



Southwestern REACTer



OCTOBER 2019





**SOUTHWESTERN
REACT, Inc.**

PO Box 632955
San Diego, CA 92163-2955
619-309-4299

swreactteaminfo@emildodo.com
www.swreact.com

OFFICERS

President: Roger McCollough
SWR 098

Vice-President: John Wright
SWR 042

Secretary: Jay Pistiolas
SWR 046

Treasurer: June McCollough
SWR 054

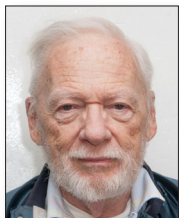
Director-At-Large:
Jim Patterson
SWR 151

SWR's mission is to prepare for communications during emergencies and disasters. This preparation is accomplished through working community events such as: The Lakeside Western Days, and North Park Toyland parades, the Midnight Madness Bicycle Ride and Fiesta Island Time Trials, the Silver Strand Half-Marathon, the San Diego International Triathlon and the Descanso Endurance Horse Ride

The Southwestern REACT General Meeting is held the third Thursday of the month at 6:30 PM at: 2650 Melbourne Drive, San Diego, CA

Reactive Team Net

The Team net is held on the first and fourth Thursdays of the month at 7:00 PM on the 449.060 REACT/ARES Repeater with a negative offset and a PL tone of 88.5 (Mt. Otay)



Looking Ahead

By Roger McCollough, SWR 098, President

Training And Study For The Future

Before We Begin

A word from me. I write these messages as part of the job and hope I can present something of interest and information. My concern is the lack of feedback, no matter what I say or action I suggest. I hope I always speak for the team. Next, what follows contains material that is common knowledge to many of you. To those members (and readers), please review my message for correctness and comment. To those others that is unfamiliar with any of this, let this be a learning message and a guideline for your growth in the team.

Here we go

You have often heard that the working of events is our basic means of the team training, to do our job. I hope you realize that this is not the only training we need. When you came into the team, you brought with you your radio knowledge and life experiences, and, although unique to each member, it is your entry foundation to become a useful and working member of the team. From there, each event experience adds to your knowledge and growth. You are only as good as the effort you put forward for improvement. As a team, we must always seek to improve.

It has become apparent that the Incident Management System (ICS) is the chosen method to be used during emergency and disaster situations. To be a coworker and assist these agencies, we must receive certain training in the various ICS classes. The basic required ICS classes are: ICS 100, 200, 700, and 800. Information on taking this training can be found at:

<https://training.fema.gov/emiweb/is/icsresource/trainingmaterials.htm>

If you have not taken these FEMA classes before, you will be asked to register and receive a Student ID Number (similar to your FRN Number), to create a training record for you. It is important that, as you pass class and receive your certificate of training, you notify the Team Treasurers ASAP for the Team and International records so that it can be added to your next ID card when issued.

ARRL offers additional disaster training classes based on amateur radio deployment. Most of these classes, unlike the FEMA courses, which are free, may incur a fee payment to ARRL. Search through the Internet may offer additional sources, such as, various ACS, RACES, and other units and teams, and perhaps even YouTube.com. If you find a good site, notify the Team Editor and the Board, to share with all.

**Other training is available
"Live" where needed**

We need to discuss (that means All members wishing to be active in Team affairs) any future training (both new and refresher) we need or desire. We need to work together on this to be the best we can be. Elsewhere in this issue should be an After Action Report on Touch a Truck, that should refer to the Team response a medical emergency. Also check out the "Pro's Nest" article on response guidelines, in this issue. Let's get smarter together. ✈

"Nuf said..."

let's GIT' ER DONE!!!

The Self-Heimlich Maneuver

By Alan Dyer, SWR 047

It was a warm summer evening about 10:30 at night I was driving home from my classes at Cerritos Community college. I had been working in the daytime while pursuing my Associate Degree at night. There I was southbound on the 110 Harbor Freeway, heading south toward Harbor District. It had been a good day and a good evening school. Things were going great. I guy on the radio made a funny joke. He was funny and I laughed heartily.

