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MAJOR JANUARY EVENTS: (See Schedule for more)

- 3 Jan. (Tues)* SMRG BUSINESS MEETING - PATC HQ, 7:30 PM.
- 6 January (Fri) ASRC Board of Directors Meeting - 8 pm, Warrenton Howard Johnson's, for dinner (location tentative).
- 21 14 Jan. (Sat) Virginia SAR Council Meeting - Charlottesville → RICHMOND Oces!
- 17 Jan. (Tues)* SMRG TRAINING SESSION - PATC HQ
 7 - 8:30 pm: Basic Training Course Review
 8:30 - 10 pm: Rescue-level knots and rappels

MEETINGS: Most SMRG activities are held at Potomac Appalachian Trail Club Headquarters (PATC HQ), 1718 N Street NW, Washington, DC (near the Dupont Circle Metro station). Business meetings are the first Tuesday of the month, and training meetings the third Tuesday.
NEWCOMERS are welcome at Group activities; those marked with a (*) are particularly appropriate for those new to the Group.
NEWSLETTERS are published at the beginning of each month and sent to each SMRG member. Certain SAR organizations, responsible agencies, stores, and individuals receive courtesy copies (noted by a Q, R, S, or C on the mailing label). Potential members may receive three free copies upon request (noted by a "F" on the mailing label); the date of the last courtesy copy is noted on the mailing label. Yearly subscriptions are \$5, payable by check made out to the Treasurer, Harold Driscoll, and sent to the Group address. Articles or schedule items should be turned in to the Editor, Keith Conover (522-2844) by the first of each month either in writing or by electronic mail.
SELF-STUDY TRAINING COURSE: The Group is developing a modular self-study Basic Member Training Course; certain third Tuesday training meetings require previous completion of one of the modules. Those wishing to purchase a set of Basic course materials may contact the Group Treasurer, Harold Driscoll, at any Group meeting; the cost is \$25.
FOR FURTHER INFORMATION about SMRG in general, contact the Group Chairman, Cady Soukup, at (301) 493-9623 (H); for information regarding membership in the Group, write to the Group at the above address, come to one of the business meetings, or contact the Group Training Officer, Keith Conover, at (703) 522-2844.

SHENANDOAH MOUNTAIN RESCUE GROUP

- * Member, Mountain Rescue Association
- * A Group of the Appalachian Search and Rescue Conference, Inc.
- * A Section of the Potomac Appalachian Trail Club

1718 N Street NW
Washington, DC 20036
(202) 638-5306 (7-10 pm weekdays)

SMRG & ASRC 24-hour emergency phone: (804) 323-2300 (Commonwealth of Virginia Emergency Operations Center)

NEWSLETTER: JANUARY 1984

***** N E W S *****

*** ASRC AND GROUP NEWS ***

SMRG News

At recent meetings, the following were voted in as Associate Members:

- Bob Barlow, Robert Rosenthal, MD,
- Mark Smith, MD, and Barry Mitchell;

Jeannie Lennon was voted in as an Associate Member with voting rights, and Auxiliary Member Sam Hunt was voted in as a Trainee. Sam also volunteered (not "was volunteered while out of room" as is often the case!) to take on the positions of Newsletter Circulation Manager and Press Officer. At the December meeting, Barry Mitchell, the NASAR national SAR database coordinator, presented his statistical analysis of the SAR Mission Reports to date; surprisingly, this new analysis does not bear out some of Syrotuck's findings (which are found in most NASAR search management materials).

The SMRG Christmas party was held on 17 December at PATC's Glass House, near Elizabeth Furnace in the Fort Valley of Massanutten Mountain, Virginia. Only a few people showed, but a good time was had by all. We even had a visitor from the Mountain Rescue Association: George Hanson, of Larimer County (Colorado) SAR. George was in the DC area, and had been asked by MRA to stop in and make contact; this gave us a chance to hear of the latest in rescue techniques from out west, and to let them know about sophisticated ASRC/caving techniques such as the Rappelstein and the Finger Rappel.

George Swett has completed his fire service training is now working at Arlington County Fire Department Station #10 in Rosslyn.

