

The Alabama Association of Rescue Squads Presents

THE ALABAMA RESCUER



2012 First Quarter

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**ALABAMA ASSOCIATION OF RESCUE
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ASSOCIATION OFFICERS**

2011 COMMITTEE APPOINTMENTS

PRESIDENT.....DANNY BUTLER
Home: (256) 659-6453
Fax: (256) 659-6453
1389 County Road 160
Crossville, AL 35962
E-Mail: president@alars.org

1st VICE PRESIDENT.....JASON HEARD
Cell: (256) 630-1802
Home: (256) 632-9110
5684 Co Rd 78
Pisgah, AL 35765
E-Mail: 1stvp@alars.org

2nd VICE PRESIDENT.....BRIAN BAILEY
(256) 509-4785
3153 Hwy 231
Laceys Spring, AL 35754
E-Mail: 2ndvp@alars.org

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

WEBMASTER.....MICHAEL STONE, Desoto
Phone: (256) 755-1023
E-Mail for Webmaster: webmaster@alars.org

PHOTOGRAPHER.....RICK MILLER, LASAR

CHAPLAIN.....DOYCE BOBBITT, Etowah County
ASST CHAPLAIN...HOYT MCCAGHREN, Lawrence County

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Rescue
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FROM THE DESKS OF THE EXECUTIVE BOARD

From the Desk of the President

Hello to all my fellow squad members! Again we face a new year and what is 2012 going to bring us as an association? That ,my friends, is what we have got to face head on with the mentality of let's do what we do best. Help our fellow man to relieve suffering, cut trees, pick up the limbs of those trees and search for the lost to see them back home where they should be. Swim above and below the waters, warm and cold. Get the people to work during the Ice and snow. How about doing what we do everyday, be ourselves in the time of need. That my friends, is what we do best.

Now I want to thank you all for the great conference we had in Decatur. I can say I hope we have plenty more to come. I hope you all enjoyed the meal, it was a bit out of the normal from we have had. I have had no complaints about the food at all. As you all now know we did not choose a site for 2012, and as of the time of writing this letter, we are still looking for a site.

I cannot say enough of how the Executive Board is working together. We will continue to bring the best for you as a whole. I want to bring the EMA seat back to us in the style we deserve to be a part of the time of need. It's time we get in the seat and help drive it for a change. As most of you heard my pledge to State EMA Director Art Faulkner, we can't sit on our rumps and expect to get what we need. Time to work and show what we can do. I know what we can do, and I do expect a good showing. We hope to have the plans laid out for the surplus in the next few days. I can assure you it will not be abused by a few so a lot will suffer. I myself will monitor this so we all can benefit from it. See you all soon.

Danny Butler
President

From the Desk of the 1st Vice President

Hope everyone had a Merry Christmas and a good beginning to the New Year. I would like to thank everyone who made Conference a success. We had some very informative classes and fun. Also thanks to all our vendors for supporting us. We had our first officers meeting and we are looking forward to a great year ahead of us. Remember, we need to be thinking about training classes for the year. If you are interested in having or hosting a class, please let Brian or myself know so we can be these planned. If I can be of assistance to any of you please let me know. Hope to see everyone at the first quarterly meeting in Daleville. Until then remember to enjoy life, train hard and stay safe.

Jason Heard
1st Vice President

From the Desk of the 2nd Vice President

Well its the beginning of a new year. We hope everyone had a great time at the conference! For those that did not make it please make plans to attend this year. The addition of some new games and competitions made for a lot of fun. We appreciate all of our vendors for coming and supporting our conference. I would also like to thank all of those behind the scenes that made the whole thing happen, as it takes a lot of work to put it on.

I encourage everyone to attend as many meetings this year as possible. We need your input on what you would like for the board to do to better serve your association. But remember like I always said the association belongs to you. Get involved and make a difference.

The board met and has come up with some new ideas on improving our association and ways we can help support each other's squads better, more details are coming.

The HCRU has classes you can sign up on line at HCRU.ORG. We need to know what other training classes you would like to see. Please feel free to e-mail me with suggestions.

Hope to see you all at the first quarterly meeting. Thanks again for all your support last year.

Brian Bailey
2nd Vice President



Do you like this logo design, courtesy of Luther Peebles?

Send comments to:
editor@alars.org
OR

Let me know at the meeting!

