

A photograph of the Huntington Community First Aid Squad building, a modern structure with large glass windows and a sign that reads "HUNTINGTON COMMUNITY FIRST AID SQUAD". A large tree is in the foreground on the left, and an American flag is on the right.

THE PULSE

***THE HEARTBEAT OF THE HUNTINGTON COMMUNITY FIRST AID SQUAD
PROUDLY VOLUNTEERING SINCE 1967***

AUGUST 2023 – VOLUME 56 – ISSUE 8



***President
Fiona Witkowski***

First of all, a big “thank you” to Brian Canty for arranging all the details of the picnic again this year: negotiating a contract with Driftwood Day Camp and providing food, drinks and ice cream for everyone. Fortunately, the weather was warm and sunny. Thank you to Heidie Magerle and Joanne Vogel and anyone else who helped make this event such a success.

You can now receive follow up on your patients’ care by scanning the QR code in the EMS room at Huntington Hospital. Provided your name is on the PCR, you will get a phone call from someone at the hospital letting you know your patient’s diagnosis. This can be a great way to increase your knowledge and improve patient care, so do take advantage of this opportunity.

We are planning to begin work on renovating the first floor this month. We will be installing new flooring, new ceiling tiles, replacing the wallpaper and renovating the bathrooms and kitchen. This will involve moving furniture and a certain amount of disruption, but I think it will be worth it in the end. Please come to the next GMM and look at samples and proposed color schemes.

Questions? Submissions? Email the Editor – David Mohr at thepulse.hcfas@gmail.com
PULSE Staff – Brian Canty, Eric Kramer, Karen Martin, Sheryl Roach and Roger Winter



***Chief
Bill Connolly***

I hope everyone is enjoying the summer and had a nice Independence Day.

Thank you, to everyone who attended the Eaton's Neck Fire Department Parade, and the Huntington Manor Fire Department Parade. We had about 30 people at each. I would like to thank Captain Dominic Heavey and his Wednesday crews for helping to coordinate HMFD parade logistics despite having their own especially busy day to cover. We covered five days of standbys at the Huntington Manor Fire Department Fair. Thank you to everyone who helped on standbys. I would like to thank Chiefs Dale Bartolomeo and Keith Rubenstein as well for helping coordinating the logistics for the Huntington Manor Fire Department standbys.

The East Northport Fire Department Parade and Fair is on Wednesday, August 2nd. We will meet at HQ at 1730 and leave at 1745. The parade will start at 1900. Class B uniform is required. The Greenlawn Fire Department Parade and Fair is Thursday, August 31st. We will meet at HQ at 1730 and leave at 1745. Lineup will be at 1800 at the St. Francis of Assisi Church on Clay Pitts Road with the parade starting at 1900. Class B uniform is required. Food will be served at the lineup for the fire department parades. All parades count as probationary events. Class B uniform is navy pants, white uniform shirt, badge, nameplate, and black shoes.

Bill Connolly 2-15-30
chief@hcfas.org
631-457-0967



***1st Deputy Chief
Katie Donegan***

Thank you to the Special Events Committee for organizing yet another fun filled family picnic and to everyone who participated in the parades so far this summer. Parade and standby seasons are HERE! Look for emails and sign ups in the ready room if you are available. They are a great way to earn hours and get into the community.

Please be safe on the roads during the summer months, when children are out of school and more people are out and about, it's especially important to practice safe driving. If you are in an incident of any sort in an HCFAS vehicle, no matter how minor, you must follow the chain of command and fill out appropriate paperwork.

We are now in the second month of the third quarter of the year, and everyone needs 48 duty tour hours per quarter. The quarter ends on 09/30. Please remember to finger in and out on the SAME SHIFT. If you are going to miss a shift, plan to make up the hours by coming in early and staying late or doing another shift entirely. If you are unsure about hours or if you need to submit any adjustments, reach out to your day captain or myself. PLEASE CHECK YOUR HOURS REGULARLY AND SUBMIT ADJUSTMENTS IN A TIMELY MANNER.

To qualify for the end of year gift card, you need 36 full shifts by December 1st. These shifts will only count if they are full 4- or 8-hour tours. Please let me know if you have any questions on this. We will be posting a YTD full shift count in the next few weeks in the ready room so you can see your current standings.

Please be sure to check with your Captain if you are planning any type of leave so they can arrange for the proper paperwork to be completed. **College students especially,** make sure I have your paperwork prior to the start of your semester, so that we can arrange for your absence.

There is still **HIGH NEED** on a multitude of shifts. If you are available, consider doing one overnight a quarter or even setting up an alternating overnight with someone else. We have the same crews coming in consistently, and while we appreciate them, it is not sustainable long term, to expect 3-4 overnights out of them each week.

If you need laminated copies of your license or any certifications, please leave a copy of them in my mailbox with a note and I will get them back to you ASAP. If you are interested in becoming a Driver Trainer, please let me know. If you are interested in becoming a Driver, please leave a copy of your license in my mailbox.

If you have any concerns, please reach out to your Captain or appropriate Chief so we can assist you in a timely manner. We are always happy to answer questions and address concerns, but we must be made aware of them first. It's important to follow the communication chain of command, so issues get handled accordingly and in a timely manner.