--Bob Skinner

ASRC Alert

The ASRC and Dogs East were on alert the 27th and 28th of December for a lost person ~~situation~~; as I write this, the Fairfax County Police Department is searching for the subject's body in the Potomac Gorge just east of Great Falls Park, Virginia; some of the subjects personal items were found next to a hole in the ice in Black Pond.

Basic Test!

The following Basic Members are expected to attend a recertification examination to be held on January 20-22 (Fri-Sun):

- | | | | |
|---------------|-----------------|---------------|--------------|
| John Birch | Harold Driscoll | Gene Harrison | Mark Pence |
| Rich Saunders | Bob Skinner | Cady Soukup | George Swett |

Those who cannot attend should contact me immediately to make alternate arrangements. This certification exam will be held at Stony Man Mountain, and will be a joint session with BRMRG.

-- Keith Conover

Training

Trainee and Basic Members are expected to put in at least 32 hours of training with the Group each year. Starting in January 1984, it will be the responsibility of each Basic and Trainee Member to see that his or her training hours are properly logged. The Training Log will be available at each Group meeting for members to review and update.

Each Trainee and Basic is expected to complete the Basic Member self-study training course, including Modules I-IV and all the Skills Checklists. A new display board lists all Trainees and Basics has places to check off each of the Modules and Checklists. This board will be posted at Group meetings, and at training sessions held at PATC HQ.

-- Keith Conover

ASRC Notes

In November, representatives of several search and rescue agencies met with Shenandoah National Park officials for a critique of October's operation on Old Rag Mountain. As a result of this session, ASRC and Shenandoah National Park officials will meet (right after the next SAR Council meeting) to preplan for joint operations in the Park.

An ASRC Board of Directors meeting is scheduled for 6 January (Friday) in Warrenton, Virginia. Plans are to meet for dinner around 8, probably at the Howard Johnson's there. Talk-in will be on the ASRC VHF-FM frequency by first one to get there and check out the places to eat. It is open to all interested persons.

-- Gene Harrison

Virginia Search and Rescue Council Notes

A regular business meeting of the Virginia Search and Rescue Council is scheduled for January 14, 1984, at the University of Virginia in Charlottesville, Virginia. Rumor has it that at this meeting an award from the Director of the National Park Service will be presented to SMRG and other volunteer SAR organizations involved in the October mission on Old Rag. The SAR Council meeting will be followed by a preplanning meeting between ASRC and Shenandoah National Park officers.

-- Cady Soukup

Proposed EMS Regulations

At the suggestion of EMS officials, SMRG has produced a draft of additions to the Virginia Emergency Medical Services Regulations which would cover agencies providing wilderness emergency medical care. This proposal will be presented to the ASRC Board of Directors at the January meeting for possible ASRC adoption, and will be presented (possibly amended by the ASRC Board, if they so desire) to the Virginia Search and Rescue Council at its January meeting for possible adoption by the Council. The ultimate goal is to provide the Virginia Division of EMS with a well-thought-out proposal that has wide support from Virginia wilderness search and rescue agencies.

-- Keith Conover

Affiliation with PATC

At its December meeting, the PATC Council approved funding for insurance to cover SMRG as a PATC Section; this removes the last roadblock to SMRG's affiliation with PATC. There are now several major tasks we must undertake:

1. We must decide whether or not all our members must be members of PATC. According to the PATC Bylaws, only SMRG members who are also PATC members may vote for the SMRG Chairman, who will automatically have a voting position on the PATC Council. Therefore, all Trainee, Basic, and Voting Associate Members must become PATC members, or we must make

modifications in our voting procedures. The question of dues is another consideration -- if we require the majority of our members to become PATC members, and these members must pay PATC dues, we may want to quit assessing dues and ask the PATC Council for a budget commensurate with our number of PATC members.

2. PATC expects SMRG to be the major topic of discussion at the PATC Annual Meeting, so we must prepare a presentation for this meeting.
3. Our Bylaws have been in need of repair for some time; we decided to wait until affiliation with PATC occurred before making modifications.
4. THE FOLLOWING RESOLUTION WILL BE PUT FORTH AT THE JANUARY MEETING:

Resolved, that the Shenandoah Mountain Rescue Group establish an Ad Hoc Committee to prepare a proposal for restatement of the Constitution and Bylaws, including the following general changes:

1. All old Trainee, Certified, and Voting Associate Members must become members of the PATC.
2. All new Trainee, Certified, and Voting Associate Members who are not already PATC members shall be sponsored for PATC membership by the Training Officer as soon as they are voted into the Group. Trainee, Certified, and Voting Associates shall pay an initiation fee to cover the cost of issue items and publications, but these members shall pay yearly dues only to PATC.
3. Voting rights shall remain as specified in the ASRC Bylaws, and Group structure as in the present Constitution.
4. Auxiliary and non-voting Associate Members shall pay for a newsletter subscription (which may be waived by a vote of the Group) but no dues. These members need not become PATC members.
5. Each calendar year, the SMRG Board will prepare an annual report and budget request for the PATC Council.

