

THE VOLUNTEER VIEW

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Trophy Club Emergency Services Academies Alumni Association

Building a Safer Community Through Volunteerism

From the President

Help needed please.

By Scott Johnson

We need your help.

In a disaster people will go through different emotional phases:

Impact Phase: Often survivors will not panic. They may show no emotion at all. They are in a reactive survival mode. They will do what they perceive is needed to survive, and protect their family.

Inventory Phase: In these phase they seek to know where their family and neighbors are, and if they are safe. They want to know the scope of the damage. Socially they will group with other people in that same stage. An example would be seeing a man and woman roaming in the same area of damage. In normal circumstances you might think they were husband and wife. In a disaster they may be from several houses apart and not even know each other. Their other family members might be huddled nearby.

Rescue Phase: First responders begin to show up. The survivors are open to take directions and show trust that the rescuers will address their needs. They might feel a great need to tell you everything they are found in their inventory stage. They may go the other way and think you already know everything that happened and the full scope of damage and needs.

Recovery Phase: Survivors will get frustrated that things are not getting done fast enough. They are critical of the things getting done. Priorities will be questioned. Their emotional stressors will be higher. They enter the stage of working with insurance adjusters, making living arrangements, and struggling to compete with their neighbors for contractors and vendors to get their repairs done ASAP.

People who have been through some trauma or crisis are deeply affected mentally and emotionally. Their perception and reactions may not make sense. They tend to react slower. They may need to hear the same question or information repeated several times before they understand. They may have trouble organizing themselves to work through common tasks.

It is important to give simple direct statements. Do not argue with them or point out how they are misunderstanding. Gently explain what need step by step is. As an example, a neighborhood is hit by a tornado. The home owners are being



directed to some shelter. They may actually need you to remind them to get all their belongings. Perhaps you will need to assure them it is ok to enter the building. Even though there are hundreds of chairs and cots arranged, they can be paralyzed on where to go next. You may need to guide them to a place to sit and get settled. Or you could have the opposite where they charge off in all directions. What you understand and see will not be obvious to them. Either way they need your knowledgeable guidance.

What makes you so vital? You have learned and attended training. You have done things to get yourself and family ready to respond in an emergency. Organizations like the Citizens Police and Fire Academies and CERT will help you team together. You will get expert training with discussion and role playing. We have a lot of resources from FEMA, Homeland Security, CERT, The Red Cross and our local Police and Fire Departments. As a team we have a great deal to offer. As a team we need more people like you that have a love for your neighbor and community.

Spring: A good time to get snake bit

by Chuck Goodrich

Spring in Texas is a most fabulous time of year. Plants and animals we haven't seen in a while seem to burst in our consciousness. Nature is showing off its colors. Even fish like the Long Eared Sunfish are bright with color. Song birds are singing for mates and strutting their tail feathers. It is also snake bite season. Though snake bites can occur during any of the warm months, they seem to be more prevalent in the spring. Snakes are being awakened after a long hibernation. You know how cranky some people get when they miss a meal. Not only are they hungry, but "in the spring a young *snake's* fancy lightly turns to thoughts of love." (Apologies to Alfred Lord Tennyson.) Young snakes who haven't even gone through a winter can be aggressive because they are just learning how to get along in the world. Venomous snakes account for only about 5% of all our snakes and they are not the only ones which can bite. For instance the Texas Rat Snake is always very disagreeable and its bite hurts, though it does not contain venom.

Many people have a great fear and dread of snakes and will take a shovel or hoe to them which is not only unfortunate for the snake but also for the ecosystem. Lucky for snakes they are very afraid of humans and are pretty good at hiding. Snakes are just trying to make a living in the niche that mother nature gave them.

There is an average of just 2-3 deaths per year in Texas from snake bites. Compare that to 5-7 deaths for insect bites and about 8 for lightning strikes. Except for the coral snake, the venomous varieties are all pit vipers. The pit vipers are: rattlesnakes, copperheads, and water moccasins (sometimes referred to as the cottonmouth). Their heads are triangular shaped to hold the venom glands and they have a "pit" between their eyes and nostril on each side to sense heat.