— Gwen

FROM THE DESKS OF THE EXECUTIVE BOARD

Conference November 2011

Holiday Inn

Decatur, AL

Colors were posted by the Honor Guard. Meeting was called to order by President Danny Butler. Opening prayer by Hoyt McCaghren.

Special guest speakers: Senator Arthur Orr
Chuck Murph - Homeland Security
Ana Franklin - Sheriff Morgan County
Art Faulkner - State EMA Director

Roll was called with 61 squads in attendance. There was a motion by Vernon to count Conecuh County present. Seconded by Daphne. Motion carried. Motion made by McIntosh to dispense with the reading of the minutes, Seconded by Desoto. Motion carried. Financial report was read. Motion by Union to accept the financial report. Seconded by Ider. Motion carried.

Chauncey asked everyone to stop by and thank the vendors, We do appreciate our vendors for supporting the AARS. Chauncey also talked about the legislative activities that are going on and also spoke about the funding and reintroducing the tag bill. It was discussed about a \$2.00 voluntary check off being put on the income tax form and also a \$3.00 on the insurance, automobile and boat, billing.

Danny spoke about the surplus and how it will be handled. The ways and means community and the Executive Board will review the requests and approve or disapprove.

Danny brought up about the badges that we had for the conference and asked the members about negotiating a price and purchasing the equipment to do this. It was approved by the members for Danny to talk to him. It was also discussed about getting the one-call program to be able to reach all the squads. Union made motion to purchase this. McIntosh seconded, Motion carried.

Matt , with the nominating committee, came up and recommended that Debbie Tidwell remain as Executive Secretary-Treasurer. Motion carried and approved.

Matt also spoke about the state requiring all licensed EMTS, Intermediates and Paramedics to be Nationally Registered.

Danny Smith spoke about the benevolent fund. Everyone please think about joining the benevolent fund. The form is on the website. Also as a member of the Association each member has a \$5000.00 accidental death policy. For \$10.00 you can purchase a policy for \$10000.00.

High Attendance for the 4th Quarter - Cullman County

Rescuer of the Quarter - Tony Taylor and Daniel Wooten - Geraldine Rescue

Squad.

We discussed the options for the conference for next year. It was tabled until February so we could get more options.

With no further business to discuss meeting was adjourned.

IMPORTANT INFORMATION

- **2012 SECOND QUARTER MAGAZINE DEADLINE: April 8, 2012**
- * **The Electronic Version contains the ads and articles and can be found on the AARS Website or by subscribing by sending an email to rescuer@alars.org please include your name and Squad.**
- * **THE EDITOR RESERVES THE RIGHT TO EDIT ANY ARTICLE SUBMITTED**
- * **ARTICLES SHOULD BE SENT USING THE EDITOR LINK ON THE AARS WEBSITE OR TO editor@alars.org *****
- * **Be sure to check the Website regularly for updated information about things of interest.**

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

George William Lowery
“Our Last Charter Member “
Etowah County Rescue Squad
James Miller

Over the 17 plus years that I have been a member of the Etowah County Rescue Squad I have written several articles for our state magazine. The ECRS guidelines are *not to call one's name* because we are a unit. The only squad member's name allowed to be called is the Captain's. I was scolded pretty harsh back in the day, until I was able to just do an individual story on members for things that they had done over the years. I wanted to tell others about members who had done things all these years for no pay but had made plenty of sacrifices. Missing work and loosing money from their paychecks, taking time away from family and friends, and giving up sleep. Finally, I got to do this on a few members that mean a lot to me and stand for what the ECRS is about. I believe that when someone has worked hard for something, we should give credit when and where credit is due. Do it while they are living and let them read it or hear about it while they can enjoy it. Without people like G.W. Lowery, when would we have had a rescue squad in Etowah County?

It was G.W.'s request to be laid to rest in his REDS (squad uniform) with squad members being pallbearers. Our state AARS Honor Guard came and stood guard over him during his viewing hours. Then they played taps and presented his wife with the State Rescue Flag at the end of the evening. The next day, in the rain at his graveside services, the Navy had their Honor Guard doing the same only making the presentation of the U.S. Flag. George would have loved all the fuss being made over him and he would have smiled at the squad members getting a little rain on them.

