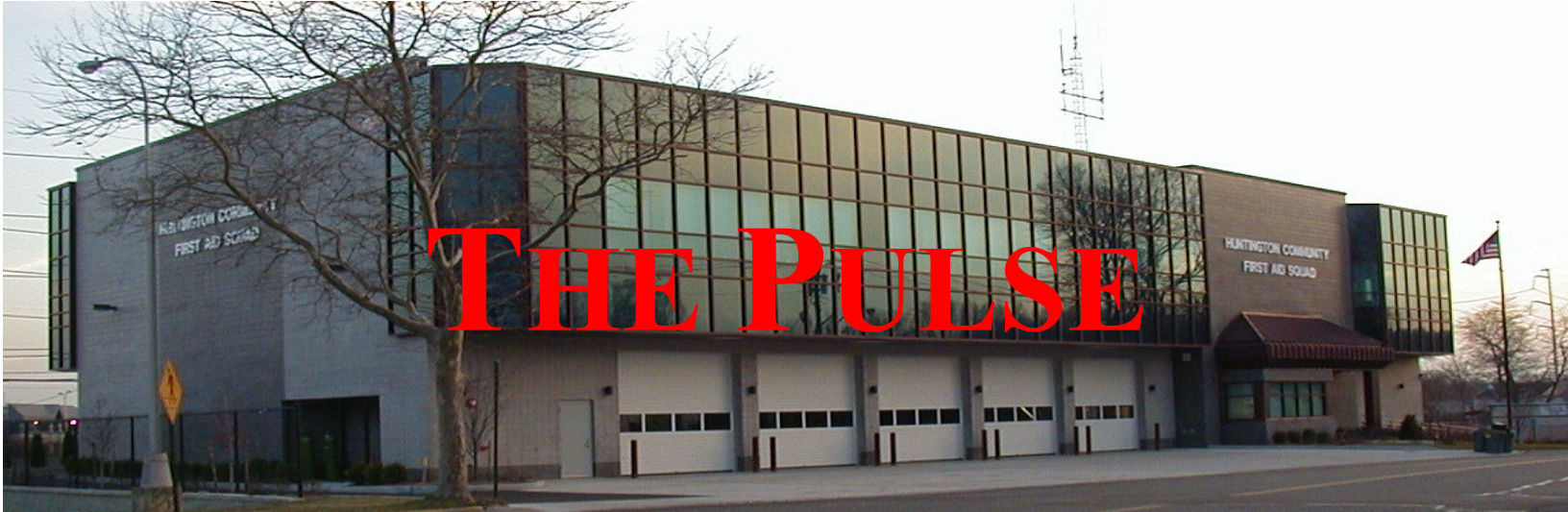




***THE HEARTBEAT OF THE HUNTINGTON COMMUNITY FIRST AID SQUAD
PROUDLY VOLUNTEERING SINCE 1967***



MARCH 2022 – VOLUME 55 – ISSUE 3



Letter from the Editor

Dear Members, I would like to start with a huge, huge Thank You to Katie Donegan for her years as Editor of the **PULSE** and wish her good luck in her new position as First Deputy Chief.

So, this is a little déjà vu for me, as I work with Brian Canty on the Pulse in the early 1990's. A few things have changed since then, but the dedication of our membership is as strong as ever.

I would also like to introduce our staff, Design Assistant Brian Canty and Proofreaders Eric Kramer and Karen Martin.

Do you have an idea? Would you like to tell the membership something? Do you have a suggestion? A hobby, something you think the membership would enjoy hearing about, let's tell them.

Send the Editor an email at thepulse.hcfas@gmail.com and we will make it happen.



**HAPPY
ST. PATRICK'S DAY**

Questions? Submissions? Email the Editor - David Mohr at thepulse.hcfas@gmail.com
Design Assistant and Proofreaders - Brian Canty, Eric Kramer, and Karen Martin

President's Article - Fiona Witkowski

Congratulations to our new Vice-President, Ex-Chief Tom Lemp and congratulations to our newest Director, Jim Mallilo, who will be the Board Liaison for Recruitment and Membership. I look forward to working with you both and all the members of the Board who give up so much of their time to make this organization successful.



