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The Pulse

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Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

PRESIDENT’S REPORT

Roger Winter

June starts the summer season, but July is Independence Day fire works, the start of many parades, hot dogs, hamburgers and summer picnics, while we continue to do what we volunteer to do.

So what is a volunteer? The dictionary defines a volunteer |_völ_n_tir| noun,

Volunteering is the practice of people working on behalf of others without being motivated by financial or material gain. Volunteering generally considered an altruistic activity, intended to promote good or improve human quality of life. People also volunteer to gain skills without requiring an employer’s financial investment. Volunteering takes many forms and is performed by a wide range of people. Many volunteers are specifically trained in the areas they work in, such as medicine, education, or emergency rescue. Others volunteer on an as-needed basis, such as in response to a natural disaster.

Benefits of volunteering: *There are three major benefits of volunteering: Economic benefits: activities undertaken by volunteers that would otherwise have to be funded by the state or by private capital, so volunteering adds to the overall economic output of a country and reduces the burden on government spending.*

Social Benefits: *volunteering helps to build more cohesive communities, fostering greater trust between citizens and developing norms of solidarity and reciprocity that are essential to stable communities. We also make lasting friendships at HCFAS.*

Individual Career Benefits: *graduates can meet people and gain work experience through volunteering, and, it helps school students for scholarships knowing well that the judges are impressed when a resume lists volunteer work.*

Skills-based volunteering: *Skills-based volunteering refers to volunteering in which the volunteer is specifically trained in the area they are volunteering in. This is in contrast to traditional volunteering, where specific training is not required. The average hour of traditional volunteering is valued by the Independent Sector at between \$18-20 an hour. Skills-based volunteerism is valued at \$40-500 an hour depending on the market value of the time.*

HCFAS is a proud group who gives to the community unselfishly and have for forty two years. Congratulations to all.

Speaking of congratulations, I would like to take this time to congratulate our founding member Bruce Blower on his retirement from county government. He, along with eighty eight men and women, oh yes, we will have to include Margaret Cornelius our only active founding member, helped start our organization.

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PRESIDENT'S REPORT CONT'D

Bruce was also the founding Director of the Department of Handicapped Services for Suffolk County. Burce held the position of Director for over twenty nine plus years. At the begining the service was a necessity for the handicapped as many handicapped individuals had no where to turn to for information and services. In his retirement year the Department of Handicapped Services fielded around twenty five thousand calls for assistance. Even though it was a "9-5" job many stayed many hours longer to provide the necessary information and services that the county residences needed. Like ourselves, the Department of Handicapped Services grew and the responsibilities also grew. Upon Bruce's retirement the Department is one of the finest in the country.

Bruce spent meny years dispatching at the first, second, and third buildings that we occupied. He and his crew, affectionally known in the day as "Bruce's Broads", were there for the community 1100-1500 hours Wednesday. In closing Bruce had a philosophy on life and what it gives you, he says "Life's a Hill. Get over it". Congratulations Bruce on your retirement.

CHIEF'S REPORT **Dominic C. Heavey**

First, let me start by wishing you and your families a very happy 4th July on behalf of the 2009 Officers. On behalf of the Officers we thank you and your families for all the hard work during the first 6 months of the year, ROLL on 2009.

On behalf of the Operational Officers I would like to welcome the 2009 Officers of Explorer Post 215 who were installed on Saturday evening at there Installation Dinner.

The Officer Are: Elizabeth Mohr Chief; Brendan Gellerstein First Deputy Chief; Chelsea Miller Second Deputy Chief; Kristin Tiersch Captain and Samantha Mohr Secretary/Treasurer. We look forward to working with you all.

Did you know that the Explorer Post 215 has being around since 1996. I would like to thank the Advisors for all the hard work they do, and don't forget they are always looking for new Advisors to help out. If you are interested in helping talk to David Mohr; Chief Advisor.

Well with the First Day off Summer just passed members will be thinking of going away on Vacation, I just ask if you do to remember to let your Captain know and try to get a replacement. If you do go away on Vacation have a great time.

With the Summer months ahead it will mean more traffic on the roads along with Children now that school is out, please drive carefully.

