

HCFAS

2 Railroad Street

Huntington Station, New York 11746-1231

December, 2009 • Volume 42 Issue 12



Patricia Salajka, Editor
psalajka@verizon.net

The Pulse

December, 2009

Volume 42 • Issue 12



Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

PRESIDENTS REPORT

Roger Winter

December signifies an end to another year. But it also can be a time for renewal. A renewal in all faiths and creeds with the following holidays Hanukkah, Christmas, Kwanzaa, New Year's Eve and of course my all time favorite December 21, the First Day of Winter. I would like to thank everyone for making the squad a success. In the fall of this year I went to EMS EXPO 2009 in Atlanta, Georgia. I was able to take several classes but one stuck out as one for all squad members. The class was “Leadership, Rules of Engagement, 25 Ways to Help Develop the Leader Within You.” given by a dynamic speaker, Tim L. Holman. The title tells it all. We are all leaders at the Squad in one way or another, so I thought it would benefit everybody.

- | | |
|----------|---|
| Rule #1 | Provide the Focus. - Mission, vision, and goals. |
| Rule #2 | Leadership is a privilege! - Leadership must be handled with care. |
| Rule #3 | The attitude of the leader will set the tone for the organization. |
| Rule #4 | Expect to be challenged. |
| Rule #5 | Whatever you allow becomes the standard. |
| Rule #6 | You can't lead if you don't care. |
| Rule #7 | Remember the Ten Commandments. - Principles, values, rules. |
| Rule #8 | You can't lead where you can't see. And you can only lead as far as you can see. |
| Rule #9 | You will make mistakes! |
| Rule #10 | Your success is in direct proportion to the success of the people. |
| Rule #11 | Deal in facts, not assumptions. |
| Rule #12 | Pull the people, don't push. |
| Rule #13 | Change perceptions and you will change attitudes. |
| Rule #14 | Be part of the team. |
| Rule #15 | Empower the people. - Give responsibility and authority. |
| Rule #16 | Listen more than you talk. |
| Rule #17 | Celebrate success. |
| Rule #18 | The customer is not always right. - the customer has the right to be heard and understood. |
| Rule #19 | Ride the currents of change! |
| Rule #20 | Never stop learning! |
| Rule #21 | Some people never grow up! |
| Rule #22 | Pick your battles carefully! |
| Rule #23 | Counseling does not have to be adversarial? |
| Rule #24 | Teach yourself out of a job!-Develop good leaders to take your place. It is a reflection of your good leadership. |
| Rule #25 | Leadership is not about ego! |

Perhaps these rules are something that we should reflect on from this past year and as leaders, we should try to implement them next year.

Happy Holidays and a Happy New Year to all.

CHIEF'S REPORT
Dominic C. Heavey

Chief Dominic C. Heavey

Well we are almost done with another year. I would like to thank all the Out going BOD and the out going Officers for a good year. As we look forward to 2010 and another busy year.

As we look forward to the Holiday season ahead of us with our families I ask everyone to think of those that don't have families and for our Armed Forces that are put in harms way every minute of every day. Let us all remember them.

To those that are running for Office in 2010 best of luck. Elections to be held on December 14, 2009 please everyone come out and vote.

The Children's part will be held on December 12, 2009.

The Adult part will be held on December 19, 2009.

To all the committee chairs a job well done by all, with out your time and help this year would not have being a success.

To all the 215 POST members Thank You very much for all your hard work you done in 2009, keep it up.

I would also like to thank Patty for a great job in doing the PULSE and keeping us all informed of what is going on.

With that said I again would like to thank everyone for a great year, it was a plusher to have being your Chief for the year of 2009.

*Thank You
Chief Dominic C. Heavey
HCFAS*

Roll on 2009

December 2009 • Service Awards

25 years Margaret Cornelius
10 years Nancy Courtemanche
5 years Reina Gomez
5 years Chuck Brady
5 years Rich Gierbolini

2nd DEPUTY REPORT

Anne Gabriel

As the cold weather approaches, please make sure your ambulance has appropriate cold weather supplies on it (blankets, ground covers, kitty litter, ice melt). Also remember that EPG gear should be stowed on your ambulance or left in the truck room when you come on duty, and should not be worn into the ready room. And please show up for your shift in uniform! If there are any issues with your uniform, contact your day captain, a member of the uniform committee, or a chief officer promptly.

Swine flu is out there and among us, so if you get that FC call, remember to use an N-95 mask! Also remember how important hand washing is, and you also may want to consider sanitizing the pram after each call.

During the holiday season, we often find the organization short staffed, so if you have any free time, sign up for an extra shift or just turn the pager on for a few hours. And consider giving up your Saturday evening to ride the overnight, where there is absolutely no one on alternating weeks, and there's always amazing calls!

I want to take this opportunity to thank you for allowing me to serve as deputy chief these past few months. I know we have a lot of work ahead of us, and I look forward to continuing to serve next year.

And finally, a word on the upcoming election – A member once commented that it appeared as though the more people do for the organization, the more controversial they seem, and the harder it is to get them elected; whereas officers/board members who sit quietly and don't take on challenges are viewed as "safe" and are easily elected. I urge you to not make this election a popularity contest. Think about the qualifications and past performance in office of those who are running. If a person has not completed a term in office in the past, it is a good bet they won't this year either. You may not completely agree with everything a person stands for, but having an opinion and moving forward with an idea is far superior to simply enduring the status quo for another year.

A Note from... ***The Treasurer's Office***

Lately, several members have approached me about PO's they have submitted for which they have not been reimbursed, despite waiting some time. As you all know, there are many hoops that PO's need to pass through before they are processed for payment. Anywhere through this process is a potential delay. In order to keep those delays to a minimum there are some steps you can follow:

- 1) Fill out the Purchase Order COMPLETELY. Don't leave any blanks.
- 2) Make sure you have all the necessary paperwork attached including receipts, invoices, and any other supporting documentation.
- 3) Put the PO in the proper mailbox outside the Dispatch Office. DON'T put them in that person's mail folder.
- 4) Whomever's mailbox you put your PO in, let them know by e-mail or directly that your PO has been put there. Don't wait for them to check their mailbox.
- 5) MAKE A COPY OF EVERYTHING FOR YOURSELF!!!!

