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The Pulse

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Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

CHIEF’S REPORT

Mary Conover

*As Ex Chief Roger Winter would say...Moving right along!!
Yes that’s what HCFAS is doing. I am so pleased on the direction that the membership, BOD and Officers have taken. We have taken so many new steps to make HCFAS the best in the County. I would go even so far to say NY State. We are in arms reach of running approximately 6,000 alarms this year. Some would say scary, but with the help of every member of this organization we continue to step up to the plate.*

The BOD has approved two very exciting programs for HCFAS.

The first one is a Scholarship for our members, Post 215 Members and family members living in your home. At the September GM Meeting we will pick four members to receive a \$500 scholarship to go to a graduate or vocational school. Applicants must be taking a minimum of six credits. Applications can be found on our newly expanded Web site or in the ready room. A random drawing will take place for the four lucky applicants with two alternates at the September GM Meeting for the year of 2008 and then at the May GM Meetings for the following years. Reminder, one application per applicant. Any questions please feel free to give me a call or drop me a note in my mailbox.

The second program that HCFAS will be participating in is a pilot program that will allow the Post 215 members to dispatch at the age of 16 and ride the ambulance at the age of 17. Major support was shown at our July GM Meeting. The Post 215 member and their parents will sit down with a Chief Advisor of the Post and the HCFAS Chief to go over the program in detail. The parents will sign a parental permission slip with the BSA hold harmless release. The Post Member will follow HCFAS Bylaws and SOP’s with the exception of that the Post Member will wear their Post 215 uniform. The Post 215 member will not be allowed to dispatch or ride on the 2300 and will be scheduled thru the Day Captains. They will go thru a Medical, Dispatch Training, and Ambulance Orientation just like the rest of our members. Nothing will be different. When the member turns 18 they will be fast tracked thru to the BOD for active membership to our squad.

I have personally seen this program work with great success at CVAC. The juniors were some of the best dispatchers and aides I have ever seen. I believe the Post 215 Members, having the previous training that Ex Chief Brian Canty and Secretary David Mohr and the continuing support of the entire staff of advisors, will be of great asset to our organization. Think about all the HCFAS members that have come thru the Post.. Capt Matt Cappola, Capt Samantha Ryan, the entire Brenner clan to name a few.

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CHIEF'S REPORT CONT'D

At our July GM meeting, Capt Cappola spoke to the membership about Duty Shorts for the membership to wear during those blistering summer days. A motion was made and passed at the meeting to buy shorts and more backup T Shirts for the membership. Thank you to the BOD who supported this motion.

Keep an eye out for the new Exercise Room policy that will be coming out. A member will be able to work out at the gym and not have to respond to calls, promoting a healthy life style for you. Chair and 2nd Deputy Cindy Cairl will have more on this.

A great big THANK YOU to member Patty Salajka. If you attended the July GM Meeting you would have seen her fabulous Class A patch that she has worked very hard on. I feel it truly captured the look we have all been looking for.

Congratulations to REMSCO Winners President Reeve Conover for ALS Provider of the Year 2007, Chief Dispatcher Jonathan Stone Communications Specialist for the Year 2007 and RN of the Year 2007 Carl Schramm. I would also like to thank Mike Barker for being our Educator of the Year. Mike has worked extremely hard in the past years to teach our RTE program and bring in many new members. We can't thank you enough.

At the time of writing this article we have not had the Picnic, however I want to thank Ex Chief Brian Canty and his committee for the dedication and hard work they put forth every year to ensure that the membership has a fun filled day with their families.

Mark your calendars... E Northport will be having a Fire and EMS appreciation day on Thursday August 7th. No parade, just refreshments and discounted tickets to the fair for all members who show up in a Class B shirt. Take your families and enjoy.

Have a great month and hope to see everyone at the GM Meeting.

Mary

Chiefs Council Dinner will be held on:

Saturday October 11th at the Larkfield Manor

****Any Chief or Ex Chief interested in attending please put a request in the Chiefs Mailbox.**

Thanks, Mary

PRESIDENTS REPORT

Reeve Conover

Paul McCartney sang "Maybe I'm Amazed." For me, its not a maybe. You should be amazed too... In May and June we handled over 500 calls each month, which is a pace of 6000 calls! Our 24 rate (while up a touch) is still very respectable and our ALS rate stayed over 80%.