Thank you for your continued dedication to our organization, our members, and our community. Stay safe and be kind to one another.

Katie Donegan 2-15-31
first.deputy@hcfas.org
631-275-3991



*2nd Deputy Chief
Dale Bartolomeo*

The Chiefs and Officers are pleased to announce that Robert (Bob) Delagi, Chief (Ret.) Suffolk County EMS, will be presenting a workshop on EMS Scene Safety on Monday, August 7, 2023, from 7:30 pm – 9:30 pm at headquarters.

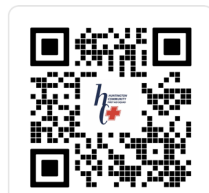
The session entitled, “Look, Listen, and Feel...it’s not just for beathing,” draws on Bob’s 45+ years of experience as a firefighter and paramedic. During his career, he became a firefighter safety officer and realized there was a need to expand this training to EMS. Bob has been a featured presenter at the annual Fire Safety Officers Association conference and will be presenting this topic in January at the conference in Phoenix, Arizona.

We are grateful that Bob will be presenting it to us first on August 7th!

CME credit will not be awarded. Please park in the commuter parking lot, and use the QR code below to register.



Dale Bartolomeo 2-15-32
second.deputy@hcfas.org
631-525-3566



BLS CPAP



12 LEAD



*3rd Deputy Chief
Keith Rubenstein*

I want to say thank you for all the support over the last month as I went through something I was not prepared to do this young in my life, lose both my parents, nine days apart from each other. Thank you, for the kind words, texts, phone calls and cards, it means a lot.

Now that I am back, I will be able to finish the work with the new check out program and roll that out soon. So, look for an email with your access information for the new program.

Please report incidents with the vehicles or equipment to thank you.

Keith Rubenstein 2-15-33
third.deputy@hcfas.org
516-404-0018

Chief Dispatcher ***Melissa Anastos***

Thank you to all who did standbys or attended the Huntington Manor Fireman's Fair. What a great turnout.

As of 2350, Sunday 7/23, we have had 3,326 calls this year with only 10 "24s". Last year, same time, we had 3,350 calls with 58 "24s". Everyone has been doing an amazing job at keeping our 24 rate down and I thank you.

Our average "2" time, so far, is 3:17. It should be between 2-3 minutes), so please try to keep that in mind when calls come in.

I will reiterate what I added last month:

- If you are a new or long-time Dispatcher and have any questions or concerns about dispatching, please reach out to me. Mike Barker or I can assist in many ways. We would be happy to sit with you, answer any questions, or help in any way.
- If you have been a riding member and are interested in dispatching, please reach out to Mike Barker or me. We can schedule a refresher course so that you feel more comfortable dispatching.

If you have any old keys for mailboxes, or need new ones, or, if you would like a pager, please contact me. If you would like to return an old pager that you no longer use, please leave it in the dispatch office with a note who it is from. I will be emailing some people in the near future who I have listed as having pagers to see if you still have one and if you still utilize it. I would like to start a "new" list of all who have pagers and this is one step in doing so.

As you may have noticed, I started listing our “weekly needs” on the white board as you walk in. It appears to be helping the Day Captains fill empty slots, and I thank all who have helped!

As always, please contact me regarding any of the above or leave a note in my mailbox.

Melissa Anastos 2-15-35
chief.dispatcher@hcfas.org
631-327-7672



Co. 1 – Sunday Captain
Marissa Linder

No Article Submitted

Marissa Linder 2-15-51
sunday.captain@hcfas.org
516-361-8859



Co. 2 – Monday Captain
Lily Poplawski

Hi everyone! Thank you all for the endless support. I know I can be pretty repetitive, but I truly appreciate each and every one of you who take time out of your day to come help.

I'll keep this month shorter (I promise). Please remember to thoroughly check out your rigs. I have been consistently finding things way out of place or incorrectly set up on the rigs such as BLS meds. If you have a question about how something is set up or where something goes, please don't be afraid to ask.

I am looking to start hosting some training on Mondays for the rest of the year. If you have a topic that interests you, please reach out to me. If you want to join the weekly Monday email, also please reach out to me. Finally, here are my current weekly needs. Have a great summer, and to my students: I am very sad to see you all leave for school again :(

0700: Crewleader (biweekly), 1100: 1 Full crew & Crewleader/Driver, 2300: 2 Full crews

I am always available by phone, and you can email me at any time, I look forward to seeing you all on Mondays.

Lily Poplawski 2-15-52
monday.captain@hcfas.org
631-374-5663



Co. 3 – Tuesday Captain
Brandon Eybergen

No Article Submitted

Brandon Eybergen 2-15-53
tuesday.captain@hcfas.org
917-510-5515



Co. 4 – Wednesday Captain
Dominic Heavey

Happy Summer to all. PLEASE, keep a check on your hours and complete those Finger Read Adjustments Forms signed by you and your Day Captain and placed in the First Deputy's mailbox.

Remember as the days get hotter during the summer months, it is important that we look after each other as well as our patients. Remember to drink plenty of water during your shift, and look out for each other.

I am always in need of help on Wednesdays, so if you have some time to spare or just make up hours, we would love to see you on Wednesday or on any other day.

VACATION HELP NEEDED

August and September

I will be out of town between August 30th and September 13th. If you can help out, please call me.