Finally, if you think you've waited long enough, just let me know and I'll do my best to track down the delay and get your payment processed. I really try to make sure members don't have to wait for their money. If you follow the above steps, the process should be quick.

Mark Cappola #1087

3rd DEPUTY REPORT
bob loysch

*At this time i would like to thank the membership for supporting me
for 2 years of service as third deputy chief.*

*special thanks to
my committee people
als providers
squad dispatchers
crew members
the board of directors
my fellow officers*

My appreciation for all the help

Candy Cane Cookies

Kids of all ages will want to pitch in when it comes time to roll the ropes of colored dough for these cute candy canes. Peppermint extract carries the flavor on through, so the cookies taste as good as they look.

36 Servings Prep: 25 min. Bake: 10 min.

Ingredients

- * 1/2 tube refrigerated sugar cookie dough, softened*
- * 2 tablespoons all-purpose flour*
- * 1/2 teaspoon peppermint extract*
- * 1/2 teaspoon red food coloring*

Directions

In a large bowl, beat the cookie dough, flour and extract until smooth. Divide dough in half; mix food coloring into one portion.

Shape 1 teaspoon of white dough into a 6-in. rope. Shape 1 teaspoon of red dough into a 6-in. rope. Place ropes side by side; press together lightly and twist.

Place on an ungreased baking sheet; curve top of cookie to form apart on baking sheets.

*Bake at 350° for 8-10 minutes or until set. Cool for 2 minutes before carefully removing to wire racks.
Yield: 3 dozen.*

SUNDAY CAPTAIN

Chris Winter

Hello fellow members,

As we end 2009, I would like to thank you all for supporting me as Sunday Captain. It was a fun experience. It brought me back to the times of being Captain years ago under Chiefs Mark Brenner and Marc Meyer. Wow, I've learned a lot since then.

I've realized this year, one of the most important jobs as Captain is communicating. I can always find someone to cover a shift, but keeping in touch with the members of your day is key. It's critical to know how everyone is doing and what you can do to support them. It's also important to keep your members informed of everything you know and think is important.

When working at Jet Blue Airlines, the founder and CEO, David Neeleman, said "just when you think you've communicated enough, triple it!" We would teach that leadership principle to our crew members in every class we delivered. I think the same holds true for us as leaders at the squad. We can never communicate enough. An informed member is a happy member. So, to the Board and Officers of 2010, please, keep the lines of communication open. We will appreciate it and thank you for it.

Speaking of thank you, I can not list all the members who have helped me out on Sunday and who have made a difference in our community on Sundays. I try to mention names of folks each month, but this month I think I need to say to all of you, thank you! Thank you for the time you gave to help Sunday.

I also want to highlight one crew this month. I know all of the Sunday crews do a great job and have made my life as Captain very easy by always being vigilant with check outs and getting replacements, but this month, I salute the Overnight crew.

The overnight is a shift I have not done in many years. I was on the Tuesday overnight with Brian and Ferd for a brief stint, but that was not long term.

The Sunday overnight members are Karen Blackburn, Chuck Brady, Dillon Harvey, Angie Kalodukas, Jim Mallilo, Tim Quigley, Bedel Saget and Rachel Zunno.

These members come in on a tough shift. They are kept up most Sunday nights and most go to a day job the next morning. The calls are not always pleasant with alcohol overdoses and assaults coming in every week. These folks come in and get out of bed for our community when I can not. So to all of you, I thank you.

Enjoy the holidays in December and have a Happy New year!

Thank you,

Chris Winter

TUESDAY CAPTAIN

Casey Stone

Let me start out by saying Tuesdays have been great for me. I enjoyed these past three years being a captain for my Tuesday members. I will miss being a Captain, but will enjoy more time with my family.

Thank you to everyone who has been helping me out on Tuesdays.

Help is always needed: 0700-1100 A Disptacher is needed til March.

1100-1500 A Dispatcher, ALS and a 2nd crew are needed.

1500-1900 A 2nd crew is needed.

1900-2300 ALS is needed.

2300-0700 A 2nd crew is needed.

I hope everyone has healthy and happy holidays and a safe New Years.

Casey Stone

2-15-53

SATURDAY CAPTAIN

Jeffrey Brenner

As we approach the Holiday season we and the community have a greater need for our response. Lets show how wonderful of an organization we are and drop the 24 rate and help our fellow community members in this time of caring and giving. Saturdays need help on the overnight most of all and always backup.

To anyone who has rode on a Saturday this year thank you. It has been my privilege to be the officer of the day on Saturdays. With the help of you wonderful people and my family Saturdays saw very few 24s, an amazing out pouring of help on the overnight and the Post continue to grow. To my crews thank you for your dedication on the ambulance and to each other. This is a job where the job itself is as important to how and who you do it with.

Nomination for Second Deputy Chief; I do accept the nomination and ask for your support in the 2010 election later in the month.

Happy Holidays!!!

Capt Brenner

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 14, 2009 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 2008 LOSAP benefit statement distributed to you a couple of months ago.

WRITE-IN VOTE INSTRUCTIONS FOR THE OLD LEVER STYLE VOTING MACHINES.

Find the column of the office position that you want to do the write-in vote. The name of the office is along the top row. Follow the column up until you come to a metal tab protruding from a small window slot. Be careful because in some booths, the column makes a diagonal turn as it meets the slot window, putting the slot window at a diagonal. This makes it harder to follow the column up, but easier for you to write in the name. Push that metal tab upwards. There will be a slight resistance. Remember, as you push up on the tab, the voting machine is locking the lower levers so you can't vote twice. When you are through writing in the name and any identifying info that you feel is pertinent, close the slot window. You are now free to vote in the other races as you would normally.

You can ask for assistance from the election inspector standing outside of the booth. If you do ask for help, stick your head outside of the curtain to get his attention. **DO NOT PULL THE LEVER THAT OPENS THE CURTAIN.** Once you open the curtain, your voting is considered over with, whether you actually finished or not.

