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RESCUE ME

"That others may learn"

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How Do You Use The Net?

The internet is a powerful resource that many of us underutilize. In this day of the need for instant information email has become almost indispensable. Some Emergency Services organizations are talking about using the internet for virtual command posts and EOC's during a disaster. This may or may not be a good idea based upon the scale of the disaster and affected area. One of the common shortcomings seen in Emergency Services is to have a high tech solution to a wide scale problem that will potentially affect electricity, radio communications, etc. Thus when a larger area is affected the technology within that area can be brought down by the very event that it is needed to help resolve.

With this in mind the best solution would be with high tech primary systems and low tech secondary systems and even a tertiary system for anything that we do. While it's nice to utilize the computer lets not forget about the typewriter and carbon paper!

Resource Update

We're currently updating our records on the resources in the area. We'd greatly appreciate it if you could send us the current membership on your organization. Please include the following:

**Organization Name / Organization Business # / Organization Emergency #
Primary Contact / Primary Contact #
Secondary Contact / Secondary Contact #
Specialized Resources
Service Area**

This information is to be used as a resource list so that we can be assured of rendering the most effective service for the task at hand. When compiled we'll be happy to share it. You can email it to resources@gpsar.org



Setting The Record Straight

There seems to be some confusion and just letting things go unsaid seems to feed into this misinformation.

If an effort to set these things straight please take note of these few simple statements:

- (1) GPSAR is operational and field ready and has not been anything less for one moment.
- (2) We did not have a membership split. One active member and one probation-

ary member left the team. The active member has started a new team that is in no way, shape or form connected to GPSAR.

- (3) The leadership of the team is stronger than ever. Elected and empowered to fulfill the mission of the team these officers are ready to serve.
- (4) GPSAR is ready, willing and able to work with our professional peers in the SAR community.

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Chair's Clipboard

With elections over GPSAR is now in a position that I have not seen in all of my time with the team. We have an elected representation of the membership handling business, board, and field operations. The days of a singular control are in the past.

The board will embrace the task of making sure that the body of the team obeys the bylaws while moving forward to keep with the mission of the organization.

If any member has any issue or concern that they feel comes under the scope of the boards duties they are encouraged to contact myself or a board members regarding the issue.

Mark G. Hopkins, GPSAR Board Chairman
chairman@gpsar.org

SAR Humor

Let's not have it come to this!



"First, they do an on-line search."

Frisbuoy - A review

Anyone who has ever done water rescue has come across the embarrassing situation of an errant throw with a throw bag (a throw bag is a simple waterproof bag filled with waterproof rope that is tossed to a victim in a water rescue). It seems that at the worse possible time everything is against you. I am fully convinced that the record for throwing is 50ft in good conditions. No mortal can do 75 feet.



This is where a new product comes into play. It's called Frisbuoy. It is a fantastically simple idea that solves a major product. This device is to water rescue what the AED is to first aid. It turns observers into possible lifesavers and it really works.

The unit has around 100 ft. of line on it and it will go the full distance. It is a round disc that also serves as a flotation device that will help to keep a 200lb victim afloat. The rope that comes with the unit is rated at 3000 lbs. according to the manufacturer. I find that a little hard to believe but it might be true but I wouldn't want to test it.

The disc is simple, safe and durable. No water team or responsible person that goes near water should be without this device. While not a replacement for a throw bag it's a definite supplement. It is reasonably priced and available from the fine people at Hyde Engineering. Contact them at www.frisbuoy.com for more information.

Vet Stand Down

Our team was pleased to answer the call of the City of Philadelphia and the Military Reserve to help out with the Homeless Veteran Stand Down this year.

It was our pleasure to provide an educational talk for the children and help out where needed.

It is this kind of event that really helps us remember what is really important. The event was worth it to just to see the smiles on the children's faces.

If needed we will happily return next year to help out in any way we can.



Training & Details & Meetings

Officers Meeting -	Every 3rd Sunday	@ 11:00 am
Business Meeting -	Every 3rd Sunday	@ 12:30 pm
Training Workshop -	Every 3rd Sunday	@ 2:00 pm - Patient Packaging in October!
Sky Warn	September 30th	@ 11:00am
Survival	October 14th	@ 9:00am
COQ -	To be announced for October	
First Aid, CPR -	To be announced for October	
CISM -	To be announced for November	

* Canine training on Tuesday nights and Saturday mornings. Contact canine@gpsar.org

* Equine certifications / training's by appointment. Contact equine@gpsar.org

Patient Packaging... - The Basics

So, despite the odds, you've found the person you're looking for. More often that not that does not mean you simply point them towards the ranger station. Unfortunately you're usually at the point of at the least the need for some basic medical assessment skills combined with patient packaging. At the worst you could be adding some extrication on top of this. Within the scope of this article we'll deal with the packaging aspect.

