

Black Diamond SAR Council

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www.bdsarco.org

The Coordinator's Desk

When we talk about building membership, we all recognize that welcoming a new member into BDSAR is only the beginning of our task. To turn a new member into a committed responder, much more is necessary - and the first step is helping that new member to get involved.

Every BDSAR member should know that he or she is not only needed but relied upon. Every member should have a job within BDSAR - a role to play. After all, why are we members of Black Diamond? We are here to make a difference. Most of the members enjoy their service to BDSAR, but that is not enough if we are to make BDSAR a priority week after week, year after year. The knowledge that we have an impact, that we are changing lives - that is what keeps us going, no matter what other demands may compete for our time.

And this is why all of us, however long we have been members of BDSAR, must always be striving to grow as SAR Responders in Virginia. For this more than anything, is what makes our service to Black Diamond worthwhile.

Whether we are new members or old ones, each of us can find ways to become more involved.

Where and how you serve is ultimately the decision of each of you alone. So follow your own ambition and your own vision. Open your eyes to the Virginia SAR program, and see that there is more to the SAR program in

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Virginia than just Black Diamond SAR.

Please make time to attend trainings and simulations, as this will make you a better responder, which we should all strive to be. Confusion at mission base, on a real mission, can be cut down if people attend trainings and respond to missions.

A question for you is this: *Have you ever been to a mission and wonder why the same folks are continuously tasked out first, while others are stuck in base?*

Please mark August 18th on your calendars. We will be having a potluck dinner that evening, and we will have a short meeting at that time. Please make plans to attend. If anyone is interested in taking charge of the Potluck Dinner, please let Bryan know!!

Upcoming Training Events

- May 19 – SAREx – Blue Ridge Music Center – Blue Ridge Parkway
- June 2-3 – SAR First Responder – Rural Retreat Fire Department
- Third **Full** weekend of June, July, August, & September – Backbone
- August 18, 2012 – Membership Cookout at Backbone Rock – everyone invited - Potluck

Reminder!!

Dues should have been paid by the May 5th Meeting. They can be mailed to Black Diamond's PO Box or paid at the meeting.

\$25 - 1 member
\$40 - Family of 2
\$50 - Family of 3
\$60 - Family of 4

** See Bryan for any other group rates

AKC CAR Canine Support and Relief Fund

Thank you for your interest in the AKC CAR Canine Support and Relief Fund. We appreciate the significance of the Black Diamond SAR Council program and commend your organization for its hard work and dedication.

We were very pleased to receive a record number of grant applications this year from organizations across the country. Due to the high number of applications received this year, in most cases we were unable to fund the full amount requested. We have reviewed your grant request and are pleased to tell you that your grant has been approved for \$2000.

We hope that these funds will go a long way in assisting you to pay for the equipment and training necessary for an effective SAR group. Your group may use its discretion with the funds when choosing between the items listed in your application. The AKC CAR Board encourages you to raise additional matching funds with other grants or within your community. * Tom Sharp * CEO, AKC Companion Animal Recovery

Another VASARCo SAR Conference at Appomattox in the books!!

What a great time!! Several BDSAR members were in attendance for the 2012 Virginia Search and Rescue Council's SAR Conference. Heck, Bryan had such a good time that he agreed to Chair the SAR Conference in 2013! I hope he's not counting on that Mayan Calendar thing to get out of it!! Please let Bryan know why you may not have attended in the past, as we'd like this to be the best ever!



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Great Smoky Mountains State Park

Thanks to all of those that represented Black Diamond SAR at the Great Smokey Mountains National Park on March 21 and March 22, 2012.

There is a chance that this relationship will continue to build and we will have a chance to work with the GSMNP for years to come.

As Mike and I work with the Park to solidify the response agreement, we will keep you posted on needed information about when and how we respond to the Park.

Most missions will not include nighttime operations, so if we are asked to respond again, more than likely the response will be for the next day.

Also, as Derek continues to work on IDs please ensure that you have your ID with you so you can present that when you arrive.

Information and pictures for IDs may be sent to id@bdsarco.org

Elections Results



The persons listed below are who you elected for your new BDSAR Officers for 2012 - 2013

Coordinator - Bryan Saunders
Asst Coordinator - Bob Barlow
Secretary - Nina Cipriani
Treasurer - Bryan Saunders
Member at Large - Bill Keith
Training Officer - Mike Maggard

Ticks Suck: 5 Things You Need to Know to Beat Lyme Disease - Mike Maggard

Experts are predicting a big season for deer ticks. Be prepared

Lyme disease infects more than 20,000 people each year. Some doctors think the real number could be 10 times that.

