

HCFAS
2 Railroad Street
Huntington Station, New York 11746-1231

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The Pulse

March, 2010

Volume 43 • Issue 3



Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad



PRESIDENTS REPORT **Roger Winter**



Goals & Direction

After going to many EMS conventions and reading many articles in numerous EMS magazines and seeing many new products and innovative ideas, I ask the question, “Where are we going as an organization and where are our members going.” After talking to many members and officers, apparently we all have different directions that seem to interest us. Some are interested in “new” products, while others are interested in “prehospital emergency medical care” which would be considered professional development. Many members are interested in what can “technology” do for us. For instance - can we use the computer to enhance our abilities. Depending on your interest, all these areas are important.

That brings us back to goals both personal and the goals of the organization. To me, my personal goals are varied. As a teacher and coach I had hourly and then daily goals, which culminated into weekly goals and then monthly goals and finally yearly goals. I have always felt that having a yearly goal was very important but for an organization like ourselves we need to expand our goal set to several years down the road. We have to anticipate the needs of the membership and the needs of the organization for five and possibly for as long as ten years in the future. Now some of you might think “ten years”? Yes, ten years. It really isn’t that long. We have a thirty year mortgage on the building. We had to believe that we would be around in those thirty years to pay off the building and we will still be functioning as an elite EMS group. I challenge you to think of ways to improve the squad, set some goals for yourself, set some goals for the organization. Let us know what your thoughts are.

This month we will be seeing an end to the snow and I hope, we will be having our installation dinner. I hope that all who attend will enjoy themselves and get home safe and sound. Let’s not forget Daylight Saving time begins, St. Patrick’s Day and the parade, the first day of spring, Palm Sunday and Passover begins, and for you basketball fans “March Madness” - enjoy them all!

As always my door is always open.

CHIEF'S REPORT
Dominic C. Heavey

A Month to be Irish

An Irish Blessing

***May the road rise to meet you.
May the wind be always at your back.
May the sun shine warm upon your face,
The rains fall soft upon your fields and,
Until we meet again,
May GOD hold you in the palm of his hand.***

Let me start by wishing everyone a happy Month of March. I would like to thank all the Officers for the hard work they have been doing and keep up the good work. To the General Membership your hard work is also appreciated.

To all the members that come in on Saturday's for the work detail well done. The building is looking better, to the 215 POST members keep up the hard work; it is great to see you all every Saturday.

Well just a reminder to all our Installation Dinner will be held on Saturday 6, March 2010, looking forward to seeing everyone there.

Then on March 13, 2010 we have the annual Huntington Town St. Patrick Day Parade, be at HQ in Class "A" Uniform. Look for the sign up sheet there will be food and music after the parade.

St. Patrick's Day March 17, 2010 hope to represent HCFAS in the NY City Parade. It will be an all day event. Look out for me on the TV I will be the short guy.

*That's all for now.
May the Luck of the Irish be with you all.
Chief
Dominic C. Heavey*



CHIEF'S REPORT
Jeffrey Brenner

Department coverage for the annual installation and inspection dinner

*1700-2300 Centereach FD
2300-0700 Greenlawn FD*

ALS- Update going well, new test out. Compliance by 2/28/10; Thank you to the providers for taking the TIME to endure this update, it has been a challenge. Alyssa, thank you SO MUCH for your dedication and hard work throughout this update.

Training- Remember the new Nitro Update – any sexual enhancing medications with in 72 Hours and medication to include Cialis.

Thank you to all who participated in the head immobilization survey- results will be out soon. The results will be posted on the training board.

Review Training- This month, March, will be Bloodborne.

Remember to stay on top of your trainings- give you points and more than 2 missing will remove you from active duty.

*Amb Orientation- Passed T. Quigley, L Bennett, V Maltese, C Mallilo, J Ladd, T White, C Masten, L Booth...
Congrats- get riding!!!!*

Due to budget concerns, we are considering delivering the monthly Pulse to the membership via e-mail only. Printing and mailing of the Pulse has increased significantly over the past few years.

Please be advised that the Pulse is always available on the:

- Squad website www.hcfas.org and a few printed copies will be placed in the ready-room**

3rd DEPUTY REPORT
David Mohr

As you read this, things should be well on there way back to normal. Repairs are under way from the two floods and as I write this, on February 23rd, the east end driveway is scheduled for full repair by the weekend.

