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2013 1st Quarter

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CHUCK LANSDELL, Cherokee Rescue  
TIM WILLIS, Cullman County  
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TINA THOMPSON, Ider  
MARIA JAY, Geraldine  
JIMMY LOONEY, East Colbert

# FROM THE DESKS OF THE EXECUTIVE BOARD

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From the Desk of the President

Another year has come and gone. The last year had its ups and downs, hoping this year is a better one, we all know God has a purpose for everything. I would like to thank everyone for making conference a success, whether you attended a class, were an instructor or a vendor, it takes everybody. Also I would like to thank everyone for electing me as president. As I have in the offices before, I will uphold my position to the best of my ability. Congratulations to my fellow officers, I think we will make a great team and accomplish a lot this year. Please let the officers know if there is any way we can help your squad. As we begin a new year we would like to remind everyone to keep a close eye on your squad's money and make sure you have your annual audit done. You should be receiving your membership packets in the mail. Included in the membership packet you will find a survey, we would appreciate each squad filling this out and getting it back by February 10. This will hopefully allow us to be eligible to receive grants for equipment, training and vehicles. This is to help your squad so please make sure to get it back to us. Also remember when you get your taxes done, to make sure you check the box to donate to the rescue squads and please pass the information out to your family and friends to help our squads. Public service announcements will be out soon. I would like to thank all the squads that have helped assist Guntersville in the water search the past few weeks. It is good that we can all come together and help each other. I look forward to seeing everybody at our 1<sup>st</sup> quarterly meeting at Louisville, down close to Troy, Alabama, on February 16<sup>th</sup>. Looking for a successful year, remember *Speak now or for never gripe*. Remember to always spend time with family, enjoy life, train hard and stay safe.

Jason Heard  
President

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From the Desk of the 1st Vice President

We are at the beginning of a new year and I can't wait to meet the challenges of my new office head on. We do need your input on how we can help you and your squad. We will be working hard on providing the training you need. It would be a big help if each squad would e-mail us with the names and contact information of each instructor you have in your squad. With that information we need to know what they are qualified to teach, so we can set up a data base with instructors so we can find the one you need. We hope everyone had a good time at the conference and that we had the training classes everyone needed. Let us know what classes you would like to see in Orange Beach this year. Remember this is your association. Get involved and make a difference.

Brian Bailey  
1<sup>st</sup> Vice President

From the Desk of the 2nd Vice President

Hello again AARS members. I would like to first off say thanks for allowing me to serve as an officer again in the association. I hope to bring what I learned going through the ranks and make every effort to do a better job for the Association.

The Association needs everybody's input and support. There have been a lot of things accomplished and a lot more things that need to be done. And it can start with each and every member, squad or officer. Won't be too long with this letter, just start letting me know your training desires. September Training and Conference will be right around the corner.

Looking forward to seeing each of you again in February at Louisville, hope each one of you has a great 2013!!!

Matthew Knight  
2nd Vice President

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From the Desk of the Past President

Hello to all my fellow squad members! This is a new role for me as a past officer of the Executive Board. I just wanted to drop a few lines to congratulate the new board for 2013. I want each and every one of the members to give the board their support for the coming year just as you have given me. I have truly enjoyed my time as an officer; it is the highest honor I have ever received from any organization that I am affiliated with. I have made a number of great relationships that I will truly cherish for the rest of my life.

We had a great conference this year in Decatur and I will be looking forward to the next one in Orange Beach. Make sure during the year if you want any classes that you talk with Matt and give him some ideas on what you are looking for. As we approach this year EMS and Rescue will make some changes for sure. We as an Association will do our best to keep up with the changes. You deserve the best training we can give and you will always receive that. This is not a good-bye just a rest period for myself; I will be around as often as I can. God Bless everyone and thank you all for all the support over the years.

Truly Yours,  
Danny Butler  
Past President



# FROM THE DESKS OF THE EXECUTIVE BOARD

4th Quarterly Meeting/Conference  
November 10, 2012

Meeting called to order by President Danny Butler

Colors posted by Honor Guard

Opening prayer by Doyce Bobbitt

Speakers: Lora Weaver with Yellow DOT

Gary Mackey – Deputy Director ADPH

Allan Rice – Alabama Fire College

Danny welcomed everyone to the 2012 Conference

Roll was called with 69 squads represented

Motion to dispense with the reading of the minutes by Randolph County.

Seconded by McIntosh. Motion carried.

Financial report was read. A motion was made by Daphne to accept the report.

Seconded by East Colbert. Motion carried.

At this time Danny called Chauncey up to speak about the legislative bills that we have upcoming.

There will be a constitutional amendment presented for the trailer fee.

Surplus –ADECA – State and Local agencies can donate property and equipment to squads who are members in good standing.

