



# FANWOOD RESCUE SQUAD

Winter Newsletter 2024



## WHY VOLUNTEER WITH THE FANWOOD RESCUE SQUAD?

By Nancy Mustachio

Volunteering with our town's First Aid Squad is more than just answering emergency calls—it's about making a meaningful difference in the lives of neighbors, friends, and family. Whether you're providing critical medical assistance or offering comfort during a crisis, our volunteers are the heart of Fanwood's safety and care.

### WHY JOIN US?

Here's why so many community members choose to volunteer:

- **Save Lives:** Learn essential, life-saving skills and be there when it matters most.
- **Grow Personally:** Gain advanced medical knowledge, develop teamwork skills, and build confidence with every call.
- **Connect with Your Community:** Serve alongside neighbors, form strong bonds, and take pride in directly impacting Fanwood's well-being.
- **Flexible Schedules:** Whether you're a teacher, retiree, student, or business owner, we'll work with you to find shifts that fit your life.

### WHO CAN VOLUNTEER?

Our volunteers reflect the rich diversity of Fanwood. They come from all backgrounds, ages, and professions but share one common goal: a desire to help others. You don't need a medical background to get started—we provide all the training required to become a certified EMT or first responder. Whether you're launching your career, looking for a meaningful way to give back, or exploring a new purpose in retirement, there's a place for you here.

### HOW TO GET STARTED

Join us in making Fanwood a safer, healthier community. Volunteering isn't just about service—it's about learning new skills, meeting incredible people, and creating a positive impact where you live. **Take the first step today:** Contact us at [fanwoodrescue.com/contact/](http://fanwoodrescue.com/contact/) to learn more about becoming a volunteer with the Fanwood Rescue Squad.



### SUPPORT THE FANWOOD RESCUE SQUAD – EVERY CONTRIBUTION AND VOLUNTEER COUNTS!

The Fanwood Rescue Squad thrives through the dedication of volunteers and the generosity of community members like you. We are a 100% volunteer organization, not funded by municipal resources. Your donations help us maintain our emergency vehicles and purchase essential, life-saving equipment and supplies.

As an official 501(c)(3) non-profit organization, your contributions are tax-deductible. Furthermore, many employers offer donation-matching programs, potentially doubling the impact of your gift. Consider checking if your company participates.

In addition to financial support, we urgently need more volunteers to help us respond to medical emergencies. Volunteering with us is a profound way to give back to the community, learn valuable skills, and truly make a difference. Whether you can give a few hours a week or more, every bit of help counts.

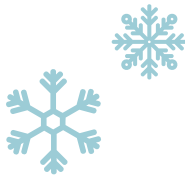
For convenience and environmental consideration, donate at [fanwoodrescue.com/donate](http://fanwoodrescue.com/donate). Join us in our mission to provide vital emergency services to our community—your support is invaluable!





## CONGRATULATIONS TO OUR OFFICERS-ELECT FOR 2025!

- President:** Karolyn Buckridee
- Vice President:** Juliana Lance
- Treasurer:** Nam-June Joe
- Recording Secretary:** Patricia Buckridee
- Corresponding Secretary:** Eric Breidenstein
- Captain:** Brian Downing
- 1st Lieutenant:** Nancy Mustachio
- 2nd Lieutenant:** Kayla Rajcevic
- Sergeant:** Rachel Manette
- Training Officer:** Adam Kern
- Chaplain:** Patricia Buckridee
- Historian:** Tom Kranz



***A sincere thank you to all of the amazing local businesses who generously donated funds, meals, services, and supplies this year!***

- Bagel Café
- D-K Tool & Die Welding
- Fanwood Animal Hospital
- Fanwood Chemical
- Fanwood Clipper
- Fanwood Community Foundation
- Fanwood Dental Group
- Fanwood Presbyterian Church
- Fanwood-Westfield Cardiology
- FSP Service League
- Ginger Sushi
- Goddard Schools
- International Freight Transport
- Jessica's Café
- Lady Bug Pest Services
- PAL of SP
- Star Contracting
- Williams Lift



## MEMBER SPOTLIGHT

**KAROLYN BUCKRIDEE**



### What is your name?

Karolyn Buckridee

### How old are you?

32 years old

### How long have you been an EMT?

Half of my life (16 years)

### How does someone become an EMT at such a young age?

The State of NJ allows 16 year-olds to become EMTs which is what I did. My mom was already on the Squad and after hearing the stories she had of the calls she experienced, I knew it was something that I wanted to do. I joined the Scotch Plains Rescue Squad a month after I turned 16 and was an EMT by October. I still ride for the Scotch Plains Rescue Squad and am currently a life member on both Fanwood and Scotch Plains Squads.

### What positions do you currently hold on the Fanwood Rescue Squad?

President and Crew chief

### What do you find the most rewarding about being an EMT?

Beyond the genuine love for helping patients, it would probably be making order out of a chaotic event. I have responded to numerous car accidents, shootings, stabbings etc. and understandably it can feel very chaotic, in the moment. The solace a patient feels when you've gotten them out of a scary situation and into the ambulance or to the hospital is a rewarding experience. I have been in some hairy situations where it feels like an impossible task but when you finally achieve it, the sense of accomplishment for you and relief from the patient is palpable.

### What is the most challenging aspect of being President of the Squad?

Navigating an economy in which people don't have the time to volunteer. Many people are working 2-3 jobs to make ends meet which makes volunteering difficult. In addition, there are many moving parts to running an organization and it can get overwhelming at times. We have a great team this year and I look forward to the advancements we will make next year! But we are always looking for anyone willing to volunteer!

### If you could go back, is there anything you would change?

Honestly, I don't think so. I love EMS and I plan to pursue an EMS and Disaster Medicine Fellowship after completing an Emergency Medicine Residency.

### Speaking of, what's next for you?

I am currently in the application process for residency. I graduated from medical school in 2023 and I'm planning on becoming an Emergency Medicine physician.

### Lastly, is there anything you want Fanwood residents to know?

First off, the Fanwood Rescue Squad is so incredibly grateful for the generosity of our residents. We rely solely on donations and have never worried if we are going to have enough money to pay the bills which is awesome. Secondly, for those that may not be aware such as those that moved in from other states, the Rescue Squad is staffed by your neighbors! These are not career EMTs but you will still receive a professional level of care. We are looking for anyone able to volunteer their time or services to benefit the Squad. We would love to be fully-staffed! All training is provided free of charge. Please go to our website at [www.fanwoodrescue.com](http://www.fanwoodrescue.com) and fill out an interest form!



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