But that's just the beginning. In the first 20 days of July, we had two infant drownings, a woman thrown from a horse and paralyzed, and 8 year old in cardiac arrest, several adult resp/cardiac arrest saves, a man hit in the head by a pole that died on the OR, and we medevac'd a bunch of other patients.

And yet, everyone came in for their next shift. These are the kind of events that make the average person curl up in a ball and hide from the world. It is remarkable to me that people don't leave their shift after some of these calls and just never come back. You are all amazing people that ride the ambulance and each and everyone of you is to be commended for not just your gift of time for the community, or your gift of time away from your families, but for your strength, valor and professionalism. I have never been prouder of our organization than in these last 20 days.

FROM THE SECRETARY

We want to clarify the policy of GMM and Board meeting minutes for the HCFAS membership. The reason for this clarification is prompted by questions raised at the last GMM and various e-mails. As was stated by Secretary Cappola, we operate the meetings under 'Roberts Rules' which dictate that the meeting minutes reflect what actions were accomplished (motions passed, failed, reports, etc.), and not what was said. Therefore, comments, questions, etc. are not recorded. The minutes would only say that there was discussion or a discussion ensued. In short, these are not verbatim transcripts of the meeting. They are a record of the issues raised and the actions taken.

With regard to reports at the GMM and BOD: If the president, chiefs, captains, officers or delegates "read" a report and provide the recording secretary with a typed copy, the report is in the meeting minutes. If a person reads a report and does not provide a copy of the report, it is not published in the meeting minutes. The minutes would only reflect that a report was given. The Secretary and Recording Secretary have made this clear to committee chairs on numerous occasions and have asked repeatedly certain committee chairs to provide a copy of the report to the secretary or the recording secretary, but some reports, despite being typed, have not been forwarded. The Secretary and/or Recording Secretary will not "just retype them" as has been suggested. The next time an individual reads a report, but you do not see it in the meeting minutes, it is because they did not forward it to the secretary.

Cooperation by everyone is expected and appreciated in order that the minutes can be accurate and timely.

Respectfully Yours,

Mark Cappola - Secretary

Harvey W. Lapidus - Recording Secretary

August 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2  Happy Birthday! Dominic Heavy Ronald Weinhofer
3  Happy Birthday! Lorrie Stone	4	5  Happy Birthday! Ann Maloney	6  Happy Birthday! Hugh O'Brien Vaghela Prafulba	7  Happy Birthday! Bruce Hafner	8  Happy Birthday! Mike Barker Richard Stone John Palmieri	9  Happy Birthday! Albert Mirabella
10  Happy Birthday! Harvey Lapidus	11 GMM  Happy Birthday! Diana Weinberg	12  Happy Birthday! Paul Kelly Lawrence Thompson	13 Officer Meeting 1915 Happy Birthday! Paul Kelly Lawrence Thompson	14	15  Happy Birthday! Mary Ann Johnson	16  Happy Birthday! Joanne Mirabella
17 Recruitment Open House 2:00p Happy Birthday! Carl Schramm	18  Happy Birthday! Tom Lemp	19  Happy Birthday! Matthew Sisinni	20  Happy Birthday! Frances Jazombrek Bernard Poole	21 BOD Meeting Happy Birthday! Frances Jazombrek Bernard Poole	22	23  Happy Birthday! Vanessa Amaya
24 31	25  Happy Birthday! Corinne Taylor	26	27 Officer Meeting 1915  Happy Birthday! Lawrence Herman	28	29  Happy Birthday! Mary Woznick	30  Happy Birthday! Christy Stiles

• August's flower is the gladiolus or poppy, and its birthstone is the peridot.

Total Solar Eclipse, August 1st 2008:

On Friday, 2008 August 01, a total eclipse of the Sun is visible from within a narrow corridor that traverses half the Earth. The path of the Moon's umbral shadow begins in Canada and extends across northern Greenland, the Arctic, central Russia, Mongolia, and China. A partial eclipse is seen within the much broader path of the Moon's penumbral shadow, which includes northeastern North America, most of Europe and Asia.

WEDNESDAY CAPTAIN
Dominic Heavey

August and we are well into to 2008 with Run # going up. With that said thanks to everyone that comes in on Wednesday whether it is your tour or just a back up. I appreciate all the hard work everyone does.

Have you had a look at the New Web Site for H.C.F.A.S. www.hcfas.org well worth while? Well done to all.

