



JUNE 1981

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CAP	2	3 4WD	4	5 SARA	6 MRA SARA
7 DIVERS	8 CAP	9	10 SARCI	11 POSSE	12	13 4WD
14	15 CAP	16	17 SARCI	18	19	20
21	22 CAP	23	24 4WD	25 SARA	26	27
28	29 CAP	30				

SOUTHERN ARIZONA RESCUE ASSOCIATION

S&R EVENTS

P.O. Box 12892 Tucson, Arizona 85732

MAY

Tuesday, May 26

ADVANCED FIRST AID: to be held at the Red Cross every Tuesday and Friday from 6:30 P.M. to 10:00 P.M. for the next 9 weeks. For more information contact Sandy Riback at 298-5780, Dave Brown at 622-1207, Rich Kunz at 886-2216 or Don Morris at 885-4395.

Wednesday, May 27

SARA meeting for plans and discussion at Tom Faulkner's house, 4535 E. Timrod, regarding the Posse training. See News.

Thursday, May 28

SARA: board meeting at the Simons', 4424 East Bellevue #107, 7:30 P.M. Open to all SARA members.

Saturday & Sunday
May 30 & 31

POSSE: training in the Santa Catalina Mountains. Rendezvous at 8:00 A.M., Tanque Verde & Sabino. Victims needed--see news.

Saturday & Sunday
May 30 & 31

DIVERS: Cochise County 2 day training at Parker Canyon Lake. All Welcome. Contact Rudy at 225-8566 for more information.

JUNE

Mondays, June 1,
8, 15, 22 & 29

NEOTOMA COMPOSITE SQUADRON (CAP): Regular meetings, 7:00 P.M., Flowing Wells Fire Station #2, corner of Curtis & Davis.

Wednesday, June 3

FOUR WHEEL DRIVE: general meeting, 7:30 P.M. at El Dorado Hospital. Voting for a new board member.

Friday, June 5

SARA: general meeting, 7:30 P.M. at St. Mark's Presbyterian Church, 3809 East 3rd Street. Rich Kunz and/or Greg Lelo will conduct the program.

Saturday, June 6

SARA/MRA: MRA recertification for river rescue and vertical rescue. Rendezvous at 7:00 A.M., Ina & Oracle. To be held on/in the Gila. See news.

EVENTS

- Sunday, June 7 DIVERS: general meeting and practice, 9:00 A.M., Kennedy Park.
For more information call Rudy at 225-8566.
- Wednesday, June 10 SARCI: Publications Committee meeting, call Maryann for details.
- Thursday, June 11 POSSE: general meeting, contact Tim or George for details.
- Saturday, June 13 FOUR WHEEL DRIVE: search management class. Contact Guy Sagi
for more information.
- Wednesday, June 17 SARCI: general council meeting, 7:30 P.M. in Room 6120, U. of A.
Health Sciences Center. Use main entrance.
- Wednesday, June 24 FOUR WHEEL DRIVE: board meeting at Dolores Bartholomew's house,
8082 East Coronado Road, 7:00 P.M.
- Thursday, June 25 SARA: board meeting at the Simons', 4424 East Bellevue #107,
7:30 P.M. Open to all SARA members.