I am sure by now everyone is aware we can here SC/PD once again in the dispatch office, at least this will give us a heads- up on things going around in our district. I have being receiving good reports from the Chief Dispatcher that the CAD system is working and those we are making more improvement every day. Members are getting use to all the forms and are helping one another. Keep up the good work.

Have a safe Summer.

Thanks

The Chief

ROLL on 2009

Second Deputy Report for July 2009 Pulse

Happy Fourth of July to everyone. I'm going to start out this month with issues. The first is going to be lost equipment. It seems more frequent that we are leaving equipment in homes or on scenes. No matter what the call is we have to make sure we leave with our equipment that we went in with. Just this week of writing this article you may have seen an email go out about a missing O2 bag. Turns out it was left at a scene off the first due ambulance and it had taken two days before a crew realized it was missing. So how good are we doing our ambulance checkouts? Handheld pulse oximeters in the O2 bags have become an issue. With being lost or left on calls and nobody has filed any documentation of them being missing. At the beginning of the year we had two on each ambulance, we estimated having 16 devices. Now after going through the rigs I had 5 left and one reappeared after the email I sent out. So for the time being they will remain off the rigs until the situation is resolved. So you will have to go back to taking a pulse manually. I did put the ones we have in the first responder vehicles. And if you're not an ALS provider DO NOT TOUCH THE LIFEPAK for the pulse ox.

ALS providers Alyssa Axlerod has secured BOD approval to have Heart Start Educators to come to HCFAS and do EKG's made easy course. Watch the board and emails for the time and date which should be sometime in JULY. Also I have started giving out ALS keys to the new ambulances to the providers. At this point I still don't have enough for everybody so it's been first come. Every provider will receive one.

New ambulance checkout sheets have been out for a few weeks now and i have only heard from 3 people. So if you have any comments get them to me before it goes to the printer.

Starting July 1st, I will have a CME coordinator to help with your questions, renewal assistance, and filing of your cme paperwork. Pamela Brenner-Biersack has offered to take on that task. There is now a mailbox marked cme coordinator in the dispatch lobby. So when you complete courses leave your paperwork in that box. Cme letters will still come from the second deputy, pending completion of your review trainings.

CHIEF DISPATCHER'S REPORT

Richard Stone

I would like to thank the membership for their concern and good wishes on my behalf following my recent hospitalization for a medical procedure. I am also enjoying the "HEART HEATHY" fruit basket I received.

It's times like these that make me think and reflect on what a wonderful group of people we are. Even though we may sometimes agree to disagree, in the end we are made up of a bunch of people who only know how to give of their time and help their neighbors. I am proud to be a member HC FAS and if there is anyone that would like to dispatch during the day, give me a call. As for my Chief Dispatchers report, we handled appromixately 80 more calls in May then in April. The CAD syatem is up and running and going better and better. Check your mail slots for a survey regarding what members are interested in a CAD system review class.

Congratulations to Diane Tanko on passing her dispatch test. Good job!

Richard Stone 2-15-35

July 2009 Service Awards
5 years - Melissa Chermak
5 years - Ray Pollard



SUNDAY CAPTAIN
Matt Cappola

Sundays continue to run well thanks to everyone who shows up for their shifts and who fill in for back up calls. Sunday in the summertime gets busy and this year will be no exception, so anyone who can turn on their pager and listen up is asked to do so.

I want to extend my sincere wishes to Eileen Burns (0700-1100) for a speedy recovery. I hope you are able to get out of the hospital soon and back onto your shift soon.

I also want to congratulate Sue Otto (1900-2300) on her 20 year anniversary with HCFAS. Just think Sue, I was only 3 years old when you joined HCFAS! I hope you continue to stay with us on Sunday evenings.

Finally, I want to say goodbye and good luck to Donna Trainer (1500-1900) who is leaving her shift to go Inactive Life. It has been my pleasure to have you on the Sunday 1500 shift for the past years. Best wishes in all your future plans.

Matt Cappola 2-15-51

MONDAY CAPTAIN
Maureen Umberto

Hi All,

I would like to thank all the members who come down on Monday to help out, it is very much appreciated. Monday crews are doing a wonderful job in responding to the needs of the community, not only do they respond with a smile on their face, but have compassion in their hearts.

We truly all are part of a very special group of people that help make HCFAS one of the leading Ambulance Organizations on Long Island. Lets keep up the good work, keep smiling, and continue to find joy in helping those that need our help. As always feel free to contact me with your concerns, questions, suggestions, or even just to say hello.

