

CQ de WA2LQO

Seventy Four Years: 1944 -2018

The official independent voice of the Grumman Amateur Radio Club.

SEPTEMBER 2018 VOLUME 91 NUMBER 9

MEETING - 5:30 PM WEDNESDAY SEPTEMBER 26 AT HAYPATH ROAD PARK IN OLD BETHPAGE

PRESIDENT'S NOTE by ED GELLENDER, WB2EAV

The club's summer dinner party was held at LaCasa at Crab Meadow Beach on Long Island Sound and everyone had a good time. I was sent a photo, and I am doing something we have never done before: including a photo in the newsletter.



ARRL HUDSON DIVISION ELECTION:

Sometime in October, the ARRL will be sending out ballots for the scheduled election for the Hudson Division Director. Unsurprisingly, the division is defined by proximity to the Hudson River, and includes three ARRL sections - Eastern New York, Northern New Jersey and our own NYC-LI. Friend-of-the-club Mike Lisenco N2YBB is the incumbent, and he is actively running for re-election.

There has been some conflict and petty backbiting in the ARRL hierarchy lately, and Mike has a challenger. However, I believe that Mike has demonstrated as Hudson Division Director a

serious commitment to - and support of - both amateur radio in general, and especially the radio clubs of the Hudson Division.

I have been a ham and an ARRL member in the NLI section for 56 years now, and until Mike I never even saw any ARRL official above section manager. Prior to his predecessor, I never even heard of a Hudson Division meeting. His predecessor held them, but always near her home in New Jersey. Mike has held regular meetings, regularly cycling between the three sections, including periodically on long island.

When you get your ballot, be sure to vote and I strongly endorse Mike Lisenco N2YBB for Hudson Division Director, simply because he has been better for the Grumman Amateur Radio Club than any of his predecessors, and I do not see any evidence that the challenger will even come close.

BELIEVE IT OR NOT, I AM GOING TO TALK ABOUT FIRST AID

This month I am taking the liberty of including something that has nothing to do with ham radio, but as a public service I think it is something we all should know about.

For many decades there has been an informal list of things everyone should know in order to be a fully contributing citizen. Topping the list has always been learning how to swim, bicycle and drive. Typing is always on the list, and today, with all the computers and phones now with some form of typewriter keyboards, it is almost a matter of survival. We hams will simply never acknowledge that morse code was dropped from the list, but that is a separate matter.

Another important regular on the list is to know some first aid. The Boy Scouts certainly are big on that one, with learning first aid mandatory for advancement. A large part of the excellent reputation the boy scouts have consistently held comes from incidents where a knowledge of first aid saved the day.

In addition to classic first aid, in the last 30 years or so, we have added Cardio-Pulmonary Resuscitation (CPR) and the Heimlich maneuver to the first aid repertoire. More recently the Automatic External Defibrillator (AED) has been added to the list. Most adult education programs now include a single two-hour course covering all three of those subjects.

One aspect of first aid that has not really changed since ancient times is how you can stop serious bleeding. The basic rule is simple: Apply pressure to the wound and hope it stops. In the past century or so, military combat medics have learned a lot about battlefield wounds, and tremendous progress has been made in the past twenty years or so. Now the benefits of combat medicine are starting to reach the civilian population and several hospital emergency room staffs have been teaching a two hour course to the public known as "Stop the Bleed." I recently attended one of those classes, and decided that it lends itself nicely to a written memo that summarizes it (and avoids all the grisly photos). I put something together, and showed it to some friends who attended the course with me. To my pleasant surprise, the consensus was that what I put together is better than attending the course. (wow!) So, rather than repeating some article from the newsletter archives, I have decided to presumptuously inflict upon you my Stop the Bleed presentation. Who knows, it might even pay off for someone someday.

Ed WB2EAV

STOP THE BLEED: A TWO PAGE MINI - COURSE

Ed Gellender

July 2018

BASICS:

The first rule of stopping heavy bleeding is to apply pressure to the wound. You can do something with absolutely no materials or preparation.

The second rule is to call for help immediately. Like they teach in CPR / AED courses, point directly at a particular bystander and say "YOU! – Call 911!" Meanwhile you work on the patient.

Keep working on the patient until more experienced help (ideally an ambulance) arrives. Yes, it will likely be disgusting; Go right ahead - throw up - just turn your head away. If you feel faint, try to lie down so you don't hurt yourself falling, and ideally hold it off until the bleeding stops or someone else can take over. If you are properly equipped, reassure the patient that you are confident you can save them.

The use of thin rubber gloves (nitrile) is highly recommended to prevent exposure to blood-borne diseases, but the actual risk is quite low

You should apply pressure on top of a layer of gauze. Serious wounds often leave a hole in the body, which should be stuffed full of gauze or cloth. The shirt you are wearing is a good substitute for gauze in a pinch. Feel free to rip it into strips as necessary. If the patient survives, I am sure he will be glad to buy you a replacement

Under no conditions do you remove anything penetrating (a knife?) or put back anything sticking out (intestines?) LEAVE IT AS-IS! In the case of a penetrating injury on a fence or whatever, the first responders will cut the object, and take the patient to the hospital with the stub still in place

If you know CPR, the way you hold yourself over the patient is a good way to apply a lot of pressure to stop bleeding

MODERN DEVELOPMENTS:

Recent combat developments in stopping bleeding are now getting into civilian life. The two most significant developments are the combat assist tourniquet ("CAT") that has reduced deaths from arm and leg wounds tremendously, and gauze treated with a clotting agent that is directly stuffed into open wounds (they say it's like "stuffing a turkey")

ARM AND LEG WOUNDS – THE COMBAT APPLICATION TOURNIQUET (CAT)

In recent years old bugaboos about tourniquets have been debunked and today there is little reason for an arm or leg injury to be fatal if such a device is available. Combat studies have shown no serious side effects for a tourniquet left in place for 24 hours. Despite what you may have once heard, policy now is to never loosen an applied tourniquet.

