

THE PULSE

HCFAS-
PROUDLY
VOLUNTEERING
SINCE 1967

THE HEARTBEAT OF THE HUNTINGTON COMMUNITY FIRST AID SQUAD

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Questions? Submissions?

Email Editor
Katie Donegan at
thepulse.hcfas@gmail.com



President's Report- Seth Fischer

Happy December!

As the year officially winds down I could not be more proud of what we have collectively accomplished. Everyone did a wonderful job doing what we do best, helping a member of our community on their very worst day. Our volunteers are the core of HCFAS, and we shine every day.

Your Board of Directors and Chiefs office were lock step throughout the year. Our initiatives and mindset regarding our members and organization as a whole were completely aligned, and it showed. We accomplished a tremendous amount, and we could not be happier with the results.

We can all agree that we would not have had this kind of success without Chief Como's leadership and direction. Throughout the year, our Chief was instrumental with improving so many facets of HCFAS, boosting moral, and putting our ambulances on the road. I cannot thank him enough for accomplishing greatness, and I truly appreciated everything he did for our organization. It is a tireless and exhausting responsibility, but he definitely brought our organization to the next level. As if that was not enough, Chief Como also had a beautiful baby boy, 2-15-Teddy. So much greatness accomplished, and our Chief never skipped a beat. Thank you for all you did in 2019.

Our Deputy Chief's also had outstanding years. First Deputy Chief Wuestman took on a big responsibility in the beginning of 2019. Our internal database needed a really good scrubbing, making sure everyone's credentials were accurate throughout the year (big potential crisis avoided), thank you. Second Deputy Chief Como kept us busy and relevant with our trainings. These were not the canned trainings, but were

President's Report- Seth Fischer (cont'd)

on point and relevant throughout the year. Deputy Chief Como was also managing our ePCR's, making sure they were accurate, able to be billed, and stayed on top of our QA/QI. If that was not enough, Chief Como gave birth to a beautiful baby boy. Even with the birth of 2-15-Teddy, Deputy Chief Como was always active and overly responsive, and I thank her tremendously for her hard work and dedication. Lastly, big thanks to Third Deputy Kaufman. He kept our ambulances on the road and in service, and did a tremendous job throughout the year. His responsibility is not the easiest, but I think we can all agree our ambulances look great!!

Big special thanks to our Day Captains. Your job is a thankless one, and everyone managed to be successful throughout the year. I sincerely thank you for your hard work and commitment.

Your Board of Directors worked all year, for our members and organization. We are committed to our members because we are passionate about HCFAS and our community. Throughout the year, we were aligned with a vision, and based on your feedback and support it was evident that our hard work and dedication paid off. We accomplished great things, and kept our fighting and arguing to a minimum (except for two instances). We acted, and we acted fast in 2019. We care about our members a tremendous amount, and only want the best for everyone. I thank our Board of Directors for their hard work throughout the year.

Thank you to all of our Committees and their liaisons. Your work throughout the year is greatly appreciated and recognized. There are many moving parts of HCFAS, and all of us work together with the same common denominator, and that is to continue to run and operate successfully. Our Committees get us through the year with ease, and we thank you.

You will see in the next week or so, information about voting for our LOSAP. There will also be information from Secretary Franz in this month's Pulse. We need your support in making this a reality. We drove this for the last 10 months to the goal line, now we need everyone to come out and vote, to push this through the end zone and make this a reality. Thank you very much for your help.

In closing, we would not be we are today if it were not for our amazing members. I would like to thank you all for your support throughout the year, it was, and always will be greatly appreciated. We are the greatest group in the world, and I am grateful for all of you. Enjoy the Holiday Season and keep up the amazing work.....Seth

Chief's Report - Michael Como

It's hard to believe this is the last Pulse article of the year!

2019 was truly a great year for HCFAS. We are approaching the end of the year with a historic low 24 rate. Because of our low 24 rate and the fact that we took so many 24s from other agencies, our relationship with other 2nd division agencies is strong. We had pre-hospital cardiac arrest saves and delivered babies in the field. Our members covered a huge number of standbys. There were numerous CME's and talks at the squad which were well attended. Our fleet of ambulances is looking better than ever. These successes are not mine; they are due to the efforts of the entire membership and belong to you. Thank you all.

Thank you to everyone that came out for the Holiday Parade! Danny [Mugavero](#), Post 215, and the members that helped with the float did a great job.

If you have any questions, comments or concerns, do not hesitate to reach out to me. You can always reach me by phone (631-223-5454) or email (chief@hcfas.org).

Please remember that the Critical Incident Stress Management (CISM) team is a resource that is always available to you through County. At any time (24/7) you can let a Captain or Chief know if you would like the team activated and we will immediately set the process in motion.

I hope you all have a wonderful holiday season. Thank you for all that you do!

Respectfully submitted,

Michael Como, Chief



1st Deputy Chief – Elizabeth Wuestman

The end of the year is upon us. It has been my pleasure serving as your first deputy this year. I owe a HUGE thank you to Julia Vodopia for heading the standby committee with assistance from Erik Nazinitsky. Thank you to all of our members that have stepped up and did standbys no matter the day, weather or location! At the beginning of the year Chief Como developed a working spreadsheet so that we could better organize getting coverage for standbys and it has been astonishing watching them get covered time and time again. At this point in time, we have covered 60 standbys this year ranging from just an hour to 16 hours a day with multiple shifts and days.

I would also like to thank the day captains this year. Your presence on your days are felt and appreciated! Chief, you rocked this year, you have been available day and night for our membership and the officers! There was not a single instance that an urgent message went unanswered within a few seconds! Chiefs, I can't wait to do this all over again with you guys!

Thank you to the board of directors this year. While Bob loved to chase me down for paperwork or edits to be made to my personnel report, he has been there the entire year making sure that the membership has all the proper documentation to achieve their advancements, leaves, return to duty and so forth. The board really worked with us and saw our vision to continue to improve morale and overall relationships at HCFAS. They trusted most of our opinions and heard our requests. Thank you!

Thank you to our members!! Our 24 rate is low, our community is pleased, and you are to thank for that!

Standby coming up....

Dec 6th (ask Julia Vodopia for details)

If you need finger adjustments, please complete appropriate paperwork. End of quarter is December 31st.

Please remember to always have your certifications on you. If you need it laminated, place it in my box with a note.

** In January, all members will be asked to sit with their captains and quickly verify that we have your correct numbers, email, address, and status. This helps the first deputy to keep up with SCM and allows you to discuss possible advancements or just get to know your day captain a little better!

HAPPY HOLIDAYS!!

2nd Deputy Chief – Ryane Como

I can't believe that 2019 is already coming to an end! Thank you all for allowing me to serve as your Second Deputy. Special thanks to everyone who contributed to a year full of training opportunities.

