



WINTER Weekly

Reader

Volume 233, Issue 298, March 8th, 2018

The Plano Rotary Club
www.PlanoRotary.com

STREET TRIAGE

UPCOMING MEETINGS

March 8
TBD

March 15
TBD

March 22
TBD



MARCH BIRTHDAYS

Marshall Johnson	Mar 10
Myrtle Hightower	Mar 11
Jamie Schell	Mar 18
Bruce Glasscock	Mar 31



B LAIR RITCHEY was not only today's photographer, but he also doubled up for the Invocation. Next thing you know, he'll be our caterer as well. Way to multitask, Blair!

Prince Regent Horne convened the conclave at 12:15, anointing Blair to Pray and **Mary Jo Dean** to Pledge. **Howard Matson** was the day's Greeter. Before summoning **SGT. KRAMER** to stand and deliver, **Rick** announced that **John Caldwell** still needs cat herders for the 4-Way Test Speech Contest:

www.signupgenius.com/go/5080d4cabaf2fa02-20181

And the **Interact Spring Fling** remains at 10:30 on 4/21 at *Shawnee Trail Sports Complex* in Frisco.

PP **David McWhorter** called *PSO* Executive Director **Robert Reed** to the podium to receive our **\$1,500** check for the **Alice Hobbs** (not yet) *Memorial Endowment Fund* (to pay for music lessons for talented students who can't afford them). David reminded everyone that Alice was a former member of the Club. Robert accepted this annual donation saying that the Club will thus "support a lot of people."

SGT. KRAMER strode to the podium to chants of "Who let the dogs out?" He revealed in yet another Visiting Rotarian-Free meeting and called upon our esteemed City Manager. **Bruce Mr. Clean Glasscock** introduced **Susan Carr**, Director of the 911 Call Center, here to cheer on the first responders on the day's program. **Ray Huffines** bade us welcome **TRINIDAD DRILLING** Sales & Mkg. Mgr. **Jon Hogan**.

Jason marveled that "for the 3rd week in a row," we had a "volunteer" for his **Get To Know the Members** gig.



The victim was **Jim Monroe** who was heckled obligatorily by **Kelly Palmer** to "Give us a good recipe!" Jim started by saying that Rotary ran in the family; his Dad was a Rotarian in McKinney and also a *Paul Harris Fellow*. Lately, Jim has been "traveling with **LARRY**," by which he probably meant **ARTA**. He'd love to still be scuba diving, but those days are passed. So he's become a professional Granddad instead! Grandchildren are "what you do with your time" in retirement. When asked his favorite scuba spot, he replied, inexplicably, "the Grand Canyon." I guess he sees through silt like the blind dolphins of India. In response to a question about his profession, he replied, "Real estate for 40 years."

Rick concluded his announcements with plug for *Plano Metro's Casino Night* at *Gleneagles*. The Club had scored six tickets which **Rick** would bestow on the first half-

dozen requestors after the meeting. He had also prefaced the meeting with the doleful news, first afforded us in **Karen's** email: the death of **Rex Lowe**. **Rick** lauded Rex as an exemplary Rotarian, working sweat equity at

the **BBQ Bênes, Brews & 'Ques** event as well as *Meals on Wheels*. The family requests donations to Rex's favorite charities (*SPCA* and the *Boy Scouts*) in lieu of flowers. The memorial service is 2:00 pm Friday 2/23 at





Gleneagles. Although that service has passed, there's nothing keeping you from honoring his memory with a donation to kids or kids (baby goats, that is, assuming they're covered by the *SPCA*).

Rick channeled **Olin Jaye** by introducing the program. He said, "Two weeks ago we had a program on active shooters. Today, we learn what happens afterwards." We were to be regaled by two speakers, **Dr. Mark Gamber** and EMT **Jared Barker**.

Dr. Gamber got his undergraduate degree from *Texas A&M* (groans) where he also returned for a residency with *Scott & White Hospital* in emergency medicine. He is Board-certified in that. His day job is at *Medical City Plano*, but he moonlights as the EMS Medical Director for the Plano, Frisco, Murphy, and Parker Fire Departments! Way to multitask, Mark. In his free time, he is the Chief of Staff at both the Plano and Frisco Medical Centers.

Jared Barker is a driver and paramedic for PFD Station #4 (6000 Roundrock Trail). For 11 years he's been a Special Rescue Technician and SWAT Medic. Jared's been with *Plano Fire Dept.* for 13 years, the last seven of which as a Certified Law Enforcement Officer.

