



## Welcome

Welcome to the first annual Darien EMS-Post 53 newsletter! We hope that the community, our many supporters and the Post alumni will enjoy this yearly recap. ■

## Passing the baton



Susan Warren

Dave Hawrelek has resigned as Advisor of Post 53 to pursue an exciting new business opportunity, which, unfortunately for Post, is located in New Jersey. Thank you, Dave, for 13 years of dedication to Post 53.

Susan Warren, who has been with Post 53 for 19 years, and has run countless Food Fairs and Art Shows, was unanimously elected the new Advisor. Post 53 is grateful to Susan for taking on yet another duty for Post, and look forward to her leadership. ■

## A busy year

Currently, 31 adults and 70 young adults are members of Post 53. These volunteers responded to approximately 1200 calls for emergency medical service last year! What do they do when they are not on the ambulance? Provide EMT coverage for numerous local and sporting events, attend between 30 and 140 hours of training, teach First Aid and CPR to community groups, provide free blood pressure screenings, restock and clean the ambulances, manage supplies and uniforms, clean the headquarters, do laundry, attend high school, participate in DHS athletics and extra-curricular activities, and, oh yes, eat and sleep!

As many of you know, Post 53 is 100% privately funded. So the members also spend a lot of time raising funds.

## 2003 Vital Signs

- Total annual calls .....1200
- Number of times two or more ambulances were needed .....110
- Number of hours of training classes taught at Post 53 .....420
- Number of O2 masks used .....800

The May 2003 Food Fair was the rainiest ever, but it also demonstrated the strength and loyalty of town support, as many townspeople braved the torrents to come out and buy all the wonderful items for sale. "From a fund raising standpoint, it was a big disappointment," recalled Susan Warren. "Nevertheless, I have never been prouder than on that morning when I saw such spirit and optimism in the face of such miserable weather. I feel so fortunate to have witnessed the spirit of Post and the support of the community." Happily, the weather was better for the 2003 Art Show, which proved to be the best ever, with 125 artists (including Lisa Emmons Thoren, an ex-Postie!) showing 500 pieces. ■

## New arrivals and veterans

Four new adults joined Post 53 this year, taking the EMT class with the sophomores. In addition, five existing adult EMT-B's (Basic) became EMT-I's (Intermediate) this year, undertaking 125 hours of class and many additional hours of ER rotations to upgrade to advanced life support certifications. Last, but not least, there are currently four adults who have given 20+ years to Post 53: Rob Clark, Bob Dennis, Dick Koch and Marilyn Vojta. Post 53 is extremely grateful to the adult volunteers who give their time and support so generously. ■

## Thank you!

This year, Post faced some enormous needs, including replacing the three aging ambulances. Once again, generous supporters stepped forward.



Posties in action at an MVA.



Posties work together to assist a patient.

Our deepest gratitude to the Weatherstone, Ziegler, and Bantle families who have funded the new ambulances, and to the Goodnow Fund, the Roxe and Edward S. Moore Foundations and Stephen Mandel, whose generosity will allow Post to purchase three new 12-lead defibrillators. The defibrillators went into service in May, and the new ambulances will arrive in 2005. ■



Post 53 Memorial Day Food Fair at Tilley Pond.



## Young adults

Currently, 70 young adults are members of Post 53. 17 seniors will graduate,

one of whom, Doug Herling, is Post 53's first "legacy," e.g. a child of a Post alumnus (Nancy Campbell Herling). 22 students have just graduated from the EMT class, and 13 young adults qualified to be ambulance drivers this year. In April, the Post held its annual extrication exercise, partnering this year with Darien FD. With four twisted cars, 12 victims, eight evaluators and 22 new EMT students, the exercise went smoothly, except for the intermittent rain. This exercise helps the EMT students apply their knowledge in a realistic setting. "I learned so much doing this exercise, especially how to prioritize patients and their treatment," said one student.

As always, Post 53 attracts quite a bit of media attention, and in 2003, our young adults were featured on Fox Television's *The Pulse* as well as several local news broadcasts, and an issue of Darien/New Canaan magazine. Copies of all are available at the Darien Library.

It's not all work! Keeping with decades of Post tradition, the young adults organized and enjoyed several



Posties enjoy breakfast with Bud during the Nantucket trip.

excursions over the last year. In August, a number of them camped out on Nantucket; in November the annual lock-in was a big hit and in March many of them attended a ski weekend at Mt. Snow.

In mid-May, the membership held officer elections, and the old officers formally handed over their responsibilities to the new class. Afterwards, in true Post tradition, the food fight ensued in the garage, with the exiting officers gleefully targeting the new officers in this annual rite-of-passage. ■



Members of the EMT class celebrate a successful extrication exercise.

## Did you know?

- Number of times the young adults were called out in the middle of the night in 2003 . . . . .200
- Estimated total number of hours a graduating senior has put into Post . . . . .6000
- Number of "ongoing training" meetings young adults attend annually . . . . .27
- Approximate number of blood pressures taken during Sundays' free screenings . . . . .1000
- Awards and honors collected by Posties at the 2004 DHS Awards Ceremony . . . . .55



Old officers (seated) pass the baton to the new officers (standing).