NEWS

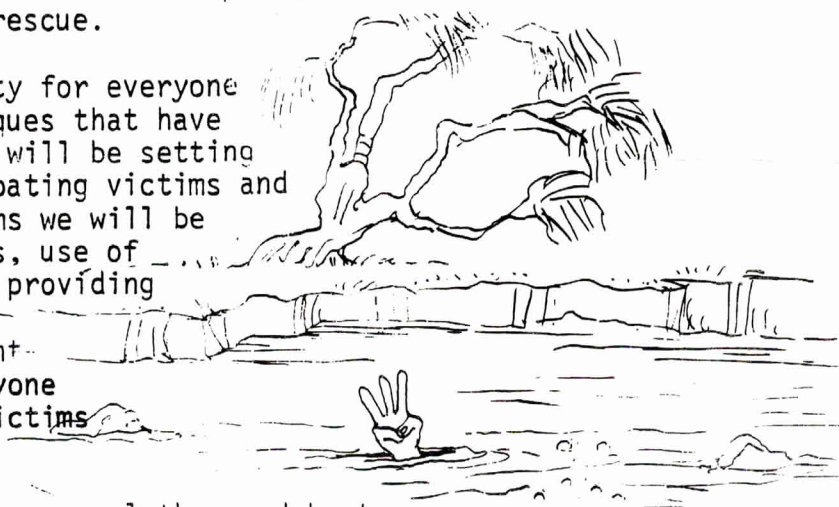
VICTIMS NEEDED

Anyone interested in participating with the Posse training on May 30th & 31st contact Tom Faulkner at 887-7660 (after 5:00 PM). "Injured" hikers will be stationed along **western** trails in the Catalinas for rescue by Posse members.

RIVER RESCUE

A person caught in the river is one of the most serious & complex rescue situations we face. There may be only a few minutes available to plan, set-up and execute a highly technical rescue.

The river practice is a good opportunity for everyone to become familiar with the new techniques that have been developed at other practices. We will be setting up a raft trolley system to pick up floating victims and ferry them back to shore. Other systems we will be using include unmanned trolley pick ups, use of diagonal lines, and methods of quickly providing flotation to a victim. Many of these techniques demonstrate using the current to help us, not work against us. Everyone will have the opportunity to be both victims and rescuers.



If you plan on coming bring technical gear, clothes and boots you don't mind getting wet. If you have a lifejacket bring it along (no one goes into the water without one). Bob Buecher.

MRA RECERTIFICATION

The plan is to hoist the victim out of the river via vertical rock. We need river & rock experts!

SARA UPDATE

COMMUNICATIONS COMMITTEE: Responsible for assignments & maintenance of radios and pagers. Effective through May 1982.

Scott Clemans 790-0417 (answering machine)
Doug Marcoux 886-7194 (answering machine)
George Simons 881-6775 (after 5:00pm)
Kathy Simons 881-6775 (after 5:00pm)

FIRST AID COMMITTEE: Responsible for advising on the current First Aid guidelines. Effective through May 1982.

Dave Brown 622-1207 (after 6:00pm)
Frances Walker 325-0901

MEMBERSHIP ADVOCATES: Responsible for new applicants and for advising the Board regarding membership advancements. Effective through May 1982.

Jensine Park 747-3677
Kathy Simons 881-6775 (after 5:00pm)

PROGRAM COMMITTEE: Responsible for scheduling the programs for the General Meetings. Effective through May 1982. ALL SUGGESTIONS WELCOME.

Kathy Daly 323-2778 (after 4:00pm)
Jensine Park 747-3677
Kathy Simons 881-6775 (after 5:00pm)

REGIONAL MRA REPRESENTATIVES: Support or Rescue members interested in representing SARA during State & Regional MRA meetings and bringing reports to the membership. Please contact a Board Member.

SARA NEWSLETTER COMMITTEE: Responsible for providing written information to the membership. Effective dates unknown.

Daphne Anthony 887-8777 (after 6:00pm)
Kathy Daly 323-2778 (after 4:00pm)
Tom Faulkner 795-5884 (after 6:00pm)
Loma Griffith 883-3115
Rich Kunz 886-2216 (after 5:00pm)
Betty Marcoux 886-7194 (answering machine) (available starting fall)
Kathy Simons 881-6775 (after 5:00pm)

SARCI PUBLICATIONS REPRESENTATIVE: Responsible for representing SARA during SARCI publications committee meetings and giving reports to the membership. Effective through May 1982.

Mykle Raymond 791-8629 (pager)

UPDATE

SARCI REPRESENTATIVES: Responsible for representing SARA during SARCI meetings and bringing reports to the membership. If a representative is unable to attend it is their responsibility to see that an alternate goes in their place. Effective through July 1982.

