



THE PULSE

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

AUGUST 2022 – VOLUME 55 – ISSUE 8



***President
Fiona Witkowski***

Happy August everyone! And thank you for being a member of HCFAS.

On Saturday August 13th we will be holding our annual picnic at the Driftwood Day Camp in Melville. Members and their children are invited to attend, but you must be a member in good standing, and up-to-date with your review trainings in order to be eligible to attend. Brian Canty has put a sign-up sheet in the ready room.

The Board of Directors approved the hiring of four new paid paramedics: Zack Harrington, Nelson Lopez, Paul Rittenhouse, and Sean Rossner. Paul was a member in the past, volunteering on Wednesdays as an EMT-CC. Congratulations to Megan Killeen (née Mudrack) on her marriage to TJ! Having more paramedics to fill our busy schedule has improved morale.

There are three proposed By-Law changes and two proposed SOP changes in this copy of the Pulse. Please read them carefully to familiarize yourself with what the proposers aim to achieve and talk to them if you have questions. Plan to attend the next GMM so that we can vote on these changes.

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

Educational scholarships are available through NYSVARA and the SERVES Program. NYSVARA's deadline for applications is August 15th, and SERVES' is October 1st. If you are interested in applying for one of these scholarships, please read the administrative guide on these links to see whether you qualify:

https://www.nysvara.org/pulseCheck/2022/2022_ScholarshipApplication.pdf
<http://www.suffolksbravest.com/pdf/currentSERVESguide.pdf>

“Education is the most powerful weapon which you can use to change the world.”
- Nelson Mandela



***Chief
David Kaufman***

I hope everyone had a nice Independence Day.

We received the statistics from the blood drive and we had another successful event with 88 total donations.

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 parade. I would like to thank Captain Dominic Heavey and his Wednesday colleagues 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 out on standbys. We did have several transports from the event over the course of the week. Chief Dale Bartolomeo coordinated our efforts with Huntington Manor Fire Department.

The East Northport Fire Department Parade and Fair is on Wednesday August 3rd. We will meet at HQ at 1730 and leave at 1745. The parade will start at 1900. Class B uniform.

The Greenlawn Fire Department Parade and Fair is Thursday September 1st. 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.

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.

We are beginning to prepare for the fall festival with our Emergency Medical Action Plan already submitted. We are a little more than two months away. The sign-up sheets for this will be posted in the ready room.

As always, please remember to do checkouts and review trainings.

Thank you for everything you do. Even in the heat and thunderstorms of the past few weeks, you continue to answer calls and do an outstanding job of helping our community

Enjoy the rest of your summer.

David Kaufman 2-15-30



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

HCFAS, to me, has always been a place of joy. Being a member here truly feels like being part of something bigger, part of a family. There is a sense of purpose and camaraderie that comes with being a member. Returning to ‘normalcy’ after facing the hardest days of a pandemic that affected us all is hard. Coming back to communities you were once a part of after so many days of living in our own bubbles has so many challenges, but so many joys as well. When we face these difficulties, especially as members of HCFAS, it’s important we remind ourselves of our purpose and why we are here, to help our community and the greater good. While we may have personal differences and internal conflicts, we are all truly here to do the same work, and I myself need some reminders from time to time. Remembering that and going forward to keep doing the work we do and caring for and respecting one another is what makes this place not just run, but thrive. Thank you to those of you who put in the time, the effort, and the joy that keeps HCFAS alive.

We are officially in the second month of the third quarter of the year, and everyone needs 48 hours per quarter. The quarter ends 9/30. 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. Please check your hours regularly and submit any necessary adjustments. If you are unsure about hours or about if you need to submit any adjustments, reach out to your Day Captain or myself. To qualify for the end of year gift card, you need to have 36 shifts (full 4 or 8 hours) by December 1st.

Thank you to those of you who have attended events, parades and completed standbys so far this year! Your participation is greatly appreciated. With that being said, there are still a number of parades and standbys left for the rest of the year! These are great times to get together and get to know some new members!

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 OR a Driver Trainer, please let me know.

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.

Katie Donegan 2-15-31



***2nd Deputy Chief
Dale Bartolomeo***

Hope Everyone is doing well!!

Please complete all monthly review trainings on a monthly basis.

Please remember to get insurance info on all calls!!!