(It is suggested that a Bylaw or Act fix the amount of newsletter subscriptions at \$5/year.)

-- Keith Conover

Trip Leader Seminar

The date of 24 March (Saturday) has been established for an initial SMRG Trip Leader Seminar, to be held at PATC Headquarters. Letters are being sent to local hiking, climbing, caving, and outing clubs, offering a limited number of positions for each club to fill. Students will be selected by each club in accordance with their own criteria, but must have current certification in American National Red Cross Standard or Multimedia First Aid and in ANRC or American Heart Association CPR. A small registration fee will be charged, and students will be sent a packet of material to be studied prior to the class and a pretest on this material to be taken at home. Organizations which ~~are~~ might like to send students, but that have not received a letter from the Group by 1 January should call Keith Conover (703-522-2844) for information.

-- Keith Conover

Survival Module Revision

The Survival Module (#1) is being reviewed by our medical advisors and other experts; we plan to issue a revision in February. Since quite a bit of work has gone into this revision, we hope it will stand without need for revision for quite a while. Therefore, if you have any comments, suggestions, or complaints, get them in NOW.

-- Keith Conover

New Equipment Checklists

The SMRG Equipment Checklists have been revised. Copies will be

available at the next meeting. There are two items of particular interest:

1. All SMRG field members, including Trainees and Auxiliaries, are now required to possess an electric headlamp; this is in response to the large number of night operations in which we are now participating; this new requirement received a favorable vote of the Group at the December meeting.
2. The Personal Wilderness Medkit list has been extensively revised, and will undergo additional revision when the new Module I is published. (Both Module I and the medkit list are under review by our medical advisors.)

— Keith Conover

Shenandoah National Park SAR Fund

The Shenandoah Natural History Association (a non-profit educational organization affiliated with Shenandoah National Park) has ^{been} established to help defray the cost of search and rescue operations. The news release quotes Superintendent Jacobsen:

Volunteer search and rescue groups depend upon private support and contributions to equip them with the necessary equipment, secure the best training available, and support their incidental costs. Shenandoah National Park received invaluable assistance from several volunteer groups during the recent rescue effort. We believe the public should have an opportunity to support search and rescue activities.

We have been asked to lend our official support to this effort. I expect this should be an item for discussion at the next ASRC Board Meeting.

— From letters and news releases from SNF

*** GENERAL INTEREST NEWS ***

National Registry of EMT's Recertification

The National Registry of EMT's is in the process of reviewing EMT recertification requirements; no word yet on changes, but the Registry has revised the policy on recertification of lapsed EMT's. Here's a summary:

- * If lapsed less than two years: complete a state EMT refresher class and pass the NREMT written and practical exams;
- * If NREMT lapsed more than a year, but state EMT still valid: same as above;
- * If NREMT lapsed more than two years and without valid state EMT: complete another state EMT class and pass the NREMT written and practical exams.

— from NREMT newsletters

National EMT-Paramedic Revision

The Department of Transportation EMT-Paramedic Committee, which has been inactive for some months, is again meeting and working on a revision of the National EMT-Paramedic Lesson Plans; plans call for a final draft revision to be submitted to the DOT in the spring of 1984. Keith Conover is assisting with this planning and has more information.

The National Association for Search and Rescue (NASAR) has recently established a formal arrangement with the National Association of EMT's.

— from the NAEMT Newsletter

No More Candy Bars?

A study in the *Journal of Applied Physiology* reveals: "...that glucose ingestion prior to exercise results in hypoglycemia during vigorous exercise...and fructose ingestion...does not result in hypoglycemia during exercise." (from the Authors' own abstract) So, when you're packing your

SAR pack, keep your gorp heavy on the raisins, and leave out the candy bars.

