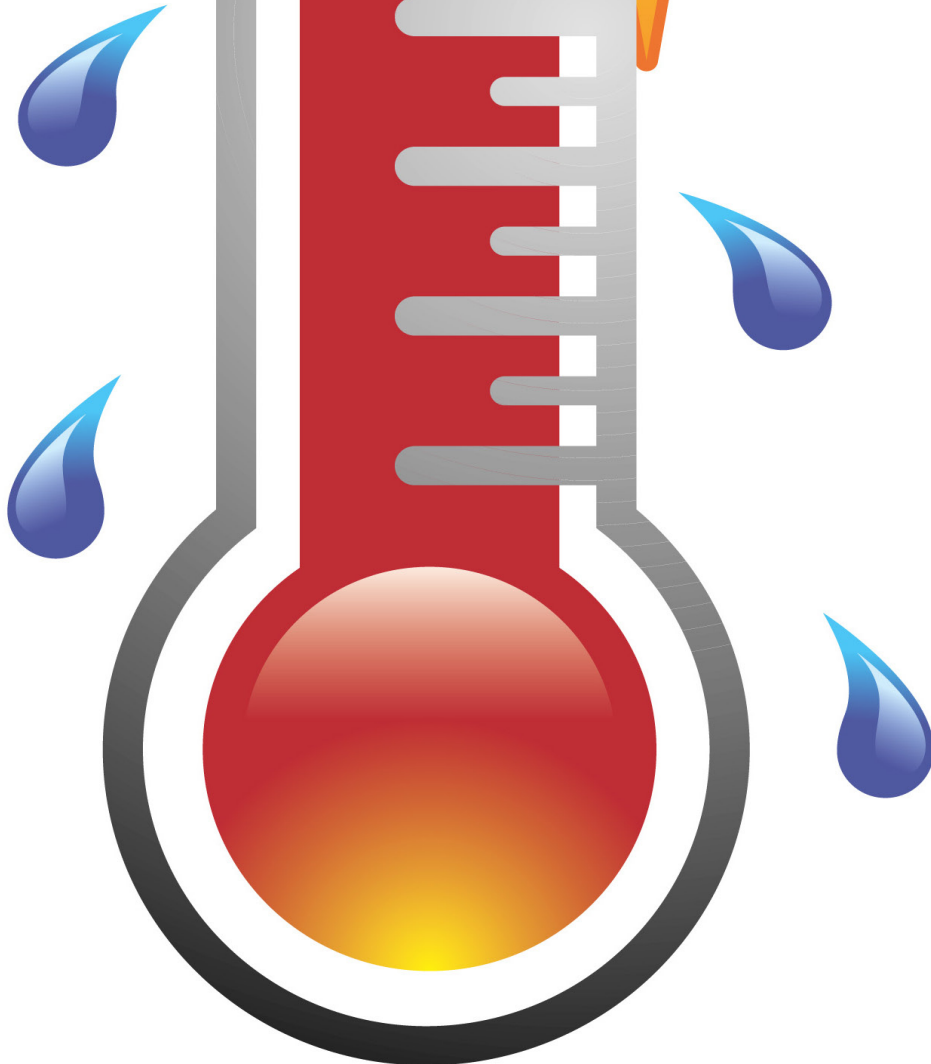




# Southwestern REACTer



JUNE 2019





**SOUTHWESTERN  
REACT, Inc.**

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[www.swreact.com](http://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

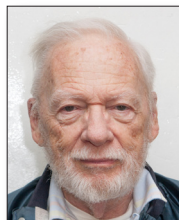
**Director-At-Large:**  
Jim Patterson  
SWR 151

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 8:00 PM on the 449.060 REACT/ARES Repeater with a negative offset and a PL tone of 88.5 (Mt. Otay)



In the beginning, the FCC (before time began) created Title 47 of the Code of Federal Regulations (CFR's), the Telecommunications Act. Over the years they created Volume 5, Chapter I, Part 95, known as Citizen's Radio Service, including Subpart A, known as the General Mobile Radio Service (GMRS) with lots of rules, and not very usable by the average person. In 1958 Subpart D, the Citizens Band Radio Service, was born for the common citizen (a license was still required, without a technical knowledge test).

Over the years, the users of this new service found many uses for this service, including the aiding to motorists and emergency reporting. In 1962, on a stormy night, Henry B. (Pete) Kreer received a call on his CB radio regarding a sick child, causing him to envision using CB radio to get help in emergencies, and from that stormy night REACT was born.

