



Patricia Salajka, Editor
psalajka@optonline.net

The Pulse

December, 2008

Volume 41 • Issue 12



Volunteers since 1967

The "Heartbeat" of the Huntington Community First Aid Squad

A Final Farewell from the Chief and President

Two years have passed. Where has the time gone? The members of HCFAS have become part of our lives, some have become family. Friends have been made; memories will forever be part of us. Only seven short years ago we walked into the doors of HCFAS swearing to each other we only wanted to come in, ride and go home. It was a good try.

As we have said all along, these jobs are impossible without the many, many individuals who work so hard for the success of the organization. The Board, the Officers, the Committee Chairs, the committee members – the day to day runs on our committee members. Most importantly, the job is impossible without you – the members who will answer up to almost 6,000 calls this year.

Chiefs Note:

I would like to take this time and Thank my 2007 and 2008 Officers. Each of you brought something special to the table. Your constant support and encouragement made my job seem effortless. I wish all of you the best in the upcoming election. It takes a special person to run for office and dedicate the next year of there lives to better the organization.

A special thanks to Captain Eileen Burns, who after 15 years of being in office as Day Captain decided to take some time off. A job well done.

Presidents Note:

I wish to acknowledge the tremendous efforts, and the guidance I have received in the last 3 years as President from so many people, but I am afraid I will miss someone. I also would like to thank the members who come out every day to cover calls and make us the great organization that we are.

Our house in SC should just about be complete by the time this article is published. We will be taking a leave of absence in January and returning in March to ride and catch up with everyone at the Annual Installation Dinner. We will miss all of you and wish everyone the best.

<i>Water Cooler</i>	<i>\$ 5 a month</i>
<i>Fooz Ball Table</i>	<i>\$ 200</i>
<i>Mega Touch Game</i>	<i>\$ 1,400</i>
<i>EPG Gear</i>	<i>\$ 335,000</i>

Staying married as Chief and President... Priceless

Mary & Reeve
Husband and Wife since 1996
Going insane since 2006
Carolina on our minds...



SECOND DEPUTY'S REPORT

Cindy Cairl

I would like to take this opportunity to thank everyone who helped with training and equipment this year, including the RTE, CPR, and EMT instructors, Committee chairs and members, and fellow Officers. I truly appreciate everything all of you have done this year to make HCFAS a better place. A big thank you to BLS Supply chair Joanne Vogel, ALS Supply chair Joe Denimarck, Alyssa Axelrod for organizing and leading the ALS Checkout committee, Al Szigethy for handling the narcotics and Physio-Control, Linda and Casey for handling BLS Assisted Meds, Nancy Barker for getting the AED committee together, Brian Canty for heading up the New Vehicle committee and for handling the email distribution of all the Training and Information Alerts as well as the monthly Review Trainings, and to Chris Winter who, at the beginning of my term, was always there to help make the transition a smooth one, and who I knew was out there to help if I needed it. And thank you to everyone else who helped in so many ways this year.

Good luck to Mary & Reeve in their new home in South Carolina, and thank you both for caring so much about this organization in your short time here. I can only hope that the fierce loyalty and pride in HCFAS that you displayed will continue on in the future Officers and Board members of our Squad.

HAPPY HOLIDAYS!

SUNDAY CAPTAIN

Eileen Burns

Well it's that cold and hopefully "snowy" holiday season again! It seems that not too long ago everyone had their A/C's going full blast, and now it's the heat and fireplaces that are going non stop! It seems that Mother Nature can never make everyone happy these days. Along with this season comes all the hustle and bustle that can, at times make us all a bit crazy, but in the end it is all worth every moment knowing it is all about spending time with our family and friends.

At this time I would like to thank all of my on-duty crews for their commitment of hard work, starting with CHECK OUTS, lots of LAUNDRY, call after call week after week (many times missing their meals and never seriously complaining about it and many, many times never getting out any where close to on time)! To the many members who answered for the Signal 3's no matter what time of day or night you too helped in keeping the 24's down, given the high call volume that I can never remember being so high in fifteen years as Day Captain. Memories of that next month! If you were able to answer one call or more, or were part of the Sunday "regulars" your help was always appreciated, thank you again.

Well Patti I don't think that anyone would disagree that you did a great job as Pulse Editor and hope that you continue in 2009!

In closing I would just like to wish everyone a Happy Holiday Season and a New Year that is filled with Good Health and Happiness.

FRIDAYCAPTAIN

Tom Lemp

I would like to start out by thanking the Friday crews and all the people who are responding to my e-mail by coming in to help out. Lately we have been getting hit hard with an unheard of 30 calls per day. It's amazing to see the dedication of members helping out, staying an extra hour or two and also doing one or more extra shifts.

Welcome our newest member, Ken Manning #1236. Ken will be training under Rich on the 0700-1100 shift.

Due to the nature and difficulty of some of our calls, there were three that deserve our recognition:

October 10th- Cardiac arrest- Crew Kurt Vetter, Carman Schieben, Tony Cruz and Al Szigethy. Pt found lying on bathroom floor. BLS crew started CPR and attached AED- no shock indicated. ALS arrived at scene monitor read PEA- IV no success. Next check sinus-brady with a pulse. Continued to assist pt's breathing during transport. At 0948 they arrived at Huntington with the pt's heart rate at 68 with a NSR on monitor.

October 31st- BLS Cardiac arrest- Crew Lorrie Stone, Joe Frisenda, Kurt Vetter and Alex Witkowski. Pt found in parking lot. PD on site with AED- no shock indicated. Crew established airway with NPA, suction and started CPR. Condition remained unchanged during transport. Arrived at hospital, staff started IV, admin drugs. Pulse and breathing were restored.