Just a little over 50 years ago, he and a few others saw the need for the citizens of Etowah County to have a Volunteer Rescue Squad. He felt that when a citizen was in need there should be someone they could call upon for help. He was a very active squad member for 49.5 years. After his retirement he would still do all he could to help out on roadblocks.

George W. Lowery, our last founding member passed away September 4, 2011 at the age of 84. Many of you may have heard something about this man before. If not, well I want to tell you something about G. W. I have had the pleasure of knowing him for just over 17 years. Right off the bat, he set out to teach me about how a member of ECRS should be. I quote from George these words, “We do not work as individuals but as a group with all members pulling their own weight. Keep your mouth closed, eyes open, hands out of your pockets, feet moving and you will fit in. This is the way you volunteer. We do not need people who stand and talk or put on a show for the public. If I see your picture in the paper it should be one made while you were working. We have one Captain and he will take care of the reporters and all speaking matters because this is his job. We have a dress code and if you can not read and understand it then you may as well go ahead and turn your equipment back in and be on your way.”

He got some of this from being in the military and serving in the Navy during WWII. In 1944 he left school to enlist in the Navy at age 17. He went to training camp to train for the Seabees (the Navy construction battalion) and served in the South Pacific. The Seabees had a famous slogan -- “The difficult we do immediately ... the impossible takes a little longer --” This sums up their values for the nation. George was not a man who would pick and choose his missions. He always responded even if he had to work the next day. “If someone needs help we need to be willing to make a sacrifice, which is what we are about.” Boy hidey let someone show up for something looking well let's say rather bad. He would be heard saying, “Some body needs to tell those jaspers they need to always, Wash both yourself and your Reds (uniforms). Brush your teeth. Have some pride about yourself in the way you look, day or night”, or I'll tell them! Oh, don't kid yourself, he would! I guess he drilled so much into me that I get caught up trying to see that his message is carried out. First impressions do mean a lot.

His commitment to the squad was like the one to his family. “Make sure your family is ok before you go to work or go to bed because you may be called on to go out on a mission at any time.” With the squad it was, keep your equipment ready and respond to the calls. When you have to take off you will already know your family is ok and your equipment is right where you need it and it is clean, and ready for you. He would tell you very quickly asking questions like--Where is my ...or I can't find...was not acceptable. This would be a reflection on your inability to be responsible as a person. How can you expect to help others if you can't take care of yourself and stay prepared?

He believed that if a person came willing and asked to join our squad then they needed to be willing to read and go by the constitution and by-laws that were already in place. They needed to be trustworthy, honest, and reliable and be willing to be an active participant. If they wanted to change things, cry all the time and complain with excuses, then cut them loose and tell them to hit the road. G.W. could be your best friend or a thorn in your side. It really was your choice. Do right, be on time and be ready to go. Stop making excuses and be a person others could count on at all times, not just when it was convenient for you. Once you became a member, G. W. would have you smiling and laughing while still getting things done.

His wife Erme Sue from Blountsville, AL. married him when he returned from the war. George worked and retired from the steel mill in Gadsden. They have two sons Ralph William and Charles Glenn. Both are married and have children. Both families attend and are active in their churches. Mrs. Lowery is definitely a good woman. She understood her husband's sacrifices and she made plenty of sacrifices herself over the years.

I would list G.W.'s values as, TRUSTWORTHY, HONEST, DEPENDABLE, A MAN OF HIS WORD, A LEADER IN HIS CHURCH, FAMILY MAN, & VOLUNTEER OF HIS COMMUNITY. He also had great work habits. He was a doer not a watcher and I hear he was a good “Grand-Dad”. Now, G.W. may have made mistakes but he worked hard not to repeat his shortcomings.

Many squad members and I had been stopping by to visit with him and his family in his last days at his home. On one of my last visits to his home, G.W. pulled his last surprise on me. See he always was trying to catch me off guard in one way or another. He would say he was just trying to keep me in check. Well, on this visit I just happened to be the only squad member there. His wife and one of his sons were in the room and I was told he had something he wanted to give to me. His son went and got the object for him to present to me. I think he said, in 1972 the people of Etowah County pulled a surprise on the squad members and gave each member a Etowah County Rescue Squad ring. I had heard the story about these rings for years. G. W. gave me his ring. This, “Etowah County Rescue Squad” ring, that he

had worn so long, so proudly and thought so much of. He put it in my hand; this was a very emotional time for me. He knew he finally had me speechless. I was not able to hold back the tears when he looked up at me and smiled. This was the last time he had any real conversation with anyone according to his family members.

