

# LIGHTNING DATA CENTER MINUTES

November 8, 2019  
ST. ANTHONY HOSPITAL WEST, LAKEWOOD, CO  
[www.lightningdatacenter.org](http://www.lightningdatacenter.org)

Quote of the Month: “By failing to prepare, you are preparing to fail.” - Benjamin Franklin

1. Members Present: Clark, Coomer, Stemple, Yarnell, Wachtel, Langford and Swanson via Zoom. Clark moderated. Meeting began at 11:50 AM and ended at 1:10 PM.
2. The LDC is accepting donations, either as cash or check. If you donate via check, please make your check payable to Steve Clark at 755 S. Clinton Street, #2A; Denver, CO 80247. He will cash the check and keep the cash holdings specifically for the LDC. When the LDC incurs expenses, Steve will pay for services rendered through his bank account using the cash from LDC’s cash holdings. A log will be maintained detailing the inflow and outflow of monies. At the present, the LDC has \$389.00 in cash holdings.
3. Bobby Coomer mentioned a news piece he saw where a person suffering from PTSD was given a Stellate Ganglion Block (SGB) injection into the neck which resulted in an apparent cure of their PTSD. The patient was very pleased. Howard Wachtel mentioned the VA has approved treatment of PTSD. Since World War I, PTSD has been referred to by other terms such as shell shock, battle fatigue, operational exhaustion and nowadays as PTSD.
4. We met via Zoom with Jim Segneri who is the President of the Board of Directors for the Lightning Strike & Electric Shock Survivors International, Inc. (LS&ESSI).

Jim started by saying lightning safety education is one of their top priorities. He said adults are stubborn and have an attitude that lightning won’t hit them. To counter that, an increased emphasis is being placed on lightning safety for kids, hoping that will be a life-long lesson. Outreach is being done through school districts.

We discussed the idea of holding a conference here in Denver, which Jim supports. For previous conferences, they have used press releases, e-mails, media and other means of promotion.

Jim said LS&ESSI has issued RFPs to several locations in the US for holding a conference. We asked if he could send one to us. He will ask Karen Baldwin with his board for that.

Jim said a conference should be split roughly half and half – one half for speakers and the other half for “breakout” sessions for men, women, children, and care givers. Such sessions provide the opportunity for survivors to bond, which is therapeutic for them. At one time, some conferences had a support group for children with a psychologist. In more recent times, that was discontinued due to the kids getting older and demands on the psychologist’s time. Jim would like to see that be revived.

Jim said the more recent national conferences have averaged 50 to 60 people and have run for 3 days. Regional conferences have averaged around 30-35 attendees and have run for 2 to 3 days. The largest number of attendees at the national conference was around 300 people. When asked about the decline in attendance at the national conference, Jim said some attendees did not like the location and some attendees were disappointed in seeing the same speakers. Jim also said some people move on and some pass away.

In order to set up a conference, Jim said we would need 2-3 speakers per day for 4-5 hours maximum. Ideas for speakers included the following: someone who can address PTSD and how we can help with that, a social worker to talk to people on PTSD, a survivor, a survivor/therapist, a meteorologist, a photographer, a head injury person and an EMF specialist.

Howard Wachtel asked about remote presentations from speakers. Jim said there are two possibilities. One, have a speaker speak remotely to us and two, have the speaker pre-record their presentation to be played at the conference. Following either way, there could be a Q & A session. Jim is open to the idea of remote presentation. Ken Langford and Dr. Phil Yarnell said it would be preferable to have the speakers in house – especially when dealing with survivors. It is better to have direct eye contact for Q & A. Jim noted the conference can be live-streamed.

