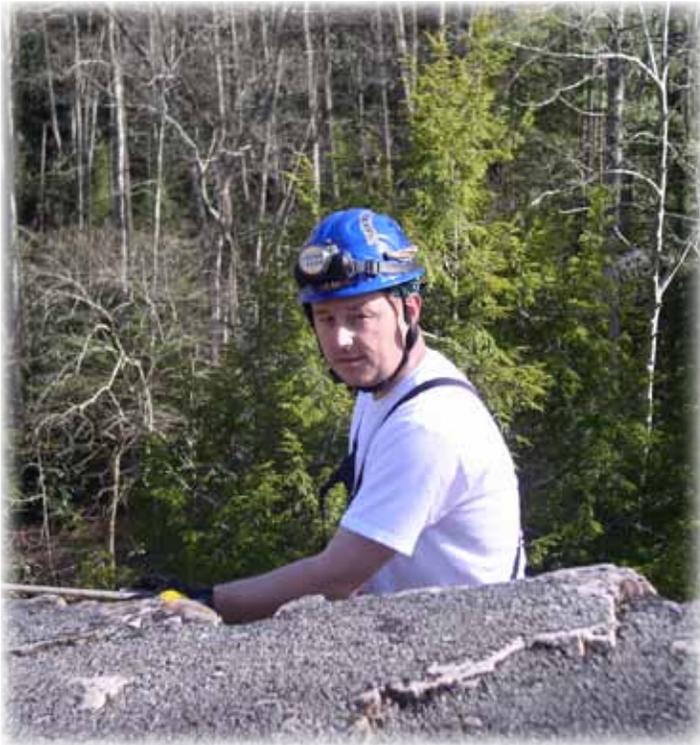


Black Diamond SAR Council

PO Box 22, Marion, VA 24354 • www.bdsarco.org



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The Coordinator's Desk

Bryan Saunders

And so we have moved into June! Already! This weekend proves to be a training filled weekend for all different specialties, so if you are on the fence as to whether to come or not, you should come.

We were alerted on Saturday for a missing boater. He started in Marion and was going to float to Chilhowie, and was many hours overdue. Of course, before Rob or I could pull the trigger, a Conservation officer had found him. At least we got called.

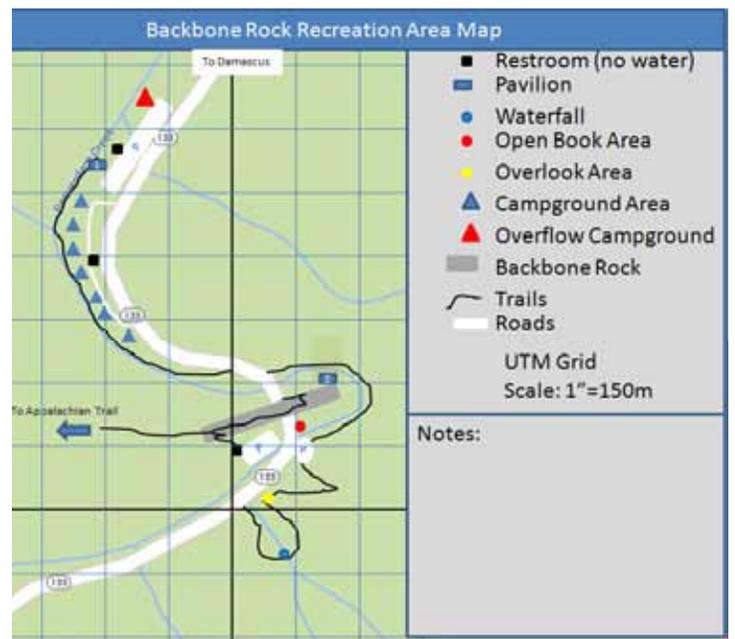
There are still open weekends at Grayson Highlands. You might get your hands into something should you choose a weekend, if not, you have the whole park to roam at your leisure, and it is truly a peaceful thing.