	07:00-11:00	11:00-15:00	23:00-07:00
August 30 th	Crewleader	Crewleader	Crewleader/Driver
Sep 6 th	Crewleader	Crewleader	Crewleader/Driver
Sep 13 th	Crewleader	Crewleader	Crewleader/Driver

Have a safe Summer!

Dominic Heavey 2-15-54
wednesday.captain@hcfas.org
631-742-9766



Co. 5 – Thursday Captain
Jacqueline de Bruin

Hello everyone, and thank you for all of your support this month on Thursdays. As of right now we are 24 free, thanks to your dedication. Special thanks to my fellow Captains, who consistently come in to fill the numerous empty spots day and night. We have MANY openings throughout the week on day shifts and overnight shifts, so please reach out to a Day Captain if you can help.

I'd like to take this opportunity to welcome my new member, Daniel Alnwick, to Thursday 1100. He is already an EMT, and I'm sure will be on the road very soon. I'd also like to say farewell and good luck to Thursday 0700 Brett Dowler, who departed this month on an educational leave to start Medical School. Congratulations Brett, we are all excited and proud of you.

All members should be motivated to continuously learn and train. Complacency is one of the major ways that providers make mistakes. No matter how long you've been a member, EMT, Driver, etc, I hope you take the opportunity to continue to train and learn. The people of Huntington deserve providers who are at their very best to perform care.

I would like to strongly encourage ALL members to join our many committees that are always looking for hands to help. Any interest or questions, feel free to reach out to your Day Captain, the chairperson, or officer/BOD member who oversees the committee.

Please be courteous to each other, and remember that cleaning up after ourselves and making sure our ambulances are kept in shape is one of the best ways to show each other respect. Keep taking care of each other and stay safe.

Jacqueline de Bruin 2-15-55
thursday.captain@hcfas.org
631-912-6650



*Co. 6 – Friday Captain
John Stevens*

No Article Submitted

John Stevens 2-15-56
friday.captain@hcfas.org
631-626-9854

*Co. 7 – Saturday Captain
Matthew Philip*

No Article Submitted

Matthew Philip 2-15-57
saturday.captain@hcfas.org
631-559-5989



*Directors Article
Robert Franz*

LOSAP 2023 Points

The 2023 LOSAP Point listing posted on the bulletin board is being updated periodically. It is requested that each member review their points and report in writing any discrepancies to the LOSAP point committee. All review trainings must be completed & submitted by December 31, 2023 to be eligible for LOSAP points for 2023. Review Trainings should be completed on a monthly basis.

NYS Volunteer Ambulance and Rescue Association Scholarship-Deadline August 15th

The NYS Volunteer Ambulance and Rescue Association scholarship application can be found on their website www.nysvara.org or on the bulletin board & must be received by August 15, 2023 (applications postmarked later than the deadline August 15, 2023 will not be considered). This scholarship is open to squad members and post 215 members. Each year the NYSVARA provides up to three \$500 scholarships. Scholarships are awarded on the basis of merit as determined by The Scholarship Committee of the Association, whose decisions are final. Applicant must be a

high school senior in good academic standing and graduating in June of the year applying or an adult member furthering their education. Applicant must have applied to and be planning to enroll and pursue a course of study in an accredited college or university.

The Suffolk Educational program for Retention in the Voluntary Emergency Service (SERVES)

The SERVES Administrative Guide has been updated – Suffolk County residents may attend a college or university in Suffolk or Nassau County or take on line courses from accredited institutions of higher education. Applications must be submitted no later than the 8th Friday of the academic calendar.

Go to www.suffolksbravest.com for the guide.

2023 HCFAS Scholarships

The scholarship recipients are: Alexander Hastava, Noah Ramos, Matthew Philip, Michelle Franco, Veera Naeaetsaari, Ilana Mesnick, daughter of Andrew Mesnick, Shannon Poole, daughter of Bernard Poole and Amanda Treulich, daughter of Laura Treulich. Congratulations.



Proposed By-Law Change 01-2023

Proposal:

To clarify majority definitions within the By-Laws.

Background/Justification:

A question was asked about majorities and after a review it was determined that our By-Laws do not adequately define majorities. When the question was asked of our attorney, his answer was “in the absence of clear direction or qualification in the by-laws, we revert to Robert’s Rules.

“A *two-thirds vote* – when the term is unqualified – means at least two thirds of votes cast by persons entitled to vote at a regular or properly called meeting.”

Robert’s Rules of Order, 11th Edition p. 401, section 44.

An Ad Hoc Committee was created to address the issue and make recommendations for changes to bring our By-Laws in line with our common practices. Three members were asked to participate on the Committee, led by the Chair of the By-Laws and SOP Committee. Mark Brenner, Brian Canty, and John Palmieri agreed to take on the task. With over 160 years of experience, including being Past Presidents, Vice-Presidents, Treasurers, Secretaries, Ex-Chiefs, Deputy Chiefs and Captains, they joined with our attorney to draft this Proposed By-Law Change, the purpose of which is to define majorities and supermajorities in our By-Laws. While we all agreed we knew what common practices were, we also agreed that it wasn't adequately defined within the By-Laws. After a couple of meetings and emails back and forth, the following Proposed By-Law Change is presented.