Training:

A detailed email regarding the BLS Protocol update was sent on November 21st. If anyone did not receive it, please let me know. All EMTs (B, CC, P) must complete all portions of the update in order to have valid credentials and be able to ride at HCFAS in 2020.

The first step is completing the NYS online protocol update. This was the October Review Training. Instructions can be found under the October Review Training materials on the HCFAS website or at:

<http://www.suffolkremSCO.com/index.php?cid=1932487&forward=1666&curlid=1658>. A copy of your certificate should be placed in the second deputy mailbox.

The second step is participating in our agency skills verification classes. You must complete the on-line update as well as watch the skills videos posted on the REMSCO website prior to participating. Sign-up sheets are posted in the ready room. Classes are being held through December 23rd. Thank you to Brian Canty, Liz Mohr, Mark Brenner, Joanne Vogel, Heidie Magerle and John Mancino for teaching these classes.

Per REMSCO, "On January 1, 2020, any provider that has not completed the NYS 2019 BLS Protocol Update and the agency based skills verification will no longer be able to practice within the region until such time as the NYS on-line update and agency based skills verification are complete." Please note that per Suffolk REMAC you may not utilize the new BLS protocols until 1/1/20.

All Suffolk County BLS Providers will also be required to complete an on-line training curriculum and BLS Credentialing Course which will encompass region-specific policies. (Any CCs operating in Suffolk County without REMAC credentials will also be required to complete the BLS credential process.) The Regional Credentialing Requirement must be completed by March 31, 2020.

ePCR:

Per NYS requirements, we will be upgrading to NEMSIS 3 ePCR reporting standards. More information will be disseminated by the ePCR committee.

As a reminder, crew leaders are responsible for patient care when on a call. Your primary focus should always be the patient, not the laptop. ePCR documentation should come secondary to providing care or overseeing care rendered by drivers and first aiders. Any non-credentialed providers should be acting under your direction and are operating under your credentials.

2nd Deputy Chief – Ryane Como (cont'd)

I wish you and your families a happy and healthy holiday season. Thank you all for everything that you do for our agency and community.

Regards,

Ryane

3rd Deputy Chief – David Kaufman

Dear Members,

We've all had issues with the power loaders and power prams from time to time – have you ever had to wait for a second rig with another pram? If you follow the steps outlined in this video, you can use the pram and box like the manual prams: <https://www.youtube.com/watch?v=wwMHcBbm7C4>

Thank you all for your service. I hope you had a great thanksgiving and have happy holidays ahead.

--Dave Kaufman

Chief Dispatcher - Michael Barker

Dispatch Training: Elizabeth Bernfeld #1565 (Mon 0700), Leonardo Terrones-Nunez #1570 (Wed 1100), Thomas Panichella #1573 (Thur 2300), and Jack Campbell #1574 (Tue 1100) passed their dispatch tests.

The Traffic Signal in front of the building has been activated. When the ambulance is ready to roll, the driver should give a "signal 2" to the dispatcher who will turn on the lights which will give the ambulance 40 seconds to get safely out onto Railroad Street. Upon returning to the building, the driver should give the dispatcher a "signal 29" as the ambulance approaches Lowndes Ave. The dispatcher will turn on the lights which will give the ambulance 40 seconds to get safely onto the ramp and back into the building. Please remember that while cars may have the red light, you are still to keep your emergency lights on while backing up and use extreme caution ensuring that no one has obstructed your route.

Dispatchers, if you receive a signal 9 on a 16 (VIP) and assign a crew, that crew is dedicated to that call. You cannot re-assign that crew to a later incident even if the later incident has a higher priority code. You need to page out for a crew to respond to the later call. This is Suffolk County protocol and cannot be superseded.

On all such signal 9 on a 16, the ambulance and responders get a "signal 2" when they initially leave the building to go to the "safe place" where they will wait for MedCom clearance. They get a "signal 9" when they arrive at the "safe place." If the "safe place" is the front ramp – as it often is - the "signal 2" and "signal 9" are the same time.

When MedCom clears the units to the scene, DO NOT change the "signal 2" time. If you do so, the ePCR may stop transmitting and the CAD will record that we did not respond to the call until the later "signal 2" which may be an unacceptable response.

Destination / Hospital box: If the ambulance transports to a hospital other than our beloved Huntington Hospital, please click on the ambulance icon and select the name of the receiving hospital in the Destination / Hospital box.

Thank you for everything that you do. michael

Company 1 – Captain Bill Connolly

SUNDAY

No Report.

Company 2 – Captain Kelly Murphy

MONDAY

I hope everyone had a great Thanksgiving and you are all ready for the upcoming holidays, I know I am not.

This year we are still standing with only two 24's for 2019. I think that is remarkable and I want all members to know I am grateful and truly do appreciate those that come in and fill shifts and answer up to calls. Every week I start my schedule off around Thursdays needing tons of help. Monday, the slots are filled. You guys are awesome for stepping to the plate and filling shifts showing your true appreciation for HCFAS.

On November 25th the 2300 crew responded to a call that came in as a low priority seizure. However, it was not that at all. The crew who consisted of dispatcher Nancy Courtemanche, Paul Biersack, Matt Moran, William Cohn and medic Emily Edgar walked in the home with CPR in progress by SCPD to a 29 YOF overdose. The use of Naloxone was warranted in this situation. After administration of Narcan, the pt was found to have a pulse. Job well done by all!!!

Please come in on Mondays if you need to make hours or just want to help out. There is a great bunch of people during all shifts. Monday is always busy and you're of course all welcome as we are a family.

I wish you all a happy, healthy holiday season!!!

Kelly Murphy
Monday Day Captain

Company 3 – Captain Elizabeth Mohr

TUESDAY

First off, thank you to everyone who has made being a day captain this past year an amazing experience. From all the crews to members who regularly come in, I could not have done it without each and everyone of you.

I'd like to congratulate Jack Campbell on becoming a dispatcher; he did an awesome job passing his test! 2nd Due crews are needed on the 1100 shift as well as a driver for the overnight.

Also, Tuesday has the pleasure of having Christmas Eve and New Years Eve. If anyone is available, sign ups are in the ready room. Again, thank you to everyone for an amazing year and have a safe and happy holiday season!

Company 4 – Captain Katie Donegan

WEDNESDAY

Many thanks to everyone on Wednesdays and those who have found a temporary home with us- you know who you are- you all have made this year great for me!

Wednesday is still in need of an overnight dispatcher. If anyone has available time let me know! We could also use a full second due crew on the 1100 and a second due driver on the 1500.

The year is starting to wind down but the holiday season is fast approaching and Christmas Day and New Years Day both fall on Wednesdays! If you know you will be available to help out- let me know as soon as you can so I can begin to put together a schedule.