I felt that chewing gum helped keep me alert while driving. Just to be extra safe I was chewing two sticks of gum. I laughed. I don't remember the joke, but it might have been something like this: "What is the difference between two lawyers in a Porsche and a porcupine? The porcupine has the pricks on the outside."

As I inhaled from raucous laughter the ball of gum stuck in my throat. It stuck hard. Everything became suddenly still, and I had an ahead of strange feeling of quietness in my body like never I have felt before. I instantly realized I was dying, and death would be soon. I figured I had to or three minutes of consciousness. I quickly glanced at the clock and made note of the second hand. I wanted every second to be worth something.

Curiously I never felt fear or anxiety. My mind was otherwise occupied in thought. I imagined passing out my car flying down the freeway unmanned causing a horrific accident. My next thought was a memory. I remember hearing a story about a man driving down the freeway in the fast lane. He was driving erratically.

He was having a heart attack. He managed to pull the car to the shoulder before passing out and dying. The news reporter called it a heroic action.

I remember feeling proud and surprised. I thought, "It's too late for me. The last act I do in life I do to help others and maybe I can save someone's life."

I flipped on the turn signal and immediately started moving aggressively to the right. I moved over a couple of lanes before having to brake hard. I stepped on the brake. My body lurched forward into the seat belt compressing my lungs. The ball of gum popped out of my throat.

The Self Heimlich Maneuver

If you're choking on something and no one else is around, there is still hope. Do not give up. You must fight. The Self Heimlich Maneuver is like regular Heimlich maneuver. The trick is to compress your lungs and discharge whatever stuck. You must apply quick, strong pressure just below the solar plexus.

First, try to cough out the foreign object. If that fails, make a fist. Place it above your navel button and below your rib cage. Place your other hand on top of the fist. Push in and upon yourself, as you would normally Heimlich procedure. That fails, use the back of a chair, a desk or some other object. Force your lungs to compress and dislodge the object. ✈

Upcoming Events		
Event	Date	Status
Touch-A-Truck	09/22/2019	Completed
Silver Strand Half Marathon	11/10/2019 (Sun)	Approved



The Pro's Nest

Roger McCollough/*Contributing Editor*

Emergencies During Events

During this year's Touch-A-Truck event, we had a real "training moment" when a guest was overcome by the heat. Scheduled elsewhere in this issue is the AAR (After Action Report) for the event that will provide the details.

As we have always said, the events we work are our best training. Today, let's review some of the major points we should consider if an emergency should occur at one of our events. Perhaps you should consider taking what follows and create a checklist to keep with your paperwork at an event.

I say this only as a reminder and stress its importance. During an event, monitor your radio at all times to be aware of ongoing activity. This is especially important if you hear "Emergency" or an "All Units" call from any unit. At this point radio silence is imposed and Control will determine the emergency from the calling unit. Control and our Event Coordinator will then determine a course of action, depending upon the standing agreements on handling emergencies during the event. Note: Our Event Coordinator is the "bridge" to the event management (example: Lakeside Chamber of Commerce, Koz Events, etc.) and is aware of how we have agreed to respond at their event.

1. A radio operator will go to and secure the location and maintain communications with Control with ongoing status.
2. If the standing orders (above) require outside response, all available field operators will prepare to position themselves to expedite any emergency response by providing safety crowd control and directions to response personnel.
3. If the emergency response is from outside of the event, our operator near the entrance will inform Control of the approach of the response agency and when they enter the property.
4. Control will determine a best, safe route for the emergency response to reach the emergency location and relay that information to our member at

the gate. The member at the gate will then intercept incoming response agency and provide necessary initial directions.

