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APPALACHIAN SEARCH AND RESCUE CONFERENCE NEWSLETTER
PUBLISHED BY THE

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S H E N A N D O A H M O U N T A I N R E S C U E G R O U P

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 * A Group of the Appalachian Search and Rescue Conference, Inc. Washington, DC 20036
 * A Section of the Potomac Appalachian Trail Club (202) 638-5306 (7-10 pm weekdays)
 SMRG & ASRC 24-hour emergency phone: (804) 323-2300 (Commonwealth of Virginia Emergency Operations Center)

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*** APOLOGIES ***

The March-April issue of the ASRC Newsletter was delayed for many weeks, and we apologize for the inconvenience. We have taken measures to get the Newsletter out more promptly in the future.

-- Cady Soukup, SMRG Chairman and Keith Conover, Newsletter Editor

*** SLEEPING PADS ***

The Spring 1984 *Outdoor Review* (Recreational Equipment's member newsletter), reports on sleeping pads tested by REI's laboratory. Unfortunately, Ensolite pads were not tested, but the popular Blue-lite foam and the regular and light Therm-a-Rest pads were tested. Here are some of the results:

PAD	Thickness (inches)	Weight (oz.)	ΔTemp. increase (deg. F)
Blue-lite	0.47	11	16.5 (1.5)*
Therm-a-Rest reg	0.94	37	23.9 (0.7)*
Therm-a-Rest lite	0.48	29	16.0 (0.6)*
Air Mattress	1.89	16	10.7 (0.7)*
Blue-lite + Air Mattress	1.91	27	23.2 (0.9)*
Covered Urethane Pad	0.88	37	32.5 (0.9)*

* The numbers in parentheses represent efficiency in degrees F per ounce.

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The tests used REI's heated fiberglass mannequin in a sleeping bag set up in a freezer. All test results reproduced here are on full-length pads. Note that Blue-lite foam is the most efficient insulator; I would expect that Ensolite comes fairly close, say 1.2 or so, though neither pad is comfortable. The covered urethane pad is warm, relatively efficient, and comfortable, but is as heavy as the regular Therm-a-rest pad, and doesn't provide the Therm-a-Rest's almost "bombproof" protection against wetness and consequent loss of insulating value. It is interesting that the combination of an air mattress and a blue-foam pad gives the same insulation as regular full-length Therm-a-rest pad with 10 ounces less weight. While talking about pads, we should mention that YakWorks offers a special sleeping bag system which includes a mummy-outline Therm-a-Rest bottom zipped to your choice of sleeping bag "uppers," cutting the weight of bag/pad significantly.

--Keith Conover

***** FERNO-WASHINGTON STOKES LITTER MODEL 71-S *****

SMRG member Art Dodds has been studying the Ferno-Washington Stokes litter (the sectioned version of F-W model 71-S) that was donated to the Group by the Montgomery County Outdoor Education Association. He wrote to the manufacturer with some questions about the construction and strength of the litter, and recently received a most interesting reply. Copies of the letter were circulated at the May meeting, and will be available at the next meeting. Here is a summary.

--The interconnecting bars that hold the two sections of the litter together are held in place by .176 inch diameter roll pins, with a "load strength" of 1,266 pounds; apparently in response to Art's comments, they say "we will add two additional roll pins to each side to increase not only the actual strength, but the perceived security of the device as well."

--Ferno-Washington also notes that the vertical-rescue bridle assembly to go with the Stokes is being redesigned, and the Stokes design is being altered slightly to accommodate the new bridle.

--The company is offering us prototypes of the new bridle and litter for testing, and suggests that while we are testing the prototype we can send our present litter to them for emplacement of additional roll pins.

--from a letter to Art from Ferno-Washington

***** WILDERNESS FIRST AID PROPOSAL *****

Dr. Warren Bowman, the National Medical Advisor of the National Ski Patrol System, is coordinating a NSPS project to develop standards for wilderness first aid. The specific wording of the project description is "*first aid procedures which should be considered orthodox for back-country use. It is anticipated that some procedures will be included which would not be considered "standard" in localities where definitive medical care is easily obtained.*" Dr. Bowman will be taking suggestions from organizations involved in wilderness first aid, and will prepare a proposal to submit to the National Academy of Sciences. SMRG will send him a copy of the new revision of SMRG Module I (Survival and Wilderness Travel) when it is finished. You may obtain a copy of the NSPS proposal description from me if you wish.

