

The Alabama Association of Rescue Squads Presents

THE ALABAMA RESCUER



Representatives from the AARS and the Alabama Association of Volunteer Fire Departments appearing with Governor Bob Riley when he signed the fuel tax exemption bill into law. Full text of the bill will be printed next quarter!

2009 Fourth Quarter

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FROM THE DESKS OF THE EXECUTIVE BOARD

From the Desk of the President

HEY!!!!!! It's Conference time. It's just hard to believe that in just a day or two we will be meeting in Decatur for our annual conference. All the classes and networking that we will do just make me so rejuvenated for another year.

I first want to thank everyone for all the calls and prayers for Mandy, my business partner. For those that may not have heard, Mandy Stone, my business partner at the ambulance service was involved in a very serious accident on August 30. In the accident, Mandy suffered a broken back and several broken ribs. She had surgery to repair the damaged vertebra and is now in rehab at the Shepherd Center in Atlanta. Rehab is going very well but she still has a long way to go. So each and every stride and goal that she makes goes a long way in her recovery. It has been very hard on her, her family, and our employees. But those that know Mandy know how strong willed she is and how she will bounce back and make the very most of this situation. I would also like to pass along my sincere condolences to the family of a true and dear friend of the AARS and everyone that knew him, G.B. Casey from Etowah County Rescue Squad. One of my goals was to go and visit and talk about things of the past. I remember Casey, as that was the name I knew, at a very young age as I traveled with my family to quarterly meetings and various missions as a man of great intellect who was able to get things accomplished. Casey, you will be missed by many.

I want to thank Debbie and Jason for going to Pigeon Forge to the Tennessee annual conference. The continued relationship that we have continues to make a strong network of rescue volunteers all over. We are a voice and people do listen we just need to say it more often and as one.

Now, I hope everyone finds the schedule of activities lined up for the conference to be very rewarding. Jason has worked very hard on the classes and found some excellent instructors to bring their expertise to you. I know that times are very challenging, but we need everyone's participation in the conference and their continued support to our vendors. Please visit and make sure our vendors know how much we appreciate them. I hope I can get around and see the vendors unlike last year where I made it to the door and that was it.

Chauncey has worked very hard on our vendor representation and word has travelled around and I have had two more vendors in the last week to contact me about setting up. So I think we will have plenty of things to dream of.

As I come to a close I want to thank everyone for their support of the Association and the hard work of many that do the great things that is just second nature to you. It is second nature to you but it means so much to the ones that might have been affected. I want to thank everyone for your support of the executive board. It has truly been a rewarding experience for me and I look forward to another year. So everyone have safe and enjoyable holiday season. Remember we are just a phone call away for anything. God Bless each and everyone.
Matt

From the Desk of the 1st Vice President

Can you believe it's time for the conference to happen already? But as we all know it's that time again. Now folks we need all of your help, **I mean all** of your help. As the years have gone by we have seen a drastic decrease in attendance at the conferences. We as the executive board and the Committee's members have tried to give

you, the members, a way to get the states required education at the conference, so you don't have to worry about where to go. You can get all you need at one place, so I hope to see you all there. Everyone please register for the classes and get your paperwork back in on time to make everyone's jobs easier. Getting the paperwork in on time helps Debbie get an accurate count. Please check the website for any further announcements or changes.

I was glad to see you all at Dekalb County back in August, yes it was hot but I have to take my hat off to all the Squads in my County who put on a good meeting. Lots of door prizes were given out.

I want to thank the Nominating committee on the job they have done and for the years of service they have committed to the Association.

For myself, I want to thank you all for your support over the years.

This is one of the best, thankless jobs you will ever do.

The job is an every day job, you are always on the phone, emails to return or going to see somebody about a problem.

Now on to what is coming up. I want to see you all in November in Decatur and hope that we have the best conference yet!

Danny Butler

1st V.P.

From the Desk of the 2nd Vice President

Hello once again,

During the last week we have lost one of the founding members of the AARS. With the loss of Mr. G. B. Casey it makes us think of what we have learned from the older members of the Squads over the years. Keep the Casey family in your thoughts and prayers. Also thank the older members of your squad while you still can. They have made the AARS what it is today and will always be remembered. I would just like to say THANK YOU to the ones that have taught me so much over the years.

We have just finished up with the fall training at LASAR, and we did a Public Safety Diver Training class with 15 PSD divers and 15 PSD line tenders. This was a joint class between Alabama Fire College and AARS; this is the first one of its kind for the AFC and AARS.

With this class we hope to get all AARS rescue divers up to a Basic Public Safety Diver. Would like to thank Lower Alabama Search and Rescue (LASAR) and lead instructor Steve Duckworth and his team for putting together this great and very informative class. We all had a great time and I think everyone in this class learned and took away from useful information.

