



FAIR HAVEN FIRE COMPANY No. 1 Newsletter

Volume 9, Issue 2 August, 2007

www.fhfd.org

FIRE COMPANY PRESIDENT
Jim Butler III

FIRE DEPARTMENT CHIEF
Robert Townshend

FIRST AID CAPTAIN
Derek DeBree

FIRE POLICE CAPTAIN
Lew Davison

WATER RESCUE CAPTAIN
Stewart Watson

AUXILIARY PRESIDENT
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WINNER OF FHFD SCHOLARSHIP AWARD ANNOUNCED

Fair Haven student and daughter of Fire Chief Larry Hartman, **Theresa Hartman**, has won the Fire Company's 2007 Volunteerism Scholarship. The award was announced at the Annual Awards Assembly at Rumson-Fair Haven High School in June.

Although the original Fire Company Scholarship Award was instituted in 2001, it was changed in 2004 from a one-time honor to a four-year stipend of \$4000, based upon the continued college enrollment and acceptable scholastic performance of the winner, who must be either a Fair Haven resident or the child of a member of the Fire Company. Four non-Fire Company local educators evaluate the application forms submitted by the contestants and make their selection based upon criteria that include community involvement, volunteerism and scholastic accomplishments.

Theresa is certainly a busy volunteer. She has volunteered at Riverview Medical Center for over 4 years, helped with soup kitchens in Atlantic City, and even helped build a Habitat for Humanity home.

Previous four-year award winners are:

- 2006: Whitney Breckenridge (at Ramapo College)
- 2005: Erin Puck (at Villanova University)
- 2004: Ben Smith, (at Bucknell University)

Vin Feeny, Chairman of the Fire Company's Scholarship Committee, explains, "We recognize that \$4000 puts only a small dent in the fees and expenses associated with a college education, but we're very pleased to have helped in some small way and very proud of these students."

See Page 5 for a note from Theresa

The End of Summer Can Only Mean One Thing: It's Fair Time!



The 2007 Fireman's Fair
will be open:
Friday, August 24
until
Saturday, September 1.
(The Fair will be closed Sunday)

Come Enjoy Such Fair Traditions As:

- The homemade clam chowder at the Firehouse Seafood Restaurant (Doors open at 6:00 pm)
- Family Night is Wednesday! One less ticket gets you on a ride!
- Super 50/50 Drawing is Saturday night! Last year's winner won over \$14,000!
- First Aid Squad Raffle: A tablet computer with printer!
- Many rides and game booths for kids of all ages!

Volunteers Always Needed!

Our Fair is a success because of community involvement! Would you like to help out? Please contact: Rich Brister (732) 530-0648 or go to our website to sign up.



A Timely Drill

On July 28, Fair Haven First Aiders, Fire Police and Firefighters held a Medi-vac helicopter training drill at Red Bank Regional H.S. This learning was put to use one week later when a serious car accident at the corner of Fair Haven and Ridge Roads required a helicopter transport.

A New Life Saving Device: The Autopulse

The Fair Haven First Aid Squad has recently purchased a new piece of equipment that can provide a huge assist to residents experiencing some common types of cardiac arrest.

The new device is called “Autopulse.” It’s a battery-powered machine that applies chest compressions to a person whose heart has stopped beating, or is beating in an ineffective rhythm. Scientific studies indicate that the Autopulse is significantly more effective at maintaining circulation for a patient than the chest compressions that are traditionally applied manually by another person.

In an emergency where First Aid Squad members detect that a patient’s heart has stopped beating or beating ineffectively, we immediately administer oxygen and an EMT or First Responder begins pressing down hard and rapidly on the chest, squeezing the heart and pumping blood throughout the body. We also apply a defibrillator, which can analyze the patient’s heart-beat and administer electric shocks that can restore a useful heartbeat. If the defibrillator can’t restore the heart-beat, we now apply the Autopulse, which is always carried on the first ambulance to roll on a call.



Essentially, the Autopulse is a machine placed under the victim’s torso, with a belt that goes around the patient’s chest. A computer in the device automatically sizes the belt properly, then tightens and releases the belt 30 times every 30 seconds. It pauses for a few seconds

to allow the first aider to apply pressurized oxygen to the patient’s lungs, and then resumes pumping. Because it compresses the entire chest, not just the area below the sternum the way a person administering CPR does, the Autopulse consistently moves a larger volume of blood each time.

The Autopulse got its first use in May. The Fair Haven First Aid crew that responded was grateful to have this innovative piece of equipment on hand.

Derek DeBree, captain of the First Aid Squad, said the generosity and support of Fair Haven residents made it possible to acquire the \$11,000 Autopulse without using

municipal government funds. “This is an expensive machine. We spent a lot of time researching it, to determine if it was worth the cost. Knowing that contributions from residents meant we could afford it on our own really made a difference.”

