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The Pulse

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Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

PRESIDENT'S REPORT Reeve Conover

It's that time of year again – nominations this month and elections next month.

Organizations such as ours are run by the membership – but only when the membership decides it wants to be in charge. You need to come to General Membership meetings, you need to vote; most importantly, you need to be an informed voter. This is very difficult in our culture where elections are predominantly decided based on popularity, rather than a candidates goals, ideas and credentials. Nevertheless, you can be informed.

I urge every member to speak directly to the candidates and find out what their vision of the organization is, and how they plan to get us there!

Thinking of running for office? You need to have the TIME, SKILLS and ATTITUDE. In speaking with several captains they tell me it takes 5-10 hours per week, plus three meetings per month (minimum). Chiefs are about 20-30 hours per week minimum to do the job right.

You need to have the ability to put in your ideas on the table, and accept that the final results will incorporate the ideas of others as well. Noone ever gets everything they want – not even the Chief or President! If you think it is your way or the highway, you may find yourself in the parking lot.

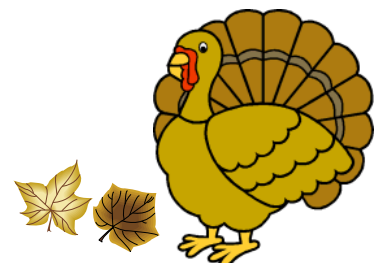
A leader understands that they can disagree in the meeting, but once a decision has been made by the group, they must support it in public, even if it isn't their choice. Backbiting and undermining others because you don't get your way results in the membership not respecting their leaders. You don't get respect based on years of service, or age, or time in office. Respect is earned!

A good leader has a vision of the future, and an understanding of the past. They can combine the two, and motivate people to move ever forward. A good leader truly wants to hear the opinions of the membership, especially those that don't agree with him or her, and is willing to learn from those conversations.

A good leader also understands that your obligation is to do the right thing, even when it is unpopular. The membership has placed their faith and trust in you be informed and in the end will trust you – as long as you keep the lines of communication open.

If you have the Time, skills and attitude, please run for office.

But most importantly – make sure the candidates you are voting for have the time, skills and attitude. The future of the organization depends on it!



CHIEF'SREPORT

Mary Conover

McCain or Obama? Big changes are about to occur in the United States as well as at HCFAS.

You can feel the excitement in the air as we approach the November General Membership Meeting. The next two meetings will be the most attended of all meetings during the year. Everyone is waiting to see who will be the next group of Officers and BOD members who will lead our organization into the future.

The position of Chiefs, Day Captains, and Board of Directors should not be taken lightly. In the past three years our organization has moved in a very positive direction and I would hope that we continue to do so.

That being said, the positions that are vacant are extremely important. If you are thinking about running for any of the open positions please think about the commitment you are about to make. Do you have the time? Do you fully understand what the job entails? If you are running for the BOD, do you have any business background or a special knowledge that would help the BOD? If running for an Operational position, have you the time and the understanding of the day to day operations that are needed to continue to run the organization in a forward progress.

If the answer is yes, please run for office, HCFAS needs you.

Each member should take the time prior to the elections to speak to the Candidates. Ask the Candidates questions on matters that are of importance to you. What is their vision for the organization? Some members may not be as popular as others, but this is not a popularity contest. We should be educated on the issues at hand and vote accordingly.

There are a lot of newer members that have valuable experience, as well as members who have been in the organization for some time. It's easy to sit and complain about the organization and its leaders. The positions are not as easy as it looks. It takes time and dedication and I would like to take this time to thank everyone who is currently in office. A job well done.

I wish everyone good luck on the upcoming elections.



SUNDAY CAPTAIN

Eileen Burns

Well things happened for Jim Barkocy during the end of September that really kept him on his toes! On Saturday the 20th. his youngest daughter Katherine became Mrs. Jeremy Drysdale. The ceremony was held at St. Patrick's R.C. Church in Smithtown with the reception following at the Watermill Inn. When everyone had just about caught their breath, Jim received a call on Friday the 26th. from his oldest daughter Jennifer and son-in-law, Chris that she was in labor (where they reside in Colorado)! He was lucky enough to hop a flight out early Saturday morning to lay eyes on his newest Grandson, Patrick Callan Hoffner weighing in at 7lbs. 5oz.. New mom, dad, and baby are all doing just fine. He was able to spend the entire time at the hospital (nice rules for grandparents), (except for a few quick naps back at their home and to show some attention to the cats)! Then Monday morning it was time to share a few tears and an early flight back to the regular rat race at home. Well having two grandsons in 14 months will certainly keep him young and hopping!! CONGRATULATIONS GRANDPA.