--Keith Conover

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 +++ Shenandoah Mountain Rescue Group News +++
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SMRG Meeting Reports

Here are summaries of the April and May SMRG business meetings:

April

1. A slate of officers was proposed, by the Group Board of Directors, for elections to be held at the May meeting.

2. Dr. Bob Rosenthal, the Group's Medical Advisor, led a discussion on accidental hypothermia.

May

1. Cait Clements and Gunnar Farstad were voted in as Trainee Members.
2. Elections for officers were held, and the following were elected by acclamation: Cady Soukup, Chairman; John Birch, Vice-Chairman; and Harold Driscoll and Gene Harrison, ASRC Board Delegates. Cait Clements was nominated for Treasurer, and elected unanimously. New officers were appointed: Harold Driscoll replaces Keith Conover as Training Officer, with the expectation that another member will hold the position of Training Program Coordinator under Harold, and will manage the Group's training programs. Harold's primary responsibility will be to give Basic Certification tests. Bob Skinner replaces Gene Harrison as Operations Officer. A table of new officers appears elsewhere in this Newsletter.
3. Cady reported on the recent PATC Council meeting: PATC is planning to sell the Bears' Den property, rather than manage it for American Youth Hostels as had been suggested. SMRG has again been invited to use the PATC's Blackburn Trail Center on the Appalachian Trail south of Harper's Ferry.
4. Art Dodds has corresponded with Ferno-Washington, as reported elsewhere in the Newsletter. He also recently bought a Stokes litter in good condition for \$25; Gene bought it to keep in his (new) 4WD van, which he expects to be delivered soon.
5. Kevin Parkes noted that he's active with the Group once more, and will be again working on the trailer and on pagers.
6. **LITHIUM BATTERIES CHEAP FOR MEMBERS:** Alan Rosen has been quoted an excellent price on a bulk order of C and D cells from a manufacturer. He plans to place the order soon after the May 15 training session, and will expect payment in advance. We may try to keep some in stock for resale to members.
7. "Adopt-a-Store" -- members are "adopting" local outdoor stores for the purposes of collecting money from collection jars, if any, and of stocking Fact Sheets and Newsletters at the stores. Initial assignments: Alan Rosen and Peggy Harshfield: both outfitters in Annapolis; Jeannie Lennon: Hudson Trail Outfitters on Wisconsin Ave.; Kevin Parkes: HTD in Kensington; Keith Conover: Appalachian Outfitters and Eddie Bauer downtown; Gene Harrison: Eddie Bauer at Tyson's Corner; Bob Skinner: Fairfax and Fair Oaks HTD, and Dakton AD.
8. Alan Rosen and Peggy Harshfield have agreed to serve as editors for the new edition of the ASRC Mountain Rescue Manual, and Cady Soukup has volunteered to do some of the typing. Sam Hunt is still working on getting the old typesetting tapes run off.
9. Keith Conover has resigned as Newsletter Editor, and the Group is currently looking for a new editor.

-- Bob Skinner and others

Roster Update

Replace both old work phones for Gene with: (703) 883-6142; also, add (703) 256-1579 as backup phone (evenings).

New Trainees:

Cait Clements	H: (301) 270-5994	W: (202) 638-5307
Gunnar Farstad	H: (703) 534-6649	W: (202) 364-1800

New SMRG Publications

All four Skills Checklists (Survival and Wilderness Travel, Land Navigation, Search, and Mountain Rescue) will be available at the May training session. These checklists provide a guide for Trainees working to develop the skills required for Basic Membership. It is expected that each Trainee will complete all 4 Skills Checklists before being eligible to take the Basic Test.