Would also like to thank the LASAR ladies for the great food and taking care of us during the class. This Public Safety Diver Training class has become an annual event, but starting next year we hope to have many different training opportunities throughout the year. We are looking for squads to host these training events and ideas on classes you would like to see taught. Classes we have in mind basic auto extrication, advance auto extrication, bus extrication, EVOC, and farm rescue. If you are interested in hosting these classes or any classes please contact me.

Seems impossible that it is almost time for conference again, how time flies! I have been working on the classes for conference and looking forward to the classes we will be offering this year. If you have not heard this year the conference classes will be pediatric based, this is a field that all would benefit all (seems like you never can learn enough on how to care best for children). I am looking forward to seeing everyone at conference. We are planning on having a learning experience as well as a fun time. The cart race and rescue

FROM THE DESKS OF THE EXECUTIVE BOARD

challenge are sure to be interesting this year. We would like to see more carts for the cart race this year, as well as more teams in the rescue challenge, the more the merrier. Also remember that we will have the first aid competition and would like to see several squads represented, make sure you are up on your pediatric skills. Everyone should have received their conference packets by now, please make sure you get them in by the deadline. This helps us plan adequate space and instructors for the conference. It is a must that you pre-register for classes being offered to make sure we have enough people to have the class, if you sign up for a class and we do not have enough people to have it you will be notified. On Wednesday we will be offering a NIMS 400 class at 9:00 A.M.- Until finished for everyone who needs it, you must be NIMS 300 certified before taking this class. On Thursday Basic Refresher and we are glad to offer Pediatric Advanced Trauma Life Support (PATLS), this class has been taught in Alabama very few times, will be a great informative class for all. Thursday classes will begin at 8:00 – 12:00 and 1:00 – 5:00. Friday from 8:00 – 10:00 A.M. will be a Special Needs Class, on how to deal with Special Needs patients in emergency situations; Pediatric Search Class from 10:00 – 12:00, and a boaters license class from 8:00 – 12:00, and a Virtual Alabama Class from 1:00 – 5:00, this is a class that every squad needs to send at least one person to; ACLS class from 8:00 – 5:00 (with lunch break). Friday night there will be karaoke and food. Saturday morning from 8:00 – 9:00 EMT Protocol Update. Remember to send in your nominations for the awards to be presented at the conference. I look forward to having a great turnout for the conference and hope that is one of the best we have had. If you have any suggestions, please feel free to email or text me and I will try to help in any way possible. Hoping to see everyone in Decatur in November! Everyone remember to enjoy life, train hard and stay safe!

Jason Heard
2nd VP

3rd Quarterly Meeting
General Business Meeting
August 15, 2009
Rainsville, AL

Meeting was called to order by President Matt Knight. The Honor Guard posted the colors and Chaplain Hoyt McCaghren led us in prayer. Roll was called by Debbie Tidwell with 66 squads in attendance. Baker Hill was counted present due to the death of a member. The renewal packets were handed out as roll was called. Motion was made by Cullman County to dispense with the reading of the minutes. Seconded by McIntosh, motion carried. Motion was made by Lillian to dispense with the reading of the financial report. Seconded by Peckerwood, motion carried. Danny gave a report on the legislative report due to the absence of Chauncey. Links to the fuel tax forms are available on the website. There were no new squads to vote on. Jason spoke about the September training in Lillian. Jason spoke about the conference classes, competitions and reminded everyone to please register for all the classes. The conference packets will be mailed the 1st week of September. Jason presented a plaque to Autauga County for High Attendance for the 2nd Quarter. Rescuer of the Quarter was presented to Candy Davidson and Stacey Rutledge. High Attendance for the 3rd Quarter is Peckerwood. Gwen spoke about the magazine and to let everyone know that if anyone wished to receive the magazine electronically go to the website and sign up. This will help us to cut the cost of what we are spending on the magazine. Johnny came up and gave the recommendations of the nominating committee for officers for 2010. Jason was nominated for 2nd Vice President. Motion made by Anniston. Seconded by South Lamar. Motion carried. Danny was nominated for 1st Vice President. Motion made by Coosa Valley. Seconded by Anniston. Motion carried. Matt was nominated by President. Motion made by Anniston. Seconded by Coosa Valley. Motion carried. There will be no vote for officers at the conference; all officers will remain in office. The manual for the Honor Guard is now available on the website. This will be voted on at the conference. Matt presented a certificate to Dekalb County Rescue Squad Association of r hosting the meeting. With no further business the meeting was adjourned.

**** Cookbook Recipe Reminder ****

Please remember that Debbie Tidwell is still collecting recipes for the AARS Cookbook. If you have not yet submitted a recipe please do so today! Be sure to submit all your favorite recipes to have them included.