Equipment Profile: The Pierce — Engine 1373

Have you ever wanted to know a little more about that fire engine that just went roaring past? The most important single piece of equipment used by the Fair Haven Fire Department is its 1981 Pierce Arrow. This engine has been in service for more than 25 years. With its official Monmouth County Vehicle Identification “1373” and known to Fire Department members as “The Pierce”, it is the first responding engine for the department’s emergency calls.

The Pierce has an open-cab design able to carry at least 9 to 11 fire

fighters as compared to more modern closed-cab engines and pumpers which often permit a crew of only 7 to 9. The Pierce rolls out of its fire house bay with both a hose and rescue crew. The hose crew’s primary objective is to deliver water at the scene, deploy hose lines and attack and extinguish fires in vehicles, structures or fields. The rescue crew on board conducts forcible entry along with search and rescue operations within a structure.

Besides carrying a handful of Fair Haven’s bravest, the Pierce contains a large variety of fire suppression and emergency gear in its many

compartments. The bed carries over 2000 feet of 3 inch supply hose to connect to a main water supply such as the fire hydrant you may have in your front yard or down the street. The Hard Suction Lines are used to suck or “draft” water from an alternative source such as a swimming pool, pond, or river. Once the water reaches the pumper the water is directed through a number of various sized hose lines, including 1 3/4” cross lays. The cross-lay enables the attack lines to be deployed on either side of the engine, depending on the approach used by the driver. For outside fires or overhaul operations after a fire is out, two booster lines,

(Continued on next page)



Oily Rags and Heat: A Deadly Combination

It's called "spontaneous combustion" and it sounds like the stuff of bad science fiction: a pile of cleaning rags that suddenly bursts into flames, and burns a house down. But it's for real, and it almost cost one Fair Haven family its home earlier this year.

Last May, a homeowner in Fair Haven went downstairs to lock up for the night. But she smelled smoke, and called the fire department. When firefighters arrived a few minutes later, they spotted a mound of smoldering oily rags that had been piled up earlier that day in her garage.

By a process known as spontaneous combustion, the paint and varnish on the rags had slowly combined with oxygen in a way that cause the chemicals to heat up to several hundred degrees. They hadn't burst into flames just yet, but Fair Haven Fire Chief Robert Townshend says it was just a matter of minutes before they did. "The family was very fortunate that they smelled the smoke and called the fire department in time. It could have been a disaster."

Before you run nervously around the house, removing every towel and old tee-shirt, you should know that it takes a special set of chemicals and conditions for spontaneous combustion to occur. The culprit is usually wood finishes and paints made with so-called "drying oils" such as linseed oil, soy bean oil, and tung oil. These chemicals give off a small amount of heat as they react with air. Normally, that's not a problem—the heat dissipates

before it can build up. But if the oil is reacting in an enclosed space, like a mound of cotton rags, the heat is trapped. Eventually it can reach 700 degrees Fahrenheit, more than enough to set the rags on fire. Interestingly, petroleum products on rags do not combine with oxygen the same way, and by themselves are not a common source of spontaneous combustion. Of course, a kerosene-soaked rag is highly flammable and should never be stored inside your home.

Although paints and varnishes on rags are the most frequent causes of spontaneous combustion, other common household products can erupt in flame, too. Sawdust, hay, even a big mound of decomposing mulch, can produce heat as they slowly combine with oxygen.

How to protect yourself? "The most important thing is smoke alarms and fire drills for every home," says Chief Townshend. Oily rags should be stored in airtight metal containers outside the house, or laid flat and separate and well-ventilated on a non-combustible surface. Don't assume that professional painters or wood refinishers will remember to take the proper precautions. Large mounds of sawdust, hay or mulch should be spread out flat so heat can't build up, and should be located away from any structure. "Spontaneous combustion sounds crazy, but it is a real problem that we see several times every year", warns Townshend. "Everybody needs to take it seriously."

(Continued from previous page)

which are the rubber coated hose of 1-inch diameter, are mounted behind the cross-lays on both sides for easy and quick deployment.

There's much more to this engine than just hoses and pumps. Aside from carrying fire fighters and hose, there are tools and ladders located in the many side compartments of the Pierce. There are always at least 6 SCBA (Self-Contained-Breathing-Apparatus) Packs and 6 spare bottles each with 20 minutes of air. There are multiple sets of tools such as the "irons" which are comprised of a flathead axe and a Halligan tool, known to the FDNY as the "Keys to the City" for their ability in gaining entry or exit into a structure. In

other compartments you can be sure to find various shovels, hooks, pike poles, through-the-lock tools such as K tools, fans and other tools used to



aid in ventilation and forcible entry of a structure. As for ladders, there is a 35' extension ladder and a 14' roof ladder. Among other uses,

their most common function is to aid in ventilation of the roof and windows or in rescue through a window if necessary during a structure fire.