Rich Kunz 886-2216 (after 5:00pm)
Jensine Park 747-3677
Rich Thompson 325-9725 (after 5:00pm)

SARCI ALTERNATES: Responsible for representing SARA during SARCI meetings and bringing reports to the membership in the event a Representative is unable to attend.

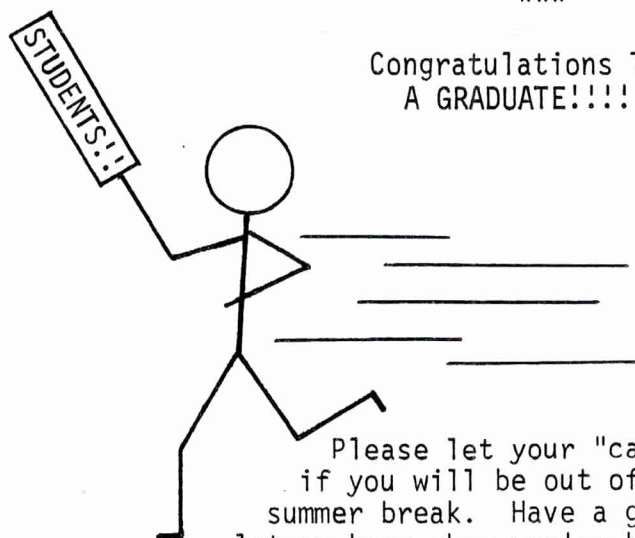
Loma Griffith 883-3115
George Price 622-0222 (answering machine)
Frances Walker 325-0901

TRAINING COMMITTEE: Responsible for scheduling and coordinating SARA training & practice sessions. Effective through May 1982.

Scott Clemans 790-0417 (answering machine)
Kathy Daly 323-2778 (after 4:00pm)
Tom Faulkner 795-5884 (after 6:00pm)
Elmer Franz 744-3826
Don Morris 885-4395 (after 6:00pm)
Kenny Parkhurst 883-7816

TRUCK COMMITTEE: Responsible for maintenance of the SARA truck. Effective through May 1982.

Rich Kunz 886-2216 (after 5:00pm)
Doug Marcoux 886-7194 (answering machine)
George Simons 881-6775 (after 5:00pm)



Congratulations Torrey!!!
A GRADUATE!!!!

Please let your "caller" know
if you will be out of town for the
summer break. Have a great VACATION &
let us know when you're back in town and
available for call-outs!



REMEMBER...

TRAINEES

Be advised that the Board of Directors is accepting "trainee cards" with fewer than twelve call-outs signed off. This is due to our current activity level. The skills and trainings on the inside of the card must be completed and signed by RESCUE personnel. These skills can be performed at any meeting, training, call-out or other location where necessary equipment is available. Upon completion, please get your cards to Jensine. Please remember, however, that just because your card is complete this does not guarantee that the Board of Directors will promote you to Support member. But, without completion of the card your status will not change.

SUMMER CALLSHEET

A summer callsheet will soon be out. Please contact us if:

1. You wish to make any changes in the listing of your phone number(s).
2. You carpool and with whom you carpool.
3. You are on "primary call" status and wish to be moved to "second call only" or vise versa.
4. You wish to actively participate in "limited call-outs". (so far we have only 5 members interested in helping with limited calls)

The deadline is June 15th, 1981. Kathy Simons (881-6775 after 5:00 P.M.), Mykle Raymond (791-8629 pager), or Doug Marcoux (886-7194 answering machine). Or, contact us at any SARA meeting.

DUES

At the time you pay dues you must provide information regarding the type of first aid you have completed or are currently enrolled in, AFA, EMT, etc., and the expiration date of this first aid. Please bring your first aid card for verification.

The dues for this fiscal year continue to be \$7.00 until the adjournment of the first general meeting in June (Friday, June 5th, 1981). At that time, the dues for this fiscal year will be raised to \$10.00.

If dues are not paid by July 30th, 1981, the Board of Directors will enforce Article XI, Section 3 of the SARA By-Laws.