Maureen_Umberto@hotmail.com, Cell #873-6282

TUESDAYCAPTAIN

Casey Stone

Thank you to everyone who helps me out on Tuesdays. I appreciate everyone doing extra shifts and lots of backup call every week to keep things running as smooth as possible. Just to name a few members who help, Ferd Neumann, Lorrie Stone, Tomoko Hirasawa, Al Szigethy, Joe Gander, Michelle Miller, Carl Schramm and MaryAnne Schramm, and that was just last weeks help.

Help is still needed on Tuesdays on the 1100-1500 first-aiders and ALS are needed. Help is needed on the 2300-0700 first-aiders are needed.

Congratulations to Diane Tanko #1240 on passing her dispatch test last week, job well done!!! Get well wishes go out to MaryJane Woznick for a speedy recovery.

If anyone need to contact me for any reason, my email is c.stone920@yahoo.com and my cell number is 631-873-9777.

*Respectively Submitted,
Casey Stone
2-15-53*

SATURDAY CAPTAIN

Jeffrey Brenner

To the Company 7 members you are all doing a wonderful job, keep up the good work.

Well the summer season is upon us, even if the weather doesn't agree, and we should be thinking about the potential for different types of calls. Please remember to do all of your checkouts weekly and discuss with our newer members things they can expect over the next few months. The Saturday overnight tends to be very busy during the summer filled with some of the best calls the department sees, so come on down and play you never know what you will see. To our new EMT's congratulations we are very proud and again the Saturday overnight is a great place to practice those new skills. Also please keep on top of your review trainings (February is mandatory) so you can continue to be an active member.

Congrats to Liz Mohr #P1 our Explorer Post Chief on her advancement to Aide and welcome to the Saturday 1100 crew.

Keep working hard and keep yourself and each other safe. Anyone wishing to come in on a Company 7 shift please let me know and we will get you in.

*ENJOY THE SUMMER!!!
Co.7 Captain Brenner
2-15-57*



HCFAS Annual Picnic

Date: July 19, 2009 (Rain or Shine)

Time: 12:00 noon til 5pm (Food is served until 4pm)



21 Sweet Hollow Rd, Huntington, NY



Please sign up in ready room or on the web.

Please read the Below protocols.

IX. Protocols

A. Social Committee Protocols

3. Squad Picnic

The Squad Picnic is a special thank-you event for the families and loved ones from whom so much time is taken away. The following are entitled to attend.

- a) Squad members may bring their children, plus their parents/guardians and any siblings if they live at home with them, and one guest.
- b) Any exceptions must be approved in advance by the Social Committee and require a fee to be determined by the Social Committee Chairperson and approved by the Board of Directors to offset the additional cost to the Squad.

All Squad members must sign up prior to the deadline with the appropriate number of guests attending. Squad members and their guests below the New York State legal drinking age are not allowed to consume alcoholic beverages under any circumstances.



My Name is Rose

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder.

I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being.

She said, 'Hi handsome. My name is Rose. I'm eighty-seven years old. Can I give you a hug?'

I laughed and enthusiastically responded, 'Of course you may!' and she gave me a giant squeeze.

'Why are you in college at such a young, innocent age?' I asked.

She jokingly replied, 'I'm here to meet a rich husband, get married, and have a couple of kids...'

'No seriously,' I asked. I was curious what may have motivated her to be taking on this challenge at her age.

'I always dreamed of having a college education and now I'm getting one!' she told me.

After class we walked to the student union building and shared a chocolate milkshake.

We became instant friends. Every day for the next three months we would leave class together and talk nonstop. I was always mesmerized listening to this 'time machine' as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up.

At the end of the semester we invited Rose to speak at our football banquet. I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her three by five cards on the floor.

Frustrated and a little embarrassed she leaned into the microphone and simply said, 'I'm sorry I'm so jittery. I gave up beer for Lent and this whis key is killing me! I'll never get my speech back in order so let me just tell you what I know.'

As we laughed she cleared her throat and began, 'We do not stop playing because we are old; we grow old because we stop playing.

There are only four secrets to staying young, being happy, and achieving success. You have to laugh and find humor every day. You've got to have a dream. When you lose your dreams, you die.