If you cannot be at Backbone Rock this weekend, come and join us in Grayson on the 2nd weekend of July. These weekend long trainings are put together with everyone in mind, and

the hours and skills are put in place to help you with your re-certification.

Also, if you are not yet field certified, please come and join our trainings. I also ask that you please watch the email closely for registration to open up for Hungry Mother GSAR. If you work a particular schedule, it would not hurt to go ahead and ask off for those two weekends. Please see the Training Schedule in this newsletter.

Keep your mind strong and your gear straight, and we will see you on the next one – if not this weekend!



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From the Training Officer

Mike Maggard

Current scheduled training: BDSAR - Team Wide Training

- June 7-9 Backbone Rock *This year training will alternate between Backbone Rock and Grayson Highlands State Park*
- July 12-14 Grayson Highlands State Park
Camping will be in the large, group, camping area.
- Aug 9-11 Backbone Rock
- Sept 13-15 Grayson Highlands State Park, Camping will be in the large, group, camping area.
Also with a night exercise
- Sept 27-29 SAR Simulation Blue Ridge Mountain Council reservation, Hiawassiee, VA
- Oct 12th GSAR - Hungry Mother State Park
- Nov 9th GSAR - Hungry Mother State Park
Technical Rescue Team

You Need A Color Code

Bryan Saunders

Show Your Colors! It helps to quickly gather all of your gear after finishing a mission or training exercise. Often while packing someone asks “Has anyone seen my (piece of gear)?” at other times folks find an anonymous ‘biner or other item in their equipment and need to return it to its owner. Cavers, climbers, and rescuers mark their hardware and other gear with stripes of paint or colored tape to keep track of “mine” and “yours,” especially since metallurgists found that marking carabiners and other life-support gear with engraved or stamped marks weakened the metal. Plastic electrical marking tape and some reflective colors are available from Lowes, Home Depot, and auto parts stores. Any colors are suitable, but solid black is used to mark unserviceable or damaged gear.

Choosing a color code only requires you to check for color combinations group members already use, selecting your own sequence of colored bands, and adding your code to the BDSAR list.

2013 Second Quarter Training

June 15 Grayson Highlands State Park or Backbone Rock – TBA

VDEM SPONSORED TRAINING

Sign up for all VDEM classes on the LMS

GSAR Hungry Mother State Park

October 18 - 20 First Weekend
Field Team Member (FTM), Field Team Leader (FTL), Field Team Signcutter (FTS), and Management Team Member (MTM) Classes Lodging and meals provided.

November 1 - 3 Second Weekend
Field Team Member (FTM), Field Team Leader (FTL), Field Team Signcutter (FTS), and Management Team Member (MTM) Classes Lodging and meals provided.

For all GSAR classes Register online at the VDEM Learning Management System (LMS)

Bryan Saunders				
Mike Maggard				
Bill Keith				
Sharon Keith				
Todd Lagow				
Ken Miller				
Greg Osborne				
Rob Blevins				
Billy Mays				
Bob Barlow				reflective
Lisa Laughlin				
Alex Renfro				
ISAR				
Billy Garrison				reflective
Justin Allen				reflective
Anthony Holmes				
Wise Rescue				reflective
Chris Bryant				
Daniel Murray				
Steve Grubb				
Karla Grubb				
Doris Wheeler				
Mary Justus	blaze	neon		
Zac Hubb				

BDSARCO MED

Medical Branch Update: Rob Blevins

Now that our resolution has passed through the Board of Supervisors, it's time to get serious about moving forward with EMS licensure. I will be sending an e-mail to everyone that expressed interest in being on the Medical Branch Committee in the near future with the same information here, but in case you are interested, or I forgot to include your e-mail address, I thought I would include it here as well.

I would like to start having regular meetings to discuss and work out what we have and need to apply for licensure. My thought was that we could have these meetings on Saturday nights during our monthly trainings at Backbone and Grayson Highlands. We have had some of our best ideas and events created around a campfire at Backbone. The creative juices seem to flow when you are with friends around a nice fire just hanging out. Also, that opens the meetings up to anyone from BDSAR that wants to contribute. Our first meeting would be on June 8th at Backbone. We can decide what time. I was thinking 7 or 8, but I will be there anyway, so please let me know if this doesn't work.

