



Search & Rescue Council, Inc.

Southern Arizona Rescue Association
Pima County Four Wheel Drive
Search & Rescue
Pima County Search & Recovery Divers
Pima County Sheriff's Mounted Posse, and
Civil Air Patrol Neotoma Squadron 109

AUGUST

P.O. BOX 44251
TUCSON, AZ 85733

NEWSLETTER 1982

Meetings, Practices:

- Sun.
Aug. 1 DIVERS meeting: 9:00 a.m. at private lake, 4550 N. Flowing Wells (Swan Lake Estates) for piranha search.
- All Mondays, NEOTOMOA COMPOSITE SQUADRON (CAP) meetings: 7:00 p.m. at Flowing Wells Fire Station #2, corner of Curtis and Davis. Program: Aug. 2 - Cadets; Aug. 9 - Seniors; Aug. 16 & 23 - EMS; Aug. 30 - Party (contact Bob McCord, 297-1539).
- Mon.
Aug. 2 ADVANCED FIRST AID REVIEW CLASS: 7:00-10:00 p.m. at Tucson Medical Center (Fireside Rm.). This class is for S&R members with current AFA cards. Cost is only \$4. See First Aid section for more details. Register with American Red Cross in advance of class date.
- Wed.
Aug. 4 PCS&R meeting: 7:00 p.m. at Trinity Presbyterian Church, 740 N. 4th Av. (4th Av. and University Blvd.), in Activities Bldg., east of Main Bldg.
- Fri.
Aug. 6 SARA general meeting: 7:30 p.m. at St. Mark's Presbyterian Church, 3809 E. 3rd St. This month's training will begin at the meeting. Bring your climbing harness to the meeting.
- Sun.
Aug. 8 VICTIM ON ROCQUE training: 8:00 a.m. rendezvous at Tanque Verde and Sabino. Bring your climbing harness, personal tech gear, good boots and lunch. Training location will be Windy Point on Mt. Lemmon.
- Tue.
Aug. 10 PCS&R night search practice: 6:00 p.m. rendezvous at Houghton & I-10. Vehicles and foot troops. Everyone is welcome.
- Fri.-Sun.
Aug. 13-15 PCS&R outing at Riggs Lake: 7:00 p.m. rendezvous at Berkshire Village Shopping Center, Camino Seco and Broadway. All groups invited. Contact Don Tyler, 885-5510 for more info.
- Wed.
Aug. 18 SARCI Council meeting: 7:30 p.m. in U of A Hospital classroom, Room 6120, 1501 N. Campbell
- Sat.
Aug. 21 TRAIL FAMILIARIZATION HIKE: 7:30 a.m. rendezvous at Tanque Verde and Sabino. Wilderness of Rocks Aspen Trail and Black Dog Ridge. Hike will be led by Don Morris.
- Sun.
Aug. 22 CPR class: 8:30-5:00 p.m. at American Red Cross Tucson Chapter, 222 S. Cherry, 623-0541. Cost is \$9. Register with American Red Cross prior to class date. (Jim Gilbreath)
- Sun.
Aug. 22 POOL PARTY: 6:00-9:30 p.m. at San Rafael Neighborhood Pool (Marcoux's, 6337 Paseo San Andres. Open to all groups; children welcome. Bring a dish to share, meats to BBQ, and table service. Soft drinks and tea will be provided.
- Wed.
Aug. 25 PCS&R board meeting: 7:00 p.m. at 2002 E. Pinyon.
- Thu.
Aug. 26 SARA board meeting: 7:30 p.m. at Dave Brown's. All board meetings are open to any SARA member.
- Wed.
Sept. 1 PCS&R meeting: 7:00 p.m. at Trinity Presbyterian Church, 740 N. 4th Av. (4th Av. and University Blvd.), in Activities Bldg., east of Main Bldg.
- Fri.
Sept. 3 SARA general meeting: 7:30 p.m. at St. Mark's Presbyterian Church, 3809 E. 3rd St.

