

# FARTAX RESCUE NEWSLETTER



Issue 3 May 2009



AND ALL THIS TIME WE'VE BEEN  
RELYING ON THE POWER OF MENTAL  
TELEPATHY!

## May 4, 2009 Business Meeting Minutes

Meeting in order at 7:02 pm

**Secretary's Report:** No comments

**Treasurer's Report:** There was a profit for the month of April, planning on same in May.

**Old Business:** No word yet on the chassis, Mike will sign off on it when it arrives.

**Update 5/14:** chassis has arrive at factory!!

The officers appointed by the board are:

Training Officer and District Training Rep. – Andy Higgins,

District Rep – Mike Spaulding, Health – Sharon Derner w/ assist from Heather Eckman, Scheduling – Trina Allen

with oversight from Mike Spaulding and Dan Vanslette, Maintenance – Trevor Russel w/ assist from Corey Vincelette, Supply – Kristen Greenia w/ assist from Dave Bartley, Fundraising – Sharon Derner

w/ assist from Heather Eckman

**Maintenance:** 1 light still intermittently working. Rig due for oil change.

**Scheduling:** Still a few holes for May, help out where you can.

**Health:** H1N1 present in a number of states, there is a copy of the protocol on the office door. Please read it. Use the appropriate protocol if responding to a call with those symptoms. If 2 or more symptoms are present, there are additional questions to be asked such as travel and contact. If it's suspected, use the exhaust fan, DO NOT recirculate the air and be diligent in cleaning the rig. We will be ordering extra face masks with eye shields.

**Supplies:** All supplies on the list were Ordered and are in. Requested to order 4 boxes of disposable face masks with eye shields. There are meds due to expire at the end of the month, please replace when necessary.

**Training:** No report

**District Report:** No Report.

**District Training:** DHART training will be held on May 23 beginning at noon at Enosburg. All are invited.

**New Business:** : Katrina Antonovich wants to do grant work for us, hopefully for big item equipment purchases for the new rig.

The plan is to alternate between the rigs during the month. Possibly a 3 week to 1 week ratio.

We are still working on 501 C3 status. Subscriptions should be ready to be mailed by the end of the month. NIMS and HAZ-MAT courses must be completed. These are important for grant eligibility. There is a link to FEMA found on our website under training. Courses are free and take no more than an hour each. The

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courses are NIMS – 700 and ICS 100 and 200.  
Print a copy of completion and give it to Dan.

Dan will be sending an email to set up a time to meet to get a list of member certifications, sizes, equipment lists.

We talked about a possibility of a mass alert system for a major incident. Contamination concerns addressed. Use the Tyvek suits on the rig if potential is high. You may wash contaminated clothing at home, wash it alone and then run an empty bleach cycle, or if it's a considerable amount or if you aren't comfortable with it, take it to a dry cleaner and turn in the bill for reimbursement.

Crew Chief Training has had a good turn out, it's held the 2<sup>nd</sup> Monday of each month at 7:30 and is open to all.

5/16 is the EMT practicals, Kara will be coordinating a pot luck dinner to be held at the station the night before for members and families.

They are looking for help at the Run VT marathon, see the email if interested. North Country fire school, bluegrass festival and Reggae fest coming up, help always needed.

**Meeting Adjourned at 8:06 p**



## When Tomorrow Starts Without Me

*When tomorrow starts without me,  
And I'm not there to see;  
If the sun should rise and find your eyes  
All filled with tears for me;*

*I wish so much you wouldn't cry,  
The way you did today,  
While thinking of the many things,  
We didn't get to say.*

*I know how much you love me,  
As much as I love you,  
And each time that you think of me,  
I know you'll miss me too;*

*But when tomorrow starts without me,  
Please try to understand,  
That an angel came and called my name,  
And took me by the hand,*

*And said my place was ready,  
In heaven far above,  
And that I'd have to leave behind  
All those I dearly love.*

## The EMS Rule of Warning Devices:

*Any ambulance, whether it is responding to a  
call or traveling to a  
hospital, with lights and siren, will be totally  
ignored by all  
motorists, pedestrians, and dogs which may be  
found in or near the  
roads along its route.*

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*But when I walked through heaven's gates,  
I felt so much at home.  
When God looked down and smiled at me,  
From His great golden throne,*

*He said "This is eternity,  
And all I've promised you."  
Today for life on earth is past,  
But here it starts anew.*

*I promise no tomorrow,  
But today will always last,  
And since each day's the same way  
There's no longing for the past.*

*So when tomorrow starts without me,  
Don't think we're far apart,  
For every time you think of me,  
I'm right here, in your heart.*

*Jason Marples*



## Sara R. (Wells) Terrell

Fairfax - Sara Rose (Wells) Terrell, 60 passed away unexpectedly at Fletcher Allen Health Care on Thursday May 14, 2009. She was born on March 28, 1949 in Shreveport, LA daughter of Frederic Wells and the late Betty (Maggi) Wells. Sara had dedicated her life to helping others.