So, having said that, please let me know if you are still willing to help with the committee. Our first meeting will focus on equipment. We will need to file for exemptions on equipment we will not need. We can also discuss protocols and hopefully Dr Henley will be able to attend. Let's get a good turnout for these meetings so we can continue to work on the Medical Branch and make it a reality in the near future. Thanks and God Bless!!

Survival Gear Essentials

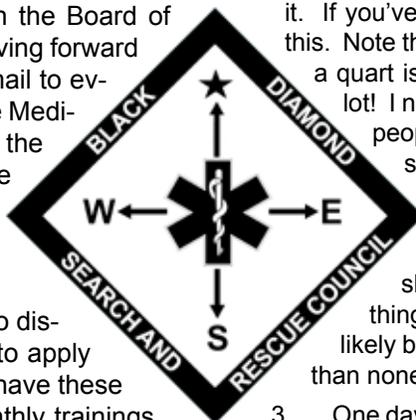
Rob Blevins

This month I would like to focus on outdoor survival, specifically the gear we carry in our packs and what to consider. We all have (or should have) the essentials for survival in our pack. You know... the list of items we were given in FTM (STM) class that we should all always have with us. Do you always carry those? Do you know what they are all for and how to use them? Have you practiced using them? Let's go over the list and see... shall we? For the purpose of this article I will use the gear essentials given out in STM class.

1. Backpack – large enough for daypack use. I know some of you are going “DUH!” right now, but you should probably put more thought and consideration into this piece than anything else. It should be comfortable, big enough to carry what you need to survive for 24 to 48 hours, and be able to withstand the outdoors. You may have to walk many miles and wear the pack for many hours at a time, so it is fundamentally important to select a pack that is both functional, comfortable,

and the right size for the equipment and you. And remember, there is a difference between a \$20 pack and a \$200 pack, but there are plenty of good options in between.

2. One quart MINIMUM canteen or water bottle. Water is one of the essentials for survival. Our body cannot function without it. If you've ever been truly dehydrated, you can vouch for this. Note the emphasis on minimum. I know that personally a quart is not enough for me. When I work, I sweat... a lot! I need more water to replace what I lose than some people. I know my body is not as efficient as some, so I prepare for that and carry extra when needed. Always ration the water you have to make sure it lasts. Another item to consider is a water filtration device or purification tabs in case you should run out of water. There are lots of nasty things living in the streams nowadays and you will likely be much worse off if you drink contaminated water than none at all.
3. One day supply of quick energy food. Food is, of course, another of the survival essentials. So what's good? You should try and pick items that give you quick energy. Carbohydrates, fats, and proteins are essential for lasting quick energy. Citing *The Backpacker's Field Manual*, by Rick Curtis, try to remember this phrase... “Don't Get Love Sick”. The DGLS stands for Dairy, Grains, Legumes (beans), and Seeds. Any combination of two consecutive letters in that phrase will give you complete proteins necessary for energy and survival. For example, Grains and Legumes will, but Dairy and Seeds will not. Foods that are high in sugar (candy bars, etc.) can be useful, but should be paired with something that will sustain the energy longer. GORP (Good Ol' Raisins and Peanuts) works too. Some of us get good natural items such as granola, dried fruit, raisins, and peanuts and make our own gorp. MRE's are also a good choice. Take home is, put some thought into your food.
4. Knife. This doesn't have to be a Crocodile Dundee “This is a knife” knife. Just make sure it's big enough to be useful, and sharp. Multi-tools are a great way to carry a knife that can take care of many needs. Some carry hobos that also include a fork and spoon. Again, be selective with this. You can even get knives that cover other essentials (i.e. whistle and light).
5. Whistle. While most any good loud whistle will do, there are some things you should consider. Metal should probably be avoided. I'm sure everyone remembers when Flick gets triple dog dared to put his tongue on the flagpole (A Christmas Story)... same principal applies. Whistles with traditional cork peas are very loud, but the peas can swell if they get wet and render the whistle useless. Also, consider how hard you have to blow on the whistle to make it loud. You may be fatigued and need to signal with minimal effort. Bright colors are good too, so you can find it if you drop it.
6. Compass (Silva or Brunton preferred) OK, first off, that is not an A&L sales ploy... the reason those 2 brands are recommended is that over the years, they have proven to be the most reliable and accurate in any condition. Be leery of fluid filled compasses. Some of them can form bubbles in them when exposed to extreme temperature changes. Lensatics are great for direction and sighting, but they can be very con-