I am sure that we all welcome the Chief's announcement that masks are no longer required in our building, but please, make sure that you wear an N95 respirator when going on calls. We have no idea of the health of those we pick up in the ambulance and it is only sensible to protect ourselves as far as possible.

Daily case reports have fallen more than 90% from their January peak. Case numbers are as low as they have been since November, before the Omicron variant took hold. 95% of Suffolk's population over 18 has received at least one dose of the vaccine. We have been fortunate that the Omicron variant has proved less dangerous, apparently because it affects the upper airways rather than the lungs. Nevertheless, because Omicron infected so many people, it actually killed more people than the more severe Delta variant.

I want to thank all our members for your dedication in helping our fellow citizens over the past two years. I don't think anyone predicted in 2020 that we would still be battling this invisible killer. However, we cannot be complacent. It is almost certain that new variants will arise and we cannot predict how serious they will be. We will continue to need new vaccines and new booster shots so that we are fit and able to help those who need us.

Members of HCFAS have carried out their duties in the face of an unprecedented pandemic. I know that you will continue to do so, no matter what challenges we face.



Chief's Article - David Kaufman

Dear Members,

I hope you had a nice Presidents Day.

We will be participating in the St. Patrick's Day Parade on March 13th at 1400. The parade route will be just north of the Huntington Train Station along New York Avenue before turning west onto Main Street and ending at Saint Patrick's Church. Meet at HQ in Class "A" uniforms no later than 12:45. If you do not have a Class A uniform, you are to wear a white button shirt, blue flat pants, red jacket and black shoes. At the conclusion of the parade, everyone is invited back to the squad with a guest for a corned beef and cabbage dinner.

Thank you to special events for organizing the dinner. Please sign up in the ready room.

We removed the mask requirement from the building effective 2/23/22. Masks are still required on calls and at the hospital. Please be careful and stay safe as always!

The first of the new EPCR laptops have arrived and are in service. They should serve us well for years to come. If you have any questions, please contact the EPCR Committee.
Please make sure you are staying on top of your hours as we have one month left in the quarter.

Thank you for all your hard work and I will see you all at the installation dinner!

Best regards,
David



1st Deputy Chief's Article – Katie Donegan

Welcome to March! We are officially in the last month of the first quarter and off to a busy year! Please be diligent with checking your hours and submitting any adjustments that are needed.

We are in a good place as COVID-19 is concerned, but we aren't completely out of the woods yet. If you are positive or have concerns, Ryane Como is currently handling COVID related issues and can be contacted at ryanecom@gmail.com.

Again, we are nearing the end of the first quarter of the year. Everyone needs 48 hours per quarter. 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.

For Company 8 members, please reach out if you need any support in knowing which shifts are in need. As a reminder, let the Day Captain know when you will be in so they can add you to their roster and onto a crew.

Please keep an eye out regarding communications concerning standbys as we have a large number of them coming up in the next few months.

If you have any concerns, please reach out to your Captain and Chief's so we can assist you in a timely manner.

Stay safe and healthy! I'm excited to see everyone at the Installation!

Katie
first.deputy@hcfas.org
631-275-3991



2nd Deputy Chief's Article – Dale Bartolomeo

Hope everyone is doing well!!

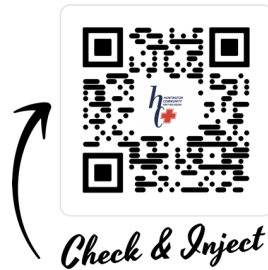
This month's review training is on "UTI's"

Please complete all monthly review training on a monthly basis.

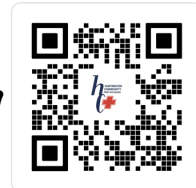
Please remember all PCR's must be completed and faxed within four hours.

Anyone looking to take a EMT Refresher or original course there are multiple postings in the ready room.