The Family asked me to help officiate G.W.'s funeral. Although it was extremely tough, it was one of the greatest gifts I could have received from them. G. W. Lowery may not be as perfect as I have made him sound BUT he was pretty darn close in my book! G.W. Lowery was a good FRIEND of MINE as well as a good friend to many others. In closing I will say it as I did that day--He's here but not here, He's gone but not gone...G.W. Lowery will not ever be forgotten. Let's all do what we can to keep organizations, such as the Rescue Squad he so loved, going on for years ahead and make him proud.

HONOR GUARD
"How May We Serve You"
by Michael Hardy

I would like to take this opportunity to introduce the Honor Guard to our membership starting with our newest member:

Tony Carroll - Union Rescue Squad - Union Rescue Color Guard and squad Captain. Tony does restaurant server work for his livelihood. He helps keep Arby's equipment in top shape. Tony's employment gives him the chance to travel most of the central part of the state.

1 year - Corporal David Baker- Union Rescue Squad - Union Rescue Color Guard and Squad President. David is the man in charge of the service of Arby's equipment. Tony and David travel together in their duties. Making sure a breakdown is repaired and giving Arby's a minimal amount of downtime.

4 years - 1st Sergeant - Brian Bailey - Chief of Operations for Huntsville Cave Rescue unit, Brindley Mtn Fire Dept., AARS 2nd VP. Brian is a self employed electrical contractor with crews wiring new houses.

3 years- LT. J.G. Executive Officer - Andrew Nicholas - SarTec K-9 Lead trainer - US Army Veteran (Persian Gulf). Andrew is employed by PPG a major contractor for the US government. Producing aircraft windshields.

5 years - Master Sergeant - Shawn Creel - Athens -Limestone Rescue Squad - Chief. Shawn is employed by Snap On Tools Logistics, is a machinist producing sockets, ratchets, and wrenches. The mechanics tool of choice.

12 years - Senior Sergeant - Corrine Hardy - Athens - Limestone Rescue Squad, Huntsville Cave Rescue, SarTec K-9 unit (LOA). Corrine is employed by Steelcase as a Zone Leader over manufacturing processes assembling office equipment or furnishings (partitions, dividers, etc.) Co- owner North Alabama K-9 Academy and Co- owner M.C. Entertainment.

12 years- Honor Guard Commander - Michael Hardy - Athens- Limestone Rescue Squad Communications Captain, Huntsville Cave Rescue Chaplin, SarTec K-9 Unit (LOA). Veteran US Navy AmphTask ForceSpecial Operations Group, Vietnam Vet. 2 years US Navy Honor Guard. Retired from being gainfully employed. Co- owner North Alabama K-9 and Co-owner M.C. Entertainment.

As you can see we all come from a variety of backgrounds and a variety of squads. We all have rescue in common but in different fields. Dedication to the Honor Guard and compassion for our fellow man and the honor and privilege to serve the AARS and its members is found at its highest level in all of the Honor Guard.

We are proud to serve you in any capacity for any function needing the Honor Guard.



**1st Quarterly Meeting
At
Daleville Cultural and Convention Center
750 S. Daleville Ave
Daleville, Alabama
(Intersection of US Hwy 84 and AL Hwy 85)
February 18, 2012**

Registration.....8:30 a.m. – 9:30 a.m.
Welcome and Posting of the Colors9:30 a.m.
Board of Directors meeting.....10:00 a.m.
Lunch12:00 p.m. – 1:00 p.m.
General Business meeting.....1:00 p.m.

POINTS TO PONDER
by Michael Hardy

Another Conference has come and gone. Sure was great to see our friends from all over the state, hope and pray everyone arrived home safely.

This year the Honor Guard tried to go over the top for our veterans. The men and women of our armed forces that gave a part of their life for our country and now are serving in their communities. The Honor Guard at this time has 2 veterans and 1 veteran Honor Guard member who had to retire. It was a real pleasure to see Richard Douthat in his uniform at the banquet. Richard retired last year at the conference after 11 years on the Honor Guard. Richard was one of the 3 remaining that originally formed the Honor Guard. Richard is a Navy UDT Veteran as well as an Honorary Honor Guard member. Richard and the Honor Guard had traveled a lot of miles and attended a great number of functions together in 11 years. Thanks my friend we miss you.