Survival Gear Essentials, continued

fusing if you don't know how to use them properly and aren't ideal for map work unless you have a lot of experience with them. Same goes with hybrids or mirrored compasses. Find one that works for you and know how to use it.

7. Headlamp with spare batteries and bulb. Headlamps are another one of those items where there are so many choices that one can become overwhelmed trying to decide which one is right. First, decide what you will be using it for primarily. How much distance lighting do you need? How bright does it need to be? Do you need colored lighting options? Is it durable and weather resistant? Then, go from there and find the one that meets all of those things and fits your budget. Then, make sure you can operate it in the dark. Practice with it. As with the pack, there is a difference between a \$20 light and a \$200 light, but there are many quality choices that will fit your needs in that price range.
8. Another alternate light source with spare batteries and bulb. Here, any secondary light source is fine. Make sure it meets your needs and that you can operate it efficiently. Many of us carry 2 or 3 backup lighting sources. These don't have to be anything elaborate. A 10 lumen LED light that you can get for 5-10 bucks will get you out of the woods in the dark. Your primary backup, however, should be a good replacement for your primary light source and have the same functionality. And remember, you need to carry backup batteries for each of them, so try to get ones that use the same types.
9. Personal First Aid Kit Again, there are many options of pre-assembled kits out there. Some choose to make their own. Some things that should always be in them:
 - Band-Aids
 - Alcohol swabs
 - Minor bandages
 - Any medicine you take or may need.
 - Burn gel
 - Sting relief
 - Mole skin or other blister treatment

This kit should be customized to your needs. You can carry as much or as little as you want. As it is listed, it is a personal kit. You don't need to carry enough to take care of the whole team. Just make sure you have what you need to handle minor first aid on yourself and take size and weight into consideration.

10. At least one 30-gallon (or larger) leaf bag. In addition to the obvious use as a trash bag, a large heavy trash bag can be invaluable. It can be used as a poncho, shelter, heat wrap, moisture barrier, and anything else your brain can come up with. It is truly a multi-functional piece of gear. We were actually required to carry one in our flight suit when I was flying with an air medical transport service. Again, practice using this item. You can't buy just one, so use one and practice making several useful items with it.
11. Waterproof Matches, Lighter, Striker. If you are cold and wet, there's nothing like a good fire. We should always carry something that gives us the ability to start a fire. Three things are required to start and maintain a fire. Heat, oxygen, and fuel. The ignition source is how it all gets started. Waterproof matches, lighters, and strikers are all good choices.

Make sure they are stored properly, are durable, and that you know how to use them effectively. Also, practice using them in the dark... Murphy's Law always applies in the woods. You might want to consider carrying something to help get things burning, such as dryer lint, pitch pine, or other fire starting implements.

12. Storm shelter. The afore mentioned trash bag is an excellent choice to cover this one. Commercially available storm shelters are also available, just remember to consider packing size, functionality, and weight when you are selecting one.

There are some additional items to consider that may not be necessary to survival, but will certainly make life in the outdoors a little easier. These include:

- Eye protection
- Handheld Radio
- Toilet paper
- Zip-Lock Bags
- Gaiters
- Sunscreen
- Signal Mirror
- Parachute Cord (Handy for creating that storm shelter out of a trash bag)
- Small Notebook & Pen (waterproof is a good idea)
- Insect repellent
- 2 aluminum locking carabiners
- 25 feet of 1 inch tubular webbing
- GPS
- Extra clothing
- Raingear
- Watch

And the list goes on and on.

