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# The Bulldog Bulletin ®

## Greenfield Township Volunteer Fire Company (GTVFC)

Fire/EMS Station 24  
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## 'Tis the Season

By T. Drennan—1st Lt. EMT

The Christmas Season is upon us again. Hopefully everyone is happy, jolly, and filled with Christmas cheer. Families are traveling, organizing family visits, and often shoveling out family and neighbors.

Did you know that the North Dakota State University provides survey information noting that one cubic foot of snow may average 20 pounds or more? The University further notes that light fluffy snow may weigh up to 15 pounds or more. Additionally, adding ice buildup adds additional weight very quickly. My guess is that our famous Pennsylvania Powder would score off the scale!

So if we look at an average driveway of 20 feet by 50 feet and used the old high school math formula to calculate the square footage of the driveway it would be 1,000 square feet. Now, using the North Dakota State University estimate of 20 pounds per square foot...Congratulations, you have just moved 20,000 pounds or 10 tons of snow!

So how's the old back now???

What brought this to mind was the article in the December 19<sup>th</sup> 2005 edition of The Times-Tribune. In the Lifestyles section is an article by Dr. Paul Mackarey detailing the potential hazards of snow shoveling. Dr. Mackarey listed a warning to stop at the first sign of any pain of any type. He also provided a list of recommendations to follow while shoveling.

Briefly summarizing the recommendations, the article suggests you push the snow rather than lifting it while dressing casually and using a shovel designed for snow. The ideal snow shovel is ergonomically designed to keep your back straight and knees bent. The Doctor further recommends scooping small amounts of snow and taking your time with your hands at least 12 inches apart on the shovel handle. The ideal position for shoveling is in a squat with legs apart and knees bent with the back straight. The article further noted you should walk and dump the snow rather than twisting your back and throwing the shovel full of snow.

It just seemed like good advice to pass along to everyone...So keep in mind the likelihood of injury and use common sense. Happy Holidays to all from the GTVFCo.

## Breakfast With Santa

This year's breakfast with Santa will be held on  
December 17th! Kids under 12 are free.  
Pictures with Santa will be available.  
Everyone is welcome.

## First Aid

By A. F. Karolyi—Administrative Member

As residents of Greenfield Township, we are fortunate in having an excellent roster of Emergency Medical Technicians and ambulance service as provided by the Greenfield Twp. Volunteer Fire Company. Their average response time after receiving the call from the 911 Com Center is 4 minutes.

However, some other events are not real emergencies. What events? Ask anyone and you will find out most households have events requiring first aid all the time; from kids with scraped knees to adults injuring themselves doing usual activities around the house.

How well prepared are you to deal with these events? Do you have the necessary first aid supplies at home, not just band aids, but a complete home first aid kit? Do you have the knowledge to determine if you are facing a non-emergency event and when you require the aid of an EMT and ambulance? These questions can easily be answered as follows:

1. Do you have a complete home first aid kit if required? If not, that problem is very easy to correct. Home first aid kits are readily available at most pharmacies, although they usually are very basic. Items for a more comprehensive home first aid kit are listed on the American College of Emergency Physicians website [www.acep.org](http://www.acep.org), or contact The Greenfield Volunteer Fire Co. at 570-282-4981 and we will order one for you. The kits run from basic to extensive, depending upon cost. GTVFC EMT personnel can advise you on an appropriate first aid kit.

2. The second preparation will require a little effort and time investment on your part. Take a course in first aid! You will learn how to treat basic injuries and to determine when a 911 call is necessary. You can learn CPR which could make a tremendous difference in saving someone's life as well. First Aid courses and CPR training are offered by the Greenfield Twp. Volunteer Fire Co. Call us at our non-emergency number listed above. Leave your name, phone number and whether you are interested in a First Aid or CPR course. You will be notified when we have a sufficient number of people to hold a course. Our outdoor sign in front of the Township Municipal Building will also indicate when courses will be held.

**However, when in doubt call 911! A GTVFC Ambulance will respond! You can bet on it!**

### NON-EMERGENCY AMBULANCE TRANSPORT SERVICE

Available for township residents (e.g. hospital to home and hospital to hospital), on 24 hours notice. After 4:00 PM if on a weekday. This allows for emergency calls during work days when crews are at a minimum.  
Call: 570-282-4981 or 570-680-0024; E-mail—Greenfield fire@echoes.net; or write to GTVFC.