We continue to have the Saturday morning work details beginning at 9:00a. I want to again thank all the members who have come down and given of their time, also to all the Post members that have also joined us, thank you, your efforts are being recognized.

I have received many complements from you on all the items going up on the walls. Thank You, but more importantly, thank you to the members that have come down and helped put them up. You will see more of this in the coming weeks. We are also working on getting our vehicles ready for the up coming St. Patrick's Day Parade, so any help would be appreciated. Come on down, and lend a hand it improving the look of your building and vehicles.

The **Adopt-a-Vehicle** has begun. Cleaning supplies are on the gray cart outside the Maintenance Closet. If you need more or want something, please put a note in my mailbox. The vehicles have been sanitized and training has begun on the Spray'n Go portable sanitized that can be used by crews to sanitize a vehicle. Remember, this can be done anytime you feel that a call you were on requires a quick sanitization of the vehicle. Instructions on how to use it are on the machine; if you have any questions about it operation or when/frequency of use, please feel free to contact me. I am attempting to get the company representative to come to our March GMM for a quick instructional on the machine.

Below is the ambulance rotation for the next month, along with the Adopt-a-Vehicle responsibility for the month.

Ambulance Rotation for 2010

Ambulance Rotation will occur each week on Monday at 1900hrs

Week of	First	Second	Third	Fourth	Fifth	Sixth
3/1/10	18	19	20	21	16	17
3/8/10	19	20	21	16	17	18
3/15/10	20	21	16	17	18	19
3/22/10	21	16	17	18	19	20
3/29/10	16	17	18	19	20	21
4/5/10	17	18	19	20	21	16

I would like to thank the members that have made suggestions about our building and vehicles. Please continue to make the suggestions, this is **OUR** building and we spend a lot of time in it, let's take pride in it. If you have a suggestion, please put a note in my mailbox and I will look into it. Please include your name and number in case I have a question about your suggestion.

MONDAY CAPTAIN

Tim Ebert

Congratulations Dennis Vangroski #1274 on passing your Ambulance orientation.

Thanks to everyone on Mondays for showing up, doing checkouts, and getting down to business. Great job to all!

A special thanks for those coming out for backup calls, filling in on a shift, and doing double shifts: Chuck Brady, Sal Signorelli, Joe Frisenda, Luke Bartolomeo, Audin Delva, Tyler Gibbs, Paul Kelly, Jeff Brenner, Tom O'Leary, Mark Cappola, Ferd Newman, Lorrie Stone, Chris Evers, and Jeremiah Boehm.

Thanks to all on Company 8 that make there day to come in a Monday: Rich Rudolph, Sheryl Burke, Mark Brenner, Larry Scott, Scott Bielanski

My apologies for anyone I forgot.

Job well done Mary Brenner for covering 7 calls within a one hour period. Talk about grace under pressure. Thank you all that responded, she could not have done it without your help. Nice job Mary!

TUESDAY CAPTAIN

Martha Brenner

Tuesday's have been busy and lots of people have pitched in to make it all run smoothly. As I am writing this from Maryland I don't have the paper work to list the names of all the people who have helped out, but know that your efforts are appreciated.

I do want to thank Captain Brenner and Chief Brenner (is there a theme here?) for covering my day while work has taken me out of town.

Just a few reminders. We are trying to move towards a paperless system so please try to get into the habit of using the finger reader to sign in and out. In the not so distant future the sign in sheet will likely disappear. The St. Patrick's Day parade is right around the corner and the crew who handles the refreshments really needs a count on how many people will be coming back to the building so please sign up!

I will see you all at the Annual Inspection and Dinner Dance.

Martha Brenner 2-15-53

BLS Core CMEs at HCFAS

Mark Brenner

Saturday, May 15 9 - Noon Preparatory/Airway

Saturday, June 19 9 - 11 am Patient Assessment

Saturday, July 17 9 - 11 Medical I pharmacology/respiratory/cardiac

FRIDAY CAPTAIN
Pamela Brenner Biersack

February is a short month but it certainly packed a punch on Fridays! Get well wishes go out to Laurie Hoffmann #1243 after her recent fall. We hope you're back on your feet riding again soon (riding, not skating Laurie).

Congratulations to Patty Tufo #1242, Vinny Maltese #1262 and Chrisine Principato # 168 for passing Ambulance Orientation! Congratulations to Tyler Gibbs #1252 on advancing to full Crew Leader!