Of course, in the far distant past, Part 97 (Amateur Radio Service) had existed, but it required a test of special skills (code) and knowledge to gain each individual operator license. Now Amateur Radio requires passage of, at least, a test of the first level of knowledge and has become the principal source of communication. So that brings up the question for tonight, "Who Should We Help?"

**Who Should We Help—Monitoring**

Generally speaking, we can provide health, safety, and welfare information to various non-profit organizations for community service events, and government agencies. Each request for our services is reviewed and evaluated to assure that they comply with the existing rules and regulations of the Amateur Radio Service. Once upon a

**Working With Others**

By Roger McCollough, SWR 098, President

**Who Should We Help?**

time, when we received requests on CB Radio, we monitored a single channel; Channel 9 (designated by the FCC as the "Emergency and Motorist Assist channel".) Amateur radio has no Channel 9, so what do we monitor? Some choices are:

- The National Simplex Channel (147.52).
- The local ACS/RACES, ARES repeaters
- The local "Hangout" Channel or repeater such as 449.440 (-).
- A designated active repeater or frequency in your area.
- REACT repeater (449.060 (-) 88.5)

**Who Should We Help—  
Public Service Agencies**

From the very beginning, REACT has been a bridge between people in our community, and various public service agencies, and continues to this day. Although we have no official Channel 9, we still have the ability to monitor something from the list above. Our ability to report dangerous or emergency situations is unmatched. It is up to us to adapt to the changing times of technology and adopt practices and procedures to meet our community needs.

**Who Should We Help—Other  
Teams & Repeater Groups**

We are not the only duck in this pond. Such groups as METRO REACT, ARES, ACS/RACES, Red Cross, and CERT, and the list goes on. We have sort of a mutual aid agreement with these and the amateur community in general. This is our opportunity to share, and perhaps learn, methods and procedures for mutual improvement.

**Who Should We Help—  
Our Community**

First to come to mind are the various nonprofit organizations that routinely

come to us to support their efforts and programs. They include, but are not limited to, marathons, triathlons, parades, civic projects, endurance sports rides, and selected patrols (ex: Red Flag Patrol). Our website, ([www.swreact.com](http://www.swreact.com)) contains a form they can submit to request assistance.

### **Who Should We Help – Our Best Answer**

That best answer, I hope, is all of the above are Who Can We Help. As shown, the list is long. When the FCC created Part 97, Amateur Radio, it was listed as a service. This is a service that offers health, safety, and welfare communications in support of public service and civic

needs. Those of you reading this article may be members of Southwestern REACT and are aware of most or all of my meaning; this is just a reminder. But the REACTER Newsletter is also sent to Friends of REACT, so that they can follow our activities. Bottom Line: Amateur Radio, of which REACT is a part, has been the last line of support and recovery throughout our country over the years. Have you recently practiced your disaster communications skills? We have!

Nuf said...

***let's GIT' ER DONE!!!*** ⚡

## **Hot Weather Safety**

By John Wright, SWR 042. Vice President

Summer is almost upon us (June 21) and it's time to start considering hot weather safety precautions. We have two events scheduled for this month, June 15 and June 23, and it's liable to be hot on both days.

With temperatures increasing, team members working events must be aware of the symptoms of dehydration, heat stroke and heat exhaustion and how to prevent them.

### **Dehydration:**

The following are symptoms of dehydration:

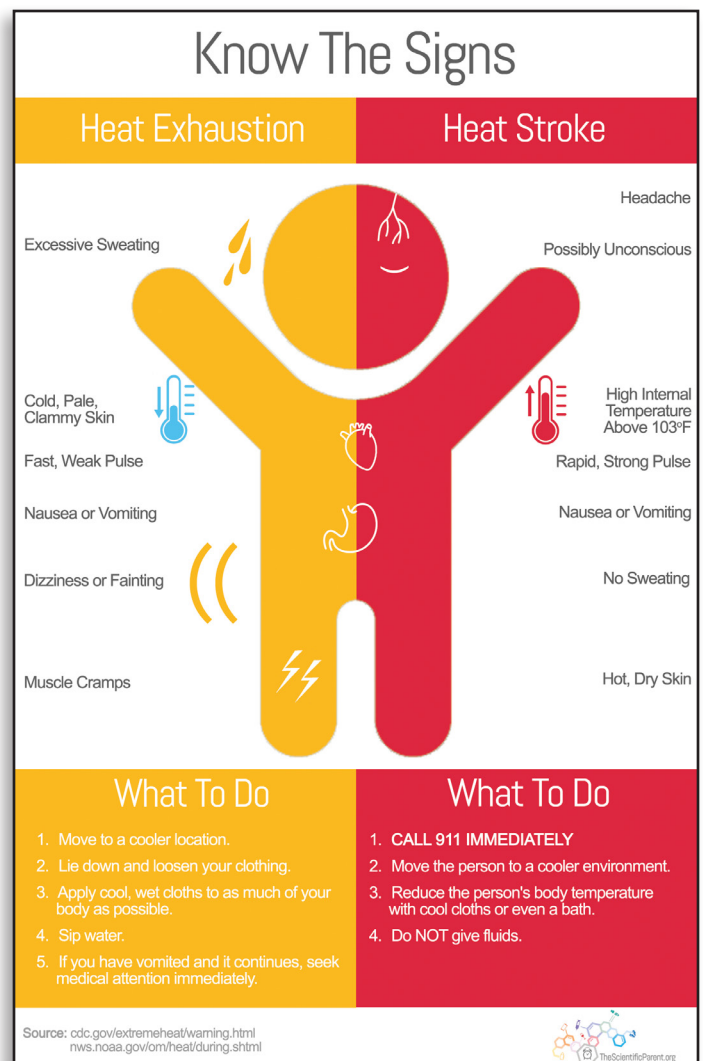
- Not urinating or having very dark yellow urine.
- Very dry skin.
- Feeling dizzy.
- Rapid heartbeat.
- Rapid breathing.
- Sunken eyes.
- Sleepiness, lack of energy, confusion or irritability.
- Fainting.

