

SEARCH & RESCUE COUNCIL, INC.

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

P.O. BOX 44251
TUCSON, AZ 85733

NEWSLETTER JUNE 1985

MEETINGS, PRACTICES & TRAININGS:

Regular meeting times and places: (see calendar for true ones)

CAP Mondays, 7:00 p.m. at ALETA, Trail's End.
SARA First Friday, 7:30 p.m., St. Mark's Presbyterian Church, 3809 E. 3rd St.
DIVERS First Sunday, 9:00 a.m.
SARCI Third Wednesday of July, Oct., Jan., and April, 7:30 p.m. at Coco's, 2990 N. Campbell.
POSSE Last Thursday, 7:00 p.m., FOP Lodge.

Other meetings, practices and trainings:

Fri. May 31: 6:00 p.m. SARA Basic Training, Tom Harlan's home, 2862 N. Indian Ruins Rd.
Sat. June 01: SARA Basic Training, 8:00 a.m., Richard Kunz's home, 1329 S. Marc Dr.
Sun. June 02: SARA Basic Training, 8:00 a.m., rendezvous at Tanque Verde and Bear Canyon Rd.
Sun. June 02: Diver's Wet Session at Amphi Pool on Entanglement Procedures.
Mon. June 03: CAP Cadet Meeting.
Fri. June 07: SARA General Meeting, presentation on Mine Rescue.
Mon. June 10: CAP Senior Meeting.
Sat.-Sun. June 14-16: MRA Conference, Colorado. Call Marv Stafford for info.
Mon. June 17: June newsletter goes to press. Call Darlene Schacht (299-2475 or 299-0651) with information for publication.
Mon. June 17: CAP Emergency Services Meeting.
Mon. June 24: CAP Emergency Service Meeting.
Tue. June 25: Posse Board Meeting.
Thu. June 27: Posse General Meeting.
Thu. June 27: SARA Board Meeting.

SARCI NEWS:

A very special 'thank you' from Tom Price and the Sheriff's Dept. to all who were involved on the Vicki Lynn Hoskinson case. The long and arduous search efforts were very much appreciated.

Many thanks to our illustrious new training chairman, Henry Jacobs, who has some great programs planned for the summer. He promises that they'll be more exciting than you can possibly imagine (and legal, too?) so watch for your fliers in the mail. Come and teach what you need to learn!

ATTENTION NEW SARA TRAINEES: A SARA Basic Training weekend is scheduled for May 31-June 2. See calendar above for times/locations.

Thanks to Rick and Sue Sparrold for the Cave Training at Onyx cave. Those in attendance learned many tips from cavers on how to travel through caves. They found communication was difficult from one room to another. The evacuation took approximately 3 hrs (a 10-15 minute walk in), and the victim found the ride a bit rough going out as more people were needed to pass the stokes.

Remember, time's running short---SARA dues are due! If not paid by the July meeting names will be dropped from the membership list and membership will be reinstated only by making a new application (\$15.00) and receiving Board approval.

Current activity and call information is available on Mykle's recording at 795-2303. Please acknowledge with your name or a "thank you" to indicate that this service is being used by members (not just mistaken dialers).

For Sale: Pagers, voice, VHF Band, w/batteries and chargers. Have been on a service contract with Gencom. Motorola, Director and Pagecom. \$60. Interested parties contact Ed Coleman @ 298-6826 after 800.

CALL OUTS:

4/28/85 Climbing accident in Cochise County, young woman with skull and clavicle fractures. Hoist evacuation by Marine helicopter.
5/18/85 10-yr-old boy with lacerated foot at Romero Pools. Evacuated on Nate's shoulders with team support.
5/18/85 Call for fall victim at Seven Falls. Cancelled before team got into the field.
5/19/85 Call for fall victim at Seven Falls. Cancelled shortly after team started up the trail.

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 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 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 temperature 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					MAY 31 SARA BASIC	1 SARA BASIC
2 SARA BASIC DIVERS	3 CAP CADET	4	5	6	7 SARA GENERAL	8
9	10 CAP SENIOR	11	12	13	14 MRA CONF	15 MRA CONF
16 MRA CONF	17 CAP EMS	18	19	20	21	22 ●
23	24 CAP EMS	25 POSSE BD	26	27 POSSE GEN SARA BD	28	29
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