"Article XI. Dues, Section 3. Default and Termination of Membership:
When any member shall be in default in the payment of dues for a period of two months from the beginning of the fiscal year or period when such dues became payable, his membership may be terminated by the Board of Directors in the manner provided in Article II, Section 5, of these By-Laws".

INSURANCE POLICY

You must notify the Secretary or Treasurer within 24 hours of accident.

CALLOUTS

Please submit all receipts for reimbursable expenses to Dolores Bartholomew, 8032 E. Coronado Road, Tucson, AZ 85715, within 7 days of an operation. Receipts must include your name, mileage, number of gallons, 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/damaged. Reimbursements are at the discretion of the Sheriff's Department, and only available for searches and/or rescues.

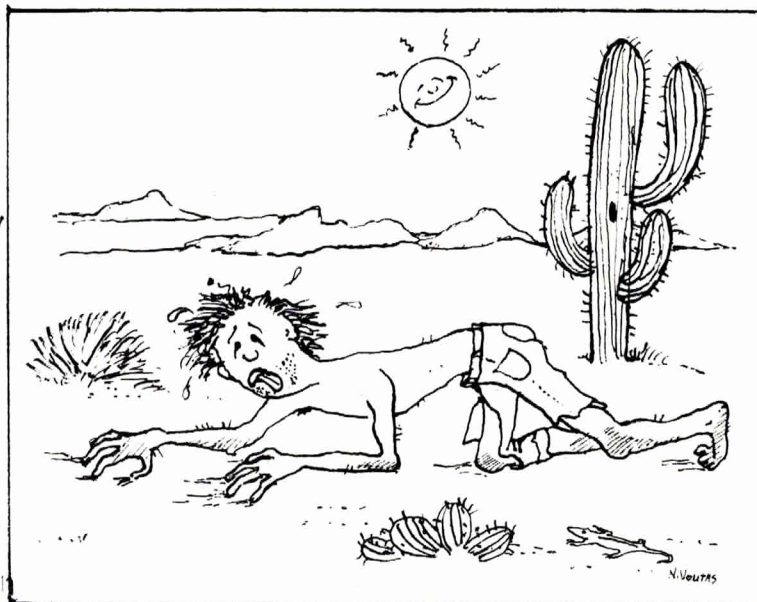
<u>DATE</u>	<u># RESPONDED</u>	<u>SITUATION</u>
April 29	5	Limited call at 10:00 PM, to investigate reported "screams for help", north end of Swan/Pontatoc Ridge area. At 11:00 PM a 15 year old female was located through voice contact (of interest-- she responded to a male voice but could not hear a female voice). She had fallen and sustained head & sacrum injuries with multiple contusions & abrasions. A full call was initiated.
April 29	30	Full call at 11:00 PM, to assist SARA personnel with fall victim, north end of Swan. Helicopters were unavailable so a stokes liter carry-out was done. The stokes had to be turned on its side three times due the victim vomiting. Mission completed at 2:00 AM, April 30th. Later hospital reports indicated basal skull and sacral fractures.
May 2	unknown	Full call at 9:00 AM, vehicle over the side at Mile Post 13.5 on the Mt Lemmon Highway. This was cancelled before personnel reached rendezvous. The victims had walked out on their own.
May 3	18	Full call at 10:30 PM, Mt Lemmon Saw Mill area, search for a 15 year old male who had been separated from his family during a picnic. After searching through-out the night additional personnel were called in at 6:30 AM, May 4th.
May 4	3	Full second call at 6:30 AM, continued search for missing 15 year old male. He was located by friends (after he phoned them) at 7:30 AM on Houghton Road. He told authorities he had been "walking all night", (should we send him an application?)!! Our personnel hiked out of the field over the next several hours due to the length of trails searched.
May 5 May 6 & May 7	DIVERS	Body recovery for an 18 year old male who drowned on May 4th after either falling or jumping out of his boat into Patagonia Lake and attempting to swim to an island, at about 3:30 PM. Due to the irregular lake bottom and numerous crevices, his body was not located until 3:10 PM, May 7th.
May 10	5	Limited call at 9:00 PM, report of two 60 year old males (one with leg cramps & arthritis), above Josephine Saddle in the Santa Rita Mountains. Tubac Rural Fire personnel responded and could not locate the gentlemen. 5 SARA personnel responded and could not locate the gentlemen either. Both the old and new trails were covered. It was assumed, after investigation, that they hiked out on their own. The mission ended at about 3:00 AM, May 11th.