We discussed sponsorships. In general, Jim recommended a cautious approach. He wants to avoid an overly busy atmosphere, as that tends to be detrimental to the survivors. He also cautioned against sponsors offering medical products or healing services, as there are some frauds out there. Any vendors would need to be kept in foyers outside of the meeting rooms and not be allowed into the meeting rooms – especially during survivor sessions, as statements are made which need to be kept private. Outside vendors may be too distracting for survivors. Jim said sponsorship should be sought for a group dinner, entertainment, an auction and for rooms for the few that cannot afford to attend otherwise. Ideally, room rates will be on the order of \$80 to \$125 per night. Jim will also look into Colorado law as it relates to fundraising. Jim said LS&ESSI has templates in place to help secure funding and for the promotion of conferences.

In order to promote LS&ESSI, Jim wants a poster in every emergency room. He also uses the media to promote the group. Barb Stemple recommended the LDC have a generic business card to promote our meetings and our website.

Ken Langford asked if lightning photos would be disturbing for survivors. Jim said a disclaimer is usually issued and more importantly, said presentations should be kept simple. Use black and white images and simple graphics and utilize minimal motion. Avoid sensory overload. What may be normal for you may be too much for survivors. Jim has some recommendations to offer.

Howard and Carl Swanson wanted to know the ratio of lightning survivors to electric shock survivors. Steve will work with Jim to see if that information is available.

Following our discussion with Jim, we discussed the idea of hosting the conference at the hospital. If that does not work out, then we might consider possibly having the University of Colorado host it, since we held a meeting there earlier this year. As an aside, Dr. Yarnell said many lightning patients end up at CU's trauma surgery unit and then are referred to specialists, depending upon their needs.

5. LDC welcomes your medical questions. Please send them via e-mail to Steve Clark at [sclarktoto@gmail.com](mailto:sclarktoto@gmail.com). Your medical questions will be forwarded to Dr. Phil Yarnell for his review and will usually be taken up for discussion in the next month's meeting. Please be advised any questions posed are for the general consideration by the group and do not constitute a formal medical opinion. If a formal evaluation is requested, arrangements can be made directly with Dr. Yarnell. If you have a medical emergency, please call 911 or your local EMS.
6. Questions, comments, notification of errors, and critiques of these minutes are welcome. Please forward those to Steve Clark at: [sclarktoto@gmail.com](mailto:sclarktoto@gmail.com). Please keep your communications professional and respectful. Communications will be forwarded to the appropriate author(s) of the minutes and addressed accordingly.
7. LDC Disclaimer: These minutes do not represent official positions of the LDC or its members. They simply reflect the comments made at the meeting. Furthermore, the LDC does not implicitly or explicitly recommend or endorse any product or service. Any product or service presented in these minutes is done so for purposes of discussion and analysis. The merit (or lack thereof) is open for the consideration and review by the entire membership.
8. Next meeting: Friday, December 13, 2019, from 11:45 AM to 1:00 PM at St. Anthony Hospital, Conference Rooms E & F. Format: Roundtable.

Respectfully Submitted,  
Steven E. Clark, Consulting Meteorologist

## Lightning Links

**This is a monthly listing of periodicals, websites, and videos about lightning and allied areas from a variety of sources. A headline or description is listed, followed by the link. Please note that some of the links are perishable, which means you'll need to go to the source for the information.**

The sound of lightning as captured underwater (Audio Clip). “Discovery of Sound in the Sea” website courtesy of the University of Rhode Island and Inner Space Center.

Link: <https://dosits.org/galleries/audio-gallery/other-natural-sounds/lightning/>

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Research Triangle International (RTI) – Impact: Stellate Ganglion Block: A New Treatment for PTSD.

Link: <https://www.rti.org/impact/stellate-ganglion-block-new-treatment-ptsd>

Olmstead, K.L.R., M. Bartosek and S. Mulvaney, 2019: Effect of Stellate Ganglion Block Treatment on Posttraumatic Stress Disorder Symptoms – A Randomized Clinical Trial. JAMA Psychiatry. Link to abstract: <https://jamanetwork.com/journals/jamapsychiatry/article-abstract/2753810>

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