



Southwestern REACTer



AUGUST 2018





**SOUTHWESTERN
REACT, Inc.**

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

board@southwesternreact.org
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

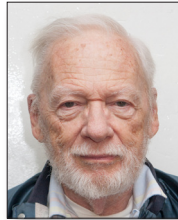
Director-At-Large:
Jim Patterson
SWR 151

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 449.440 Community based Repeater with a negative offset and a PL tone of 107.2 (Mt. Otay)



Thinking From Inside The Box To Save Other Boxes

By Roger McCollough, SWR 098

The Job of EMCOMM

While driving along a minor tree lined, rural, back-country road, in Utah last year, June (SWR054) commented that the homes in the forest had no or poor defensible space. Yes, she was correct, based on the CDF training we had received over the years, and the constant media reminders on radio and TV. Surely this forest received a better annual rain-fall than we get here in Southern California, and there was a small stream flowing through this narrow canyon, but for how much of the year? It came to mind that over the years there was a plan that balanced the hazards of the area with the local fire control methods and experience of the region. We were "Outside the Box" and not likely able to be useful if a problem arose, except to act (maybe) as a spontaneous volunteer situation reporter, leaving it to the folks "inside the box" to respond.

That brings to mind another problem. "YOU'VE GOT TO KNOW THE TERRITORY!" to furnish a location; the more accurate, the better. That would be true, no matter whether you are away or in your home area. In the "box", all of you are blind to the outside world unless you receive timely and accurate information. And there you have it; your job.

As we drive to various destinations, we observe the traffic, people, and situations that could affect our safety. In an experiment, subjects were tasked to watch a video and count the number of times a certain event was performed by players handling a basketball. After watching, each observer was asked what the gorilla did? No one saw the gorilla enter the group of players, dance, and then leave. So how observant are you?

Your primary mission is to communicate useful information. The people in the field are trained to evaluate emergency situations, formulate and prioritize responses, and report them to people that can make it happen. It should go without saying that this knowledge not be lost or distorted in the communication process. Your job is, of course, to cause this to be accomplished, without error and in a minimum of time. Your success falls on experience and practice.

Some of you may be saying "we know this". It is something we already know, as we hear this all the time, and therein is the problem. Constant reminders can breed a passive concern unless you are exposed to related action or activity. There comes that need for practice. Ever watch a concert musician play a complex piece of music, and wonder how their fingers can hit all the right notes so rapidly. The accepted answer is their "muscle memory" is allowing notes faster than they can think. You need some of that muscle memory to think through your actions, correcting for changing conditions.

Finally we must emphasize that you not be part of the problem by your actions. If you impede the coordinated efforts of responding agencies or you need to be aided or rescued, you are now part of the problem, not the solution.

The subject of the next few Board meetings will be making the Team ready for any call and training any operators wishing to improve their skills.

Check out the news for the latest problem and ask yourself, "Are you really ready to do your best when called?" ►

"Nuf said..."

let's GIT' ER DONE!!!

First Aid Kit, Part 2

Mike Bailey, SWR #092

This article is the second of two articles related to first aid kits and preparedness. Last month's article examined our potential role as first responders due to our presence at high profile community events that have inherent potential for injuries (bicycle racing, triathlons, endurance horse rides, etc.) or have the potential for terrorist attacks given their "soft target" nature (think Boston Marathon). That focus was on the immediate and critical medical concerns, this month the focus will be on broader aspects of first aid and self-care. Use the items discussed in Part 1 as the core of your first aid kit and add on additional modules or components depending on your situation—in the field or urban environment, multi-day event away from medical care vs just a few hours, etc.

Let's start with **self-aid** before we move to first aid. All of you have been on a commercial flight at one point and heard the flight attendant announcement regarding oxygen masks, "*If you are travelling with a child or someone who requires assistance, secure your mask on first, and then assist the other person.*" The same philosophy is true for our team deployments. You must be able to care for yourself in order to care for others. So if you have medical conditions that could potentially impair your ability to function, make sure you carry the medications or other items that you need to manage the condition. For example, I have a severe bee sting allergy that has resulted in anaphylactic shock and required ER treatment. If I'm in the city or a phone call away from immediate EMS, I don't carry my Epi-pen. I can usually take a Benadryl or two, ice the area and monitor. If it gets bad, then I can go to the ER or call the ambulance. If I'm in the field or on a long distance bike ride in the boonies, then I carry an Epi-pen. So if you have severe allergies, angina, asthma, etc., make sure you have your rescue medications available to avoid becoming a casualty yourself.

