



# Search & Rescue Council, Inc.

Neotoma Composit Squadron (CAP)  
 Pima County Four Wheel Drive  
 Pima County Sheriff's Mounted Posse  
 Southern Arizona Rescue Association (SARA)  
 Pima County Search and Recovery Divers

Post Office Box 13391  
 Tucson, Arizona 85732

## DECEMBER 1980 NEWSLETTER

### MEETINGS, PRACTICES AND TRAININGS:

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|---|--|
| All Mondays, Dec. 1,<br>8, 15, 22, 29             | <u>CAP</u> regular meetings: 7-10 p.m. at Flowing Wells Fire Station #2, Corner of Curtis and Davis. This month's program: Survival.   |
| *First Friday of<br>each month.<br>Friday, Dec. 5 | <u>SARA</u> general meeting: 7:30 p.m. at St. Mark's Presbyterian Church, 3809 E. 3rd Street.  |
| *Saturday, Dec. 6                                 | <u>Turkey on a Rock</u> : 8:30 a.m. at north end of Campbell Ave. We will rendezvous and then convoy to a parking area close to the cliffs. Training includes rappelling and picking up a stranded victim on a short rope. This is an excellent opportunity to practice victim handling on a cliff. Join us! |
| *Sunday, Dec. 7                                   | <u>Divers</u> practice and meeting: noon at Amphi pool.  |
| Sunday, Dec. 7                                    | <u>Four Wheel Drive</u> general meeting and elections: 10 a.m. at Sabino Canyon group picnic area. Brunch served by Posse for small donation. Everyone welcome.  |
| Thursday, Dec. 11                                 | <u>Posse</u> meeting: 7:30 p.m. at Fraternal Order of Police Lodge, 3445 N. Dodge Blvd.  |
| Saturday/Sunday,<br>Dec. 13 & 14                  | <u>Basic Orientation</u> . Note the new schedule. It now includes segments from <u>ALL</u> component Council groups which should help us understand and work more effectively with each other.   |
| Wednesday, Dec. 17                                | <u>SARCI</u> council meeting: 7:30 p.m. in room 6120 of the U of A Medical Center  |
| Thursday, Dec. 18                                 | <u>SARA</u> board meeting: 7:30 p.m. at the Simons', 4424 E. Bellevue.   |
| Saturday, Dec. 20                                 | <u>Trailheads</u> : 10 a.m. at Oracle/McGee. Romero Canyon area.   |
| Wednesday, Dec. 24                                | <u>Four Wheel Drive</u> board: TBA.  |

Thursday, Dec. 25      MERRY CHRISTMAS!

Friday, Jan. 2, 1981      SARA general meeting: 7:30 p.m. at St. Mark's  
Presbyterian Church, 3809 E. 3rd Street.

### COUNCIL BASIC ORIENTATION

Search and Rescue Council is constantly acquiring new capabilities. Since our component groups are becoming stronger, I think our training should also change. The basic orientation will now be directed towards all groups. It will include a talk on each group's equipment and specialized gear, and a discussion on the use of each. All those who have been through any other orientation are urged to observe and critique. Remember, we are all part of the Council and everyone's input is needed and welcome.

Nate Shechter  
881-6398

#### Saturday, Dec. 13

8:00 a.m.	Rendezvous at Ft. Lowell Park
8:15	Council Orientation
8:45	Sheriff Orientation
9:15	Neotoma Presentation
9:30	Posse Presentation
9:45	Four Wheel Drive Presentation
10:00	Divers Presentation
10:15	SARA Presentation
10:30	Radio Procedures
11:00	Basic Group Equipment
noon	Lunch
1:00 p.m.	Rendezvous Tucson Medical Center Helipad (tentative)
1:15	Helicopter Orientation
2:15	Special Equipment (Ft. Lowell Park)
3:15	Ropes & Knots
5:00	Questions/Answers

#### Sunday, Dec. 14

8:00 a.m.	Rendezvous at Ft. Lowell Park
8:15	Ropes, Knots and Review
8:30	Belays and Anchors
9:00	Lowering and Hauling Systems
10:00	Victim Care
	40 minutes each: Backboard lashing, stokes lashing, stokes handling
noon	Lunch
12:30 p.m.	Search Techniques
3:00	Questions/Answers
3:15	Open for?