The term “Operational Officers” is used in several places in the By-Laws, but is not actually defined. To conform the By-Laws to past practice and common understanding, our attorney recommends the following amendment to Article VI, Section 2.

The term “Special Meetings” is used in Article VI, Section 5 and in Article VIII, Section 4. From context, both these references refer to Special Meetings of the Membership. Because Special Meetings may also be called for Directors or Officers, our attorney made the following recommend amendment to Article VIII, Section 4.

There are provisions of the By-Laws requiring a supermajority vote. Historically, at membership meetings, once there is a quorum, the Squad has calculated the supermajority based on those present. This is practical, since attaining attendance of a supermajority of all eligible members is unlikely. In the case of Board and Operational Officers meetings, however, there is a sense that the supermajority on certain weighty matters should be of the entire Board or entire group of Operational Officers, not merely a quorum. Our attorney made the following recommendation to amendment Article VIII to add a Section 5.

Change (additions are underlined and deletions are ~~stricken~~):

Article VI, Section 2 – Meetings of the Operational Officers.

The Operational Officers shall meet at least once each month, at a time and place designated by the Chief. For Quorum Purposes, Operational Officers shall include those elected by the membership, the Squad Chief, the 1st Deputy Squad Chief, the 2nd Deputy Squad Chief, the 3rd Deputy Squad Chief, the Chief Dispatcher, and the seven Captains.

Article VI, Section 5 – Special Meetings

Special Meetings of the membership may be called by the President or the Board of Directors at their discretion. Upon the written request of one-third of the eligible voting members of the membership, the Board of Directors shall call a special meeting of the membership to consider a specific subject.

ARTICLE VIII, SECTION 1 – The necessary quorum, for any meeting, needs to be physically present at the Squad in order for the meeting to take place. Additionally, a two-thirds majority is meant to mean of the entire body, not just those present, unless otherwise stated.

ARTICLE VIII, SECTION ~~1~~ 2 – BOARD OF DIRECTORS - QUORUM

A quorum for the Board of Directors shall consist of five members of the Board. ~~The necessary quorum needs to be physically present at the Squad in order for a Directors' meeting to take place.~~

ARTICLE VIII, SECTION ~~2~~ 3 – OPERATIONAL OFFICERS - QUORUM

A quorum for the Operational Officers shall consist of seven members of the Operational Officers.

ARTICLE VIII, SECTION ~~3~~ 4 – GENERAL MEETINGS - QUORUM

A quorum for regular meetings of members shall consist of 50 eligible voting members.

ARTICLE VIII, SECTION ~~4~~ 5 – SPECIAL MEETINGS OF THE MEMBERSHIP - QUORUM

A quorum for special meetings of the membership shall consist of one-third of the eligible voting members.

Add Article VIII Section 6 – Supermajority Votes

Wherever in these by-laws a supermajority vote is required:

1. In the case of Meetings of the Membership, the supermajority shall be of the quorum of members present.
2. In the case of Meetings of the Board of Directors or of the Operational Officers, the supermajority shall be of the entire body, notwithstanding that a quorum may be present, except as to Article III, Section 9 - Suspension/Expulsion, where the language of the Section shall control.

Proposers

Mark Brenner #449 /s/ _____

Brian Canty #757 /s/ _____

John Palmieri #499 /s/ _____

Proposed By-Law Change 02-2023

Proposal:

Amend the process for Life Membership

Background/Justification:

This year, we have 60 members eligible for Life Membership. One of these eligible candidates has been a member for 40 years. Fifteen candidates have been serving our community for over 25 years. Our neighboring fire departments have solved this same problem by awarding Life Member status to all active members after 25 years of service and can only vote if they retain their active status.

Our outdated By-Law requires members to have “given of their time and effort in active service above and beyond the call of duty”. Surely, any member who has given of their time and effort for 25 years has gone above and beyond the call of duty. The By-Laws do not specify what “above and beyond” entails. By amending the By-Law to bestow Life Membership on all active members who have passed their 25th year of service, then their service, not their popularity, would become the criteria for achievement. The title of the award designates the achievement for members who have been for 25 years already, “Life Members”.

A byproduct of this action might be the retention of more members who may feel that this inequality has been erased and all service, no matter when it is provided, is appreciated by the Organization.

Change (additions are underlined and deletions are ~~stricken~~):

ARTICLE III, Section 6 - Life Membership

~~The Board of Directors shall be empowered to bestow Life Membership to not more than four members during a calendar year. Notwithstanding the limitation on the number of life memberships to be conferred in any one year, the award of posthumous life memberships shall not be limited and shall not be counted toward the limitation on the number of life memberships that may be awarded. Each candidate must be approved by a two-thirds vote of the Board of Directors.~~

~~Candidates for Life Membership shall be chosen from members who have given of their time and effort in active service above and beyond the call of duty. Except for extremely extenuating circumstances candidates must have maintained active membership for at least fifteen years.~~

~~In July of each year a Life Membership Selection Committee will be appointed by the President. This committee will be made up of 9 members as follows:~~

- ~~— Three current Life members who are not currently Operational Officers or Directors~~
- ~~— Two current Operational Officers who are not Life members~~
- ~~— Two past Operational Officers or Directors who may or may not be Life members~~
- ~~— Two active non-probationary members who are not Life members and are not Operational Officers~~