Bill to exempt from local and state lodging taxes

Ad Valorum – voluntary contribution on the State income Tax

Jason read an application for a new squad- Alabama Fire College.

Florence-Lauderdale made motion to accept. Seconded by East Colbert. Motion carried.

Jason talked about the Search and Rescue merit badges for the boy scouts. Ed Nicholas with SARTEC has been working on this. Jason called Ed up to talk about this.

Brian thanked all of the instructors that taught classes.

There will be an EVOG Instructor course – contact Stephanie with ADPH. Cost is \$75.00

Matt Knight came up and talked about the election of officers:

2<sup>nd</sup> Vice President – Matt Knight

1<sup>st</sup> Vice President – Brian Bailey

Motion was made by Anniston to suspend the General Business meeting until the banquet to announce the results of the election of the president. Seconded by Geraldine. Motion carried.

It was the decision of Executive Board to reappoint Debbie Tidwell as Executive Secretary-Treasurer.

Plaque was presented to Union Rescue Squad for High Attendance for the 2<sup>nd</sup> Quarter.

Plaque was presented to Athens-Limestone Rescue Squad for High Attendance for the 3<sup>rd</sup> Quarter.

Rescuer of the Quarter was presented to Mike Hardy from Athens-Limestone Rescue Squad

High Attendance for the 4<sup>th</sup> Quarter is Cullman County Rescue Squad.

The proposals for the 2013 conference were presented. Motion was made by Cherokee River to go to Perdido Beach Resort. Seconded by Bridgeport. Motion carried.

We would like to thank all of the vendors that came and also a special thanks to NAFECO for providing the ice cream, Peach State Ambulance for the Hamburger Supper and VFIS for the pizzas for the kids.

With no further business the meeting is adjourned until banquet.

At the banquet a motion was made by East Colbert to go back into general session. Seconded by Carbon Hill. Motion carried.

President for 2013 will be Jason Heard.

Idler made motion to adjourn, seconded by Addison. Motion carried

## IMPORTANT INFORMATION

\* **2013 SECOND QUARTER MAGAZINE DEADLINE: April 12, 2013**

\* **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](mailto: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](mailto: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>**

South Lamar Rescue Squad  
Bruce Patrick  
Public Relations Officer

We all as volunteers of the Alabama Association of Rescue Squads donate a lot of our time helping others. Often we do not take time to take good care of ourselves. Regular yearly medical check ups help you to ensure your health is good and alert you to any unseen problems in your body. Our ladies have to keep check for Breast Cancer and our men need to keep check for Prostate Cancer. Prostate Cancer is the silent killer of men. This information is so very important for you to ensure this cancer if present will not lead into non treatable cancers in other body parts.

Prostate Cancer – Not just the Old Mans Cancer

Did you know Prostate Cancer is projected to strike one in every six men? The Prostate Cancer Foundation predicts 242,000 new cases of Prostate Cancer in 2012.

I am Bruce Patrick and I want to share some facts about prostate cancer.

The most active cancer in men is skin cancer. The second most active men's cancer is prostate cancer. Prostate cancer has been called the "Old Mans Cancer" and the "Silent Killer Cancer in Men". This is because a man often does not know that he has this cancer until it spreads to other body organs. Prostate cancer can be a slow acting cancer that is detected in men above the age of 65. It can also show up in men 45 and older. The best way to know if you have a risk of prostate cancer is to have a blood sample taken and a PSA test preformed. The prostate-specific antigen (PSA) is a blood substance that often increases in patients with prostate cancer and other prostate diseases. A normal PSA value would be 0 to 3.5. If over time this test is in the 3.6 to 4.0 range other test are needed. A digital rectal examination and a prostate biopsy (tissue samples are removed from the prostate for cancer cell testing)

This is the high risk group for prostate cancer: you have a close relative that has had prostate cancer or being of African-American descent. If you have several close relatives with prostate cancer start PSA test at age 40.

My prostate cancer was detected in the spring of 2006. My PSA had elevated to 3.9 with no pain or any signs of a problem. My prostate biopsy was a small needle sample from 8 sections of my prostate. Four of the 8 sections had early cancers growing in the prostate gland. My age was 56 years old and I had the prostate removed March 30, 2006. I had robotic prostrate surgery, removing the prostate and the lymph node glands next to it. The blessing to this event is 2 weeks after the surgery I was back to work at a 100%. We found it early enough that no cancer was found outside the prostate. I did not have to take any radiation therapy. My yearly PSA test is 0.0 for the past 6 years.

My message to men in the age groups 45 and above and the higher risk groups at 40 is this. Do the PSA blood test each year and keep track of your PSA readings. If it starts to climb too fast get further medical test. Do this to take care of yourself. Do this so you can be around to take care of your family. It is reported a lot of other cancers in men started in the prostate and was detected after it had spread from the prostate. Often these cancers in other organs have grown to a cancer that can not be cured.

