Joanne Vogel, Carmen Schleiben and Norma Signorelli who helped setup and Clean up. Your help is appreciated as always.

HELP WANTED

Stephaine Moore – Monday 19:00 – 23:00 will be coordinating the Adult Holiday Party this year. If anyone is interested in giving her some assistance, please contact her on the Monday evening shift.

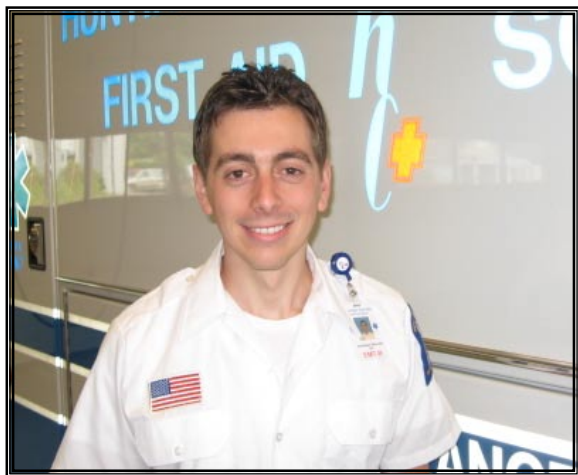
Weight Watchers Announcement

So you've indulged a bit through the warm days of summer, and perhaps now you're thinking, "Hmm... I wonder how I'm going to fit into my winter clothes." Perhaps even last year you were thinking, "Wow, these pants sure are feeling a little snug." Or as you feel the start of the changing of the season, maybe you've thought, "My diet could really use a change and I think I'm ready to do it."

If you feel ready to make a positive change for a healthier lifestyle and take off a few of those extra pounds, consider joining our upcoming Fall Weight Watchers session. I expect it to begin late September-early October, depending on the number of interested folks - we will start when we have a group of 15. Keep in mind that HCFAS actually pays for you to lose the weight. If you lose a modest 5% of your starting weight in the 10-week session, the full cost of \$120 is refunded to you. Sessions will meet one evening a week, yet to be determined, at 7pm.

If interested, email alyssa.axelrod@gmail.com or call 631-839-9153 and leave a message. If you have attended a group in the past, do not assume that I know you are interested - you need to contact me as well. Thanks!

September 2008 HCFAS New Members!



Welcome!

New Member

Christopher Whitcomb
HCFAS Member #1212
Saturday 1100-1500

- Resides at Northport
- Graduated from Northport High School
- Graduated from Cornell University
- Firefighter/EMT for Eaton's Neck FD
- Joined HCFAS to gain more experience
- Future goal is to become an MD



Welcome!

New Member

Erica Alicea
HCFAS Member #1222
Wednesday 1900-2300

- Resides in Huntington Station
- Graduated from Walt Whitman High School
- Attended Wilson Tech
- Employed at the Dolan Center as the Lead Coordinator
- Joined HCFAS with a desire to become a Paramedic/Crewleader/Driver

September 2008 • Service Awards

35 yrs. Andrea Golinsky 15 yrs. Ed Billia
5 yrs. Kennedy Brouard



BASICS - September 2008

By Mark Brenner



To say that we are a busy EMS organization would be an understatement. The call volume continues to rise and the nature of our calls continues to throw challenges our way. And, as human beings, when we start to rush, we can start to make mistakes. They may be little mistakes, but they take time to correct. Here are several scenarios in which we can find ourselves making mistakes.

1. An EMT responds to a call and is met by an ambulance manned by a driver (an EMT) and a first-aider (a non-EMT). The patient has a minor injury and is packaged and placed in the ambulance for transport. The EMT completes the PCR and turns both the PCR and patient over to the crew for transport while he returns to his residence in his personal vehicle. This scenario is an example of:

- a. Delegation of responsibility
- b. Abandonment
- c. Transfer of care
- d. Implied Consent

2. Your BLS crew responds to a medical group for a patient with chest pains. Upon arrival you are informed that the patient has an IV in place. What must happen before the patient is transported?

- a. The IV needs to be discontinued by the medical group staff
- b. An ALS provider needs to be called to the medical group to accompany the patient to the hospital
- c. A nurse from the medical group must accompany the patient to the hospital
- d. Any of the above would be acceptable.

3. Your crew responds to a 29-D-1 motor vehicle accident. After surveying the scene, your crew decides that your patient needs to be airlifted to University Hospital, Stony Brook. Who should call for the chopper?

- a. The crewleader
- b. The Dispatcher
- c. The Fire Department
- d. The police officer on scene

4. You need to decide on a landing zone for the chopper. Where should it be located?

- a. At the nearest public school
- b. At the nearest intersection
- c. At the nearest parking lot
- d. The Landing Zone should optimally be located between the scene and the destination hospital.

5. It's after dark. What must the ambulance driver remember when approaching the landing zone?

- a. Turn off the ambulance's emergency lights.
- b. Turn off the ambulance's headlights.
- c. Both a & b

6. What kind of documentation should be completed for this call?

- a. A PCR which copies of which should be given to the flight medic if it is ready.
- b. A PCR should be faxed to medical control (at University Hospital, Stony Brook) after the call if not given to the flight medic.
- c. Either a or b

Basics Cont'd

7. An ALS provider responds from home to back-up a crew on a "Charlie" respiratory. They find a 60 year old asthmatic, alert, able to speak in complete sentences, complaining of feeling sick for 24 hours with a gastro problem which has caused nausea and vomiting. The patient presents with an O2 sat of 98%, her lungs are clear bilaterally, respirations are 22 and normal, equal expansion, pulse of 72, B.P of 132/86, skin warm and moist. The ALS provider does not feel that the patient warrants ALS intervention and the Crewleader agrees. But, since the call was dispatched as a "Charlie" call, the ALS provider must accompany the patient to the hospital.

- a. True
- b. False

8. Your BLS crew responds with ALS in a responder vehicle to a medical group for an adult female, possible stroke. Arriving simultaneously, you enter the facility with the pram, O2 bag, and ALS equipment. You are guided to an exam room, and, before entering you see a 30-something year old woman, sitting on the edge of the exam table, who smiles when you say "hello" from the doorway. The doctor happens to be walking out of the room, saying something about "diffuse" sounds throughout her lungs. You ask "Is she having a stroke?" The doctor says, "Oh no, she is complaining of a cough, has just returned to the country from overseas, and has diffuse sounds in both lungs." Your primary concern is to:

- a. Contact med com and complain about the way the call was dispatched.
- b. Ask to speak with the medical group staff member and lecture them as to getting the story straight when calling for an ambulance.
- c. Refrain from entering the exam room without the appropriate BSI including N-95 mask for every crew member.
- d. Fit the patient with a mask if she can tolerate it.
- e. Both c and d.

ANSWERS: 1b, 2d, 3d, 4d, 5c, 6c, 7b, 8e

To all those members who are starting a training class this month – Good Luck!

Director Bob Franz

Registration Deadline for NYS Workers Compensation 9/11 WTC Workers and Volunteers was extended to September 11, 2010 - NYS Workers' Compensation Benefits are available for 9/11 Workers and Volunteers who did rescue, recovery or cleanup work. If you are healthy, but were exposed to contaminated air after 9/11, you must register with the Workers' Compensation Board to protect your right to file a claim if and when you become sick. Please see the bulletin board for additional details and registration form or visit www.WTC12.org or call 1-877-WTC -1208.

TOH LOSAP Audit – On August 11, 2008 the Town of Huntington Comptroller's Office completed an audit on our 2007 losap records. The auditor appeared satisfied with the losap documents reviewed. Approximately 8 % of our active member participants were selected by the auditor. Approximately 800 losap related sign in sheets had to be located and pulled for the audit. Many thanks are extended to Andy Ball and Margaret Cornelius for getting all the reports and documents together prior to the audit which made the audit go very smoothly. Also thank you to everyone for following the procedures when filling in any losap paperwork during the year.

September 2008

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 Labor Day  <i>Happy Birthday!</i> <i>Maryann Schramm</i>	2  <i>Happy Birthday!</i> <i>Margaret Stephenson</i>	3	4	5	6  <i>Happy Birthday!</i> <i>Margaret Cornelius</i>
7	8 GMM  <i>Happy Birthday!</i> <i>Richard Fernandez</i> <i>Taba Aiman</i>	9	10 Officer Meeting 1915	11  <i>Happy Birthday!</i> <i>Cindy Cairl</i>	12  <i>Happy Birthday!</i> <i>Christopher Fusaro</i>	13
14	15	16	17	18	19	20  <i>Happy Birthday!</i> <i>Donna Smith</i>
21 Recruitment Sunday 2:00 pm	22 First Day of Autumn 	23	24 Officer Meeting 1915	25	26	27  <i>Happy Birthday!</i> <i>Alyssa Axelrod</i>
28	29	30 First Day of Rosh Hashanah  <i>Happy Birthday!</i> <i>Sal Romano</i>				

• **SEPT GMM DINNER AT 7:30 TO CELEBRATE ANDREA GOLINSKY'S 35th ANNIVERSARY**

DINNER WILL BE PROVIDED BY:

Tom Lemp, Stefani Miragelli, Maureen Umberto and Carmen Schleiben



SO MUCH FUN...IT'S ALMOST CRIMINAL!

There has been a murder at the Huntington Community First Aid Squad and it is your job to find the killer, so come join us for a night of fun, food and prizes.

Saturday, November 1, 2008 at 7:00pm

- **Cocktail Hour, Dinner, Dessert, Show Door Prizes and Raffles**
- ***Tickets \$35 PP Contact David Mohr 631-988-1433***

Objections to By-Laws Change

On reading the proposed By-Law change, as printed in the August issue of Pulse, I find certain aspects of this change troubling. I realize that the members who proposed this change only wanted to bring more members into the election process, but I feel that this is a way that will decrease membership unity. My objections are as follows and would have been voiced at the August meeting had I been able to be there:

Section 1- Nominations Proposed

- A. Moving the date of notification from November 20th to November 30th, precludes listing the candidates in the December issue of The Pulse due to lack of time.
- B. In the possibility that a candidate might be declared ineligible, this date change affords no timeframe for the candidate to offer any information that might prove his qualification is valid.
- C. Extending the voting period, further erodes the attendance at the General Membership Meeting. If a member knows that he can vote any time, from ten days prior to the GMM, the responsibility to attend the GMM is non-existent.
- D. How will the Secretary be able to notify the membership prior to the 10 day voting period if the GMM is scheduled for 8th, 9th, or 10th?
- E. How many members that are strapped for time around the December holiday season will opt for computer voting rather than spend the time to come to the December GMM?
- F. Once candidates are nominated and found qualified, they are given the option to address the membership through a published letter in the December issue of The Pulse. If they are not listed as qualified until December 1st, how can they have a statement into the editor to be published in December?

Section 5- Election Proposed

Final paragraph, "In the event of two or more..." could possibly mean that the election process could stall. With the 10 day voting period by computer the number of members attending the December Election Meeting may not have a quorum. In any event, a tie would be decided by a much smaller number of members than would have been in attendance under the old ways.

For these reasons, I feel that this By-Law change should not be adopted. Those members who make the time to take part in the workings of the Squad are the persons who should decide on the running of the organization. As provisions are available for absentee ballots, I feel that those who wish to exercise their right to vote have an obligation to take responsibility for themselves.

John Palmieri #499

AS JOAN RIVERS IS FOND OF SAYING:

“CAN WE TALK?”

(if you don't get the quote ask someone over 50!)

The Board of Directors has been discussing several social committee items, and has made some budget decisions that will result in some changes. I would like to have a town hall style discussion on several topics including but not limited to:

Anniversary Gifts • Ready Room Refreshments

Quarterly Captain Allowance • EMS week gifts/meals.

Holiday gifts • Adult and Children's Holiday Parties

And any other topic related to Social that you care to bring to the table.

If you can't make the September 8, meeting, but have comments or concerns please email me at MB236@optonline.net. Or leave a note in the Vice President's mailbox.

Dinner will begin at 7:30 and we will begin the discussion at 7:45.