~~The Selection Committee shall elect a chairperson from the nine members appointed to the committee.~~

~~The First Deputy Chief shall supply the Committee chairperson with a list of all members eligible for Life membership and their membership profiles no latter than August 1.~~

~~The Committee chairperson shall send this profile to each eligible member for review and update.~~

~~The Selection committee as a whole will review all profiles and discuss each candidate. The Board Secretary will attend the final committee meeting. At this meeting each committee member will vote, by secret ballot for no more than eight life membership candidates. The Committee chairperson and the Board Secretary will count the ballots and form the selection committee's prioritized recommendation based on the number of votes cast for each candidate. At this point the ballots will be destroyed.~~

~~Fourteen days prior to the first Board of Directors Meeting in October, each Board member will receive a listing of all eligible members indicating at a minimum: member's name, address, data~~

~~of acceptance, date of birth, and current status, and a copy of each member's updated profile from the Committee Chairperson.~~

~~The committee chair will present the list of candidates in prioritized form to the Board of Directors at the first Board meeting in October in executive session. The committee chairperson will attend the meeting only to answer questions as to the committee's overall view. The committee chairperson will not be present when the Board votes on the candidates. The Board alone has the authority to bestow life membership from among all eligible candidates.~~

~~The committee shall be discharged immediately following the Board vote.~~

Upon reaching the 25th anniversary of Active Membership, a member becomes eligible for a classification change to Life Membership. The First Deputy Chief will compile a profile of each member which will contain the member's name, address, date of acceptance, current status, and an updated member history.

Fourteen days prior to the first Board meeting in October, the First Deputy Chief will provide each Board member with the profiles of the eligible candidates for classification change to Life Member for that calendar year. The Board of Directors shall meet in executive session to discuss the candidates.

The Board of Directors, alone, has the authority to bestow Life Membership classification on members who have maintained Active Membership for twenty-five (25) years. The Board of Directors will examine the profiles of the eligible members to determine that the candidates have the required length of active service. Each candidate for Life Membership must be approved by a two-thirds vote of the Board of Directors.

Upon the classification change from Active to Life Member, the member shall be awarded specific refinements in certain aspects of Squad participation.

Life members shall be entitled to participate in all Squad functions. Life members shall not pay annual membership dues. Only Active Life members will maintain their right to vote.

Active Life members shall be required to follow all regular rules of active membership (e.g. time on duty, maintaining a shift, or for administrative members, maintaining committee time, and follow personal and medical LOA regulations).

Active Life members who choose to become inactive must advise the Secretary of the Corporation and the First Deputy Chief, in writing, of this request. This member becomes inactive immediately upon Board approval.

Inactive Life members may return to active status with the approval of the Board of Directors and the Operational Officers, and need not reapply through the Membership Committee. They must meet all training requirements as required. Life members off active operational status for a period of one year or more must submit a physical examination form to the Board of Directors, along with the request to resume active status. The physical exam shall not be required of Life members resuming active administrative status.

Proposers

John Palmieri #499 _____

Elizabeth Steenson #820 _____

Bernard Poole #872 _____

Proposed SOP Change 01-2023

Proposal:

To update the Good and Welfare Committee Guidelines to more properly align themselves with current practice.

Background/Justification:

Update and clarify when plaques are to be given.

Change (additions are underlined and deletions are ~~stricken~~):

Article IX, Section 5, Paragraph 1, Plaque Standards:

1. Plaque Standards:

The Squad honors the outgoing Board and Operational Officers ~~at the Installation Dinner~~ with plaques commemorating their service. Plaques will be presented after the board member/officer leaves office. The outgoing President and Chief will be awarded their plaque at the following Installation Dinner. Their plaque shall include their dates in that position and a copy of their badge. ~~Committee Chairpersons receive their awards at the December General Membership meeting. Certificates of Appreciation also may be issued by the President and Chief to committee members and others who have contributed with extra effort during the year.~~ All Officers and Board members will receive a plaque only for their time in office (and not for their committee work as well) although mention of their committee work should be made at the December General Membership meeting. Their plaque

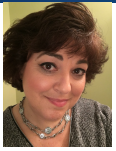
shall include their dates in that position. Life and Honorary Membership plaques will be given to their recipients at the Installation Dinner.

Title	Plaque Size
All BOD Members including the Squad Chief (#)	10" x 13"
All Outgoing BOD Members, Chief Officers and 1st, 2nd, 3rd Deputies and Chief Dispatcher	10" x 13"
Outgoing Day Captains	9" x 12"
Committee Chairpersons (##)	7" x 9"
Life Members	10" x 13"
Honorary Members	9" x 12"

~~# President and Squad Chief's plaques will include copies of their badges~~

~~### If a member is chairperson of two or more committees, then they will receive an 8" x 10" plaque with all committees listed.~~





Welcoming Our New Members *Sheryl Roach*

**Welcome new member Stephen Ryga #1704,
who is on the Monday 1100 shift.**



Stephen has been friends with Eve Pollack for over 20 years, and wanted to join HCFAS after hearing Eve talk about how we are a 2nd family to her, and how she loves the camaraderie and the experience of helping others.