Have a wonderful month and a happy start to the fall season!

Katie

Company 5 – Captain John Mancino

THURSDAY

WOW, I can't believe another year has gone by. There have been many ups and downs throughout the year, but I must say when the alarm phone rings, the Thursday crew gets it done. We have an amazing group of professionals turning out every week and can't even begin to list all the wonderful things you do every week (not to say the other six days aren't also fantastic). The success of the squad would never be what it is, had it not been for your Pride, Service and Dedication to your community and your squad family. Thank you for all your effort.

May you and your families have a safe and blessed holiday season and I look forward to a productive and amazing 2020.



Company 6 – Captain Kathy Castillo

FRIDAY

This year went by so fast! I want to thank the amazing Chiefs, Captains, BOD, and especially my fellow members. Our community is very lucky to have so many wonderful volunteers that take time away from family and loved ones to help someone in need. Thank you for all your hard work and dedication to HCFAS!! I especially want to thank all the Friday members, and those who come in every week for helping the day run so smoothly. You guys truly ROCK!!!

I hope everyone has a healthy holiday season, and a very Happy New Year!!

Stay safe and love each other.

Company 7 – Andrew Taylor

SATURDAY

No Report.

Calendar of Events

Check out these upcoming special events. Show your HCFAS pride by participating in events and supporting our organization and your fellow Members!

BOD Meeting	December 5
Children's Holiday Party	December 7
GMM/Elections	December 9
Officers Meeting	December 11
Adult Holiday Party	December 14
BOD Meeting	December 19



*Show your HCFAS pride!
We need your
participation at
meetings, parades, and
other events. It's a
great way to meet your
fellow Members!*

Notes from Board Secretary Bob Franz

LOSAP 2019 Points – Bob Franz

The 2019 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, 2019 to be eligible for LOSAP points for 2019.

It is recommended that each member have more than 50 points at December 31, 2019 so that any subsequent correction of posting errors (such as, activity posted to the wrong member account, duplicate activity posting etc.) will not cause the member to have less than 50 points and therefore not qualify for a year of service credit for 2019.

Thanks to Jim Mallilo and Angie Kalodukas for entering all the members' LOSAP points in the system and posting periodic reports during the year and Christy Stiles for assisting with the TOH annual audit.

Proposed SOP Changes – Bob Franz, Secretary

Proposed SOP 01-2019 To update the Purchasing Policy to add the EMT-CC to EMT-P Bridge program was amended and approved by the Board of Directors.

Proposed SOP 09-2019 to eliminate D from EMT-D was approved by the Board of Directors.

By-Laws Article X Section 4 Absentee Ballots – Secretary Bob Franz

Absentee ballots for the General Election may be obtained upon request from the Secretary. These ballots may be returned personally to the Secretary prior to the day of the election, or if mailed, postmarked no later than ten days before the December 9th meeting (November 29th).

Voting Times for Squad Annual Election December 9, 2019 – Secretary Bob Franz

The Board of Directors approved the following voting times for the Annual Squad Election on Monday December 9, 2019 as follows: 0800 hours to 2000 hours. (A suggestion for the Sunday overnight crew is to vote via an absentee ballot if you are not able to vote between these hours).

Help Needed for Election Day December 9, 2019 – Annette Hershkowitz

Help is needed on Election Day December 9, 2019 when the polls will be open from 8AM to 8PM. Please contact Annette Hershkowitz if you can help out and what times you would be available 631-748-4591. A sign up sheet is also posted on the bulletin board.

Notes from Board Secretary Bob Franz (cont'd)

Secretary Bob Franz – Thank you everyone

It was a pleasure to serve as the HCFAS 2019 Secretary. Many thanks to everyone for being there and answering call after call during the year – a monumental job well done. Thank you everyone who served as a committee chairperson or a committee member during 2019. The Squad could not function and accomplish all that we did without your participation.

It was a pleasure working with my fellow board members and operational officers in 2019. Thank you to all the 2019 corporate officers, directors and operational officers for your diligent and hard work in making the squad a great success in 2019 and laying the ground work for 2020. As we begin to celebrate our fifty-third year, I wish to thank all our members both active and inactive who contributed so much to HCFAS over the years to make HCFAS what it is today. HCFAS is the premiere ambulance squad in Suffolk County.

I would like to thank past Secretary & Director Lehti Laas for her assistance in the preparation of the Board of Directors' minutes, personnel reports & keeping track of member's LOAs on a spreadsheet for the Board and Operational Officers and also for her assistance at the GMM.

Thanks to Christine Tedone for preparing the General Membership minutes and writing all the letters to the members for personnel actions such as LOAs, Return to Duty, off probation and change in membership status.

Thanks to Christy Stiles for reviewing the group life insurance census reports and invoices.

Thank you to Chris Roulo for making the arrangements with SC Board of Elections for our voting machine and to Annette Hershkowitz and all her assistants for running the Squad's annual election and for Annette's sign in and raffle ticket distribution at each monthly GMM. Thank you to Jim Mallilo for preparing the ballot distribution voting list for the election. Thank you to Joanne Vogel and others for ballot distribution and vote tally at GMM and the annual election.

I wish everyone success in the upcoming election and wish everyone Safe, Healthy and Happy Holidays.

Notes from Board Secretary Bob Franz (cont'd)

VOTE VOTE VOTE

LOSAP AMENDMENT

FRIDAY - DECEMBER 20th

**HUNTINGTON TOWN HALL – ROOM 114
100 Main Street Huntington
12Noon to 9PM**

Do bring picture Identification indicating name and address (driver's license).
Do **NOT** wear any clothing with HCFAS Insignias on it.

Absentee ballots can be obtained from the TOH Town Clerk's office.
Application Forms are on the mail folder counter.

The Huntington Town Board approved a resolution setting Friday December 20, 2019 for a referendum vote to amend the Squad's LOSAP program. This amendment will increase the monthly benefit from \$20 per month to \$30 per month for years of service credit earned on or after January 1, 2020.

Members are asked to encourage family members, neighbors and friends to register and vote on our behalf on December 20th. Members who live outside the HCAD should encourage their relatives or friends who live in the HCAD to vote for this proposition.

Not a registered voter and you live in the HCAD? Register at a Special Registration for this vote at Town Hall Thursday December 5th in Room # 114 from 12Noon to 8PM. Therefore, everyone living in the HCAD should be able to vote. Let the TOH know we are a large voting group.

HOCPR- Chair Kathy Castillo

There isn't anything to report this month. If you're interested in joining this committee, let Kelly Murphy or me know.

If you're not sure what we do, come talk to us!!