*Martha Brenner
Liaison Social Committee*



Patricia Salajka, Editor
psalajka@optonline.net

The Pulse

October, 2008

Volume 41 • Issue 10



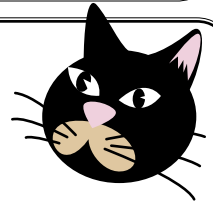
Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad



PRESIDENT'S REPORT

Reeve Conover



I grew up as a big baseball fan; family vacations back to see my relatives in Minnesota were road trips scheduled around various ballparks. I have been in over 20 ballparks in my life, from the cozy confines of Crosley, Forbes, Fenway and Wrigley to the modern likes of Turner Field and Camden Yards. The impending replacements of Yankee and Shea Stadiums (where I saw my first games in 1964) got me thinking about change. The new stadiums are reputed to be technological marvels.

Ten Years down the road, however, even these stadiums will undoubtedly be ho-hum places, gone down the road of cassettes, 8 tracks, VCR's, 33 LP records, and carburetors on cars. The question nowadays is no longer “will things change” – it's about the speed of change.

When I walk through the building, and go on the ambulance, change is obvious – message boards, computer aided dispatch, navigation systems in the 3 responders, needles to stick critically injured patients in the tibia, end-tidal capnography, EMT's giving 4 medications – change. Lots of it, every day.

Yet as humans our tendency is to be leery, even afraid of change. We resist it because it takes us out of our comfort zone. Like almost all change, however, we quickly grow accustomed to power steering, escalators, TV remote controls, email and the internet, cellphones and microwaves – and then wonder what we did without these innovations.

As my run as President comes to a close over the next 3 months, I am proud of the organization for embracing the significant changes over the last three years, and urge you to continue to do so. The next challenge? Clearly turning on the Computer Aided Dispatch – please practice with it and play with it – as it will be live shortly. Lets keep the momentum we have – especially in recruitment, training, technology, communications and vehicles – going forward. That way HCFAS won't become the next 8-track!

Editor's Note:

New member's is not featured in this edition, but we will continue where we left off in next's months issue.
Thanks!

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page 7 & 8

Annual Physical
page 10

CHIEF'SREPORT

Mary Conover

Children are back to school, the weather is providing us with a little bit of those chilly nights. Everyone seems to be falling back into a regular routine.

September brought us many Citations and Awards. I was so excited to implement the HCFAS Scholarships to our members. Congratulations to Ozlem Bilgen, Michael Smith, Elizabeth Cappola and Matthew Valle for being the award reciprocates of the four \$500 Scholarships. We wish you all the best as you work towards your goals to further your education.

These Scholarships will be drawn again at every May General Membership Meeting.

If you didn't hear, Christopher Winter was nominated and won the 2008 Fire/EMS Worker of the Year 2008 from Legislator Lou D'Amaros office. He received this prestigious award in front of his family and the legislative committee. What an honor.

Members of HCFAS continue to work professionally and diligently and WON the Unit Citation from the NYSVARA. Again thank you for being the premier squad we all strive to be.

REMSCO Award Winners, President Reeve Conover for ALS Provider of the Year, Chief Dispatcher Jonathan Stone for Communications Specialist and Carl Schramm (AKA Mr Carl) for Nurse of Excellence will all be receiving their awards on Friday October 24th in Sag Harbor. Job well done.

Fall Festival will be held Friday October 10th-Sunday October 12th. We need help, if you are available to F/A, CL, or DR please sign up in the ready room.

I'm sure everyone has heard by now but Ex Captain Brian Bielanski has moved with his family to Virginia. We wish him and his family all the best.

Congratulation to Grandpa Orr, 1st Deputy Chief became a Grandpa on September 10th.

Member Stephanie Moore was a beautiful Bride when she wed the love of her life, Joseph Caracciolo. Smoorsey Caracciolo, has a nice ring!

We have been experiencing a problem, which I hope the membership will be able to help us with. Expired needles are still being found in the ALS bags. The ALS committee and ALS provider Alyssa Axelrod has been diligently checking all areas for expired medications etc. They have cleared out the stock room, bags ets for all expired equipment, yet just last week we found a 2006 expired needle in on of the ALS Bags.

I am asking that all ALS Providers stock only from our supply, or if they get replacements from the Hospital to check the expiration date upon receipt of the med or needle. We feel at this time that someone is intentionally putting expired Medications and needles into our ALS equipment. I am asking all ALS providers to (#1) not take any supplies from anywhere but our stock or the hospital. (#2) Do not bring any needles etc from your department or your job. If you see anyone putting expired Meds or needles on any HCFAS rig or supply closet, please see a Chief Officer immediately. Criminal charges will be filed and a recommendation to the BOD for expulsion will be made.

I am saddened by this and hope that whoever is doing this, that it comes to a halt immediately.

Reminder to watch out for all those Ghost and Goblins as we celebrate Halloween.



CHIEF DISPATCHER REPORT

Jonathan Stone

Everyone be on the lookout for October's review training. This review training will be outlining the changes we have made to dispatching guidelines, please be sure to read over the material and make a copy for yourself. One item that has been brought to my attention is that some members have been addressing our dispatcher as "HQ", "Headquarters" or "Base" this has led to some confusion with some trainees. We should not be addressing the dispatcher this way. Please address the dispatcher as "2-15-0" or "Zero". Some confusion has come up as if officers should be contacted regarding 13/35's (working Fires), The Chief and Day Captain should be notified after dispatching the appropriate crews. Two crews should also be dispatched, and try and obtain an in house crew to cover the district. These are some of the things covered in the review training.

Portable radios still remain an issue. Please be careful not to leave them on scenes. Sometimes accidents happen and they get left somewhere, make every effort to be aware of the whereabouts of the portable radio.

Members that still don't have a username and password for the CAD system, please contact Jim Malillo at hmfd41@optonline.net. Send Jim a username which should consist of the first letter of your last name and your membership number. Your password must be 7 or more characters and must consist of numbers and letters.

Members, who have been contacted by your day captain to return radios, please return them. I have many members who are available for backup and there are no radios left to give out. With our signal 24 rate increasing the officers are looking for ways to decrease this number.

Congrats to our new dispatchers who passed their test. Also be on the lookout for our Post members, who are now dispatching after taking a weekend full of classes on our procedures and the CAD system, Good Luck Post Members. Thank You to Reeve Conover, Brian Miliken, Mary Brenner, Dave Mohr, Richard & Lorrie Stone for teaching the classes and running out for calls. I think I got everyone, sorry if I missed you.

WEDNESDAY CAPTAIN
Dominic Heavey

*Just want to thank everyone for all the help. Need Dispatcher and CL on the 11.00 hr,
every week. I will be on Vacation till October 3rd.
Thanks - Dominic*

SOP Change

I am proposing a SOP Change to the BOD this month and would like your input either at the GM meeting or by email.

Regarding the Return to Duty from a Medical Leave- seems to have everyone talking all the time. I have heard some members will take an Operational LOA instead of a Medical LOA because they don't want to have to go to a "Squad Doctor". They feel their Doctor knows their history better then a Doctor that they will see once. A member even stated "How do we know they are even telling the Squad Doctor the truth as to why they were out on a Medical?"

I want members to feel comfortable taking a MLOA. I believe your own Doctor knows your condition better, and can better evaluate your ability to return to duty. Can a member stand for more than 10 minutes? Can they carry up to 50lbs? can they climb stairs etc? By using a revised RTD Form that includes specific requirements of EMS, such as lifting, standing, etc. we can better protect both our members health and our organization.

Upon entering the squad the "new" member would go to a Squad Doctor but leave of absences after that would be cleared thru either their own personal physician or a Squad Doctor.

The BOD has the power to change this SOP but I would like to see what you, the members feel.

I urge you to attend to October GM Meeting so your comment and concerns can be heard. If you cannot attend please email me your thoughts at MJIrishEMT@optonline.net.

PROPOSED CHANGE

Currently Reads:

Before a member can return to duty he must submit a Return to Duty form (HCFAS #301) that must be completed by his personal physician and approved by the Squad Physician, or by a member's Squad Physician. If a member can not return to duty by the expiration date of the initial leave request they must make a written request to extend the LOA

Change To:

Before a member can return to duty he must submit a Return to Duty form (HCFAS #301-to be updated) that must be completed by his treating physician or a squad physician. If a member can not return to duty by the expiration date of the initial leave request they must make a written request to extend the LOA

2-15-30

*New York State Volunteer Ambulance & Rescue Association
District 7 Delegate Andrea Golinsky*

The Annual Meeting and Educational Conference of the Association, Pulse Check 2008, was held at the Hudson Valley Resort & Spa in Kerhonkson, NY Sept 18th – 21st. The conference offered many interesting seminars for which attendees received CME credits. Topics included Behavioral Emergencies, Recognizing Child Abuse, EMS Leadership, Infectious Diseases and Spinal Immobilization among others. Of special interest was the NYS DOH Updates presented by Marjorie Geiger.

Voting for State Association Officers was held Friday and Saturday with the results announced at the Banquet Saturday evening. The slate as presented was elected. Congratulations to Bob Franz on his re-election as Treasurer of NYSVA&RA. The 2 by-law changes that were on the ballot were defeated.

The dates and site for the 2009 Educational Conference will be announced at the October board meeting.

Military Service Plaque- Andrea Golinsky

HCFAS has a plaque that recognizes members of our corps that have left us to go into military service. However I realized there is no plaque to honor our members who have served our country. I have asked and received permission to make up such a plaque. I would ask members of our department who have served in the military to put a copy of their DD 214 in my mailbox (Class A Uniform). Please indicate if, during your time of service, you served in a combat campaign and where.

If you have any questions, please give me a call 427-4896

History is made at HCFAS



Liz became the first Explorer Post member to dispatch. She began this Saturday on the 11-3 shift and by 12:30 she was running three calls, first responders on the road and had paged out for ALS, and additional members several times.

Post 215 members take a more active roll in the organization. Saturday Sept 20th Chief Liz Mohr took on the challenge of joining the HCFAS Dispatch program. With the assistance of HCFAS dispatcher Laura Treulich, Liz ran three calls, with first responders on the road and made additional pages for ALS.

Be on the look out for additional Post 215 members who will be behind the console very soon. Congratulations to Liz, the Post Members, and all the Advisors who have made this possible.

2-15-30

SOCIAL COMMITTEE LIAISON, MARTHA BRENNER

For those of you who missed the September General Meeting and the anniversary dinner for Andrea Golinsky you missed a great meal. Tons of thanks to the following:

Stefanie Mirabelli

Tom Lemp

Lorrie Stone

Richard Stone

Adriana Dovi

Cecelia Renderos

Pinky Vaghela

Rich Gierbolini

Mary Lemp

If your name was missed I apologize.

The October meeting dinner is in the capable hands of Matt Cappola, Dominic Heavey and Tom Lemp. This will be a simple dinner as there will not be an anniversary celebration.

Suffolk REMSCO SURVEY Reminder – Bob Franz

The Suffolk REMSCO response committee survey has been posted on the bulletin board and can also be downloaded from their website www.suffolkremSCO.com for all EMS individual providers to reply to and share their thoughts and ideas on improving the EMS system and patient care in Suffolk County. The response committee would like to receive more replies and would like you to complete the survey. Thank you to everyone who already completed the survey.

NYS Volunteer Ambulance & Rescue Association Annual Meeting – Bob Franz

As part of the annual meeting, a memorial service was held to remember all our departed EMS members from around NYS. It was a very memorable and moving ceremony. As each person's name was read, a flower was placed in the memorial plaque and a candle was lighted in their memory. Two of our departed members, Ex-Chief Marc Meyer and Associate member June Carr were remembered at the ceremony. They will always be remembered in our thoughts and prayers.

Congratulations! The Association bestowed their unit citation award on Huntington Community First Aid Squad in recognition of our outstanding outreach programs, membership recruitment & retention and for remaining 100% volunteer and not to mention our ability to answer close to 6,000 calls. I had the honor to receive this award on our behalf and the award rightfully recognizes all the work that you do each and every day – congratulations to all of you. Thank you Martha Brenner for doing the great nomination write up.

Congratulations also goes to Ex-Chief Andrea Golinsky who was totally surprised to be awarded the 2008 President's Award by Association President Michael Mastrianni, Jr. Andrea was recognized for her dedication and hard work in membership recruitment & retention, legislation and fund raising. This was like an added bonus after being recognized for her 35 years as a Squad member at our September general membership meeting.

LOSAP 2007 Benefit Statements – Bob Franz

The December 31, 2007 LOSAP benefit statements were recently distributed to all participants in your member mail folder. Please review this statement carefully and if any of the information is incorrect, please put a detail note with any corrections in Director Bob Franz's mailbox. If you require a change of beneficiary, please use HCFAS Form # 430 which can be found on the form rack outside the dispatch office. Thank you to the fund drive committee and Margaret Cornelius for your assistance in distributing all the reports. If you have any other questions, please contact Bob Franz.