Enjoying the balmy spring weather? So are deer ticks. Some experts are predicting the combination of a mild, dry winter and an early spring will be bringing out the bloodsucking insects in droves, potentially spelling a dangerous season for Lyme disease. Warns Leo J. Shea III, a clinical assistant professor at the Rusk Institute of Rehabilitation Medicine and president of the International Lyme and Associated Diseases Society.

According to the CDC, between 1992 and 2010, reported cases of Lyme doubled to nearly 23,000, and surveys of doctors reveal that the actual number of cases may be [10 times that](#). To counter all the misinformation circulating, here are a five things you need to know before going out for a hike.



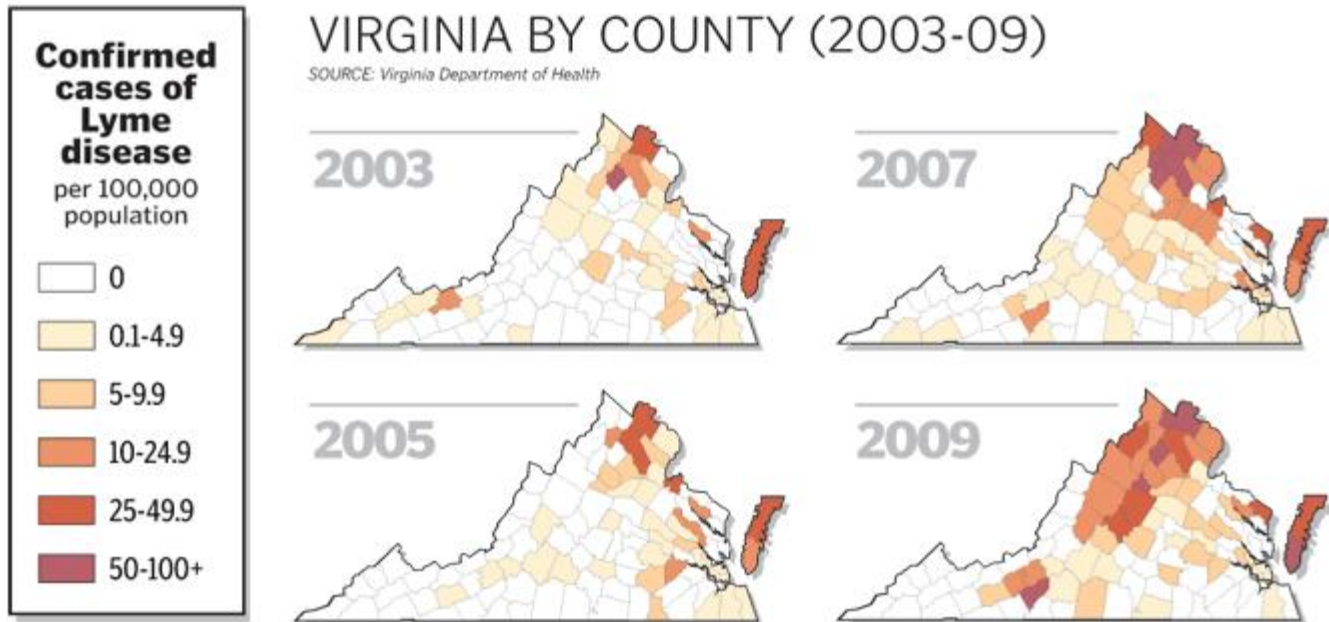
Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of infected blacklegged ticks.

Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks; laboratory testing is helpful if used correctly and performed with validated methods. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics. Steps to prevent Lyme disease include using insect repellent, removing ticks promptly, applying pesticides, and reducing tick habitat. The ticks that transmit Lyme disease can occasionally transmit other tickborne diseases as well.

1. Not all deer ticks carry Lyme Disease, and not all Lyme-disease carrying ticks are deer ticks

Deer ticks, the most common carriers, are usually found in moist, wooded, brushy areas or areas of overgrown grass. However, a variety of ticks can pick up Lyme and transmit the disease in either nymph or adult form. Nymphs are about the size of a poppy seed and tend to transmit the disease during the spring or early summer (April – July) Adult ticks are slightly larger and usually transmit the disease during the autumn months (August – October).