A great job done by all at the PICNIC.

Help is needed on Wednesday's on the 11.00 to 15.00 tour need a C/L.

Thanks to all
Dominic C. Heavey # 54

Special Events Committee – Brian Canty, Chair

What a great day for a Picnic. This years picnic had to be one of the best days we have had in years. It looked like everyone enjoyed themselves. The West Hills Day Camp could not have looked in any better shape. The Newly painted tables looked really nice. The picnic like all other events at our squad can not happen all by themselves. I would like to take this opportunity to thank Matt Sissini for preparing the signup board, Capt. Tom Lemp who assisted me in getting bids from the caterers, the Thursday 19:00 – 23:00 for all their hot air (now how do you think all those balls got blown up), and Joanne Vogel and Heidie Magerle for helping me setup the day of the Picnic. If anyone is interested in taking on the Picnic for next year, please feel free to drop me a line and we can discuss it.

A Belated thanks go out to John Maier who provided us with a great breakfast on the morning of the Memorial Day Parade. John had a bunch of helpers helping him out to prepare the night before. Thanks to the Sunday 19:00 – 23:00 for helping John out. Also thanks to Sal and Norma Signorelli and Sue Otto for assisting on Monday Morning as well a Special Thank You to Bill Otto for helping John with all the cooking in the kitchen.



Explorer Chief Sean Crenny was presented with an award by Dave Mohr along with Mary & Reeve Conover for achieving the status of Eagle Scout.

SUNDAY CAPTAIN

Eileen Burns

Well it was brought to my attention by some members that they missed my monthly article in July. Well that was nice to hear, but time just got away from me and I was so far past the point of even thinking of asking the editor to "squeeze in" my report that I had to hold off 'til now, but thanks again for noticing!

So this month there is some catching up to do along with some current news. A couple of Anniversaries passed last month, Heidie Magerle marked her 2 years and Nimka Khanna with her 1st year, both being a true asset, not to mention I get the bonus since they both are on my 0700 shift. Both Nimka and Rachel Zunno completed their EMT course on June 19th and by the time this goes to print they should have their cards in hand. Not to be left out, Zeb Rahimi received her EMT status as well! I'd like to welcome a new member Alison Lau #1226 to the 1500-1900 shift.

We also have a new and full status driver on the 2300 shift, Bedel Saget has completed all of his calls and now on his own! When Bedel first joined he had experience with a volunteer dept. in Nassau County. Except for the dispatching he was experienced with everything including being an EMT. Well we got him into a refresher A.S.A.P. and then up the ladder he went, and with in this past year he became a CL. then once he was settled with that he went into the Driving Program. We have had a deal from the beginning that once he completed everything that I would give him a rest until it was time to renew, so Bedel you now have approx. 2 years before you start to look for an Original EMT-CC Course! A hand shake is a hand shake, is a deal, right!! So rest up while you can! On another positive note we have two more members in the ACL Program, Paul Skirbe (1900) and Jim Malillo (2300). Congratulations and good luck to everyone on all of your accomplishments.

As you know the 1500-1900 is in great need of an extra driver, since Mike Milo is on an LOA and Lets face it, Sharyn can't cut herself in half to drive and run ALS! A page goes out each week at 1200 hrs. and we get no response. I know that not only is it right in the middle of the day, but it is also the summer, but look at it this way, if you don't have A/C, or a pool and we know how crowded the beaches are, why not come down and hang out for a while. It doesn't have to be for the entire shift, just what you can offer, Jim Barkocy has stayed on a few times even after pulling his own double shifts, and Paul Rittenhouse has been known to stop by for a while too, so thank you both very much for your help. It didn't go unnoticed. Now where is everyone else, if you are not available for in house, your pagers/radio's should be on, that is why you have them, right. No matter what day or what time you can give please, please let the dispatcher know, if possible in advance to save time paging out if it isn't necessary.

SUNDAY CAPTAIN Cont'd

How many times do we hear from patients or their family "what took you so long", or even how uncomfortable have you been on a call that you really needed ALS and no one answered on multiple pages, yes BLS before ALS, and we all have things to do, but even a few weeks ago at 10:00 in the morning we had a 24 because ONE member answered up who was ALS. When no one else did, he at least was able to respond to our call for an ALS assist, but initially he was trying to cover another call and we would have run ours BLS. Yes, our patient got the true care that she needed, but we also gave away a call, again at 10:00 in the morning on a Sunday.