Upon arriving in Vermont she found a calling to enter the Emergency Medical Services and joined Fairfax Rescue. From then on, Sara's passion was in sharing her knowledge and devotion to health care through teaching Emergency medicine to students throughout Vermont. She had been a proud member of Fairfax Rescue and served as an area training officer for over 20 years. Her skills and dedication have been passed on to her numerous students who continue to help those in need. Sara also enjoyed numerous years as an operating room nurse in Louisiana, Texas, and in Vermont at Fletcher Allen Health Care. Sara's relationship with God was paramount to her and guided her in her daily interactions with others. Sara prided herself for her patience. She was a Eucharistic minister and Reader at St. Luke Catholic Church. Sara shared her love and patience with her animals as well, her hound dogs Isabel and Aristotle were her constant companions and the apples of her eye as well as her cats Harley and Thibodeaux. Sara will be greatly missed by those who knew and loved her and her dedicated skills of helping others will continue through her students.

She is survived by her very special niece Denise Wells with whom she shared her home in Fairfax, her father Frederic Wells, Sr. of Shreveport, Louisiana, her two brothers, Rick Wells and wife Sue of Michigan and Danny Wells and wife Betty of Louisiana, her two sisters, Susan Todd and husband

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Dennis of Louisiana and Cindy Carter and husband Mike of Tennessee, a special Aunt Barbara Hall of Louisiana and several other aunts, uncles, nieces, nephew, cousins and her extended family of EMS personnel in Franklin County.

She was also predeceased by her ex-husband James Terrell whom she had remained friends with throughout the years.

Ground current enters the pipes and wires outside the structure and travels to the unsuspecting victim.

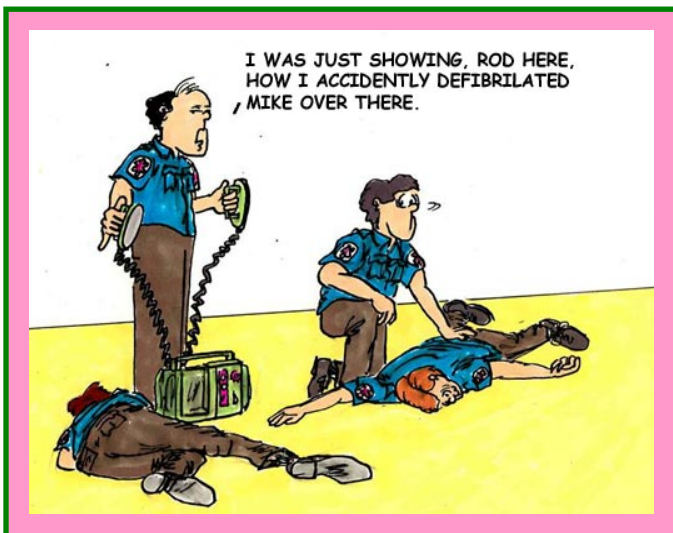
**Contact injury** (1–2%) occurs when a person is in direct contact with another object that's charged by the lightning.

The duration of the contact is so short that the current usually "flashes over" the victim. Multiple case studies have described victims with their clothes blown off and no apparent signs of injury. Less than one-third of victims have any visible burns.

**Cardiac impact:** Although mortality in lightning strikes is less than 10%, the most common immediate cause of death is cardiac arrest.

The other critical system affected is the respiratory system. Although vulnerable to blunt trauma, the lungs tend to be spared the direct effects of lightning due to their poor conductive properties. The respiratory center located in the brain's medullary center, however, is quite vulnerable. The immediate effect is a temporary "stunning" of the medulla and a transient respiratory arrest, leaving the victim subject to hypoxic injury or death if respiratory interventions are not immediately initiated. Respiratory arrest may last for hours after the return of spontaneous circulation, requiring intubation and a ventilator after aggressive respiratory support during extraction from the scene.

**Skin & vascular impact:** One of the typical effects of current traveling down the vasculature is vessel instability. This presents clinically as cold, pulseless and mottled extremities, which, in the unresponsive patient, can be easily confused with a prolonged downtime. The same



## WHEN LIGHTNING STRIKES

Lightning has a "search radius" of 50 yards around the area of the initial strike, often leaving the victims well removed from the point of initial impact. Not surprisingly, it's this phenomenon that has the potential for the most victims. Of note, hundreds of cases each year involve injury indoors while on a landline phone or in contact with a metal pipe or fixture.

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can be said for the presence of fixed and dilated pupils. This is often caused by a stunned autonomic nervous system. Like the effects on the medulla, this is usually a spontaneously reversible event over a few hours and shouldn't deter resuscitation efforts.

When presented with an unresponsive subject lying in the middle of a golf course (naked, with shreds of clothes scattered about) one of the key clues to the etiology of events can be found on the skin. Although discreet entry/exit wounds (like in high voltage injuries) are rare, it's the presentation of reddish-brown, feathery skin lesions, or Lichtenberg figures, that are pathognomonic for lightning strike. Although wearing metal probably doesn't increase the risk of being struck, the effects of super heating a piece of jewelry or clothing can cause partial and full thickness burns to skin.