Stephen is from Oyster Bay and he has an educational background in Finance and Environmental Science. He has worked at the CSH Fish Hatchery, and currently works at Jones Beach as a Project Manager. He is looking forward to starting an EMT class in the near future.

Fun fact: Stephen is a Certified Scuba Wreck Diver and aspires to become a Rescue Diver!

Please welcome Stephen to our HCFAS family!

**Welcome new member Dan Jian #1705,
who is on the Friday 0700 shift.**

Dan is from Brooklyn and is a graduate of Stuyvesant High School, which is a prestigious and specialized HS in NYC. While living in Brooklyn, he was a member of the Bravo Ambulance Youth Squad, which is the equivalent of our Post 215. He has since moved to Long Island and is currently a Sophomore at Stony Brook University, majoring in Biochemistry with future aspirations of becoming a physician. He is enrolled in an EMT course at Nassau Academy that is ending in August, and he is looking forward to becoming a Crewleader.

Fun fact: Dan loves to run, listen to music, and play with his Golden Retriever, Sunny!



Please welcome Dan to our HCFAS family!

**Welcome new member Peyton Kalb #1706,
who is on the Sunday 1900 shift.**



Please welcome Peyton to our HCFAS family!

Peyton's parents were members who met, and fell in love at HCFAS.

Peyton became an EMT in 2022 and loved volunteering while in college. She is a recent graduate of the University at Albany where she majored in Human Biology-PreMed track, and minored in Spanish.

Her goal is to eventually attend PA school and learn ASL.

Peyton just started a full-time position at Huntington Hospital as a Medical Scribe.

Fun fact: Peyton loves to read and play with her Shepherd/Dachshund mix dog named Dolly, and she is Bilingual: English & Spanish!

Kate came to HCFAS on the advice of her school classmate at Our Lady of Mercy, Jackie Callinan, to join Post 215, where she was an active member for 4 years.

She is currently a Junior at Boston College on a PreMed track and hopes to become a Pediatrician.

Kate became an EMT in 2020, has completed dispatch training, and will soon be in the ACL program.

Fun fact: Kate is from Massapequa and loves to play with her dog, Pippin, a Great Dane who is 180 pounds!

**Welcome new member Kate Serpe #1707,
who is on the Sunday 1500 shift.**



Please welcome Kate to our HCFAS family!

**Welcome new member Danny Alnwick #1708,
who is on the Thursday 1100 shift.**



Danny came to HCFAS on the recommendation of a family friend, member Evelyn Cruise. He is currently a Senior at the University of Maryland majoring in Biology PreMed track. He became an EMT in 2022 and is looking forward to learning more about EMS and becoming a Crewleader.

When he is not volunteering, Danny loves to cook. You can follow him on Instagram @chef.skii

Fun fact: Danny is an avid and skilled skier, who started skiing at age 2. He has skied in the United States and Canada, and hopes to one day be able to ski in Europe!

Please welcome Danny to our HCFAS family!





Basics – August 2023
Fire Standbys/Firefighter Rehab
Mark Brenner, CIC

It seems that HCFAS is dispatched to a number of fire standbys during the summer months. Keep in mind that in hot weather, we should also be thinking about rehabilitation. Thanks for all you do. Stay safe. Stay hydrated.

1. At a fire standby, where should you park the ambulance?
 - a. Upwind
 - b. Downwind
2. Routine medical monitoring in the emergency rehab sector consists of the measurement of:
 - a. Heart rate
 - b. Orally acquired body temperature
 - c. Blood pressure
 - d. All the above
 - e. Only A & B
3. When performing routine medical monitoring, an ePCR is required to be completed for each person being monitored.
 - a. True
 - b. False – An Emergency Incident Rehab Log Sheet should be used.
4. If at any time an emergency responder presents with a chief complaint, signs/symptoms, or abnormal vital signs, the responder becomes a patient and an ePCR is required.
 - a. True
 - b. False
5. The three components of Emergency Incident Rehab are:
 - a. Rest, Rehydration Strategy, Evaluation
 - b. Coffee, Carbohydrates, Companionship
 - c. Rest, Vital Signs, Active Cooling
 - d. Evaluation, Rehydration, Stretching
6. Firefighters should follow the “_____ air bottle rule” or _____ minutes work time maximum.
 - a. 1/20
 - b. 2/30
 - c. 2/45
 - d. 3/45

7. The emergency responder should be rehydrated with at least _____ ounces of water or sports drink.
 - a. 8
 - b. 12
 - c. 16
 - d. 24
8. During the evaluation phase, the emergency responder should be evaluated for:
 - a. Behavioral changes, change in affect, loss of motor coordination/dexterity, or emotional decompensation.
 - b. Heart rate and oral body temperature
 - c. Blood pressure and blood glucose level
 - d. Both A & B
9. If the responder's temperature is greater than 100.6F, do not allow them to don PPE for the remainder of the event.
 - a. True
 - b. False
10. If the emergency responder's heart rate is greater than 100 bpm and their temperature is less than 100.6F, an additional ten-minute rest period is indicated.
 - a. True
 - b. False
11. If the emergency responder's heart rate does not return to normal after 20 minutes continuous rest, they become a patient and are transported to the closest emergency department.
 - a. True
 - b. False
12. At any time that an emergency responder complains of an injury or expresses any chief complaint, or has abnormal vital signs, he/she becomes a patient, and all applicable policies and protocols must be followed.
 - a. True
 - b. False
13. An emergency responder at a major incident expresses they have a headache. This can be a major sign of dehydration.
 - a. True
 - b. False
14. SpCO evaluation is **NEVER** to be used during the evaluation phase of incident rehab.
 - a. True
 - b. False