## **Beating the Winter Blues**

By M. S. Karolyi, Ph.D.—Administrative Member

NEPA residents notice how short daylight hours are during winter. Some folks are truly sensitive to reduced hours of daylight. These people may fall into a seasonal form of depression called SAD (Seasonal Affective Disorder). Here are some of the warning signs.

- \* Feeling the “blahs” during winter that disappear in spring.
- \* Loss of energy to do enjoyable activities or daily tasks.
- \* Loss of sexual desire.
- \* Decreased or increased appetite.
- \* Sleep disturbances (insomnia or over-sleeping).
- \* Difficulty concentrating or restlessness and irritability.
- \* Physical symptoms which have no immediate cause.
- \* Negative feelings such as guilt, worthlessness, feeling “empty” or “going crazy”.
- \* Thoughts of death or suicide

Here are some helpful ways to cope.

- \* Since people suffering with SAD are reacting to diminished daylight hours, a helpful technique is to use light therapy. Several variations of natural spectrum artificial lights are available.
- \* Exercise! Yes, exercise actually increases energy levels. Those who do less, continue to do even lesser amounts of activity. Exercise energizes!
- \* Eat a balanced diet. Depressed individuals unconsciously go for comfort carbohydrate foods. A balanced diet of proteins, fats and carbs will sustain you more effectively.
- \* Reach out and socialize with others. Maintain family ties and establish new friendships. Do volunteering in your community and church, in which you find comfort and satisfaction.
- \* Treat yourself to luxuries! Get a manicure, facial or massage. Visit an RV, sportsmen or other entertaining show.
- \* Enjoy uplifting and energizing music. Music can be listened to in the store before you buy. Rent for free from your library!
- \* Gardeners, see a flower show. Plan for next planting season.
- \* Go outside and enjoy the seasonal beauty during daylight hours with sunlight exposure for 15 minutes a day and get your vitamin D dose as well.

O.K., if trying the above methods of coping with SAD you still feel “down” after more than two weeks, contact your physician. Discuss your efforts to overcome this seasonal disorder and ask if medication would be helpful for you. Some people require anti-depressants during winter months. Other people have successfully dealt with SAD with “talk therapy” either individually or in groups. SAD is a non-permanent treatable condition. Individualized treatment plans are very effective for almost all sufferers. ***You Can Beat Winter Blues!***

## **New Penna. State Traffic Law**

By A. F. Karolyi—Administrative Member

A new law passed by Pennsylvania legislators went into effect on September 8, 2006. Act 113 of 2006 is expected to provide better protection for first responders on the scene along state roads. The new law provides for fines of up to \$250 for guilty offenders and could be doubled for offenders guilty of other infractions including speeding, careless or reckless driving, DUI or illegal passing.

The law requires motorists to move into the far lane, in the direction they are going or if not possible, to slow down to a safe speed when approaching an incident where responders have emergency or hazard lights flashing. If a motorist should collide with an emergency responder at such an incident, their license is suspended for 90 days including other consequences.

Act 113 protection includes all law enforcement officers, county, state and local, all firefighter personnel, rescue and ambulance personnel, towing and recovery personnel, hazardous material responders, emergency medical personnel, highway maintenance and construction personnel, coroners and all personnel of the medical examiners office.

If encountering a situation where you see emergency lights flashing on any official vehicle, follow the law as stated above. Above all, don’t stop, don’t sightsee, but keep moving as directed by law enforcement officers or other official personnel. If you encounter a situation where no responders have yet arrived, pull off the road, onto the berm, put your hazard lights on and call 911 giving as complete a description and location of the situation as you can. Try to keep victims from moving and provide cover to keep them warm. Do not move victims or give medical aid unless you are a qualified medical practitioner. Follow all directions of arriving law enforcers and emergency personnel. Do not leave the scene unless told to do so.

***Season's Greetings from GTVFC***  
**May You and Yours Enjoy This**  
**Holiday Season**  
**And Prosper In The New Year**

## **2006 Fund Drive Final**

Of the 1247 fund drive requests sent out to both residential and commercial township residents, we had 529 donations. Every effort is made to eliminate duplicate requests. Once a donation is received with a returned request form, the donor receives our newsletter only. We thank the 43% of the township residents for their support in these times of rising costs.