November 7, 2008-choking. It was a back-up call with Keith Rubenstein and Mary Winter at St. Hugh's primary school for a choking 4 year old - When the crew arrived at the scene, they followed a lady up the stairs & found the little girl in her mother's arms crying with a good airway (thank God) and Gerardo Vasquez was standing next to them. The crew subsequently found out that the little girl had been choking on little pieces of Barbie toys (shoes, purses, etc.) & had in fact stopped breathing & was turning blue when someone screamed, "Does someone know CPR" when Gerardo (whose son goes to school there) came running down the hall & performed an abdominal thrust on her, causing her to vomit & expel the little toys & thereby giving her an airway.

Congratulations to a great job that was done by the crews. Last week we also had a man come in with some goodies for the 1100-1500 crew Lorrie Stone, Joe Frisenda and Steffi Mirabelli. They took care of his wife with a knee injury, and he came in to thank the crew. It's always nice to be appreciated. Whether it's a finger cut, a CPR call, or the 15 calls per shift, the key to our success rests in the people by doing their part in saying, "Yes I can".

My humble thanks to everybody in HCFAS for supporting me as their Friday captain for the past two years and making my job easy. It was a pleasure and a privilege to be your Friday captain. I have learned many things from you and for me to bear witness to your passion was an unexpected perk.

2008 Nominations

Chief

Dominic Heavey

Tom Lemp

1st Deputy

Anne Gabriel

John Maier

2nd Deputy

Chris Fischer

Joe Denimarck

3rd Deputy

Bobby Loysch

Phil Orlando

Chief Dispatcher *Keith Rubenstein* *Luke Bartolomeo* *Richard Stone*

Board of Directors

John Palmieri *Harvey Lapidus*

Andrea Golinsky *David Mohr* *Greg Orr*

Captains

Alison Russo *Jonathan Stone* *Brendan Fitts*

Samantha Ryan *Maureen Umberto* *Casey Stone* *Matt Cappola*

Write-Ins

Jeffrey Brenner - Captain

Brian Milliken - Chief Dispatcher

2008 Candidate Letters

NOMINEE FOR H.C.F.A.S. CHIEF 2009

I Dominic C. Heavey # 973 will be running for the Office of Chief for H.C.F.A.S. next year 2009, I ask you as a member of H.C.F.A.S. to come out and Vote for me (Dominic C. Heavey) in the election which will be held on December 8th, 2008 at our H.Q.

I have been Captain on Wednesday now for the last Six Years and have worked to keep my day in order. Working as a Captain has helped me realize that it is time to move up and make space for Up and Coming Officers. This has NOT been an easy choice for me to make as I have gotten to LOVE and CHERISH the Wednesday Members. Thanks go out to everyone on Wednesday for your support in the past and I appreciate your support in my future endeavor, as I run for Chief of H.C.F.A.S. It is nice to know that each and everyone of you are behind me.

To the Chiefs and Officers of H.C.F.A.S. it has been a pleasure working with each and everyone of you Past and Present, and I look forward to working with ye next year no matter what the outcome of the Elections.

Best of LUCK to all the nominees in the upcoming Elections for the 2009 Officers.

*Thank you,
Dominic C. Heavey.*

Hello, I am Tom Lemp, the Friday day Captain, running for Chief.

I have earned a Masters degree in Business Administration and I work for Northrop Grumman Corporation. I joined Huntington Community First Aid Squad in January 2000, as I had an interest in the field of EMS. I have been a proud member since then. I am now asking for your support as I run for Chief of HCFAS.

Since joining HCFAS I am proud to have participated and held the following positions:

- *Friday Day Captain in 2007 and 2008.*
- *Created the A/B Crewleading booklet*
- *Bike Team*
- *Ambulance Orientation*
- *Social Committee: cooking for the Children's Holiday Party and the General Membership Meetings*
- *Responding To Emergencies (RTE) & CPR Instructor*
- *Interviews for membership*
- *Organizing Social Outings*

I would like to address the following & give you my views:

Crews and Training

As Chief I would remind crews of our SOP's House Rules and Regulation section. I would hold Crewleader's responsible for addressing issues on their shift such as: the ready-room not being clean and rigs not being checked-out. I feel it is very important to have debriefings after all calls. I would like to create a training room where members can "brush-up" on skills any time that they need to. Having training videos on all aspects of EMS in this area would also be a focus of mine. I believe that when you do something out of protocol not only you, but HCFAS is at fault. We all make mistakes, we are human. Instead of blaming you, I believe we should work together at correcting the mistake by further training and creating a learning environment.

Ready Room Boards

Maintain communication with members in the building via the Electronic Board on updates to SOP's, alerts on county or state protocol changes or Chief Alerts. Having updated membership rosters that list members name, shift & positions is important. This can assist with replacements for duty shift and Company 8 members. Posting weekly shift help requests and upcoming conferences/events.

Operational Committee's

As Chief I would like to guide Committee chairs by speaking to them early on to find out any concerns or needs they have for 2009. Also, having follow-up meetings on the committee's achievements and future efforts.

Mutual Aid Rate

As Chief I would communicate with the Statistics committee and Ferd (who currently tracks 24 rates) to keep this in the forefront with my Officers. Utilize the new CAD system to track reports that can assist in finding solutions in our deficit areas. Expand the response committee to include members who will assist Day Captains in filling shifts. Investigate if members are willing to do an extra hour a week. Explore with the committee ideas or programs that can reduce 24 rates. As Chief in 2009 it would be important to keep this momentum going.

Paid ALS

Right now I am against it. I will gladly give you my reasons if you ask me. I am open-minded and am willing to hear the pros and cons. I feel ultimately the decision will be ours, the HCFAS membership, not mine.