We have so many people walking around who are dead and don't even know it!

There is a huge difference between growing older and growing up.

If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I am eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight.

Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding opportunity in change. Have no regrets.

The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets.'

She concluded her speech by courageously singing 'The Rose.'

She challenged each of us to study the lyrics and live them out in our daily lives. At the year's end Rose finished the college degree she had begun all those years ago.

One week after graduation Rose died peacefully in her sleep.

Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be.

July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  Happy Birthday! Fernando Rivadeneira	2  Happy Birthday! Israel Cortes	3	4  Happy Birthday! Robert Franz Mark Brenner
5  Happy Birthday! Joanne Cunningham Joseph Frisenda	6  Happy Birthday! Joseph Seyfried	7  Happy Birthday! Jerry Giacomini Raymond Pollard Paul Terenzi James Harrigan	8  Happy Birthday! Thomas Curry Claire Tesoriero	9  Happy Birthday! James Mallilo	10  Happy Birthday! Donna Mastropietro	11  Happy Birthday! Keith Tetrault
12	13 GMM	14  Happy Birthday! Bazeel Walters Susan Martin	15  Happy Birthday! Thomas D'Antonio	16	17	18  Happy Birthday! Thomas Romano Rahimi Zebulnessa
19 Recruitment Open House 2:00p	20	21	22  Happy Birthday! Monique Moreno	23	24	25
26  Happy Birthday! Eileen Burns Bianca Kumar	27	28  Happy Birthday! Nimka Khanna	29	30	31	

• In 1777, thirteen guns were fired, once at morning and again as evening fell, on July 4 in Bristol, Rhode Island. Philadelphia celebrated the first anniversary in a manner a modern American would find quite familiar: an official dinner for the Continental Congress, toasts, 13-gun salutes, speeches, prayers, music, parades, troop reviews, and fireworks. Ships were decked with red, white, and blue bunting.



BASICS - July 2009

Injuries to the Head and Spine

By Mark Brenner



Ah, summer! People are out and about more and seem to injure themselves with greater frequency. Here are some questions to try while the BBQ grill is warming up.

1. Most messages sent from the brain first travel along the:

- a. spinal cord
- b. peripheral nerves
- c. sensory nerves
- d. autonomic nerves

2. The sections of the spine that are most susceptible to injury are the:

- a. cervical and sacral.
- b. cervical and thoracic.
- c. cervical and lumbar.
- d. cervical and coxygeal.

3. When treating trauma patients who have soft tissue injuries to the face you should suspect:

- a. a lower back injury.
- b. Cervical spine injury.
- c. Pelvic injury
- d. Abdominal injury.

4. The most reliable sign of a spinal injury in a conscious patient is:

- a. pain with movement.
- b. Pain without movement.
- c. Paralysis of the extremities.
- d. Unequal pupils.

5. One sign of a spine injury is priapism, which is:

- a. lack of sensation to the distal extremities
- b. persistent erection of the penis
- c. cramping of the fingers and toes
- d. loss of bladder control

6. You should open the airway of a trauma patient by using the:

- a. head-tilt, chin-lift method
- b. jaw-thrust method

7. A properly applied cervical collar should assist in maintaining the head and neck in:

- a. a hyper-extended position for airway maintenance
- b. a slightly flexed position for airway maintenance
- c. a neutral in-line position
- d. the "sniffing" position

Basics Cont'd

8. Which of the following is the correct sequence for securing a patient to a long spine board?

- a. head, torso, legs
- b. legs, torso, head
- c. torso, legs, head
- d. head, legs, torso

9. A brain injury may be suspected if there are signs of a head injury and the patient's pupils are:

- a. dilated
- b. constricted
- c. jaundiced
- d. unequal

10. The helmet worn by a motorcycle rider involved in a crash should be removed for immobilization of the patient:

- a. immediately regardless of assessment findings
- b. if the helmet is so snug it provides little or no movement
- c. if no airway problems are present
- d. if the patient has an unmanageable airway or is in cardiac arrest.