--Keith Conover

SMRG Teaching Assignments

Harold Driscoll will be scheduling Basic Members for teaching assignments. The following assignments have been made thus far:

DATE/TIME	TOPIC	NAME
12 May (Sat), PW Forest Park	Auxiliary Session	Sam Hunt
15 May (Tues)	Basic Training Session	
(1900-2100)	Review Mod. III PRETEST \...../	Kevin
(2100-2130)	Equipment Inspections / \	Parkes
(2100-2130)	Semi-tech practice \...../	Bob
(2130-2200)	Knot practice / \	Skinner
19 June (Tues)	Basic Training Session	
(1900-2100)	Review Mod. III POSTTEST \...../	
(2100-2130)	Equipment Inspections / \	
(2100-2130)	Semi-tech practice \...../	
(2130-2200)	Knot practice / \	
17 July (Tues)	Basic Training Session*	
(1900-2000)	Review Mod. IV PRETEST \...../	
(2000-2030)	Equipment Inspections / \	
(2000-2100)	Semi-tech practice \...../	
(2100-2200)	Knot practice / \	
21 Aug. (Tues)	Basic Training Session*	
(1900-2000)	Review Mod. IV POSTTEST \...../	
(2000-2030)	Equipment Inspections / \	
(2000-2100)	Semi-tech practice \...../	
(2100-2200)	Knot practice / \	

* Note that the Module IV (Mountain Rescue) evening Training Sessions have more practical and less discussion than the others, so the times differ.

* Volunteers are needed: contact Harold Driscoll.

Auxiliary Member Training Session

Just a reminder-- we need Trainees and Basics to serve as Field Team Leaders on May 12th. Also, we've asked Blue Ridge Mountain Rescue Group to help out by setting up a lost person scenario. This will give ~~some of our~~ Basic Members some mission staff experience. *STARTS 0900 FOR BASICS + TRAINING*
 --Keith Conover *0930 FOR AUX. APPLICANTS*

Emergency Medicine Training

AB Thanks to Dr. Bob Rosenthal and the ER physicians at George Washington University, the Group will be starting a regular emergency medicine continuing education program. This training will be in two forms: monthly evening training sessions, and clinical rotations in the Emergency Room.

The monthly training sessions will alternate between sessions conducted by a member of the ER staff, and basic first aid/EMT skills sessions at PATC HQ. As the Newsletter goes to press, arrangements are still being made, but the fourth Tuesday of each month is a likely night for these sessions. Dave Smith, the Senior Trauma Technologist at the ER, will conduct, as one of the first classes, a practice session on splinting and casting. Since facilities are limited, participation will be probably be limited to Basics and Trainees.

The ER clinical rotations will be handled on an individual basis, and will (at least for now) be limited to Basic Members and Trainees/Voting Associates with EMT training.

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 +++ Appalachian Search and Rescue Conference News +++
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ASRC Board of Directors

The ASRC Board of Directors consists of two directors from each Group, elected from the Certified (Basic) Membership by the Certified Members from the Group. Directors from probationary Groups (i.e. Southwest Virginia Mountain Rescue Group) sit on the Board but cannot vote. By law, the Board must meet once in each calendar quarter, and conducts business between the yearly Membership Meetings. The ASRC Board of Directors consists of:

Al Baker	(BRMRG)	(804) 296-7276(H) / (804) 924-2478(W)
Greg Shea	(BRMRG)	(804) 977-1044(H) / (804) 924-3781(W)
Gene Harrison	(SMRG)	(703) 777-6111(H) / (703) 883-6142(W) (new #)
Harold Driscoll	(SMRG)	(202) 966-9091(H) / (301) 443-6111(W)
E. Henry St. Clair Jr.	(SVMRG)	(703) 992-5666(H) / (703) 992-1800(W)
(?)	(SVMRG)	

New Blue Ridge Mountain Rescue Group Officers

The new officers for BRMRG are:

Chairman:	Jeb Livingood	(804) 979-4683(H) / (804) 823-5103 (squad)
Directors:	Karen Anderson	(804) 979-9467(H)
	Tom Puckette	(804) 971-8664(H)
Trng. Ofcr.:	Terry Anderson	(804) 971-9467(H)

ASRC Meeting Reports

On April Fools Day (1 April), an ASRC Board Meeting was held at Prince William Forest Park. Harold Driscoll has minutes of the meeting. Most noteworthy ASRC Board happenings have been reported elsewhere in this Newsletter.

-- Harold Driscoll

New ASRC Publication: SAROP

Keith Conover has (almost) finished retyping and editing the new edition of the Appalachian Search and Rescue Conference *Search and Rescue Operations Plan* (SAROP), and it will be printed and distributed in May.