The first order of business for the responding ambulance crew is scene safety. A timely response to the scene can put the caregiver at risk for another strike. Rapid evacuation to the vehicle or another safe structure may be required prior to treatment.

As with everything we do in the field, ABCs are the priority with special consideration for aggressive resuscitation of the asystolic or respiratory arrest patient. All patients should have cardiac monitoring due to concerns for ongoing arrhythmia. With the high risk of blunt trauma, C-spine immobilization, boarding and disciplined splinting to stabilize long bone injuries should be initiated when appropriate. Flooding the patient with large amounts of saline is controversial and probably is not indicated due to the risk of cerebral edema.

Some 74% of survivors of lightning injuries sustain long-term or permanent injuries. More than half will have ruptured ear drums and many will suffer significant eye injury, most typically resulting in cataracts that occur up to several years after the event. The most debilitating sequela, however, tend to be neurological.

Survivors can be plagued with permanent neurocognitive changes, including personality changes, learning disabilities, seizures and sleep disorders. Chronic pain syndromes, thought to be caused by damage to peripheral nerves, are a common and severe source of debilitation. As a result of the above, all victims of lightning strikes should be transported to the hospital to allow evaluation and appropriate follow-up arrangements.

## Conclusion

Although a relatively rare phenomenon, lightning strikes pose a unique diagnostic and treatment challenge to even the most seasoned EMS professional. With the increasing popularity of outdoor sports, the reported incidence is on the rise. Aggressive interventions, whether you're on the job or just at the right place at the right time on your day off, can save a life.

An edited article from JEMS

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## snippets

### HAPPY EMS APPRECIATION WEEK



It wasn't overly happy  
for us, but  
We were appreciated

### New Medical Acronyms

(Some of these are just PYPF- pee-your-pants-funny if you have a bit of a sick sense of humor)

**LOLNAD** - Little Old Lady No Acute Distress

**HIBGIA** - Had It Before, Got It Again

**AQR** - Ain't Quite Right

**GOMER** - Get out of my E.R.

**FTD** - Fixin To Die

**FDSTW** - Found Dead Stayed That Way

**CATS** - Cut All to Sh\*t

**PUHA** - Pick Up and Haul Ass

**PBS** - Pretty Bad Shape

**PCL** - Pre Code Looking

**PEFYC** - Pre Extricated For Your Convenience  
(through the windshield)

**PPA** - Practicing Professional Alcoholic

**EMT** - Empty Minded Troll

**AMF-YOYO** - Adios Mother F-----, You're On  
Your Own

### (not so much) fun facts

- **100 years ago: The first virus was found in both plants and animals**
- **The most dangerous animal in the world is the common housefly. Because of their habits of visiting animal waste, they transmit more diseases than any other animal**

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## actual fun fact

Your tongue is the only muscle  
in your body that is attached at  
only one end.

## ONE OF OUR OWN



**KRISTEN**

What if the  
hokey pokey  
really is  
what it's all  
about?

Our sweet smiling secretary is none other than a Valley Girl in the dark recesses of her heart, hailing from Carmel Valley, Calif. Fur shur. However she may have had that beaten out of her having moved across the country to Essex Junction at the tender (and often annoying) age of 13! She attended Albert D. Lawton Middle School and Essex High School.

The only child of a physician and an EMT, Kristen received all of the philanthropic genes her parents had to offer their progeny—she was a Junior Firefighter with the Essex Fire Department and then later became their dispatcher. She attended Champlain College and studied Law Enforcement for a time, but changed her mind.

She later chose Cosmetology—a choice more fitting for those California Girls—a field she worked in for a few years until her son Brody was born. In 2005 Kristen and her young family, husband Scott, son Brody and two-year-old Lexi moved into their first house in Fairfax where the

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civic-minded, philanthropy bug bit her again.

In 2006, she volunteered her time to Fairfax Success By Six and has been the community playgroup facilitator for the past three years. Two years ago following her mother's lead, she joined Fairfax Rescue and became an EMT. Kristen also has a few other interesting activities that occupy her time, (such as wardrobe malfunctions in the middle of the road...)

"I have my SCUBA certification, and hope to do that again this summer," she said. "I like drawing and poetry and have had a couple poems published." If that isn't surprising, she added, "I love doing dishes—I just hate putting them away!" I say we all invite Kristen over after supper to wash our dishes for us.

Having lived some 300 miles north of the greater Los Angeles area, it's fur shur unlikely that Kristen was ever a true Valley Girl and her commitment to serving others is a testimonial to that.

She has been going to school for the past year working toward becoming a nurse and will be enrolled in the nursing program at Vermont Technical College full time in the fall.

"I will be working first toward my LPN and the following year will obtain my RN with the hope of working Labor and Delivery at the hospital," she said.

Last month she was elected the squad secretary—a post assigned only to those who can write their names and spell a few words correctly. Congrats Kristen! We love you and appreciate all that you do. Thanks for joining.

## NEWBIES

No recruits  
This time  
that I am  
aware of

Who B  
recruiting  
right now?



SARA TERRELL

3/28/49-5/14/09

More than 20yrs of dedicated  
service