Qualified Candidates For The 2010 Board of Directors and Operational Officers:

Board of Directors:

Mark Cappola

Brian Canty

Roger Winter

Robert Franz

Chief:

Dominic Heavey

1st Deputy Chief:

Anne Gabriel

2nd Deputy Chief:

Jeffrey Brenner

3rd Deputy Chief:

David Mohr

Kathy Gearey

Chief Dispatcher:

Joseph Frisenda

Richard Stone

James Mallilo

Day Captain:

Pamela Brenner Biersack

Tim Ebert

Samantha Ryan

Paul Biersack

Alison Russo

Keith Rubenstein

2010 Candidate Letters

NOMINEE FOR H.C.F.A.S. BOARD OF DIRECTORS 2010

Dear Friends and Colleagues,

As you know, I am running for a third 2-year term on the Board of Directors. I hope you will support me again this coming election. In each of the past two terms I've tried to take on more responsibility, last year as Secretary and most recently as Treasurer.

I've been thinking about what it means to be in a leadership position in any organization, not just ours. In my opinion, leadership comes with a whole lot of baggage, some easy to carry...some not so easy. Sure, for us extroverts, there's the notoriety and the ego trip that goes with being in a position of "importance". But there are also the burdens of responsibility, integrity, honesty, fairness, reliability, dependability, and consistency.

I believe that throughout my 4 years on the Board, I have been a good leader. I have always tried to put the needs of HCFAS first when I've made decisions as a Board member. For the most part, these decisions have been accepted with only a minor flurry of opposition, and for that I'm grateful. In the long term, I hope those decisions and the ones yet to be made, will be seen as carefully weighed and ultimately the right ones.

Please give me the opportunity to continue to serve on the Board on your behalf as part of the team of leaders you elect to take HCFAS forward. I will continue to work on your behalf always keeping in mind the best interest of the Squad, the members, and the community we all must serve.

*Thank you,
Mark Cappola #1087*

NOMINEE FOR H.C.F.A.S. BOARD OF DIRECTORS 2010

Dear Fellow Members,

I would like to begin by wishing a happy and healthy holiday season to you and your families.

I would also like to thank you for your support for the last two years as a member of the Board of Directors.

At this time I am asking for your support once again to elect me to the Board of Directors.

I have heard from a lot of members that "Why should I bother voting!" As a active or life member it is your right to vote. Even though some positions are not challenged, there are other positions where there are write in candidates. Please think about each and every person running for office and cast your vote to the people you feel are the best to do the job. Even though candidates are running unopposed, your vote for or against them shows them what kind of support they can expect from membership.

I represent you, the members, on the Board of Directors and many of you have come to me with questions and problems which I have brought to the board. I have an open door policy. If you have a problem please feel free to contact me and I will see If I can help or point you in the right direction.

Thanks for your support, and please remember to Vote on Monday, December 14th.

*Brian Canty, Vice President
Candidate for Board of Directors*

NOMINEE FOR BOARD OF DIRECTORS 2010

Dear Fellow Member,

Thank you for permitting me to serve the last two years as your Squad Director. I sincerely hope that I fulfilled the obligations of that position to your expectations and wish to thank all those members who helped me accomplish my various duties and assignments. The interaction that I had with my fellow Directors, the Operational Officers, committee chairpersons and members gave me an informed insight as to all the hard work that each of you perform in addition to responding to ambulance calls which I commend each of you. This insight was a prime motivating factor and challenge to do what ever I could to assist and benefit my fellow members, the Squad and our community.

I am asking for your support in the coming election. I would like to continue and build on the work that has already been done by the Board of Directors, Operational Officers and committees and look forward to working with you to face the challenges and changes that EMS and the Squad will encounter in the future.

I wish everyone Joyous and Happy Holidays.

*Respectfully,
Bob Franz #539
Member since 1979*

NOMINEE FOR H.C.F.A.S. CHIEF 2010

Chief's Letter for 2010 Election

Well, it is that time of year again, time when we decide who will be running a great Organization like HCFAS. It with great pleasure that I accept the nomination for Chief, 2010. I look forward to serving you and our community in the upcoming year. I would like at this time to thank all the out-going BOD members and the out-going Officers for all there hard work during the year of 2009. I would also like to thank each and every one of you for all the assistance and time you gave me and the Squad. On a special note I would like to thank your families for allowing you to be members of such a great Organization like HCFAS and allowing you to serve your community.

Thank you, and don't forget to come out and vote on December 14, 2009

*Dominic C. Heavey
Chief 2009*

NOMINEE FOR H.C.F.A.S. THIRD DEPUTY 2010

David Mohr for Third Deputy Chief

Dear Members;

I would like to ask for your support on Monday, December 14th. The maintenance of our building and vehicles is paramount if we are to be able to adequately respond to our neighbors calls for help and I would like to be the one to get that job done.

It has been over eight years since we moved into this building and as many of you have said, it is starting to show. Not only must we do daily maintenance and cleaning, but preventative maintenance, so we can prevent more expensive repairs later. Take care of the small problem and you will eliminate the big one.

This is also true with our vehicles. The Town has asked us to extend the life of our vehicles to reduce our budget. To do this a vigorous maintenance and repair regiment must be in place. We must be more proactive in our maintenance and repair of our vehicles and rely less on our members to report problems.

Prudent use of our recourses during these tight budget times is imperative to be able to accomplish these goals. We are all being asked to do more with less. As the manager of over 40 full and part-time staff, I am challenged everyday with these situations. I would like to bring my 16 years of management experience, my 33 years of EMS experience, and my 22 years as a Squad member, including being chairman of the committee that designed and oversaw the building of our current facility, to the office of Third Deputy Chief and accomplishing these goals.

I am asking for your support and vote for Third Deputy Chief on Monday, December 14th.

Thank you in advance for your support.