Whether the emergency is a downed power line, car accident or structure fire, just to name a few, the 1981 Pierce Arrow is an excellent first responding apparatus. If you would like a closer look or would enjoy seeing another engine or truck at the Fire House, feel free to stop by or make an appointment for a tour.

Next Issue: We will profile 1385—our Fire and Rescue Support Truck.

Fire Police: The Volunteers Behind the Day-Glow Jackets

Think back to the last time you passed a fire scene or car accident. Were you in a hurry? Upset that you may have had to alter your route? Annoyed at the person clad in bright colors who detoured you? That's us. We volunteer to be there, protecting firefighters and emergency responders as they report to the scene.

We are the Fair Haven Fire Police. We are trained volunteers, responsible for the safety of everyone on the perimeter of the incident as well as those approaching the scene. Our job is to reroute traffic to prevent further problems from occurring. All of us with this responsibility must complete a state course in safety

and traffic control. We are also enabled, by the state of NJ to make an arrest in the event of an unruly person disregarding the directions of the Fire Police.

In order to become a member of the Fire Police, you must submit an application to the Fair Haven Volunteer Fire Company #1. Approval is based on a background check and vote by membership. Once approved you must complete the aforementioned safety course. You would then be able to respond to emergencies in our town, becoming an integral but often overlooked member of an important volunteer corp.

Besides fire scenes and car accidents, our organization is very much a part of many activi-

ties in Fair Haven. Often you'll see our day-glow jackets at events such as the Halloween parade, Harvest Fest, baseball's opening day, the Memorial Day parade and, of course, the Fair. You may also see us volunteering our time and efforts to other towns that often do not have a Fire Police unit of their own. Look for us at the Red Bank fireworks, we'll be there too.

If interested in joining our Fire Police to contribute to the efficiency of our proud Fire Company, let us know. In the future, when approaching a fire scene or car accident, please slow down and obey the direction of the Fire Police. Remember we are volunteering our time for everyone's safety.

The Fair Haven Firefighter's Statue,

by Joe Luff, Age 10

"The Fair Haven Firefighter Memorial is located in front of the Fair Haven Firehouse on River Road. The monument was made in memory of those who served as a Fair Haven Firefighter. The monument is a 7 foot tall sculpture made of bronze. Brian P. Hanlon is the local artist who made the sculpture in 2002. One of the Fair Haven firemen actually posed for Mr. Hanlon in full fireman gear for the first design of the sculpture. It is a one-of-a kind sculpture. I chose this monument because it's in my town of Fair Haven. I see it mostly everyday passing the firehouse. I think firefighters are very brave. They are heroes. Firefighters keep our town safe. I was told by my neighbor who is a member of the Fair Haven firehouse that other towns' firefighters come to visit and admire our memorial. She also said the local people in Fair Haven love it being in the center of town looking over everyone keeping us safe."

Editor's Note: Joe was asked to write about a monument for a school assignment. We thank him for sending us his essay! We would love to hear from other Fair Haven children: What does the Fair Haven Fire Department and First Aid Squad mean to them? Send us artwork or writings: Contact us at: newsletter@fhfd.org





It's Hot Out There

Summer is in full swing here in Fair Haven. The kids are out of school and signs of the nearing Fireman's Fair are starting to emerge. With the warmer weather comes a multitude of seasonal health warnings: remember the sunscreen, swim only in guarded waters, always wear your helmet... While all of these are important messages, a less advertised warning is one which hospitalizes and kills people of all ages each year; dehydration.

The human body is 75% water, which makes it the most important substance that we can consume. While the medical field debates recommended daily intake, it is agreed that with the increased heat of the summer months comes an increase in these requirements. Neglecting your body's need for water can lead to potentially life threatening emergencies. In fact, symptoms of dehydration start to be noticed after only 2-5% of one's body's normal water volume has been lost.

Early symptoms of dehydration include: dry mouth, thirst, tiredness, headache, muscle weakness,

and dizziness. As the condition progresses into a more extreme situation, symptoms will grow to include: confusion, lack of sweating, sunken eyes, low blood pressure, high heart rate, fever, constipation, seizures, dark and decreased volume of urine, slower respirations, fainting, and the lack of skin elasticity (which can be gauged by pinching the skin of an adult and observing the rate which it returns to normal). In babies, the fontanels, or soft spots on the top of the head, can be sunken. If you or a loved one experiences any of these extreme signs and symptoms seek medical attention. If unattended, dehydration can lead to death. Studies show that a loss of fluids greater than 15% is usually fatal.

