

2011 Fund Drive

***We all have a hand in creating
the community where we
want to live!
Supporting the safety of our
community requires
supporting our community
emergency services.
We need YOU to do your part!***



***New apparatus, maintenance and
operations cost money.
Our fund raising activities cannot
do it alone without your help.***

2011 FUND DRIVE PROGRESS

Contributing Households	Number of Individual Households
<u>277</u>	<u>1096</u>
Percentage Contributing	
<u>25 %</u>	

SUPPORT YOUR EMERGENCY SERVICES!

The Bulldog Bulletin®

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**Greenfield Township
Volunteer Fire Company
(GTVFC) Fire/EMS Station 24
424 Route 106
Greenfield Twp., PA 18407**



In This Issue

My First Call As A Cadet

"Hypermiling"

Vinegar-Household Tips

Coffee Health Benefits

2011 Fund Drive Progress

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We are an equal opportunity 501 (c)(3)

non-profit organization

Donations to GTVFC are tax deductible



My First Call As A Cadet

By Shayne Lee—GTVFC Cadet

Every Tuesday night we work along side of all the fire personnel at the station doing multiple task and training. On this particular Tuesday night the snow was coming down pretty hard. While at the station all the firefighter's pagers started going off for a structure fire. At the time there were only two cadets there. As we sat there and watched the fire engine roll out the door, we were standing there wondering where they were going.

We were just about ready to call our parents to come and pick us up when one of the firefighters came in, looked at us and said; "Gear up your going with me". My heart started to race as Chris and I started to put on our turnout gear. We got in his truck and started down the road. The firefighter was telling us what we needed to do, such as listen to the firefighters, do not wander off, and just stay with him. We were listening to the radio and found out that Greenfield was setting up water supply.

When we arrived, we were told to do certain things under the direction of the firefighters. We were pulling hose and helped set up the manifold. We kind of knew what the manifold was used for because of our Tuesday night training. When we got everything set up, the tankers started coming in. We watched the firefighters hook the hoses up to the tankers and fill them with water. It was really exciting watching how they filled the tankers. When the tankers started slowing down, the firefighters were asking us if we were paying attention. They backed another tanker into the spot, looked at Chris and myself and shouted to us, "Well, What are you waiting for, fill it up". Chris and I went over to the hoses and with the help of the firefighters we hooked up the hoses to the tanker. I couldn't open my valve because it was frozen so the firefighters had to give me a hand. Once the tanker was filled we had to disconnect the hoses from the tanker and we got a little wet but I didn't care how cold it was, we finally got to go on a call and help out the firefighters. So that was my first call as a cadet.

Can you
fill these boots?

Personal **Commitment**
Community
Family Tradition
Generation of Firefighters

Join the
Greenfield Township **Volunteer** Fire Company

Visit: www.greenfieldtownship.org

**GREENFIELD
NEEDS YOU!**

BE A HERO

**GREENFIELD
NEEDS YOU!**

“Hypermiling”

By A. F. Karolyi—Administrative Member

What is Hypermiling? Wikipedia defines the term as the act of using driving techniques that maximize fuel economy. We all can use some tips on how to do that with the price of gasoline what it is. The driving techniques will not only increase your gas mileage, reducing your gas costs, but will reduce the “wear and tear” on your vehicle as well.

Aggressive Driving: We are all familiar with drivers who do “jack rabbit” starts and brake hard at stops. We can assume they have a reason to be in a hurry, or not, as you usually get to the same stop a short time later right behind them. Aggressive driving and hard braking decreases your vehicles mileage by approximately 40%. If you are driving a vehicle with automatic transmission, and decidedly feel the shift points when accelerating, then you are pushing it. Back off on the gas pedal and save gas.

Drive Steadily: Staying at a steady 55 MPH using cruise control on the highways can increase your gas mileage by 10%. Sure, your destination time will increase a little, but not by much. A trip I take often is on the Casey Highway to Dunmore. With the cruise control set at 55, it takes me 4 minutes longer to get to the Dunmore exit.

Soft Stopping: When you obviously know you are going to stop, such as coming to a stop sign or when on Route 6 to the mall and you see the light turn red ahead, take your foot off the gas and coast to the stop. Less gas is used and brakes last longer.

Tires: Keep them inflated properly. Not only will your gas mileage not suffer but they will last longer.

Keeping Cool: Open windows at low speeds. Use AC on highways.

Car Idling: Avoid long periods idling. If stuck in traffic shut off the engine. Restart when you can go.

Remove excess weight from the trunk: Store golf clubs at home. Extra weight uses additional gas.

According to Edmunds.com tests, if your car currently get 22 mpg, this laid back driving style could increase your mileage by approximately 30%. Conversely, that’s 30% less money going to the oil companies and oil producers. If you can afford it, disregard this article. Most of us can’t!

Vinegar—Household Tips

By A. F. Karolyi—Administrative Member

When we purchased a two gallon carton of distilled white vinegar, the following household tips were printed on the back of the carton. I don’t know where the information came from and GTVFC does not endorse their use without customary consumer caution. When checking the internet, I found a web site which has many similar tips and more listed. See additional information for many more uses for distilled white vinegar at www.versatilevinegar.org which is the web site for The Vinegar Institute.