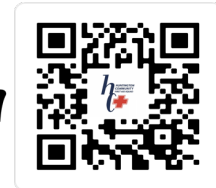
Anyone who needs to take a CPR class or BLS CPAP, and/or a BLS 12 Lead, please use the QR codes below to register. (Please be patient, I am working on getting these classes moving asap)



Check & Inject



BLS CPAP



12 LEAD



3rd Deputy Chief's Article – Bill Connolly

Greetings Members,

I hope you all had an enjoyable February. I would like to thank the vehicle maintenance committee for their diligence and effort keeping the vehicles on the road. There have been many complaints recently about the cleanliness of the ambulances. Always remember to be vigilant in cleaning up after a call and always perform checkouts prior to any calls.

If you see something you believe needs urgent attention, please notify your Captain to ensure the information reaches the appropriate party in a timely fashion. I can be reached at (516)457-0967 or Third.Deputy@HCFAS.org

I look forward to seeing everyone at the Installation Dinner and the St. Patrick's Day Parade.

Bill Connolly 2-15-33

Chief Dispatcher's Article - Mike Capotosto

No Article Submitted

Co. 1 – Sunday Captain's Article - Jacob Levinsky

Hello everyone and happy March! Hope March has been good to you all so far. I would like to thank those who helped out on Sunday.

Help is needed on many shifts:

Driver is needed for the 0700

Driver is needed for the 1100

Dispatcher and a Crewleader or Driver 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, please don't forget to do your weekly checkouts and monthly review trainings.

Jacob Levinsky 1529

Co. 2 – Monday Captain's Article - John Connors

Company 2 & HCFAS Members,

February was a cold month filled with ice, rain, and snow. However, the call volume on Monday's scorched and kept us warm. Eight weeks into the new year and Monday's have hit some bumps in the road. There have been resignations, LOA's, and last-minute unavailability's. Monday members responded with perseverance stepping up to the plate with a depleted roster and knocking this month out of the park. Many others have contributed in the past four weeks to getting ambulances out and I sincerely thank them. Some of these members include: Jeff O'Neill, Betty Wood, Carol Nucci, Jackie deBruin, Michael Capotosto, Steve Benjamin, Kat Kallergis, and Tom Lemp.

Mondays continue to be a great place to learn from some of the best. That is why I will encourage anyone new or old that feels like their confidence is not at 100% to come ride a shift on Monday. You have heard the old saying "You learn something new every day"? Well, on Mondays you will truly learn something every week and build confidence to be the best you can be. We have no Crewleaders on the 1100 & 1500, which is a result of all the changes recently. Any help will continue to be greatly appreciated. Also, we are always looking for full crews for the overnight.



First aiders and ACL's are always welcome if we have free slots in the roster. If you haven't come in on a Monday, I ask you to give it a try. For those of you in Company 8, we miss you and have plenty of room for you as well. Come see some old friends and meet some new ones.

Sincerely,
John Connors, Co. 8 Captain

Co. 3 – Tuesday Captain's Article - Joe Savaglio

No Article Submitted

Co. 4 – Wednesday Captain's Article - Dominic Heavey

HAPPY MARCH 2022!!

Help is still needed on Wednesday mornings, 0700-1100 CL & DR, 1100-1500 DR, 2300-0700 CL & DR. Please listen up if you can.

To ALL Personnel that come in on Wednesdays, I ask that you remember to finger in and out, and that you clean up the Ambulances and all common areas before you leave. Please do NOT leave it for the next crew.

If any NEW member needs a fit test, please reach out to me at 631-742-9766.

During the month of January, Wednesday had 77 Calls, 5 off which were 24's. As of February 16th, we have had 2 - 24's bringing Wednesday to a total of 7 – 24's for the year.

I would like to thank the following members who helped out during February.

#1581 Jacqueline De Bruin, #1658 Brandon Eybergen, #1665 William Meitz, #1083 Richard Rudolph, #1592 Keith Tamayo, #1343 Fiona Witkowski, #1454 Jonathan Menard, #1595 Luke Bartolomeo, #1309 Chief David Kaufman, #1553 Captain Colin Weigle, and #500224 Noah Ramos.