The coral snake's venom is different so their head shape is different. It has been referred to as a candy cane snake which helps explain why a child might want to play with them. Everyone has heard the rhyme "Red on black, poison lack. Red on yellow will kill a fellow." It is easier for some to correlate the danger to a traffic light. Red touching Yellow = Stop, Caution.

There are some definite do's and don'ts in treating a venomous bite.

DON'TS

◇ First don't try to kill the snake for identification. It wastes time and puts you in a situation that might lead to another bite.

◇ Don't cut and suck out the venom. It only worked on 50's and 60's TV westerns.

◇ Tourniquets do more harm than good so do not use tourniquets.

◇ Don't use ice. It was once thought that if you iced the injury aggressively, you would slow the progress of the venom, but people were getting worse injuries from frost bite.

◇ Don't use electricity to 'neutralize' the poison. I don't know where using car batteries as an antidote started, but jumper cable clamps hurt enough without any electricity going through them.

◇ Don't drink alcohol or coffee.

So what do you do after calling 9-1-1 while waiting for help to arrive:

DO'S

◇ Try to remain calm by trying to remember what it looked like. Note its coloration, head shape, tail, etc.

◇ Remove rings and jewelry on the affected limb.

◇ If the wound is on a limb, treat it like a broken bone. Splint the joints above and below the bite to immobilize the limb. This helps reduce the circulation of the venom. Keep the limb lower than the heart.

◇ Cleanse the wound lightly. You want to limit the amount of manipulation of the wound area.

◇ Note the time of the bite.

◇ If swelling and redness occur, draw a line at the border of the redness so the progression of the swelling can be tracked over time.

◇ Monitor the heart rate and respirations.

Herpetologists will tell you that not all bites from venomous snakes contain venom, but you won't know that immediately so get help immediately. Though there is some disagreement, herpetologists say a small young snakes' venom is more potent drop per drop than its parent. But I don't know which I'd choose, a little bit of a more-potent venom or a lot of a less-potent venom.

I've seen representatives of all venomous snakes in Texas. Here in North Texas I have seen several water moccasins and I think our copperheads are one of the prettier species. I have yet to find a coral snake Trophy Club, but the park should be a great breeding ground. What I'm trying to say is that snakes are here, but unless you are actively looking for them you'll probably miss them. If you do happen to find one, just leave it alone and it will leave you alone.

ELAINE'S SPOTLIGHT

By Elaine Voigt

WHAT IS A HERO? A Hero is someone who comes into a worst case scenario, takes charge in the middle of screaming, crying, yelling and deepest fear, and gets the job done. The one who gets confusion under control so everyone can make the best of a bad situation.

WHEN IS A HERO? A Hero happens when someone doesn't think about all of the negative things that can happen to them and the persons around them. They stay the course no matter what, trying to get to a positive ending.

WHO IS A HERO? I had the privilege of talking with one of the Heroes who saved the life of a two year old even though the child had stopped breathing for seven minutes. This Hero is Lt. Shane Beck of the Trophy Club Fire Dept. He and several others were awarded the LIFE SAVING AWARD. When I asked how he handles his job, which encompasses not only saving lives, but going into situations where there is much danger, he said he goes into each situation relying on his many years of training and experience; with compassion because this may well be the worst day of that person's life; and treating everyone the same. It doesn't matter if they are rich, poor, young or old, or what the race, color or creed.

Lt. Beck has been a Fire Fighter/Paramedic for 30 years. He began as an EMS in Fort Worth for three years, worked for MEDSTAR as an EMS and a field training officer for eight years and has been with the Trophy Club Fire Department since 1996. He has three children and is married to Rhonda. She is a former police officer for Trophy Club.

When Lt. Beck is not working at the fire department or spending time with his family, he is fishing or playing golf. Shane has played in several tournaments to provide scholarships for deserving students, which they are truly grateful. My eyes were opened, also, as to what the firemen do when they are not on a “call”. Most people may think they just eat and watch TV. But they work hard!!!! Making sure all of the fire trucks and equipment are up and running properly; making sure the 500 fire hydrants in town are operational, (i.e. there must be no rust anywhere on the hydrants, flushing them out, painting them, etc) and doing hours of training to make sure they have the latest information to be the best. They also do their own cooking and cleaning. But it doesn’t end there. They are always having classes for the community. Some of the classes are CPR, Fire Extinguishing, and Citizens Fire Academy.