## NEWS

Saturday, December 6th - 5 p.m. - ? Open House. "Welcome Back the Newly Weds." Tom and Barb Faulkner decided to return to earth and throw a party at 4535 E. Timrod. SNACKS, MUNCHIES and SODA provided. BYOB.

Anyone who needs or wants First Aid certification for Search and Rescue can call Cinda Young (298-8744). A minimum of 8 people are needed to begin a class -- so far only one person has signed up. Cinda will keep track of potential classes and instructors.

Reserve January 17-18 for the Sheriff's Posse Horse Show at the Pima County Fairgrounds. The Council bought a half page ad in the program. More information will follow in next month's newsletter

American Red Cross is looking for people to help staff volunteer committee which will try to find out if Tucsonans are receiving the training they need. Red Cross wants info. on the type of class and when people want them taught. Call Rich Kunz, 886-2216/748-7000, ext. 360 or 373.

On behalf of Pima County Sheriff's Department we would like to express our appreciation of your support and devotion to the Search & Rescue Mission during the past year. We look forward to working with you again in 1981. Sincerely, Chuck McHugh  
Tom Price

All those people who have helped with the newsletter should stand up and take a bow. It's tedious and frustrating work at times -- but the results are worth it. We've printed articles about hot weather needs and lights by Don Morris who is a continual source of wisdom. This month we feature some excellent emergency treatment and facts about hypothermia by George Simons. Next year, we hope to expand and have more informative articles. Please submit them!

A Hearty Thanks and Best Wishes to those who've donated time for the newsletter.

Happy Holidays!  
Maryann

Daphne Anthony  
Sandy Riback  
Rich Kunz  
Mykle Raymond  
Don Morris  
Nate Shechter  
George Simons  
Scott Clemens  
Dolores Bartholomew  
Gary Young  
Rudy Montenegro  
Ron Sikora  
John Gorski  
A-W Typesetting

All those who have xeroxed,  
folded or mailed the things.



## HYPOTHERMIA

by George Simons, R.N.

As we all have discovered at one time or another, our skin can get quite cold but we are still able to function normally. Hypothermia refers to the lowering of the body's core temperature (that is, the temperature of the vital organs such as the heart, kidneys, or brain) to below a rectal temperature of 94°F. The onset of hypothermia can be insidious, and can occur at temperatures well above freezing. Hypothermic individuals are unable to generate enough body heat to warm themselves, and require our help to do so.

Victims can be divided into two groups based on their body temperatures: either above or below 90°F. Those with rectal temperatures above 90°F. will probably:

1. Complain of being cold.
2. Shiver violently.
3. Appear slightly uncoordinated, but still able to move around normally.
4. Appear slow to respond, but still have normal thinking processes. They should still be oriented to time, place, and person.

All people in this group should survive.

Those with rectal temperatures below 90°F. will probably:

1. Appear uncoordinated, will stumble around and are unable to perform physical tasks. If cold enough, muscles will appear stiff, appearing almost like rigor mortis.
2. Appear very confused, disoriented, lethargic, unable to speak sensibly. They are unable to care for themselves, may insist on doing the wrong thing.
3. Some may be unconscious, and with the stiff muscles may actually appear dead.

According to statistics, about 65% of this group may die during the rewarming process.

Care of these people in the field:

1. Do not allow the victim to exercise, move about, or struggle. Do not massage or rub the victim. Any muscular activity is to be avoided because this stimulates blood flow, which in turn causes the coldest blood (in the extremities) to be pumped back into the body's core. This can make the situation worse.

