



Patricia Salajka, Editor
psalajka@verizon.net

September, 2010

Volume 43 • Issue 9

The Pulse



Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

PRESIDENTS REPORT

Roger Winter

*Well, September is upon us and hopefully the “Dog Days of Summer” are behind us so expect some cooler days ahead. When I see that we are in September it always reminds me of new beginnings: a new school year for both children and parents, vacations are over and people are back to their normal schedules. The month of September has 135 days of remembrances. To name a few; Labor Day, Grandparents Day, (now becoming my new favorite), Yom Kippur, Rosh Hashanah, First Day of Autumn, (Autumnal Equinox), National Waffle Week, National Respect Day, Patriot Day, International Day of Peace, and Mary Winter’s favorite day “P̄u.n:c̄t̄u?a(t)i*ōl.n Day”*

August was a sad month for HCFAS. The sudden death of Kathy Gearey was a dramatic realization of how fragile we are. I would like to thank former member Eva Frangiamore, Second Deputy Chief Jeffrey Brenner, Chief Dominic Heavey, Ann Donegan, David Mohr (Kitchen), Orlando Salcedo (Slide Show), Pam Brenner Biersack, Gail Glister, Explorer Post Members and any members that I might have left out. The flower beds and whisky barrels in the front of the building were spruced up by Donna Bemiss, owner/operator of Oakwood Road Flowers at no cost to the squad. The Memorial Ceremony was outstanding, a fine tribute to Kathy.

On the county level, the following long time members of the Suffolk County Department of Fire, Rescue & Emergency Service will be retiring after many years of service to the County and to all of us who are involved in fire and medical emergency service., Warren Horst, Chief of Fire Rescue Services, 25 years of service and Myles P. Quinn, Chief of Communications, 35 years of service. All information regarding their retirement events are posted on the bulletin board in the lobby.

It was a bit disturbing not having enough members at the August General Membership Meeting to have a quorum. As a result there was no “Official Meeting” conducted. It was labeled as an informational meeting. I realize that many members were on vacation which would account for the low turnout. Let’s get out for all the meetings.

I am proud to announce that we have another new Medical Advisor, Michael Stratemeier, MD, Associate Chief, Director of Clinical Services Department of Emergency Medicine, Huntington Hospital. When he is available he will attend a meeting for introductions. He will coordinate his activities with Dr. Sanford Glantz and the squad’s needs and visions for the future.

The Town of Huntington will have the “Moving Vietnam Wall” come to Huntington on Sept. 28, for assembly and on Oct. 1,2,3 open to the public 24 hours per day. Please contact Chief Dominic Heavey as they need over 200 volunteers for the set up and help during the open visits. We expect over 30,000 to visit the wall - to be set up in Peter Nelson Park on Oakwood Rd.

Safety is an issue. While riding around town, I see the ambulance and the 80 cars at many street scenes. What I do not see, is the reflective vest that should be worn while in the street. Not only has this been my observation but it has been brought to my attention by many fire department personnel. If you think about it, if you are wearing the reflective vest, you then can wear any shirt under the vest and be in compliance with all of uniform rules for riding and responding to any call.

As always my door is always open.

Third Deputy Chief

David Mohr

Well as you have probably seen, recycling bins are popping up around the Squad. As we all know recycling helps save the environment. We generate a lot of paper and cardboard each day along with other recyclables. A recycling center has replaced the trashcan that was in the Ready room. The center can handle paper, plastic, and glass along with regular trash. The same criteria you use for recycling at home apply at the Squad.

Paper – any color paper, newspaper, magazines, boxes. Nothing can be soiled or wax covered.
Plastic & Glass – any unsoiled container. Please make sure it is cleaned first.

The cleaning company will take care of emptying the containers, so the only thing we have to do is put the materials in the separate containers. The small containers next to the trashcans are for paper only. All other recyclables should be put in the recycling center. If you have any questions, ideas or comments, please feel free to contact me.

Below is the ambulance rotation for the next month.

Ambulance Rotation for 2010

Ambulance Rotation will occur each week on Monday at 1900hrs

Week of	First	Second	Third	Fourth	Fifth	Sixth
9/6/10	21	16	17	18	19	20
9/13/10	16	17	18	19	20	21
9/20/10	17	18	19	20	21	16
9/27/10	18	19	20	21	16	17
10/4/10	19	20	21	16	17	18

Projects we are working on and their status as a result of member input:

- ~ Rearrange the trophy cabinets and have picture and plaques hung. In progress.
- ~ Placing a piece of plexiglass over to the ribbon on the dedication wall to protect it. Getting an estimate.
- ~ Hang the pictures of our previous buildings and an HC, Map and Star of Life along the north wall by the bar. We are getting estimates.
- ~ Make the trophy cabinet in the lobby a history of the Squad. Working on clearing the items in it out.
- ~ A Memorial Tree in honor of our passed members. The tree has been ordered. It will go on the wall of the second landing on the staircase to the second floor.
- ~ The Life Membership plaques and Charter Member plaque will be moved to the wall to the right as you exit the elevator after the memorial plaque is replaced with the tree.