David Mohr

NOMINEE FOR H.C.F.A.S. THIRD DEPUTY 2010

My name is Kathy Gearey and I am interested in running for 3rd Deputy Chief. I have been a member of this organization for 35 years. I have previously held the office of Day Captain and 3rd Deputy Chief. I know what the position entails, the responsibilities and also the challenges. In my previous term of 3rd Deputy Chief, I was able to delegate responsibilities to meet the demands and needs of the organization. I am looking forward to working again new leadership and the challenges in the upcoming year. I am therefore asking for your vote.

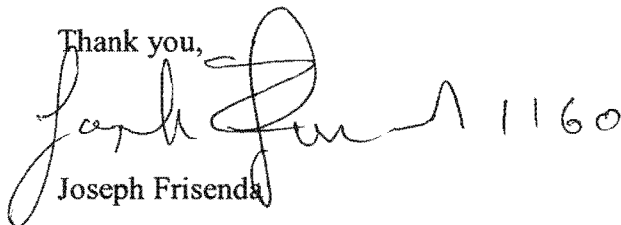
*Kathy Gearey
#368*

NOMINEE FOR H.C.F.A.S. CHIEF DISPATCHER 2010

To the Membership of Huntington Community First Aid Squad,

I, Joseph Frisenda, plan to run for Chief Dispatcher for 2010. Some of you do not know me, but most of you do. For those of you who do not know me and those of you who do know me, I serve on the explorer post as the drill and training advisor, I teach the RTE class to all of the new kids that come in, as well as refresh the older members of the post, I teach the training sessions to post on the 1st and 3rd Saturday of each month. I have also taught RTE classes to adults wishing to join as members. I am the ambulance orientation committee chair, which I am trying to move along quickly, so that the new members can get out there and ride, so that hopefully our 24 rate will go down, and I was probationary member of the year. I believe in the organization and its SOPS and Bylaws, I believe in what the organization stands for. I ask that you consider me for the position. I am a dedicated person when given a task, and I put a 110 percent into what I do here.

Thank you,

 1160
Joseph Frisenda

NOMINEE FOR H.C.F.A.S. CHIEF DISPATCHER 2010

Dear Members,

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

This past year has flown by and now I am looking back at what we have accomplished and ahead to the things that still need to be done.

We have gone live with the CAD system and I am happy to record that the building still stands and we are all using and dare I say enjoying the system. In the coming year we are hoping to eliminate even more of the written paperwork.

We now have a PCR box to better track the PCR's.

The new radio system has arrived and the early tests are great! We can be heard in the hospital and in Lloyd Harbor. No hiding in the dead spots anymore. I am very excited about this new system and would like to see its use become a reality early in the coming year. It is so important to be able to have total communication between dispatch and our rigs.

We will begin to use the finger reader as a method for signing in and signing out of your shifts. This will allow us to eliminate sign-in sheets. We will also look to eliminate alarm worksheets (except when there is no print-out).

I would like to thank the following for all the help they have given me during this past year. Mike Barker, Nancy Courtemanche, Jim Mallilo, the dispatch training committee, Jonathan Stone and all the dispatchers that do extra shifts and just keep things humming.

This is a very exciting time and I would like to continue to serve HCFAS as your Chief Dispatcher. and I am asking for your support.

*Very truly yours,
Richard Stone*

NOMINEE FOR H.C.F.A.S. CHIEF DISPATCHER 2010

*To: The Members of HCFAS
Re: Chief Dispatcher*

Hello;

My name is Jim Mallilo, member #1030 and I am running for the position of Chief Dispatcher.

I became a member of HCFAS on September 6, 2001 and chose the Sunday 2300 shift at which I still remain.

I joined the Oxygen Committee in 2002, and became an EMT later that year.

In May 2003 qualified as a driver,

In 2006 became Chair of the Technology committee

In June 2008 I joined the Document Retention committee.

I am involved in the implementation of Computer Aided Dispatching and of Personnel record management for the members of HCFAS, including LOSAP recording and FUND Drive automation.

In Communications this year I have managed to get the survey, required by the Town of Huntington, for the tower structure at Boxer Court, coordinated the purchase, installation and testing of our new frequency in the UHF band.

I am willing to put in the time and effort that the position requires and I believe I can make a difference with the help of the membership of Huntington Community.

*Thank You
Jim Mallilo*

NOMINEE FOR H.C.F.A.S DAY CAPTAIN 2010

My name is Pamela Brenner and I am running for day captain. Since joining in 2006 I completed an EMT course, became a crew leader and met and married my husband Paul Biersack. While maintaining my status as crew leader on the Saturday 1100 shift I have also served on the 40th anniversary committee, the life membership committee and I am an advisor to Explorer Post 215.

Most recently I have taken on the responsibility of CME coordinator for our organization and I am working with Suffolk REMSCO to help our members retain their EMT certifications. I have learned so much from this position and would love to bring my passion for education to the position of day captain.

The demands of being a member of HCFAS have increased drastically since the organization was founded in 1967. Our call volume continues to increase exponentially while the economic downturn nationally has affected our budget. Now is a time for passion, for strength of character and for creativity. As day captain I will continue to serve this organization to the best of my ability. Thank you for your support.

Sincerely,

Pamela A. Brenner #1157

NOMINEE FOR H.C.F.A.S DAY CAPTAIN 2010

Fellow Members,

My name is Paul Biersack and I am running for Day Captain. For those who don't know me, I am an EMT with HCFAS and a Firefighter with Huntington FD. I have been a member with the Squad for 9 years and during that time, have served as Day Captain (2006) and as 3rd Deputy Chief (2007).

Being an Officer takes a lot of hard work, planning and dedication...all of which are skills I'm proud to have. It is also a stressful and time consuming job, which is why I did not continue when my term as 3rd Deputy Chief ended on January 2, 2008. I had other plans and later that same day, got engaged to my wife, Pamela Brenner. I am off of Company 8 now and back to a regular shift this year, have recently joined the Driver Training Committee and I am on track to complete my CME requirements by the time my EMT card expires next August.