There is some other good news to share regarding advancements. Both Allison Lau and Melissa Rubino are working on Amb. Ort. and should have also taken their Disp. Test by the time this comes out and we also have Chuck Brady sharing in the ACL Program with Jim Malillo during the 2300 shift. Good luck to everyone and be sure to keep the (detailed) paper work coming to me and the Second Deputy. Many people don't realize this but during the Fall Festival each year, yes a great deal of work goes into organizing the crews and such, but it can also be very hectic for the on duty crews as well. The dispatchers have much more communication going on, not to mention paper work, that the PCR's are turned in with correct times and crew names match the LOSAP, and the duty crews are often left with only one or sometimes two ambulances in house.

On the Sunday of that weekend I was at H.Q. when 4 calls came in with in minutes and it got pretty crazy trying to page out for help, get the Hogans through town, still paging for a closer CL., while the DR. responded to a Maternity alone (with fingers crossed) a block from H.Q.. Yes all the calls did get covered, but it certainly wasn't as easy as a "regular busy" day, so to the on duty crews, THANK YOU, you were not forgotten!! On Sunday 10/19, during both the 0700 and 1100 shift there were 6 out of 7 Charlie/Delta calls. With each call 7 ALS tones went out and not one ALS member answered.....was there anyone out there?

One last note, drivers remember that Fall is here and the leaves are coming down making the roads slippery, so please be careful.

TRAINING ALERT!

Do you know what to do at a Fire Standby? Will you be prepared for a 4 victim scene?
What is your job as a CL? DR? FA?

Please join us on Sunday November 23 2008 at 11AM for a hands on training.

Please sign up in the ready room • Refreshments to be served

2-15-30

There will be additional CAD training for all members who
a) have not taken a class or b) dont feel comfortable dispatching.

See sign up sheet in the ready room • Wednesday November 12 2008 7 PM

2-15-30

Review training for the 2008 calendar year will con clude on Jan15 2009.
Review Training submitted after this date for 2008 WILL NOT BE ACCEPTED.

Thanks

Andy

Chairman LOSAP Committee.

Thanks for the Great dinner at the October GMM:

*Tom Lemp • Dominic Heavey
Carmen Schleiben • Rich Gierbolini
Kurt Vetter • Sue Bolen*

*Martha Brenner
Social Committee Liaison*

November General Meeting Menu

• chicken parm. • pasta with meatballs and sauce • lasagna • garlic bread and salad.

Charles River Jacket Order:

Jackets will be ordered for all members off probation as of 10/9/08 as per the Board motion approved.

If you were not in the building since October 14th to sample size a jacket that was in the ready room, you have until November 4th to contact Director Laas @ 942-4633 to place your size request.

Pictures needed for the Slide Show!

We need good quality pictures of the members specifically listed below for the Holiday Slide Show. We would prefer them electronically emailed to MJIrishEMT@optonline.net, or on a CD.

Here is who's missing:

*Donna Mastropeitro
Kathi Bonessi
Robin Smiles
Jim Lupo
Lauren Probst
Ona Mastroianni
Gerarda Vasquez
Marc Kolpon
Crytal Mueller
Dan Kelly
Jim HarriganMaria Uliano
Kevin McCann
Ozlem Bilgen
Donna Gurtowski
Vanessa Amaya
Barbara McGlone
Rachel Zunno
Gabriel Rodriguens*

*Dong Uk Kim
Luke Bartolomeo
Taha Aiman
Janet Zapata
Paul Skirbe
Linda Caputo
Caroline Masten
Melissa Rubino
Ashley Taylor
Donna Artola
Chris Evers
Rocio Aldana
Jonathan Korets
Cecilia Renderos
Chris Whitcomb
Erica Alicea
Carolyn Niceforo
Jeremy Boehm*

Allison Lau

Thanks!