HOLIDAY GIFTS - VICE PRESIDENT MARTHA BRENNER

Selection flyers were placed in all mail folders. Please remember to put your name on the form before you return it to the Vice President's mailbox. If you prefer you may email your selection to me (please reply one way or the other only). MB236@optonline.net. In-active Life Members will receive a Visa Gift Card unless you send a request for a Waldbaums Gift Card.

The cards will be available to pick up at the November General Membership Meeting.

Please call me with any questions or send an email to the address above.



BASICS - October 2008

By Mark Brenner



Elections are fast approaching. For whom will you cast your vote? I'm not referring to the national, state and local races, but those that will occur within our organization. Every year, we have the opportunity to promote new personal, professional and organizational growth by electing new officials.

I compliment the many men and women who have held office in our organization. For one thing, in the past few years, we have witnessed a rise in call volume, not to mention a rise in the demands on how we as EMS professionals train, staff, equip our members and vehicles, as well as manage and lead the almost 200 members who respond to emergencies.

There is no denying that being a member in an EMS agency with high call volume and/or holding office in that same organization come with tremendous responsibility, and subsequently increased stress. And when we are stressed, we sometimes say things with an attitude and those attitudes come across as harsh and callous, whether we are a trainee or a line officer.

I'm not suggesting that we simply let misdeeds go unnoticed, but rather we should engage in fraternal correction rather than constructive criticism. Fraternal correction is the method whereby one party wishes to bring another party whose behavior has fallen outside the norm of acceptable behavior to behavior that is more consistent with the ideals and practices of the organization. Similarly we need to continue to model the acceptable behavior to act as role models for others to follow.

As members, we should be open to fraternal correction ourselves. We must be open to having the organization continue to develop and adapt to new practices that are adopted. After all, as the saying goes, the only thing constant is change. And look how far we have come in forty years, let alone in a few short years.

One of the basics tenets of BLS care that has not changed over the years is the importance of a patent airway. This month's questions focus on airway issues.

1. You respond to a call for a man who has fallen from a ladder while he was cleaning his gutters. The patient is supine and unconscious. How would you open his airway?

- a. Head-tilt chin-lift
- b. Jaw-thrust maneuver

2. What if you find the patient of the pervious scenario face-down? You should:

- a. Keep the patient face-down to allow for drainage.
- b. Log roll the patient maintaining head stabilization
- c. Once supine, use a jaw-thrust maneuver to open the airway
- d. Both b & c

3. You attempt to open the patient's airway. You assess his breathing; there is no chest rise and there are no sounds of inspiration. You attempt to provide artificial ventilation but you are unable to affect a chest rise. You should:

- a. Call for ALS to respond to place an advanced airway.
- b. Reposition the airway with a jaw thrust and attempt to ventilate again.
- c. Attempt to ventilate with a bigger bag valve mask resuscitator

Basics Cont'd

4. Your second attempt to position the airway has proven to be successful, but you notice that, with each ventilation, only one side of the chest is rising. What should you consider?

- a. You need to provide greater pressure with each ventilation to adequately inflate both sides of the chest.
- b. You are not getting an adequate seal with the BVM's mask over the patient's mouth and nose.
- c. You are ventilating into the right mainstem bronchus and need to pull back on the BVM until you observe equal chest expansion.
- d. Your patient might have a flail chest which might have been caused by striking an object during his fall from the ladder.
- c. After assuring that the scene is safe, and stabilizing his c-spine, open the airway with a jaw-thrust maneuver
- d. Your patient might have a flail chest which might have been caused by striking an object during his fall from the ladder.

5. It's a lovely autumn day and you sense that it is a "high gravity" day when you are dispatched to another man who has fallen from a ladder while cleaning the gutters. Upon arrival at the scene, you notice he appears to be unconscious and is lying in a pool of blood on the driveway. You should:

- a. First move to control the bleeding
- b. After assuring that the scene is safe, and stabilizing his c-spine, open the airway with a head-tilt, chin-lift maneuver.
- c. After assuring that the scene is safe, and stabilizing his c-spine, open the airway with a jaw-thrust maneuver.

6. An ALS provider is attempting to place an E/T tube and asks for a BLS provider to administer "cricoid pressure". You should:

- a. Push down on the patient's Adam's apple.
- b. Cup your fingers, place a thumb on one side of the larynx and the four other fingers on the other side, at the Adam's apple, and apply slight downward pressure.
- c. Push harder and deeper while performing cardiac compressions.

7. After the E/T tube has been placed on the adult cardiac arrest patient, the tube has been confirmed with capnography, and it is secured with a commercial tube holder, the BVM will ventilate through this new device_____.

ANSWERS: 1b, 2d, 3b, 4d, 5c, 6b, 7 Res-Q Pod

October 2008 • Service Awards

35 yrs. Sharon Cullen

October 2008

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1  <i>Happy Birthday!</i> Brendan Fitts Mary Sisinni	2	3	4  <i>Happy Birthday!</i> Joseph Gander
5	6	7  <i>Happy Birthday!</i> Clara Elliot Lehti Laas	8 Officer Meeting 1915 <i>Happy Birthday!</i> Sal Signorelli Joanne Vogel	9 Board Meeting  <i>Happy Birthday!</i> James Lupo	10  <i>Happy Birthday!</i> Paul Rittenhouse	11  <i>Happy Birthday!</i> Joseph Nappi
12  <i>Happy Birthday!</i> Heidie Magerie	13 Columbus Day	14  <i>Happy Birthday!</i> Harold Noonan	15	16	17  <i>Happy Birthday!</i> Carmela "Millie" Gabriel Orlando Salcedo	18
19 Recruitment Sunday 2:00 pm	20  <i>Happy Birthday!</i> Clara Elliot Bobby Loysch	21	22 Officer Meeting 1915  <i>Happy Birthday!</i> Roger Winter	23 Board Meeting  <i>Happy Birthday!</i> Joseph Danadio	24	25
26  <i>Happy Birthday!</i> Claudy Grimadeau	27	28	29  <i>Happy Birthday!</i> Lori Bernardo	30  <i>Happy Birthday!</i> Kathy Hayes	31 Happy Halloween! 	

The First Jack O'Lantern

The Irish carved Turnips and put coals or small candles inside. They were placed outside their homes on All Hallow's Eve to ward off evil spirits. They were also known to use potatoes and Rutabagas.

When Irish Immigrants came to America, they quickly discovered that Jack O'Lanterns were much easier to carve out and began using them. This truly neat tradition quickly spread to the general population in America and elsewhere.

HUNTINGTON COMMUNITY FIRST AID SQUAD ANNUAL PHYSICAL AVAILABLE TO ALL MEMBERS

New York State Department of Health's guidelines recommend that all EMS providers have an annual physical.

In order to address these recommendations, your Board has contracted with On Site Medical Services to perform the physicals at Headquarters. On Site is comprised of a team of experienced board-certified Internal, Emergency and Occupational Medicine Physicians who specialize in performing E.M.S., Fire Service Medical and "fit-for-duty medical exams" for Fire Department and EMS agencies throughout Long Island.

The service being provided by the "On Site" physician's annual examination program is different from that provided by your Squad Physician whose responsibilities will continue to be to conduct "new member and return to duty physicals." This year On Site will be at Headquarters to perform member's physicals on:

Thursday, October 23, 2008 between 7 to 9 PM

On Site will return to the Squad in November for those who are unable to attend on October 23, 2008.

The scope of the physical will include:

- Medical history and occupational exposure history,
- Height and weight,
- Color Vision Testing,
- Blood Testing for CBC with differential, electrolytes, renal function, hepatic profile, lipid profile and PSA for gentlemen over 40 years of age,
- 12-lead EKG
- Audiometry
- Physical examination
- Annual Flu Vaccination (if desired) and PPD (mandatory for all Health Care Providers)
- A review of all results by a physician, with recommendations and referrals as needed.

ALL MEMBERS ARE URGED TO PARTICIPATE IN THIS PROGRAM.

Please indicate the time and date that is most convenient for you by completing the "sign up" sheet that will be posted at Headquarters.

If you any questions regarding the physical or are unable to attend, please contact Tom Hogan by email at **tomhogan2@yahoo.com**, by telephone at **516- 759-4270 (day) or 631-367-4798 (evening)**.

September 16, 2008

To the First Aid Squad, Fire Department and the Police Department,

I live in Westchester, my daughter Ashley lives in Huntington Station. I came to visit her this past weekend. She has recently joined the EMS squad and was excited for me to come at the end of her shift to meet the crew she works with, which I did and was very impressed with the facility and the people were all so nice.

That evening an event happened which has affected me in many ways. At about 4:30am a booming noise abruptly sprung me out of bed, a spark on the air conditioning outside the window, then silence. Ashley said "it must be the transformer again...no that was a car", then we heard a woman moaning. A car had crashed into a utility pole right outside of Ashley's apartment. We both scrambled in the dark to find shoes running to the scene the car stuck to the utility pole upside down so distorted you could not tell what type of car it was. Ashley ran to her own car to get her mask and gloves, the driver was severely bleeding, Ashley instructed me to go get towels. The car had initially hit a utility pole a block ahead of the one it slammed into, the impact was so hard that it broke the first pole and it was on the ground with the car, partially lodged into the driver. I thought there were two poles at the site and the one had fallen. Other people started to mill out to the scene, a man went to pull the pole out of the driver, but Ashley commanded him to stop. She told me to get her EMS shirt and proceeded to assess the scene, having a woman who spoke Spanish ask the driver how many were in the car, there were four, also confirming there was not a baby because Ashley saw a car seat. When I got back with her shirt she told people to stay back that help would be there soon, sure enough within 10 minutes from the booming noise, an amazing event started to happen. Police cars, EMS & fire trucks came in as if they knew exactly where to park. They came out to the accident and the only comparison was like worker bee's each working in harmony with each other in this tragic situation. It was surreal and time seemed to stop for a bit, watching these people come together to help total strangers. As if rehearsed to perfection they took the steps to rescue the four in the car. There seemed to be fifty plus people with one goal, to save the people from the car.

From a mother's perspective, the pride runs too deep for words to express for my daughter. How she handled the situation and joined this mass of incredible people who devote their free time to help others. It was incredible to watch this flow that happened between the EMS, Fire Fighters and Police. My highest respect goes to each of you.

The next day I commended her for her poise and calm throughout the event, she said "that's what you learn". I said that the event keeps running through my head, she said that it would happen and it was good to talk about it. This event has made me feel blessed for my life and the people in it, but it could all change in a second. It's hard to explain but I look at life with a different perspective now and am restored that there are good people in the world. Ashley does not know that I have written this letter; I felt compelled to share my experience and honor her and all the people who selflessly devote their time to help save others.

Sincerely,
Penny Taylor



SO MUCH FUN...IT'S ALMOST CRIMINAL!

There has been a murder at the Huntington Community First Aid Squad and it is your job to find the killer, so come join us for a night of fun, food and prizes.

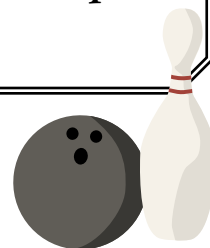
Saturday, November 1, 2008 at 7:00pm

- Cocktail Hour, Dinner, Dessert, Show Door Prizes and Raffles
- *Tickets \$35 PP Contact David Mohr 631-988-1433*

BOWLING AFTERNOON

Saturday, October 18th 1:15pm – 3:30pm at Larkfield Lanes in East Northport.

Sign-up sheet & more info in ready room.



*Contact Director Lehti Laas at llaas@hotmail.com or 631-942-4633 if interested in:
October General Membership Meeting Raffle for Blue Jackets shown at September's
GMM. Only sizes 2X, 3X & 5X remain.*

You do not need to be present to have your name entered.

Workshirts:

If you did not receive one from Vice President Brenner a few months ago & need one.

September Service Awards



*President Conover and Chief Conover
congratulate Andrea Golinsky for her
35 years of Service*

*Congratulations to Chris Winter for the 2008 Fire/EMS Worker
of the Year 2008 from Legislator Lou D'Amaros office.*



September General Membership Meeting 08



Ducks Game



Only ONE first responder is to respond directly to the scene of a 16, unless more personnel is requested by an officer or the scene of the 16 has multiple patients. Any member responding to the scene is to alert the dispatcher. Inform the dispatcher of your status as well (CL, DR, FA, ALS).