-- Keith Conover

ASRC Patches

Harold Driscoll has ordered 250 new ASRC patches, at a cost of approximately \$3 each. (Each Group is buying a portion of the patches). The patches are expected to duplicate the old design as closely as possible. The patches should be available towards the end of May.

-- Harold Driscoll

RECENT ASRC MISSIONS

Almost-Search - On Sunday 4/29/84, the ASRC was (almost) called out. Since the ASRC AD/MC was Keith Conover, and he was in the middle of editing the Newsletter when the call came in, here's the entire Mission Report:

1900 Keith receives a call from John Miller's son. (John Miller is the head of the Potomac Appalachian Trail Club's Appalachian Trail Patrol.) The message: John is at a pay phone at the foot of the Paris Trail (a side trail to the Appalachian Trail in northern Virginia). He wants Keith to give him a call, because he is investigating a report of two missing Boy Scouts in that area; they had last been seen at 0930 Saturday.

1910 John's son had said that John would probably be on the phone with the County Sheriff, and indeed the phone number was busy. Keith phones Sam Hunt and asks him to be Dispatch Officer, and to put SMRG on Standby while Keith obtains more information.

1918 Keith reaches John Miller. John reports authorization from the Sheriff's Department to send out a hasty team and to call out the ASRC, but that he has some new information. The two Scouts had hiked

some 500 miles along the AT, and were considered experienced hikers. The Point Last Seen was in northern Shenandoah National Park at 0930 Saturday, and the two boys were due to be picked up at the Paris Trail trailhead Sunday. They had not arrived. However, John had just gotten off the phone with the Scoutmaster, who said that the two Scouts had just that minute arrived home in Oakton, Virginia: they had decided to hithchike home.

1920 Sam Hunt advised to cancel the Standby.

1950 Keith completes typing this Mission Report.

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+++      Virginia Search and Rescue Council,      +++
+++      National Association for Search and Rescue,  +++
+++      Mountain Rescue Association,              +++
+++      National Cave Rescue Commission,          +++
+++      Civil Air Patrol,                        +++
+++      and Other SAR News                        +++
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NCRC

We have heard that Tom Vines, National Coordinator for NCRC, was asked to become a member of the NSS (National Speleological Society) if he was to continue in the job. He refused and resigned the position. Warren Hall, the Northeast Regional NCRC Coordinator, has also resigned.

NCRC is now publishing a newsletter three times a year. Subscriptions are \$2.00/year. Write to:

NCRC Newsletter
Peri Frantz
16345 Englewood Ave.
Los Gatos, CA 95030
(408) 356-8506

VSARC

Due to the planned tracking session with Ab Taylor on July 13-15, the VSARC meeting may be moved to another date. Check upcoming issues of this Newsletter, or call Paul Demm at (804) 323-2300.

--Paul Demm, Va. DEES

SHENANDOAH MOUNTAIN RESCUE GROUP OFFICERS: MAY 1984

Office	Officer	Home Phone
Chairman	Cady Soukup	(301) 493-9623
Vice Chairman	John Birch	(703) 533-3668
ASRC Board Delegates	Gene Harrison	703-777-6111
	Harold A. Driscoll	(202) 966-9091
Recording Secretary	Bob Skinner	(703) 931-5864
Corresponding Secretary	Cady Soukup	(301) 493-9623
Treasurer	Harold Driscoll	(202) 966-9091
Information Officer	*	
Press Officer	Sam Hunt	(703) 352-7627
Training Officer	Harold Driscoll	(202) 966-9091
Medical Trng. Coord.	*	
Trng. Program Coord.	*	
Operations Officer	Bob Skinner	(703) 931-5864
Communications Officer	Kevin Parkes	(301) 984-3680
Equipment Officer	*	
Stores Officer	Brian Foy	(301) 946-8438
Systems Officer	*	
Medical Advisor	Robert Rosenthal, MD	(202) 676-3921
	(representing the GWU ER Attending Staff)	
Newsletter:		
Editor	*	
Circulation Manager	Sam Hunt	(703) 352-7627

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 * Appalachian Search and Rescue Conference and *
 * Shenandoah Mountain Rescue Group *
 * SCHEDULE OF ACTIVITIES *
 * May 1984 *

* For further information about Shenandoah Mountain Rescue Group (SMRG) activities, call Harold Driscoll at (202) 966-9091 (H) or (301) 443-6110; for Blue Ridge Mountain Rescue Group (BRMRG) activities, call Dean Wampler at h:(804) 971-1728 or w:(804) 924-6596; for Dogs East activities, call Marian Hardy or Brooke Holt at (301) 762-7217; for Quantico Orienteering Club meets, call Marit Beecroft at (703) 471-5854, or Sid Sachs at (703) 971-2092.