Cases for Lyme (named after a town in Connecticut) tend to concentrate mostly in New England, ranging anywhere from Maine to West Virginia. More recently, the disease has spread toward parts of the upper Midwest, most often in Wisconsin and Minnesota



2. Lyme disease symptoms take awhile to appear

In order to transmit Lyme disease, a tick needs to be attached to the body for 24 hours, and symptoms often don't appear for one to three weeks. The most obvious sign of infection is the "Bull's-Eye rash," which typically has a red center with a couple of concentric clear rings on the outside. But as Dr. Sonya Justus says to [Hamptom-Northampton Patch](#), while this rash is easy to identify, it only appears in about 50 to 75 percent of patients.



If left untreated, within weeks patients might develop nervous system abnormalities (meningitis) or cardiac symptoms (heart block for example.) After a few months, [arthritis can develop](#), most commonly affecting the knee. Many patients at this stage may report fatigue, muscle and joint aches, headache, stiff neck and impaired concentration.

3. Lyme disease is difficult to diagnose

These inconsistent and ambiguous symptoms make Lyme disease frustratingly difficult to diagnose. As Dr. Jonathan Edlow, Vice-Chairman of the Department of Emergency Medicine at Beth Israel Deaconess Medical Center, said to [ABC Boston](#): “Each symptom is like a clue and from there we piece together a diagnosis. Most cases require some degree of sleuthing.” Adding to the confusion is the fact that the CDC appears to have lagged behind in recognizing strains of the disease. Said Dr. Michael Cichon, assistant clinical professor at the University of South Florida, to [7 News Denver](#): “The CDC recognizes three strains right now, but there might be 300 strains.” Incorporating the other strains in future blood tests could greatly increase the chances of diagnosing the disease, especially for patients who don't show traditional symptoms.

4. Lyme Disease isn't fatal

Lyme disease is rarely fatal, but left untreated it can have serious and debilitating impact on health. As patient Jill Hess describes to [West Virginia Public Radio](#), nearly 10 years passed between the bite and her diagnosis, during which she experienced a cornucopia of ailments and maladies: “I was having memory issues, my vision changed, my hearing changed, my balance changed, it was hard to read, I had double-vision a lot. It was hard to be articulate which is really frustrating because I’m a counselor. And a bunch of other physical things were happening.”

According to the CDC, the disease [can be successfully treated](#) with antibiotics if detected in its early stages (the most commonly prescribed include doxycycline, amoxicillin, or cefuroxime axetil). In about 10 to 20 percent of patients (the majority of whom were diagnosed in the later stages), there may be lingering symptoms even after appropriate antibiotic treatment (known as [Post-treatment Lyme disease syndrome](#)).

5. Take appropriate precautions

As SAR professionals we cannot avoid the areas the ticks prefer, however we can take some precautions.

Much of tick-avoidance is common sense. When hiking, walk in the center of the trail and avoid wooded and bushy areas with high grass. Wear long sleeves and long pants whenever possible. If you don't mind the retro-ballplayer look, tuck your pants into your high socks. If you must bare extremities, use bug repellent that contains 20 percent or more DEET (N, N-diethyl-m-toluamide) and apply it to exposed skin and over anything low to the ground: ankles, socks, and boots. The CDC also recommends using products that contain [permethrin](#) and treating all clothing and gear, such as boots, pants, socks and tents, with it. There are also pre-treated clothing that is available and protects for up to 70 washings.

Not only does this product repel insects, but will actually kill ticks, mosquitoes, chiggers, mites and more than 55 other kinds of insects. **Permethrin** repellent is for use on your clothing, tents and other gear. A single application lasts through 6 washings. Permethrin is odorless when dry. During the drying process it tightly bonds with the fibers of the treated garment. It will not stain or damage clothing, fabrics, plastics, finished



surfaces, or any of your outdoor gear. Provides protection from mosquitoes and ticks through 6 washings.

Permethrin clothing treatments have been determined to have "spatial repellency" against mosquitoes. This means that mosquitoes will swarm around you, but not light on your treated clothing and bite.

With proper precautions, there's no reason why these bloodthirsty critters should threaten your love of the great outdoors.

"I think that we have to find a happy medium, and not use our legitimate fear of tick bites as a reason to stay inside... If we use a lot of those protective devices we can seriously reduce our risk of exposure and still enjoy the outdoors."

This information was gathered from several web sites including.

TakePart, the Social Action Network™ of Participant Media

WebMd

CDC

Virginia Department of Health

Sawyer.com