Patricia Salajka, Editor
psalajka@optonline.net

The Pulse

November, 2008

Volume 41 • Issue 11



Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

PRESIDENT'S REPORT Reeve Conover

It's that time of year again – nominations this month and elections next month.

Organizations such as ours are run by the membership – but only when the membership decides it wants to be in charge. You need to come to General Membership meetings, you need to vote; most importantly, you need to be an informed voter. This is very difficult in our culture where elections are predominantly decided based on popularity, rather than a candidates goals, ideas and credentials. Nevertheless, you can be informed.

I urge every member to speak directly to the candidates and find out what their vision of the organization is, and how they plan to get us there!

Thinking of running for office? You need to have the TIME, SKILLS and ATTITUDE. In speaking with several captains they tell me it takes 5-10 hours per week, plus three meetings per month (minimum). Chiefs are about 20-30 hours per week minimum to do the job right.

You need to have the ability to put in your ideas on the table, and accept that the final results will incorporate the ideas of others as well. Noone ever gets everything they want – not even the Chief or President! If you think it is your way or the highway, you may find yourself in the parking lot.

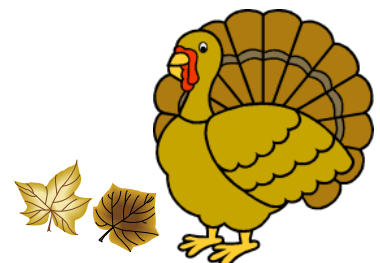
A leader understands that they can disagree in the meeting, but once a decision has been made by the group, they must support it in public, even if it isn't their choice. Backbiting and undermining others because you don't get your way results in the membership not respecting their leaders. You don't get respect based on years of service, or age, or time in office. Respect is earned!

A good leader has a vision of the future, and an understanding of the past. They can combine the two, and motivate people to move ever forward. A good leader truly wants to hear the opinions of the membership, especially those that don't agree with him or her, and is willing to learn from those conversations.

A good leader also understands that your obligation is to do the right thing, even when it is unpopular. The membership has placed their faith and trust in you be informed and in the end will trust you – as long as you keep the lines of communication open.

If you have the Time, skills and attitude, please run for office.

But most importantly – make sure the candidates you are voting for have the time, skills and attitude. The future of the organization depends on it!



CHIEF'SREPORT

Mary Conover

McCain or Obama? Big changes are about to occur in the United States as well as at HCFAS.

You can feel the excitement in the air as we approach the November General Membership Meeting. The next two meetings will be the most attended of all meetings during the year. Everyone is waiting to see who will be the next group of Officers and BOD members who will lead our organization into the future.

The position of Chiefs, Day Captains, and Board of Directors should not be taken lightly. In the past three years our organization has moved in a very positive direction and I would hope that we continue to do so.

That being said, the positions that are vacant are extremely important. If you are thinking about running for any of the open positions please think about the commitment you are about to make. Do you have the time? Do you fully understand what the job entails? If you are running for the BOD, do you have any business background or a special knowledge that would help the BOD? If running for an Operational position, have you the time and the understanding of the day to day operations that are needed to continue to run the organization in a forward progress.

If the answer is yes, please run for office, HCFAS needs you.

Each member should take the time prior to the elections to speak to the Candidates. Ask the Candidates questions on matters that are of importance to you. What is their vision for the organization? Some members may not be as popular as others, but this is not a popularity contest. We should be educated on the issues at hand and vote accordingly.

There are a lot of newer members that have valuable experience, as well as members who have been in the organization for some time. It's easy to sit and complain about the organization and its leaders. The positions are not as easy as it looks. It takes time and dedication and I would like to take this time to thank everyone who is currently in office. A job well done.

I wish everyone good luck on the upcoming elections.



SUNDAY CAPTAIN

Eileen Burns

Well things happened for Jim Barkocy during the end of September that really kept him on his toes! On Saturday the 20th. his youngest daughter Katherine became Mrs. Jeremy Drysdale. The ceremony was held at St. Patrick's R.C. Church in Smithtown with the reception following at the Watermill Inn. When everyone had just about caught their breath, Jim received a call on Friday the 26th. from his oldest daughter Jennifer and son-in-law, Chris that she was in labor (where they reside in Colorado)! He was lucky enough to hop a flight out early Saturday morning to lay eyes on his newest Grandson, Patrick Callan Hoffner weighing in at 7lbs. 5oz.. New mom, dad, and baby are all doing just fine. He was able to spend the entire time at the hospital (nice rules for grandparents), (except for a few quick naps back at their home and to show some attention to the cats)! Then Monday morning it was time to share a few tears and an early flight back to the regular rat race at home. Well having two grandsons in 14 months will certainly keep him young and hopping!! CONGRATULATIONS GRANDPA.

There is some other good news to share regarding advancements. Both Allison Lau and Melissa Rubino are working on Amb. Ort. and should have also taken their Disp. Test by the time this comes out and we also have Chuck Brady sharing in the ACL Program with Jim Malillo during the 2300 shift. Good luck to everyone and be sure to keep the (detailed) paper work coming to me and the Second Deputy. Many people don't realize this but during the Fall Festival each year, yes a great deal of work goes into organizing the crews and such, but it can also be very hectic for the on duty crews as well. The dispatchers have much more communication going on, not to mention paper work, that the PCR's are turned in with correct times and crew names match the LOSAP, and the duty crews are often left with only one or sometimes two ambulances in house.

On the Sunday of that weekend I was at H.Q. when 4 calls came in with in minutes and it got pretty crazy trying to page out for help, get the Hogans through town, still paging for a closer CL., while the DR. responded to a Maternity alone (with fingers crossed) a block from H.Q.. Yes all the calls did get covered, but it certainly wasn't as easy as a "regular busy" day, so to the on duty crews, THANK YOU, you were not forgotten!! On Sunday 10/19, during both the 0700 and 1100 shift there were 6 out of 7 Charlie/Delta calls. With each call 7 ALS tones went out and not one ALS member answered.....was there anyone out there?

One last note, drivers remember that Fall is here and the leaves are coming down making the roads slippery, so please be careful.

TRAINING ALERT!

Do you know what to do at a Fire Standby? Will you be prepared for a 4 victim scene?
What is your job as a CL? DR? FA?

Please join us on Sunday November 23 2008 at 11AM for a hands on training.

Please sign up in the ready room • Refreshments to be served

2-15-30

There will be additional CAD training for all members who
a) have not taken a class or b) dont feel comfortable dispatching.

See sign up sheet in the ready room • Wednesday November 12 2008 7 PM

2-15-30

Review training for the 2008 calendar year will con clude on Jan15 2009.
Review Training submitted after this date for 2008 WILL NOT BE ACCEPTED.

Thanks

Andy

Chairman LOSAP Committee.

Thanks for the Great dinner at the October GMM:

*Tom Lemp • Dominic Heavey
Carmen Schleiben • Rich Gierbolini
Kurt Vetter • Sue Bolen*

*Martha Brenner
Social Committee Liaison*

November General Meeting Menu

• chicken parm. • pasta with meatballs and sauce • lasagna • garlic bread and salad.

Charles River Jacket Order:

Jackets will be ordered for all members off probation as of 10/9/08 as per the Board motion approved.

If you were not in the building since October 14th to sample size a jacket that was in the ready room, you have until November 4th to contact Director Laas @ 942-4633 to place your size request.

Pictures needed for the Slide Show!

We need good quality pictures of the members specifically listed below for the Holiday Slide Show. We would prefer them electronically emailed to MJIrishEMT@optonline.net, or on a CD.

Here is who's missing:

*Donna Mastropeitro
Kathi Bonessi
Robin Smiles
Jim Lupo
Lauren Probst
Ona Mastroianni
Gerarda Vasquez
Marc Kolpon
Crytal Mueller
Dan Kelly
Jim HarriganMaria Uliano
Kevin McCann
Ozlem Bilgen
Donna Gurtowski
Vanessa Amaya
Barbara McGlone
Rachel Zunno
Gabriel Rodriguens*

*Dong Uk Kim
Luke Bartolomeo
Taha Aiman
Janet Zapata
Paul Skirbe
Linda Caputo
Caroline Masten
Melissa Rubino
Ashley Taylor
Donna Artola
Chris Evers
Rocio Aldana
Jonathan Korets
Cecilia Renderos
Chris Whitcomb
Erica Alicea
Carolyn Niceforo
Jeremy Boehm*

Allison Lau

Thanks!

November 2008 • Service Awards

10 yrs. Jim Lupo



BASICS - November 2008

Breathing - By Mark Brenner



Last month we took a good look at airway. Once we are certain that the airway is secure, we turn our attention to the patient's breathing. As with the airway, we should ascertain if the patient's breathing is adequate to support life, and if not, we need to manage the patient's breathing. With that in mind, give these questions a try.

On the first really cold night of the season, you respond to an adult male with shortness of breath. He is upstairs in the back bedroom. As you perform your assessment, you find that the man, age 67, with a history of COPD, was awoken by sudden onset shortness of breath. He has a prescription for Albuterol. His vitals are: pulse of 112, B.P. 152/92, respirations of 28, shallow and labored. Lung sounds show wheezes.

You notice that the patient has several pillows at the head of his bed.

1. You would deliver oxygen via:

- a. Nasal cannula at 10 lpm
- b. Non-rebreather Mask
- c. BVM

2. Under BLS protocols, which medication would you administer to the patient?

- a. Albuterol
- b. Aspirin
- c. Nitroglycerin
- d. None of the above

3. How would you move the patient to the ambulance?

- a. Walk him downstairs
- b. Place him supine on the pram
- c. Seat him on a stair chair
- d. Perform a fireman's carry

You respond to pedestrian struck. You find the patient face down in the middle of the street. He has been knocked out of his shoes. You observe a puddle of blood (approx. 500 cc) near his left lower leg. The patient responds to your voice by moaning.

4. How would you begin your assessment?

- a. By log-rolling the patient and then maintaining C-spine immobilization.
- b. Assuring the patient has a patent airway.
- c. Assuring the patient has adequate breathing and administering oxygen with the appropriate oxygen delivery device.
- d. a, then b, then c.

5. As you begin to assess the patient, you should consider

- a. Maintaining the integrity of the scene as a potential crime scene
- b. Consider requesting aviation
- c. Calling for ALS
- d. All of the above

Basics Cont'd

6. The patient's breathing irregular. You expose the chest and observe unequal chest rise. You would:

- a. Apply a non-rebreather mask at 12 liters per minute.
- b. Ventilate with a BVM
- c. Identify and stabilize the suspected flail segment.
- d. Both b & c

You are dispatched to an elderly male; fall. You meet an 80 year old male who has fallen and has a painful, swollen, deformed left wrist. He states he was walking through his living room, wearing his old, worn-out slippers and tripped on his oxygen supply tubing. He receives oxygen via nasal cannula for his emphysema. His breathing is shallow at a rate of 24 but it is not labored. He is alert and oriented and denies any respiratory distress.

7. According to BLS protocol, you are to administer oxygen. What oxygen delivery device would you use?

- a. Non-rebreather mask
- b. BVM
- c. Nasal cannula set at the patient's prescribed rate

ANSWERS: 1b, 2d, 3c, 4d, 5d, 6d, 7c

Congratulations to Bruce Blower, Life/Charter Member # 32 on his award from The School Business Partnerships of Long Island, Inc. annual 60/Sixty. The SBPLI, Inc. recognizes sixty individuals who are over 60 and have contributed in a significant way to the Long Island Community. This award is given annually to 30 recipients from Nassau County and 30 from Suffolk County.

We at Huntington Community First Aid Squad are not at all surprised that this award would be bestowed on our own Bruce Blower. Bruce is a charter member of our organization and a life member. Bruce is among that small group of people who, before there was a County EMS, before there was an EMT course, before there was a building or an ambulance believed in the idea of volunteer ambulance service and believed the men and woman of Huntington would step forward and make this happen. With a lot of faith and dedication Bruce is part of that group who founded the basis of what our organization is today.

We send our sincerest congratulations to Bruce. The 60/sixty organization is recognizing what we have always known, that a small group of dedicated people can and do make a big difference to the community.

Congratulations Bruce Blower!