*** MUTUAL AID ***

IF YOUR SQUAD HAS A SITUATION WHERE YOU NEED MUTUAL AID FROM OTHER DEPARTMENTS SUCH AS STORM DAMAGE OR WATER RESCUES PLEASE CONTACT THE AARS OFFICE AT (800) 452-8431, SO WE CAN GET THE CLOSEST SQUADS WITH THE TRAINING AND EQUIPMENT YOU NEED TO YOU. IF THERE IS NO ANSWER LEAVE A MESSAGE AND YOUR CALL WILL BE RETURNED AS SOON AS POSSIBLE. IF IT IS URGENT CALL DEBBIE TIDWELL ON HER CELL PHONE AT (256) 347-2690.

**ALABAMA ASSOCIATION OF RESCUE
SQUADS
ASSOCIATION OFFICERS**

PRESIDENT.....MATT KNIGHT

Home: (334) 863-4646
Fax: (334) 863-8245
Cell: (256) 610-1357
349 Cauthen Circle
Roanoke, AL 36274
E-Mail: president@alars.org

1st VICE PRESIDENT.....DANNY BUTLER

Home: (256) 659-6453
Fax: (256) 659-6453
Cell: (256) 996-0812
1389 County Road 160
Crossville, AL 35962
E-Mail: 1stvp@alars.org

2nd VICE PRESIDENT.....JASON HEARD

Cell: (256) 630-1802
Home: (256) 632-9110
5684 Co Rd 78
Pisgah, AL 35765
E-Mail: aars2ndvp@yahoo.com

SECRETARY / TREASURER.....DEBBIE TIDWELL

Association Phone: (800) 452-8431
Fax: (256) 747-3633
Cell: (256) 347-2690
PO Box 569
Addison, AL 35540
E-Mail: sectreas@alars.org

**LEGAL ADVISORCONTACT A MEMBER OF EXECUTIVE
COMMITTEE IF ASSISTANCE IS NEEDED.**

HONOR GUARD

Captain.....MICHAEL HARDY
Home: (256) 614-1383
Cell: (256) 431-7734
E-Mail: cmhardy@peoplepc.com

CONTACT A MEMBER OF EXECUTIVE BOARD FOR REQUEST

RESCUER MAGAZINE

EDITOR.....GWEN STONE
Phone: (256) 364-0150
E-Mail for Editor: editor@alars.org

2009 COMMITTEE APPOINTMENTS

CHAPLAIN.....DOYCE BOBBITT
ASST CHAPLAIN.....HOYT MCCAGHREN

MEMBERSHIP.....CHAIRMAN: DANNY BUTLER
Geraldine

BRUCE PATRICK, South Lamar
RAY HOGANS, Lillian VFD
TIM WILLIS, Cullman County
HOYT MCCAGHREN, Lawrence County
CHAUNCEY WOOD, Clio Rescue

PUBLICITY/PR.....
GWEN STONE, Desoto Rescue
RICK MILLER, LASAR

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Cherokee

JIM MCCLELLAN, Clay County
JOHNNY WARREN, Anniston
GEORGE GRABRYAN, Lauderdale County

WAYS/MEANS.....CHAIRMAN: JOE STONE
Coosa Valley

FRED MANEY, Coosa Valley
DON DOLLAR, Vernon

EDUCATION/TRAINING.....CHAIRMAN: JASON HEARD
Rosalie

BRIAN STYLES, Cullman
GEORGE ROBERTS, Ider
BRIAN BAILEY, Huntsville Cave Rescue Unit
RAY HOGANS, Lillian VFD
ED NICHOLAS, SARTEC K-9

NOMINATING.....CHAIRMAN: JOHNNY WARREN
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DANNY SMITH, Cherokee
DON DOLLAR, Vernon
BILLY REEVES, Jackson

LEGISLATIVE.....CHAIRMAN: MATT KNIGHT
Randolph County

DANNY BUTLER, Geraldine
JASON HEARD, Rosalie
DEBBIE TIDWELL, Addison
CHAUNCEY WOOD, Clio

PHOTOGRAPHERS.....
FLOYD GUTHRIE, Carbon Hill
RICK MILLER, LASAR

COMMUNICATIONS ADVISORS.....
MICHAEL STONE, Desoto
MIKE REEVES, Empact

WILLIAM SZCEPANSKI, Morgan County

PARLIAMENTARIANS.....
JOHNNY WARREN, Anniston
DANNY SMITH, Cherokee

CONFERENCE.....CHAIRMEN: CHAUNCEY & TINA WOOD
Clio

RAY HOGANS, Lillian VFD
MARIA JAY, Geraldine
JANNA ASHMORE, Ider
BRIAN STYLES, Cullman
DANILLE BYRD, McIntosh