November 2008 • Service Awards

10 yrs. Jim Lupo



BASICS - November 2008

Breathing - By Mark Brenner



Last month we took a good look at airway. Once we are certain that the airway is secure, we turn our attention to the patient's breathing. As with the airway, we should ascertain if the patient's breathing is adequate to support life, and if not, we need to manage the patient's breathing. With that in mind, give these questions a try.

On the first really cold night of the season, you respond to an adult male with shortness of breath. He is upstairs in the back bedroom. As you perform your assessment, you find that the man, age 67, with a history of COPD, was awoken by sudden onset shortness of breath. He has a prescription for Albuterol. His vitals are: pulse of 112, B.P. 152/92, respirations of 28, shallow and labored. Lung sounds show wheezes.

You notice that the patient has several pillows at the head of his bed.

1. You would deliver oxygen via:

- a. Nasal cannula at 10 lpm
- b. Non-rebreather Mask
- c. BVM

2. Under BLS protocols, which medication would you administer to the patient?

- a. Albuterol
- b. Aspirin
- c. Nitroglycerin
- d. None of the above

3. How would you move the patient to the ambulance?

- a. Walk him downstairs
- b. Place him supine on the gurney
- c. Seat him on a stair chair
- d. Perform a fireman's carry

You respond to pedestrian struck. You find the patient face down in the middle of the street. He has been knocked out of his shoes. You observe a puddle of blood (approx. 500 cc) near his left lower leg. The patient responds to your voice by moaning.

4. How would you begin your assessment?

- a. By log-rolling the patient and then maintaining C-spine immobilization.
- b. Assuring the patient has a patent airway.
- c. Assuring the patient has adequate breathing and administering oxygen with the appropriate oxygen delivery device.
- d. a, then b, then c.

5. As you begin to assess the patient, you should consider

- a. Maintaining the integrity of the scene as a potential crime scene
- b. Consider requesting aviation
- c. Calling for ALS
- d. All of the above

Basics Cont'd

6. *The patient's breathing irregular. You expose the chest and observe unequal chest rise. You would:*

- a. Apply a non-rebreather mask at 12 liters per minute.
- b. Ventilate with a BVM
- c. Identify and stabilize the suspected flail segment.
- d. Both b & c

You are dispatched to an elderly male; fall. You meet an 80 year old male who has fallen and has a painful, swollen, deformed left wrist. He states he was walking through his living room, wearing his old, worn-out slippers and tripped on his oxygen supply tubing. He receives oxygen via nasal cannula for his emphysema. His breathing is shallow at a rate of 24 but it is not labored. He is alert and oriented and denies any respiratory distress.

7. According to BLS protocol, you are to administer oxygen. What oxygen delivery device would you use?

- a. Non-rebreather mask
- b. BVM
- c. Nasal cannula set at the patient's prescribed rate

ANSWERS: 1b, 2d, 3c, 4d, 5d, 6d, 7c

Congratulations to Bruce Blower, Life/Charter Member # 32 on his award from The School Business Partnerships of Long Island, Inc. annual 60/Sixty. The SBPLI, Inc. recognizes sixty individuals who are over 60 and have contributed in a significant way to the Long Island Community. This award is given annually to 30 recipients from Nassau County and 30 from Suffolk County.

We at Huntington Community First Aid Squad are not at all surprised that this award would be bestowed on our own Bruce Blower. Bruce is a charter member of our organization and a life member. Bruce is among that small group of people who, before there was a County EMS, before there was an EMT course, before there was a building or an ambulance believed in the idea of volunteer ambulance service and believed the men and woman of Huntington would step forward and make this happen. With a lot of faith and dedication Bruce is part of that group who founded the basis of what our organization is today.

We send our sincerest congratulations to Bruce. The 60/sixty organization is recognizing what we have always known, that a small group of dedicated people can and do make a big difference to the community.

Congratulations Bruce Blower!