Welcome to Co. 4 - Member #1623 Juliet Costa to the 1100 and Member #1502 Vanessa Cortez Hernandez to the 2300.

Congratulations to the following members who have achieved length of service award.

5 Year's # 1502 Venessa Cortez Hernadez.

5 Year's # 1508 Eric Kamer

5 Year's # 1513 Vasken Kazandjian

**HOPE TO SEE EVERYONE ON MARCH 13TH, 2022
FOR THE TOWN OF HUNTINGTON ST. PATRICKS DAY PARADE.**

Thank You
Captain Dominic C. Heavey, Co. 4
631-742-9766



Co. 5 – Thursday Captain's Article - Colin Weigele

Hello again everyone, I hope you're all doing well

So far it's been a very successful year, and things have been moving smoothly.

As always, some help is still needed on Thursdays

A Driver is needed on the 1100, 1500 and 2300 and a Crewleader is needed on the 1100 and 1500.

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

Again, thank you for all your amazing work!

Colin Weigele #1553



Co. 6 – Friday Captain's Article – Alex Hastava

Happy Friday Everyone!

I am very excited to be Friday's Captain for the remainder of 2022. As this is my first article of the year, there is not much that I have in terms of updates; however, in the coming weeks, I want to make it a point to meet everyone on their respective shifts and listen to any suggestions or concerns that come up.

I am looking to make Fridays more interactive and engage with the on-duty crews as much as possible. If there are any questions or concerns, do not hesitate to reach out to me! I can now be reached at friday.captain@hcfas.org or via my phone at (631) 923-7079. I would greatly appreciate it if all Company 6 members would send me a quick email with their name, contact information, primary shift, and a fun fact about themselves. I plan on sending out weekly emails consisting of important information and updates regarding any and all Friday matters.

Again, I look forward to a fun and productive year as your new Company 6 Captain!

Alex



Co. 7 – Saturday Captain's Article - Steven Benjamin

Saturday has come a long way since the beginning of the year. This month showed considerable improvement as support from other Companies, our existing Company 7 core, some returning members and our Post members have minimized crew shortages and allowed us to take most calls with 3 and 4 person crews and make signal 3's an occasional thing during the day outside of ALS.

I've been a Company 7 member for over 6 years and I feel an energy during the day that was missing last year. Like every other Company, I do have 2300 shortages, particularly Drivers, but have had great support when the time comes. Members that have been helping our at least semi-regular on the 2300 are

Jake Levinsky, Bedel Saget, Brandon Eybergen, Richie Cortes, John Stevens, Alex Hastava, Eve Pollack and just about every week Jackie DeBruin, Marrisa Lindner and Matt Philip.

We've also just added Ori Baer to the shift. Ori is an EMT and most recently a Post Officer. Landary Rivas and Odaly Velasquez have recently become EMT's, Stephen Whitcomb and Liam Komatsu have recently passed dispatch training and regularly First Aid on calls. Alyssa Sorensen and Matt Philip are now off probation.

Members of the week in February

2/19/22 – Tom Hogan

2/12/22 – Dana Silverstein

2/5/22 – Koko Saito



Anyone who wishes to help out on Saturday, at least on occasion, and is not on my weekly communication, please let me know and I will add you. Besides weekly needing a second crew and Dispatcher on the 2300, we do not have a second permanent CL on the 0700, 1500 or 1900 and need a second Driver each week on the 1500.

Stay safe everyone

Director's Article – Robert Franz



LOSAP 2021 Points

The Final 2021 LOSAP Point listing is posted on the bulletin board. It is requested that each member review their points and report in writing with documentation any discrepancies to the LOSAP point committee no later than March 12, 2022. Please check the basket located on the right- side counter top above the mail folder drawers for any LOSAP forms that were rejected for various deficiencies. Please correct the deficiency and resubmit to the LOSAP form mail box before March 12, 2022. The final LOSAP point listing must be submitted to the Town of Huntington by March 25, 2022 for Town Board Approval.