IMPORTANT INFORMATION

**** IF YOUR GREEN CARD IS INCORRECT, PLEASE NOTIFY DEBBIE TIDWELL ASAP SO SHE CAN CORRECT IT.**

**** 2009 FOURTH QUARTER MAGAZINE DEADLINE: SEPTEMBER 11, 2009**

**** IF YOU WOULD LIKE TO RECEIVE AN EMAILED VERSION OF THE MAGAZINE INSTEAD OF THE PRINT EDITION, PLEASE SEND AN EMAIL TO editor@alars.org WITH YOUR NAME AND CORRECT EMAIL ADDRESS ****

**** THE EDITOR RESERVES THE RIGHT TO EDIT ANY ARTICLE SUBMITTED FOR LENGTH, CONTENT, AND APPROPRIATENESS**

**** ANY ARTICLES SUBMITTED AFTER THE DEADLINE DATE WILL BE SUBMITTED FOR THE NEXT MAGAZINE NO EXCEPTIONS SO THE MAGAZINE CAN GET OUT TO YOU QUICKER****

**** ANY ARTICLE SUBMITTED THAT IS FROM A COPYRIGHTED SOURCE, MUST INCLUDE REPRINT PERMISSION, THIS IS A LEGAL REQUIREMENT *****

**** ARTICLES SHOULD BE SENT USING THE EDITOR LINK ON THE AARS WEBSITE OR TO editor@alars.org *****

*** Note from the Webmaster ***

The AARS Website has recently undergone a face-lift, please stop by and check out the new design. Be sure to send any comments to the webmaster: webmaster@alars.org

Also, Squad Captains, please check the information listed under Member Squads for accuracy, and report any errors or missing information to webmaster@alars.org

The AARS Website is <http://www.alars.org>



Who says I have to purchase P25 digital radios?

Actually, nobody, UNLESS you plan to spend Federal grant money to pay for them! Or, if you want a narrow band capable, inter-operable communicator with better operating range, longer battery life, loud and clear audio, plus privacy – THEN you might want to consider purchasing analog/digital capable P25 radios instead of ordinary radios!

If you want the best value in P25 DHS, FEMA, and SAFE-COM compliant radios, you might want to consider our offerings. For additional information on P25, we invite you to visit a special web site prepared just for Alabama public safety users at:

**www.the-end-of-confusion.com
or give us a call at 800.489.2611**



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AARS VEHICLE DECAL	___ x	\$ 2.00	___
AARS FLAG	___ x	\$ 50.00	___

GRAND TOTAL \$ _____

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*** IF YOU PREFER I WILL BE GLAD TO BRING THE ITEMS TO THE NEXT QUARTERLY MEETING. ***

EXTRICATION CONTEST RULES

1. ALL TEAM MEMBERS MUST BE REGISTERED FOR THE CONVENTION.
 2. UNREGISTERED COMPETITORS WILL RESULT IN DISQUALIFICATION.
 3. A TEAM MAY CONSIST OF UP TO FIVE MEMBERS.
 4. THE CAPTAIN MUST MAINTAIN CONTROL.
 5. THE JUDGES HAVE ABSOLUTE CONTROL OF THE "PITS".
 6. NO TIMES WILL BE ASSESSED FOR A "FREEZE".
 7. THE TIMES WILL BE STOPPED AT 20 MINUTES.
 8. THE TOOLS FOR THE COMPETITION WILL BE FURNISHED. HOWEVER, IF YOU ELECT TO USE YOUR OWN TOOLS, PLEASE INFORM US AT THE CAPTAINS' MEETING.
 9. ORDER OF COMPETITION WILL BE DRAWN FOR BY THE CAPTAINS.
 10. TEAMS MUST HAVE SUBMITTED ENTRY FORM BY OCTOBER 15TH.
 11. FIRST THRU THIRD PLACE TROPHIES WILL BE AWARDED.
 12. UNSPORTSMANLIKE CONDUCT FROM ANY TEAM MEMBERS BEFORE, DURING OR AFTER CAN RESULT IN IMMEDIATE DISQUALIFICATION.
 13. THE DECISION OF THE JUDGES WILL BE FINAL.
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Scrapbook Contest Rules

1. All entries must pertain to the squad or squad members and must be neat in form.
2. All scrapbook material must be for the current year.
3. Scrapbook must be bound. No entry will be accepted with the pages just stapled together.
4. All photos must be identified as to who is in the picture and what activity is shown. **PICTURES OF VICTIMS WILL NOT BE PERMITTED.**
5. All entries must be displayed by 10: 00 A.M., November 14th and remain until 4:00 P.M.
6. The decision of the judges will be final.