Everything has been falling into place for me and now that I have the time and energy to commit to the Squad again, I want to serve as Day Captain. I have the support of my wife and my Manager at work but more importantly, I hope to have your support too! I ask that you please come out and vote for me as Day Captain.

*Thank you,
Paul Biersack #1004*

NOMINEE FOR H.C.F.A.S. DAY CAPTAIN 2010

To the Members of the Huntington Community First Aid Squad:

My name is Keith Rubenstein and I am running for the position of Captain. I have been involved in the Emergency Medical Service for the past 7 years and I have completed my EMT Basic Certification, dispatching and driver training.

My passion for emergency rescue became apparent to me in high school. I started as a junior member of the Huntington Community First Aid Squad in 2002 and after 4 years became a senior member. My devotion to the community expanded when I became a member of the Greenlawn Fire Department Rescue Squad in 2007. I am also currently employed by Hunter EMS located in Bayshore, NY where I work as an EMT-B as well.

I would like to thank all the members of HCFAS who have enabled me to attain my membership and I take great pride in servicing the community. As a Captain, I promise to continue to serve the Huntington Community First Aid Squad and fulfill my duties by enforcing policies, procedures, and most of all training. I will be happy to help any member with the use of the ambulance equipment and also assist anyone that is completing the EMT class.

I would appreciate your vote when considering the position of Captain of the Huntington Community First Aid. If you have any questions or concerns please call me at (631)-404-0018.

Sincerely,

Keith Ruebenstein

NOMINEE FOR H.C.F.A.S. DAY CAPTAIN 2010

Hello All,

My name is Maureen Umberto, and I am running for captain for year 2010, I have been a member since 2002, and Monday Captain for the past two years. HCFAS is a big part of my life, I have enjoyed the years I have been a member, as well as serving the membership as captain. I am looking forward to the years ahead being part of such an amazing organization that I am proud to be a part of. I am a registered nurse with 19 years of experience in the medical field. My passion to give, be patient, caring, and dedicated, defines who I am. I am asking you, the members, to consider me for captain for the upcoming year.

I thank you for considering me as captain as you cast your vote.

WRITE-IN CANDIDATE FOR BOARD OF DIRECTORS

Dear Fellow HCFAS Members,

My name is Bernard F. Poole member #872 and I am running as a **WRITE-IN candidate** for the Board of Directors this year. I have been a riding/operational member for 18 years and am currently on the Thursday 1900-2300 shift. During my years at HCFAS, I have been a member of the following:

- Drivers' Trainer
- Building Maintenance Committee
- Original New Building Committee
- First Aid Supply Committee
- Oxygen Committee
- New Vehicle Committee
- Co-Chair Bike Team

I am a lifelong resident of Huntington and reside here with my wife and two children. My career began locally as a salesperson at Burt Building Materials. I have been in the disaster recovery business since 1994. In 2000, I was hired as the National Director for the nation's largest disaster recovery company where I successfully managed and developed the company from its relatively small National market share of \$80 million to \$400 million in 5 years. I then left to start my own company, B. Poole Restoration, LLC which handles all types of disasters for commercial properties locally as well as across the country. I built this company from the ground up by ***“running a tight ship”, working hard, developing winning teams, controlling waste and spending wisely.***

I have been approached in past years to run for the Board of Directors, but felt I did not have the time to dedicate. I now feel I have the time to dedicate to the Board of Directors. I feel my experiences and knowledge of business development can be successfully applied to HCFAS.

Please consider me for your vote as a write-in-candidate on Monday, December 14, 2009. I will not let you down!

As a reminder, if you need assistance with voting for a ‘Write-In’ candidate, there will be someone there to help you. Please do not be afraid to ask!

Sincerely,

Bernard F. Poole

December 2009

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 Luminita Hazelton	9	10	11  Happy Birthday! Nancy Barker Janet Zapata	12 1st Day of Chanukah
13  Happy Birthday! Gail Glister Diane Tanko	14  Happy Birthday! Marc Kolpon	15  Happy Birthday! Kevin Brenner Krystal Cruz Anne Gabriel	16  Happy Birthday! Patricia Brumm	17  Happy Birthday! Melissa Hernandez	18	19  Happy Birthday! Ashley Taylor
20 2:00pm Recruitment Open House Happy Birthday! Nancy Courtemanche	21 Winter Begins 	22  Happy Birthday! Sally Staszak	23	24	25 Merry Christmas!  Happy Birthday! Jeremy Graber	26 Happy Birthday! Robert Kleinkopf
27  Happy Birthday! Frank Guariglia	28  Happy Birthday! Vincent Maltese	29  Happy Birthday! Samantha Ryan	30	31 New Year's Eve  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.

First Aid Corner

by Laurie Hoffman

With the winter here, and the chaos that the Holiday's bring it is easy to forget about the importance of exercise. With the low temperatures, warm cozy homes, and delicious Holiday dinners, it is sometimes hard to leave the sofa! Fortunately, we at HCFAS have a wonderful gym located right in the building, which we may use at our convenience 24/7. You will need to contact Cindy Cairl to set up an orientation so that she may show you all of the equipment and how to use it. After your orientation you will then receive key access, so that you may go anytime.

The merits of regular physical activity — from preventing chronic health conditions to promoting weight loss and better sleep — are hard to ignore. And the benefits are yours for the taking, regardless of age, sex or physical ability. Need more convincing? Check out six specific ways exercise can improve your life.

1. Exercise improves your mood.

Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Regular physical activity can even help prevent depression.

2. Exercise combats chronic diseases.

Worried about heart disease? Hoping to prevent osteoporosis? Physical activity might be the ticket. Regular physical activity can help you prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular physical activity boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing triglycerides. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries. And there's more. Regular physical activity can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.

3. Exercise helps you manage your weight.

Want to drop those excess pounds? Trade some couch time for walking or other physical activities. This one's a no-brainer. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but physical activity you accumulate throughout the day helps you burn calories, too.