Please remember all PCR's are supposed to be completed and faxed within four hours. At the very least by the end of the day!! We are starting to see a lot of unfinished PCR's left in ESO!! **THIS HAS TO STOP!!!** Please make sure they are finished before the end of the day. If there is an issue, then please reach out to your captain and/or me so we can fix the problem.

Anyone who needs to take a CPR, BLS CPAP Class, or BLS 12 Lead please use this QR codes in the building to register.

Hope everyone has a good month!!

Dale Bartolomeo 2-15-32



***3rd Deputy Chief
Bill Connolly***

Below is an Executive Summary from a report on the impact of legalization of marijuana prepared by The Rocky Mountain High Intensity Drug Trafficking Area (RMHIDTA). The purpose of this is to highlight the anticipated storm of problems in New York State which will present challenges to the squad.

RMHIDTA has published annual reports every year since 2013 tracking the impact of legalizing recreational marijuana in Colorado. The purpose is to provide data and information so that policy makers and citizens can make informed decisions on the issue of marijuana legalization. This year (2018) RMHIDTA elected to provide an update to the 2017 Volume 5 report rather than a separate detailed report.

Section I: Traffic Fatalities & Impaired Driving

- Since recreational marijuana was legalized, marijuana related traffic deaths increased 151 percent while all Colorado traffic deaths increased 35 percent
- Since recreational marijuana was legalized, traffic deaths involving drivers who tested positive for marijuana more than doubled from 55 in 2013 to 138 people killed in 2017. This equates to one person killed every 2 ½ days compared to one person killed every 6 ½ days.
- The percentage of all Colorado traffic deaths that were marijuana related increased from 11.43 percent in 2013 to 21.3 percent in 2017.

Section II: Marijuana Use

- Colorado past month marijuana use shows a 45 percent increase in comparing the three-year average prior to recreational marijuana being legalized to the three years after legalization.
- Colorado past month marijuana use for ages 12 and older is ranked 3rd in the nation and is 85 percent higher than the national average

Section III: Public Health

- The yearly rate of emergency department visits related to marijuana increased 52 percent after the legalization of recreational marijuana. (2012 compared to 2016)

- The yearly rate of marijuana-related hospitalizations increased 148 percent after the legalization of recreational marijuana. (2012 compared to 2016)
- Marijuana-only exposures more than tripled in the five-year average (2013-2017) since Colorado legalized recreational marijuana compared to the five-year average (2008-2012) prior to legalization.

Bill Connolly 2-15-33



***Chief Dispatcher
Mike Capotosto***

No Article Submitted

Mike Capotosto 2-15-35



***Co. 1 – Sunday Captain
Jacob Levinsky***

Hello everyone and happy August. I hope everyone has been good and staying healthy. I would like to thank everyone who has helped out on Sundays: Tom Schirripa, Jeff O'Neill, Andrew Taylor, Colin Weigele, Jackie DeBruin, Casey McCormick, and everyone else who has helped Sunday in general. All of your help means a lot to me. Sunday has been 24 free in the month for July. I'd like to shout out my to crews that were on 7/24/22. There were 21 calls for the day with the most on the 0700, 1500, and 1900. There were 5 calls on the 0700 and 1500, and 7 calls on the 1900, with only one crew answering up as a backup during the 1900.

Help is needed on many shifts, A Driver is needed for the 0700, and a Dispatcher and a full crew is needed for the 2300. Anyone available to help out, please let me know.

As always please remember to Clock **IN** and **OUT** on the same shift after completing either your 4 or 8 hour shift. You can use the finger reader by dispatch and the back door to see what time you clocked in so you can now tell what time you need to clock out to receive credit for the full shift. Also don't forget to do your weekly checkouts and to clean up after every call. If you use something on the rig, please clean up and restock. You are not the only one who uses the ambulances, and think about how you would feel if you found the ambulance you are using is messy and missing equipment.

Jacob Levinsky 2-15-51



Co. 2 – Monday Captain John Connors

I like to start off each month by thanking all of you.

Being in EMS can be a bit thankless at times and a simple “Thank you” goes a long way. So, thank those who ride beside you. Let’s not miss anybody. July has been a scorcher, with temperatures in the 90’s! Please remember to hydrate and look out for your fellow members on calls. Remember, take good care of yourself. We had a couple 24’s this month, but that is not something to focus on. We are volunteers, and we all lead busy lives. Every member that sets foot in our building puts their whole heart out there. We all do the best we can in every situation. There should be no doubt, no negativity.