If you have any questions Please contact 2nd Vice-President Jason Heard at (256)630-1802 or email at 2ndVP@alars.org ANY **CHANGES TO THESE RULES WILL BE PUBLISHED IN THE ALABAMA RESCUER.**

Rambling Rescue Race Contest Rules

- 1. PARTICIPANTS MUST BE REGISTERED AT CONVENTION.**
 - 2. PARTICIPANTS WILL BE DRESSED IN FULL PERSONAL PROTECTIVE GEAR.**
 - 3.**
 - A. MAXIMUM CART LENGTH 6'**
 - B. MAXIMUM 30" WIDTH (NOT INCLUDING WHEELS)**
 - C. 18" WHEEL MAXIMUM DIAMETER**
 - D. 300# MAXIMUM CART WEIGHT (NOT INCLUDING OCCUPANTS)**
 - E. NO MECHANICAL PROPULSION DEVICES**
 - F. ONE DRIVER PER CART**
 - G. ONE PUSHER PER CART (MUST BE RIDING ACROSS FINISH LINE.**
 - 4. ORDER OF FINISH DETERMINED BY ORDER OF CROSSING FINISH LINE WITH 1ST, 2ND, & 3RD PLACE AWARDED ON FINAL RACE.**
 - 5. NO APPEALS FOR COLLISION, INTERFERENCES, ETC. WILL BE ALLOWED**
 - 6. THIS IS DESIGNED TO BE A FUN CONTEST, CONTESTANTS MUST KEEP THAT IN MIND**
 - 7. SQUADS MAY HAVE MORE THAN ONE CART ENTERED BUT EACH CART MUST HAVE ITS OWN SEPARATE DRIVER AND PUSHER. (NO ONE CART MAY BE ENTERED MORE THAN ONCE.**
 - 8. EACH SQUAD AT THE CONVENTION WILL BE GIVEN ONE BALLOT TO CAST THEIR VOTE ON APPEARANCE; 1ST, 2ND & 3RD PLACES WILL BE DECIDED BY POPULAR VOTES RECEIVED.**
 - 9. IF THE NUMBER OF ENTRIES EXCEEDS A SAFE NUMBER FOR ONE RACE; SEPARATE HEATS WILL BE CONDUCTED WITH BEAT WINNERS BEING ALLOWED TO COMPETE IN FINAL RACE OR SUBSEQUENT HEATS FOR FINAL RACE.**
 - 10. THE DECISION OF THE JUDGES WILL BE FINAL.**
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First Aid Contest Rules and Equipment List

Each team will consist of four members including a working captain. A roster of team members must be submitted.

The contest will consist of three parts:

1. A written test for all team members.
2. One rescuer CPR - Only one person from each team to compete, selected by the team captain.
3. A practical test consisting of multiple trauma victims, to include initial patient survey, vital signs, and treatment.

Each team is to furnish their own equipment and supplies. Judges will be selected from AARS membership. Team scores will consist of total scores for all three parts. The sequence in which teams compete will be determined by a drawing at the team meeting. Trophies will be awarded for first, second, and third place.

Pre-Registration Is a Must!

AARS 2009 Annual Conference November 11th – 14th

Decatur Holiday Inn & Suites

1101 6th Ave NE

Decatur, AL 35601

(256) 355-3150

Schedule of Events

(All classes are subject to change)