I'd like to thank some people who have helped out tremendously to fill some gaps and keep the ambulances on the road... Vito Reciniello #659, Liz Mohr #P1, Todd Atkin #993, Spencer Newman #1082, Vinny Maltese #1262, Paul Kelly #634, Ferd Newmann #369, Paul Rittenhouse #1146, Joe Gander #1166, Martha Brenner #236, Brian Milliken #1085, Chief David Mohr #748, Chris Evers #1216, Audin Delva #1185, Captain Keith Rubenstein #1154, apologies if I missed anyone. I also want to thank the crews on Friday for their consistent hard work and dedication to the organization.

Company 6 continues to need a dispatcher on the 1100 shift and a DR/CL on the 1500 shift. I welcome any/ everyone to come and help out whenever possible. I am always reachable by phone and email should any member have any questions or concerns. Again I thank you all for your continued hard work!

Pam Brenner
2-15-56



Back by Popular Demand!!

HCFAS

St. Patrick's Day Dinner
after the Parade

The Not-so-Irish Band
Remy, Johnny, Joey and Mark

Join us for food, drink, fun, music and dancing!

For a third straight year, The Not-so-Irish Band will be back in a live performance of traditional Irish songs, jigs and reels. With sing-alongs of all your classic Irish favorites!

SATURDAY CAPTAIN

Paul Biersack

There have been a lot of references to, and talk about, our By-Laws and SOPs (Standard Operating Procedures) recently. These guidelines are not perfect but by referring back to them regularly, we can determine their strengths and weaknesses or tweak and expand them as necessary. Much like what's happened with the Responder Vehicles recently, feedback has been important in identifying flaws and going forward, the Officers are going to try updating relevant sections to be more appropriate. Additionally, these guidelines offer a great deal of insight about the responsibilities and expectations of all members, from Probationary status all the way up to Life Member and everything in between. One can literally read their way through the obligations of duty crew coming on for their regular shift, what's expected of us before, during and after an alarm, what to do about a messy Ready Room, requirements for Review Training and payment of Membership Dues, etc. Every time I refer back to the SOPs, whether it be to answer a question raised by a fellow member or to support something I wish to discuss at meetings, I am reminded of something new or relevant...things that I've long forgotten or simply never took it upon myself to memorize in the first place. I'll be the first to admit that I don't necessarily agree with everything as written, even as an Officer, but the first step is knowing what's there and how it applies to me, how it applies to my crew and how I can comply or challenge the rules. The same knowledge and understanding should apply to all members, if for no other reason than holding the Officers to the same standards we expect from you. The binder containing our By-Laws and SOPs had previously been missing but I found it last week and put it back atop the mailboxes in the Dispatch Lobby so everyone can have access to it. Just be sure to put it back when finished. An electronic version of each document can also be found online as a PDF file in the "Documents" section of our HCFAS website. I encourage everyone to take a few minutes and read up on our By-Laws and SOPs and if you have trouble locating a copy, please see your Captain for help. We'll be more than happy to steer you in the right direction!

Regarding Saturdays, I would like to remind everyone that we are in desperate need of help covering Saturday overnight shifts. There is a partial crew on "A" weeks but virtually nobody on "B" weeks. I am fortunate to have so many who are willing to leave their pagers on at night or to stop by for a few hours here and there, but the ultimate goal is to have a full on-duty crew for our 1st due ambulance during the overnight shift. Every week. I already have the firm commitment of 1 crew to staff a future shift (during warmer weather) and that I've heard rumors that another crew from a Tuesday evening may also step up to the plate to help. We are 8 weeks into the year with 44 left to go and since the biggest concern is alternating Saturdays, that's only 22 weeks. Factor in these 2 commitments and that really only leaves 20 overnights for the year that desperately need coverage. With a Driver, Crew Leader and First Aider to staff an ambulance...the problem goes away completely if less than half of all active members commits to only 1 Saturday overnight for the year. Are YOU able to give up an extra 8 hours to help a stranger, a friend, a family member or possibly even a member of service when they're life hangs in the balance? It happened to my family several years ago when my dad fell down the stairs late one weekend overnight and suffered a major head injury. By some twist of fate my brother-in-law, Kevin Brenner, was here in New York for the weekend and answered a signal 3 for ALS...at my house...while I wasn't home. He and the crew treated and transported my dad, who later made a full and (if you ask the neurosurgeon) remarkable recovery. Think about it!