* PATC HQ is Potomac Appalachian Trail Club Headquarters, 1718 N Street NW, Washington DC; it is between 17th and 18th Streets, just off Connecticut Avenue near the Dupont Circle Metro Station.

<u>Date/Month</u>	<u>Activity</u>
1 May (Tues)*	SMRG BUSINESS MEETING - 7:30 PM, PATC HQ. Program: "Cave Rescue" - Cady Soukup
6 May (Sun)	<i>Dogs East Training</i> : Problem solving - Comus, MD
8 May (Tues)	SMRG Advanced Rescue Training has been cancelled. BUT: SPECIAL SMRG Training Session 7-10 PM, PATC HQ. Discussion of Shenandoah National Park search, rescue, and emergency management, including the NPS Incident Command System, by <i>Bill Poulos, Chris Poulos, Ronson</i>
9-13 May	<i>National Association of EMT's Annual Educational Conference</i> - Dearborn, Michigan.
11-13 May (Fri.-Sun.)	<i>Swiftwater Rescue Instructor Course</i> - Richmond Area. Contact Bill Britton, (804) 352-8268. (Full)
12 May (Sat)*	SMRG Auxiliary Member Training Session - 0900-1900, (0930 for Auxiliary applicants) Prince William Forest Park, near Quantico, VA; just off I-95 South. Cost: \$5, for Auxiliary Member dues to pay for Newsletter subscription. Bring all equipment listed on Auxiliary Member list (attached). Reservations required. Session Coordinator: Sam Hunt (703) 323-7627. SMRG Trainees and Basics are needed as Field Team Leaders! This is training for the FTL's as well as the Auxiliaries.
12-13 May (Sat-Sun)	<i>Dogs East Training</i> : campout and night problems - Oriental, PA
15 May (Tues)*	SMRG BASIC TRAINING SESSION - PATC HQ 7 - 9:00 PM: Review of PRETEST for Module III (Search): participants should have completed the Pre-test for Module III (Search). 9:00 - 9:30 PM: Equipment Inspections or Semi-technical evacuation practice. Bring outdoor parka and leather gloves for semi-tech practice, or bring all the equipment on the appropriate checklist if you need an equipment inspection for Auxiliary, Trainee, or Basic Membership. 9:30 - 10:00 PM: Basic-level knot practice; bring Pru-

sik loops (1.5 meters of 6 millimeter diameter Perlon kernmantel climbing rope) and webbing for an ASRC seat harness (about 20 feet of 1 inch tubular climbing webbing).

- 18-20 May (Fri.-Sun.) *Basic Swiftwater Rescue Course* - Richmond Area. Contact Bill Britton, (804) 352-8268. (Full)
- 20 May (Sun) *Dogs East Training*: problem solving - Poolesville, MD
- 20 May (Sun)* *Orienteering Meet* - CANCELLED
- 27 May (Sun) *Dogs East Training*: long problems - Quantico TA6 (Chopawamsic area)
- 25-28 May (Fri.-Mon) *Eastern Region, National Cave Rescue Commission: Cave Rescue Techniques Mini-Seminar*. SW Virginia 4H Center, Abingdon, VA. Contact Sam McGee: (615) 247-2174 (Day), (703) 328-9755 (Nights), or talk to Gene or Bob Elron in SMRG.
- 3 June (Sun) *Dogs East Training*: problem solving - Sunshine, MD
- 4 June (Mon) SMRG OFFICERS MEETING - 7:30 PM, Cady Soukup's
- 5 June (Tues)* SMRG BUSINESS MEETING - 7:30 PM, PATC HQ. Program: "Hypothermia: Advanced Concepts" - Moulton Avery, Center for Environmental Physiology
- 9-10 June (Sat-Sun) *Dogs East Training*: campout and night problems - Huntington, PA
- 17 June (Sun) *Dogs East Training*: problem solving - Manassas NBFP, Chin Ridge
- 19 June (Tues) SMRG BASIC TRAINING SESSION - PATC HQ
 7 - 9:00 PM: Review of POSTTEST for Module III (Search): participants should have completed the Post-test for Module III (Search).
 9:00 - 9:30 PM: Equipment Inspections or Semi-technical evacuation practice. Bring outdoor parka and leather gloves for semi-tech practice, or bring all the equipment on the appropriate checklist if you need an equipment inspection for Auxiliary, Trainee, or Basic Membership.
 9:30 - 10:00 PM: Basic-level knot practice; bring Prusik loops (1.5 meters of 6 millimeter diameter Perlon kernmantel climbing rope) and webbing for an ASRC seat harness (about 20 feet of 1 inch tubular climbing webbing).
- 24 June (Sun) *Dogs East Training*: long problems - Quantico TA 5
- 17-23 June *National Cave Rescue Commission Training Course* - Wind Cave, South Dakota.
- 25-29 June *NSS Convention (National Speleological Society)* - Sheridan, Wyoming.