November 2008



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

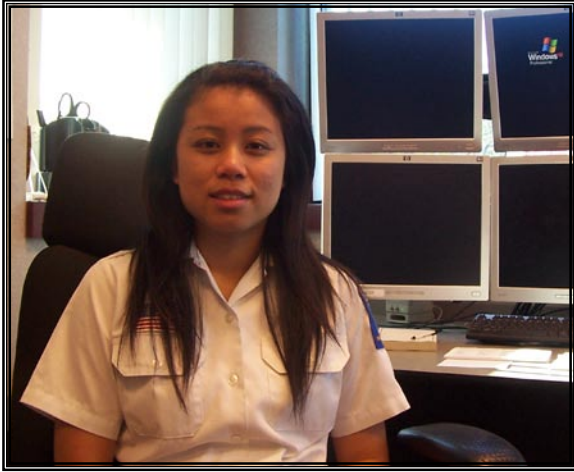
Saturday

						1
2  <i>Happy Birthday!</i> Nancy Griesel-Eckhardt Joseph D'Andrea Sr.	3  <i>Happy Birthday!</i> Tomoko Hirawasa	4 <i>Election Day!</i>	5  <i>Happy Birthday!</i> Arlene Lindsay Carmen Schlieben	6	7	8  <i>Happy Birthday!</i> Patricia Reciniello
9	10	11  <i>Happy Birthday!</i> Ginger Angevine Alexander Witkowski	12 Officer Meeting 1915	13	14	15
16 Recruitment Sunday 2:00 pm	17  <i>Happy Birthday!</i> Bernard Herszkowitz	18	19	20  <i>Happy Birthday!</i> Pamela Brenner Caroline Masten Barbara McGlone	21	22  <i>Happy Birthday!</i> Mary Beth Kraese Rachel Zunno
23  <i>Happy Birthday!</i> Karen Reim	24  <i>Happy Birthday!</i> Martha Brenner Laura Treulich	25  <i>Happy Birthday!</i> Reeve Conover	26 Officer Meeting 1915	27 <i>Happy Thanksgiving!</i> 	28  <i>Happy Birthday!</i> Mark Cappola Donna Trainor	29  <i>Happy Birthday!</i> Melissa Chermack Adriana Dovi

Thanksgiving, or Thanksgiving Day (Action de Grace in Canada), is a traditional North American holiday, which is a form of harvest festival. The date and whereabouts of the first Thanksgiving celebration is a topic of modest contention, though the earliest attested Thanksgiving celebration was on September 8, 1565 in what is now Saint Augustine, Florida.[1] Despite scholarly research to the contrary, the traditional "first Thanksgiving" is venerated as having occurred at the site of Plymouth Plantation, in 1621.

Today, Thanksgiving is celebrated on the second Monday of October in Canada and on the fourth Thursday of November in the United States.

HCFAS New Members!



Welcome!

New Member

Allison Lau
HCFAS Member #1226
Saturday 1500-1900

Resides in Huntington Station

- Graduated from Harborfields High School
- Graduated from Ithaca College with a BS in Biology/Pre-Med
- Employed at New York Ophthalmology as an Ophthalmic Technician
- Joined HCFAS to give back to the community
- Currently attending an EMT course (future Crewleader/Driver)
- Future goal is to become a Physician Assistant

Good & Welfare

*A surprise Grandfather Baby Shower for Jim Barkocy,
compliments of his crew!*



SOP Change

Section II-C-(2), second paragraph from:

Before a member can return to duty he must submit a Return to Duty form (HCFAS #301) that must be completed by his personal physician and approved by the Squad Physician, or by a member's Squad Physician. If a member can not return to duty by the expiration date of the initial leave request they must make a written request to extend the LOA.

Change to:

Before a member can return to duty he must submit a Return to Duty form (HCFAS #301) that must be completed by his treating physician or a squad physician. If a member can not return to duty by the expiration date of the initial leave request they must make a written request to extend the LOA.

I am happy to announce that the Return to Duty SOP change was approved at the BOD Meeting on October 9th 2008.

You will be able to find the new RTD form on the website shortly. After having your Dr. sign the RTD form please put a copy in the Medical Committee, Chief, 1st Deputy and your Day Captains mailbox.

*If you have any questions please see any Officer or Chair of the Medical Committee
Tom Hogan.*

Summer Memories

Post 215 Car Wash





Patricia Salajka, Editor
psalajka@optonline.net

The Pulse

December, 2008

Volume 41 • Issue 12



Volunteers since 1967

The "Heartbeat" of the Huntington Community First Aid Squad

A Final Farewell from the Chief and President

Two years have passed. Where has the time gone? The members of HCFAS have become part of our lives, some have become family. Friends have been made; memories will forever be part of us. Only seven short years ago we walked into the doors of HCFAS swearing to each other we only wanted to come in, ride and go home. It was a good try.

As we have said all along, these jobs are impossible without the many, many individuals who work so hard for the success of the organization. The Board, the Officers, the Committee Chairs, the committee members – the day to day runs on our committee members. Most importantly, the job is impossible without you – the members who will answer up to almost 6,000 calls this year.

Chiefs Note:

I would like to take this time and Thank my 2007 and 2008 Officers. Each of you brought something special to the table. Your constant support and encouragement made my job seem effortless. I wish all of you the best in the upcoming election. It takes a special person to run for office and dedicate the next year of there lives to better the organization.

A special thanks to Captain Eileen Burns, who after 15 years of being in office as Day Captain decided to take some time off. A job well done.

Presidents Note:

I wish to acknowledge the tremendous efforts, and the guidance I have received in the last 3 years as President from so many people, but I am afraid I will miss someone. I also would like to thank the members who come out every day to cover calls and make us the great organization that we are.

Our house in SC should just about be complete by the time this article is published. We will be taking a leave of absence in January and returning in March to ride and catch up with everyone at the Annual Installation Dinner. We will miss all of you and wish everyone the best.

<i>Water Cooler</i>	<i>\$ 5 a month</i>
<i>Foos Ball Table</i>	<i>\$ 200</i>
<i>Mega Touch Game</i>	<i>\$ 1,400</i>
<i>EPG Gear</i>	<i>\$ 335,000</i>

Staying married as Chief and President... Priceless

Mary & Reeve
Husband and Wife since 1996
Going insane since 2006
Carolina on our minds...



SECOND DEPUTY'S REPORT

Cindy Cairl

I would like to take this opportunity to thank everyone who helped with training and equipment this year, including the RTE, CPR, and EMT instructors, Committee chairs and members, and fellow Officers. I truly appreciate everything all of you have done this year to make HCFAS a better place. A big thank you to BLS Supply chair Joanne Vogel, ALS Supply chair Joe Denimarck, Alyssa Axelrod for organizing and leading the ALS Checkout committee, Al Szigethy for handling the narcotics and Physio-Control, Linda and Casey for handling BLS Assisted Meds, Nancy Barker for getting the AED committee together, Brian Canty for heading up the New Vehicle committee and for handling the email distribution of all the Training and Information Alerts as well as the monthly Review Trainings, and to Chris Winter who, at the beginning of my term, was always there to help make the transition a smooth one, and who I knew was out there to help if I needed it. And thank you to everyone else who helped in so many ways this year.

Good luck to Mary & Reeve in their new home in South Carolina, and thank you both for caring so much about this organization in your short time here. I can only hope that the fierce loyalty and pride in HCFAS that you displayed will continue on in the future Officers and Board members of our Squad.

HAPPY HOLIDAYS!

SUNDAY CAPTAIN

Eileen Burns

Well it's that cold and hopefully "snowy" holiday season again! It seems that not too long ago everyone had their A/C's going full blast, and now it's the heat and fireplaces that are going non stop! It seems that Mother Nature can never make everyone happy these days. Along with this season comes all the hustle and bustle that can, at times make us all a bit crazy, but in the end it is all worth every moment knowing it is all about spending time with our family and friends.

At this time I would like to thank all of my on-duty crews for their commitment of hard work, starting with CHECK OUTS, lots of LAUNDRY, call after call week after week (many times missing their meals and never seriously complaining about it and many, many times never getting out any where close to on time)! To the many members who answered for the Signal 3's no matter what time of day or night you too helped in keeping the 24's down, given the high call volume that I can never remember being so high in fifteen years as Day Captain. Memories of that next month! If you were able to answer one call or more, or were part of the Sunday "regulars" your help was always appreciated, thank you again.

Well Patti I don't think that anyone would disagree that you did a great job as Pulse Editor and hope that you continue in 2009!

In closing I would just like to wish everyone a Happy Holiday Season and a New Year that is filled with Good Health and Happiness.

FRIDAYCAPTAIN

Tom Lemp

I would like to start out by thanking the Friday crews and all the people who are responding to my e-mail by coming in to help out. Lately we have been getting hit hard with an unheard of 30 calls per day. It's amazing to see the dedication of members helping out, staying an extra hour or two and also doing one or more extra shifts.

Welcome our newest member, Ken Manning #1236. Ken will be training under Rich on the 0700-1100 shift.

Due to the nature and difficulty of some of our calls, there were three that deserve our recognition:

October 10th- Cardiac arrest- Crew Kurt Vetter, Carman Schieben, Tony Cruz and Al Szigethy. Pt found lying on bathroom floor. BLS crew started CPR and attached AED- no shock indicated. ALS arrived at scene monitor read PEA- IV no success. Next check sinus-brady with a pulse. Continued to assist pt's breathing during transport. At 0948 they arrived at Huntington with the pt's heart rate at 68 with a NSR on monitor.

October 31st- BLS Cardiac arrest- Crew Lorrie Stone, Joe Frisenda, Kurt Vetter and Alex Witkowski. Pt found in parking lot. PD on site with AED- no shock indicated. Crew established airway with NPA, suction and started CPR. Condition remained unchanged during transport. Arrived at hospital, staff started IV, admin drugs. Pulse and breathing were restored.

November 7, 2008-choking. It was a back-up call with Keith Rubenstein and Mary Winter at St. Hugh's primary school for a choking 4 year old - When the crew arrived at the scene, they followed a lady up the stairs & found the little girl in her mother's arms crying with a good airway (thank God) and Gerardo Vasquez was standing next to them. The crew subsequently found out that the little girl had been choking on little pieces of Barbie toys (shoes, purses, etc.) & had in fact stopped breathing & was turning blue when someone screamed, "Does someone know CPR" when Gerardo (whose son goes to school there) came running down the hall & performed an abdominal thrust on her, causing her to vomit & expel the little toys & thereby giving her an airway.

Congratulations to a great job that was done by the crews. Last week we also had a man come in with some goodies for the 1100-1500 crew Lorrie Stone, Joe Frisenda and Steffi Mirabelli. They took care of his wife with a knee injury, and he came in to thank the crew. It's always nice to be appreciated. Whether it's a finger cut, a CPR call, or the 15 calls per shift, the key to our success rests in the people by doing their part in saying, "Yes I can".

My humble thanks to everybody in HCFAS for supporting me as their Friday captain for the past two years and making my job easy. It was a pleasure and a privilege to be your Friday captain. I have learned many things from you and for me to bear witness to your passion was an unexpected perk.

2008 Nominations

Chief

Dominic Heavey

Tom Lemp

1st Deputy

Anne Gabriel

John Maier

2nd Deputy

Chris Fischer

Joe Denimarck

3rd Deputy

Bobby Loysch

Phil Orlando

Chief Dispatcher *Keith Rubenstein* *Luke Bartolomeo* *Richard Stone*

Board of Directors

John Palmieri *Harvey Lapidus*

Andrea Golinsky *David Mohr* *Greg Orr*

Captains

Alison Russo *Jonathan Stone* *Brendan Fitts*

Samantha Ryan *Maureen Umberto* *Casey Stone* *Matt Cappola*

Write-Ins

Jeffrey Brenner - Captain

Brian Milliken - Chief Dispatcher

2008 Candidate Letters

NOMINEE FOR H.C.F.A.S. CHIEF 2009

I Dominic C. Heavey # 973 will be running for the Office of Chief for H.C.F.A.S. next year 2009, I ask you as a member of H.C.F.A.S. to come out and Vote for me (Dominic C. Heavey) in the election which will be held on December 8th, 2008 at our H.Q.

I have been Captain on Wednesday now for the last Six Years and have worked to keep my day in order. Working as a Captain has helped me realize that it is time to move up and make space for Up and Coming Officers. This has NOT been an easy choice for me to make as I have gotten to LOVE and CHERISH the Wednesday Members. Thanks go out to everyone on Wednesday for your support in the past and I appreciate your support in my future endeavor, as I run for Chief of H.C.F.A.S. It is nice to know that each and everyone of you are behind me.