SATURDAY CAPTAIN
Paul Biersack

And now, I wish to congratulate and give thanks to the following members for their help during the last month:

- *Congratulations to Lenise Booth (#1246) on passing her Ambulance Orientation Exam!*
- *Congratulations and welcome to Golan "Glen" Stern (#1284) for joining Company 7! Glen is the newest (and only) regular member currently on the Saturday 2300 shift and as a Trainee, shows considerable enthusiasm and promise. He has some background in EMS and is looking to become an EMT but until then, we need to get through Dispatch Training. For anyone who is able to help out on Saturday overnights, I implore you to help me help Glen through his training period and onto an ambulance. Every little bit counts!*
- *Thank you to Company 1 Captain Keith Rubenstein (#1154) and 2nd Deputy Chief Jeff Brenner (#1135) for covering me as Captain while I was away on vacation last month.*
- *Thank you for completing an entire shift to fill vacancies or augment a regular duty crew: Kathy Geary (#368), Maryanne Schramm (#595), Sue Otto (#790), Fernando Rivadeneira (#965), Dominic Heavey (#973), Carl Schramm (#997), Michele Miller (#1072), Scott Bielanski (#1076), Captain Keith Rubenstein (#1154), Bruce Hafner (#1158), Joe Frisenda (#1160), Alex Witkowski (#1207), Emily Schaffert (#1248), Tiffany White (#1259), Howard Lowenthal (#1260) and Vinny Maltese (#1262)*
- *Additional thanks to the following members who answered backup calls: Captain Martha Brenner (#236), Paul Kelly (#634), Laura Treulich (#743), Deputy Chief Dave Mohr (#748), Director Brian Canty (#757), Chris Winter (#897), Tom Romano (#939), Dominic Heavey (#973), Mark Cappola (#1087), Jeff Brenner (#1135), Keith Rubenstein (#1154), Joe Frisenda (#1160), Israel Cortes (#1174), Luke Bartolomeo (#1198), Carol Niceforo (#1223), Jeremy Boehm (#1225), Ken Manning (#1236), Emily Schaffert (#1248), Tyler Gibbs (#1252), Brian Quinn (#1256), Howard Lowenthal (#1260) and Elizabeth Mohr (#P1)*

*Paul Biersack
Company 7 Captain*

To be read at the March General Membership Meeting and read for comment and voted upon at the April meeting.

PROPOSED HCFAS BYLAWS AMENDMENT

Whereas: Robert's Rules – Chapter II Section 3 states that "The requirement of a quorum is a protection against totally unrepresentative action in the name of the body by an unduly small number of persons." "In all ordinary societies the by-laws should provide for a quorum as large as can be depended upon for being present at all meetings when the weather is not exceptionally bad...", and

Whereas: The HCFAS Bylaws make specific reference to quorums for the Board of Directors and special meetings as follows:

ARTICLE VIII, SECTION 1 - BOARD OF DIRECTORS -QUORUM

A quorum for the Board of Directors shall consist of five members of the Board.

ARTICLE VIII, SECTION 3 - SPECIAL MEETINGS -QUORUM

A quorum for special meetings shall consist of one-third of the eligible voting members, and

Whereas: According to the HCHAS Bylaws, "No committee may function unless a quorum consisting of two-thirds of its members is present." And

Whereas: However, according to the HCFAS Bylaws,

ARTICLE VIII, SECTION 2 -GENERAL MEETINGS -QUORUM

A quorum for regular meetings of members shall consist of 20 eligible voting members, and

Whereas: This small number represents less than 10% of the currently-eligible voting members (approximately 270 members), effectively allowing this small percentage to influence policy and affect change, therefore be it,

Moved: That the HCFAS Bylaws be amended as Follows (deletions lined through, additions underlined):

SECTION 2 -GENERAL MEETINGS -QUORUM

A quorum for regular meetings of members shall consist of ~~20~~ 50 eligible voting members.

LOSAP 2009 Points – Bob Franz

The 2009 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 Andy Ball of the LOSAP point committee. I ask that you look at the last column titled “LOSAP TOTAL” to see the number of eligible LOSAP Points you have for 2009. You must have 50 points in this column to qualify for a year of LOSAP credit for 2009. The final list will be sent to the Town of Huntington in late March for Town Board approval.