- 29 June - 1 July *North American Technical Rescue Symposium* - Santa Cruz, California.
- 2 July (Mon) SMRG OFFICERS MEETING - 7:30 PM, Cady Soukup's
- 3 July (Tues)* SMRG BUSINESS MEETING - 7:30 PM, PATC HQ. Program: "SAR Communications Short Course" - Gene Harrison
- 6-8 July *Tracking Training* - by Ab Taylor, US Border Patrol. At Big Meadows, Shenandoah National Park. Contact Bill Pierce, (703) 999-2241.
- 13-15 July *Tracking Training* - by Ab Taylor, US Border Patrol. In Clarksburg, MD. Contact Linda Wallace (301-972-9126).
- 14 July (Sat.) *Virginia Search and Rescue Council Meeting* (may be rescheduled due to conflict with Ab Taylor tracking)
- 17 July (Tues)* SMRG BASIC TRAINING SESSION - PATC HQ
NOTE DIFFERENT TIMES FOR JULY AND AUGUST!
 7 - 8:00 P.M.: Review of PRETEST for Module IV (Mountain Rescue): participants should have completed the PREtest for Module IV (Mountain Rescue).
 8:00 - 8:30 P.M.: Equipment Inspections. Bring all the equipment on the appropriate checklist if you need an equipment inspection for Auxiliary, Trainee, or Basic Membership.
 8:00 - 9:00 P.M.: Semi-technical evacuation practice. Bring outdoor parka and leather gloves.
 9:30 - 10:00 PM: Basic-level knot practice; bring Prusik loops (1.5 meters of 6 millimeter diameter Perlon kernmantel climbing rope) and webbing for an ASRC seat harness (about 20 feet of 1 inch tubular climbing webbing).
- 5 August (Mon) SMRG OFFICERS MEETING - 7:30 PM, Cady Soukup's
- 6 August (Tues)* SMRG BUSINESS MEETING - 7:30 PM, PATC HQ.
- 21 August (Tues) SMRG BASIC TRAINING SESSION - PATC HQ
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 8:00 - 9:00 P.M.: Semi-technical evacuation practice. Bring outdoor parka and leather gloves.
 9:30 - 10:00 PM: Basic-level knot practice; bring Prusik loops (1.5 meters of 6 millimeter diameter Perlon kernmantel climbing rope) and webbing for an ASRC seat harness (about 20 feet of 1 inch tubular climbing webbing).
- 25-28 August *NASAR Managing the Search Function Course* - sponsored by Virginia DEES; Charlottesville, VA. Call Paul Demm (B04) 323-2300 for information.

- 27-30 September *National Association for Search and Rescue - Annual Conference - Reno, Nevada.*
- 22 Sept. (Sat) SMRG Trip Leader Seminar: Wilderness First Aid and Medicine
- 23 Sept. (Sun) SMRG Auxiliary Member Training Session Coordinator: Sam Hunt (703-323-7627); more details to follow.
- October ? *National Search and Rescue School*
- 3 November (Sat) SMRG Auxiliary Member Training Session Coordinator: Sam Hunt (703-323-7627); more details to follow.

SHENANDOAH MOUNTAIN RESCUE GROUP,
Appalachian Search and Rescue Conference
1718 N Street, NW
Washington, DC 20036