Mondays are continuously growing, new members advancing from Dispatcher to Crewleader in the blink of an eye. All due to their hard work and dedication. If you are new and want to excel, then push hard. You create your own path here, don’t hesitate to lean on the shoulders of experienced members along the way. The opportunities are limitless here. Be the change.

Mondays continuously need full crews on the 2300. We have also had recent driver shortages. Feel free to give me or the Dispatcher a call and come hang out on a Monday. We have a big screen tv, plenty of snacks, and a ton of great people to mingle with.

John Connors 2-15-52

Co. 3 – Tuesday Captain – Joe Savaglio

No Article Submitted



Co. 4 – Wednesday Captain Dominic Heavey

Hello to All. By now you will know I need help on Wednesdays while I am away on vacation. I have placed the schedules in the Ready Room. Have a look and see if you can help out.

Dominic Heavey 2-15-54

Co. 5 – Thursday Captain – Colin Weigele

Hello all! I hope everyone is staying cool in this heat!

Thank you to everyone who has come in to help these past couple of Thursdays. As always, it is much appreciated!

Congratulations to Vera Naeaetsaari #1679 on passing her Dispatch Training! Vera has done very well very quickly and will soon start First Aiding!

Congratulations to Casey McCormack #1604, on being accepted into PA school at Touro! Casey will begin in August, so good luck Casey!

As always, some help is still needed on Thursdays. A Driver is needed on the 1100, 1500, and the 2300 and a Crewleader is needed on the 1100.

If anyone is able to help, please let me know!

Again, thank you for all your help and amazing work.

Colin Weigele 2-15-55



Co. 6 – Friday Captain Alex Hastava

No Article Submitted

Alex Hastava 2-15-56



Co. 7 – Saturday Captain Steven Benjamin

Steven Benjamin 2-15-57



Directors Article *Robert Franz*

LOSAP 2022 Points

The 2022 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, 2022 to be eligible for LOSAP points for 2022. Review Trainings should be completed on a monthly basis, please do not do more than a maximum of two review trainings in a single day.

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, 2022 (applications postmarked later than the deadline August 15, 2022 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.

2022 HCFAS Scholarships

The scholarship recipients are: Alexander Bayer, son of Paul Bayer, Katie Block, daughter of Brian Block, Dana Roach, daughter of Sheryl Roach and Bryan Wong son of Karen Wong.

SC Recruitment Committee – The Suffolk Educational program for Retention in the Voluntary Emergency Service (SERVES)

Highlights of the SERVES program follow.

- The program is a reimbursement program with an award payment made directly to the student-volunteer at the completion of each semester.
- SERVES provides Suffolk resident student-volunteers who earn credit hours from a NYS Education Department accredited college or university within Nassau or Suffolk County with a reimbursement based upon tuition costs at Suffolk County Community College- i.e., as of January 2022, the maximum payment for a 12 plus credit schedule (full-time status) with a GPA of 3.75 to 4.00 or an “A” would be \$2,735. Credit hours can also be earned from an accredited institution of higher education with an online remote program. Credits can also be earned in authorized workforce vocational training programs within Nassau and Suffolk County.
- The student-volunteer will receive reimbursement based upon a sliding scale related to their GPA.
- The number of credits supported by the program; full or part time; covers a Bachelor’s Degree or up to 120 credits (see administrative guide for definition of lifetime credit hours). If you already earned 120 credits of higher education, you are not eligible for SERVES.

- The student-volunteer agrees to use SERVES funds only to supplement any tuition not covered by sources of free financial aid (TAP, PELL, APTS and etc.)
- The student-volunteer must maintain acceptable volunteer activity and training during their entire course of study. There is also a volunteer service obligation of one to five years after attendance at a college or university based upon the number of credits taken under the program.
- **The Application and supporting documentation must be submitted for each semester no later than the 8th Friday of the academic calendar.** Applications shall be date stamped upon receipt and the earliest dated applications shall be reviewed first as SERVES funds shall be disbursed on a first come, first served basis.
- **For more information about SERVES, see the administrative guide on the bulletin board or go to www.suffolksbravest.com/pdf/currentSERVESguide.pdf.**
- This is NOT an educational program; it is a retention program designed to help keep Members in the Volunteer Fire & EMS Service.



Proposed By-Law Change 01-2022

Proposal:

Emergency response – Prior Service membership program

Background/Justification:

This By-Law change proposal is made to allow this organization to more quickly and easily respond to manpower need changes. The Covid-19 pandemic.