Another item that is a good idea is your medical and contact information. If you are not able to give it, it speaks for itself. Road ID is a newer product that is very good for just that purpose. There are many options for this, so pick whichever one is best for you.

Make sure you have the essentials you need to survive in the wilderness. Then add the other items you think you will need. Always keep size and weight in mind. Once you get everything in your pack you want, put it on and hike around with it, not just around the house, hit a trail and give it a few miles. Then, break some of it out and try it... practice with it. That's really the only way to know that you will be able to live with your gear choices once you get out on task. Take care and search safe!!



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Reflections...

Billy Chrimes

FROM MY FACEBOOK POST: MAY 24TH: On Monday, I had the privilege of being the subject for a K9 test...I wanted to share some of my thoughts from that experience.

As I headed out that morning to my hiding place I elected to go with nothing more than I usually carry in my SAR vest. Shortly after heading into the woods, it began to darken and thunder. No worries I thought I will only be out here a little while. (I hoped). As I made my way in and back to the end of the trail I had laid the evening before, the rain began. I had to cross a small stream to get to my spot, in doing so I mis-stepped and ended up with a wet foot... Ugh. Again I won't be here long. Once I got to my spot I located a place to get out of the rain and hunker down. At this point I was down to my base layer and feeling pretty good. I had been in place about an hour when I hear over radio, the team begin their task. That must have been the cue for the weather. The thunder got closer, a couple of lightning flashes, and the rain increased. I started adding layers...within 20 minutes I was back to all of my layers being back on. I then chose to remove my shoe and ring out my sock that was soaked as my foot was getting pretty cool...(I didn't have a spare set in my pack). As the rain got harder I chose to get into my pack and pull out the tarp I carry with me and placed it under me and also cover up with it. I had been in the woods only 1.5 hours at this point...about an hour immobile.

As the minutes passed I continued to get cooler and cooler. I then had my moment that is the point of this story.

I began to think about how long it had been since the team had started their task...where were they now? why weren't they here yet? is it going to keep raining? wonder why I keep getting colder? how long can I lay here before I need to get up and move?...my mind began racing...then it occurred to me...I have all this gear and clothing that makes me "prepared" to be out here! Why am I fretting over this. I was then very sobered by the thought of all of those we go to look for who have become lost for one reason or another...most of them have nothing I have right now, how do they feel when they realize they are lost, how helpless do they feel. I was suddenly overwhelmed with the realization of why I have chose SAR as my way of life...I was reminded of the urgency of our profession. All the time I have the comfort of knowing someone would be with me soon...I have a radio if things get really bad...and ultimately I am not lost I know how to get to my truck in a matter of minutes if necessary.



I gained a first hand insight, one I have experienced many times before in similar situations, that reminded me of the seriousness and urgency of our work...our race against the clock and the elements when someone goes missing...every moment counts. This is why we train this is why we push to get the job done...

As the team came into site the adrenaline began to rush... suddenly I wasn't cold anymore...I became very excited! Excited not because I could go get dry warm clothes, but excited because others that share my same passion had trained and pushed themselves through some of the same elements and adversities I was facing with the urgency to find me as soon as possible. At that moment when I was greeted by the cold wet nose of a rain soaked dog, I couldn't have been prouder to be a part of this experience, this team, this family. I was again humbled by the experience and found a renewed enthusiasm and sense of responsibility. My commitment to continuously improve my skills and help others is as strong as ever.

I love my job and can't imagine doing anything else!

This experience was priceless! Thank you for all that each of you I work with do to prepare and respond when we receive that call! I am proud to represent our community, our team, our family!

William (Billy) Chrimes
Virginia Department of Emergency Management
Operations Division, VEOC
Search and Rescue Training Specialist
Deputy Search and Rescue Coordinator