5. Control will attempt to provide necessary event support personnel to clear the area and give the emergency response agency a safe and secure area to work. Walkways should be closed, when necessary, to keep the public diverted to other routes.
6. Control or a designated member will determine a suggested exit procedure to provide the clearest and safest path (avoiding sharp turns, crowds, or the need to back-up). The designated member will suggest to the emergency response driver(s) our exit plan.
7. Control will relay, to all field operators, the exit plan, and place members along the route to expedite. No crowd control operations need to begin until the response agency is prepared to depart, at which time traffic control operations will begin until our operator at the gate reports the agency is off the property.
8. The Event Coordinator, if not at Control, will oversee all of the above, using the Control operator as needed.
9. Keep notes of your actions, times, and names, where possible. Submit your notes to the Event Coordinator for his After Action Report. You might wish to keep a copy for your own personal records. If you have any items of concern regarding actions or procedures, then mention them to the Event Coordinator at the debrief, discussing it with involved members.

Remember, experience is a key part of our training and should be shared with the entire Team. Is there anything more that can be learned from this? ✈

Southwestern React After Action Report

Report and Photos by Jay Pistiolas, SWR 046, Event Coordinator

Event: Touch A Truck

Date: September 22, 2019

Duration: Approx 6 hours

Location: Lakeside CA

Mission Areas: Communications & Parking

Objectives: To maintain a presence of Safety & Security at event. To communicate with Team Members regarding parking and any immediate concerns for the public good.

Event Actions: The morning briefing was conducted at 08:30 with Team Members instructed to maintain a presence in the parking areas as well as inside the venue. Even though there was a Parking Staff person from Touch A Truck, REACT Team Members soon took over traffic flow and directed vehicle to various sections of the lot where parking was available using simplex frequency 145.555, a repeater was not needed for this event.

One Medical Emergency did arise in the afternoon when a child appeared to be suffering from dehydration. REACT Member Jay Pistiolas advised Lakeside Fire who was already on scene and took over the situation. REACT Team Members cleared traffic in the lot and gate for the ambulance to arrive and eventually depart the event with the child for evaluation.

Summary : REACT Team Members performed very well with good radio communications regarding the Medical Emergency and Parking Control. Our skills were put to the test and everyone did their part for a smooth transition.

REACT Team Members:

Roger McCollough

June McCollough

John Wright

George Reeves

George DeLabarre

Robert Taylor

Jay Pistiolas

Alan Dyer

Jim Patterson

Mike Bailey



George DeLaBarre, SWR 076 and Vice-President John Wright, SWR 042 in the process of setting up the antenna for the Team Go-Kit.



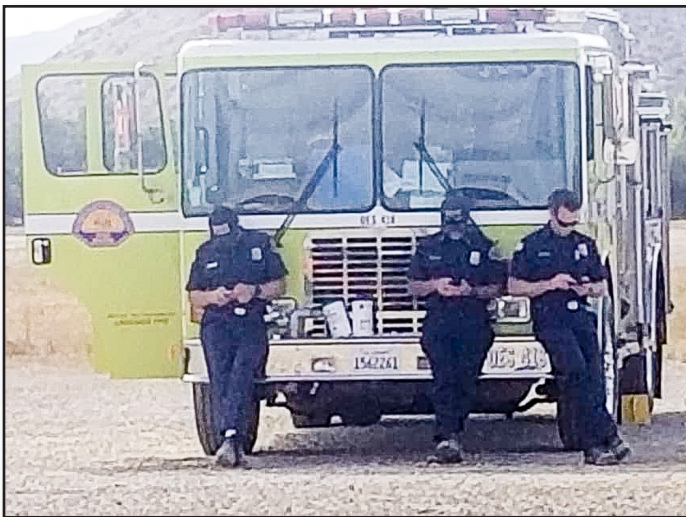
John Wright, SWR 042 and Jim Patterson, SWR 151 at the Net Control Station.



George Reeves, SWR 081



John Wright, SWR 042 installing the antenna on the tripod.



Even firefighters do it...



Lakeside Fire Department Paramedics tending to a young man overcome by the heat.



Barona Indian Reservation Fire Department.



There are no words...