To the Chiefs and Officers of H.C.F.A.S. it has been a pleasure working with each and everyone of you Past and Present, and I look forward to working with ye next year no matter what the outcome of the Elections.

Best of LUCK to all the nominees in the upcoming Elections for the 2009 Officers.

*Thank you,
Dominic C. Heavey.*

Hello, I am Tom Lemp, the Friday day Captain, running for Chief.

I have earned a Masters degree in Business Administration and I work for Northrop Grumman Corporation. I joined Huntington Community First Aid Squad in January 2000, as I had an interest in the field of EMS. I have been a proud member since then. I am now asking for your support as I run for Chief of HCFAS.

Since joining HCFAS I am proud to have participated and held the following positions:

- *Friday Day Captain in 2007 and 2008.*
- *Created the A/B Crewleading booklet*
- *Bike Team*
- *Ambulance Orientation*
- *Social Committee: cooking for the Children's Holiday Party and the General Membership Meetings*
- *Responding To Emergencies (RTE) & CPR Instructor*
- *Interviews for membership*
- *Organizing Social Outings*

I would like to address the following & give you my views:

Crews and Training

As Chief I would remind crews of our SOP's House Rules and Regulation section. I would hold Crewleader's responsible for addressing issues on their shift such as: the ready-room not being clean and rigs not being checked-out. I feel it is very important to have debriefings after all calls. I would like to create a training room where members can "brush-up" on skills any time that they need to. Having training videos on all aspects of EMS in this area would also be a focus of mine. I believe that when you do something out of protocol not only you, but HCFAS is at fault. We all make mistakes, we are human. Instead of blaming you, I believe we should work together at correcting the mistake by further training and creating a learning environment.

Ready Room Boards

Maintain communication with members in the building via the Electronic Board on updates to SOP's, alerts on county or state protocol changes or Chief Alerts. Having updated membership rosters that list members name, shift & positions is important. This can assist with replacements for duty shift and Company 8 members. Posting weekly shift help requests and upcoming conferences/events.

Operational Committee's

As Chief I would like to guide Committee chairs by speaking to them early on to find out any concerns or needs they have for 2009. Also, having follow-up meetings on the committee's achievements and future efforts.

Mutual Aid Rate

As Chief I would communicate with the Statistics committee and Ferd (who currently tracks 24 rates) to keep this in the forefront with my Officers. Utilize the new CAD system to track reports that can assist in finding solutions in our deficit areas. Expand the response committee to include members who will assist Day Captains in filling shifts. Investigate if members are willing to do an extra hour a week. Explore with the committee ideas or programs that can reduce 24 rates. As Chief in 2009 it would be important to keep this momentum going.

Paid ALS

Right now I am against it. I will gladly give you my reasons if you ask me. I am open-minded and am willing to hear the pros and cons. I feel ultimately the decision will be ours, the HCFAS membership, not mine.

(Tom Lemp Cont'd)

New Members

Remember, when you are doing your general impression on the patient, the patient is doing their general impression on you. This theory holds true with new members. I plan to examine expediting new members. Finding solutions to reduce the application process is important. Examining the introduction to HCFAS that new members receive as well as the importance of receiving a hardcopy of our By-Laws, SOP's & Uniform Code. Give additional duties to new 2009 probationary members. Some ideas include cooking at general membership meetings, cleaning the kitchen after all members are served, training exercises and required rig check-outs that include reporting expiration dates. On average we accept 3 members per month. Currently, many of our probationary members are overlapping on dispatch training. In 2009 I would like to address this by having them do ambulance orientation earlier and increase training for those requiring it.

Social Outings

"All work and no play is not fun". At a general membership meeting earlier this year I asked why we don't have more outings. They help members learn more about the people they work with outside of 2 Railroad Street. I was given permission to get some off the ground. I and other members looked into east end wine tasting, beach permits to have a BBQ, movies, baseball games, bowling and as Chief I will concentrate on having quarterly social outings in 2009.

Members Health

Utilizing the tremendous reservoir of talent, knowledge, and creativity that our members have, and creating programs that continue to promote health awareness, weight control & exercise. Continuing to offer our members annual physicals is important.

Chain of Command

As our By-Laws state, the Chief shall receive monthly reports from the Deputy Squad Chiefs and the Chief Dispatcher. In order to be successful in my position I must ensure constant communication with my Officers. I am a firm believer in what the first section of our Standard Procedure Manual (SOP) addresses, Chain of Command. The Officers are there for a reason. Any complaints that you may have, I will ask you to go through the proper channels first.

As Chief of HCFAS in 2009 I know I can accomplish the above points. I will have an open door policy. If you want to just shoot the breeze or get something off your mind please contact me. I will have a suggestion box for members to contribute ideas. I will continue sending informative emails keeping our members involved and up to date.

Next year we will be faced with more difficult challenges. As we grow into a recession, more and more people will be dependent on our services. Our own members will be greatly affected. As your Chief I know we will need to work together in creating plans, making changes, and solving problems. Nobody reaches this stage overnight, and no one person can do these things all the time. Nine years after my first day as a member, I see myself as part of a unique organization. HCFAS is comprised of members who are committed to its success. The more calls we receive the closer we bind together to unify and unite. This is why it is a privilege to serve HCFAS as a member and it would be an honor to serve you, my fellow members, as your Chief in 2009.

Sincerely,

Tom Lemp #979

My name is Anne Gabriel, and I am running for the position of First Deputy Chief. I have been a member of HCFAS for 11 years, most of those as an EMT-CC, and as both a Crewleader and Driver.

I have served as Captain for 3 full terms, most recently in 2007, with many of the Officers who are currently running for office. With this group, I have worked on such projects as the EPG gear, the Walt Whitman Mall MCI drill, and updating the ACL training curriculum.

During my years at HCFAS, I've served on many different committees including Oxygen, Bike Team, and Life Membership. I'm also an RTE and CPR instructor. These experiences have taught me the importance of putting differences aside, and working with others as a team to fulfill a common goal.

So why do I want to be First Deputy? After serving my terms as Captain, I've seen the work that goes into the position of Deputy Chief. I know the importance of consistent follow-through, good organization skills, and fairness. I'm not afraid to roll up my sleeves and get my hands dirty – I've sat through countless officer meetings that have stretched to the wee hours of the morning!

In the upcoming year, I will have plenty of free time to devote to the duties of the position. If you have any questions or concerns, I'm here to listen and share more with you about what I envision for HCFAS as we enter 2009. I look forward to continuing the work that the 2008 Officers have begun, and I would be honored and humbled to serve as your First Deputy.

Hi everyone

That time of the year elections again. I am glad to see a lot of members stepping up and taking the time to run for office. I know it takes a lot of time, dedication and responsibility to run for an officer position. I am running for first deputy chief. I feel you can only complain so much before you need to step-up and do something about it. I have been with Huntington Community for 15 years. I have served in the past as First deputy, Third deputy and Friday day captain. I have experience as being an officer in the past and they're issues with the squad I feel we need to change direction. We need to get back to concentrate on patient care in every aspect of this organization. Parties are nice but they don't get ambulance out the door members do. We need better equipment like vital machine for BLS crew leader who are by themselves in the back of rigs, so they can get more than one set of vital and monitor a patient better. We have a tendency to concentrate on ALS a lot, but who handles over 50 % of the calls.. BLS. This is just one idea of many that I have for the organization. We have a whole membership of people with a lot of great ideas to help make our job easier and I would like to hear from them. I feel if a member gets up at a membership meeting and has a complaint the officers are not doing their job properly. The squad is run in a group effort not by one person. It takes everyone's effort from the administrator member, riding members, Dispatcher, Board of Director and officers. This is one of the great volunteer organization around let's keep it up.

Thank you

John Maier

Hello my name is Keith Rubenstein and I'm running for the position of chief dispatcher. I have been a member of the Huntington Community First Aid Squad for two and a half years. I have dispatched on many shifts and dispatch trained many different squad members. I am a professional paid dispatcher for the Hale-site fire district and I work for Hunter E.M.S. located in Bayshore Long Island. I have many plans if I do become chief dispatcher such as better training for new members and the expedition of new member through the dispatch training program. I also want to make more dispatch trainers and more dispatch testers to make the progress quicker. I hope for your vote on December 8 2008 for the position of chief dispatcher

To the members,

My name is Richard Stone and I am running for the position of Chief Dispatcher.

I have been a resident of Huntington town for the past 40 years, and a member of HCFAS for the past 4.

I am a permanent dispatcher on the Monday 7-11 shift and alternate Wednesdays 7-11.

Ever since I have become a member, I have become more and more involved in the organization and the work that we do. What began as a diversion to fill some hours since I retired has become more of a passion to continue the good work we do and to help preserve our all volunteer status. I am proud of this and feel that this is a goal I can achieve. To that end I would like to fill more shifts with permanent dispatchers. I will also work with those members that do a rotating shift to assure that they too are up to speed. I also have been involved with the CAD system since its inception and would like to assure that we will continue to move forward with implementing this system as soon as possible. To that end I will continue to hold training classes for new and old members.

Thank you for your support.

Yours truly,

Richard Stone

My name is John Palmieri, #499, and I am running for a position on the Board of Directors for 2009. As a thirty year and life member as well as a past director, I know what the job entails. I am running because I take an interest in the direction that the Squad is taking, so I open my mouth at the General Membership Meetings. I know that it makes more sense for me to be involved at the beginning of projects, when my natural questioning attitude has a chance to shape direction rather than respond to it. And now I guess its time I "Put up or Shut up". So, as another recent candidate has expressed quite successfully, "A vote for me is a vote for Change".

Dear fellow HCFAS members:

Please allow me a few moments of your time to introduce myself. My name is Harvey Lapidus and I need your support in my endeavor to gain a seat on the HCFAS Board of Directors. For those of you who do not know me I have been a active riding member since September 2005 riding on the Saturday 0700 shift as an ALS/DR/CL. I am also a current Advisor for the Post 215.

I took on the task of becoming recording secretary for the Board of Directors in 2007. By attending the BOD and General Membership meetings I am current on all the ongoing projects of HCFAS and therefore would provide a smooth transaction in January.

I'll try not to bore you with the details of my background...I'm a dad and husband who works a day job as a Marketing Assistant in Westbury for an aerospace company. I have thirty years in mechanical engineering, twenty of which were in project and program management. I worked with our teams to motivate and train them. My background in solving problems, and working with customers to streamline operations would be used to work for the benefit of the membership of HCFAS. Currently I am responsible for overseeing a 10 million dollar budget, and I am already familiar with the HCFAS budget.

I also have six (6) years experience in the EMS field as a member of the Commack Volunteer Ambulance Corp three of which is with HCFAS. I have found that Commack and Huntington are very similar; CVAC was formed forty-two years ago, while HCFAS has been in existence for forty-one years. Both squads have a high regard for the needs of the community.

Two years ago, during a HCFAS membership meeting, the organization asked for the membership to step up to the plate to become an ALS provider. The need for additional ALS providers was required to remain a 100% volunteer organization; I was one of the eight members that answered that call.

I have no agenda other than I believe my business, problem-solving and financial background and my dedication to doing the right thing are assets to the Board of Directors and the HCFAS membership as a whole. The Board of Directors is the business arm of HCFAS and I strongly believe I have much to contribute.

I'm available to speak with you and answer any questions you may have. My phone # is 631-543-7763

*Thank you for your time and I ask for your support in the upcoming election
Harvey W. Lapidus*

I am Andrea Golinsky, a 35 year member of HCFAS, and I am running for the Board of Directors. I joined the Squad when we were solely dependant on donations from our community. I am painfully aware how extremely difficult it is to plan the purchase of ambulances and supplies when you didn't know what your annual operating funds would be. It has become apparent once again due to financial crisis everyone in every aspect of business is experiencing we will be facing difficult times ahead. I have stated in the past we need to be financially prudent and fiscally responsible to those tax payers that fund us. At no time has this been more important than now. We will need to practice budgetary constraints and develop strategic funding plans in order to continue to provide the level of care that has made us a premier pre hospital emergency care provider for over 40 years. I have attended most of the Board meetings and I have seen where we have spent our funds and what our future plans are.