(Tom Lemp Cont'd)

New Members

Remember, when you are doing your general impression on the patient, the patient is doing their general impression on you. This theory holds true with new members. I plan to examine expediting new members. Finding solutions to reduce the application process is important. Examining the introduction to HCFAS that new members receive as well as the importance of receiving a hardcopy of our By-Laws, SOP's & Uniform Code. Give additional duties to new 2009 probationary members. Some ideas include cooking at general membership meetings, cleaning the kitchen after all members are served, training exercises and required rig check-outs that include reporting expiration dates. On average we accept 3 members per month. Currently, many of our probationary members are overlapping on dispatch training. In 2009 I would like to address this by having them do ambulance orientation earlier and increase training for those requiring it.

Social Outings

"All work and no play is not fun". At a general membership meeting earlier this year I asked why we don't have more outings. They help members learn more about the people they work with outside of 2 Railroad Street. I was given permission to get some off the ground. I and other members looked into east end wine tasting, beach permits to have a BBQ, movies, baseball games, bowling and as Chief I will concentrate on having quarterly social outings in 2009.

Members Health

Utilizing the tremendous reservoir of talent, knowledge, and creativity that our members have, and creating programs that continue to promote health awareness, weight control & exercise. Continuing to offer our members annual physicals is important.

Chain of Command

As our By-Laws state, the Chief shall receive monthly reports from the Deputy Squad Chiefs and the Chief Dispatcher. In order to be successful in my position I must ensure constant communication with my Officers. I am a firm believer in what the first section of our Standard Procedure Manual (SOP) addresses, Chain of Command. The Officers are there for a reason. Any complaints that you may have, I will ask you to go through the proper channels first.

As Chief of HCFAS in 2009 I know I can accomplish the above points. I will have an open door policy. If you want to just shoot the breeze or get something off your mind please contact me. I will have a suggestion box for members to contribute ideas. I will continue sending informative emails keeping our members involved and up to date.

Next year we will be faced with more difficult challenges. As we grow into a recession, more and more people will be dependent on our services. Our own members will be greatly affected. As your Chief I know we will need to work together in creating plans, making changes, and solving problems. Nobody reaches this stage overnight, and no one person can do these things all the time. Nine years after my first day as a member, I see myself as part of a unique organization. HCFAS is comprised of members who are committed to its success. The more calls we receive the closer we bind together to unify and unite. This is why it is a privilege to serve HCFAS as a member and it would be an honor to serve you, my fellow members, as your Chief in 2009.

Sincerely,

Tom Lemp #979

My name is Anne Gabriel, and I am running for the position of First Deputy Chief. I have been a member of HCFAS for 11 years, most of those as an EMT-CC, and as both a Crewleader and Driver.

I have served as Captain for 3 full terms, most recently in 2007, with many of the Officers who are currently running for office. With this group, I have worked on such projects as the EPG gear, the Walt Whitman Mall MCI drill, and updating the ACL training curriculum.

During my years at HCFAS, I've served on many different committees including Oxygen, Bike Team, and Life Membership. I'm also an RTE and CPR instructor. These experiences have taught me the importance of putting differences aside, and working with others as a team to fulfill a common goal.

So why do I want to be First Deputy? After serving my terms as Captain, I've seen the work that goes into the position of Deputy Chief. I know the importance of consistent follow-through, good organization skills, and fairness. I'm not afraid to roll up my sleeves and get my hands dirty – I've sat through countless officer meetings that have stretched to the wee hours of the morning!

In the upcoming year, I will have plenty of free time to devote to the duties of the position. If you have any questions or concerns, I'm here to listen and share more with you about what I envision for HCFAS as we enter 2009. I look forward to continuing the work that the 2008 Officers have begun, and I would be honored and humbled to serve as your First Deputy.

Hi everyone

That time of the year elections again. I am glad to see a lot of members stepping up and taking the time to run for office. I know it takes a lot of time, dedication and responsibility to run for an officer position. I am running for first deputy chief. I feel you can only complain so much before you need to step-up and do something about it. I have been with Huntington Community for 15 years. I have served in the past as First deputy, Third deputy and Friday day captain. I have experience as being an officer in the past and they're issues with the squad I feel we need to change direction. We need to get back to concentrate on patient care in every aspect of this organization. Parties are nice but they don't get ambulance out the door members do. We need better equipment like vital machine for BLS crew leader who are by themselves in the back of rigs, so they can get more than one set of vital and monitor a patient better. We have a tendency to concentrate on ALS a lot, but who handles over 50 % of the calls.. BLS. This is just one idea of many that I have for the organization. We have a whole membership of people with a lot of great ideas to help make our job easier and I would like to hear from them. I feel if a member gets up at a membership meeting and has a complaint the officers are not doing their job properly. The squad is run in a group effort not by one person. It takes everyone's effort from the administrator member, riding members, Dispatcher, Board of Director and officers. This is one of the great volunteer organization around let's keep it up.

Thank you

John Maier

Hello my name is Keith Rubenstein and I'm running for the position of chief dispatcher. I have been a member of the Huntington Community First Aid Squad for two and a half years. I have dispatched on many shifts and dispatch trained many different squad members. I am a professional paid dispatcher for the Hale-site fire district and I work for Hunter E.M.S. located in Bayshore Long Island. I have many plans if I do become chief dispatcher such as better training for new members and the expedition of new member through the dispatch training program. I also want to make more dispatch trainers and more dispatch testers to make the progress quicker. I hope for your vote on December 8 2008 for the position of chief dispatcher

To the members,

My name is Richard Stone and I am running for the position of Chief Dispatcher.

I have been a resident of Huntington town for the past 40 years, and a member of HCFAS for the past 4.

I am a permanent dispatcher on the Monday 7-11 shift and alternate Wednesdays 7-11.