HOT STUFF!

The various systems in the human body are designed to work best within a fairly narrow temperature range. The normal body temperature is 98.6°F. Any deviations from this can cause various problems, from minor physical discomforts to death.

This discussion will deal with common problems caused by heat.

We lose heat by convection, conduction and evaporative cooling. Blood flowing through the skin lets heat go to the surrounding air. This is the convection route. Conduction heat losses are accomplished by direct contact of the body with a cooler surface. When the body needs to get rid of a lot of heat, it perspires. The resulting evaporative cooling is the "Work-horse" of our cooling system. Evaporative cooling works well in our dry climate. High humidity reduces evaporation (and therefore cooling) from the skin. This is one reason there were so many deaths from the heat wave in the South last Summer.



One of the common heat related problems is heat cramps. These are muscle cramps, usually in the leg or abdomen. They are probably caused by salt depletion. Quick relief can be obtained by stretching the cramped muscle. They usually disappear shortly after replacing the lost salt by drinking water with salt, Gatorade, ERG, etc.

Heat exhaustion is also common. It is generally brought on by extended physical exertion in a hot environment, such as running in to Seven Falls with your pack and 2 ropes with an ambient temperature of 110°F. In these conditions the body tries so hard to throw off heat, the blood vessels in the skin become more dilated than usual. This pooling of blood in the skin causes compromised blood flow to the brain and other vital organs. The result can be any or all of the following symptoms: nausea, vomiting, rapid heart rate, headache, dizziness, and fainting. The skin may be sweaty, and it may be pale, but not necessarily. The important diagnostic sign is a rectal temperature that is normal or slightly below normal.

The treatment is rest and fluid/salt replacement. Just spending a short time sitting under a Mesquite Tree drinking Gatorade will get you back on the trail again. (Don't forget to give the ropes to somebody else, though!)

The worst heat related problem (except for burns) is heat stroke. Heat stroke usually occurs after long uninterrupted exertion in a hot environment. It is a result of the sweating process "shutting down".

In the normal body, the rate of sweating decreases steadily as exertion continues in a hot environment. We usually don't notice this because we commonly take rest breaks in the heat, cooling ourselves off and replacing lost body fluids. If one does not take rest breaks, the sweating rate decreases to zero. This is due to exhaustion of the sweat glands.

At this point a MEDICAL EMERGENCY exists requiring immediate intervention. The body temperature climbs, lacking a functioning heat regulatory mechanism. The person becomes confused, uncoordinated, delirious, or unconscious. The important signs are rectal temp.

HOT STUFF....CONTINUED

above 105°F, hot skin and no sweating present. If untreated, coma and death follow. Even if treated some brain damage can result if treatment is not fast.

The body has to be cooled down as rapidly as possible. Total immersion in cold water is best, (if you happen to have a stream nearby) and ice may even be needed to effect rapid cooling. Lacking a stream, get the person in the shade, pour water on him and fan him. Immediate evacuation to a medical facility is necessary for these patients. The object is to get the rectal temperature below 103°F. People who remain in a coma after adequate cooling are in big trouble and have probably suffered permanent brain damage. Don't forget, protect the airway and support respirations as needed.

Next month----How much water do we need to survive in our hot environment? (Until then, carry at least one gallon, per person, per day) George Simons

Reference:

Wilkerson, James A., M.D. "Medicine for Mountaineering", Vail-Ballou Press, Inc., Seattle, Washington, 1967.

THANK YOU

Thank you Nora Voutas for your superb artistic additions on desert heat & river rescue!