Update By Laws based on Emergency Membership Program as approved by Officers & Directors.

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

Article I, Section 3 - Definition

SECTION 3 - DEFINITION

- a) These By-Laws follow the convention that "he" means "he or she".
- b) "Properly certified per Article I, section 3b of the By-Laws" means:
1. For members accepted prior to January 1, 2016, possessing a valid American Heartsaver First Aid Online certification and a BLS CPR Card, or a New York State Emergency Medical Technician (Basic) or higher certification.
 2. For members and prior service members accepted after to January 1, 2016, possessing a valid BLS CPR card until receiving their New York State Emergency Medical Technician (Basic) or higher certification in accordance with Article III, Section 2.

Article II, Section 15 - Crewleader

SECTION 15 - CREWLEADER

Crewleaders will be certified by the mutual consent of the Operational Officers. The Crewleader for a particular shift will be appointed by the appropriate Captain or the Squad Chief. The Chief and the Board of Directors will have a veto power of any appointment by a Captain. A Crewleader must be minimally qualified as a New York State Emergency Medical Technician (Basic) or equivalent title as may from time to time be applied and as defined by the New York State Department of Health.

The Crewleader will direct the first aid and/or rescue activities of his crew members and driver, unless formally relieved by a superior Operational Officer. It shall be his responsibility for the proper administration of first aid to the injured, and their safe transportation. He is to prepare a written report (such as a Prehospital Care Report or equivalent) describing in detail his activities and those of the crew. The report is to be left for the appropriate Captain's approval. It shall be the responsibility of the Crewleader to insure that the emergency vehicle is sufficiently equipped to respond to the next call.

Article II, Section 17 – Drivers

SECTION 17 - DRIVERS

Drivers shall be certified by the First Deputy Squad Chief. The driver for a particular shift will be appointed by the appropriate Captain, or in his absence, by the Crewleader. The Chief and the Board of Directors will have veto power over the certification of any member as a driver. To be certified as a driver, a member must be 21 years of age and possess, as a minimum, a valid New York State Class D Drivers License (or equivalent), and ~~a valid New York State Emergency Medical Technician (Basic) certification~~ be properly certified per Article I Section 3 of the By-Laws.

A driver must maintain both of these qualifications to retain active driving status. The only exceptions to this rule are as follows:

- 
1. ~~Those drivers who were qualified drivers, holding only an American Red Cross Advanced First Aid Card, prior to May 18, 1981. These drivers may continue as active drivers as long as they are properly certified per Article I, section 3b of the By Laws.~~
 2. Any current driver whose EMT or higher certification has expired but is currently enrolled in an EMT or higher refresher course shall have 90 days from the expiration of his EMT or higher certification to receive his new certification before he loses his driving privileges.
 3. ~~Any member properly certified per Article I section 3b of the By Laws who is a First Aider and currently enrolled in an EMT class may apply for the driver training program. This member shall remain a probationary driver until he completes the class and receives his certification. If the member fails to complete the EMT certification he will be removed from driving. This exception may be exercised only once within a two year period.~~
 4. ~~Those drivers who were qualified drivers, holding a valid New York State Emergency Medical Technician (Basic) certification for a minimum of five years, may continue as active drivers as long as they are properly certified per Article I, section 3b of the By Laws.~~

His duties shall be to transport the crew and vehicle to the scene of the emergency safely. He will remain with the emergency vehicle at the scene, unless directed otherwise by the Crewleader or officer in charge. He will safely transport the injured to the place he is directed.

Drivers, when returning to headquarters, or when not on emergency call, shall observe posted speed limits and all traffic regulations.

Article III, Section 2 – Active Membership

SECTION 2 - ACTIVE MEMBERSHIP

Applicants for ~~first aid~~ membership shall be at least 18 years of age.

All applicants shall be examined by a physician approved by the Corporation or provide proof of medical clearance from the prospective members current Dept within the last 12 month, and show written proof that there is no physical contraindication to the performance of their assigned tasks. The Board of Directors shall reserve the right to evaluate each applicant's fitness for service and limit his activities as it deems appropriate.

Applicants must be residents of Huntington Township, ~~except for extenuating circumstances as deemed~~ approved by the Board of Directors.