NYS Income Tax Claim for Volunteer Firefighters' & Ambulance Workers' Credit for 2021

You can claim the \$200 refundable credit for 2021 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. A copy of the Form IT-245 & instructions is posted on the bulletin board. If you have any technical questions, consult your independent tax advisor.

10 % Property Tax Exemption

All bulk renewals and new applications for 2022/2023 tax year were delivered to the Town Assessor's office on February 24, 2022. Approximately 130 members should be receiving the property tax exemption for the 2022/2023 tax year.



BASICS – March 2022

By Mark Brenner



Emergency Vehicle Operations

One of the mandatory non-core CMEs is Emergency Vehicle Operations. This month, I will be holding four (4) in-person sessions to help members satisfy this CME requirement.

Members will have an opportunity to earn the two hours of Mandatory Non-Core CME credit or take the class for LOSAP training credits. In other words, you do not have to be an EMT, or enrolled in the CME program, or even a driver to attend one of these sessions.

But if you wish to take the class for CME credit, please make certain that you are enrolled in the CME program **BEFORE** you take this class. Not sure? Email our CME Coordinator, Pam Brenner-Davis at pamela.brenner@mail.com.

If you are a CME participant, and your card expires in May, June, July, or August, make it a point to take one of these sessions.

These sessions are open to HCFAS members and our paid paramedics.

Monday, March 7 11:30 am – 1:30pm

Saturday, March 19 2 pm – 4 pm

Monday, March 21 7:30 pm – 9:30 pm

Friday, March 25 11:30 am – 1:30 pm

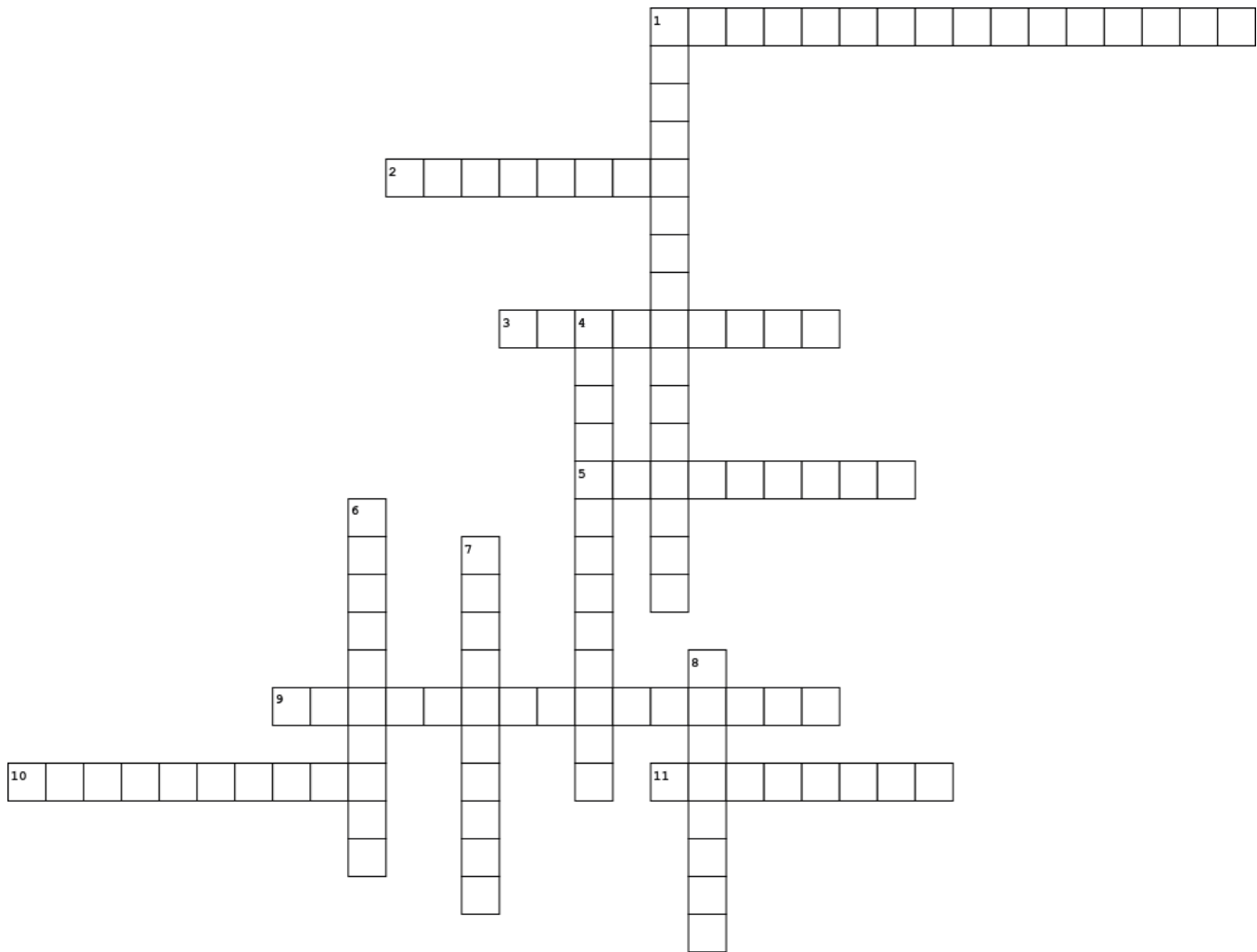
NOTE: For Saturday 3/19 and Monday 3/21 please park in the commuter parking lot.