Kathy Castillo 631-637-1881

New Member Spotlight- Martha Brenner

Waldir Cruz-Catota #1575
Monday 1100

Waldir is familiar with HCFAS simply by passing headquarters regularly. He is a graduate of Huntington High School and a current student at Stony Brook University pursuing prerequisites for nursing.. He is a Texan by birth moving to Huntington in 2010. Waldir is a car buff currently owning a 2004 and a 2005 mustang.





CHILDREN'S HOLIDAY PARTY

Saturday December 7th, 2019 2:00PM to 5:00PM

Merry Christmas

Happy Hanukkah

Children of HCFAS members 10 years old and younger are entitled to a gift from the squad.

Grandchildren of squad members are eligible to attend (\$40 must be paid to the committee before 11/15/2019).

Sign-up cutoff date is Friday November 15th, 2019
No private gifts will be given by Santa.

In fairness and respect to all, kindly note that gifts will be given to children based on youngest (and their sibling & family) first. Please note there will be no exceptions.



2019 Holiday Party

Saturday, December 14, 2019 5:30pm —10:00pm

*Come Share the spirit of the Holidays,
our friendships and our Commitment to HCFAS*

Please refer to SOP's Article IX. Protocols Section A.

Please Sign up by December 9th at the end of the general membership meeting

HCFAS Public Relations- Andrea Golinsky

At the Town of Huntington Board meeting held Nov. 6th HCFAS crews were presented with proclamations for two CPR saves that occurred one day apart in July.

Photo left to right

July 13th save of 63 year old male in cardiac arrest. On scene was 1st Lt. Zachery Swartz of the Oceanside FD who initiated CPR.

Pictured left to right SCPD Officer James Garside, 1st Lt. Zachery Swartz – Oceanside FD, Timothy Quigley, Capt. Andrew Taylor, and Jeff Brenner.

Missing from photo- William Lutz, Fiona Witkowski



July 14th save of 71 year old male who suffered cardiac arrest witnessed by neighbors.

Pictured left to right

Michael Capotosoto

Capt. William Connelly

3rd. Dep. Chief David Kaufman

Chief Michael Como

Missing from photo- Alexander Mullin, Eileen Burns, 2nd. Dep. Ryane Como, James Bakocy, Jaclyn Ritterhaus, Kathy Hayes.

Photos by Andrea Golinsky



HCFAS Public Relations- Andrea Golinsky (cont'd)

Each year the Town of Huntington holds a ceremony on the Veterans Plaza to recognize those who have served in the various branches of the military. This year the ceremony was held Sunday , Nov. 10th. Members of Huntington Community First Aid Squad, some of whom are veterans , attended to honor those that have and still are serving our country.

Photos left to right

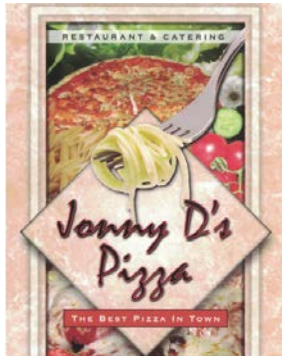
Life Members Decon Ed Billia (US Army) Paul Kelly (US Army) spoke to those in attendance Mary Sisinni, Chief Michael Como, Secretary Robert Franz (US Army), Carol Nucci Chief Michael Como, Life Member Paul Kelly (US Army), Secretary Bob Franz

Photos courtesy of Mary Sisinni



HCFAS Discounts- Dave Mohr

There are many places that offer discounts to Squad members. Even if you don't know if they do or don't, it can hurt to ask. I have had times when I have asked and the answer was 'we don't, but hold on' and they would go and talk to a manager/owner and in the end a discount was given. We have accumulated just some of the places in Huntington that offer a discount to Squad members. **If you know of a place that offers a discount to Squad members, put a note in Director David Mohr's mailbox or email me at davidmohr@yahoo.com.**



Jonny D's Pizza

946 New York Avenue

631-385-4444

15% Discount

Show Squad
Membership Card



15% Discount

Show Squad Membership Card



**15%
Discount**

Show Squad
Membership Card



10% Discount

Show Squad Membership Card



Flowerdale by Patty

"Elegance with a personal touch"

1933 New York Avenue

10% Discount

Show Squad Membership Card

GENERAL MEMBERSHIP MEETING GOOD AND WELFARE NOVEMBER 2019

To All Veterans



Whether At Home Or Abroad
Active Duty ~ Reserves ~ Retired
All Americans Say:
THANK YOU!

Huntington Community First Aid Squad
salutes all of our veterans

We extend our most sincere thanks and appreciation to the following veterans who continue to serve their community as our members:

Anthony Cambareri U.S. ARMY	Thomas Lemp U.S. NAVY	Peter Nakelski U.S. NAVY	George Reeder U.S. ARMY
Michael Campanelli U.S. NAVY	Douglas Mayer U.S. ARMY	Joseph Nappi U.S. ARMY	Salvatore Romano U.S. ARMY
Robert Franz U.S. ARMY	David Mohr U.S. ARMY	Jeffrey O'Neill U.S. ARMY	Donald Roulo U.S. AIR FORCE
Richard Gierbolini U.S. NAVY			Rich Rudolph U.S. AIR FORCE

 Huntington Community First Aid Squad
2 Railroad Street, Huntington Station, NY 11746
www.hcfas.org

Emergency: Dial 911 | All other calls: (631) 421-1263 | Join us... Ask us how you can become an EMT!

Happy 243rd Birthday Marines!

On November 10, 1775, the Second Continental Congress resolved that “two Battalions of Marines be raised” to serve as landing force and shipyard security for the recently organized navy fleet, there the United States Marine Corps was born. The decree of establishment for the Continental Marines was as follows:

“That two battalions of Marines be raised consisting of one Colonel, two lieutenant-colonels, two majors and other officers, as usual in other regiments; that they consist of an equal number of privates as with other battalions, that particular care be taken that no persons be appointed to offices, or enlisted into said battalions, but such as are good seamen, or so acquainted with maritime affairs as to be able to serve for and during the present war with Great Britain and the Colonies; unless dismissed by Congress; that they be distinguished by the names of the First and Second Battalions of Marines.”

It is said that the creation of the Marine Corps took place in a bar called Tun Tavern in Philadelphia, Pennsylvania under Commandant Samuel Nicholas. Nicholas apparently recruited Marines to enlist, but the debate is still out if it was done at Tun Tavern or earlier in that day at Nicholas’s family tavern, the Conestoga Waggon.



It is with deep regret that the Operational Officers and Board of Directors announce the passing of



Maria Ramirez, mother of HCFAS member David Villegas (#1472). Please keep

David and his family in your thoughts.



Well wishes to Michaela Ryan who was briefly hospitalized but is fully recovered and back on duty.

Well wishes to Rich Gierbolini who was briefly hospitalized on a Friday morning. He has been released and back on duty.