NYS Income Tax Claim for Volunteer Firefighters' & Ambulance Workers' \$200 Credit for 2009 – Bob Franz

You can claim the \$200 refundable credit for 2009 on the NYS Department of Taxation and Finance Form IT-245. As per the instructions, you cannot claim the credit if you receive a real property tax exemption that relates to your volunteer service under Real Property Tax Law. The ambulance workers' credit is available to full-year NYS residents who are active volunteer ambulance workers for the entire tax year for which the credit is claimed. Copies of Form IT-245 & instructions are posted on the bulletin board. If you have any technical questions, consult your independent tax advisor.

Scholarships or Tuition Assistance – Bob Franz

Information on available scholarships or tuition assistance programs sponsored by various entities will be posted on the bulletin board closest to the dispatch office as information is received or the Squad is made aware of a program. Please read the eligibility criteria and recipient requirements of each program carefully. If you require any additional information, please see Bob Franz or put a note in his mail box. Some of the scholarships require a health related field of study.

Suffolk Educational Program for Recruitment & Retention in the Voluntary Emergency Services (SERVES) Scholarship

The SERVES Scholarship is designed as a recruitment & retention program (www.suffolkcountyny.gov – scroll down and click on SERVES Scholarship Program) or call Tom O'Hara at FRES 631 852-4908). The application deadline is May 1, 2010 for the Suffolk County Community College (SCCC) fall & spring semesters. See the Administrative Guide on the bulletin board or visit their website for the Guide, application form and other information. The program is administered by SC Fire Rescue Emergency Services. Serves will award funds for full or part time student/volunteers and is available for any major offered at SCCC. SERVES will pay up to a \$500 tuition assistance stipend per semester in excess of any other grant or scholarship funding. In exchange for the Scholarship, the member must have an active service commitment with the Squad during their schooling and the period following their degree attainment. (If you have already earned 80 college credit hours then you are not eligible for this program).



There has been a change in the adult cardiac chest pain protocol. These questions will help review the protocol.

1. Your BLS crew is responding to a call for an adult male with chest pains. Enroute to the scene you are recalling the adult chest pain protocol and remember that the following medications should be considered for administration:

- a. Oxygen
- b. Aspirin
- c. Nitroglycerin
- d. All of the above

2. You meet your patient, a 62 year old male with a history of angina. He has a prescription for nitroglycerin and has already taken aspirin. What else should you ask with regard to the history of the present illness?

- a. Did he take the nitro?
- b. Has he taken a sexually enhancing medication in the past 72 hours?
- c. Does he have a latex allergy?
- d. Both a & b.

3. Your trained assistant assesses his vital signs. They are respirations of 24/regular, his pulse is 126 but irregular, and his blood pressure is 132/90. His chest pain is a nine on a scale of 1 – 10, and he has not taken his nitro. He also reports that he took Cialis 2 days ago (48 hours). According to the BLS protocol you should:

- a. Administer the nitro since his BP is above 120 and he knows his prescription
- b. NOT administer nitro since he has taken a sexually enhancing medication within the past 72 hours.
- c. Administer the nitro. Although he has taken a sexually enhancing drug, the rating of his chest pain (9), is more important than the presence of Cialis in his system.
- d. Administer a dose of aspirin instead of the nitro; it's almost the same.

4. According to protocol, you do not administer aspirin and nitro. But must you document why you did not administer the aspirin or nitro?

- a. No, if you don't do something, you need not document it.
- b. Yes, you must always document pertinent negatives such as why you did not administer the aspirin or nitro.

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

On another note, I recently was informed of the following trends having been discovered after reviewing PCR's and participating on several case reviews with the Suffolk County Regional Trauma advisory committee:

1. The lack of documentation on the PCR concerning the "mechanism of injury" (Trauma Triage category). Since the County has exhausted its stock pile of NYS

Trauma PCR's, there has been a drastic decrease in "painting the picture" of the patient who has received an injury secondary to trauma. The following points are missing from the majority of the PCR's: type of vehicle, impact on vehicle, description of the damage to the vehicle, restraint devices, where the patient was found, safety items.