15. For an SpCO greater than or equal ($\geq$) to 12%, treat with 100% oxygen and transport to the closest emergency room.
- True
 - False
16. For an SpCO of less than ($<$) 12%, BUT signs of CO exposure are present, you should treat with 100% oxygen and transport to the closest emergency department.
- True
 - False
17. For an SpCO reading of less than ($<$) 12% and NO SIGNS of CO exposure and normal vital signs, no further medical monitoring is needed.
- True
 - False
18. According to the HCFAS SOPs, two (2) ambulances are to be dispatched to a fire standby. Where should they be staged?
- As close to the incident commander as is possible.
 - Ideally, one on either end of the street
 - Downwind from the scene
 - All the above
19. If responding from headquarters, the first responding ambulance to a fire standby is to take:
- Ice
 - The Cyanokit
20. After two ambulances are dispatched to the scene, if sufficient personnel respond to headquarters, 2-15-25 is to be dispatched to the event.
- True
 - False

Answers at the end of the Pulse





Squad Sightings
Roger Winter

FACES

The many faces of HCFAS

(L-R) Leyda Mata, Angie Mata, Brian Block
Tom Hogan, Ex. Chief Mike Como
Liam Komatsu, Bency Jean Baptiste, Alissa Barber

A photo of two young women, Leyda and Angie Mata, smiling. They are wearing blue shirts. A Texas state flag is visible in the background.

A portrait of Brian Block, a man with glasses and a grey baseball cap, wearing a grey button-down shirt.

A photo of two men, Tom Hogan and Ex. Chief Mike Como, smiling. Tom is wearing glasses and a white shirt, while Mike is wearing a dark blue polo shirt. A wall with many patches is visible in the background.

A portrait of Liam Komatsu, a young man with short dark hair, wearing a grey t-shirt with "HCFAS" on it.

A portrait of Bency Jean Baptiste, a man with a beard and short dark hair, wearing a dark blue polo shirt.

A portrait of Alissa Barber, a young woman with long blonde hair, smiling.

**July 2023 General Membership Meeting, Ex. Chief Tom Lemp
Suffolk County Award, Election of Captain, Eaton's Neck Fire
Department 4th of July Parade, New Medical Director Dr. David
Neubert, Three of a sixteen, Scholarship Winners, Picnic Pictures,
Huntington Manor Fireman's Parade and Fair. Thank you to Brian
Canty,**



**Ex. Chief Tom Lemp accepting his Suffolk County Healthcare Hero Award
for 2023. The award is presented to him by Suffolk County Legislator (18th
District) Stephanie Bontempi. Standing with Tom is his wife Mary Lemp
and Carol Nucci**



**Captain James Kelly Hi Guys, firstly, I want to give
a sincere and heartfelt thanks for electing me
for your next captain. I am truly honored to have
been supported by the department and very
excited to begin working for you all!**

Standing with Chief Connolly is Noah Ramos and Brian Canty. Winners of the Three on a Sixteen.



2023 Huntington Community First Aid Squad Scholarship Winners

Standing with President Fiona Witkowski and Chief Bill Connolly is Alexander Hastava #1576 and Noah Ramos # 1674.

Scholarship Winners not pictured Ilana Mesnick (daughter of Andrew Mesnick #1588), Shannon Poole (daughter of Bernard Poole #872), Amanda Treulich (daughter of Laura Treulich #743), Captain Matthew Philip #1631.



New HCFAS Medical Director

**Standing with Chief Bill Connolly and President Fiona Witkowski is
Dr. David Patrick Neubert, MD.**

**Please join the officers, board members and me to welcome our new Medical
Director, Dr. David Patrick Neubert, MD.**

**Dr. Neubert is an attending emergency room physician at Mount Sinai South
Nassau in Oceanside, New York. In addition, he is the Director of EMS and the
Emergency Medical Director of the Town of Hempstead and the Medical Director
of Commack Volunteer Ambulance Corps.**

**Dr. Neubert is personable and has a plethora of knowledge. He will be riding the
ambulance with us from time to time.**

Dr. Neubert was introduced at the July 2023 General Membership Meeting.



Eaton's Neck Fire Department is hosting their Annual Fourth of July Water Fight/Parade

Uniform is shorts or bathing suit and an HCFAS shirt. Bring a water gun if you have.





Huntington Manor Fireman's Parade and Standby for the Fireman's Fair 2023







HCFAS Annual Picnic 2023
Thank you Ex. Chief Brian Canty for arranging the Picnic at the Driftwood Day Camp







Blast from the Past Mary Winter Historian

In **1968**, HCFAS, just a year old, had 1,044 calls. Bob Loysch #56 and Annette Hershkowitz #82 joined and are still with us!!