Get Well wishes are extended for Chief Dispatcher Michael (Mike) Barker who is slowly recovering from surgery.

You can still see him being very active at HCFAS every day training our new dispatchers. Thank you and Get Well Soon...

A tremendous congratulations to our first family, Second Deputy Chief Ryane Como and Chief Mike Como on the birth of their first born baby boy, Theodore Michael coming in at 3 lbs 8 oz. Theodore was born on October 19th, We would also like to congratulate Grandpa Tom Hogan and Grandma Judy Hogan.



Ups at
HCFAS

Suffolk County Police Officer James Garside was recently honored for helping save a man's life.

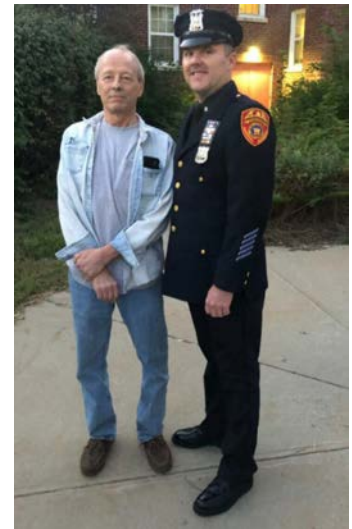
Kris Kajander was riding his bike in Huntington in July, when he went into cardiac arrest. Luckily for Kajander, Suffolk County Police Officer James Garside was on duty. Officer Garside, a member of the department's MedCat team responded and immediately sprung into action. With the assistance of Zachary Schwartz, an Oceanside Fire Department volunteer who was nearby, Officer Garside administered CPR, used a defibrillator and administered cardiac medications to restore Kajander's pulse. A Huntington Community First Aid Squad ambulance soon arrived and transported Kajander to Huntington Hospital. After a stay in the hospital, Kajander made a full recovery.

Garside was recently honored for his efforts with a proclamation during a Huntington Town Board meeting. Previously, the group, Garside, Schwartz and the members of the Huntington Community First Aid Squad, were recognized for their life-saving actions at the Suffolk County Regional Emergency Medical Services (REMSCO) meeting in September, where they had an opportunity to reunite with Kajander.

Chief Mike Como Report:

Presentation of TOH Proclamations- At the November 6th Town Board meeting, Supervisor Lupinacci presented a number of HCFAS members with proclamations for their role in the July 13th and 14th cardiac arrest saves. At the meeting to receive proclamations were Third Deputy Chief David Kaufman, Captain Andrew Taylor, Captain Bill Connolly, Jeff Brenner, Tim Quigley, Michael Capotost, Officer James Garside, and Oceanside FD 1st Lieutenant Zach Schwartz.

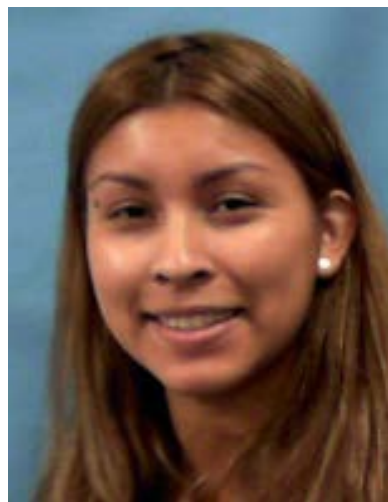
At this time I would like to hand out proclamations to those that were unable to attend: Kathy Hayes, Fiona Witkowski, Eileen Burns, Second Deputy Chief Ryane Como, James Barckocy, and Jaclyn Rittershaus. Great job by all!



Length Of Service Awards- 5 Years: Suzette Crespo #1438
Beatrice Martinz #1441, 10 Years: Kathy Castillo #1276



Suzette Crespo #1438



Beatrice Martinz #1441



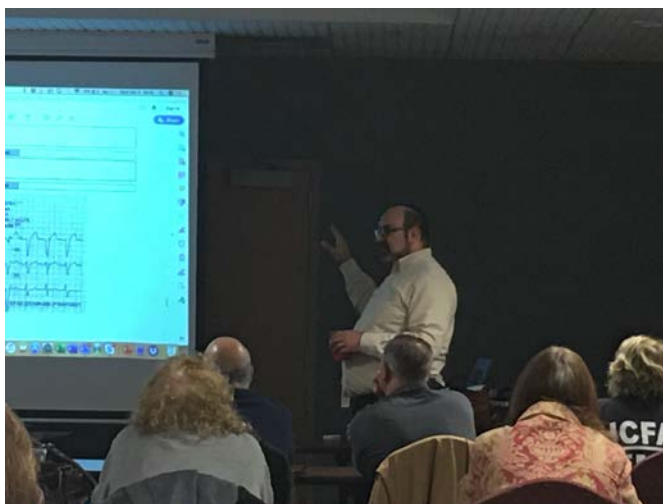
Kathy Castillo #1276

3 on a 16 raffle winner- During the month of October HCFAS had **three** signal 24s. There were 79 “RESCUE” personnel in the CAD. I am very happy to announce that the winner of the September “3 on a 16” raffle is Paul Bayer. Paul, thank you for all that you do!



Dr. Ethan Brandler

PCRs relating to Stroke Patients, Chest Pain and Trauma



On Wednesday, November 6 Dr. Ethan Brandler, our Medical Director, reviewed PCRs relating to stroke patients, cardiac chest pain and one major trauma. He gave us some very useful tips regarding documentation including the following do's and don'ts.

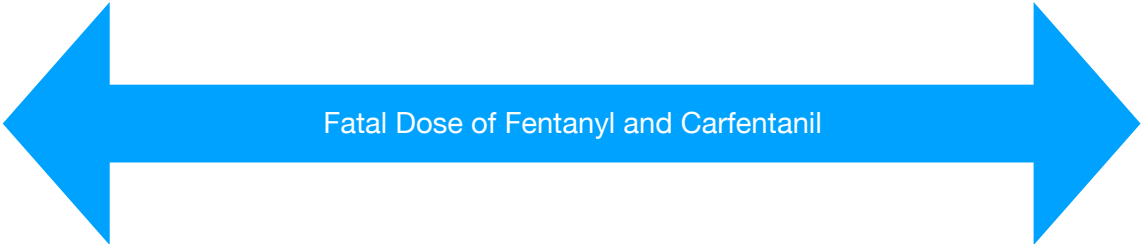
- With a suspected stroke or any AMS, including intoxication, always monitor the patient's blood glucose to rule out hypoglycemia