Applicants for regular operational membership shall have a completed membership application processed and approved by the Membership Committee, shall be certified per Article I, section 3b of the By-Laws and shall have attended an orientation meeting to familiarize themselves with Squad policies. The applicant shall also be interviewed by at least two representatives of the Membership Committee, at which time a Chief rank officer and/or Board member will have the opportunity to meet the applicant. Upon meeting these requirements, the application shall be presented to the Board of Directors by the Membership Committee for approval of a probationary membership period to end one year from the date of acceptance.

Applicants for Prior Service operational membership shall have a prior service completed membership application processed and approved by the Chief or his designee, shall be certified per Article I, section 3 of the By-Laws and shall have attended an orientation meeting to familiarize themselves with Squad policies. Prior Service shall mean service in a Fire Dept., EMS Agency or Law Enforcement Agency as EMT's, drivers, or dispatchers. The applicant will provide The Chief of Department or similar reference from the prospective members current Department. Upon meeting these requirements, the application shall be presented to the Board of Directors by the Chief for approval of a probationary membership period to end one year from the date of acceptance.

All regular members, except Administrative members or members designated as permanent dispatchers or drivers accepted after January 1, 2016 must be enrolled into a New York State Emergency Medical Technician (Basic) class within eighteen (18) months of their date of acceptance, and must have obtained a New York State Emergency Medical Technician (Basic) certification within three (3) years of their date of acceptance. Failure to comply with this requirement will result in the loss of membership. Administrative personnel and members designated as permanent dispatchers or drivers shall pass through all steps in the membership application process except they will be exempt from the New York State Emergency Medical Technician (Basic) certification requirement.

All new members shall be required to serve a ~~one-year~~ probationary period to begin on the day of Board of Directors membership approval. At the end of this period a recommendation, for or against full active membership, will be made by the Squad Chief for Operational members and the Vice-President for Administrative members, and the Board of Directors will make a determination based primarily on this recommendation. During the probationary period, the new member shall successfully complete all training programs, testing and other programs advanced by the Operational Officers and/or the Board of Directors.

Proposers

Joseph C. Savaglio #1549 /s/

Michaela Ryan #1537 /s/

Robert Biersack #1423 /s/

Proposed By-Law Change 03-2022

Proposal:

To require that a certified member who desires to run for the position of Chief, has served as a Captain for a full year and also has served as a Deputy Chief for a full year. Additionally, an individual running for a Deputy Chief position, has served as a Captain for a full year.

Background/Justification:

The intricacies of Chief and Deputy Chiefs have evolved to the point that there is need for time in office to fully understand the requirements of these offices.

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

ARTICLE II, SECTION 9, CHIEF

A nominee shall have served as a Captain for a period of at least twelve consecutive months and ~~or~~ as a Deputy Chief for a period of at least twelve consecutive ~~six~~ months with ~~on~~ the Huntington Community First Aid Squad. ~~This~~ These twelve ~~six~~-month periods need not have been served immediately prior to the election.

ARTICLE II, SECTION 10 - 1ST DEPUTY SQUAD CHIEF

The 1st Deputy Squad Chief will be elected by the eligible voting membership for a one-year term. ~~The qualifications for this office will be the same as for Squad Chief.~~ A nominee shall have served as a Captain for a period of at least twelve consecutive months with the Huntington Community First Aid Squad. This twelve-month period need not have been served immediately prior to the election.

ARTICLE II, SECTION 11 – 2ND DEPUTY SQUAD CHIEF

The 2nd Deputy Squad Chief will be elected by the eligible voting membership for a one-year term. ~~The qualifications for this office will be the same as for the Squad Chief.~~ A nominee shall have served as a Captain for a period of at least twelve consecutive months with the Huntington Community First Aid Squad. This twelve-month period need not have been served immediately prior to the election.

ARTICLE II, SECTION 12 – 3RD DEPUTY SQUAD CHIEF

The 3rd Deputy Chief will be elected by the eligible voting membership for a one-year term. ~~The qualifications for this office will be the same as for the Squad Chief.~~ A nominee shall have served as a Captain for a period of at least twelve consecutive months with the Huntington Community First Aid Squad. This twelve-month period need not have been served immediately prior to the election.

Proposers

Brian Canty #757 /s/

Mark Brenner #449 /s/

John Palmieri #499 /s/

Proposed By-Law Change 04-2022

Proposal:

To increase the number of Life Members the Board of Directors may bestow, by any conferred posthumously during the year.