On closing Bianca Kumar #1194 of the 0700 recently had to resign due to the pressure of nursing school and work. We will miss her and wish her luck with her career in the medical field and as she said, "when things really settle down, H.C.F.A.S. is on my list of things to do". Another face that has been missed is that of Mike Milo. We hope that all is well with Mike and his family and look forward to seeing him soon. Lets face it, it just isn't the same not seeing him looking through the "goodies" on the counter, or checking out the frig. for any leftover cake from someone's birthday! Again we hope to see ya soon and I promise to feed you.

Enjoy the rest of the summer, although it feels as if it will be around for a long time!

WORK SHIRTS

Thanks to all of you who made the effort to pick up your shirt, or to have it picked up at the July meeting. For those who have not yet received their new work shirt they will be distributed again:

SAT. AUGUST 2, FROM 10:00 TO 12:00 AND
MON. AUGUST 11, AT THE GMM FROM 6:30-8:00

August 2008 • Service Awards

5

*Angie Kalodukas • Paul Terenzi • Crystal Mueller
• Dan Kelly • Mike Bolz*

BY-LAWS CHANGE:

RATIONALE - OUR CURRENT BY-LAWS MAKE IT NEARLY IMPOSSIBLE FOR EVERY MEMBER'S VOICE TO BE HEARD. ADDITIONALLY, OUR VOTING PROCEDURES HAVE NOT BEEN UPDATED IN SEVERAL DECADES. I HAVE WORKED CLOSELY WITH JIM BARKOCY, BY-LAWS CHAIRMAN, TO DEVELOP AND REFINE A SYSTEM THAT WILL ENSURE THAT EVERY MEMBER WHO WANTS A VOTE, HAS THAT OPPORTUNITY, THROUGH THE USE OF TECHNOLOGY ALREADY EXISTING AT HCFAS.

ARTICLE X:

SECTION 1 – NOMINATIONS CURRENT:

Nominations for Annual Elections to Office shall be accepted from the floor at the November General Membership Meeting.

After nominations are accepted, the 1st Deputy and the Secretary of the Board of Directors shall review all candidates to ensure that they meet the qualifications for the office for which they have been nominated.

No later than November 20th of each year, the Secretary shall notify each nominee in writing of his qualification status, and if not qualified, the specifics of non-qualification. The list of qualified candidates shall be posted on the sign-in roster bulletin board no later than December 1st, and published in the December issue of the Pulse. The order of candidates on the ballot will be chosen by lot following nominations at the November General Membership Meeting. This list shall constitute the Official Ballot List.

SECTION 1 – NOMINATIONS PROPOSED:

Nominations for Annual Elections to Office shall be accepted from the floor at the November General Membership Meeting.

After nominations are accepted, the 1st Deputy and the Secretary of the Board of Directors shall review all candidates to ensure that they meet the qualifications for the office for which they have been nominated.

No later than November 30th of each year, the Secretary shall notify each nominee in writing of his qualification status, and if not qualified, the specifics of non-qualification. The list of qualified candidates shall be posted on the sign-in roster bulletin board no later than December 1st, and published in the December issue of the Pulse. The Secretary shall notify the membership, and such notification will include a listing of qualified candidates, the position to be filled and when voting will commence. The voting period will begin at least 10 days before a General Membership meeting and end at 8PM on the day of the meeting. The order of candidates on the ballot will be chosen by lot following nominations at the November General Membership Meeting. This list shall constitute the Official Ballot List.

SECTION 3 - SPECIAL ELECTIONS CURRENT:

If an office is unfilled after the General Election, or if a vacancy occurs in any office during the year, the Secretary shall notify membership by special letter at least three days immediately preceding the special election. This nomination and special election will be held at the next regularly scheduled General Membership meeting by the eligible voting membership. If the post remains vacant after the special election, the Secretary must notify membership by special letter at least three days immediately preceding the next special election or by notice in the PULSE until the vacancy is filled. The Secretary will note the position which is to be filled and also note that the possibility could exist for an additional election at the meeting if a current office-holder runs for the vacant position and creates another vacancy. This procedure shall not infringe upon the succession of Vice-President to President or 1st Deputy Squad Chief to Squad Chief and 2nd Deputy Chief to 1st Deputy Chief.