4. Exercise boosts your energy level.

Winded by grocery shopping or household chores? Don't throw in the towel. Regular physical activity can leave you breathing easier. Physical activity delivers oxygen and nutrients to your tissues. In fact, regular physical activity helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

5. Exercise promotes better sleep.

Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day. A good night's sleep can improve your concentration, productivity and mood. And you guessed it — physical activity is sometimes the key to better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep. There's a caveat, however. If you exercise too close to bedtime, you may be too energized to fall asleep. If you're having trouble sleeping, you might want to exercise earlier in the day.

6. Exercise can be — gasp — fun!

Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical! Physical activity doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find a physical activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!

I would like to wish everyone a happy and healthy Holiday Season!

Welcome!



Susan Guterman #1273

Sun 1100 x 1500

- Resides in Huntington Station
- Graduated from St. Anthony's High School
- Graduated with AS in Medical Technology from Green Mountain College
- Employed at Dowling College in the laboratory and at the YMCA Aquatics as a Lifeguard
- Joined HCFAS to give back to the community
- Future goal is to become an EMT/Driver



Beatris Maldonado #1275

Thurs 1500 x 1900

- Resides in Uniondale
- Graduated from Uniondale High School
- Completing an AS in Behavior Science at Nassau Community College
- Pursuing BS in Forensic Science at John Jay College
- After observing medical personnel provide care for her mom, she was inspired to join HCFAS to give back to the community
- Future goal is to become an EMT



Anel Vargas #1277

Tue 0700 x 1100

- Resides in Deer Park
- Graduated from Walt Whitman High School
- Employed as a secretary at Huntington Hospital Nursing Administration
- Joined HCFAS to gain experience & give back to the community
- Future goal is to become an EMT



BASICS - December 2009
Cardiac Emergencies
By Mark W. Brenner



This month's column wraps-up our review of BLS assisted medications. Please note that for chest pain patients who are on sexually enhancing medications for the past 24 hours, nitroglycerin administration is contraindicated. In fact, Bob Delagi, Acting Director of Suffolk County EMS tells me that next year the protocol will change to reflect a 72 hour window during which time nitroglycerin is to be withheld. Happy Holidays!

You respond to the house of a 65 year old male who is experiencing chest pains. He is conscious, alert, has a patent airway, is breathing adequately and has a pulse of 122 weak and irregular. His skin is cool, pale and clammy.

1. You would:

- a. Place the patient on oxygen via a nasal cannula
- b. Place the patient on oxygen via non-rebreather.
- c. Ventilate the patient with a BVM
2. After performing the Initial Assessment, you would prioritize the patient:
 - a. As a high priority transport
 - b. As a low priority transport

While your crew is getting the appropriate patient carrying device, you move to the patient history and learn that the patient has a history of angina. He has prescribed nitroglycerin. He has no allergies to medications and has not taken any sexual enhancing medications, and has not taken any aspirin, aspirin product or any anticoagulant. Further, he does not have a bleeding disorder. You continue and ask the chest pain OPQRSTi questions, he provides you with the following answers:

Onset: Raking the lawn Provocation: any physical exertion

Quality: Feels like his chest is being squeezed Radiation: to his left arm

Severity: Eight on a scale of 1 – 10 Time: 25 minutes

interventions: the patient took one nitroglycerin at the onset, 25 minutes ago but had no relief.

The patient's vital signs are respirations of 22 and shallow, pulse of 122 and irregular, and a blood pressure of 146/92.

3. Based on the BLS Chest Pain Protocol as well as the patient's condition and history, you should (choose as many as are appropriate):

- a. Administer Aspirin 81 mg
- b. Administer Aspirin 324 mg
- c. Assist the patient in taking his nitroglycerin
- d. Not assist the patient in taking his nitroglycerin
- e. Continue transport
- f. Perform an on-going assessment

4. Your BLS crew responds to an elderly male with chest pains. His list of medications includes Digoxin, Lasix, and Aspirin and he reports that he has taken his medications today. Which medication (s) would you administer in accordance with the BLS Chest Pain Protocol?

- a. Aspirin b. Nitroglycerin
- c. Both A and B d. None of the above

5. BLS administration of Aspirin is contraindicated in patients:

- a. With a history of G. I. bleed.
- b. Who have already taken aspirin.
- c. With a sensitivity to aspirin
- d. All of the above

6. According to the NYS BLS Chest Pain Protocol, in order for the patient to receive his prescribed Nitroglycerin, the patient must have:

- a. Systolic blood pressure of at least 120 mmHg
- b. Be at least 35 years of age
- c. Have a patent airway and the ability to swallow.
- d. None of the above.

7. How many doses of nitroglycerin you administer to a patient with chest pain is dependent upon the patient's:

- a. Prescription b. Systolic blood pressure
- c. Continued chest pain d. All of the above

ANSWERS: 1b, 2a, 3b,c,e,f, 4d (he does not have nitro and has already taken aspirin), 5d, 6a, 7d

**Operations Order 09-001
Fire Standbys**

Upon receipt of a fire stand by request:

Part 1 – Resource Allocation - DISPATCHER AND CREW LEADER

- We will automatically send 2 Ambulances to the scene.
 - The first ambulance will be the EMS Command and Fire Rehab ambulance.
 - The second ambulance will be the transport ambulance.
 - The Fire Stand By kit will be put into one of the first 2 ambulances and brought to the scene.
 - Staging of ambulances should be coordinated with the Fire Police upon arrival to the scene.
- 2-15-25 is sent to the scene. This vehicle **will not** be sent to the scene until we have 2 ambulances on the road.
- Responder vehicles can be dispatched to the scene if they are currently manned and requested by the EMS Commander.
 - **A responder vehicle will not be sent to the scene until we have 2 ambulances on the road.**
- Dispatch will notify the chief officers and appropriate day captain of the situation, and try to obtain a second dispatcher.

Part 2 – Scene Management - CREW LEADER

- The first *Crewleader* on scene will identify themselves to the Fire Chief as EMS Command.
 - They will inform the Fire Chief of the number of ambulances we have both on scene and responding.
 - The first *Crewleader* on scene will give dispatch a scene size up and identify the need for additional resources ie: ambulances, manpower mutual aids etc. and will utilize Smart triage procedures, incident command, and Rehab.
 - The EMS Commander will designate an **Accountability Officer** to track all HCFAS personnel on scene by obtaining their accountability ID cards and/or writing all names down on paper.