Mr. Barker began his chat asserting that **Mica Lunt's** (speaker three weeks ago) good ideas "*are all mine*." That boast off his chest, he proceeded with the outline of the day's lessons:

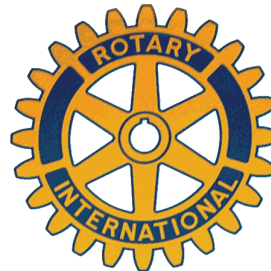
1. Bleeding Control Program
2. Stop the Bleed Program
3. Lessons learned
4. Upcoming Events
5. Q&A

In partnership with Plano Police, Jared has trained "*all first-responders*" in tactical emergency measures. In partnership with Medical City Plano, he will train the community at large in bleeding control. Bleeding kits have been distributed throughout City businesses. "*No one should die from uncontrolled bleeding*." All citizens should know how to

1. Apply direct pressure to the wound
2. Apply a dressing (with pressure) to the wound

3. Apply a tourniquet ABOVE the wound (*that is, between it and the heart*).

His mantra is "*Ride it High*" on an arm or leg to control bleeding below.



BLEEDINGCONTROL@PLANO.GOV

That link offers event and medical info and tickets. **bleedingcontrol.org** is for kit purchases; kits can treat 1-2 victims. Commercial bleeding kits treat 8-10 victims.

The 2017 seminar on this subject drew 1,400 attendees which must have been a challenge for the three instructors! Feedback came from 288 (over 20%). The difficulty was the wide differences in backgrounds for attendees; hitting a mean neither to bore the experts nor lose the novices must have been time consuming. Hands-on with 1,400 was desirable but impractical. Respondents wanted to know the best brands of equipment.

The next session was held 2/24 (past) at 11 and 1 in the MCP Bldg. 2. A further session is planned for 3/31. A program on active shooters, scheduled for 3/3 has been sold out, so a further session will be held at 6:30 on 3/6 in the Plano Event Center. (See eventbrite.org)



With Dr. Gamber playing **Vanna White**, Jared introduced us to the tourniquets that come in bleed control kits. They're cinched with **Velcro®**. He told an anecdote of a 40-year-old, collapsed with heart failure, who was resuscitated due to quick response by EMTs; that's a 1 in 20 long shot, but he made it. Now multiply him by 100, and even the largest hospital ER is easily "*inundated*."

"The next challenge" is performing a viable drill for a mass casualty scenario. Hospital CEOs are on-board. High school students earn victim-acting credit! The major challenges are communications. They're trying it out with only one hospital to begin with; they're "not yet ready for multiple hospitals to cooperate."



Dr. Gamber related an experience worthy of *MASH*. He "put together a team for pre-op amputation" when there was an accident where a victim fell beneath a trencher. The team flew in an amputation specialist, sedated the victim *in situ* and severed his leg, freeing him from the vehicle. Then they MedEvaced him by helicopter. All the while, he "was drugged and comfortable." (No report of his reaction on awaking legless.)



Camille Ussery asked about cooperation with **PISD**. **Nancy Humphrey** noted that they now have bleed kits in schools.

Carrolyn Moebius asked about partnering with churches, synagogues, and temples. Mary Jo Dean did a training at Watermark Church (6400 Ave. K). Jared said that a lot of churches and businesses are making inquiries. Dr. Gamber mentioned the use of Media Training in churches.

While there are two level 1-2 trauma surgeons (available 24/7) in Plano, after a small number of casualties, they will be "overwhelmed."

Someone mentioned that tourniquet use used to be discouraged, even in the Civil through the Vietnam Wars, but recent research has found that 1-2 hours of use leaves no permanent nerve or muscle damage.

Charles Milby asked about the use of belts in an emergency. He was told that it's better to use your shirt; that gives better compression than does a belt. Belts are too loose. But, of course, a belt is better than nothing.

Randy Brodhead asked whether the tourniquets are "one size fits all." Dr. Gamber loosened the tourniquet to demonstrate that it would fit around any sized arm or leg.



Jeff Beckley asked about the "takeaway" lessons from the recent Florida school shooting. Dr. Gamber explained that there were "an unprecedented number of patients." And they appeared at ERs in a chaotic fashion, dropped off by any available vehicle. Walk-ins can quickly "inundate a trauma center." We are lucky in that Air Medical Rescue can whisk patients off to other Metroplex hospitals. In Florida, victims were triaged at the scene and outside hospitals.

Rick Horne recommended First Aid Training highly for all. He has had Wilderness Emergency Training. With that bit of wisdom, he offered the speakers multiport chargers, touted information on our tables about *Cuisine for a Cure*, emphasized "**NO MEETING NEXT WEEK**," commented that the EMTs may be needed at the Archery Event which replaces Rotary next week, reiterated the 2 pm memorial service for Rex, and led us in the Four-Way Test, ending the meeting at 12:59.



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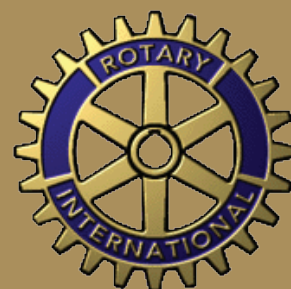
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Guests & Visiting Rotarians

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Jon Hogan

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None

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CUISINE FOR A CURE

SUNDAY, MARCH 25th, 2018

Shops at Legacy in Plano

5:30-8:30pm

Progressive Dinner, Drawing, and Giveaways with Proceeds Benefitting

**Plano Children's Medical Clinic
Health Services of North Texas**

Tickets: \$125



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