Ever since I have become a member, I have become more and more involved in the organization and the work that we do. What began as a diversion to fill some hours since I retired has become more of a passion to continue the good work we do and to help preserve our all volunteer status. I am proud of this and feel that this is a goal I can achieve. To that end I would like to fill more shifts with permanent dispatchers. I will also work with those members that do a rotating shift to assure that they too are up to speed. I also have been involved with the CAD system since its inception and would like to assure that we will continue to move forward with implementing this system as soon as possible. To that end I will continue to hold training classes for new and old members.

Thank you for your support.

Yours truly,

Richard Stone

My name is John Palmieri, #499, and I am running for a position on the Board of Directors for 2009. As a thirty year and life member as well as a past director, I know what the job entails. I am running because I take an interest in the direction that the Squad is taking, so I open my mouth at the General Membership Meetings. I know that it makes more sense for me to be involved at the beginning of projects, when my natural questioning attitude has a chance to shape direction rather than respond to it. And now I guess its time I "Put up or Shut up". So, as another recent candidate has expressed quite successfully, "A vote for me is a vote for Change".

Dear fellow HCFAS members:

Please allow me a few moments of your time to introduce myself. My name is Harvey Lapidus and I need your support in my endeavor to gain a seat on the HCFAS Board of Directors. For those of you who do not know me I have been a active riding member since September 2005 riding on the Saturday 0700 shift as an ALS/DR/CL. I am also a current Advisor for the Post 215.

I took on the task of becoming recording secretary for the Board of Directors in 2007. By attending the BOD and General Membership meetings I am current on all the ongoing projects of HCFAS and therefore would provide a smooth transaction in January.

I'll try not to bore you with the details of my background...I'm a dad and husband who works a day job as a Marketing Assistant in Westbury for an aerospace company. I have thirty years in mechanical engineering, twenty of which were in project and program management. I worked with our teams to motivate and train them. My background in solving problems, and working with customers to streamline operations would be used to work for the benefit of the membership of HCFAS. Currently I am responsible for overseeing a 10 million dollar budget, and I am already familiar with the HCFAS budget.

I also have six (6) years experience in the EMS field as a member of the Commack Volunteer Ambulance Corp three of which is with HCFAS. I have found that Commack and Huntington are very similar; CVAC was formed forty-two years ago, while HCFAS has been in existence for forty-one years. Both squads have a high regard for the needs of the community.

Two years ago, during a HCFAS membership meeting, the organization asked for the membership to step up to the plate to become an ALS provider. The need for additional ALS providers was required to remain a 100% volunteer organization; I was one of the eight members that answered that call.

I have no agenda other than I believe my business, problem-solving and financial background and my dedication to doing the right thing are assets to the Board of Directors and the HCFAS membership as a whole. The Board of Directors is the business arm of HCFAS and I strongly believe I have much to contribute.

I'm available to speak with you and answer any questions you may have. My phone # is 631-543-7763

*Thank you for your time and I ask for your support in the upcoming election
Harvey W. Lapidus*

I am Andrea Golinsky, a 35 year member of HCFAS, and I am running for the Board of Directors. I joined the Squad when we were solely dependant on donations from our community. I am painfully aware how extremely difficult it is to plan the purchase of ambulances and supplies when you didn't know what your annual operating funds would be. It has become apparent once again due to financial crisis everyone in every aspect of business is experiencing we will be facing difficult times ahead. I have stated in the past we need to be financially prudent and fiscally responsible to those tax payers that fund us. At no time has this been more important than now. We will need to practice budgetary constraints and develop strategic funding plans in order to continue to provide the level of care that has made us a premier pre hospital emergency care provider for over 40 years. I have attended most of the Board meetings and I have seen where we have spent our funds and what our future plans are.

In my years on the Squad I have served in various officer capacities including that of Chief. After experiencing a Line of Duty Injury I was forced to stop riding the ambulance and practicing EMS in the field. It was then I turned my attention to what was needed to keep us a viable and vibrant organization. I have been your District 7 Delegate to the New York State Volunteer Ambulance & Rescue Association and have lobbied with them to get Legislation passed in New York State to attract and retain members in the EMS field. Among some of the Laws that have been passed for volunteer EMS providers and FF are:

LOSAP- the "pension" plan for those with at least 5 years of service.

Property tax exemptions to home owners.

\$200 New York State Income Tax credit for those who do not own property

Law allowing Volunteer EMS and FF to buy into a municipal health insurance plan

I have served for several years on the Town of Huntington Recruitment and Retention Committee and the Suffolk County Recruitment Committee. Both entities realize the importance of not only recruiting members but to retain those with their valuable experience. We have to find ways to keep our young people from leaving the Island and to find ways of keeping those volunteers we have. Approximately 3 years ago Suffolk County Executive Steve Levy had offered a portion of affordable housing that was to be built in Yaphank be set aside for Volunteer First Responders. He had stated at that "it was not enough that the County was doing this but the Towns in Suffolk had to get on board." I took that as a challenge and, not as an agent of HCFAS but as that of a private concerned citizen, approached Town of Huntington Supervisor Petrone and several Town Board members about setting aside a portion of any affordable housing that was to be built in the Town of Huntington. All were enthusiastic about the idea. I have had several meetings with Councilman Stu Besen who has "adopted" the idea and who has kept me aware of any progress in this area. Federal funding in any affordable housing project does not allow for segregation of portions of the housing for specific groups, there are no constraints on private developers. I have been informed that a private developer is very interested in building a community of affordable housing in our district. At the invitation of Councilman Besen I have met with the communications agency making presentations to local groups and the attorney for the developer. I have had the opportunity to explain to them the advantage to the community of offering affordable housing to First Responders and have been give verbal affirmation that this will be part of their plan. I would ask that the 2009 Board of Directors invite the Communications Agency to our January General Membership Meeting to hear their presentation and have the opportunity to ask questions

I realize the difficult task the Board of Directors is facing and feel I am up to the job.