There is a big debate surrounding prostate cancer. Some doctors say it a disease that you can live with and no PSA test or exam is needed. I say any sign of cancer in your body is a wake up call, a message to you. If you do not get it checked out, it can grow until it kills you.

Bruce Patrick  
205-662-4517

2013 1<sup>st</sup> Quarterly Meeting  
Hosted by Louisville Fire & Rescue  
February 16, 2013

Old Louisville School  
1857 Main St  
Louisville, AL 36048

Registration.....8:30 a.m. – 9:30 a.m.  
Welcome and Posting of the Colors .....9:30 a.m.  
Board of Directors meeting.....10:00 a.m.  
Lunch .....12:00 p.m. – 1:00 p.m.  
General Business meeting.....1:00 p.m.

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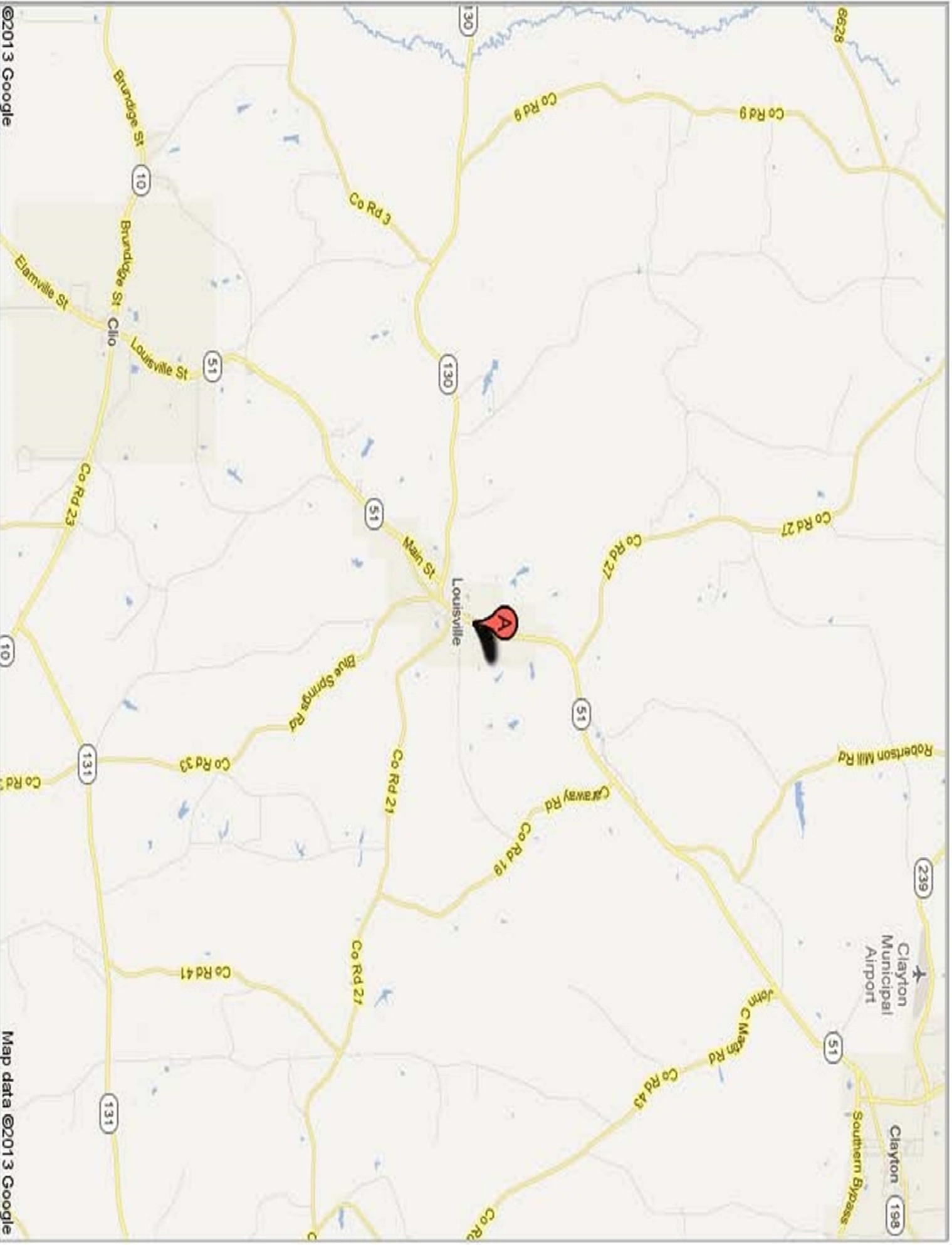
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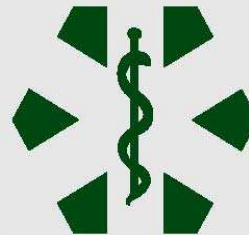
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