Note: The Crew leader may be relieved of EMS Command upon arrival of an Officer. The Officer may decide to not assume command if they are an ALS provider and there is an emergent need for them to provide advanced life support.

Part 3 – Radio Communication

- The EMS Command crew leader/Officer will order all personnel on scene to communicate on F2 only.
 - Only the EMS Commander will communicate with dispatcher and advise them to switch to F2.
- The EMS Commander should be next to the Fire Chief at all times providing updates as to any person treated and or transported. The Fire Chief will need a list of names of anyone transported and an update on any fire fighter treated

Part 4 – Triage and Treatment – Fire Rehab – CREW RESPONSIBILITIES

- A triage/treatment sector will be set up in a safe area.
 - The pram should have a back board and immobilization equipment on top of it and be ready to be taken to a patient.
 - The O2 in both bags should be opened and checked and ready to be used.
 - The main O2 should be turned on and checked
 - The RAD 57 should be available for use on potential carbon monoxide victims and during fire rehab
- **Fire Rehab** - please refer to Suffolk EMS protocols appendix 22 & 23, copies will be placed in the folder in Crew leader's door.

Part 5 – Completion of the Stand By

- We are released from the scene from the Fire Chief only.
- The Accountability Officer will account for all HCFAS personnel prior to leaving the scene
- A post call briefing will take place at the discretion of the EMS Commander (Officer or Crew Leader in charge of the stand by)

Suffolk County EMS APPENDIX X

EMERGENCY INCIDENT REHABILITATION (REHAB)

The physical and mental demands associated with firefighting and other emergency operations in hazardous situations, coupled with environmental dangers of extreme heat and humidity or extreme cold create conditions that may have an adverse impact on the safety and health of emergency response personnel.

Additionally, in specific types of response activities, emergency responders may be exposed to Carbon Monoxide as a by-product of incomplete combustion, which places them at increased risk for occult exposure.

Adequate rest and rehydration activities and routine medical monitoring of emergency response personnel has become commonplace in the out-of-hospital setting. The Federal Emergency Management Agency and the United States Fire Administration have issued Emergency Incident Rehabilitation SOPs that designate a Rehabilitation Sector (Rehab) as a sector within the EMS operations component of the Incident Command System (ICS).

Routine medical monitoring and evaluation in the Rehab Sector consists of the measurement of heart rate and body temperature as primary vital signs associated with the assessment for medical problems that may result from working in extreme weather conditions. Firefighters, hazardous materials technicians and other emergency responders are routinely required to wear personal protective ensembles that inhibit the natural cooling process, thereby placing emergency responders at greater risk for succumbing to heat related emergencies.

Obtaining an oral body temperature measurement is a skill that can be performed by EMTs, EMT-Is, EMTCCs and EMT-Ps when engaged in emergency incident rehabilitation activities at the scene of an incident.

This protocol is for the routine medical monitoring of otherwise healthy emergency response personnel and is not intended for use on patients who present to EMS with an acute onset illness or injury. Oral body temperature shall be obtained as part of the routine medical monitoring or medical evaluation of emergency response personnel engaged in activities requiring the use of personal protective equipment that inhibits the natural cooling process, placing emergency responders at greater risk for succumbing to heat related emergencies.ⁱⁱ

1. Follow the manufacturer's recommendations regarding the application of oral (PO) single-patient use thermometers. Oral temperature should be obtained as early in the rest phase as possible and in accordance with the FEMA/USFA Rehabilitation guidelines.ⁱⁱⁱ The oral temperature measurement must be taken **prior to** the administration of fluids by mouth for rehydration.

2. Follow the event recording and disposition guidelines of the FEMA/USFA Rehabilitation SOPs or your agency's emergency incident rehabilitation plan AND THE FOLLOWING STANDARD OPERATING PROCEDURE. When performing Rehab as part of routine medical monitoring, a PCR IS NOT necessary.

An Emergency Incident Rehab Log Sheet should be used to record all activity in the rehab sector and retained with the agency fire alarm report.

VOTE VOTE VOTE

LOSAP AMENDMENT

TUESDAY - DECEMBER 8

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

**Absentee ballots can be obtained from the TOH Town Clerk's office.
Application Forms are on the duty sign in table.**

The Huntington Town Board approved a resolution setting Tuesday December 8, 2009 for a referendum vote to amend the Squad's LOSAP program.

This amendment will allow active members to continue to receive service award credit after they reach the program's entitlement age and receive a service award.

Members are asked to encourage family members, neighbors and friends to register and vote on our behalf on December 8th. Members who live outside the HCAD should encourage their relatives or friends who live in the HCAD to vote for this proposition.

Explorer Post 215

Thank you to everyone that came to the **Post's Annual Pasta Dinner**, it was a great success. Over 100 people dined on pasta parmesan, penne ala vodka, pasta with garlic and oil, meatballs, garden salad, herb and mozzarella/garlic bread. Along with the dinner, over \$750 worth of gift certificates, pasta sauce and gift baskets were raffled off.

Thank you to the Board of Directors and the Operational Officers for all their support, as well to all the advisors for all their help and support throughout the year.



We will again be issuing **NEW Accountability ID Cards** this year with different Insurance Information on the back. You will receive these Accountability cards in January. If anyone has new information regarding status on these cards please notify Roger Winter. Please put a not in my mailbox with the new information. New Membership cards will be issued in December. If you have not had a picture taken please see Roger Winter or Jim Mallilo or be ready during the day of elections.

Thank you,
Roger

Huntington Community First Aid Squad's Annual Children's Holiday Party



Saturday December 12, 2009

HCFAS HQ – 2 Railroad Street

2PM to 5PM

As per HCFAS-BOD directive, children must be present to receive gift.

Children of HCFAS members 10 years old and younger are entitled to a gift from the squad. Grandchildren of Squad Members are eligible to attend (\$35 must be paid to the committee before 12/1/2009). No private gifts will be given by Santa.