Wednesday

NIMS 400.....8:00am-8:00pm

Thursday

Pediatric Advanced Trauma Life Support..8:00am-5:00pm

Basic Refresher Course.....8:00am-5:00pm

Friday

ACLS.....8:00am-5:00pm

Special Needs8:00am-10:00am

Lost Child Search.....10:00am-12:00pm

Virtual Alabama.....1:00pm – 5:00pm

Boating Class8:00am-12:00pm

Basic Refresher Course.....8:00am-5:00pm

Convention Early Registration.....2:00pm-6:00pm

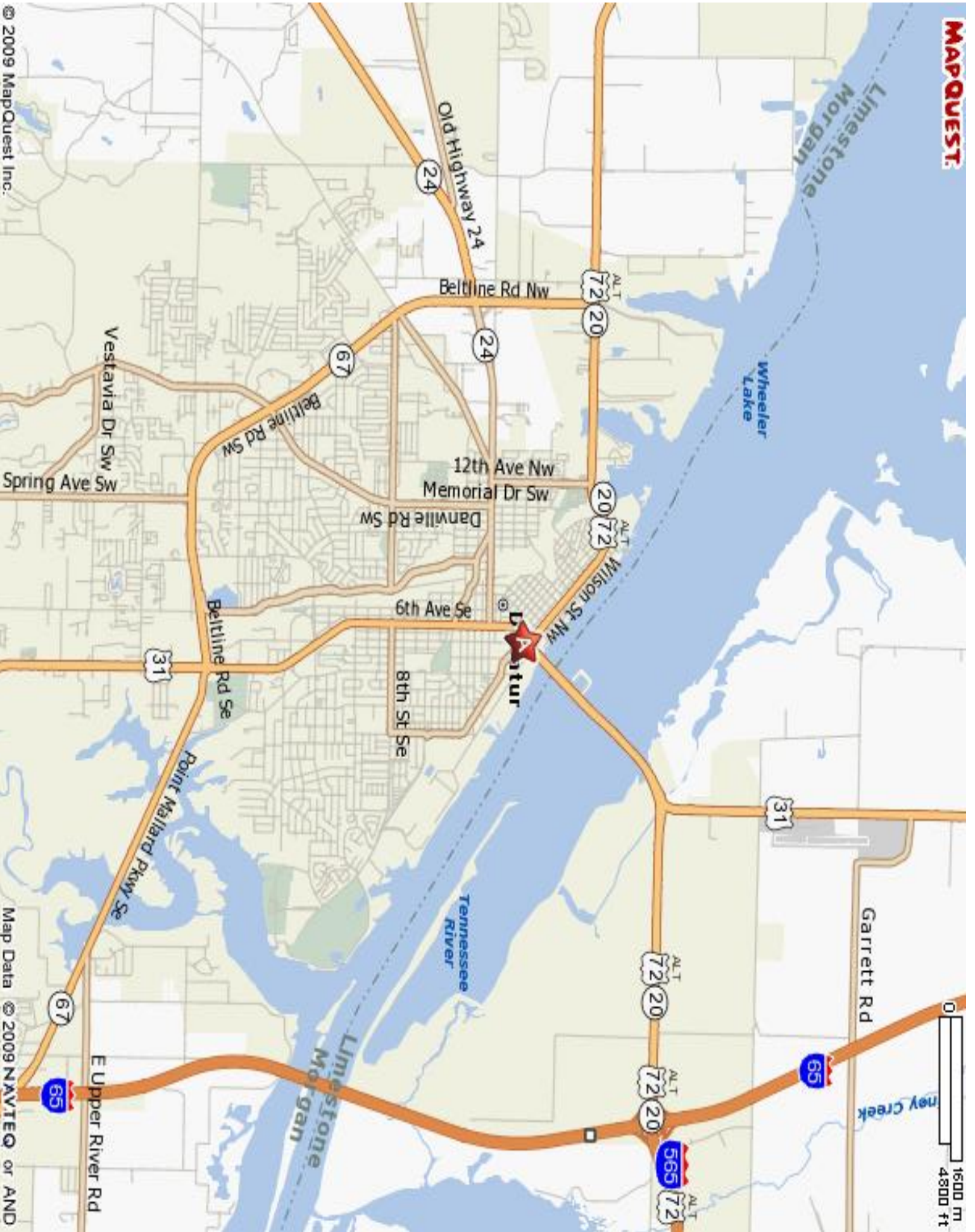
Hospitality Room.....7:00pm

Karaoke.....8:00pm

Saturday

Protocol Update Class.....	8:00am-9:00am
Convention Registration	8:00am-9:00am
Exhibits & Vendors	8:00am-4:00pm
General Welcome	9:15am-9:30am
Scrapbook Viewing	10:00am-4:00pm
Board of Directors Meeting	10:00am-11:00am
Lunch	11:30am-1:00pm
General Business Meeting	1:00pm-2:30pm
Pre-Seating for Banquet.....	2:30pm-3:00pm
Kids Room.....	6:00pm
Awards Banquet	7:00pm





Special Request from Desoto Rescue Squad

If any Squad has a rescue vehicle that they no longer need, the Desoto Rescue Squad is looking for a newer, more capable truck than their current 1989 Ford Ranger. Low price or donation would be appreciated. Please contact Captain Gwen Stone (256) 364-0150 or 1st LT Michael Stone (256) 755-1023. Thank you very much and BE SAFE!!

Attention All Squads: Please gather pictures of your squad activities and calls, past and present, and get them to Jason Heard ASAP for a slide show at the Conference. The pictures should be in digital form and can be e-mailed to Jason or given to him at the conference on CD and remember, as always, **NO PATIENT FACES.**



Alabama Association of Rescue Squads, Inc.

Post Office Box 569
Addison, Alabama 35540
Phone: 800-452-8431 • Fax 256-747-3633

VOTING RULES

1. EACH REPRESENTATIVE MUST SHOW THEIR MEMBERSHIP CARD AND SIGN THE VOTING REGISTRATION FORM INDICATING THEY ARE VOTING FOR THEIR SQUAD.
2. AFTER THE REPRESENTATIVE SIGNS REGISTRATION FORM, A BALLOT WILL BE GIVEN TO THEM INDICATING THE NUMBER OF VOTES THEIR SQUAD IS ALLOWED.
3. AFTER THE VOTING HAS CLOSED, THE VOTES WILL BE TALLIED FOR EACH CANDIDATE. TO AVOID A RUNOFF, ONE OF THE CANDIDATES MUST RECEIVE A MAJORITY OF THE VOTES (51.1%).
4. AFTER THE VOTES HAVE BEEN COUNTED, EACH MEMBER OF THE NOMINATING COMMITTEE MUST CERTIFY THE RESULTS OF THE ELECTION.
5. IF A RUNOFF IS NECESSARY, THE EXECUTIVE SECRETARY-TREASURER WILL BE NOTIFIED AS SOON AS POSSIBLE SO AN ANNOUNCEMENT CAN BE MADE THAT A RUNOFF IS NECESSARY.
6. THE NOMINATING COMMITTEE WILL THEN HOLD A RUNOFF ELECTION AND CERTIFY THE RESULTS AS SOON AS POSSIBLE. THE CHAIRMAN OF THE NOMINATING COMMITTEE WILL ANNOUNCE THE RESULTS AT THE GENERAL BUSINESS MEETING.