NEWS

SARCI NEWSLETTER: Any individual who is receiving the newsletter but is not a paid-up member of his group will be dropped from the mailing list unless he notifies Richard Kunz, 1329 S. Marc Dr., Tucson, AZ, 85730, 886-2216, that they wish to continue receiving the newsletter. Please notify Richard prior to August 18, 1982.

SARCI COUNCIL: Congratulations to the new Board:

President	Joe Barr	Secretary	Jim Gilbreath
Vice President	Frances Ferrera	Treasurer	Bill Prout

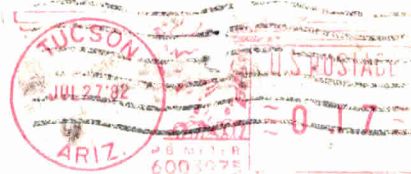
THANKS TO: Ken Kerber (Posse) for donation of block and tackle to SARCI.

SARA: Refreshments. Any donations, contact Betty Marcoux.

Sara Board meeting locations: August - Dave Brown's
Sept. - Rich Kunz's
Oct. - Shirley Palmer's



RESORTED
FIRST CLASS



First Aid & Cardiopulmonary Resuscitation (CPR) Schedule Of Classes

ADVANCED FIRST AID REVIEW CLASS: Held Monday and Thursday evenings, 7:00-10:00 p.m., beginning Monday, August 2, and continuing through Thursday, September 9th. Registration is \$4 payable to the American Red Cross, 222 S. Cherry, prior to beginning class date. You must have a current Advanced First Aid card to attend this class. Class location is TMC, Fireside Room. Instructors are Jim Gilbreath and Tom Faulkner. Up-to-date first aid textbook, available for \$4.75 from the Red Cross, is required.

CPR CLASS: Held one day, Sunday, August 22nd, from 8:30 to 5:00 p.m. Registration is \$9, payable to Red Cross prior to class date. Class location is 222 S. Cherry. Instructor is Jim Gilbreath.

REGULAR ADVANCED FIRST AID CLASS: To be scheduled later.

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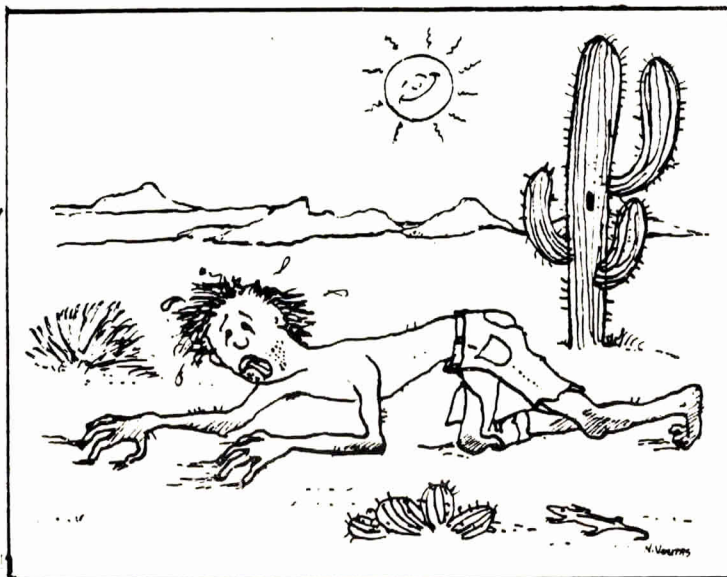
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 DIVERS meeting	2 CAP meeting AFA Review class starts	3	4 PCS&R meeting	5	6 SARA meeting	7
8 Victim on Rocque	9 CAP meeting	10 PCS&R night search practice	11	12	13 PCS&R Riggs Lake outing	14 PCS&R Riggs Lake outing
15 PCS&R Riggs Lake outing	16 CAP meeting	17	18 SARCI council meeting	19	20	21 Trail Familiariza- tion hike
22 CPR class Pool Party	23 CAP meeting	24	25 PCS&R board meeting	26 SARA board meeting	27	28
29	30 CAP party	31	1 PCS&R meeting	2	3 SARA meeting	4

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.