Other projects completed; recycling program has been implemented; the Disaster closet has been cleaned and reorganized; the carpets have been shampooed and the floors have been stripped and waxed. If you have a suggestion, please put a note in my mailbox and I will look into it. Please include your name and number in case I have a question about your suggestion.

Last item, if you see something broken around the Squad, please call me. The other day I was called about no sound from the stereo. From what I can gather it hadn't been working for three days, yet no one bothered to call and tell me so I could get it fixed. I don't have ESP, so please take a moment and have the Dispatcher call me and let me know about it.

MONDAY CAPTAIN
Tim Ebert

Congratulations to Jenn Ladd and Chris Mallilo on getting their EMT cards.

Nice job to the Monday overnight on August 2nd. The crew had the very difficult job of extricating an unconscious patient, while profusely bleeding, up a steep flight of basement stairs and out of the house. The crew worked very hard under extreme circumstances incubating, bagging, and getting the patient to the landing zone. All participated in the daunting task of cleaning, decontaminating and restocking the ambulance. The crew consisted of Keven Brenner, Jenn Ladd, Nancy Courtemanche, Ray Pollard, Vanessa Ortiz, Chris Mallilo, and Matt Valle. Great job!

Thanks to all that have helped out this last Month. Both the on duty and everyone who answers our call for help. The consistent support that Monday receives is very appreciated.

New York State Volunteer Ambulance & Rescue Association- District 7
Andrea Golinsky, Delegate

The proxy forms for the Annual Meeting of the New York State Volunteer Ambulance & Rescue Association have been placed in members mail folders. (Board of Directors and Officers will find them in their mailboxes) Please date and sign them and place in the the DISTRICT 7 mailbox. These proxies will allow the Squad's delegate(s) to vote for you in the upcoming election to be held at PulseCheck 2010 in Albany Sept 30th - Oct. 3. Forms must be submitted in the District 7 mailbox no later that Sept. 28th

If you have any questions please contact Andrea Golinsky, Bob Franz or Annette Hershkowitz

September 2010 • Service Awards

35 years
Sally Staszak

30 years
Karen Rein

TUESDAYCAPTAIN
Martha Brenner

TUESDAY COMPANY 53
PULSE SEPTEMBER 2010

Tuesdays have been busy again! The average call volume has also been rising a bit with July having been the busiest month in our history. Tuesdays get their fair share and then some:

7/26 19 calls
8/3 27 calls (1 24)
8/10 21 calls
8/24 14 calls (1/24)

The average call volume for the organization remains at 15 or 16 calls per day, with the banner month of July 2010 coming in at 16.3. The average for the past 4 weeks on Tuesday was 20.25. Soooooooo, if you think you are busy you are correct!

In order to answer this many calls a lot of people need to pitch in. The on-duty crews faithfully cover the shifts week after week and fill-ins and back up personnel handle the overflow. The situation has been made more difficult because the 1500 shift had both drivers on leaves this past month.

Thank you to my back -up people: Sal Signorelli, Oscar Gomes, Orlando Salciedo, Dale Bartolomeo, Nancy Barker, Jeff O'Neil, Scott Bielanski and Luke Bartolomeo. And to those drivers who covered the 1500 which is my shift a really big thanks for making it easier for me to be out of commission but not have to worry! Thanks drivers: Kevin Brenner, Tom O'Leary, Joe Frisenda, Brian Canty, Sally Staszak, Ferd Neumann and John Palmieri!

Tuesday members are moving ahead through training as well. Congratulations to our new Tuesday EMT's Anel Vagas 07:00, Sheryl Roach 11:00, Diane Tonko 15:00 and Peggy Coyle 19:00. Spike Ishikawa has been advanced to First aider, CONGRATULATIONS Spike. Sheryl Roach has begun the ACL program and Anel Vargas has started driver training. Juan Flores has passed dispatch training, CONGRATULATIONS Juan.

And, I can't complete this article without adding a giant THANK YOU ALL!!!