IMPRESSION- that is one of the many great words I think of when referring to the Huntington Community First Aid Squad. Many of you know I am a firm believer in our organization, our membership, and our potential for the future. I have been a member of the squad for almost 12 years. While in medical school I took the first few years off but when I lived in England, Florida, Maine, Chicago, Atlanta, and Connecticut I always returned to the squad to volunteer. I have served as Dispatcher, First Aider, Crew-leader, Driver, and Administration. I have a Masters in Health Services Administration and for the last two years I have served on the Board of Directors. Over the years I have assisted the following committees: Membership, Recruitment/Retention, Response, Stand-By, Social, Records Retention & Uniforms. I would love to continue my work as a Director. Please vote for me on Monday December 8th, 2008.

*Thank-you,
Lehti Laas, M.D., M.H.S.A.
Member # 938*

Dear Fellow Member;

For those of you who know me please allow me to introduce myself to those that do not. My name is David Mohr, #748; I have been a member of the Squad since May 1987. I am currently your Treasurer and would like to continue in that capacity. I am also the Chief Advisor of the Explorer Post and our web-master. I hold an Associate's Degree in Accounting, a Bachelor's Degree in Accounting, with a minor in Business Administration, and a Master's Degree in Public Administration. I work for the Suffolk County Department of Social Services as a Chief Accountant, with a staff of over thirty-five individuals.

So why do I want to run for the Board of Directors again? Well I guess the simple answer is I love the Squad and want to continue to be instrumental in the advancement of the organization. We have accomplished a lot over the last couple of year, yet with every passing day new challenges present themselves and those challenges present opportunities, for us as an organization, to excel. Over the last two years I have worked on automating the Squad. We are in the final stages of moving from a paper dispatching system to Computer Aided Dispatching; we have upgraded our web site to include an interactive member's side; we have revamped our financial reporting, giving us the ability to generate financial statements at anytime; we have become current with our filings with the Town and no longer file extension of time for the filing of our Federal and State tax returns; we have expanded our budgeting process to provide detailed explanations for each individual account; and yet we have more to do.

Next year, with your support, I would like to continue advancing our fiscal reporting. I would like to continue to expand our budget process by adding a capital budget to our existing operating budget. This would enable us to better track our long term projects, some of which are funded over several years budgets, and better report our current operating costs. I would also like to incorporate a budget for the HCFAS funds. With the economy heading in the direction it is, we must be ever more vigilant in our spending. That vigilance begins with a realistic budget and then ensuring that spending stays within that budget. I feel I have the background and knowledge to do that.

So I am asking for your vote for Board of Director on December 8th, so I may continue my work as your Treasurer.

Happy thanksgiving!!!! Enjoy your holidays!!!

I would like to thank Tommy Romano for helping me with the driver training program this year. we turned out ten new drivers this year. remember when driving, be careful of the wet leaves on the road. since january 1st, 2008, we took in 40 members, of the 40 members 33 are still here.

This year i'm running for board of directors after two years of being a day captain and two years as first deputy. i would once again appreciate your support for this election. thank you.

*First Deputy
Greg Orr*

My name is Maureen Umberto and I am running for Monday Day Captain. I thought I would share a little bit about myself before I ask for your vote. I am a wife, mother of two boys and have called Huntington my home for my entire life.

I work professionally as a registered nurse. I have nearly twenty years of experience that spans neo-natal, pediatric ICU and geriatric care. Presently, I have a unique position as a nurse at a medical office providing pain-management.

I have learned that a good nurse must have a passion for the work, a commitment to enhancing their abilities and great people skills. I believe these are the same attributes that make a great volunteer.

I joined the Huntington Community First Aid Squad seven years ago to give back to a community that I love and to see if I could help the squad meet the challenges it faces on a daily basis. I started off providing first aid and then got my EMT certification. I put it all to work riding different days and shifts. These experiences have been very rewarding!

My first year as Day Captain provided me with many challenges and new experiences that I will not quickly forget. I greatly appreciate the outstanding service and support of my Monday crews, fellow captains and chief throughout this year. I have learned a great deal and I confident that I have demonstrated the time, skills and attitude to succeed and lead in 2009. Cast your vote for me as your Monday Day Captain and together we will continue to make a difference.

Thank you,

Maureen Umberto

To my fellow Squad member,

My name is Jeffrey Brenner # 1135; unfortunately I did not get my name on the ballot for the upcoming election. I would still appreciate your consideration for me as a write in candidate for captain for the upcoming year's officers.

For those of you who may not know me, I am a BLS provider on the Friday 1900 shift and can be found in the building from around 3pm Friday until sometime much later in the weekend, even as far as Sunday morning. I have been one of the top call runners since I have become a riding member and still continue to do so today as a driver/crewleader. In my nearly four years with HCFAS I have assist the historian, the former pulse editor, sat as the large events coordinator and I am currently an advisor to the Explorer Post 215.

When I am not at HCFAS I am a dispatcher, houseman, and EMT for other agencies and I am the Lieutenant of EMS at C.W.Post, for the last year, where I am concluding my undergraduate degree in management. These roles HCFAS and other agencies have given me the tools to lead, help solve problems, and work hard. I have worked alongside my fellow members as well as officers to resolve conflicts, handle scheduling, and get my hands dirty with the everyday work. I most enjoy spending my time instructing new members in the most critical period of their membership to learn, grow and achieve in the EMS field.

As a Captain I hope to work with you all to make your job a little less stressful and more enjoyable. On a day to day basis the members of HCFAS do an amazing job at serving our community. I hope in the year to come the officers, directors and members collaborate to be more successfully. I would appreciate your vote at the next membership meeting and I truly hope that we can all continue to come together to provide for our neighbors as we have been doing for over 40 year.