## In with the new...

Office	Outgoing	Incoming
President . . . . .	.Kim Ferris	Stephen Bloom
VP Programming . . . . .	.Avery Spalding	Ali Wilson
VP Training . . . . .	.Sarah Petner	Renata Shabin
VP Operations . . . . .	.Doug Herling	Clay Canning
Secretary . . . . .	.Sam Barclay	Avery Finch
Treasurer . . . . .	.Abby Kraft	Carrie Ryan



5 Post presidents reunited on election night 2004. Left to right: Stephen Bloom 2004/5, Kim Ferris 2003/4, Stephanie Lake 2002/3, Matt Kowalski 2001/2, Tricia Rogers 2000/2001. Stephanie, Matt and Tricia are all active Graduate Reserves for Post 53.

## Scholarship Award Winners

**Post 53 Alumni Scholarship:**  
Doug Herling (VP, Operations)

**The Albert O. Hetrick Scholarship:**  
Kim Ferris (President)



## Post alumni

As many of you know, we have spent the last several months tracking down as many of our old Posties as we could find. I'm indebted to the many volunteers that helped with this detective project. If you go to [www.post53.org](http://www.post53.org), click on "alumni" (username and password are our founder's last name) you can see how many we have found so far. Some names are still missing, and information is incomplete, so please input your data or email it to me at [bmejjes@optonline.net](mailto:bmejjes@optonline.net). Don't forget to keep us up to date if your information changes. FYI, the website will be revamped in the near future to include an ability to accept photos and reminiscences from alumni, so stay tuned.

**Bud Doble**, the legendary founder and leader of the Post from 1969 to 1997 is alive and well and terrorizing the citizens of Nantucket on a year round basis. He moved from Darien in 2002 shortly after the passing of his wife, Limette. He continues to be an active member of the Board and his fund raising skills/threats remain unparalleled. When the Board recently decided to replace the three ambulances, Bud raised the entire amount needed from some very generous donors within just a few days. Having spoken to scores of Post alumni over the past months, it's clear to me that it is impossible to exaggerate the impact this man has had on the people of Post 53. In a recent email Bud said, "The biggest thing that the beautiful Posties contributed over the years was their self-enforced personal discipline and personal pride in their great accomplishment. Many did not realize that until years out of The Post. My only motive in creating The Post was for lessons learned by Bill, Lisa and Jennifer Doble. It was a great success for them and I had the privilege of meeting another 300 or so of the greatest kids that were ever born! Many special thanks to Tony Antin and the many adult advisors that made it possible for Posties to do their thing in the environment that The Post presented." Bud loves to hear from old Posties, his contact info is on the Post website.

**Betsy Boege**, who bravely took over from Bud and expertly filled the roll of Advisor from 1997 till 2001, is retired and living in New London, NH, with her husband, Sheldon. She reports that she is playing lots of tennis and golf, skiing in winter, and visiting warmer spots during mud season. Betsy is fondly remembered for her tireless management of the Post as she shepherded the organization into its modern era. She stays in touch with the news of the Post through current Advisor, Susan Warren, and through the Darien Times. Betsy relayed that, "memories of the Post are many and rich. I feel so fortunate to have been able to participate in Bud's unique gift to the young adults of Darien. Visitors always welcome and I hope Posties will return to Mt. Sunapee in the

future for their annual ski trip." Betsy's contact information is on the website.

**Dick Koch**, who was the Advisor from 2001 to 2003, remains an active member of Post 53 and of its Board, although he now enjoys a little more free time! He is the first ex-director to remain active in the Post. Dick's institutional knowledge of the Post and all of its medical, operational, and legal complexities is unmatched. The current Advisor and the Board are highly dependent on his expertise.

### "Is there a doctor in the house"

Over the years, Post 53 has produced a tremendous number of people who have gone on to careers in healthcare. Here is a partial list of those who made the Post's old motto, "Prepared to Care," a lifelong commitment.