Around The House

- **Ants:** Ants can be deterred by washing countertops, cabinets and floors with distilled vinegar.
- **Bathtub:** Wipe with vinegar and baking soda to remove film buildup. Rinse with water,
- **Chrome:** Moisten a cloth with white vinegar to polish chrome and stainless steel and wipe clean.
- **Coffee Maker:** To remove stale coffee residue, fill the reservoir with white vinegar and run it through a brewing cycle. When cycle is finished, run two cycles of water to rinse.
- **Glassware:** 1/2 cup of vinegar in a gallon of rinse water will remove film from glassware and make it shine.
- **Grease:** Greasy residue can be removed from stove and refrigerator by wiping with vinegar.
- **Grass or Weeds:** Kill unwanted grass/weeds on driveways or sidewalks by pouring on vinegar.
- **Irons:** Remove burns stains from your electric iron by mixing one part salt with one part vinegar in a heated small aluminum pan. Use mix to polish the iron.
- **Sink Drains:** Pour 1/2 cup of baking soda down the drain followed by a 1/4 cup of vinegar. It will foam up and clean your drain. Flush with cold water.
- **Shower Curtain:** Rub your plastic shower curtain with a cloth dampened with vinegar to remove film and mildew. Rinse clean with water.
- **Toilet Bowl:** Pour 1 cup of vinegar into the bowl and let sit for approximately 20 minutes and flush. If you have very stubborn bowl stains, use 1 cup borax or washing soda and 1 cup vinegar before going to bed. Flush in the morning and you will have a clean toilet bowl.

In The Kitchen

- **Cabbage:** Add vinegar to the cooking water of boiling cabbage to prevent odor from permeating the house.
- **Cheese:** Keep cheese moist and fresh by wrapping it in a cloth that has been dampened with vinegar and sealed in an air-tight wrap or container.
- **Eggs:** To produce better formed egg whites, add a tsp. of vinegar to the water.
- **Fish:** Reduce fishy odors by rubbing fish down with white distilled vinegar before scaling it.
- **Cooking Fish:** Soak fish in vinegar and water before cooking. It will be sweeter, more tender and hold its shape better. When boiling or poaching fish, a tbsp. of vinegar added to the water will prevent crumbling so easily.
- **Flowers:** Add 2 tbsp. vinegar plus 3 tbsp. sugar to a quart of warm water (100F) to keep fresh cut flowers blooming longer.
- **Meat:** A marinade of 1/2 cup of your favorite vinegar and a cup of liquid bouillon make an effective meat tenderizer.
- **Onion Odors:** Quickly remove the odor of onions from your hands by rubbing them with distilled vinegar. Carefull though! If you have any nicks or cuts on your hands it will sting.
- **Pickling:** Cider, Red Wine, Balsamic and other dark vinegars are good for pickling, but may discolor lighter colored pickles such as pears, onions or cauliflowers. In this case a distilled or white vinegar may be preferred.
- **Rice:** A tsp. of vinegar added to the water of boiling rice makes it white and fluffy.
- **Vegetables:** Liven up slightly wilted vegetables by soaking them in cold water and vinegar.

Coffee Heath Benefits

By A. F. Karolyi—Administrative Member

For years the story was coffee is no good for you. Well according to the source for this article, WebMd on their web site www.WebMD.com, “that ain’t necessarily so”. Too much of anything isn’t healthy, but drinking coffee in moderation has potential health benefits in reducing risks for some medical conditions in conjunction with proper diet and exercise. Some cautions are noted as well.

Type 2 Diabetes: Data from 15 published studies has indicated that people who drank 4-6 cups a day had a 28% lower risk for Type 2 Diabetes, regardless of gender or weight. This is due to the strong capacity of antioxidants in coffee. Antioxidants help prevent tissue damage caused by free radicals. Coffee also contains minerals such as magnesium and chromium which helps the body use hormone insulin to control blood sugar.

Heart Disease and Stroke: In addition to coffee’s potential effect on type 2 diabetes, which makes heart disease and stroke more likely, it has been indicated to lower risks for heart rhythm disturbances which are heart attack and stroke risk factors in men and women. For women, coffee may mean a lower stroke risk. A 2009 study of 83,700 nurses resulted in a 20% lower risk of stroke for those who reported drinking 2 or more cups of coffee a day regardless of indications of high blood pressure, high cholesterol and type 2 diabetes.

Parkinson’s and Alzheimer’s Diseases: The data for Parkinson’s disease has consistently shown that increased coffee consumption is indicative of reduced risk of Parkinson’s that seems to be due to caffeine. A 2009 study of 1400 people, followed for 20 years, reported that those who drank 3-5 cups of coffee daily were 65% less at risk to develop dementia and Alzheimer’s diseases.

Cancer: Coffee’s risk reduction for cancer is less than for type 2 diabetes. Except that studies have consistently indicated a decreased risk for liver cirrhosis and liver cancer.

Cautions: Coffee is a mild diuretic and causes increased urination. Caffeine in coffee will increase blood pressure. Coffee may increase heartburn.