- Remember to alert the hospital for serious calls including stroke, cardiac problems and major trauma.
- Stroke is a sudden and dramatic event. There is no gradual onset of a stroke.
- When assessing a stroke ask when the patient was last coherent.
- Send Stroke patients to the appropriate Stroke Center: North Shore University Hospital, Manhasset, St. Charles, Stony Brook Hospital.
- Major trauma: scoop and run.
- If in doubt, call Medical Control to confirm the appropriate hospital. Patients in Box 1 and 2 of the trauma guidelines, stroke patients with a suspected large vessel occlusion (LVO) and seriously ill children should be transported to a specialist hospital.
- Patients with cardiac chest pain should have a 12-lead EKG performed; this is now a BLS skill. ALS providers should start an IV line.
- After picking up a patient from a doctor's office do your own assessment and make sure you have a complete history.
- The crew leader must account for all patients. Did anyone walk away? Are all vehicles accounted for? Who is injured? Are more resources needed?
- A cervical collar should be applied when the patient is complaining of neck pain or with a significant mechanism of injury.
- Multiple patients? Document what you did with every patient and then hand over the patient(s) to a second ambulance. (Use transfer of patient button in ESO.)
- Use the flow chart for all interventions

Don't

- Walk sick or elderly patients to the ambulance
- Document anything that happens in the hospital. Do not use their vital signs and do not include the bed number
- If you don't observe it don't write it in the assessment. Document other people's observations in the narrative, if appropriate.
- There is no need to document that the call was dispatched by Medcom.
- That it is a delta call
- That 2-15-16 responded
- Or that the scene was safe

Information on the type of call and which ambulance responded can be found elsewhere in the PCR. No scene is inherently safe



Fatal Dose of Fentanyl and Carfentanil



Fatal dose of fentanyl
(2 mg or 2000 mcg)



Fatal dose of carfentanil
(0.02 mg or 20 mcg)

Memorial Tree



There has been a change to our Memorial Tree. The Charter Members of our organization, those members who started the organization back in 1967, have been taken off the tree as Stars and have gone to the bottom to become Rocks. A great organization must have a great foundation. These Rocks, those members, made our organization what it is today. Therefore, they should be honored as the base, the foundation, of our organization and as such they are the foundation, the base of our Memorial Tree.



It is with deep regret that the Operational Officers and Board of Directors announce the passing of Marilyn Hawkins, mother of HCFAS member Eileen Burns (767). Please keep Eileen and her family in your thoughts and prayers.

Qualified Candidates For The 2020 Board of Directors and Operational Officers - Secretary Bob Franz

Board of Directors:

Brian Canty
Carol Nucci
Jeffrey Daniels
Robert Franz
Seth Fischer

Chief:

Michael Como

1st Deputy Chief:

Elizabeth Wuestman

2nd Deputy Chief:

Ryane Como

3rd Deputy Chief:

David Kaufman

Chief Dispatcher:

Michael Barker

Day Captain:

Dale Bartolomeo
Gary Brandel
Kelly Murphy
John Mancino
Kathryn Donegan
Jaclyn Rittershaus
Elizabeth Mohr
Kristin Tiersch
Kathleen Castillo

REMINDER: VOTING TAKES PLACE FROM 8AM-8PM ON MONDAY DECEMBER 9TH. THE RESULTS WILL BE ANNOUNCED AT THE DECEMBER GMM ON DECEMBER 9TH AT 730PM.

BOD Candidate Letter- Carol Nucci

Dear HCFAS members,

My name is Carol Nucci #1324. I am a candidate for the HCFAS Board of Directors and ask for your support in the upcoming election on December 9, 2019. I've been a Squad member for nine years, having joined in 2010 and ride as a crewleader on the Tuesday 0700 shift. In addition to my assigned duty tour, I ride every Monday to assist the Day Captain. I have enjoyed being a member of the kitchen committee and cooking great dinners for our GMMs. I was a founding member of the Hands Only CPR Committee and recently have been writing and editing the New Member Handbook to help our new "family" members get acquainted with our policies and building.

For thirty-five years I taught high school and have excellent organizational skills, possess the ability to communicate effectively and to work well with others. Later, I became the Legislative Aide to the New York State Senate Majority Leader. During my nine year tenure, I spoke on behalf of the Senator and represented him at numerous events and meetings often dealing with many Long Island and State elected officials.

I would like to commend President Seth Fischer and our board for their efforts and diligent work and I would love to be a part of that process. I look forward to working "with" you and bringing your concerns and comments to the board and hope I can count on your support.

Thank you——

Respectfully submitted,

Carol Nucci

BOD Candidate Letter- Robert Franz

Dear Fellow Members,

Thank you for allowing me to serve the past two years as your Squad Director and Secretary. I sincerely hope that I fulfilled the responsibilities and duties of these positions to your expectations and I wish to thank all those members who helped me carry out my various tasks with professionalism and with respect, concern and courtesy for my fellow members. The interaction that I had with my fellow HCFAS Officers, Directors, the Operational Officers, committee chairpersons and members gave me an informed insight as to all the hard work that each of you perform in addition to responding to the ever increasing number of ambulance calls for which I commend each of you. This insight was a prime motivating factor and challenge to do what ever I could to benefit my fellow members, HCFAS and our community. I have attended all Board of Directors' meetings these past two years.

I am asking for your support and vote in the coming election and would be proud to represent all of you again. I promise to continue and build on the work that has already been done by the Board of Directors, Operational Officers and committees and look forward to the many challenges and changes that EMS and the Squad will face in the future.

If you have any questions, please contact me.

I wish everyone a happy and healthy holiday season.

Respectfully,
Bob Franz #539
Member since 1979
robo4200@hotmail.com
631-421-9121

BOD Candidate Letter- Seth Fischer

Dear Members,

Over the past year, I have gained weight from stress eating, lost hair, have grey in my beard, and had to make difficult and sometimes distressing decisions. At the end of the day I could not have been happier or prouder to serve as your President in 2019 (except for my clothing now being tighter than it was before). Looking ahead in 2020, I would greatly appreciate your support once again.

I have worked diligently with our Board, and you, our membership, to build our organization, improve our recognition within the community and the overall "volunteer experience". Together, we have raised the bar, worked with, and gained the respect from our leaders in government, neighboring Departments, and the community at large. 2019 was an awesome year to say the least, as we drove many initiatives from concept to adoption, and with your help, will continue that progressive mentality throughout 2020.

In asking for your vote, I also ask you to recognize the outstanding contribution made to this Squad by Secretary Robert Franz, Treasurer Brian Canty, and Board Member Jeff Daniels. They too, deserve your vote and support. We could not have accomplished all we did in 2019 without their help. These members played very intricate roles in two major initiatives, increasing our LOSAP dollars and HIPAA Compliance. If it were not for their dedication and commitment to the Squad, we would not have been able to accomplish the many amazing things that we did. Your Board of Directors had a phenomenal year in 2019, and we look forward to continue to serve our members with the same vigor in 2020.

I thank you for the tremendous support I received throughout the year, and look forward to fulfilling my obligations once again in 2020.