2. The GCS when totaled should be broken up in three parts; instead of writing one number such as "15" we should be documenting 4/5/6. The score is based on the patients' best response. If the patient is intubated a T is placed for verbal since an intubated patient cannot provide verbal responses. When assessing motor response, the patient should be asked to perform a function, "raise your fingers up, or wiggle your fingers or toes." We should not have them grasp on command because we might interpret it as obeying a command but it just might be the patient demonstrating a reflex.

I hope that these suggestions will help you to paint a clearer picture of your trauma patients.

Post 215 and Troop 218 Have Joint Training



On February 20, 2010, 28 members of Explorer Post 215 of the Huntington Community First Aid Squad and Boy Scout Troop 218 of Huntington Station had a joint training session. Members of Post 215 showed Troop 218 all the pieces of equipment that are carried on an ambulance. The training also included several demonstrations on some of the pieces of equipment. Members of Troop 218 were surprised at how much equipment is carried on the ambulance. Post 215 and Troop 218 have a history of working and training together.



HCFAS has helped the scouts meet the requirements of the First Aid Merit Badge, and plan to work on the requirements of the Emergency Preparedness Merit Badge next. After the training the two units had lunch together, and made plans to get together again soon.

HCFAS NEW MEMBERS



Kevin DeFriest

#1270

Wed 0700x1100

- Resides in Huntington*
- Graduated from Riverhead High School*
- Graduated with AS in Mortuary Science from Farmingdale State College*
- Former EMT at Riverhead Volunteer Ambulance Corp*
- Joined HCFAS after observing paramedics care for ailing father*
- Future goal is to refresh his EMT status*

Welcome!



John Connors

#1272

Mon 1500x1900

- Resides in Huntington Station*
- Graduated from Huntington High School*
- Graduated from Briarcliffe College with AS in Criminal Justice*
- Employed at Outback Steakhouse*
- Currently attending EMT course*

Welcome!

March 2010 • Service Awards

Kathy Gearey 35 YEARS

Ferd Neumann 35 YEARS

Tomoko Hirawasa 5 YEARS



Defensive Driving Class

Saturday, March 27th

9:00 AM – 4:00 PM

*Free for Squad Members (upon successful completion),
\$25 for family members (checks payable to HCFAS) **only if we do not fill 40 seat.***

Sign up by March 21st – we need a minimum of 20 people to hold the class.

Please bring your driver's license to the class.

RECEIVE...

A 10% insurance discount on collision/liability for the principal driver. Valid for 3 years.

REDUCE...

Up to 4 points off your driving record for violations within the past 18 months.

REFRESH...

Your driving skills and learn techniques to avoid collisions.

AAA's **defensive driving course** is approved by the New York State Department of Motor Vehicles. This six-hour class can earn you (the principal vehicle operator) a 10% discount on collision, liability and no-fault insurance. The discount is good for three years. Program completion also earns you a reduction of up to four points on your driver's license record. Points may be reduced only once in any 18-month period.

SIGN UP BY 3/21/10



Clare Tesoriero 20th Anniversay Claire is shown with Secretary Bob Franz and Chief Dominic Heavey



March 2010

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1	2  <i>Happy Birthday!</i> <i>Robin Smiles</i>	3	4  <i>Happy Birthday!</i> <i>Kathy Gearey</i>	5	6
7	8 GMM	9	10  <i>Happy Birthday!</i> <i>June Offermann</i>	11	12	13
14  <i>Happy Birthday!</i> <i>Katherine Dolgen</i> <i>Karen Maresco</i>	15	16  <i>Happy Birthday!</i> <i>Lauren Probst</i>	17	18  <i>Happy Birthday!</i> <i>Keith Rubenstein</i>	19  <i>Happy Birthday!</i> <i>Matt Cappola</i>	20
21 Recruitment Open House 2 pm <i>Happy Birthday!</i> <i>Sheryl Roach</i> 	22	23  <i>Happy Birthday!</i> <i>Drew Silverman</i>	24	25  <i>Happy Birthday!</i> <i>Stephanie Moore</i>	26	27
28  <i>Happy Birthday!</i> <i>Todd Atkin</i> <i>Roy Chiquitucto</i>	29  <i>Happy Birthday!</i> <i>Ruthnie Daniel</i>	30  <i>Happy Birthday!</i> <i>James Ingwersen</i> <i>Robert Scarabino</i>	31			

Irish Blessing

May you always have Walls for the winds,
A roof for the rain, Tea beside the fire,
Laughter to cheer you, Those you love near you,
And all your heart might desire!

