

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 1986

MEETINGS, PRACTICES & TRAININGS:

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

CAP Sundays, 7:00 p.m., ranch house behind Elk's Lodge on River Rd.
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:

Sun. June 01: Divers' BBQ at 4:00 p.m., Larry Campbell's, 6531 N. Swan.
Sun. June 01: CAP--Cadet Meeting.
Tue. June 03: NOAA Weather Briefing Seminar.
Thu. June 05: Posse Board Meeting, 7:00 p.m. @ Arnco Corp, 4475 N. 1st Ave.
Fri. June 06: SARA General Meeting.
Sun. June 08: CAP--Senior Meeting.
Sat. June 14: SARA Night Search Practice, rendezvous 7:30 p.m. @ Ina and Thornydale (West of McD's).
Sun. June 15: CAP--S & R Competition Practice.
Sat.-Sun. June 21-22: SARA Basic Training, rendezvous 7:00 a.m. @ Tanque Verde and Catalina Highway.
Sat. June 21: Posse Night Search Practice @ Steam Pump Ranch.
Sun. June 22: CAP--S & R Competition Practice.
Mon. June 23: July newsletter goes to press. Call Darlene Schacht (299-2475 or 299-0651) with information for publication. Editorials and articles of educational rescue information are welcomed. (cartoons and jokes, too!)
Thu. June 26: SARA Board Meeting @ 2202 Oak Park Drive, 7:30 p.m. Open to ny members.
Thu. June 26: Posse General Meeting, 7:00 p.m., Mountain Oyster Club.
Sat. June 28: Swim testing for July River Rescue participants, 9-11 a.m. @ Amphi Pool.
Sun. June 29: CAP--S & R Competition Practice.
Fri. July 11: SARA General Meeting, 7:30 pm.
Sat. July 12: River Rescue Practice, rendezvous 7:00 a.m. Oracle & Magee.
Sun. July 13: Divers' Basic Training, 9:00 a.m. @ Amphi Pool. Interested SARCI divers welcome.

CALL OUTS:

5/03/86 Assisted Pinal Cty S & R team to evacuate a child stranded on a 1200' cliff in West end of Superstitions near Apache Junction. Too windy for helicopter. 33 people, 330 hrs.
5/15/86 Nine and eleven yr-old brothers missing after school, were taken home by passerby. 26 people, 104 hrs.
5/17/86 Fall victim at Windy Point, 230 lb. male with fractured ankle. Required 2 haul systems. 20 people, 60 hrs.
5/22/86 11 yr-old male with sprained ankle halfway up Westside trail to Baboquiviri. Airlifted by DPS helicopter. 16 people, 64 hrs.
5/25/86 Mngmnt team sent to look for 40 yr-old diabetic, found withing 2 miles of home. 6 people, 12 hrs.

SARCI NEWS:

POSSE HAPPENINGS..

New time and place for future Posse Board meetings: First Thurs. of the month at Arnco Corp., 4475 N. 1st Ave. The general meeting will continue on the fourth Thurs. at the Mountain Oyster Club.

The new Search & Rescue chairman is Butch Lieber assisted by Al Begley and Don Traister. Each will cover a different geographic area of the city.

A new Search & Rescue training program is being activated and the first session will be a night search with lights on June 21 at Steam Pump Ranch.

DIVERS BBQ..

..will be held on Sunday, June 1st at Larry Campbell's home, 6531 N. Swan. Bring a vegetable or dessert dish to share.

CAP WILL REPRESENT AZ..

..in the Regional SAR in Waco, TX in July. For details, contact Bob McCord.

ENJOY YOUR VACATION..

..that is, if you're lucky enough to have one. But please remember to let your Caller know if you will be gone, even if just for the weekend. S/he would not choose to waste time calling your number(s) needlessly when s/he could be promptly responding to a callout. Your courtesy will only take a minute.

AND WHAT ABOUT YOUR PORTABLE??

The Communications Committee has requested that a special effort be made to get portable radios into the field where they're needed. Be sure to send it with someone else if you can't respond.

AN EXCITING SATURDAY NIGHT..

..coming up on June 14. A SARA Night Search practice in the Tucson Mts. Rendezvous at 7:30 p.m. @ Ina & Thornydale (West of McD's). Wonder what Walter & Nate have at the end of the trails??

ATTENTION NEW SARA TRAINEES!!

The next SARA Basic Training is planned for the wknd of June 21-22. Rendezvous will be at 7:00 a.m. on both mornings at Tanque Verde and Catalina Highway.