We have the greatest members in the world. I appreciate the contribution of time and talent that each of you has brought to our organization and thank you for your ongoing commitment to the Squad and the community it serves.

Thank you!

Seth Fischer

Chiefs Candidate Letter- Michael Como, Liz Wuestman, Ryane Como, David Kaufman and Michael Barker

Fellow members,

It has been our distinct pleasure serving as Chiefs this past year. The operational officers and Board of Directors enjoyed an excellent working relationship in 2019. Both entities had one goal in mind: To do whatever we could to improve upon the volunteer experience at HCFAS. The Squad's success this year was due to the hard work and commitment of our administrative members, dispatchers, first aiders, crew leaders, drivers, and ALS providers.

We thank you all for your tremendous efforts and ask for your continued support in the upcoming election.

Sincerely,

Chief Michael Como

First Deputy Chief Liz Wuestman

Second Deputy Chief Ryane Como

Third Deputy Chief David Kaufman

Chief Dispatcher Michael Barker

Day Captain Candidate Letter- Dale Bartolomeo

Dear Fellow Members,

I am asking for your support as a candidate for the position of Day Captain. For those of you who don't know me my name is Dale Bartolomeo. I have been a member of HCFAS since January 2010 started on the Sunday 0700 and 2 years later decided to do even more and joined the Huntington Manor Fire Department which led me to change my shift to the Sunday 1900. In 2015 I held the position of chief dispatcher while attending the FDNY EMS Academy. Currently I work as a FDNY EMS Dispatcher which does allow a lot of flexibility in my work schedule. Currently I am member of several committee's including the BLS Supplies, Vehicle Maintenance and Building Maintenance. I am a EMT Driver/Crew leader and 10 years in want to further challenge myself and help lead the squad into another great year of dedicated service to the community.

Thank you in advance for your support as a candidate for the position of Day Captain.

Day Captain Candidate Letter- Gary Brandel

Good Day Fellow Squad Members,

I want to start this letter by thanking the entire membership for your continued service and dedication to Huntington Community First Aid Squad. My name is Gary Brandel, and I have been an extremely active member here at HCFAS over the course of the last four years, and have felt nothing less than privileged to be able to respond to 911 calls with such an amazing team. I have been a part of Emergency Medical Services since I started as an Emergency Medical Technician at the age of 24 in the South Bronx. Working in the South Bronx as an EMT for two years, my love for emergency medicine grew when I realized I wanted to do more to help the community. I enrolled into an EMT-Critical Care program, because I wanted to do more to bring light to people on their worst days. After successfully completing the Critical Care program, I gained more experience by continuing to work in the Bronx. I joined Huntington Community First Aid Squad shortly after in 2016, where I worked tirelessly to get cleared to ride as an active EMT-CC for the company as soon as possible; bringing my skills, knowledge, and compassion to help the people of our community. I began as a volunteer at Mineola Ambulance Company, when I heard exceptionally positive things about HCFAS, so I took a huge risk by leaving Mineola Ambulance Company to join HCFAS, which ended up being one of the best decisions I have ever made for myself. Not only have I gained a substantial amount of experience, but I feel privileged and humbled to be a part of such a phenomenal agency. Just as I thought my love for EMS and emergency medicine couldn't get any stronger, being a member of HCFAS inspired me to want to better myself, and be a better provider for the community. As a result of that, I enrolled in the EMT-CC to Paramedic bridge program, and anticipate on receiving my Paramedic certification in October 2020. Huntington Community has not only given me the power to grow and develop as a provider, but as a person as well. That is why I am asking for your continuous support and your vote for Captain for the year of 2020. I feel as if I am an exceptional candidate to support our team, and not only do I want to continue to grow as a person and as a provider, but I would like to be the strength and support in order for our department to grow together. I look forward to constantly improving our team, and continuing to serve the community of Huntington and provide the best care possible to every patient. And remember, vote line two, it's right for you!

Day Captain Candidate Letter- Kelly Murphy

My name is Kelly Murphy and I am running for the position of Captain.

I have been a member of Huntington Community First Aid Squad since October 2010 and for me it has been a life blessing. I love being a part of such a busy, hardworking and caring organization. I ride the same shift I started with (Monday 1100) as well as just being here for the duration of that day and filling shifts during the week. During my time as a member I have become a dispatcher, crew leader and driver. I also hold the co-chair position to the hands only CPR committee and have been a member of this committee for 7 years. I have been part of the kitchen committee over the years as well. Currently I hold the position of Co.2 Monday Captain for 2017, 2018 and 2019 and have a member in good standing.

I am self-employed and 90 % of the time I am in the area and able to answer up to our calls keeping the 24 rate down on any day of the week.

Please consider me for Captain when you vote on Election Day, in return I will fully dedicate myself to Mondays as I have done for the past 9 years as a member and 3 years as Captain. I will give my word to be there for each member doing my best to answer their questions, making sure hours are kept up and shifts filled, keeping an eye on member's certifications and informing them of local classes to update when needed as well as making sure monthly trainings are completed. My dedication is to making a positive place for our members and our community. I am here to fulfill all the duties of a good day Captain.

Thank you for the opportunity of allowing me to be Captain for the past 3 years and for everyone's support.

With sincere thanks,

Kelly Murphy

Day Captain Candidate Letter- Kathryn Donegan

Dear Fellow HCFAS Members,

For those of you who don't know me, my name is Katie Donegan and I am asking again for your vote for Day Captain in the upcoming election on December 9th. I have served as the Wednesday Day Captain for the 2018 and 2019 year and the experience I have enjoyed so far is one that I'd like to continue in 2020.

I first joined HCFAS as a member in July of 2015 and have maintained good standing throughout. I learned under wonderful chiefs and day captains during my first few years- and even though HCFAS felt like a second home to me my whole life, the feeling of family here grew even stronger. I have served as a Post 215 advisor, have helped at numerous parties and events and have been the editor of the PULSE for over 2 years. HCFAS is more than just a volunteer position to me- it is where I've made countless friends who have turned into family and where I have had invaluable experiences I know will stay with me for the rest of my life.

My first year as captain was a year of growth- learning the day, the processes and the job as captain. This past year has been a year of growth in other ways- I have welcomed many new members and have seen the growth and advancement of countless Co 4 volunteers. I am always here to listen to the members concerns and have addressed quite a few this year- my door is always open and my phone is always on to hear them out. I am so incredibly proud and thankful to all members who have contributed to a successful 2019 year. Special thanks to all the BOD members, chiefs and captains that I have had the pleasure of serving with the past year.

I'm looking forward to an even greater year in 2020 and hope you will support me in this!