Background/Justification:

With more members qualifying for Life Membership, this allows for any posthumously made Life Members to not be included in the annual awarding.

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.

Proposers

Carol Nucci #1324 /s/

James Mallilo #1030 /s/

Brian Canty #757 /s/

Proposed SOP Change 03-2022

Proposal:

To add a protocol for the Memorial Tree

Background/Justification:

The Memorial Tree was passed by a motion of the BOD. To ensure and provide for continued direction for future BODs on each classification of membership and the related star or rock color.

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

Add Article IX, Protocols, Section 5, Miscellaneous Protocols, Paragraph 4, Memorial Tree

4. The symbolism of the Tree, located on the staircase in Headquarters, is a tribute to our deceased members. Each Star is engraved with the member's name, number, status, and date "they answered their last call". The Rocks at the bottom represent our Charter Members. A Charter Member's Rock is silver, while a Charter and Life member's Rock is gold, with silver trim. The Stars on the Tree are brass for Members, in Good Standing according to Article II, Section 1 of the Standard Operating Procedures, Associate members and Honorary members. Gold Stars are for Life members and 20-Year Exempt Membership. Should a member die in the Line of Duty, as approved by the Board of Director, the rim of their star will be purple. Existing Stars shall remain in place.

Proposed SOP Change 04-2022

Proposal:

To clarify the Length of Service Awards Eligibility SOP for the time frame and notification for lengths of service awards

Background/Justification:

To eliminate and clarify the time frames for notification of length of service awards.

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

Article X, Section 1, Paragraph A(17)(h), Length of Service Awards Recognition Eligibility

For lengths of service in excess of twenty (20) years, the member will be notified, in writing, by the Committee Chairperson ~~four (4) months in advance of reaching a milestone length of service and will have two (2) months, from the service date~~ three (3) months in advance of reaching a milestone length of service and will have two (2) months, from that notification date, to notify the Committee Chairperson of their choice. If the anniversary recipient does not notify the Committee Chairperson of their choice with all pertinent information for the purchase to be made, at the expiration of the 60 days the recipient will forfeit their award. The Committee Chairperson will make every attempt to secure the requested gift by the recipient's service anniversary month.



Basics – August 2022
Bleeding Control
Mark Brenner, CIC

At some point in our career, we might be faced with a patient who has a severe bleed. Typically, the methods for controlling bleeding are:

Methods to Control Bleeding

- Direct pressure
- Pressure bandage
- Tourniquet

NOTE: When faced with profuse bleeding, the provider does not have to start with direct pressure but may move to either a pressure bandage or a tourniquet as the first step to control the bleeding. When faced with a severe bleed, we need not start with the A-B-C's, but by controlling the bleed.

Wound Packing – for junctional bleeds: neckline, groin, axillary areas (armpits)

<https://www.youtube.com/watch?v=Kj1WjTWMagA>

<https://www.youtube.com/watch?v=DrPYmBSgFng>

Hemostatic Dressing – This is great for wounds to the head and extremities.



<https://mymedic.com/products/quikclot>

Occlusive Dressing – for open chest wound

(Note that the video states that in addition to an entrance wound, an exit wound is also considered)

<https://www.youtube.com/watch?v=IhSsztkQnAA>



Please note that replacements for the chest seal and Quick clot are found in the ORANGE box on top of the mailboxes in the lobby.

Tourniquets – can be found in the BLS bag and above the squad bench. In the event of a patient needing multiple tourniquets, or have multiple patients need a tourniquet, Deputy Chief Connelly has assembled tourniquet packs and placed them in each ambulance in the cabinet above the bench seat (see photo below).

**Applying a Tourniquet**

<https://www.youtube.com/watch?v=tOm8lJLRWF0>

Improvising a Tourniquet

<https://www.youtube.com/watch?v=XxUsZad6dvM>

When improvising a tourniquet, keep in mind that we must fashion a windlass. In the previous video, trauma shears were used. We could also use a ball-point pen. We have pencils in the MCI kit in each ambulance, but they are the small “golf” pencils which might not be long enough to secure. And, after fashioning a windlass, we need to secure it with either a cravat (made from a triangular bandage or with roller gauze).

QA/QI

Fiona Witkowski

What is a “face sheet”?