The past 8 weeks have not been the easiest of times for me or for my family. My personal cup of friendship has overflowed from the calls, cards, well wishes and prayers from so many of you. This is truly an organization of carrying and giving people. I am so very grateful for the kindness on behalf of myself and my family.

Thank you from the bottom of my heart,

Martha Brenner
2-15-53

Scholarships or Tuition Assistance – Bob Franz

HCFAS Scholarships

An unexpected pleasant surprise! An anonymous benefactor has generously made a donation to HCFAS for the specific purpose of funding the nine eligible HCFAS scholarship applicants that failed to be selected in the random drawing that was held at the June membership meeting. Scholarships of \$500 each were awarded to members Keith Davis #1208, Nimka Khanna #1195, Carl Schramm #997, Mary Ann Schramm #595, Matthew Valle #1238 and Sean Bennett, son of Lori Bennett #1265, Joseph Gander, Jr. son of Joseph Gander #1166, Keith Lau, brother of Allison Lau #1226 and Casey Orr #1283, daughter of Greg Orr #983. Congratulations to all the recipients and many thanks to our anonymous benefactor for such a generous donation.

SERVES - Tuition Reimbursement Suffolk County Community College

As you probably read in the newspaper, the Department of Homeland Security awarded a \$2.5 million SAFER grant to Suffolk County for the purpose of fire based recruitment and retention programs which resulted in the SC budget for the SCCC tuition assistance program (SERVES) being made available for Volunteer Ambulance Workers. The Suffolk Educational program for Recruitment in the Voluntary Emergency Services (**SERVES**) **will have a strict one-time only open SERVES enrollment from October 15, 2010 through November 15, 2010 for the Spring 2011 Semester for all eligible volunteer ambulance workers.** The SERVES Administrative Guide (containing all policies and application forms) is available at the SC Fire Rescue Emergency Services (FRES) home page (www.suffolkcounty.ny.gov). A copy of the Guide is posted on the bulletin board and if anyone has any questions, please contact Bob Franz or Andrea Golinsky. In exchange for the Scholarship, the member must have an active service commitment with the Squad during their schooling and the period following their degree attainment. (If you have already earned 80 college credit hours then you would not be eligible for this program).

LOSAP 2009 Benefit Statements - Bob Franz

Upon receipt, the December 31, 2009 LOSAP benefit statements will be distributed to all participants in your member mail folder. Please review this statement carefully and if any of the information is incorrect, please put a detail note with any corrections in Secretary Bob Franz's mailbox. If you require a change of beneficiary, please use HCFAS Form # 430 which can be found on the form rack outside the dispatch office. Thank you to the fund drive committee for your continued assistance in the distribution of these reports. Thank you to Andy Ball & Margaret Cornelius for entering all the data throughout the year. If you have any other questions, please contact Bob Franz.



BASICS – September 2010
CPR
By Mark W. Brenner



With each September, new EMS courses begin – be they EMT or EMT-CC. Each course has a CPR component. Here are a series of questions to help all those who will be attending training classes to review the vital Basic Life Support skill. Good luck to all who will be taking a class!

- 1. *What is the best way to open an airway on an unconscious victim with no suspected neck injury?***
 - a. Use the tongue lift – finger sweep
 - b. Use the head-tilt chin lift.
 - c. Use a mask
 - d. Use the jaw thrust
- 2. *What is the correct rate of compressions for a victim regardless of age?***
 - a. 30 compressions per minute
 - b. 50 compressions per minute
 - c. 80 compressions per minute
 - d. 100 compressions per minute
- 3. *What is the best way for the rescuer to know that ventilations are effective?***
 - a. Watch the stomach rise
 - b. Watch the chest rise
 - c. The rescuer can feel back pressure from the bag valve mask resuscitator
 - d. The rescuer can palpate a brachial pulse.
- 4. *What is the best way to attend to the conscious adult choking victim?***
 - a. Perform 5 back blows followed by 5 chest thrusts
 - b. Give 2 breaths repositioning the head after each breath
 - c. Perform abdominal thrusts
 - d. Begin CPR
- 5. *What should you do to aid a responsive infant who is choking any cannot move any air?***
 - a. Wait for ALS to arrive
 - b. Perform abdominal thrusts for 2 minutes
 - c. Start CPR
 - d. Perform cycles of 5 back slaps followed by 5 chest thrusts
- 6. *By minimizing interruptions in chest compressions, the rescuer:***
 - a. Minimizes stomach distention
 - b. Increases the victim's chances of survival
 - c. Reduce the need for an advanced airway
 - d. Keeps the rescuer in the "groove" of the speed of effective compressions
- 7. *You are performing CPR. Second rescuer arrives with an AED, attaches the electrode pads and turns the power on. You should:***
 - a. Continue compressions until "shock advised".
 - b. Clear the victim so the AED can analyze the heart rhythm.
 - c. Give another cycle of CPR before pressing the analyze button.
 - d. Give four breaths before pressing the analyze button.