Saturday:

8-9:30	Orientation
9:30-11:30	Ropes and knots
11:30-12	Truck orientation, signal mirror
12-12:30	Lunch
12:30-1	Ropes and knots
1-4	Haul systems, anchors, belays, lowers, stokes lashing and handling

Sunday:

8:00	Maps & compass, search techniques
9:30-?	Testing

WITH ANY LUCK..

..new maps of the Rincons and Catalinas will be available for purchase at the next SARA meeting.

NEW TRAIL ACCESS..

Tom Harlan, Rich Kunz and Chris Weddle have been appointed to coordinate the new trail efforts to Tanque Verde Falls. They'll be glad to hear from any volunteers interested in assisting.

APA INSTRUCTOR'S COURSE..

..will be offered in late July or August. Contact Francis Walker if interested.

ARE YOU ON THE LIST??

If your dues haven't been paid your name may soon be dropped from the roster by SARA Board action. Unpaid members are: Daphne Anthony, George Beach, John Bishop, John Bounds, Linda Buczynski, Ken Chaney, Brian Condit, Kathy Daly, Tom DeGrood, Mike Doe, Dudley Emer, Jack Fenemore, Sharon Frantz, Laurie Freidman, Katrina Gerhard, Dale Healy, Meg Horton, Henry Jacobs, Rob Jarvis, Lori Jones, Salvatore Jury, Russ Lampkin, Larry Lancaster, Arlen Liberty, Brian McCarthy, Mike McDonald, Tom Mangano, Prashant Marathay, Clark Metz, William Miller, James Murray, Ann Pattison, Steve Rogers, Bill Rostenberg, Guy Sagi, Dennis Smith, Steve Smith, Carl Sosna, James Sowell, Karen Strickland, Helen Tierney, Dave Wilson, Cinda Young, Gary Young, Bob Zinn.

IF YOU WANT TO COOL OFF..

The National MRA Convention at Snoqualmie Pass, Washington, on June 19-21 would be a nice place to do it. After an interesting weekend of field practices, a climb of Mt. Rainier (14,410') will top it off. For more info, call Chris Weddle (622-1730).

OR DO IT THIS WAY..

The July SARA Training will be the usual River Rescue practice at the Gila, with rendezvous at Oracle and Magee at 7:00 a.m. on July 12. The swim test for river rescue participants will be on June 28, 9-11 a.m. at Amphi Pool.

LOOKING FOR PUBLICITY??

If your business or employer would like to receive some free publicity in exchange for helping to defray our newsletter duplicating expenses by making a copy machine available to us on a monthly basis, please contact Darlene Schacht.

ONLY 30 TRAINING DAYS LEFT..

..until the October Vertical Mile Climb.

NATIONAL WEATHER SERVICE BRIEFING..

The NOAA will present a seminar on June 3rd. Contact Ken Iserson for details.

NOTE CHANGE OF DATE..

The July SARA General meeting will be held on July 11th instead of the usual first Fri., same time & place. The program will be "Knot Practice". Wonder what Nate has up his sleeve? (Or maybe in his pocket--Nate doesn't wear sleeves!)

KUDOS TO..

..Nate Shechter for effecting one of the best trainings ever with his Car-Over-the-Side practice. Victim handling and haul system procedures were fully challenged by the 11 quality SARA members involved. More participants were needed as the 2nd victim was left in the ravine. May everyone have better footing if we do it for real.

..Rick Ramsey, Lucy (dog), and Loma Griffith for good tracking in search for missing boys. The combination of dog tracking and human visual tracking were a first in SARA and was highly effective.

..the Posse for their \$200 donation to SARCI.

..Rich Blatt for good radio communication during Windy Point rescue. The well organized/presented info helped those responding to the callout.

..to those involved in the Superstition evacuation: Joe Barr for his timely coordination in expediting the team, George Price for leading a difficult climb, and DPS for transporting the team to and fro so efficiently.

..the Posse for providing security and traffic control for IBM Family Day at the Pima Cty Fairgrounds.



Following is a reprint of a timely article by George Simons:

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 several summers ago.

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 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 respiration as needed.

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

JUNE 1986

SUN	MON	TUES	WEDS	THURS	FRI	SAT
1 DIVERS BBQ CAP MTG	2	3 NOAA SEMINAR	4	5 POSSE BD	6 SARA GEN	7
8 CAP MTG	9	10	11	12	13	14 SARA NT SEARCH
15 CAP MTG	16	17	18	19	20	21 POSSE NT SEARCH
22 CAP MTG	23	24	25	26 SARA BD POSSE GEN	27	28 SARA SWIM TEST
29 CAP MTG	30					

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