**Parker Antin ('73), PhD**, Professor of Cell Biology and Anatomy, University of Arizona. **Thomas H. Castle ('74), MD**, Orthopedic Surgeon, recently Chief of Staff at Overlake Hospital Medical Center, Bellevue, WA. **Dave McNamara ('74), MD, V.P.**, Medical Affairs, Meadville Medical Center, Asst. Clinical Professor, University of Pittsburgh School of Medicine. **William Fox ('74), MD**, Internal Medicine, Falmouth, MA. **William Holmes ('75), MD**, Reconstructive Plastic Surgeon, Afghanistan, Nepal, based in Oakland, CA. **Liz Arneberg ('75), RN. Lisa Doble Holby ('76), MD**, Anesthesiology, Kent Hospital, Warwick, RI. **William Doherty ('76), MD**, Orthopedic Surgeon, Hallmark Healthcare, Andover, MA. **Tom Sherman ('76), MD. Sue Troy van Oot, RN**, School Nurse in Brattleboro, VT. **Jennifer Doble Check ('78), MD**, Trauma Rehab Specialist, St. Joseph Mercy Hospital, Ann Arbor, MI. **John Kim ('78), MD. Betsy von Kreuter Felix ('78), PhD, MD. Peggy Crotty MacMannis ('79), RN**, Manager of Benefits, Oxford Health Plans. **Robert Doherty ('79), MD**, Emergency Medicine (deceased). **Ann Tuttle ('79), MD**, Anesthesiology, Bethesda Hospital, Cincinnati, OH. **Craig Dobbs ('81), Bio-Organic Chemistry, Sr. Mgr.**, Waters Corp. **Robert Baylis ('82), MD, Ft.** Lauderdale, FL. **Chris Baker ('82), MD**, San Francisco, CA. **Pat Correnty ('83), MD**, Chief of Medicine, Virginia Medical Center, Clinical Professor at Georgetown Medical School. **Annie Rodriguez McGuire, RN**, Healthcare Navigations, Healthcare Consultant, Darien. **Mary Dubrowski ('84), RN**, St. Lucie Medical Center ICU, FL. **Rob Clark ('85), Director of Rehab & Support Services**, Stamford Health System. **Matt Collins ('85), MD**, Worcester, MA. **Mark Thoma ('88), MD**, Surgery Resident, University of California, Highland Hospital, San Francisco, CA. **Anne Harding ('89), RN**, Immediate Care Center, Stamford. **Matt Garnett ('90), Physical Therapist. Jennifer Hannon Grant ('90), MD**, Ob/Gyn, Hartford, CT. **Justin Cook ('91), MD**, Emergency Medicine Resident, Highland Hospital, Oakland, CA. **Jonas McAlarney ('91), MD**, Emergency Medicine Resident, UConn Hartford. **Kristin Markowski Goedkoop ('92), RN, MSN, ACNP**, Mass General ER and Adjunct Instructor at Boston College School of Nursing. **Eve Simi ('92), Masters** in Genetic Counseling, Cook County, IL.

**Alison Saalwachter ('93), MD**, Resident, Department of General Surgery, University of Virginia. **Alison Himmel ('93), MD**, Internal Medicine Resident at UCSF. **Trey Lang ('93), RN**, Bridgeport Hospital ER. **Jamie Green ('93), RN. Danielle Douglas ('94), MD. Jessica Brown van Voorhees ('95)**, 2nd Year Medical Student, Case Western Reserve Univ., Cleveland. **Brook Wharton ('95)**, 4th Year Medical Student, University of Virginia. **Rachel Anderson ('96)**, Medical School. **Tania Nisimblat ('97)**, 3rd Year Medical Student. **Julie Kolakowski ('97)**, 2nd Year Medical Student, New York Medical College. **Jeannette Park ('98), RN**, UCLA Medical Center. **Kate Harnisch ('98)**, Respiratory Therapy Student. **Allison Linden ('98)**, entering medical school Fall of '04.

### Doc Hollywood?

Of course not all Posties go on to careers in medicine. In fact, based on the alumni search we've conducted, it looks like just as many end up in investment banking and finance. One surprising finding, though, is how many have found success in the field of "arts and entertainment." Take a look at this partial list below.



**Marianne Arneberg Gurnee ('75)**, Journalist, Orlando Sentinel. **Lisa Emmons Thoren ('76)**, graphic design artist (Lisa is the reason this newsletter looks so nice). **George Garfield ('76)**, spent many years as senior executive at Disney and Vivendi, currently President of Transwestern Commercial Services. **Joanna Scott ('78)**, Author of 5 novels, including 1997 Pulitzer Prize finalist, "The Manikin." She has received a MacArthur Fellowship and a Lannan Award. **Bruce Irving ('79)**, Emmy award winning Executive Producer of This Old House Productions, Inc. **John Worthen ('79)**, Television Contract Administration Manager at MGM. **R.J. Kelly ('81)**, Actor, Los Angeles, CA. **Mike Paterniti ('82)**, writer for magazines such as the *New York Times Magazine*, *Details* and *GO*, and the best-selling author of "Driving Mr. Albert: A Trip Across America With Einstein's Brain," being developed into a movie by Paramount. His next book, "The Telling Room," is due out in 2005. **Don Hyde ('82)**, runs his own video production business, EVP Creative, in New Hampshire. **Lisa Stewart ('82)**, Movie Producer. Lisa was Executive Producer of "Divine Secrets of the Ya-Ya Sisterhood," co-producer of "Almost Famous," and Associate Producer of "Jerry Maguire." **Tim Warren ('85)**, TV Producer, Director and Writer, Boomerang Productions. He has worked with Fox TV, NASCAR, Discovery Kids, Regis and Kathy Lee, etc. **Zach Green ('96)**, Associate Producer of TV's "Survivor."

### Get in touch!

If any of you have additions or changes or news of any other interesting Postie alumni doings, please e-mail me at:  
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*Darien EMS - Post 53 is a private, non-profit service which uses highly trained and state certified Darien High School students, as well as adult advisors, to deliver FREE advanced emergency ambulance service to the families and businesses of Darien.*