The device is a typical ballistic cloth strap with a buckle (like the straps used to tie sleeping bags to a backpack. The first step is to slide the device up about 2 inches above the top of the wound and snug it tight up with the buckle. The device has a tensioner (“windlass”) to further cinch it up extremely tight. As you turn the rod, the device gets tighter and tighter until the bleeding stops. (on extremely rare occasions, a second one can help if available). Once the bleeding stops, stop tightening and keep an eye on things until help arrives.

These CAT tourniquets are available either stand-alone or in kits. I am sure that medical supply houses have them, but typing CAT tourniquet into Amazon brings them up, for ten dollars and up. Note that they are not to be reused, so if you want to practice, get one for that and mark it accordingly. Besides, once applied, it is only cut off by medical staff, so you will never see it again anyway.

OPEN WOUNDS – gauze treated with blood clotting agent

Serious wounds often leave an open hole in the body. In all cases, feel free to stuff gauze or even your shirt into the hole to plug the wound and apply pressure through a top layer of gauze or cloth. New gauzes with clotting agents are available; put them inside the wound first (where the bleeding likely originates) and then improvise for the outer layers. Keep applying pressure to minimize the bleeding until help arrives

Amazon sells various versions (and kits). Amazon has QuickClot packages with two 3 inch wide by 2 foot long strips of treated gauze for \$20. (It gets worse – they have an expiration date. Sorry)

GO-KIT

I’m sure there are many sources of supply, but my quick look online has led me to try buying a CAT tourniquet (I see a pack of 3 for twenty bucks) and a packet of QuickClot treated gauze from Amazon, and putting together a kit with some regular gauze, nitrile gloves, a scissor and a felt-tip marker (to write the time the tourniquet is applied). Probably the best place to keep such a kit is in the trunk of the car, or in your usual backpack or whatever instead.

GRUMMAN AMATEUR RADIO CLUB

TREASURER'S REPORT – Ed, WB2EAV

Ed reports that finances continue to be in good shape.

REPEATER REPORT – Gordon, KB2UB

146.745 Repeater is intermittent.

NET REPORT – Karen, W2ABK

Thursday night net at 8:15 PM on 146.745 MHz had 0 check ins.

Thursday night net at 8:30 PM on 145.330 MHz had 3 check ins

VE REPORT – Ed, WB2EAV

There were no applicants this month, and the session was cancelled.

GARC NETS: Net Controller Karen W2ABK **40 Meters: 7.289 MHz at 7:30 AM EST Sundays**

2 Meters (repeaters) Thursdays: 146.745 MHz (-600 kHz) at 8:15 PM

145.330 MHz (-600 kHz) at 8:30 PM. Tone for both repeaters: 136.5 Hz.

ARES/RACES NETS: Mondays.

PROGRAM:

WEBSITE

The GARC web site can be found at <http://www.qsl.net/wa2lqo>. Webmaster is Pat Masterson, KE2LJ. Pictures of GARC activities, archives of newsletters, roster of members, and other information about the GARC may be found there. The membership roster has not been updated to delete Silent Keys and to enter new e-mail addresses for remaining members and friends. Please inform Pat Masterson if you need to delete, update or edit your roster information.

MEETINGS

Board and General Meetings are now combined. Effective January 2018, unless otherwise notified, meetings start at 5:30 PM on the FOURTH Wednesday of the month, at HAYPATH ROAD Town Park in OLD BETHPAGE. **[This month's meeting is on Wednesday September 26 at 5:30PM]**

GARC Officers:

President: Ed Gellender, WB2EAV	516-507-8969	wb2eav@yahoo.com
Vice President: Gordon Sammis, KB2UB	Retiree 631-666-7463	sammigo@verizon.net
Secretary: Karen Cefalo, W2ABK	631-754-0974	w2abk@aol.com
Treasurer: Ed Gellender, WB2EAV	(see above)	
WA2LQO Trustee: Ray Schubnel, W2DKM	Retiree	schubnel@optonline.net
Board Member: Jack Cottrell, WA2PYK	Retiree 516-249-0979	jjcottrell2@verizon.net
Board Member: Dave Ledo, AB2EF		ab2efdl@gmail.com
Board Member: Jack Hayne, WB2BED		wb2bed@arrl.net
Board Member: George Sullivan, WB2IKT		

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WEBMASTER Pat Masterson, KE2LJ Retiree 813-938-4614 Pat-Masterson@tampabay.rr.com

GARC VE EXAMS We normally proctor exams for all classes of ham licenses on the second Tuesday of each month, starting at 5:30 PM, BUT sessions may be cancelled if no applicants make appointments. The fee is \$14. All applicants must pre-register with Ed Gellender wb2eav@yahoo.com. All new applicants should be aware that they must write their Social Security number on the application form if they have not gotten an FRN number. Applicants for an upgrade must leave with the examiner a copy of their current license. All applicants must show a photo ID such as a driver's license. Study material may be obtained from ARRL-VEC at <http://www.arrl.org>, or W5YI-VEC at <http://www.W5YI.org>. All VECs use and update the same Q&A pools.

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