### **Combating dehydration:**

The best way to combat dehydration is to drink plenty of water before dehydration becomes a problem. Also good are sports drinks containing electrolytes, such as Gatorade. ALWAYS avoid alcoholic beverages and beverages containing caffeine. Caffeine is a diuretic and can accelerate the loss of fluids and electrolytes.

### **Heat Stroke and Heat Exhaustion:**

The following graphic illustrates the differences between heat stroke and heat exhaustion.



Treatment of heat exhaustion and heat stroke varies. For heat exhaustion, do the following:

- Get the person out of the heat quickly and into a cool place, or at least shade.
- Have them lie down and elevate their legs to get blood flowing to their heart.



- Remove any tight or extra clothing.
- Apply cool towels to their skin or give them a cool bath. This will help regulate and lower internal body temperature.
- Have them drink fluids, such as water or a sports drink. Do not allow the person to guzzle them, but take sips. Do not give fluids with caffeine or alcohol.

Heat stroke is considered a life threatening medical emergency. The first action is to call 911 or seek assistance from trained emergency medical personnel. Remove the individual from the source of heat and apply cool cloths to lower their body temperature.

### **Precautions**

The two most important things to remember during these hot day events are SHADE and HYDRATION. A simple investment such as a wide-brimmed hat and sun glasses can go along way in preventing. Team members should all have easily-erectable shade canopies that can be deployed on hot days and should have an adequate source of water.

With a few simple precautions, team members should be fine during these hot summer months. ✈

## **Helicopter Show**

By Roger McCollough, SWR 098, Photos by June McCollough, SWR 054

In the May issue of the REACTER, there was an announcement saying that there would be an “Interdepartmental Training for Law Enforcement, Fire & EMS” program, put on by REACH-21, located at the Viejas Indian Reservation, near the casino, just off Willow Road, on Wednesday, May 8th. June (SWR 054) and I (SWR 098) went to the event to see what they had to offer. It proved to be an open house of REACH-21 air ambulances now serving San Diego and Imperial Counties.

REACH Air Ambulance, sponsored by Viejas Casino, has constructed a complete heli-pad for use by their and other air ambulances. Along with the REACH helicopter were three different Sheriff’s helicopters, each designed for a separate purpose (patrol, search and rescue with limited fire suppression equipment, and large-scale fire suppression, including a Cal Fire on board fire fighter). Each helicopter came in with at least two pilots that took groups through the features, and safe operation

near their unit when the Heli is operational.

As a further feature, the people from REACH set out a large table with treats, snacks, and printed material about their service and helicopter operation in general. Several of their pilots, crew chiefs and operations manager were there to answer questions and describe their operation. Early in the demonstration, REACH received a call that dispatched their aircraft, which returned later near the end of the demonstration. REACH also operates a heli-pad near Oceanside.

In conversation with the REACH operations manager, she invited members of our team for a prearranged group visit whenever we wished. See June or I if you’re interested and we can set up a date. What we can learn from them could be just as important as what they learn about us. ✈



A small portion of the gathering at the “Goodie Table”. The SDSO large Rescue & Fire Suppression helicopter in the background.  
June McCollough, SWR 054



Small gatherings exchanging information, with the SDSO (older & being phased out) Patrol helicopter in the background.  
June McCollough, SWR 054