Respectfully Submitted,

Kathryn Donegan

Day Captain Candidate Letter- Jaclyn Rittershaus

Dear fellow HCFAS members,

My name is Jaclyn Rittershaus and I hope to gain your support in the upcoming election for Day Captain. I am currently a crew leader, driver, and dispatcher on the Sunday 1500 shift. I am also on the Bike Team, BLS Committee, Standby Committee, Hands Only CPR Committee, and the founder and chair of the HCFAS Book Club.

As Day Captain, I would like to give back to the members of HCFAS that offered me many great experiences. I would do so by helping to keep the squad a wonderful place to volunteer. I've been introduced to some of the most outstanding members in EMS and I am constantly inspired by the care, dedication and expertise that go into helping those in need and keep HCFAS running smoothly. After a long week, I always look forward to coming in on Sundays for my shift. I feel lucky to have gained such valuable experience from the best in the business and hope to positively influence your experience!

If elected Captain, I plan on always putting the members first and being present and available for them as needed. Having a duty roster published and posted on time is essential to running a day and will always be a priority for me. In addition to the operational duties as captain, I will work to stay current with the administrative duties, which would include the timely advancement of my members. I would make sure any problems that members face are dealt with promptly. In closing, my goal will be to make my day run as efficiently as possible.

Warm wishes for a happy and healthy holiday season.

Sincerely,
Jaclyn Rittershaus, 1498

Day Captain Candidate Letter- Elizabeth Mohr

To My fellow members,

First off, thank you to everyone for allowing me to serve as Day Captain for the 2019 year. Thank you to everyone who has helped me in the past several years. I am now asking for support again for the position of Day Captain.

For those of you who don't know me, my name is Elizabeth Mohr, I have been with the Department since May 2010 and am currently a member of Company 8. I am an Assistant Nurse Manager of a Pediatric Emergency Room at Cohens Children's Medical Center and am currently enrolled in my Masters for Nursing Leadership.

Since joining the Department, I have held the position of Day Captain for three years and the position of First Deputy Chief two years. I am currently seeking the position of Day Captain for the 2019 year. I believe I have the passion and time commitment to perform the position of Day Captain and looking for your support in the upcoming election.

Thank you in advance for your support.

Elizabeth Mohr

Day Captain Candidate Letter- Kristin Tiersch

To my fellow members,

My name is Kristin Tiersch #1515 and I am running for the position of day captain. I grew up in Huntington Station and started with HCFAS when I was 15 in Post 215. While in the post I was a captain and then chief. I started dispatching at the age of 16 and rode on my first call on my 17th birthday. I stepped away for a couple years to complete my education and when I returned home, I joined again! I just couldn't stay away! When I am not on the ambulance, you can find me at work as an RN, working with kids with cancer and blood disorders. Helping people runs through my blood!

Currently I am the chair of the BLS committee. With this responsibility I am in charge of keeping the ambulances stocked and supplies at the ready. I worked alongside the officers to roll out the new BLS bags and complete an updated/new checkout sheet.

I am running for day captain to continue to help the squad grow and to provide coverage for the community. I am available almost every day of the week and can always be reached by phone night and day. I am very hardworking and dedicated to the position. I have held previous leadership positions within the post and at work where I have been in charge of groups of people.

Everyone get out and vote on December 9th!!! Let's make 2020 just as great a year as 2019!!

Thank You!

Kristin Tiersch #1515 RN, BSN, EMT-B

Day Captain Candidate Letter- Kathleen Castillo

Dear Fellow Squad Members,

My name is Kathy Castillo, I am running for the position of captain again this year, and I'm looking for your support. I have had the pleasure of serving as Captain since 2013, and I am asking for your vote so I can continue this honor.

I have been a member in good standing throughout the ten years I've been a proud member of HCFAS. I am currently Chair of the HOCPR committee, which I have been part of since its beginning in 2012. We have successfully trained numerous members of our community this life saving skill. I am also on the dispatch training committee. I haven't been as active with dispatch training as I would like to, but there are some amazing people on the committee that have picked up my slack and are doing a wonderful job.

I love being a part of such an amazing organization, and I hope you will give me the privilege of serving as Captain in 2020.

As always, stay safe and love each other!

Kathy Castillo

BASICS – December 2019

Holiday Mishaps

By Mark W. Brenner

The following review questions are adapted from a few calls to which HCFAS crews have recently responded. They are designed to prepare you for one or more bizarre calls that we might encounter during the holiday season, and perhaps provide you with some holiday cheer. Enjoy!

1. On Christmas Eve, you respond to a call for minor bleeding. As you arrive you see a man in a bright red suit spurting bright red blood from his brachial artery that was severed by a reindeer's antlers (that's what happens when you laugh and call him names). To control the arterial bleed you:
 - a. Apply direct pressure to a pressure point proximal to the wound.
 - b. Apply a hemostatic dressing
 - c. Apply an occlusive dressing
 - d. Can start to control the bleeding with a tourniquet. It's not required that you begin with direct pressure to the wound.
2. During the primary assessment you decide that the above patient is a high priority patient, you would choose the appropriate destination hospital. You would consider:
 - a. Huntington Hospital
 - b. A Level One Trauma Center
3. Up on the Housetop, a man in a red suit has passed out. The fire department has been simultaneously dispatched to provide ladders to reach the roof. The man is placed in the stokes basket and lowered to the ground by the tower ladder truck. His breath has the smell of alcohol. You should:
 - a. Assume that Santa has also be provided with rum balls along with the obligatory glass of milk.
 - b. Check the patient's blood glucose. Every patient with altered mental status should have their blood sugar assessed.
4. You know that New York State has updated the BLS protocols. You should:
 - a. Complete the on-line NYS protocol update, print the course completion certificate and provide a copy to the Second Deputy Chief.
 - b. Visit the Suffolk REMSCO website and become familiar with the new BLS skills.
 - c. After completing the on-line training, you must sign-up for and attend one of the many skills sessions posted before 12/23/19.
 - d. All of the above must be completed before the end of the year. Failure to do these will result in you no longer being provide care as an EMT, EMT-CC, or EMT-P.

ANSWERS: 1d, 2b, 3b, 4d

December 2019

HCFAS Birthdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
						Tom Hogan & Javier Cruz
8	9	10	11	12	13	14
Sharyn Cullen- Kutcher			Nancy Barker, Andrew Giusto & Katie Donegan		Gail Glister & Diane Tanko	Nicole Campbell
15	16	17	18	19	20	21
Anne Gabriel			Joseph Savaglio & Joan Florio		Nancy Courtemanche	
22	23	24	25	26	27	28
				Alex Klotsche	Frank Guariglia	
29	30	31				
Samantha Ryan		Tim Ebert				

December Length of Service Awards to be presented at December GMM

20 Years- Nancy Courtemanche #978

15 Years- Rich Gierbolini #1124

Thank you for your service!