## **Assistance Call**

By A. F. Karolyi—Administrative Member

Have you ever been in or faced a situation where you needed some help? Situations such as having a car breakdown on a lonely road late at night and you don’t have a road service policy; or you’re outside your home and are confronted by a large unfriendly dog, a bear rummaging through your garbage or other wild animal? In the first case most people call a relative or friend for help. In the second case call the local police.

Suppose you were unable to reach anyone? There is a number you can call anytime where you would always get an immediate response and help to resolve your situation. Situations like these are not a life threatening 911 emergency.

However, did you know the same communications center that answers 911 calls has a non-emergency number that you can call? In Lackawanna County the number is 342-9111. It is important you immediately tell whoever answers that your call is not an emergency call. The same operators who respond to 911 calls answer the non-emergency number as well. Then proceed to tell the person what the problem is. In most instances, as with the breakdown, local police will be dispatched and possibly a tow truck. It is important to remember that in non-emergency situations you are responsible for any fee for services provided by a tow truck operator.

As far as a bear or other wild animal situation, you probably will have a police response as the comm. center dispatches for fire, police and ambulance only. The traditional story of the kind fireman rescuing the kitten up a tree is probably true, but I don’t know about bears or wild animals. Police departments might have more state agencies to call on in those situations.

The important thing to remember is, if you have a serious emergency such as a fire, accident or personal injury etc; call 911. Otherwise call the 342-9111 non-emergency comm. center number and you will get assistance.

## **Car Winterizing Check Tips**

- \* Wiper blades wear. Fill fluid reservoir with all season fluid.
- \* Battery corrosion. Clean cable ends, check charging power.
- \* Cooling system. Flush, replace coolant if not set for freezing.
- \* Cracks on belts, soft hoses. Replace if necessary.
- \* Change oil per manufacturer’s specifications.
- \* Check tread wear on all season tires and install snow tires per manufacturer’s specification if necessary. Check tire pressure.
- \* Have brakes checked adding brake fluid as needed.
- \* Spray door and trunk locks with freeze protection lubricant.
- \* Check that lights, heater and defroster are in working order.
- \* Keep a first aid kit, flashlight, blanket, gloves, ice scraper and shovel in the vehicle for emergencies.

## **Holiday Stress**

By M. S. Karolyi, Ph.D.—Administrative Member

Are winter holidays both the most joyful and the most stressful time of the year for you? Instead of enjoyment, many people become anxious due to unreasonable expectations for holiday gatherings. Some folks adopt the attitude that if they just do everything right, holidays will be perfect. Unfortunately, it does not always work that way. Real life does not guarantee any holiday will be perfect. Those who frantically try to do everything, enjoy nothing. So, what are time-pressed people to do? Here are some hints to reduce stress and anxiety.

First prioritize! What is most important to you? Decide what you want and don’t want to happen this year. Tired of cooking for extended family? Ask for help and have guests bring a side dish. If making cookies is a family tradition, do it! If not, buy from a bakery.

Next, involve all the family members. Many hands get holiday tasks finished sooner. Some age-appropriate tasks can be performed by children. If the children do not complete their jobs perfectly, so what! Enjoyment and family participation is what really matters. Crooked cookies will taste just as good!

Third, make time to take care of yourself. We all need time to re-charge our batteries. People shouldn’t put their lives on hold or totally rearrange their lives because of the holidays. Tune out media hype and do things that are meaningful and satisfying to you and your family. If you are under lots of time pressure and stress, this affects everyone in the household.

Fourth, have a holiday spending plan. If you have limits, stick to them. This reduces holiday stress. Worrying about paying for a holiday season for the next six months reduces enjoyment of seasonal festivities.

Fifth, leave “yesteryear” in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don’t compare what happened in the “good ole days” to what you are doing this year at this time. Traditions can be helpful yet forming new traditions to reduce stress are beneficial.

Last, participate in an activity which reflects your religious beliefs. Some people believe in volunteering for others so that they might celebrate. Everyone can look around their neighborhood and find people to help who are lonely, widowed, homeless, ill or financially destitute. Helping others brings the feelings of satisfaction and contentment which reduce levels of stressful anxiety as we engage in activities that demonstrate the real meaning of our winter holidays.

**VISIT THE GREENFIELD TOWNSHIP WEB SITE FOR LATEST NEWS, PHOTOS AND INFORMATION**  
[www.greenfieldtwp.com](http://www.greenfieldtwp.com)