After looking back on the Honor Guard presentation I feel it went well and was well received. We have started planning something for our veterans in 2012. We want to push the envelope this time. We are asking for ideas from all squads on a presentation for 2012 that will be remembered in 2013 and beyond. Our goal is to make it better every year. Our veterans are special as was proved by the ovation at our conference this year. I personally had no idea we had so many Veterans present, and this is only a fraction of our membership. This is why I am calling on all of our friends in the association to send us your ideas and thoughts so we may incorporate bits and pieces or maybe the entire idea into next year's event.

I myself was in tears for my fellow comrades and friends in the various squads represented by the Veterans. I know to some it brought back memories both good and bad. I can only say I am sorry that these men and women had to endure the hardships, heartaches and pain of that part of life that is never forgotten. Seeing tears and the emotions means to me that these men and women have still got heart and love for their fellow man. Our Veterans may have come home but many never really come back.

My friends, I still stand beside you and share in your heartbreak and pray every day that those lost will be found and brought home, helping to bring closure to a time in our life that we would like to forget. So many relive this time of their life because it is etched deep in their memory, the loss of a close friend, buddy, partner or comrade. Feeling that maybe if we had done something different, the outcome could have been different. We all blame ourselves for something we had little control over. The healing process is lifelong and never ending. To those of you who weren't there you won't understand. Just support your Veteran, be a friend, lend an ear or a shoulder to cry on. This means so much to all Veterans. We all know you won't really understand what we are trying to say. This is the price one had to pay for you, our families and our country. All gave some, some gave all.

This is another reason why I am asking for your help. This is your association not the Honor Guards. We are your messenger and are willing to carry your ideas as a message to all members and Veterans. Your input will also give support to all concerned.

Changing gears, I must say Cullman is a party squad, both Friday night and Saturday after the banquet they were ready to dance and sing. Dance they did, sing-----oh yea. Good clean fun. Thanks Cullman for providing many of us with the laughter and much needed entertainment of the weekend. Thanks to those of you who came to karaoke on Friday night. Lots of good singers made the night. Seems like time is always to short and we are slow getting started. Once it started it went like a house fire

The corn hole contest was a welcome change. Looks like it was well received. I hope Brian can give us something else new next year to go with this. Maybe more will participate. Horseshoes? Played on a slight incline with a road nearby must have provided quite a challenge. All in all thanks for a great conference and Chauncey you pulled it out with the vendors. Good job.

Two days after 2011 conference has ended and here I am bringing up 2012. As of now it appears we don't have a site picked out for next year's conference and we will have to wait for the 1st meeting of 2012 to do so. Let us all think for a moment or two. The economy is hurting all of us including the AARS. While it would be nice to go to the beach next year I don't (with all the information given) see how we as an organization nor how most squads can afford it. I totally realize the logic of rotating North and South, however, the way we were treated in Decatur the last two times makes me feel there is no other logical choice. The service and cost cannot be met anywhere else. Don't get me wrong, I only live miles from there but if economics dictated going elsewhere (if the price is right) I would without complaint go. I love the southern part of the state as much as anyone else, but I really don't want to see the AARS be taken through the cleaners as in the past. Let common sense prevail. Let all of us put our personal preference aside and make a sound decision based on pure economics, such as meal cost, room rates, cost of extras such as meeting rooms and available parking and what is best for all of the membership and the AARS.

“HOW DO YOU DO IT”

Janet Donoghue RN BS SANE-A; Auxiliary Support Huntsville Madison County Rescue Squad

As a disaster worker “How do you cope with the pain and suffering of others day in and out? How do you “turn off” your work when you go home? “*Vicarious Trauma: Bearing Witness to Another’s Trauma; Terrie Spann Nelson MSSW, LISW.*

Can you answer the above two questions with – Awe shucks, trauma doesn’t affect me because ----. The truth is secondary witnessing and assisting traumatic events affects all people. The ability to cope with a traumatic event is to acknowledge an event occurred. After you work an incident, it is normal to be affected. Some ways you might feel according to a FEMA fact sheet (October 21, 2011) include:

- Trouble concentrating or remembering things.
- Difficulty making decisions
- Replaying the events and circumstances of the disaster over and over in your mind
- Anxiety or fear, especially when things remind you of the traumatic experience
- Feeling depressed, sad, or down much of the time.
- Trouble sleeping or nightmares
- Increased use of alcohol or illegal drugs
- Feeling overwhelmed