Sign-up sheets are posted at HQ.



Second Division Departments

Do you know all the Departments in the Second Division? Listed are the Radio Identifiers, you fill in the Departments name. There are no spaces between multi-word names (i.e. DixHills), correct 2-15-0 is not listed, hope you that one.



Across

- 1. 2-11-0
- 2. 2-8-0
- 3. 2-7-0
- 5. 2-9-0
- 9. 2-4-0
- 10. 2-6-0
- 11. 2-5-0

Down

- 1. 2-1-0
- 4. 2-10-0
- 6. 2-3-0
- 7. 2-12-0
- 8. 2-2-0

Birthdays

3/2 - Robin Smiles #937
 3/3 - Daniel Mugavero #1409
 3/3 - Tiffany Gonzalez #1422
 3/5 - William Burton #1562
 3/7 - Casey McCormack #1604
 3/12 - Nicole Kilada #1650
 3/13 - Vasken Kazandjian #1513
 3/14 - Richard Cortes #1361
 3/14 - Joseph Grant #1304
 3/15 - Jonathan Menard #1454
 3/18 - Keith Rubenstein #1154
 3/21 - Sheryl Roach #1253
 3/21 - Jonathan Bram #1603
 3/21 - William Meitz #1665
 3/22 - Robert Biersack #1423
 3/22 - Devon Linden #1645
 3/26 - Cynthia Feliciano #1400
 3/26 - Lauren Stalzer #1540
 3/27 - Claudia Villatoro #1647
 3/28 - Todd Atkin #993

Length of Service

30 Years

Joanne Vogel #861
 Michael Barker #862

Meetings

3/14 – 7:30p General Membership Meeting,
 Dinner starts at 6:30p
 3/17 - 7:00p Board of Directors Meeting

Stand-Bys

3/12 – 1700-2300 Wyandanch Wheatley
 Heights
 3/12 – 2300-0500 Wyandanch Wheatley
 Heights

Upcoming Events

3/5 – 1730 – Annual Installation Dinner,
 Larkfield in Northport
 3/13 – 1400 - St. Patrick's Day Parade, corn
 beef and cabbage dinner to follow

In Mourning

It is with great sadness that we announce the passing of Geraldine Autz, mother of Eric Autz #903.

