
THE RIVERSIDE LIVE STEAMERS

July 2016 Chronicle



Let a man walk ten miles steadily on a hot summer's
day along a dusty English road, and he will soon
discover why beer was invented.

-Gilbert K. Chesterton

Along the Track

Rich Casford– Roadmaster

Summer heat is just part of the enjoyment at the Riverside Live Steamers and this year is no exception. The heat has not slowed down the RLS track crew as they continue working on the Escape Track Project (ETP) in the past few week-ends.

On June 11th a small group of 7 RLS members gathered at the trestle site and in 3 ½ hours built 180 feet of new track panels and installed the track on the trestle structure! Now before the track could be installed, Bob Roberts had come out during the week and soda blasted, primed and painted the new trestle steel all by himself. On the 11th, Richard Ronne, Doug Prescott, John Gurwell, Brook Adams, Chris Neiman, Dave Bunts and your Roadmaster set up the new



track assembly board the

Richard Ronne built and started producing track panels.

On the June 18th work day, the track gang continued heading south towards Allen's Valley, grading the hillside and install 80 feet of track all the way to the fence line. Next steps in the ETP area will be grading both north end by Columbia Ave and towards Allen's Valley outside the fence line. A new gate will be installed for the ETP and a diamond crossing at the engine lead on the north end. Plan now to join us on July 16th as we continue our work on the ETP.

We had some minor track damage at the June 26th Run Day that will need

some attention on the July 16th work day along the straightaway by Big Pine Tree. We need a camp cook for July!! If you can help, please email Rich Casford rich@whittiermailing.com or call (575) 756-4413.

Summer heat also brings sun kinks so be aware as you operate your engine for any track defects Please mark on the track map clipboard in the engine house any repairs you find. Please print your name on the entry also so we can follow up with you in case we have questions on your repair request.



I have said it before and I will say it again, **the RLS switches are not sprung!** If you approach a switch that is thrown against your line of travel, stop, open the switch, once through return the switch to its normal position. Normal position is for mainline operations based on direction and track pattern for that Run Day. It is the engineer's responsibility to make sure switches are

No Room at The Inn!!

Our storage facilities at the railroad are completely full at this time. Please do not bring any additional equipment out to the facility for storage. If you have upcoming need for storage, please let Rich Casford know so we can start a waiting list for storage space. This is a great problem to have as it shows how strong our railroad is with activities and STEAM!!!!



Heat Stress -Brian Stephens

Heat Stress

This summer as we plan and prepare for outdoor events, don't forget to think about heat stress since many of the factors that increase our risks to heat related emergencies may be present. Heat stress can result in heat stroke, heat exhaustion, heat syncope, heat cramps, or heat rashes. Heat can also increase the risk of injuries as it may result in sweaty palms, fogged-up glasses, fatigue, lethargy, and dizziness. **Environmental stresses:** High temperature and humidity, direct sun exposure, limited air movement, heavy clothing and equipment, physical exertion. **Physical stresses:** Low fluid consumption, physical conditioning and heat tolerance, some medication for blood pressure or antihistamines, advanced age and/or health problems.



Heat Stroke

Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise rapidly within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

Symptoms of heat stroke: Hot, dry skin, chills, throbbing headache, high body temperature, hallucinations, confusion, dizziness, slurred speech, seizures, loss of consciousness, rapid strong pulse. **What to do:** Seek medical attention immediately, Make sure someone stays with you, Move to a cooler location, remove unnecessary clothing, lie down, reduce body temperature, apply cool, wet cloths to as much of the body as possible.

Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of the water and salt, usually through excessive sweating. The most prone to heat exhaustion are those that are elderly, have high blood pressure, and those working in a hot environment. **Symptoms of heat exhaustion:** Heavy Sweating, cool/clammy/moist skin, extreme weakness or fatigue, muscle cramps, dizziness, confusion, nausea, slightly elevated body temperature, fast/ shallow breathing, rapid weak pulse. **What to do:** Tell someone, have someone stay with you, move to a cooler location, sip cold water or sports drink, sit or lie down, apply cool wet cloths to head and neck, if you have vomited or symptoms persist seek medical attention.