Sincerely,

Jeffrey Brenner #1135

Brothers & Sisters,

At this time, I would like to announce that I will be running as a "write-in" for the position of Chief Dispatcher for 2009. I have been a member of the Huntington Community First Aid Squad since June 2003 and I am currently an EMT and a Driver. I apologize for not being in the nominations because I had a job opportunity that did not work out because of the current economic crisis. For those of you who do not know, I have a very strong background of knowledge with dispatching in Suffolk County. I currently work for Huntington Manor, Greenlawn, Dix Hills, and East Islip Fire Districts as a dispatcher. I have a strong goal of helping this department become more professional in the job we do as dispatchers. My passion in this department is sitting in the "hot seat" in the dispatch office, and I want to share some of my professional skills with the department. Some of you have also seen me helping President Conover with teaching the Computer Aided Dispatch System. I use the same system at two other departments that I work for, and have given some insight on the system that some did not know about. So I am going to ask you, the members of HCFAS, to support me and the 2009 Officers by writing my name on the ballot, in helping this department becoming the best Ambulance Squad in New York State.

If I am not elected to the position of Chief Dispatcher, I still plan to give 110% and help out the one who is elected to the position.

Sincerely,

Brian E. Milliken #1085

End of 2008 Candidate letters

Treasurer's Report
David A. Mohr

In accordance with Article II, Section 4 of our By-Laws notice is hereby given that the annual dues are due and payable by January 1, 2009 for the upcoming year. The annual dues are three dollars (\$3). As always they can be paid while voting on Election Day, December 8th or you can also put your three dollar in an envelope with your name and membership number and put it in my mailbox.

HOLIDAY GIFT CARDS

This year we began distribution of the gift cards at the November meeting in order to get them to people in time for holiday shopping. The response was very, very good. For those of you who were unable to attend the November meeting you can pick up your card from our office manager, Justine when she is in the building, Monday –Friday. I suggest you call her first to be sure she is in at the time you plan to be there. The cards will also be available at the December GMM.

Happy Holidays,

Martha Brenner
Mb236@optonline.net

December 2008 • Service Awards

Mary Sisinni - 10 yrs.



2008 Adult Holiday Dinner December 13th
6:00—10:00pm

Come share the spirit of the Holidays!

You can sign up in the Ready Room or online under the social events for December 13th. If you have not signed up yet, please do so before December, 8th at the end of the General Membership Meeting.

2008 CHILDREN'S HOLIDAY PARTY DECEMBER 20TH
2:00PM—5:00PM

IF YOU SIGNED UP, PLEASE REMEMBER THAT IF YOU SIGNED UP, YOU MUST SHOW UP IN ORDER TO RECEIVE YOUR CHILD'S GIFT. THERE IS NO MEAL AT THIS EVENT, THE CHILDREN WILL RECEIVE COOKIES, ICE CREAM AND JUICE.

PULSE ITEMS FOR GOOD AND WELFARE

If you are aware of any thing regarding the good and welfare of a member please contact the Good and Welfare Committee and allow them to place the information in PULSE. This assures that the committee is aware of the situation, and that all members are afforded the same respect and consideration.

Martha Brenner



BASICS - December 2008

Patient Assessment - Holiday Style

By Mark Brenner



Patient assessment is arguably the most important skill for EMS personnel. Here are several patient assessment questions, phrased in a holiday perspective.

1. 'Twas the night before Christmas and you are dispatched to an elderly male, delta fall. Upon arrival you see a chubby, old man in a red suit, who is unconscious on the lawn. Next to the man is what appears to be a large, present-filled bag. While performing your scene size-up, you should:

- a. Assess his nose for skin color.
- b. Ascertain the mechanism of injury.
- c. Assess the bag for a present with your name on it.

2. From up on the housetop comes the sound of sleigh bells. You look up to the top of the two story, 25 foot tall roof and see a red sleigh and what appear to be reindeer. This information leads you to believe:

- a. The patient was kicked off the roof by the reindeer.
- b. The patient fell off the roof and, due to the mechanism of injury (MOI), should be treated in accordance with the NYS BLS Adult Trauma Protocol.
- c. The patient should be unconscious for quite a while which should afford you enough time to go through the entire bag of presents.

You respond to an elderly male, respiratory distress. You find 72 year old Mr. Tannenbaum, who was awakened with shortness of breath so severe that he cannot say his name without struggling for a breath. Among his medications is Albuterol, a bronchodilator.

3. Among your interventions, your BLS crew should:

1. Administer Oxygen
 2. Administer Albuterol
 3. Call for ALS
 4. Transport the patient in a seated position.
- a. 1 and 2
 - b. 1, 2, and 3
 - c. 3
 - d. 1, 3, and 4

4. What do you suspect the above patient to be experiencing?

- a. Asthma
- b. Congestive Heart Failure
- c. Atrial fibrillation
- d. Congenital Heart Fulmination

Basics Cont'd

You are dispatched to an adult female, bravo fall. While decking the halls, a 30 year old female named Noel, slipped off her step-stool, falls, and twisted her ankle.

5. While assessing the scene, you would want to:

- a. Be certain that the scene is safe
- b. Check for any extra egg nog
- c. Look around the patient's house to gather decorating tips.

6. The patient denies any loss of consciousness, denies any head, neck or back pain. She only complains of pain to her painful, swollen deformed right ankle. You should:

- a. Perform C-spine immobilization
- b. Immobilize the patient's right ankle
- c. Both a and b

City sidewalks, busy sidewalks are dressed in holiday style, but are slippery from a recent light snowfall. As the shoppers rush home with their treasures, one falls. You are dispatched to the elderly female fall, leg injury. Upon arrival, you observe that the patient is supine, in considerable pain, and one leg is shorter than the other.

7. One of your first considerations is to:

- a. Check what she has bought
- b. Assess the affected leg for a pulse
- c. Expose the affected leg
- d. Both b and c

8. You determine that the patient has a mid-shaft femur fracture. What is the immobilization device of choice?

- a. A pair of board splints
- b. A traction splint
- c. A pillow splint.