Holidays

March 1 - Mardi Gras Carnival (New Orleans)

Mardi Gras Carnival, also known as Fat Tuesday or Shrove Tuesday, is an annual celebration in the United States and in many countries around the world—mainly those with large Roman Catholic populations. Traditionally, it is known as the day prior to the religious season of Lent begins but it also serves as a day of celebration.

March 13 - Daylight Saving (Start)

Daylight Saving is the practice of setting the clocks forward one hour from standard time during the warmer parts of the year (usually summer months), and back again in the colder parts (usually fall), in order to make better use of natural daylight so that evenings have more daylight and mornings have less.

March 17 - St. Patrick's Day

St. Patrick's Day is a holiday that remembers one of Ireland's patron saints, St. Patrick and as a day of recognition of Irish and Irish American culture. St. Patrick's Day is observed on March 17th. Although a legal holiday only in Suffolk County, Savannah, Georgia and Massachusetts, it is nonetheless widely recognized and celebrated throughout the United States.



Thoughts and prayers for the people of Ukraine

Recipe of the Month

March – St. Patrick's Day

I got these recipes from Brian Canty

Corned Beef and Cabbage, with Baby Red Potatoes, Carrots and Irish Soda Raisin Bread



Ingredients:

1. 15 lbs. Corn Beef
2. 2 Beers
3. 1/2 Cup Pickling Spice
4. 1 Large Onion, Quartered
5. 5 lbs. Small Red Potatoes
6. 3 lbs. Small Carrots
7. 3 Large Heads of Cabbage

Instructions:

First Boil

1. In a large pot with a rack on the bottom, cover with water and bring the corn beef to a rolling boil for 15 minutes.
2. Drain and clean the beef and pot.

Second Boil

1. Water, beers, pickling spice and onion, bring to boil and then simmer for 3 hours or until you can stick a fork in it.
2. Remove beef and place covered in refrigerator overnight.
3. Strain fluid and save

Note:

It is a two-day process

Day 2:

1. Take some of your reserved fluid and add the potatoes and carrots and cook till tender.
2. Add the cabbage and cook for 15 more minutes.
3. Remove from the heat and let stand 15 minutes.
4. Slice cross grain and place in reserve fluid and warm beef.

Irish Soda Raisin Bread



Ingredients:

1. 4 cups all-purpose flour
2. 3 tablespoons sugar
3. 3 teaspoons baking powder
4. 1 teaspoon salt
5. 3/4 teaspoon baking soda
6. 6 tablespoons cold butter or margarine
7. 1½ cups raisins
8. 1 tablespoon caraway seeds
9. 2 eggs, beaten
10. 1½ cups buttermilk

Instructions:

1. In a large bowl, combine the first five ingredients.
2. Cut in butter until mixture resembles coarse crumbs.
3. Stir in the raisins and caraway seeds.
4. Set aside 1 tablespoon beaten egg.
5. In a bowl, combine buttermilk and remaining eggs; stir into crumb mixture just until flour is moistened (dough will be sticky).
6. Turn onto a well-floured surface; knead about 10 times. Shape into a ball.
7. Place in a greased 9-inch round baking pan.
8. Cut a 4-in. X, 1/4-in. deep, in the center of the ball.
9. Brush the top with reserved egg.
10. Bake at 350° for 1 hour and 20 minutes or until a toothpick inserted near the center comes out clean.
11. Cover loosely with foil during the last 20 minutes if top browns too quickly.
12. Cool for 10 minutes before removing from pans to a wire rack to cool completely.

Yield: 1 loaf

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 can'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 in Huntington that offer discounts to Squad members. If you know of a place that offers a discount to Squad members, please email me at davidmohr@yahoo.com.

Always have and show your Squad Membership card



Jonny D's Pizza
946 New York Avenue
631-385-4444
15% Discount



15% Discount



15% Discount



10% Discount



Flowerdale by Patty
"Elegance with a personal touch"
1933 New York Avenue
10% Discount

Catusco's Pizza

336 Depot Road
631-629-4872

15% Discount



of Huntington

340 West Jericho Tpke. - 631-659-3111