At this point you are putting the patient in the litter. You have completed the assessment, stabilized and done the medical preparation for transport. First off you'll need a litter (stokes or Junkin style), 30 ft of webbing for the main packaging, 10 ft. of webbing for under the arms (this really does a lot of the work at times), some kind of head protection, and goggles.

(1) You'll want to get the helmet and goggles on the patient prior to putting the patient in the basket.

(2) Roll the patient in using practiced techniques.

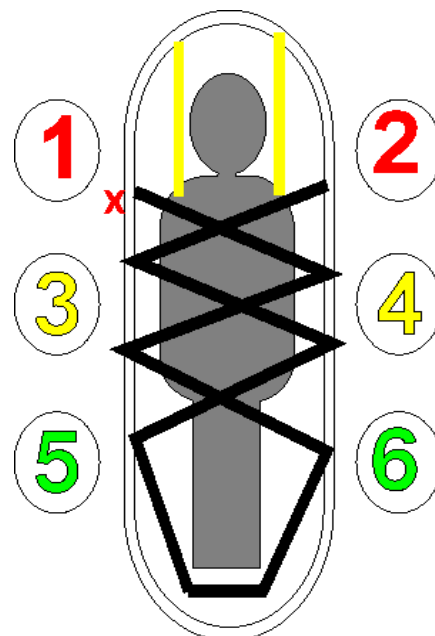
(3) Place the 10 ft section of webbing under the arms of the patient and secure to the head of the basket using clove hitches with safety knots. Snug it up by getting the slack out of one of the ends while the other remains tied.

(4) Starting on one side weave the webbing across the patients body from one side to another (like shoelaces) forming 3 X's and coming under the feet to assist in supporting the weight of the patient. Tie

the ends with clove hitches. Pull snug if necessary and retie. Use the same knots as you did for the previous one.

Now you simply double check your system and lift using safe practices. This is just one of many ways to accomplish this. I find it to be easy and if done right a patient can be packaged in under 3 minutes.

Follow common sense and safe practices. Adjust accordingly for straight raise, vertical lifting and patient injuries.



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GPSAR

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Conversation: Make It Work for You by Letitia Baldrige

Become a corporate superstar by mastering the art of good conversation.

To move up the rungs of the corporate ladder, you need to learn how to make good conversation. You'll secure terrific, lasting impressions with upper management and colleagues when they feel that you've mastered the art of communicating well in ad hoc conversation. To possess such a talent will give you one of the greatest assets in the business world.

I have a client who was perplexed, perhaps even frightened, about how to start a conversation with senior executives at his company. He would become nervous whenever he found himself unexpectedly around members of senior management.

I talked him through his dilemma until finally we realized that his problem was that he did not have basic people skills. He sat in front of a computer screen for much of his time. He lacked the ability to know how to begin a conversation. (This skill is not a nicety, but a necessity in life.)

You can overcome these obstacles . . . break down barriers . . . be a favorite party guest . . . warm up a room . . . and become a corporate superstar by mastering the art of good conversation. Following are the essentials of becoming an expert at "wowing" your friends and colleagues:

Conversation Do's:

Use appropriate humor . . . and have a smile on your face. You should greet everyone warmly and use gentle humor when necessary.

Be a giver, not a taker. You'll get the most pleasure from making those around you have a better time and enjoy the conversation.

Be a wonderful listener. You'll flatter everyone speaking, which enables them to learn the great gifts of good communication too.

Speak in an attractive, clear voice. Don't speak too loudly nor annoyingly weak—and not too fast, either. Keep your audience with you at all times.

Keep the conversation fresh. Inject a new topic when the one being

used has grown tiresome or if an offensive or inappropriate subject is raised.

Be the referee. You'll need to protect the feelings of people who are belittled by others when a disagreement occurs.

Honor a colleague who deserves it. You should make it known if someone present has received an honor of note so that he or she can be properly congratulated—by you and everyone else.

Choose mature language. Don't use hip jargon to try to impress people.

Conversation Don'ts:

- Don't be a conversation hog. Let others speak even if you know more than anyone else present about the subject.
- Don't sit in a group and talk to just one person. Let your eyes sweep from one end of the group to the other so that all present feel involved and important.
- Don't bring people down. Bring them up! There's so much bad news every day.
- Come armed with cheery subjects, not gloom and doom.
- Don't bore people with statistics and figures. Number crunching may be a smart thing to do on your computer at the office, but the person who talks numbers day and night begins to look like an inhuman chattering box.
- Never make fun of your colleagues or customers. It might seem easy to belittle someone with whom you work, but it will almost always get back to that person and then you will have ruined any chance for a harmonious working relationship.
- Don't discuss inappropriate topics. Sickness and related topics, for example, would be inappropriate for discussion during a meal. Match the topic to the occasion.

You'll be the best conversationalist by striving to please others, not talking solely about yourself, and showing genuine interest in others' opinions and problems. Good conversation is a skill that you learn and relearn by continuous interaction with people in business and social settings.