BY-LAWS CHANGE CONT'D:

SECTION 3 - SPECIAL ELECTIONS PROPOSED:

If an office is unfilled after the General Election, or if a vacancy occurs in any office during the year, nominations will be solicited by email, posted notice at Headquarters, a website notice and two general pages no later than 3 days after the vacancy occurs. Nominations will be submitted to the Secretary in writing, and must be received within seven (7) days of the initial announcement. The Secretary shall notify membership by special letter or notice in the PULSE at least ten (10) days immediately preceding the special election. The notification will include a listing of qualified candidates, the position to be filled and when voting will commence. The voting period will begin at least 10 days before a General Membership meeting and end at 8PM on the day of the meeting. The Secretary will also note that the possibility could exist for an additional election at the meeting if a current office-holder runs for the vacant position and creates another vacancy or if a tie vote exists. If the post remains vacant after the special election, the above procedure will be repeated until the vacancy is filled. This procedure shall not infringe upon the succession of Vice-President to President or 1st Deputy Squad Chief to Squad Chief and 2nd Deputy Chief to 1st Deputy Chief.

Voting will occur on the HCFAS website. The election committee will receive a report that shows who voted, but not how; a second report will provide the tally of the votes. Only the Election Chairman shall have access to this information until the ballots are destroyed.

Voting also may be done by computer at the Squad on the day of the General Membership meeting from 6 PM to 8 PM. A member of the election committee will be present for members requiring assistance with computer voting.

SECTION 4 - ABSENTEE BALLOTS - No Change -

SECTION 5 – ELECTION CURRENT:

Voting shall be by ballot. Election for all regular and special elections of Directors and Operational Officers shall be determined by the person receiving the largest number of votes by ballot for that office. In the event of two or more candidates receiving an identical number of votes, a second ballot will be cast immediately for that office. All qualified members, not only those involved in the tie vote, may be considered. The person receiving the largest number of votes shall be elected.

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BASICS - August 2008

Dreaming

By Mark Brenner



I don't know why, but I like dreaming. I even enjoy hearing about other people's dreams. I grew up in the 60's and I vividly remember the media coverage about Robert F. Kennedy's funeral. I was moved by his brother's eulogy. In it, he said "Some men see things that are and ask 'Why?' I dream things that never were and ask, "Why not?"

Over the past months, we have seen the dreams of many members come to life in our organization. The new atrium by the back door, the electronic message boards, our EMS gear, the new first responder vehicle, the Red Alert system: all are the result of countless members who have had a dream about helping us to better achieve our mission. It's no surprise since our organization was founded by a cadre of dreamers who hoped to make a difference in the lives of their neighbors.

The dog days of August are great for kicking-back and dreaming. By now, a number of members have signed up for either an EMT or EMT-CC course. Bravo! You are to be congratulated for advancing your training! And, as you dream about the first shift you'll do with your new certification, I want to help you prepare by providing some insights into your training course.

Organization is a key component to academic success. You will be required to do a great deal of reading, note taking, studying and providing various forms of documentation. You can start getting organized now. You will be provided with a text book (perhaps a workbook) a student manual and protocols manual. You will also need a notebook and pens. You should buy a 3-ring binder to hold both the student manual and protocols. You might wish to buy a back pack to carry these items to and from class.

You may be encouraged to make flash cards as a study aid. So, while you are shopping for the above, pick up a pack of index cards so that you can make flash cards. You may also wish to buy a highlighter pen to highlight the important material in the text book. Please note that highlighters do not come in paragraph size for a reason. If you are highlighting that much, you are missing the salient point in the paragraph.

You will need a time and a place to study. Plan for this now. Review your personal schedule and determine when you can consistently study before each class. Also plan on where you will study. Perhaps the LIRR train, your den or the public library might be sites. Be certain that the site you select is free of distractions.

Study groups can also be helpful, particularly when working on practical skills. Your instructors will teach you both principles and techniques. Classmates in your study group will be familiar with both. Of course, you can use members of your own crew to help you practice your EMT skills. But be mindful that they might use different techniques. This is fine, as long as principles of the skill are the same. Whenever you are unsure as to which technique you should use, stick with the techniques that you have been shown by your instructors.