11. One of the Physical Findings of the Adult Trauma Protocol includes The Glasgow Coma Score (GCS):

- a. Below 14
- b. less than or equal to 13
- c. Less than or equal to 12
- d. Less than or equal to 8

12. Which of the following is NOT a physical finding consistent with the Adult Major Trauma Protocol?

- a. Suspected flail chest
- b. Systolic blood pressure less than 90
- c. Open or depressed skull fracture
- d. Amputation of fingers

ANSWERS: 1a, 2c, 3b, 4c, 5b, 6b, 7c, 8c, 9d, 10d, 11b, 12d

Members recognized for Twenty Years of Service



Sue Otto



Cindy Cairl



Bill Billups

GOOD & WELFARE

Get well wishes to

***Pat Bolan, Rich Stone
Jerry Giacomini and Mary Jane Woznick***



*Post 215 with the Proclamation presented to them by Town of
Huntington for food collection*

HCFAS New Members



***Mindy Scalzetti**
#1255 - Sunday 1100 x 1500*

- *Resides in Dix Hills*
- *Graduated from Half Hollow High School*
- *Graduated from University of Mass. with Bachelor's in Journalism & Social Work*
- *Graduated from Queens College with her Master's in Education*
- *Employed as a Teacher at PS97 in Queens*
- *Joined HCFAS to help out the community and has an interest in the medical field*
- *Future goal is become an EMT/Crewleader*

Welcome!

FLAG CAKE

Make this festive Flag Cake this Memorial Day or Fourth of July and be the talk of the party.

Ingredients

Margarine

Flour

1 package (2-layer size) white cake mix (plus ingredients to make cake-listed on box)

1 package (4-serving size) JELL-O brand gelatin, any red flavor

1 cup boiling water

1/2 cup cold water

3 1/2 cups (8-ounce container) Cool Whip brand whipped topping, thawed

1 pint strawberries, washed and sliced

1 cup blueberries, washed

1 cup Kraft miniature marshmallows

Tools

13 x 9 baking pan

Large fork (two-pronged type)

Medium mixing bowls

Mixer

Measuring cup

Rubber scraper or large spoon

Large tray or cutting board (must be larger than 13 x 9 pan)

Table knife

Aluminum foil

Directions

Grease 13 x 9 pan with margarine and dust lightly with flour. Prepare, mix and bake cake mix according to package directions. Cool cake for 15 minutes.

With large fork, make holes in cake about every 1/2 inch.

Pour gelatin into mixing bowl. Add cup of boiling water and use scraper to mix thoroughly until gelatin is completely dissolved. Use measuring cup to pour gelatin over cake. (It will run down into holes, making sliced cake have red stripes.)

Chill cake in refrigerator 3 to 4 hours.

Cover tray with aluminum foil.

Put about one inch of warm water in kitchen sink. Take pan out of refrigerator and dip bottom (don't let water come up over sides) into water for about 10 seconds. Put large tray on top of cake, and invert.

Frost sides and top with whipped topping. Arrange strawberries and marshmallows in alternating rows for stripes, leaving upper left for field of blueberries. Chill again until time to serve.

About the Author:

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4th Of July Apple Pie

Apple Pie

Serves/Makes: 8 Ready In: 2-5 hrs

Ingredients:

*2 cups White flour
1 teaspoon Salt
2/3 cup Shortening
5 tablespoons Ice-cold water
8 Apples, pared and cored
2 tablespoons White flour
1 cup Sugar
1 teaspoon cinnamon
2 tablespoons butter*

Directions:

Preheat oven to 400 degrees F.

Mix together the flour, salt, and shortening until crumbly. Add the water and mix well.

Thinly slice the apples.

In a medium-sized bowl, combine the flour, sugar, and cinnamon; add the apple slices and mix well.

Take 1/2 of the pastry and roll flat; place pastry in a 9" pie plate.

Fill with the apple mixture and dot with butter.

Take the remaining pastry dough and roll flat.

Place pastry on top of pie; crimp along the edges to seal.

Take a knife and cut slits into top of pastry to allow steam to escape.

Bake for about 50 minutes or until crust is golden.

Let cool and serve pie with a dollop of whipped cream or ice cream.

Recipe Location: <http://www.cdktichen.com/recipes/recs/192/4thOfJulyApplePie68200.shtml>

Recipe ID: 38975

Don't forget to stop back at CDKitchen and write a review or upload a picture of this recipe!

This recipe is from CDKitchen <http://www.cdktichen.com>

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