Last month I wrote about the importance of getting a face sheet when picking up a patient from a nursing home, assisted living facility or group home; some members were unfamiliar with this term. A face sheet is **a document that gives a patient's information at a quick glance**. Face sheets can include contact details, **insurance**, a brief medical history and the patient's level of functioning, along with patient preferences and wishes such as end-of life care. Nursing homes will usually pass on a DNR or MOLST form if this is on file.

Oxygen

Not too many years ago, almost all our patients received oxygen via a non-rebreather whether they needed it or not. These days we have new protocols including the increased use of nasal cannulas for oxygen delivery. Just because we don't routinely administer oxygen to everyone, please remember that some patients do need it. Trust the pulse ox and monitor your patient: monitor their breathing and check lung sounds; ask about smoking habits. Remember that hypoxemia can cause altered mental status.

On Monday, August 22nd Dr. Brandler will be conducting a CME on respiratory problems focusing on lung sounds. Please mark the date in your calendars.

AED use

If you use the AED on a patient you need to fill out our form 101 which can be found above the mail folders, make a post-call to Medical Control and let Nancy Barker know that she needs to download the data from the device.

Every call needs a PCR

Every time Medcom sends us a call we need to generate a PCR, even if we don't transport a patient or care is transferred to another agency. Call canceled? PCR. No patient found? (Unfounded) needs a PCR. If Officer Garside (EMT-P) is first on scene you will still need to write your own PCR and share your data with him later.

Collect insurance information and complete the PCR within 4 hours

Remember to collect the patient's insurance information; failing that, try to get a social security number and telephone number. Click the SEARCH box to the right of the SSN box to see whether we have transported the patient before. If we have, you will be able to automatically import the patient's medications (check these), allergies, medical history and insurance information. Make sure you have the correct spelling of the patient's name and the correct DOB.

Complete and fax the PCR to the hospital within four hours – this is particularly important for critically ill patients.

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
 8/8 – Wendy Qu #1649
 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
 8/23 – Evyatar Baer #1597
 8/23 – Jessica Mason #1591
 8/26 – Suzie Biagi #1251
 8/26 – Loreley Villamide-Herrera #1370
 8/28 – Nathan Bruskin #1380
 8/29 – Mary Woznick #769
 8/30 – Christy Stiles #1024
 8/30 – Margaret Coyle #1247
 8/30 – Selena Ortiz #1632



Length of Service

10 Years

Elizabeth Beach #1377
 Nathan Bruskin #1380

20 Years

Arlene Lindsay

Meetings

8/8 - 1930 General Membership, Dinner starts at 1830
 8/18 - 1900 Board of Directors

Stand-Bys

8/14 - 0815 HFD, Fire Academy
 8/17, 9/14 and 10/12 - 1830 HMFD, Fire Academy

Up Coming Events

East Northport FD Parade and Fair

Wednesday August 3rd
 Meet at HQ at 1730 and leave at 1745
 Line up location TBD
 Class B uniform

Greenlawn FD Parade and Fair

Thursday September 1st
 Meet at HQ at 1730 and leave at 1745
 Lineup at 1800 at the St. Francis of Assisi Church on Clay Pitts Road
 Class B uniform

EMS Memorial Dedication

9/20, 1100 Empire State Plaza





HCFAS Annual Picnic

Date: August 13, 2022 (Rain or Shine)

Time: 12:00 noon til 4pm (Food is served until 3pm)

331 Mt. Misery Rd Melville, New York 11747



Please sign up at

<https://forms.gle/cUfG53W9S7573rzA6>

Facilities include:

- Pools
- Soccer & Softball fields
- Basketball
- Tennis Courts
- Floor Hockey Rinks



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.