Perhaps you can say I have none of the above; however I do have more fatigue or other physical complaints (to the point you go to the doctor). Yet the doctor does a battery of tests and all come back negative. Why you ask? How can the tests return all negative because I feel like I am exhausted and have pain. Maybe the answer is you need to consider the aspect of ‘overload experiences’ in the area of traumatic stimuli. For example, have you been in a situation where you felt less competent than the task required? On average, an emergency responder has high expectations of being able to make a difference and help victims. Remember, there will be times when we are not able to have the outcomes desired, thus causing a person to have emotional pain or loss. FEMA says we need to realize we will have these feeling of stress, depression, guilt and anger after some events. You need to discuss your feelings with peers, friends, family and possibly a counselor. It is okay to see a mental health professional for assistance with coping due to the exposure of traumatic events, because we are all human and in this together.

References:

Vicarious Trauma: Bearing Witness To Another’s Trauma; Terrie Spahn Nelson MSSW, LISW: <http://www.uic.orgs/convening/vicarious.htm>

Stress in Disaster Workers: <http://angelic.com/biz3/new/v1art2.html>

FEMA Fact Sheet: <http://www.fema.gov/news/newsrelease.fema?id=58932>

CULLMAN COUNTY RESCUE SQUAD

By Judy Chambers

Wow, can you believe it’s almost 2012, a new year, a NEW beginning, (Out with the old, in with the new). Many believe 2012 is supposed to be an unusual year, (End of the world type scenarios), if so every member will be relying on their specific job life skills, and special Squad training. In any event, be prepared to LEND-A-FRIENDLY HAND, WITH A SMILE.

No one can ever be overly trained, so let’s keep our training “Goal specific”.

We have been very busy this past year, and as always, there are some things that stand out, and need mentioning.

Well lets see what have we been up to. We had a week of “Haunted trail rides“, it was a huge success . Many people came back several times that week.

We all went to the AARS Conference in Decatur, and took home the AARS Flag for the highest attendance. We also brought home eleven awards. We might not have come in first place in all events, but at least we tried, just wait till next year.

We have many new members, and they all participated in the events, or cheered on their team mates. There was lots of camaraderie, and team work, everyone had fun, and did a great job. Squad Officer Elections were held this November, and those elected was voted in by other members.

During our Annual Thanksgiving dinner, we sponsored a needy family and gave them a gift card for any special needs they might have. They stayed and watched as we danced and had fun afterwards.

We participated in the Christmas Parade in Hanceville, everyone had lot of fun riding the boats.

During our Christmas party, we sponsored a family that needed help. It always makes you feel so good when you help someone less fortunate. Don’t forget we have several big training sessions coming up. Lets be looking forward to, and being prepared for each training session.

We have had some sad times and good times this past year, so lets hope and pray that 2012 will be a better year.

Until next time everyone take care and stay safe.

SOLDIERS CROSS
by Michael Hardy

Reflecting back on the 2011 conference, I had realized that the Honor Guard in honoring the Veterans had taken for granted that all in attendance understood what the Soldiers Cross meant.

For those who do not know, here is a short explanation for the Soldiers Cross taken from SEIYAKU.COM

Sadly, not an uncommon sight.

The cross in the battlefield symbolizes a fallen soldier. And like the cross, which is now recognized as a Christian symbol, the contemporary Battlefield cross originates from an ancient pagan custom. Crosses associated with men - at - arms are found on various banners and medals, often in the form of the Maltese cross or military cross.

Here we are describing a particularly unusual and infamous symbol known as the Battlefield cross, Battle cross, Soldiers cross or Fallen Soldiers cross.

A rifle pointing downwards into the ground is a memorial of a soldier killed in action. Often the rifle is covered by a helmet and perhaps dog - tags and at the bottom, a pair of boots to represent the final March of the last battle - items the soldier has no further need for. Sometimes the rifle pierces the ground with a fixed bayonet, defiantly symbolizing that the soldier went down fighting. The rifle maybe stabbed into a grave like mound of earth or mounted on sandbags giving an image more like Christ's Cross on Calvary. This reminds us that the Soldier, willingly or unwillingly, sacrificed his life for his country.

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