Clinical time will be an important component of your training. It's where the theories, protocols and skills you have been learning become infused in real-life, real-time situations. You will need to do hospital observation time and call time. Your instructor may require you to hand-in a copy of the PCR from each call you were on as proof. Schedule your observation time as soon as you can and keep copies of all of your clinical time paperwork. You can keep them in your 3-ring binder. I also suggest that you do hospital observation time at University Hospital Stony Brook. It is a Level 1 trauma center and where most of our medevac patients are airlifted.

Basics Cont'd

Not to be forgotten, be good to yourself during the class. Allow yourself to have some fun outside of class. Maintain good nutrition (not too much sugar, caffeine, or alcohol) and get plenty of rest on a regular basis.

And, after you complete your course and are certified as either an EMT or EMT-CC, work to become more proficient in your skills and continue to review your protocols.

Speaking of reviewing, here are several questions for all of us to review one of the first topics in every course; CPR.

1. *You respond to an unconscious adult male. Upon arrival, you find a man unconscious, non-breathing and pulseless. You and your crew have brought the oxygen and AED into the house. According to the AHA BLS CPR guidelines, your first action is to:*

- a. Immediately attach the AED and prepare to shock
- b. Start CPR
- c. While CPR is being performed for two minutes, attach the AED
- d. Both b & c

2. *When you perform CPR, remember to:*

- a. Use greater emphasis on the down-stroke, rather than the up-stroke.
- b. Start by administering another 2 breathes
- c. Breathes should be at least 2.75 seconds in duration
- d. "Push hard, push fast"

3. *Just how fast should the compressions be on an adult?*

- a. 60 per minute
- b. 80 per minute
- c. 100+ per minute
- d. 200 per minute

4. *What is the ratio of compressions to ventilations for adult CPR?*

- a. 5 to 2
- b. 15 to 2
- c. 30 to 2

5. *When providing ventilations on a protected airway (one with an endotracheal tube in place), you will:*

- a. Give one breath every five seconds
- b. Give 8 to 10 breaths per minute (one every six to 7 seconds)
- c. Wait until after compressions stop to interject one breath
- d. After two minutes of cardiac compressions

6. *Your BLS crew responds to a baseball field for an adult male who has collapsed while "running the bases". Upon arrival, you notice that bystanders are administering CPR that is consistent with current standards. You attach the AED electrode pads, "clear" the lay rescuers and turn-on the AED. It delivers one shock. Your next course of action is to:*

- a. Check for a pulse
- b. Start CPR
- c. Immobilize the patient on a backboard, transport giving only rescue breaths.
- d. Have the AED assess the rhythm once again.

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

FLYERS ARE AVAILABLE IN THE READY ROOM!



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Mary Conover

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ANDREA GOLINSKY, DELEGATE DIST. 7

NEW YORK STATE VOLUNTEER AMBULANCE & RESCUE ASSOCIATION

Due to the lobbying efforts of the New York State Volunteer Ambulance & Rescue Association, Suffolk County Ambulance Chiefs Association, Fire Chiefs of New York and FASNY Senate Bill # S-4617 and Assembly Bill # A-7699 giving volunteer ambulance workers and volunteer firefighters the opportunity to purchase health care insurance through municipal health plans was signed into law by Governor Paterson July 21st. The cost of the insurance for the volunteer and their families will be borne by the volunteer. How the program will be administered has yet to be determined. Updates will be provided as they become available.

Thank you to all who called or emailed the Governor in support of these Bills.

This year the New York State Volunteer Ambulance & Rescue Association will be sending out postcards informing you that you can go to the website (NYSVARA.org) for the slate of officers to be elected and amendments to the Association's Constitution and By-Laws that will be voted on at Pulse Check 2008 annual meeting. The web site will tell you download and print a proxy form. There is no need for you to do that as I will be putting a copy of the proxy form in your mail folders (Board Members and Officers will find them in their respective mail boxes.). Please sign them and return them to the District 7 mail box ---7th down from the top on the right.

Good & Welfare

Lots of congratulations go to Jim Ingwerson: his son Philip became one of New York City's Bravest upon his graduation from the Fire Department City of New York Academy, and he promptly became engaged to Teesha Silverman..

Son, Christopher graduated from the Suffolk County Police Academy recently. He is now serving in the Second Precinct, and he has become engaged to Kerri Kankula. Both Philip and Christopher are also with the Cold Spring Harbor FD.

Congratulations to David Franz, son of Bob Franz and Life Member Linda DeWitt who also joined the ranks of New York City's Bravest when he graduated June 30th from the Fire Department City of New York (FDNY Academy) . David is stationed with L158 in Queens.