The Red Cross has been synonymous with first aid education, training and disaster relief for over a hundred years. They have also developed a line of first aid kits and have advice to develop your own kit. <http://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit> While not as versatile as medical providers would typically carry, a kit based on this list would still come in handy and could be modified to easily deal with the emergent issues.

Let's break this down into functional components to

decide what you will need to carry. As you will see, some items are considered optional or for use in isolated or prolonged exercises. They will be italicized and marked with (*Optional*) for easy identification.

Infection Control

There are two aspects to infection control: prevention of acquiring an infection and fighting off an infection when present. You don't want to catch anything from anyone else and you want to kill off or prevent the spread of infection if one is present.

- **Non-latex or nitrile exam gloves.** In a time of universal precautions, gloves are your best defense to prevent exposure to blood, saliva and other bodily fluids that could carry a variety of viruses and bacteria. While 2 pair may be adequate for an immediate situation, I tend to carry more.
- **CPR Barrier shield.** CPR may be needed and you don't want to be a secondary casualty by getting exposed to pathogenic viruses and bacteria.
- **Antiseptic wipes/solution.** Out in the field, even minor cuts and puncture wounds can quickly be contaminated with dirt and debris. Having an antiseptic solution makes sense to sterilize the wound, right? Not necessarily! Antiseptics like hydrogen peroxide, rubbing alcohol, mercurochrome or iodine are more appropriate for sterilizing surfaces than treating traumatized tissue. These items can damage and kill skin cells leading to slower healing and increased scarring. Better to use lots of irrigation with water or saline solution with mild soap if you can to clean the wound and keep it covered and moist. The antiseptic wipes are handy to clean up the area around the wound and prevent transmission of blood-related pathogens to others. It is also handy to sterilize the tweezers you need to pick any dirt or debris out of a wound.
- **Antibiotic cream.** Most clean wounds may not need any additional care but if you start seeing significant inflammation or purulent material, a dab of antibiotic cream would be appropriate. Otherwise, if the wound is shallow and limited, try to get by without it. Studies have shown that antimicrobial creams and ointment actually kill off the good bacteria on your skin, leaving you wide open for the "bad" bacteria to invade.

- **Ziplock bag 1 qt.** You may need a container for your used gloves, bloody gauze pads, etc. Dump them into the bag and then seal for later appropriate disposal.

Bandage Materials:

So a bandage may serve several functions—keeping a dressing or splint in place or restricting movement/providing support for a joint. Bandages come in a variety of styles and material—triangular bandages to act as a sling, a compression bandage to reduce swelling, and an adhesive bandage to keep a dressing in place (think BandAid). The adhesive bandages come in variety of different sizes and shapes. I find that the more diverse your inventory, the better. This will be the essential treatment for the majority of your “boo-boo and ouchie” injuries. Get a multipack at Costco and grab a smattering of sizes and shapes for your kit. For dressing materials, you want some that are large and thick to handle hemorrhaging. For other wounds, use a non-stick pad directly over the wound and then cover with a gauze pad and tape to keep in place. Elastic tape allows some flex for extremity movement. Alternatively, tubular elastic net dressing can be cut to go over a hand, arm or leg to hold dressing in place while allowing full movement of the limb--handy for runners or cyclists who need to get back into the race.

- 1-2 absorbent compress dressings (5 x 9 inches) For hemorrhage control.
- 8 Gauze sponges (4 x 4 inches) Useful for cleaning wounds.
- 6 sterile gauze pads (3 x 3 inches)
- 6 sterile gauze pads (4 x 4 inches)
- 4 small non-stick pads (2 x 3 inches)
- 4 medium non-stick pads (3 x 4 inches)
- 1-2 rolls of Medical Tape – adhesive or elastic self-adhesive.
- 1-2 yards of tubular elastic net dressing
- 1-2 triangular bandages for slings, etc.
- *Butterfly or Steri-Strip closures (Optional)*
- *DermaBond, Liquid Skin, New Skin wound closures (Optional)*
- Bandage scissors
- Q-tips – get the small sample size in “trial” aisle. Handy for cleaning wounds and applying creams or ointments.

Instruments/Equipment:

Not a lot of equipment per se is needed for a first aid kit.

- Bandage scissors are handy for cutting tape, removing clothing.
- Tweezers are useful for removing thorns, stingers, splinters or wound debris and handy for applying Steri-strips.
- *Sawyer Extractor Bite & Stink Kit (Optional)*
- *Splint material such as a SAM splint. (Optional)*
- *Thermometer (non-glass/non-mercury) (Optional)*

Medications:

These are kept to a minimum and used short-term only. If you share these with someone else, always ask about duplicate/overlapping meds and any medication allergies!