Heat Syncope

Heat syncope is a fainting episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position in a heated environment. **Symptoms of heat syncope include:** Light-headedness, dizziness, and/or fainting. Many injuries are sustained due to falls after fainting. Do not lock your knees when standing, move frequently, drink lots of water, and immediately take a knee or sit down when you first begin to feel light headed. Keep an eye out on your buddy and assist them to a cooler area as soon as you see them start to wobble. Factors that may contribute to heat syncope include dehydration and lack of acclimatization.

Heat Cramps

Heat cramps are muscle pains usually caused by physical exertion in a hot environment. They are caused by the loss of body fluids and salts during sweating. Replace fluid loss by drinking water, sports drinks, and snacking. Seek medical attention if cramps do not subside within an hour, you are on a low sodium diet, or if you have heart problems.

Heat Rash

Heat rash is the most common problem in hot environments. It is caused by sweating and looks like a red cluster of pimples or small blisters. It appears on the neck, upper chest, arm pits, elbow creases, and in the groin. The rash area should be kept dry. Application of powder products may increase comfort. Ointments and creams or anything that makes the skin warm or moist may make the rash worse.



Prevention

In the words of Benjamin Franklin, an ounce of prevention is worth a pound of cure. **Prevention starts well before the event and includes the following:** Exercise regularly, Gradually increase your heat tolerance exposure, Eat regular meals before and try to snack during the event, Get plenty of rest the night before, Don't wait until you are thirsty to drink, Drink plenty of fluids, water, juice, and sports drinks before and during the event, Avoid alcohol, and drinks with large amounts of caffeine or sugar, Be aware that heavy clothing or equipment may increase the risk of heat stress, Wear and re-apply sunscreen, Take frequent breaks – seek shade and remove heavy clothing for short periods, Monitor your physical condition and that of your compatriots, Don't exceed your personal limitations.

Preparation is paramount to reducing the risks of heat stress. Begin hydration 24 hours before the event. Provide cool drinks and shade immediately before and during the event. Have a cooling area, along with first aid and medical treatment plans in place. Pre-plan the method you will use to call for help and be able to provide patient location and best access information to first responders. Remember our goal is to have fun and be safe.

1/2" SCALE NICKEL PLATE BERKSHIRE **FOR SALE!**

Ron Rees 110 Marsyla Hts. Dr., Winlock, WA 98596 NKPberk@gmail.com

-The majority of castings and parts are from Jim Kreider. The engine frames are scratch built from flat bar. Also the tender frame is scratch built. The tender trucks are Buckeye from Mountain Car co. Kreider brass tender sides and back top are used, and the rest of the water compartment is all stainless steel with about 2500+ copper rivets all hand driven. The cab on the engine is Kreider sheet metal parts also.

- 7 1/2" gauge

-Propane fired. From the time you light the fire until pop off of the safeties is 35 min. That is with a propane psi of 5.

-Most of the model valves are from Super Scale.

-Includes refrigerator car which holds propane bottles. The Refer car carries the two 5 gal propane bottles. It is totally scratch built except for the couplers. The top lifts up for access.

-The tender holds 27 gals. of water. - Includes a 16ft flat 7000# double axle car trailer with three tracks. There are top boards that span across the top to put a tarp over. Also includes a transition track that goes between the trailer and turntable

-Asking price for all of the above \$85000.

Metal Shop **FOR SALE!**

Lew Kader (909) 985-4916

If you are looking to add to you existing shop, upgrade your equipment, or start your own metal working shop give Lew a call!

-Bridgeport Mill with DRO

-Lathe with Taper attachment

-Lots of tooling and tools for both

IMPORTANT DATES

July 2nd: Night Run

July 10th: Runday (West/ Outerloop)

July 16th: Work Day

July 24th: Runday (West/ Fig-8)

Aug 6th: Night Run

Aug 14th: Runday (East/ Outerloop)

Aug 20th: Work Day

Aug 28th: Runday (East/ Fig-8)

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