South Lamar Rescue Squad presents
Prepare for the H1N1 “SWINE FLU” Pandemic

This information is given by the South Lamar Rescue Squad to keep you informed about the spread of the H1N1 “SWINE FLU” Pandemic (means worldwide). On June 11, 2009, the [World Health Organization](#) (WHO) signaled that a pandemic of novel H1N1 flu was underway. This new virus was first detected in people in the United States in April 2009. The Center for Disease Control (CDC) reported on August 6, 2009, there are 6,506 confirmed hospitalized H1N1 Flu patients and 436 deaths. This is from April to August during the summer when normal flu outbreaks does not occur.

Why is novel H1N1 virus sometimes called “swine flu”?

This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a “quadruple reassortant” virus.

How Does H1N1 Flu Differ from Seasonal Flu?

Influenza of any kind has the potential to be deadly, and is monitored closely by public health organizations worldwide. This novel influenza A (H1N1) flu outbreak is of particular concern because this strain appears to be highly contagious and is spreading rapidly. Also, anytime a new strain of the flu develops, it can spread fast because people don't have a natural immunity, current vaccinations aren't effective and new vaccines can take months to develop.

While current influenza medications can ease the symptoms and severity of an individual episode, measures at the community, state, country and worldwide levels are being required to contain the spread of the virus. Availability of enough medication and health care resources to treat the number of cases in various regions is another driving factor in the way public health and government officials are responding.

How Can I Tell if I Have H1N1 Flu?

H1N1 flu has symptoms that are similar to seasonal influenza (type A). These symptoms generally include cough, sore throat, fever, chills, headache, fatigue, sometimes nausea and diarrhea. If you have ever had the flu before, you'll recognize the symptoms right away. However, having flu symptoms does not automatically mean you have swine flu. The only way to know for sure is to complete a lab test.

If you have flu symptoms or are suffering from any kind of persistent respiratory infection, we urge you to quickly seek medical attention. Not only are you at risk of becoming seriously ill, you increase the chance of spreading the virus to others if you continue your daily routines of work, school, family and social activities. Wear a facemask to the doctor so not to spread your flu.

Protect Yourself, Your Family, and Community

- Stay informed Health officials will provide additional information as it becomes available. [Visit the CDC H1N1 Flu website.](#)
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze. [Alcohol-based hand cleaners*](#) are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with a flu-like illness, [stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. \(Your fever should be gone without the use of fever-reducing medicine.\) Keep away from others as much as possible. This is to keep from making others sick.](#)
- If you are sick and sharing a common space with other household members in your home, wear a facemask, if available and tolerable, to help prevent spreading the virus to others. For more information, see the [Interim Recommendations for Facemask and Respirator Use.](#)
- Learn more about how to take care of someone who is ill in ["Taking Care of a Sick Person in Your Home"](#)
 - Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- If you don't have one yet, consider developing a family emergency plan as a precaution. This should include storing a supply of extra food, medicines, and other essential supplies. Further information can be found in the ["Flu Planning Checklist"](#)

How Is H1N1 Flu Treated?

There are two influenza antiviral medications that are recommended for use against novel H1N1 flu. The drugs that are used for treating novel H1N1 flu are called oseltamivir (trade name Tamiflu ®) and zanamivir (Relenza ®). As the novel H1N1 flu spreads, these antiviral drugs may become in short supply. Therefore, the drugs may be given first to those people who have been hospitalized or are at high risk of severe illness from flu. The drugs work best if given within 2 days of becoming ill, but may be given later if illness is severe or for those at a high risk for complications.

ASPIRIN - ALERT DO NOT USE ON H1N1 FLU

Aspirin or aspirin-containing products (e.g., bismuth subsalicylate – Pepto Bismol) should not be administered to any confirmed or suspected ill case of novel influenza A (H1N1) virus infection aged 18 years old and younger due to the risk of Reye’s syndrome. For relief of fever, other anti-pyretic medications are recommended such as acetaminophen or non steroidal anti-inflammatory drugs. For more information about Reye’s syndrome, visit the [National Institute of Health website](#) .

- Check ingredient labels on over-the-counter cold and flu medications to see if they contain aspirin.
- Children 5 years of age and older and teenagers with the flu can take medicines *without* aspirin, such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®), to relieve symptoms.
- Children younger than 4 years of age should **NOT** be given over-the-counter cold medications without first speaking with a health care provider.