9. If you use a Hare traction splint, what must you remember to do?

- a. Keep the splint elevated especially if it does not fit on the backboard.
- b. Apply the elastic leg straps over the knee and ankle.
- c. Use the commercially made ankle hitch rather than a cravat.

ANSWERS: 1b, 2b, 3b, 4d, 5a, 6c, 7d, 8b, 9a

"Merry Christmas to all and to all a good night."



December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2  Happy Birthday! Andrew Ball Patty Salajka	3	4  Happy Birthday! Judith Hogan Maria Uliano Chris Whitcomb	5	6
7  Happy Birthday! Javier Cruz Thomas Hogan	8  Happy Birthday! Sharyn Cullen-Kutcher	9	10	11  Happy Birthday! Nancy Barker Janet Zapata David Wadsworth	12	13  Happy Birthday! Gail Glistner
14  Happy Birthday! Marc Kolpon	15  Happy Birthday! Kevin Brenner Krystal Cruz Anne Gabriel	16  Happy Birthday! Patricia Brumm	17	18	19  Happy Birthday! Ashley Taylor	20  Happy Birthday! Nancy Courtemanche
21 <i>Winter Begins</i> 2:00pm Recruitment Open House	22 <i>1st Day of Hanukkah</i>  Happy Birthday! Sally Staszak	23 	24 	25 <i>Merry Christmas</i>  Happy Birthday! Jeremy Graber	26  Happy Birthday! Robert Kleinkopf	27  Happy Birthday! Frank Guariglia
28	29  Happy Birthday! Samantha Ryan	30 	31 <i>New Year's Eve</i>  Happy Birthday! Tim Ebert			

Christmas truce

During World War I in 1914 and 1915 an unofficial Christmas truce took place. The truce began on Christmas Eve, December 24, 1914, when German troops began decorating the area around their trenches in the region of Ypres, Belgium, for Christmas. They began by placing candles on trees, then continued the celebration by singing Christmas carols, most notably *Stille Nacht* (Silent Night). The British troops in the trenches across from them responded by singing English carols. The two sides shouted Christmas greetings to each other. Soon thereafter, there were calls for visits across the "No man's land" where small gifts were exchanged. The truce also allowed a breathing spell where recently-fallen soldiers could be brought back behind their lines by burial parties. Funerals took place as soldiers from both sides mourned the dead together and paid their respects. At one funeral in No Man's Land, soldiers from both sides gathered and read a passage from Psalm 23. The truce occurred in spite of opposition at higher levels of the military command.

Benevolent Committee – Jim Barkocy

Dear Fellow Squad Members,

Though the approaching holiday season should be a time of joy, it can be a particularly trying time for those in need. The economic downturn has affected many in our community and perhaps even some in our Squad family.

I ask any members who find themselves in difficult straits to contact me either by phone or by leaving me a message in my Benevolent Committee mailbox. The Squad may be able to lend assistance. If you feel embarrassed because you think your misfortune will become public knowledge, don't be. All correspondence with me will remain strictly confidential and I will never mention your name either in public or private conversation (not even to the Board of Directors).

Finally, if good fortune continues to smile upon you, remember to be generous this holiday season and support organizations of your choice that help those in need.

Happy Holidays and all the best to you.

Town of Huntington Veterans Ceremony November 9, 2008 – Director Bob Franz

I had the honor to represent the Squad at this auspicious event. The unveiling of the final plaque on the Vietnam Memorial was a sight to behold and was the culmination of the work of a committee that started some twelve years ago. Our own Paul Kelly was on the committee from the beginning to the end. Congratulations Paul on a job well done. This was one of the best ceremonies honoring our veterans that I have ever attended. Donna Maltese, Ronnie & Dina Weinhofer also attended the event as well as associate member Bob Doyle who came in from PA to be with his dad. Bob sends his kindest regards to everyone.

Designation of Beneficiary – Bob Franz Insurance Committee Chairperson

Members wishing to check their designated beneficiary(s) on their Group Life Insurance Certificate and VFIS Accident & Sickness Policy will have an opportunity to do so on Election Day December 8, 2008 when you come in to vote. Eligible members under the squad's group life insurance program are generally covered for \$50,000 (lower amounts if over 69 years of age). Generally, all active members are covered under the Accident & Sickness policy while on duty; the death benefit is \$250,000. Forms will be available if you wish to change your beneficiary.

Your beneficiary under the LOSAP program was indicated on the 2007 LOSAP benefit statement distributed to you a couple of months ago.

One Rescue Squad Helps Another

The Helping Hands Rescue Mission is in desperate need of assistance. After one of the Squad's members read an October 2, 2008 Newsday article, Donations dip at food pantry, he knew he had to act. In the article the Rev. Rose Marie Gaines, who along with her husband Jimmie founded the mission 44 years ago, is quoted as saying "This is a disaster." In the article, Ms. Gaines goes on to say that the situation has become dire after a lean summer. They use to give away 60 bags of food a day; the day before the article they could only put together 23.

The Squad is collecting canned goods, cereal, peanut butter, jelly, tuna, pasta sauce and the basic cost-saving one-pot meals such as Rice-a-Roni and macaroni and cheese. Donations can be brought to the Squad anytime.



Good & Welfare

*Get well wishes to Eileen Burns.
We hope you are feeling better soon.*

*Speedy recovery for Norma Signorelli who was recently a
patient at Huntington Hospital.*

On November 1st there was a murder at the Squad. There were over sixty suspects, all with their own version of what happen and an alibi. After an intense investigation the murderer was identified. Most of the attendees though for sure it was Brian Canty, but his alibi of being the bartender proved true. Everyone that attended had a great time. As always, special thanks have to go out to a several members who help set-up for the event; Reeve and Mary Conover, Brian Canty, Joanne Vogel, Mark "Pram" Cappola, Karen Martin, guest Mike Biersack and of course our own photographer, Roger Winter.