In my years on the Squad I have served in various officer capacities including that of Chief. After experiencing a Line of Duty Injury I was forced to stop riding the ambulance and practicing EMS in the field. It was then I turned my attention to what was needed to keep us a viable and vibrant organization. I have been your District 7 Delegate to the New York State Volunteer Ambulance & Rescue Association and have lobbied with them to get Legislation passed in New York State to attract and retain members in the EMS field. Among some of the Laws that have been passed for volunteer EMS providers and FF are:

LOSAP- the "pension" plan for those with at least 5 years of service.

Property tax exemptions to home owners.

\$200 New York State Income Tax credit for those who do not own property

Law allowing Volunteer EMS and FF to buy into a municipal health insurance plan

I have served for several years on the Town of Huntington Recruitment and Retention Committee and the Suffolk County Recruitment Committee. Both entities realize the importance of not only recruiting members but to retain those with their valuable experience. We have to find ways to keep our young people from leaving the Island and to find ways of keeping those volunteers we have. Approximately 3 years ago Suffolk County Executive Steve Levy had offered a portion of affordable housing that was to be built in Yaphank be set aside for Volunteer First Responders. He had stated at that "it was not enough that the County was doing this but the Towns in Suffolk had to get on board." I took that as a challenge and, not as an agent of HCFAS but as that of a private concerned citizen, approached Town of Huntington Supervisor Petrone and several Town Board members about setting aside a portion of any affordable housing that was to be built in the Town of Huntington. All were enthusiastic about the idea. I have had several meetings with Councilman Stu Besen who has "adopted" the idea and who has kept me aware of any progress in this area. Federal funding in any affordable housing project does not allow for segregation of portions of the housing for specific groups, there are no constraints on private developers. I have been informed that a private developer is very interested in building a community of affordable housing in our district. At the invitation of Councilman Besen I have met with the communications agency making presentations to local groups and the attorney for the developer. I have had the opportunity to explain to them the advantage to the community of offering affordable housing to First Responders and have been give verbal affirmation that this will be part of their plan. I would ask that the 2009 Board of Directors invite the Communications Agency to our January General Membership Meeting to hear their presentation and have the opportunity to ask questions

I realize the difficult task the Board of Directors is facing and feel I am up to the job.

IMPRESSION- that is one of the many great words I think of when referring to the Huntington Community First Aid Squad. Many of you know I am a firm believer in our organization, our membership, and our potential for the future. I have been a member of the squad for almost 12 years. While in medical school I took the first few years off but when I lived in England, Florida, Maine, Chicago, Atlanta, and Connecticut I always returned to the squad to volunteer. I have served as Dispatcher, First Aider, Crew-leader, Driver, and Administration. I have a Masters in Health Services Administration and for the last two years I have served on the Board of Directors. Over the years I have assisted the following committees: Membership, Recruitment/Retention, Response, Stand-By, Social, Records Retention & Uniforms. I would love to continue my work as a Director. Please vote for me on Monday December 8th, 2008.

*Thank-you,
Lehti Laas, M.D., M.H.S.A.
Member # 938*

Dear Fellow Member;

For those of you who know me please allow me to introduce myself to those that do not. My name is David Mohr, #748; I have been a member of the Squad since May 1987. I am currently your Treasurer and would like to continue in that capacity. I am also the Chief Advisor of the Explorer Post and our web-master. I hold an Associate's Degree in Accounting, a Bachelor's Degree in Accounting, with a minor in Business Administration, and a Master's Degree in Public Administration. I work for the Suffolk County Department of Social Services as a Chief Accountant, with a staff of over thirty-five individuals.

So why do I want to run for the Board of Directors again? Well I guess the simple answer is I love the Squad and want to continue to be instrumental in the advancement of the organization. We have accomplished a lot over the last couple of year, yet with every passing day new challenges present themselves and those challenges present opportunities, for us as an organization, to excel. Over the last two years I have worked on automating the Squad. We are in the final stages of moving from a paper dispatching system to Computer Aided Dispatching; we have upgraded our web site to include an interactive member's side; we have revamped our financial reporting, giving us the ability to generate financial statements at anytime; we have become current with our filings with the Town and no longer file extension of time for the filing of our Federal and State tax returns; we have expanded our budgeting process to provide detailed explanations for each individual account; and yet we have more to do.

Next year, with your support, I would like to continue advancing our fiscal reporting. I would like to continue to expand our budget process by adding a capital budget to our existing operating budget. This would enable us to better track our long term projects, some of which are funded over several years budgets, and better report our current operating costs. I would also like to incorporate a budget for the HCFAS funds. With the economy heading in the direction it is, we must be ever more vigilant in our spending. That vigilance begins with a realistic budget and then ensuring that spending stays within that budget. I feel I have the background and knowledge to do that.

So I am asking for your vote for Board of Director on December 8th, so I may continue my work as your Treasurer.

Happy thanksgiving!!!! Enjoy your holidays!!!

I would like to thank Tommy Romano for helping me with the driver training program this year. we turned out ten new drivers this year. remember when driving, be careful of the wet leaves on the road. since january 1st, 2008, we took in 40 members, of the 40 members 33 are still here.

This year i'm running for board of directors after two years of being a day captain and two years as first deputy. i would once again appreciate your support for this election. thank you.

*First Deputy
Greg Orr*

My name is Maureen Umberto and I am running for Monday Day Captain. I thought I would share a little bit about myself before I ask for your vote. I am a wife, mother of two boys and have called Huntington my home for my entire life.

I work professionally as a registered nurse. I have nearly twenty years of experience that spans neo-natal, pediatric ICU and geriatric care. Presently, I have a unique position as a nurse at a medical office providing pain-management.

I have learned that a good nurse must have a passion for the work, a commitment to enhancing their abilities and great people skills. I believe these are the same attributes that make a great volunteer.

I joined the Huntington Community First Aid Squad seven years ago to give back to a community that I love and to see if I could help the squad meet the challenges it faces on a daily basis. I started off providing first aid and then got my EMT certification. I put it all to work riding different days and shifts. These experiences have been very rewarding!

My first year as Day Captain provided me with many challenges and new experiences that I will not quickly forget. I greatly appreciate the outstanding service and support of my Monday crews, fellow captains and chief throughout this year. I have learned a great deal and I confident that I have demonstrated the time, skills and attitude to succeed and lead in 2009. Cast your vote for me as your Monday Day Captain and together we will continue to make a difference.

Thank you,

Maureen Umberto

To my fellow Squad member,

My name is Jeffrey Brenner # 1135; unfortunately I did not get my name on the ballot for the upcoming election. I would still appreciate your consideration for me as a write in candidate for captain for the upcoming year's officers.

For those of you who may not know me, I am a BLS provider on the Friday 1900 shift and can be found in the building from around 3pm Friday until sometime much later in the weekend, even as far as Sunday morning. I have been one of the top call runners since I have become a riding member and still continue to do so today as a driver/crewleader. In my nearly four years with HCFAS I have assist the historian, the former pulse editor, sat as the large events coordinator and I am currently an advisor to the Explorer Post 215.

When I am not at HCFAS I am a dispatcher, houseman, and EMT for other agencies and I am the Lieutenant of EMS at C.W.Post, for the last year, where I am concluding my undergraduate degree in management. These roles HCFAS and other agencies have given me the tools to lead, help solve problems, and work hard. I have worked alongside my fellow members as well as officers to resolve conflicts, handle scheduling, and get my hands dirty with the everyday work. I most enjoy spending my time instructing new members in the most critical period of their membership to learn, grow and achieve in the EMS field.

As a Captain I hope to work with you all to make your job a little less stressful and more enjoyable. On a day to day basis the members of HCFAS do an amazing job at serving our community. I hope in the year to come the officers, directors and members collaborate to be more successfully. I would appreciate your vote at the next membership meeting and I truly hope that we can all continue to come together to provide for our neighbors as we have been doing for over 40 year.

Sincerely,

Jeffrey Brenner #1135

Brothers & Sisters,

At this time, I would like to announce that I will be running as a "write-in" for the position of Chief Dispatcher for 2009. I have been a member of the Huntington Community First Aid Squad since June 2003 and I am currently an EMT and a Driver. I apologize for not being in the nominations because I had a job opportunity that did not work out because of the current economic crisis. For those of you who do not know, I have a very strong background of knowledge with dispatching in Suffolk County. I currently work for Huntington Manor, Greenlawn, Dix Hills, and East Islip Fire Districts as a dispatcher. I have a strong goal of helping this department become more professional in the job we do as dispatchers. My passion in this department is sitting in the "hot seat" in the dispatch office, and I want to share some of my professional skills with the department. Some of you have also seen me helping President Conover with teaching the Computer Aided Dispatch System. I use the same system at two other departments that I work for, and have given some insight on the system that some did not know about. So I am going to ask you, the members of HCFAS, to support me and the 2009 Officers by writing my name on the ballot, in helping this department becoming the best Ambulance Squad in New York State.

If I am not elected to the position of Chief Dispatcher, I still plan to give 110% and help out the one who is elected to the position.

Sincerely,

Brian E. Milliken #1085

End of 2008 Candidate letters

Treasurer's Report
David A. Mohr

In accordance with Article II, Section 4 of our By-Laws notice is hereby given that the annual dues are due and payable by January 1, 2009 for the upcoming year. The annual dues are three dollars (\$3). As always they can be paid while voting on Election Day, December 8th or you can also put your three dollar in an envelope with your name and membership number and put it in my mailbox.

HOLIDAY GIFT CARDS

This year we began distribution of the gift cards at the November meeting in order to get them to people in time for holiday shopping. The response was very, very good. For those of you who were unable to attend the November meeting you can pick up your card from our office manager, Justine when she is in the building, Monday –Friday. I suggest you call her first to be sure she is in at the time you plan to be there. The cards will also be available at the December GMM.

Happy Holidays,

Martha Brenner
Mb236@optonline.net

December 2008 • Service Awards

Mary Sisinni - 10 yrs.



2008 Adult Holiday Dinner December 13th
6:00—10:00pm

Come share the spirit of the Holidays!

You can sign up in the Ready Room or online under the social events for December 13th. If you have not signed up yet, please do so before December, 8th at the end of the General Membership Meeting.

2008 CHILDREN'S HOLIDAY PARTY DECEMBER 20TH
2:00PM—5:00PM

IF YOU SIGNED UP, PLEASE REMEMBER THAT IF YOU SIGNED UP, YOU MUST SHOW UP IN ORDER TO RECEIVE YOUR CHILD'S GIFT. THERE IS NO MEAL AT THIS EVENT, THE CHILDREN WILL RECEIVE COOKIES, ICE CREAM AND JUICE.

PULSE ITEMS FOR GOOD AND WELFARE

If you are aware of any thing regarding the good and welfare of a member please contact the Good and Welfare Committee and allow them to place the information in PULSE. This assures that the committee is aware of the situation, and that all members are afforded the same respect and consideration.

Martha Brenner



BASICS - December 2008

Patient Assessment - Holiday Style

By Mark Brenner



Patient assessment is arguably the most important skill for EMS personnel. Here are several patient assessment questions, phrased in a holiday perspective.

1. 'Twas the night before Christmas and you are dispatched to an elderly male, delta fall. Upon arrival you see a chubby, old man in a red suit, who is unconscious on the lawn. Next to the man is what appears to be a large, present-filled bag. While performing your scene size-up, you should:

- a. Assess his nose for skin color.
- b. Ascertain the mechanism of injury.
- c. Assess the bag for a present with your name on it.

2. From up on the housetop comes the sound of sleigh bells. You look up to the top of the two story, 25 foot tall roof and see a red sleigh and what appear to be reindeer. This information leads you to believe:

- a. The patient was kicked off the roof by the reindeer.
- b. The patient fell off the roof and, due to the mechanism of injury (MOI), should be treated in accordance with the NYS BLS Adult Trauma Protocol.
- c. The patient should be unconscious for quite a while which should afford you enough time to go through the entire bag of presents.

You respond to an elderly male, respiratory distress. You find 72 year old Mr. Tannenbaum, who was awakened with shortness of breath so severe that he cannot say his name without struggling for a breath. Among his medications is Albuterol, a bronchodilator.

3. Among your interventions, your BLS crew should:

1. Administer Oxygen
2. Administer Albuterol
3. Call for ALS
4. Transport the patient in a seated position.

- a. 1 and 2
- b. 1, 2, and 3
- c. 3
- d. 1, 3, and 4

4. What do you suspect the above patient to be experiencing?

- a. Asthma
- b. Congestive Heart Failure
- c. Atrial fibrillation
- d. Congenital Heart Fulmination

Basics Cont'd

You are dispatched to an adult female, bravo fall. While decking the halls, a 30 year old female named Noel, slipped off her step-stool, falls, and twisted her ankle.