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

**2009 Adult Holiday Dinner
December 19th
6:00—10:00pm**

**Come share the spirit of the
Holidays and our Freindships!**

**You can sign up in the Ready Room or
online under the social events for
December 19th.**

**If you have not signed up yet, please do
so before December, 14th at the end of
the
General Membership Meeting.**

GOOD& WELFARE

Speedy recovery and get well wishes to Jessie Nakelski .

Get well wishes to Eileen Burns.

Our thoughts and prayers are with Kathy Leonard on the loss of her mother.

December General Election HELP NEEDED.

**If you are available to help Monday, December 14th please contact Secretary Laas
at HCFASlehti@yahoo.com or 631-942-4633.**

Frosted Holiday Sugar Cookies

Decorating cookies is such a fun family project. Turn on some holiday music, turn off the TV and spread the sprinkles, candies and sugars out for this fun event.

Ingredients

- * 3-3/4 cups all purpose flour
- * 1 tsp baking powder
- * 1/2 tsp salt
- * 1 cup butter or margarine, softened (not melted!)
- * 1-1/2 cups granulated sugar
- * 2 eggs
- * 2 tsp vanilla extract

Cooking Instructions

1. Sift flour, baking powder, and salt together in a medium sized bowl. Set aside.
2. Beat butter or margarine, sugar, eggs, and vanilla in a large bowl with electric mixer until fluffy. Gradually add flour mixture and stir with wooden spoon until thoroughly mixed. Cover dough with plastic wrap and chill in the refrigerator for two hours.
3. Preheat oven to 400 degrees F. On a lightly floured surface, roll out dough to 1/4 inch thick. Cut out circles with a cookie cutter or other round object, such as a glass or round plastic container. Place circles 2" apart on ungreased cookie sheet.
4. Bake for 6-8 minutes, checking after 6 minutes. Cookies will be done when edges are lightly browned. Do not allow cookies to get too brown. Remove from oven and allow cookies to cool on cookie sheets for 5 minutes. Remove from cookies sheets to aluminum foil on a flat surface and allow to cool completely.
5. What You Do
6. Bake your favorite sugar cookie recipe (try Amanda's Sugar Cookies, above), or purchase a package from the store.
7. Using a butter knife, spread white frosting on top of each cookie.
8. Let children decorate the cookies with sprinkles, sugar, and candies.
9. To make holly berry cookies, place two red candies or jelly beans toward the top of the cookie and draw on leaves with green decorator gel.
10. For sugar stars, trees and other shapes, gently place a miniature cookie cutter on top of the cookie after it's frosted. Carefully sprinkle a small amount of sugar into the cookie cutter with your fingers, being careful not to let the sugar fall outside. Gently remove cookie cutter.
11. You can completely cover a cookie with decorative sugar by holding the frosted cookie upside down and dipping the frosted end into the sugar to coat.
12. Use red decorator gel to write "Ho Ho Ho!" on your cookies.
13. A snowman can be made from candies and fruit roll ups. Cut a strip of fruit roll up, about 1/2" thick, and twist it into a rope. Place the fruit roll up around the top of the cookie as ear muffs and add jelly beans for the muffs themselves. Decorate face with colored candies.
14. Use cherry raisins to form the petals of a poinsettia. Place a colored candy in the center.

<http://recipes.kaboose.com/frosted-holiday-sugar-cookies.html>

Peppermint Meltaways

“This recipe is very pretty and festive-looking on a cookie platter. I often cover a plate of these meltaways with red or green plastic wrap and a bright holiday bow in one corner.” And yes, they really do melt in your mouth! Denise Wheeler - Newaygo, Michigan

42 Servings Prep: 30 min. Bake: 10 min./batch + cooling

Ingredients

- * 1 cup butter, softened
- * 1/2 cup confectioners' sugar
- * 1/2 teaspoon peppermint extract
- * 1-1/4 cups all-purpose flour
- * 1/2 cup cornstarch
- * FROSTING:
- * 2 tablespoons butter, softened
- * 1-1/2 cups confectioners' sugar
- * 2 tablespoons milk
- * 1/4 teaspoon peppermint extract
- * 2 to 3 drops red food coloring, optional
- * 1/2 cup crushed peppermint candies

Directions

- * In a small bowl, cream butter and confectioners' sugar until light
- * and fluffy. Beat in extract. Combine flour and cornstarch; gradually
- * add to creamed mixture and mix well.
- *
- * Shape into 1-in. balls. Place 2 in. apart on ungreased baking sheets.
- * Bake at 350° for 10-12 minutes or until bottoms are lightly
- * browned. Remove to wire racks to cool.
- *
- * In a small bowl, beat butter until fluffy. Add the confectioners'
- * sugar, milk, extract and food coloring if desired; beat until
- * smooth. Spread over cooled cookies; sprinkle with crushed candies.
- * Store in an airtight container. Yield: 3-1/2 dozen.

*

Peppermint Meltaways Nutrition Facts: 1 cookie equals 90 calories, 5 g fat (3 g saturated fat), 13 mg cholesterol, 36 mg sodium, 11 g carbohydrate, trace fiber, trace protein. Diabetic Exchanges: 1 fat, 1/2 starch.

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Making a Difference

*An old man walked up a shore littered with thousands of starfish,
beached and dying after a storm. A young man was
picking them up and flinging them back into the ocean.*

“Why do you bother?” the old man scoffed.

“You’re not saving enough to make a difference.”

*The young man picked up another starfish
and sent it spinning back to the water.*

“Made a difference to that one,” he said.

You make a difference every day; one patient at a time.

***Happy Holidays and Happy New Year
Your 2009 Board of Directors***

*Roger Winter, Brian Canty, Lehti Laas, Mark Cappola,
Robert Franz, Andrea Golinski, Greg Orr, John Palmieri, Dominic Heavey*



Happy Holidays!

Wishing You and your Family
a Wonderful Holiday
and a Happy New Year!

From the Huntington
Community First Aid Squad