In **1978**, we had 3,509 calls and were using skis (forerunner of the scoop). And God help us, Roger Winter #496 and John Palmieri #499 joined and are still in almost as much trouble today as they were back then.

By **1988**, the call number jumped to 4,024. Eileen Burns #767 and Mary Jane Woznick #769 joined and are still here.

In **1998**, our call volume went down to 3,890. Mary Sissini #962 joined us.

The biggest event of that decade was our move to new (old) temporary headquarters at 156 Railroad – a warehouse building where we installed trailers to work from while our new building was being built. It wasn't the best or most comfortable situation but as usual, HCFAS made the best of it and continued doing its outstanding job. Boy did we appreciate our wonderful new building when we finally were able to move in

That's all the "past" news for this month. Next month look for some pictures!



Birthdays

8/2 – Dominic Heavey #973
8/2 – Meaghan Allison #1244
8/2 – Elizabeth Bernfeld #1565
8/3 – Lorrie Stone #1150
8/5 – Ann Maloney #921
8/6 – Hugh O'Brien #853
8/7 – Bruce Hafner #1158
8/7 – Maria Aviles #1455
8/8 – Michael Barker #862
8/8 – Richard Stone #1149
8/8 – John Palmieri #499
8/10 – Keith Tamayo #1592
8/11 – Alexander Hastava #1576
8/12 – Vanessa Cortez-Hernandez #1502
8/13 – Felix Medina #1542
8/15 – Melissa Anastos #1309
8/17 – Brandon Eybergen #1512
8/18 – Thomas Lemp #979
8/18 – Steven Benjamin #1475
8/21 – Bernard Poole #872
8/25 – Monica Rios #1693
8/26 – Suzie Biagi #1251
8/26 – Loreley Villamide-Herrera #1370
8/29 – Mary Woznick #769
8/30 – Christy Stiles #1024
8/30 – Margaret Coyle #1247
8/30 – Selena Ortiz #1632

In Mourning

It is with great sadness that we announce the passing of Nancy and Michael Rubenstein, mother and father of Deputy Chief Keith Rubenstein.

Congratulations

Congratulations to Roxanne Cortes #1521 and Paul Carvajal #1692 on the birth of the son Jovani Michael on July 12th.

Length of Service

20 Years

Angelina Kalodukas #1090
Paul Terenzi #1094

Meetings

8/14 - 1930 General Membership,
Dinner starts at 1830
8/10 - 1900 Board of Directors

9/11 - 1930 General Membership,
Dinner starts at 1830
9/14 - 1900 Board of Directors



Medical Word Search

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

WORD LIST:

BACTERIA	NOSE
BALANCE	NURSE
BLOOD	NUTRITION
BONES	PAIN
CELL	PULSE
COUGH	RASH
DIGESTION	SKIN
DOCTOR	STETHOSCOPE
EARS	STOMACH
EXERCISE	SWALLOW
FEVER	SYMPTOM
GERMS	TEETH
HEADACHE	THERMOMETER
HEART	TONGUE
LUNGS	TONSILS
MEDICATION	VIRUS
MUSCLE	VISION

Answers at the end of the Pulse

Recipe of the Month
Lisa Mohr
Broccoli Salad



You will need:

- 1 head of broccoli cut into bite size pieces
- 10 slices bacon cooked and chopped
- 1/4 cup chopped red onion
- 1 cup halved seedless red grapes

Dressing:

- 1 cup mayonnaise
- 2 tablespoons sugar
- 3 tablespoons white wine vinegar

Directions:

- ~ Whisk dressing ingredients
- ~ Add to bite sized broccoli at least 3 hours or overnight
- ~ Right before serving, add red onions, grapes and bacon and toss



HCFAS Discounts – David Mohr

There are many places that offer discounts to Squad members. Even if you don't know if they do or don't, it doesn't hurt to ask. I have had times when I asked and the answer was "we don't, but hold on" and they would talk to a manager/owner and in the end a discount was given. Below are just some of the places that offer discounts to Squad members.

If you know of a place that offers a discount to members, please email me at davidmohr@yahoo.com

Always have and show your Squad Membership card.



946 New York Avenue – 631-385-4444 – 10% Discount



9 East Carver Street – 631-427-0514 – 15% Discount



720 Walt Whitman Road – 10% Discount



1933 New York Avenue - 10% Discount

Flowerdale by Patty
"Elegance with a personal touch"



340 West Jericho Turnpike – 631-659-3111 – 10% Discount



9 Wall Street – 631-271-3540 – 15% Discount



247 Broadway Greenlawn Road – 631-740-3155 – 20% Discount



60 Main Street – 631-421-4242 - \$50 Initiation Waived & 20% off Membership Fee



800 New York Avenue – 631-423-0200 – 15% Discount



16 West Jericho Turnpike – 631-271-2277 – 15% Discount



50 Stewart Avenue – 631-350-2335 – 10% Discount



355 New York Ave. – 631-663-0100 – 15% Discount

Others: LL Bean 10% discount, Timberland (Deer Park Outlets) 10% discount, Vera Bradley (Deer Park Outlets) 10% off 1 item

Answers: 1A, 2E, 3B, 4A, 5A, 6C, 7B, 8D, 9A, 10A, 11A, 12A, 13A, 14B, 15A, 16A, 17A, 18B, 19B, 20A