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

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  <i>Happy Birthday!</i> Maryann Schramm	2  <i>Happy Birthday!</i> Margaret Stephenson	3	4
5	6  <i>Happy Birthday!</i> Margaret Cornelius	7	8  <i>Happy Birthday!</i> Tabia Aiman R. Fernandez	9	10	11  <i>Happy Birthday!</i> Cindy Cairl
12  <i>Happy Birthday!</i> Chris Fusaro	13 GMM	14	15	16	17	18
19 Recruitment Orientation 2 pm	20  <i>Happy Birthday!</i> Donna Smith	21	22	23	24	25
26	27  <i>Happy Birthday!</i> Alyssa Axelrod	28	29	30  <i>Happy Birthday!</i> Sal Romano		

• *The observance of Labor Day began over 100 years ago. Conceived by America's labor unions as a testament to their cause, the legislation sanctioning the holiday was shepherded through Congress amid labor unrest and signed by President Grover Cleveland as a reluctant election-year compromise.*

PROPOSED AMENDMENT TO THE BY-LAWS

Background and Purpose:

- Whereas: HCFAS bylaws currently impose term limits on Operational Officers of two consecutive one-year terms of office. And
- Whereas: No term limits are set for members of the Board of Directors. And
- Whereas: Term limits: downgrade seniority, favor meritocracy, increase competition, encourage new challengers, improve tendency to vote on principle, and introduce fresh thinking and new ideas. And
- Whereas: Upon passage, this bylaw will become effective immediately and apply to the Board of Directors currently in office, Therefore be it,
- Moved: That the HCFAS Bylaws be amended as Follows (deletions lined through, additions underlined):

ARTICLE II

Add New Section 20

SECTION 20 - TERMS OF OFFICE – BOARD OF DIRECTORS

Directors will be limited to three consecutive two-year terms of office.

Time spent in filling a vacated position will not count towards the term limit.

Upon having been elected to three consecutive two-year terms, a director will again be eligible for re-election only after one year has elapsed from his last term.

A complete one-year term of office will be defined as running from January 2nd, 0700 hours following the annual December election until January 2nd, 0700 hours of the following year.

Upon passage, this bylaw will become effective immediately and apply to the Board of Directors currently in office.

Section 20 renumber to Section 21

SECTION ~~21~~ - TERMS OF OFFICE – OPERATIONAL OFFICERS

The following operational officers will be limited to two consecutive complete one-year terms of office:

1. Squad Chief
2. 1st Deputy Squad Chief
3. 2nd Deputy Squad Chief
4. 3rd Deputy Squad Chief
5. Chief Dispatcher

A complete one-year term of office will be defined as running from January 2nd, 0700 hours following the annual December election until January 2nd, 0700 hours of the following year. Time in office spent in filling a vacated office will not count towards the two-year limit.

An officer upon completing two consecutive one-year terms will again be eligible for the same office only after one year has elapsed from his last completed term.

Proposed By: Nancy H. Barker Nancy Barker #930

Mark Cappola #1087

Ann Maroney #921

First Reading _____

Second Reading _____

Vote Results: For _____ Against _____ Abstain _____

Date: Passed _____ Withdrawn _____ Rejected _____

Signature: Secretary, Board of Directors _____

Welcome!



Dale Bartolomeo #1280 Sun 0700 x 1100

- *Resides in Huntington Station*
- *Graduated from Walt Whitman High School*
- *Joined HCFAS to help the community*
- *Interested in becoming an EMT*



James Hanson #1291 Sat 1900 x 2300

- *Resides in Huntington*
- *Graduated from W.T. Clarke High School*
- *Graduated from Farmingdale College with a BS in Mechanical Engineering*
- *Enjoys golf & boating*
- *Future goal is to become a EMT-CC*



James Ostaseski #1301 Friday 2300 x 0700

- *Resides in Locust Valley*
- *Graduated from Oyster Bay High School*
- *Employed as a construction worker (teamster local 282)*
- *Enjoys playing golf*
- *Current EMT*
- *Future goal is to become a paramedic & trauma nurse*
- Joined HCFAS to gain experience*

HCFAS Picnic

Photo's submitted by Tony Cruz