- Ibuprofen 200mg
- Acetaminophen 325mg
- Aspirin 81mg (not enteric coated—for acute chest pain/MI)
- Benadryl 25mg (helpful for allergic reactions)
- Triple Antibiotic cream/Neosporin
- *Cortisone 1% cream (Optional)*
- *Antifungal cream (Optional)*
- *StingEze Dauber for insect bite and sting relief (Optional)*

Education, practice and familiarity works with first aid kits just as it does with radios. So get comfortable with your gear and know how to use it. Classes on first aid are available through the Red Cross, <https://www.redcross.org/take-a-class>. Locally, REI offers “First Aid Essentials - What’s in your kit?”, a free course on wilderness first aid at their Copley Street Store. Their next class is Thursday, August 02, 2018 from 6:30 PM to 8:00 PM. <https://www.rei.com/event/first-aid-essentials-whats-in-your-kit/san-diego/211962> They also have an excellent stock of first aid items for the field. They do offer a 2 day course allowing for certification in Wilderness First Aid: <https://www.rei.com/event/wilderness-first-aid-with-nols-and-rei/san-diego/190297>

For more advanced training, UCSD has an annual 5 day course for Wilderness First Responders in December: <https://rec.ucsd.edu/Program/GetProgramDetails?courseId=a520dfb3-41b5-45ca-8487-b83703ea3b25&semesterId=df1d3379-c068-4af8-b339-0ac7415d2048>

Finally, don’t forget YouTube videos as a source of some practical quick training on specific techniques. Check

out their videos on the Sawyer Venom Extractor, Derm-abond wound closure, Steri-Strip application, and even the use of Super Glue as a wound closure system.

Whatever you design your kit or kits to be, make sure it is with your deployment gear and check it regularly to

ensure that items have not expired. Even the best first aid kit is useless if it is not with you when you need it! ►

Upcoming Events

By John Wright, SWR 042

Why are the Blue Angels on the cover of this month's REACTer, you might ask. Well, they represent just one of the events coming up between now and the end of the year that will give team members opportunities to hone their communications skills.

Yes, the annual Marine Corps Air Station, Miramar, Air Show is almost upon us. This year's show will take place Friday, Saturday and Sunday September 28-30, 2018. As always, San Diego ARES will be furnishing personnel to assist the Air Station Military Police as additional "boots on the ground. Radio operators working the air show help with lost children and adults and act as observers among the crowd.

ARES invites any and all interested amateur radio operators to participate. Shifts are 0630-1300 and 1200-1830 each of the three days of the show. Interested individuals may contact Rob Freeburn, K6RJF, at k6rjf.rob@gmail.com or attend the monthly ARES meeting in La Jolla.

Another ARES event coming up is the fall state-wide hospital drill, November 15, 2018. With the addition of clinics and other non-hospital care facilities to the drills, ARES is in need of more operators than ever before. All operators are welcome. First time operators will be paired with an experienced operator in the hospital environment.

The contact point is Rob Freeburn, K6RJF, k6rjf.rob@gmail.com or the monthly ARES meeting.

The location of the August 11 ARES Meeting is at the Scripps Campus Point Drive facility that we use occasionally. (This is an administrative complex near and within sight of Scripps La Jolla Hospital, but is not itself a hospital building.)

Address:

10010 Campus Point Dr, San Diego, CA 92121

Date: Saturday, 8/11/18

Time: 0800 to 1000

Park: in the parking lot behind the building. Enter the building from the parking lot side of the building (not from the street side).

Agenda will include:

- Recent ham support in California disaster areas
- Miramar Air Show planning (Sep 28-30, 2018)
- November Hospital drill planning (Nov 15, 2018)
- Upcoming contests
- Club updates

Other Upcoming Events

Also upcoming are several of our regular events, including Touch-A-Truck—now at a completely different venue that promises to have less traffic problems, the Giro di San Diego bicycle ride in North Coastal San Diego County and the Silver Strand Half Marathon from Coronado to Imperial Beach. ►

Upcoming Events	
Event	Date
Touch-A-Truck	09/16/2018 (Sun)
MCAS Miramar Air Show	09/28-30/2018 (Fri, Sat, Sun)
Giro di San Diego	10/21/2018 (Sun)
ARES Hospital Drill	11/15/2018 (Thurs)
Silver Strand Half Marathon	11/11/2018 (Sun)

More Pictures From The Miramar Air Show



The ARES trailer at the 2017 Miramar Air Show.
John Wright, SWR 042



Boeing B-17G WWII heavy bomber. *John Wright, SWR 042*



Aerobatic Pilot Sean Tucker in the Oracle Special Biplane.
John Wright, SWR 042



John Collier's AT-6 Texan "War Dog" *John Wright, SWR 042*