5. While assessing the scene, you would want to:

- a. Be certain that the scene is safe
- b. Check for any extra egg nog
- c. Look around the patient's house to gather decorating tips.

6. The patient denies any loss of consciousness, denies any head, neck or back pain. She only complains of pain to her painful, swollen deformed right ankle. You should:

- a. Perform C-spine immobilization
- b. Immobilize the patient's right ankle
- c. Both a and b

City sidewalks, busy sidewalks are dressed in holiday style, but are slippery from a recent light snowfall. As the shoppers rush home with their treasures, one falls. You are dispatched to the elderly female fall, leg injury. Upon arrival, you observe that the patient is supine, in considerable pain, and one leg is shorter than the other.

7. One of your first considerations is to:

- a. Check what she has bought
- b. Assess the affected leg for a pulse
- c. Expose the affected leg
- d. Both b and c

8. You determine that the patient has a mid-shaft femur fracture. What is the immobilization device of choice?

- a. A pair of board splints
- b. A traction splint
- c. A pillow splint.

9. If you use a Hare traction splint, what must you remember to do?

- a. Keep the splint elevated especially if it does not fit on the backboard.
- b. Apply the elastic leg straps over the knee and ankle.
- c. Use the commercially made ankle hitch rather than a cravat.

ANSWERS: 1b, 2b, 3b, 4d, 5a, 6c, 7d, 8b, 9a

"Merry Christmas to all and to all a good night."



December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2  Happy Birthday! Andrew Ball Patty Salajka	3	4  Happy Birthday! Judith Hogan Maria Uliano Chris Whitcomb	5	6
7  Happy Birthday! Javier Cruz Thomas Hogan	8  Happy Birthday! Sharyn Cullen-Kutcher	9	10	11  Happy Birthday! Nancy Barker Janet Zapata David Wadsworth	12	13  Happy Birthday! Gail Glistner
14  Happy Birthday! Marc Kolpon	15  Happy Birthday! Kevin Brenner Krystal Cruz Anne Gabriel	16  Happy Birthday! Patricia Brumm	17	18	19  Happy Birthday! Ashley Taylor	20  Happy Birthday! Nancy Courtemanche
21 <i>Winter Begins</i> 2:00pm Recruitment Open House	22 <i>1st Day of Hanukkah</i>  Happy Birthday! Sally Staszak	23 	24 	25 <i>Merry Christmas</i>  Happy Birthday! Jeremy Graber	26  Happy Birthday! Robert Kleinkopf	27  Happy Birthday! Frank Guariglia
28	29  Happy Birthday! Samantha Ryan	30 	31 <i>New Year's Eve</i>  Happy Birthday! Tim Ebert			

Christmas truce

During World War I in 1914 and 1915 an unofficial Christmas truce took place. The truce began on Christmas Eve, December 24, 1914, when German troops began decorating the area around their trenches in the region of Ypres, Belgium, for Christmas. They began by placing candles on trees, then continued the celebration by singing Christmas carols, most notably *Stille Nacht* (Silent Night). The British troops in the trenches across from them responded by singing English carols. The two sides shouted Christmas greetings to each other. Soon thereafter, there were calls for visits across the "No man's land" where small gifts were exchanged. The truce also allowed a breathing spell where recently-fallen soldiers could be brought back behind their lines by burial parties. Funerals took place as soldiers from both sides mourned the dead together and paid their respects. At one funeral in No Man's Land, soldiers from both sides gathered and read a passage from Psalm 23. The truce occurred in spite of opposition at higher levels of the military command.

Benevolent Committee – Jim Barkocy

Dear Fellow Squad Members,

Though the approaching holiday season should be a time of joy, it can be a particularly trying time for those in need. The economic downturn has affected many in our community and perhaps even some in our Squad family.

I ask any members who find themselves in difficult straits to contact me either by phone or by leaving me a message in my Benevolent Committee mailbox. The Squad may be able to lend assistance. If you feel embarrassed because you think your misfortune will become public knowledge, don't be. All correspondence with me will remain strictly confidential and I will never mention your name either in public or private conversation (not even to the Board of Directors).

Finally, if good fortune continues to smile upon you, remember to be generous this holiday season and support organizations of your choice that help those in need.

Happy Holidays and all the best to you.

Town of Huntington Veterans Ceremony November 9, 2008 – Director Bob Franz

I had the honor to represent the Squad at this auspicious event. The unveiling of the final plaque on the Vietnam Memorial was a sight to behold and was the culmination of the work of a committee that started some twelve years ago. Our own Paul Kelly was on the committee from the beginning to the end. Congratulations Paul on a job well done. This was one of the best ceremonies honoring our veterans that I have ever attended. Donna Maltese, Ronnie & Dina Weinhofer also attended the event as well as associate member Bob Doyle who came in from PA to be with his dad. Bob sends his kindest regards to everyone.

Designation of Beneficiary – Bob Franz Insurance Committee Chairperson

Members wishing to check their designated beneficiary(s) on their Group Life Insurance Certificate and VFIS Accident & Sickness Policy will have an opportunity to do so on Election Day December 8, 2008 when you come in to vote. Eligible members under the squad's group life insurance program are generally covered for \$50,000 (lower amounts if over 69 years of age). Generally, all active members are covered under the Accident & Sickness policy while on duty; the death benefit is \$250,000. Forms will be available if you wish to change your beneficiary.

Your beneficiary under the LOSAP program was indicated on the 2007 LOSAP benefit statement distributed to you a couple of months ago.

One Rescue Squad Helps Another

The Helping Hands Rescue Mission is in desperate need of assistance. After one of the Squad's members read an October 2, 2008 Newsday article, Donations dip at food pantry, he knew he had to act. In the article the Rev. Rose Marie Gaines, who along with her husband Jimmie founded the mission 44 years ago, is quoted as saying "This is a disaster." In the article, Ms. Gaines goes on to say that the situation has become dire after a lean summer. They use to give away 60 bags of food a day; the day before the article they could only put together 23.

The Squad is collecting canned goods, cereal, peanut butter, jelly, tuna, pasta sauce and the basic cost-saving one-pot meals such as Rice-a-Roni and macaroni and cheese. Donations can be brought to the Squad anytime.



Good & Welfare

*Get well wishes to Eileen Burns.
We hope you are feeling better soon.*

*Speedy recovery for Norma Signorelli who was recently a
patient at Huntington Hospital.*

On November 1st there was a murder at the Squad. There were over sixty suspects, all with their own version of what happen and an alibi. After an intense investigation the murderer was identified. Most of the attendees though for sure it was Brian Canty, but his alibi of being the bartender proved true. Everyone that attended had a great time. As always, special thanks have to go out to a several members who help set-up for the event; Reeve and Mary Conover, Brian Canty, Joanne Vogel, Mark "Pram" Cappola, Karen Martin, guest Mike Biersack and of course our own photographer, Roger Winter.

Thank you to all of you.



INSTRUCTIONS FOR PROPER HANDLING OF UNIFORM DISTRIBUTION

There are several steps that must be taken in order for members to receive any item from the list of squad duty uniforms. First, the "Duty Uniform Request Form" (HCFAS Form # 118) should be completed by the member with his/her name, member # and date of request. (See #1 at bottom of form)

Then this form should be signed off by the Day Captain he/she is working under. (See Item #2 at bottom of form). This indicates to the Uniform Committee that the member is entitled to receive the requested items. The Day Captain or a person who has access to the room may fill the request, but if no one is available, the form should be placed in the Uniform Committee Box and will be filled by a member of the Committee after it has been determined that the member is entitled to the request. The member will be notified when the request has been filled.

Once the member has received the requested uniform(s) it is mandatory for that member to sign their name and number (See Item #3 at bottom of form) as well as date indicating that he/she has in fact received the uniform(s).

NOTE:

New Members are entitled to 1 pair of duty pants and 1 white short sleeve duty shirt.

Once they become an ambulance observer they would be entitled to a Reflective Sweatshirt and EPG Clothing along with an orange helmet.

After the member is off probation, they would be entitled to everything else (golf shirt, turtle neck shirt, EMS pants, cap and Class A uniform.

If anyone has any questions, you may contact one of the committee members:

Duty Uniforms: Jerry Giacomini, Chair
Oscar Gomez
Ed Billia
Bernard Hershkowitz
Donna Smith

EPG: Dominic Heavey
Joe Denimark

Class A Uniforms: Andrea Golinsky
Annette Hershkowitz

SEE REVERSE SIDE FOR FORM



Huntington Community First Aid Squad

2 Railroad Street Huntington Station, NY 11746

Duty Uniform Request Form

NAME: John Doe Member # 1234 Date of Request: 1/10

If you know your size – please note same where indicated below.

ITEM	SIZE (please circle)	# requested	* Reason	filled
Men's White Short Sleeve Duty Shirt	S M L XL 2XL			
Ladies' White Short Sleeve Duty Shirt	S M L XL 2XL			
Men's Duty Pants	W L			
Ladies' Duty Pants	Size			
EMT Pants	waist sizes			
Golf Shirt (Gray)	S M L XL 2XL 3XL			
Golf Shirt (white)	S M L XL 2XL 3XL			
Mock Turtle Neck	S M L XL 2XL 3XL			
Light Duty Jacket	S M L XL 2XL 3XL			
Sweatshirt	S M L XL 2XL 3XL			
Baseball Cap				
Reflective Vest	Size			
Other	Size			

* Reason Code: 1 – New item; 2 – Replace (old or damaged); 3 – Replace lost item; 4 – Additional item; 5 – Item returned

For Code 3 & 4, Explain

PLEASE FOLLOW THESE STEPS TO ENSURE PROPER UNIFORM DISTRIBUTION

1) MEMBER: Put completed request in your Day Captain's mailbox

2) DAY CAPTAIN: Approved: Name #

Date: Place form in Uniform Committee Box & notify committee chair

3) UNIFORM COMMITTEE: Date Received: Date Completed:

When order ready for pickup – notify Day Captain

4) MEMBER: Uniform(s) Received NAME: # DATE:

Holiday Dessert Recipes

courtesy of foodnetwork.com



Red Velvet Sandwich Cookies

Serves: 12 to 15 sandwiches

1 1/3 cups all-purpose flour

2 tablespoons cocoa powder

1 teaspoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon salt

1/4 cup butter, room temperature

1 cup sugar

2 eggs

2 tablespoons buttermilk

2 teaspoons apple cider vinegar

1 teaspoon vanilla extract

1 tablespoon red food coloring

For the Cream Cheese Frosting:

1 pound cream cheese, softened

2 sticks butter, softened

1 teaspoon vanilla extract

4 cups powdered sugar

3/4 cup finely chopped pecans, optional

Preheat oven to 375 degrees F.

Mix together flour, cocoa powder, baking powder, baking soda and salt in a small bowl.

Cream together the butter and sugar until light and fluffy, about 3 minutes. Add the eggs 1 at a time. Then beat in the buttermilk, vinegar, vanilla and red food coloring. Once combined, add the dry ingredients to wet. Mix until thoroughly combined.

Red Velvet Sandwich Cookies (cont'd)

On a parchment lined sheet tray, drop batter using an ice cream scoop, forming 2-inch round circles.

Bake for 10 minutes, until baked through. Cookies should be cake-like and light. Allow to cool for a few minutes on the baking sheet, then remove to a wire rack to cool completely.

For the Cream Cheese Frosting:

In a large mixing bowl, beat the cream cheese, butter, and vanilla together until smooth. Add the sugar and on low speed, beat until incorporated. Increase the speed to high and mix until very light and fluffy.

Spread the cream cheese frosting between 2 cooled cookies and roll the edges in finely chopped pecans, if desired.



Peppermint Bark

Serves: about 2 pounds of candy

Crushed candy canes, to yield 1 cup

2 pounds white chocolate

Peppermint flavorings, optional

Place candy canes in a plastic bag and hammer into 1/4-inch chunks or smaller. Melt the chocolate in a double boiler. Combine candy cane chunks with chocolate (add peppermint flavoring at this point if desired.) Pour mixture onto a cookie sheet layered with parchment or waxed paper and place in the refrigerator for 45 minutes or until firm. Remove from cookie sheet and break into pieces (like peanut brittle).