Fortunately, dehydration is one of the most preventable of summer emergencies. Take a water bottle with you on ventures outdoors. Use the hot and humid days to catch up on some indoor work. Trade your soda can in for a bottle of water. Keep a watchful eye on the young and elderly. Stay cool, stay hydrated, remember the sunscreen and helmets, and most importantly ENJOY the rest of your summer!

Early Symptoms

- Dry Mouth
- Thirst
- Tiredness
- Headache
- Muscle Weakness
- Dizziness

A Note From:

Theresa Hartman

"I will be attending York College of Pennsylvania in the fall where I am enrolled in the four-year nursing program. After I obtain my nursing degree I plan to begin working as a pediatric nurse. I currently work at a preschool and I



love kids, so pediatrics seems like a great fit. I was thrilled to hear that I had received the scholarship at my RFH's award assembly. It was very exciting to learn that the committee thought my work throughout high school was worthy of the award. After the assembly, parents of friends told me how they could hear my mom screaming when they called my name, and that is one of the best feelings in the world. I would like to thank the Fair Haven Fire Department immensely this scholarship means a great deal to me and is already proving to be helpful in funding my education."



A RESIDENT ASKS:

"What do I do if I see a car with a flashing blue light approaching?"

Answer:

- Safely, and using common sense, pull over to the right side curb.
- Do not block intersections.
- Stay 300 feet behind an emergency vehicle.
- Keep an eye out for other cars displaying blue lights that may be following.
- Please do not park closer than 200 feet to an emergency vehicle.

FIRE DEPARTMENT AND FIRST AID ORGANIZATIONS SEEK NEW MEMBERS

Fair Haven Fire Company No. 1 is an all-volunteer organization, and we continue to seek members who can help in a number of capacities. Please consider volunteering your time to this worthwhile effort. Here is the information you need, if you are interested:

Fire Department—Active Firefighter. Members in this category respond to fires and emergencies in Fair Haven and surrounding communities in cases of “mutual aid.” Although prior experience is helpful, none is required for admission to this category. Rigorous training is provided by both the Fire Department and by the Monmouth County Fire Academy. Applicants must pass a physical exam and a routine background check. Interested residents should contact James Butler, III at (732) 671-8082 to discuss the membership application procedures.

Fire Department—Social Member. Members in this category don’t participate in putting out fires but support other important aspects of operating the Fire Company, including fund raising events such as the annual Firemen’s Fair. The only requirement for membership is that you have reached the age of 46 and have a sincere interest in helping the Fire Company. Interested residents should contact James Butler, III (listed above) to discuss membership application procedures.

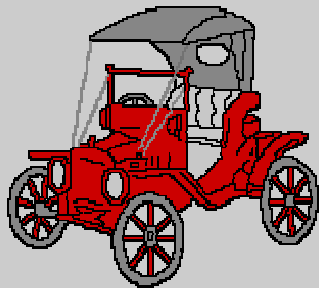
Fire Department—Affiliate Member. This is a new category of membership that has been established to encourage area residents who are interested in joining the First Aid Corps, Fire Police or Auxiliary, but who are not interested in joining the Fire Department as an Active or Social member. Membership to this category requires a sponsor in the Fire Department. Residents interested in joining the First Aid Corps through this venue should contact Bob Krueger at 732.842-0818. Residents interested in joining the Fire Police should call Gene Stefanelli at (732) 530-0044. Residents interested in joining the Auxiliary should contact Raquel Falotico at (732) 741-2050.

First Aid Corps Member. Members in this category respond to emergency trauma and medical situations and provide basic life support services. The First Aid Squad also responds to all fires and other emergencies in which injuries are likely. Members must be a member of the Fire Department (Active, Social or Affiliate), before they can join the First Aid Corps. No prior experience is required, although new members must pass an approved First Responder or Emergency Medical Technician course during their first few months in the organization. Applicants must pass a physical exam and a routine background check unless they are Active Firefighters. Interested residents should contact Bob Krueger (listed above) to discuss membership application procedures.

Published by the Fair Haven Fire Company Newsletter Committee

You Can Start the Membership Application Process at Our Website at www.fhfd.org
Please email any newsletter suggestions, questions or comments to newsletter@fhfd.org

**Save the Date:
Saturday
October 20, 2007**



**FALL
ANTIQUÉ AUTO
SHOW
9:00 am—3:00 pm
Over 150 Vintage Cars
DJ Music
Outback Concession Stand
will be open!**

Fair Haven Fire Company
Fair Haven First Aid Squad
River Road & Battin Road
Fair Haven, NJ 07704

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