Director Bob Franz

Registration Deadline for NYS Workers Compensation 9/11 Workers and Volunteers August 14, 2008

NYS Workers' Compensation Benefits are available for 9/11 Workers and Volunteers who did rescue, recovery or cleanup work. The law was changed to help you file a claim for workers' compensation if you have a 9/11 – related illness. If you are healthy, but were exposed to contaminated air after 9/11, you must register by August 14, 2008 with the Workers' Compensation Board to protect your right to file a claim if and when you become sick. Please see the bulletin board for additional details and registration form or visit www.WTC12.org or call 1-877-WTC-1208.

SOCIAL COMMITTEE-GENERAL MEMBERSHIP MEETINGS

Thank you to the following for stepping up to the plate to provide dinner at the general meetings for the rest of 2008.

August- Explorers

September- Stefanie Mirabelli, Tom Lemp and Maureen Umberto

October- Board of Directors

November- Officers

December- Wednesday crews (sorry I don't have the names yet).

I am still looking for volunteers for January and February 2009. I will no longer be the liaison for the social committee in 2009, and I would like to have a month or two in place for the next board member who takes on this committee.

*Martha Brenner
MB236@OPTONLINE.NET*

Safety...

I have been a member since 2001, and this past week has reminded me of why I joined HCFAS. In 2000, while coaching for St. Anthony's Crew, Mike Chiarelli, member and former coach at St. Anthony's told me he had joined the Huntington Community First Aid Squad. He said, "You know, it couldn't hurt to have to training out here. Why don't you join too?" Well, I thought about it many times during the season, but never made the move. Then, some major changes took place at St. Anthony's and I found myself in the position of Head Coach. It was time to get training!

One of my first experiences as a new member was 9-11. I was on duty that morning with Al Szigethy when all hell broke loose. We were still at the old location, and as tight as space was there, volunteers were responding fast and furious. Last Tuesday morning, when the call came in for a 2 yr. old drowning, I felt the same feeling of incredible readiness to help from our volunteers. I am so very proud of our Tuesday morning crew. I remember saying to Karen Reim, who was crew leading, "Karen, we cannot make any mistakes here. Do you know exactly where we are going?" She assured me she did and said "Don't worry, I'll get us there." The call could not have run better in terms of response and care. Unfortunately, no matter how we could have played it that day, that little girl was destined to be one of God's angels.

Although no one wants to experience such sadness, it is part of the "deal" when we signed on. But it is these type of calls that remind us why we became part of the few who are willing to devote a few hours or many hours a week helping others. I was never more proud to be a member of the squad on Tuesday, July 8th. First, for the crew I ride with and for the incredible amount of support we received from our Chief and President. I could hear them on the radio as I was driving to the hospital. Nothing but pure concern in their voices. The ride down Park Avenue was a sight I could never have imagined. Police cars blocked every tertiary road so that I could maneuver my way to the hospital quickly and safely. As I glanced to the left crossing over Pulaski, I saw Mary and Reeve ready and willing to assist in any way they could. Not to be heroes. And I say this because there are some that feel the need to help because they themselves need to be recognized. Sad, but true. The genuine concern could be heard over the radio. The immediate action taken by Chief Conover was beyond words. She first took us out of service and then called the CISM team and made an appointment for us to voluntarily get together in case we felt the need. Well, we all felt the need and we all wanted to stay together as a team and help each other through the "anger, sadness, concern, helplessness, pain and nightmares." These are the words we all used to describe how we felt.

So, what do we learn from all this? As the old saying goes, "sometimes good comes from bad." We all thought there had to be something we could do to help prevent this from happening again. I mentioned a program in which fire stations and first aid squads like us could hand out pool alarms before Memorial Day each year to homeowners with pools. Much like the smoke alarm program. There must be a company willing to participate, and there must be grant money or donations available to support the cost of such a vital instrument. Karen said, why can't we hand out informational material in the beginning of the season. Leave them behind when we're on calls and give them out when we are recruiting, fund raising or doing stand bys. There so much information out there, and if we saved just one life because we made an effort.....

Any ideas?

Thanks for listening on behalf of the Tuesday morning crew, 7am - 11am.

Lori Bernardo

<http://www.dos.state.ny.us/code/pools.htm>

HCFAS Newest Members!