EMERGENCY WARNING SIGNS

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

COMMUNITY SERVICE GRANTS AVAILABLE

During the regular legislative session, the House of Representatives provided 6.5 million for Community Service Grants. In the past, the grants could only go to education programs, but the Legislature expanded them to non-education purposes, making Volunteer Fire Departments and Rescue Squads eligible for the first time.

If your department would like to apply for this community service grant, please contact your local state Representative. Permissible use of the grant will be outlined in the application.

Chauncey D. Wood, III
AAVFD President
334-262-2833 (Office)



“Did you have something you wanted to say?”

Photo by Rick Miller, LASAR

Awards

Wendell Price Award

The Wendell Price Award for Outstanding Community Service is presented to a squad member who serves his squad and community on a regular basis. This award is for someone who contributes their time by doing routine activities for their organization or always making themselves available for search and rescue operations. In addition, this person might serve the community in other ways, such as teaching CPR or First Responder courses. This award is not for singular heroic acts. The winner of this award will be presented a plaque at the banquet. Runners-up will be awarded a certificate of recognition. Nominations for this award must be received by the association no later than November 1st each year.

Rescuer of the Quarter

The Rescuer of the Quarter Award is awarded quarterly for a squad member who performs an outstanding rescue act that deserves recognition. The winner of this award is presented a plaque at the quarterly meeting. Nominations for this award must be received no later than 10 days prior to the Quarterly Meeting.

Citizen of the Year Award

The Citizen of the Year Award is to recognize someone *other than a squad member who* has done some outstanding rescue act since the last convention. The winner of this award will be invited to our banquet and will be presented a plaque. Nominations for this award must be received no later than November 1st each year.

Glenn Parris Award

This award is presented in honor of our founder Glen Parris. The recipient of this award is chosen from the winners of the Rescuer of the Quarter for the current year.

Phil Campbell Rescue Squad
By Mary Elkins

Just a little note about what has been going on here at Phil Campbell Rescue Squad.

We would like to congratulate Tony Elkins on his progress through Paramedic training and wish him the best in completing his last semester. I know that it has been a very busy time for him with all the hours needed for studying, class time and clinical hours. Keep up the good work, it is almost over!

Our members recently had a discussion on how we could assist all of the volunteers that work so hard to help all the people in our community during disasters. The suggestion was made and voted unanimously to purchase an enclosed trailer and stock it with necessary tools and supplies for such occasions. It is everyone's hope that we will not need this unit very often but feel it will be a great asset if needed.

Recently Air Evac 16 came to the squad for a landing zone class. These classes, even though many of us have attended several times before, are very important. They help all of us remember the importance of having an area large enough and clear of all obstacles to safely get the helicopter and its crew on the ground, to protect all the responders, fire personnel and bystanders and proper ways of communication and finally, getting the patient loaded and the crew safely off the ground.

Here's hoping that all are well!

AARS Honor Guard



***** SPECIAL NOTE REGARDING HONOR GUARD REQUESTS *****

FOR ALL HONOR GUARD REQUESTS PLEASE CONTACT A MEMBER OF THE EXECUTIVE BOARD INSTEAD OF CONTACTING THE HONOR GUARD CAPTAIN DIRECTLY.



EMT Prayer

God...grant me the ability to give
Emergency Care
With skillful hands, knowledgeable mind,
And tender love and care.
Help me deal with everything,
When lives are on the line
To see the worst, administer aide, and
Ease a worried mind.
So help me as I go today
Accept what fate may be.
Touch these hands, use this mind,
Help this EMT.
— author unknown —



IN MEMORIUM

**G.B. Casey
Etowah County Rescue
Founding member AARS**

**Paul Lett
Clay County Rescue**

**Irene McClellan
Clay County Rescue**

**Jean Price
Anniston Emergency & Rescue Squad**

Please send the Name and Squad to editor@alars.org for inclusion.

ADPH Staff Directory

Office: (334) 206-5383

Dennis Blair
Director

Russell Crowley
Deputy Director

William Crawford M.D.
Assistant Medical Director

Craig Dowell
Information Technology Support

Crystal Fountain
Trauma Assistant

Katherine Dixon Hert
Financial & Special Program Manager
EMSC Grant Manager

Mark Jackson
Compliance Coordinator

Chris Lochte
Information Technology Support

Robin Moore
Epidemiologist

Kembley Thomas
Provider License Assistant

Vickie Turner
Inspector

Tammie Yeldell
Research Analyst III

Stephanie Payne
Administrative Support to Director

John Campbell M.D.
Medical Director

Gloria Calhoun
Administrative Assistant

Pat Felder
Administrative Support

Sid Griffith II
Administrative Support

Hugh Hollon
Provider License & Medical Director
Coordinator

Choona Lang
Trauma Coordinator

Gary Mackey
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