## HYPOTHERMIA, continued

2. Handle the victim as you would someone with a cervical spine or back injury. Rough handling can cause the victim to go into cardiac arrest from ventricular fibrillation. Cold hearts are very susceptible to this and rough handling is all it takes.
3. Remove wet clothing to prevent further heat loss from evaporation. Cover with dry blankets. If no dry blankets or clothing are available, wrap victim in waterproof material such as a space blanket, raingear, or plastic (over the wet clothing).
4. Protect victim from wind, especially before a helicopter evacuation. Again, wrap victim in windproof or waterproof material as described above.
5. Do not give hot liquids by mouth. This causes shunting of the cold blood in the extremities back to the body core due to a reflex action. Hot liquids are of no value even in the mildly cold victim. Do not give alcoholic beverages. They will cause further heat loss by increasing blood flow to the skin. Your victim will die happier but faster.
6. These people should always be evacuated to a medical facility.

Rewarming is best done gently and slowly to decrease the risk caused by the cold blood in the extremities being shunted back to the body core due to increased circulation in the presence of heat. Gentle rewarming can be accomplished by several methods.

1. Applying heat to the three areas of least insulation from the body core. These are the groin, lateral chest, and head and neck. The entire body should remain covered while applying this heat.
2. Cover victim with heated blankets.
3. Heat from another living body. One or two rescuers should be placed skin to skin under blankets or in sleeping bag.
4. Building a fire is also an effective method of gentle rewarming.

Remember, in addition to this pre-hospital care, the good old "ABC's" still apply: Airway, Breathing, and Circulation. The "ABC's" still take priority over everything else. Also, if cardiopulmonary resuscitation is started on a hypothermic victim, it should not be stopped until the victim has been rewarmed and evaluated at a medical facility.

references: Alexy, B.J.: Problems due to cold, Journal of Emergency Nursing. January/February 1980, pp. 22-24.  
Bangs, C.C.: Immersion hypothermia, preventing unnecessary deaths, Emergency. January 1980, pp. 43-45.

NEWS, continued

For Sale: 1 - Wilderness Experience ROR pack with sidepockets.  
1 - Pair Alaska Trapper Snowshoes (neoprene type).  
See George Simons for details.

\*\*\*CALLOUTS\*\*\*

\*\* Please submit all receipts for reimbursable expenses to Dolores Bartholomew, 8082 E. Coronado Road, Tucson, AZ, 85715, within seven (7) days of an operation or just keep them for tax write off -- NO EXCEPTIONS. Receipts must include your name and appropriate callout information. Reimbursable expenses include gasoline used during a callout and items lost, stolen or damaged. Items other than gasoline need a written description including age and how it was lost. Reimbursements are at the discretion of the Sheriff's Department, and ONLY AVAILABLE FOR SEARCHES AND/OR RESCUES.

<u>Date</u>	<u>Situation</u>
October 25	CB report of fall victim at Tanque Verde Falls. Hoax.
25	Male and dog lost in Finger Rock Canyon. Found, OK.
26	Limited call. Lost male in Marshall Gulch. Cancelled.
November 1	Fall victim, 25 year old male with knee injury in Pontatoc Canyon.
2	Lost male near Rancho Seco. Cancelled.
6	Male, 68 years old with broken leg in Echo Springs.
13	Vehicle over the side of Catalina Highway, MP 1.5. Female, 25 years old injured. Also, canine rescue, Catalina Highway.
16	Limited call. Lost 6 year old male in Pima Canyon. Found, OK.
18	"Lost" 31 year old male traffic accident victim. Sahuaro National Monument West. Contzen Pass area. Located later at U of A Hospital.
23	Report of helicopter crash in Rincon Mts. No crash.

This newsletter is for members of all component groups of "Search and Rescue Council, Inc." Everyone is welcome at all meetings and activities. Practices may be limited to those who are eligible for field operations.