November 2008



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

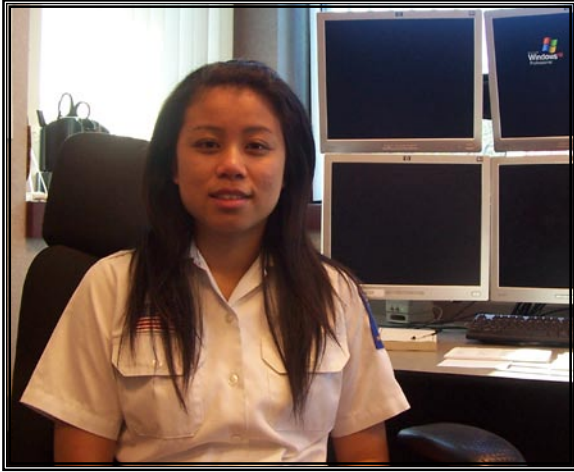
Saturday

						1
2  <i>Happy Birthday!</i> Nancy Griesel-Eckhardt Joseph D'Andrea Sr.	3  <i>Happy Birthday!</i> Tomoko Hirawasa	4 <i>Election Day!</i>	5  <i>Happy Birthday!</i> Arlene Lindsay Carmen Schlieben	6	7	8  <i>Happy Birthday!</i> Patricia Reciniello
9	10	11  <i>Happy Birthday!</i> Ginger Angevine Alexander Witkowski	12 Officer Meeting 1915	13	14	15
16 Recruitment Sunday 2:00 pm	17  <i>Happy Birthday!</i> Bernard Herszkowitz	18	19	20  <i>Happy Birthday!</i> Pamela Brenner Caroline Masten Barbara McGlone	21	22  <i>Happy Birthday!</i> Mary Beth Kraese Rachel Zunno
23  <i>Happy Birthday!</i> Karen Reim	24  <i>Happy Birthday!</i> Martha Brenner Laura Treulich	25  <i>Happy Birthday!</i> Reeve Conover	26 Officer Meeting 1915	27 <i>Happy Thanksgiving!</i> 	28  <i>Happy Birthday!</i> Mark Cappola Donna Trainor	29  <i>Happy Birthday!</i> Melissa Chermack Adriana Dovi

Thanksgiving, or Thanksgiving Day (Action de Grace in Canada), is a traditional North American holiday, which is a form of harvest festival. The date and whereabouts of the first Thanksgiving celebration is a topic of modest contention, though the earliest attested Thanksgiving celebration was on September 8, 1565 in what is now Saint Augustine, Florida.[1] Despite scholarly research to the contrary, the traditional "first Thanksgiving" is venerated as having occurred at the site of Plymouth Plantation, in 1621.

Today, Thanksgiving is celebrated on the second Monday of October in Canada and on the fourth Thursday of November in the United States.

HCFAS New Members!



Welcome!

New Member

Allison Lau
HCFAS Member #1226
Saturday 1500-1900

Resides in Huntington Station

- Graduated from Harborfields High School
- Graduated from Ithaca College with a BS in Biology/Pre-Med
- Employed at New York Ophthalmology as an Ophthalmic Technician
- Joined HCFAS to give back to the community
- Currently attending an EMT course (future Crewleader/Driver)
- Future goal is to become a Physician Assistant

Good & Welfare

*A surprise Grandfather Baby Shower for Jim Barkocy,
compliments of his crew!*



SOP Change

Section II-C-(2), second paragraph from:

Before a member can return to duty he must submit a Return to Duty form (HCFAS #301) that must be completed by his personal physician and approved by the Squad Physician, or by a member's Squad Physician. If a member can not return to duty by the expiration date of the initial leave request they must make a written request to extend the LOA.

Change to:

Before a member can return to duty he must submit a Return to Duty form (HCFAS #301) that must be completed by his treating physician or a squad physician. If a member can not return to duty by the expiration date of the initial leave request they must make a written request to extend the LOA.

I am happy to announce that the Return to Duty SOP change was approved at the BOD Meeting on October 9th 2008.

You will be able to find the new RTD form on the website shortly. After having your Dr. sign the RTD form please put a copy in the Medical Committee, Chief, 1st Deputy and your Day Captains mailbox.

*If you have any questions please see any Officer or Chair of the Medical Committee
Tom Hogan.*

Summer Memories

Post 215 Car Wash