You know you are always in safe hands with Lt Beck. He is recertified every 4 years with the State and takes continuing classes in specialty training such as pediatrics, cardiology and more.

We, in Trophy Club, are so lucky to have someone like Lt. Beck to be on hand when there is an emergency!!! Oh, by the way, the child they brought back to life is doing very well. There was no permanent damage! Thank you, Shane, for all that you do!!!

CPR Training

By Sandra Millett

Assume your loved one just clutched his or her chest and fell to the ground. You check and there is no discernible heart beat. Is it better to use a land line or cell phone to call 911? Do you remember how to begin manual compressions without having to agonize over the process?

All the answers to these questions and more are provided during the detailed training are being offered at Trophy Club’s Fire Department on May 19 and May 21. The classes are hands-on using The American Heart Association’s parameters. You say you’ve had the training? In this instance, once is not enough—sign up and practice. It can save a life. For further information, go to TCFD.org.

The Trails of Trophy Club Park

By Tom Mills

Trophy Club Park (TCP) occupies about 900 acres between the Town of Trophy Club and Lake Grapevine. It is managed by Trophy Club as a regional park per an agreement with the Corp of Engineers. The southern half of TCP has been reserved for Nature Trails while the northern half is multi-purpose. The northern half is accessible primarily by the entrance gate at 2885 Trophy Park Drive. The southern half can be accessed via the above gate or by trail heads at 308-310 Skyline Drive, the northern end of T. W. King Road, Southlake and the northern end of White Chapel Road, Southlake.

Thanks to volunteers, the trail system in TCP has been solidly established over the past two years and is now used by hundreds of hikers and horse riders weekly. A “sample”

headcount during the recent Spring Break week yielded over 620 participants, twice as many as noted in the sample during the 2012 Spring Break week. Additionally, 700 participants were sampled during Thanksgiving week last November. The number of “hikers” on the trails actually increased fourfold during the past year. Trails located north of the entrance gate on Trophy Park Drive are open to bicycles as noted on trail maps. Kiosks with exciting nature information, large park maps, handout maps and other educational flyers are located at trail heads. Points of access, printable maps and nature trail rules can be found on the website at the following link http://www.trophyclubpark.org/nature_trails.

What can you do and see on the trails? Marshall Creek is the predominant water feature flowing into Lake Grapevine. The creek flows west to east across the nature trail system with several crossings that allow direct creek access for sightseeing, bird watching and fishing. Plus, you can kayak the creek when the lake level is higher. With the lake level down more than five feet



now, the lakeshore beaches are accessible from a number of trails. Check the trail maps. Kiosk posters and the Nature Trail website above identify and describe numerous trees, flowers and grasses that grow in the park. Critters to observe include numerous deer, including some bucks with large racks. Beaver are very active now along the waterways. Coyotes are common as are Feral Hogs and an occasional Bobcat. Great Blue Herons, Turkeys, Roadrunners, Cardinals and Vultures are all common birds in addition to the waterfowl at the creeks and lake.

Come participate in our **National Trails Day** celebration at the **Back to Nature** event in TCP, 9:00 am to 1:00 pm, on Saturday, April 27th. The semi-annual **Family Campout** begins after the celebration so bring the family to spend the day and the night! Nature activities will include **Texas Master Naturalists** and nature trail walks, **Wildlife on the Move** featuring reptiles in the area, **Dallas Paleontology Society** with information on fossils and history of our area, **Outdoor Photography** instruction, **Blackland Prairie Raptor Center** demonstrations with live birds of prey, **Geocaching** instructions (at least 10 geocaches are hidden in TCP), fly-fishing clinic by **Dallas Flyfishers**, **kayak fishing** demonstrations, and **T-Rex 5k and 10k fun runs** on the trails starting at 7:00 am.