Thank you to all of you.



INSTRUCTIONS FOR PROPER HANDLING OF UNIFORM DISTRIBUTION

There are several steps that must be taken in order for members to receive any item from the list of squad duty uniforms. First, the "Duty Uniform Request Form" (HCFAS Form # 118) should be completed by the member with his/her name, member # and date of request. (See #1 at bottom of form)

Then this form should be signed off by the Day Captain he/she is working under. (See Item #2 at bottom of form). This indicates to the Uniform Committee that the member is entitled to receive the requested items. The Day Captain or a person who has access to the room may fill the request, but if no one is available, the form should be placed in the Uniform Committee Box and will be filled by a member of the Committee after it has been determined that the member is entitled to the request. The member will be notified when the request has been filled.

Once the member has received the requested uniform(s) it is mandatory for that member to sign their name and number (See Item #3 at bottom of form) as well as date indicating that he/she has in fact received the uniform(s).

NOTE:

New Members are entitled to 1 pair of duty pants and 1 white short sleeve duty shirt.

Once they become an ambulance observer they would be entitled to a Reflective Sweatshirt and EPG Clothing along with an orange helmet.

After the member is off probation, they would be entitled to everything else (golf shirt, turtle neck shirt, EMS pants, cap and Class A uniform.

If anyone has any questions, you may contact one of the committee members:

Duty Uniforms: Jerry Giacomini, Chair
Oscar Gomez
Ed Billia
Bernard Hershkowitz
Donna Smith

EPG: Dominic Heavey
Joe Denimark

Class A Uniforms: Andrea Golinsky
Annette Hershkowitz

SEE REVERSE SIDE FOR FORM



Huntington Community First Aid Squad

2 Railroad Street Huntington Station, NY 11746

Duty Uniform Request Form

NAME: John Doe Member # 1234 Date of Request: 1/10

If you know your size – please note same where indicated below.

ITEM	SIZE (please circle)	# requested	* Reason	filled
Men's White Short Sleeve Duty Shirt	S M L XL 2XL			
Ladies' White Short Sleeve Duty Shirt	S M L XL 2XL			
Men's Duty Pants	W L			
Ladies' Duty Pants	Size			
EMT Pants	waist sizes			
Golf Shirt (Gray)	S M L XL 2XL 3XL			
Golf Shirt (white)	S M L XL 2XL 3XL			
Mock Turtle Neck	S M L XL 2XL 3XL			
Light Duty Jacket	S M L XL 2XL 3XL			
Sweatshirt	S M L XL 2XL 3XL			
Baseball Cap				
Reflective Vest	Size			
Other	Size			

* Reason Code: 1 – New item; 2 – Replace (old or damaged); 3 – Replace lost item; 4 – Additional item; 5 – Item returned

For Code 3 & 4, Explain

PLEASE FOLLOW THESE STEPS TO ENSURE PROPER UNIFORM DISTRIBUTION

- 1) MEMBER: Put completed request in your Day Captain's mailbox
- 2) DAY CAPTAIN: Approved: Name _____ # _____
Date: _____ Place form in Uniform Committee Box & notify committee chair
- 3) UNIFORM COMMITTEE: Date Received: _____, Date Completed: _____

When order ready for pickup – notify Day Captain

- 4) MEMBER: Uniform(s) Received NAME: _____ # _____ DATE: _____

Holiday Dessert Recipes

courtesy of foodnetwork.com



Red Velvet Sandwich Cookies

Serves: 12 to 15 sandwiches

1 1/3 cups all-purpose flour

2 tablespoons cocoa powder

1 teaspoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon salt

1/4 cup butter, room temperature

1 cup sugar

2 eggs

2 tablespoons buttermilk

2 teaspoons apple cider vinegar

1 teaspoon vanilla extract

1 tablespoon red food coloring

For the Cream Cheese Frosting:

1 pound cream cheese, softened

2 sticks butter, softened

1 teaspoon vanilla extract

4 cups powdered sugar

3/4 cup finely chopped pecans, optional

Preheat oven to 375 degrees F.

Mix together flour, cocoa powder, baking powder, baking soda and salt in a small bowl.

Cream together the butter and sugar until light and fluffy, about 3 minutes. Add the eggs 1 at a time. Then beat in the buttermilk, vinegar, vanilla and red food coloring. Once combined, add the dry ingredients to wet. Mix until thoroughly combined.

Red Velvet Sandwich Cookies (cont'd)

On a parchment lined sheet tray, drop batter using an ice cream scoop, forming 2-inch round circles.

Bake for 10 minutes, until baked through. Cookies should be cake-like and light. Allow to cool for a few minutes on the baking sheet, then remove to a wire rack to cool completely.

For the Cream Cheese Frosting:

In a large mixing bowl, beat the cream cheese, butter, and vanilla together until smooth. Add the sugar and on low speed, beat until incorporated. Increase the speed to high and mix until very light and fluffy.

Spread the cream cheese frosting between 2 cooled cookies and roll the edges in finely chopped pecans, if desired.

Peppermint Bark

Serves: about 2 pounds of candy

Crushed candy canes, to yield 1 cup

2 pounds white chocolate

Peppermint flavorings, optional

Place candy canes in a plastic bag and hammer into 1/4-inch chunks or smaller. Melt the chocolate in a double boiler. Combine candy cane chunks with chocolate (add peppermint flavoring at this point if desired.) Pour mixture onto a cookie sheet layered with parchment or waxed paper and place in the refrigerator for 45 minutes or until firm. Remove from cookie sheet and break into pieces (like peanut brittle).