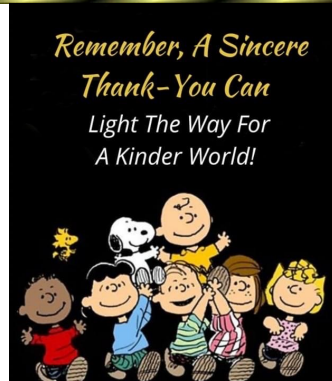
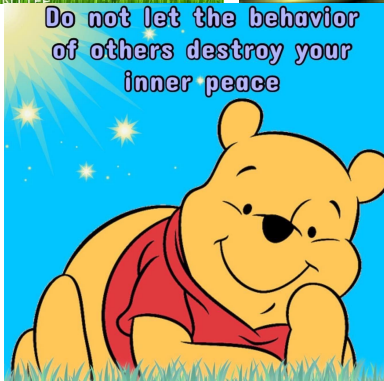
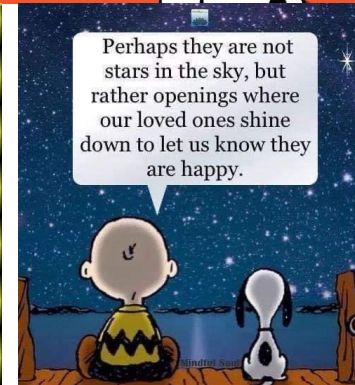
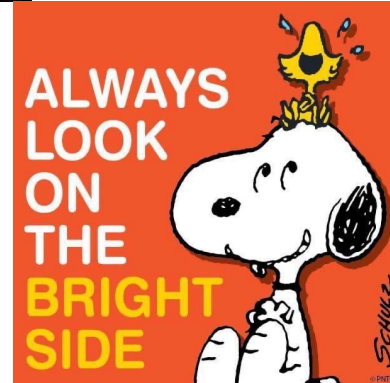
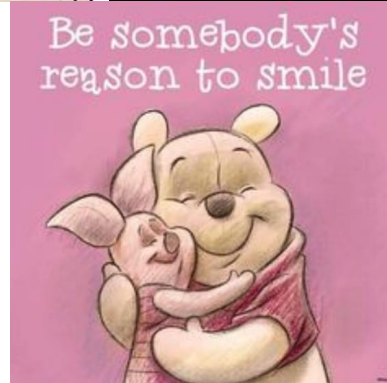
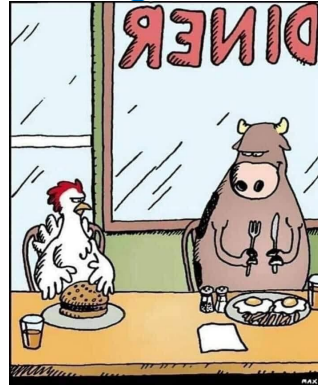
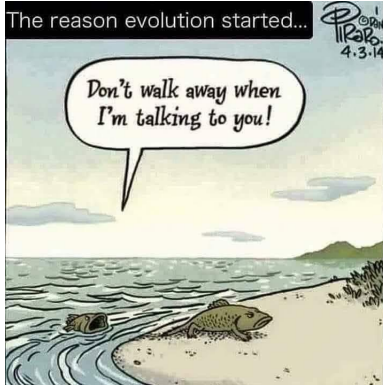
- a) Squad members may bring their children, plus their parents/guardians and any siblings if they live at home with them, and one guest.
- b) Any exceptions must be approved in advance by the Social Committee and require a fee to be determined by the Social Committee Chairperson and approved by the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

Please be advised that the Picnic falls within the Article IX - Protocols Section 1 - Social Committee Protocols, Operational members must have completed eighteen (18) four (4) hour duty tours or eighteen (18) eight (8) hour overnight duty tours or nine (9) eight (8) hour duty tours if on Alternating Overnight Status during the

Period 1/13/2022 — 7/13/2022, and must have completed at least 5 Review Trainings.

On The Lighter Side



Recipe of the Month
Lisa Mohr
Parmesan Garlic Orzo



Serves 4

You will need:

1 cup Orzo
1/4 cup butter
2 tsp minced garlic
1/4 cup grated Parmesan cheese
2 tablespoons milk
1/2 tsp salt
1/2 tsp ground pepper
1 tablespoon freshly chopped parsley

Directions:

Bring a large pot of lightly salted water to a boil. Cook orzo in the boiling water, stirring occasionally until cooked through but firm to the bite, about 11 minutes. Drain.

Melt butter in a skillet over medium heat. Cook and stir garlic in melted butter until lightly browned, about 5 minutes.

Stir orzo into the pan with garlic, then mix in Parmesan cheese, milk, parsley, salt, and black pepper.

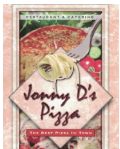


HCFAS Discounts – David Mohr

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 have 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. We have accumulated 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 – 15% Discount



340 New York Avenue – 631-549-8887 - 15% Discount



Catusco's Pizza – 336 Depot Road – 631-629-4872 - 15% Discount



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



720 Walt Whitman Road – 10% Discount



1933 Bew York Avenue - 10% Discount



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



134 Main Street, CSH – 631-367-6060 – 20% Discount



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



Enjoy the Summer