As part of the trails system, 9-1-1 signposts and unique ID markers (example G05) were installed on nine miles of the main trail system. Maps of the signposts and details of their

locations are available on the website link above. This information was also provided to area Emergency Services. Be aware that short side paths and the lakeshore beaches do not have such markers, but all are part of the outdoor trails.

Police Department News

By Scott H. Voigt

The Tenth Citizens Police Academy has started and has nine students enrolled and is off to a great start. They've already completed a few classes and should graduate in late May. It looks like another good class, so I look forward to getting some new Alumni members out of it.

We are in the planning stages for our first Citizens on Patrol Academy using some of the Texas Citizens on Patrol Association standards. The class will be held on the 20th and 21st of April and will encompass subjects such as Fundamentals of Patrol, Communications, Traffic Control, Courtroom Testimony, Civil Liability, Introduction to NIMS, Basic First Aid and Community Policing. We are planning on having the class at the Fire Station and inviting COP members from Southlake who have expressed an interest in the training. They will be offered positions in the class after all of our members have had an opportunity.

The Town's updated website should be rolled out either the end of April or the middle of May. When that happens, the police department site should have new and updated content. I will put out a separate e-mail to everyone when that happens, you can also expect a link to the Volunteer View when the site comes up and is operational.

Special events coming up, so far there are only two things on our radar. The first one is the "Back to Nature Event" in Trophy Club Park on Saturday the 27th of April. Times of the event will be 0900 to 1300. I intend to set up an information tent to hand out materials about trail and park usage as well as information about the Citizens Police Academy and the Alumni. The second event is the 4th of July. I don't have any information as to what services are going to be required from the police department yet. As soon as I find out, I will pass that on to everyone else. I expect that I am going to be setting up the information tent again and will need help with manning it. The volunteers may want to think about doing something for a fund raising event on the fourth too.

As most of you know, the police department building had an event with the sewer failing to operate correctly. Due to the problem, the police building was deemed uninhabitable and we were all moved out and are now sharing spaces with the Fire Department. Lots of thanks to the Fire Department for allowing us to share their living spaces, we all know how difficult it is to have long term guests.

The police department is working on finding temporary spaces that we can move into until a new building can be designed and built, as we will not be moving back into the old building. This process will take time, but we are hopeful that within the next couple of months we will be able to give the fire department back their space. I hope to be able to tell you about our new temporary digs in the next issue of the Volunteer View.

August 16th through the 18th are the tentative dates for the Texas Citizens on Patrol Association Conference. This year this event will be held in Decatur, which for those of us in Trophy Club, isn't too far of a drive. If this event is anything like last years, you will want to take advantage of the conference. There were a lot of great classes and speakers that gave some great insight into the workings of Citizens on Patrol as well as security and law enforcement in general. I intend to attend the conference again and hope that we have a good contingent from Trophy Club along with me.

That's it for this chapter of the Volunteer View. I look forward to our next couple of meetings, I am hoping that we can make some exciting changes with our volunteers in the next few months. Come and participate.

TCEVA Calendar of Events – Q2

By Twyla Berry

TCEVA General Meetings	April 23 rd
7 p.m. at the TC Fire	May 28 th
Department Training Room	June 26 th
	July 23 rd
Election Day and TCEVA Pancake	
Breakfast Fundraiser	May 11 th
CPAANT General Meetings	April 6 th in Waco, TX
	May 4 th in Richardson, TX
	June 1 st in Forest Hill, TX
	July 13 th in Burleson, TX
CPAANT Convention	July 24 th -27 th in Arlington, TX
North Texas Crime Prevention Association	
Training Meetings	April 18 th in Carrollton, TX
	May 16 th in Flower Mound, TX
Summer Convention	July 8 th – 12 th in League City, TX
Trophy Club Town Events	
Community Clean Up	April 6 th
Town-Wide Garage Sale	April 20 th
National Drug Take Back	April 27 th
Emergency Preparedness	
Summit and Fair	April 27 th
Cross Timbers Classic Bike Rally	May 18 th
Last Day of School	June 7 th

**The Volunteer View is published by the
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