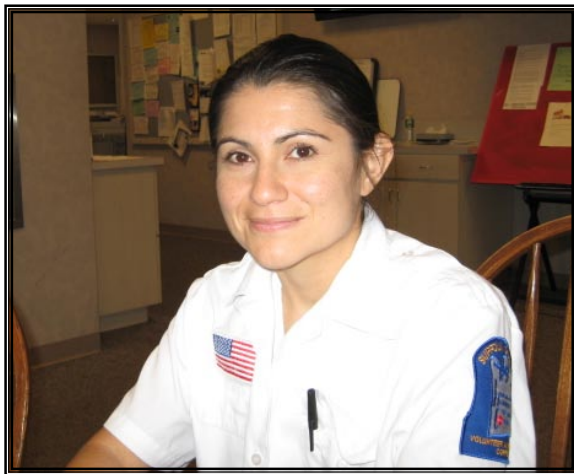


Welcome!

New Member

Richard Fernandez
HCFAS Member #1217
Friday 2300-0700

- Resides in Huntington
- Graduated from Plainedge High School
- Graduated from Nassau Community College with AS in Liberal Arts
- Employed at British Airways in the Customer Relations Dept
- Member of Huntington Fire Dept
- Joined HCFAS with an interest of becoming a critical care tech



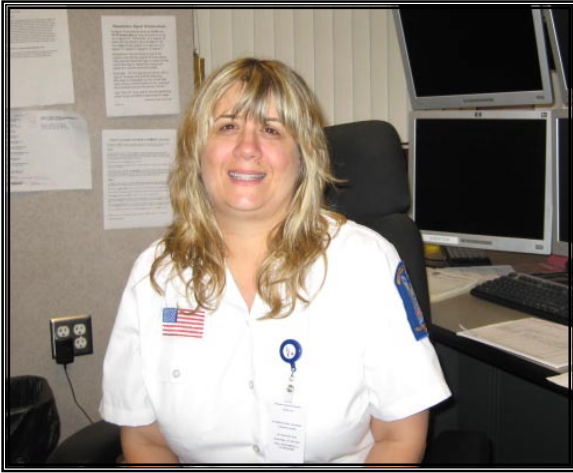
Welcome!

New Member

Celcilia Renderos
HCFAS Member #1220
Friday 1100-1500

- Resides in Huntington Station
- Graduated from Schreiber High School in Port Washington
- Graduated from Nassau Community College with AS in Applied Science
- Currently attending the College of Old Westbury with a major in Secondary Education
- Her goal is to become a teacher
- Enjoys helping the community

HCFAS Newest Members!

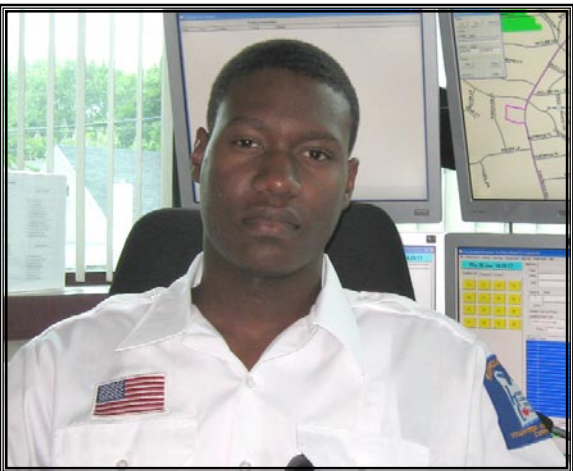


Welcome!

New Member

Carolyn Niceforo
HCFAS Member #1223
Thursday 2300-0700

- Resides in Huntington Station
- Graduated from Maria Regina DHS
- Graduated from Farmingdale University with AS in Dental Hygiene
- Certified Phlebotomist and EKG tech
- Enjoys helping her community
- Her goal is to become an EMT-CC and Driver



Welcome!

New Member

Rodriguens Gabriel
HCFAS Member #1224
Thursday 1500-1900

- Resides in Huntington Station
- Currently attending Suffolk Community College with major in nursing
- Employed at Huntington Hospital
- Became interested in joining HCFAS after attending the CPR course
- Is interested in becoming an EMT

HMFD Parade



HCFAS Family Picnic 08



HCFAS Family Picnic 08



*HCFAS
New
Class A
Uniform
Patch*