--Cady Soukup

Acetazolamide for Acute Mountain Sickness

Acute Mountain Sickness (AMS) is not much of a worry in the ASRC area, but since many ASRC members climb in areas with elevations sufficient for AMS to be a problem, this news from the Food and Drug Administration seemed pertinent. For years, AMS, which includes High Altitude Pulmonary Edema (HAPE) and Cerebral Edema (HACE) has been the subject of study for many years. The November issue of the FDA Drug Bulletin notes that the FDA is asking manufacturers of acetazolamide (Diamox is a tradename for acetazolamide) to relabel the drug for use in mountain sickness. The article notes that about 50% of those suddenly ascending to 10,000 feet will develop mild AMS lasting 3-4 days, and that with continued ascent about 4% will develop severe AMS. The proper way to avoid AMS is through gradual acclimatization, and the essential treatment for AMS is to DESCEND QUICKLY! However, acetazolamide has been shown to decrease acclimatization time by 24-48 hours, and thus it is useful in prevention of AMS, and this is supported by double-blind studies. An original will be in the Group correspondence file for those who would like copies.

-- from the FDA Drug Bulletin

*** CLASSIFIED SECTION ***

WANTED

>>People with personal computers, modems, and the ability and time to do some typing for the Group.

-- (contact Cady Soukup)

LOST AND FOUND

A large number of items were lost and found at the recent Old Rag mission. Contact me ((301) 493-9623) if you have any questions.

-- Cady Soukup

EQUIPMENT FOR SALE

Rescue/Communications Equipment for Sale

The following items are available for SAR personnel and organizations on a first-come basis. Contact Gene Harrison or Keith Conover for details.

A. OXYGEN SYSTEM, portable, with masks and regulators, uses two D bottles (not included), suitcase sized.

B. MOTOROLA HT-220 RADIO, portable, six frequency (on Ham two-meter band), slimline, one watt, sixteen button touch-tone encoder, carrier squelch, includes beltclip, antenna, four NICAD batteries, desktop charger.

C. WILSON 1505 RADIO, portable, five frequency (on SAR band), one/five watt, PL transmit, carrier squelch, uses standard NICAD or alkaline AA cells, with antenna.

D. WILSON MK II RADIO, portable, six frequency (on two-meter Ham band), two watt, PL transmit, carrier squelch, includes beltclip, antenna, NICAD battery, wall charger.

E. GENERAL ELECTRIC PR-36 RADIO, portable, one frequency (on SAR band), one/five watt, carrier squelch, needs minor work, includes case, antenna,

desktop charger, mobile charger, NICAD battery, uses standard NICAD or alkaline C cells.

F. MOTOROLA MONITOR, portable (includes NICAD battery pack), one frequency (on SAR band), carrier squelch, 12VDC and 120VAC, includes antenna, power cord.

G. FIELD TELEPHONES, EE-8 and TA-43 types, portable, for emergency wire communications, complete with handset, uses two standard alkaline D cells.

H. MOTOROLA MOTRAC RADIOS, mobile, one frequency (on SAR band), twenty-five watt, carrier squelch, 12VDC, includes microphone, speaker, control head, cables.

I. MOTOROLA DISPATCHER RADIO, motorcycle (weatherproof), two frequency (near SAR band), fifteen watt, PL transmit and receive plus carrier squelch, 12VDC, includes microphone, speaker-control head, cables.

J. MOTOROLA MICOR RADIO, mobile, four frequency (on SAR band), sixty watt, PL transmit and receive plus carrier squelch, 12VDC, includes microphone, speaker, control head, cables.

---Gene Harrison

Cheap Polypropylene Underwear

One American manufacturer of polypropylene underwear (Damart) is offering factory second polypropylene tops and bottoms through the mail at very reasonable prices: \$15/piece for lightweight, \$27-top/\$23-bottom for expedition weight. Call me ((703) 522-2844) to get further information. The sale folder says "expires Jan 31, 1984" and "limited quantities."

---Keith Conover

ASRC T-Shirts for Sale

The Blue Ridge Mountain Rescue Group is having some ASRC T-shirts made up. They will have an ASRC logo on the left breast or left breast pocket, and on the back will be a cartoon (in dark blue) with mountains in the distance and tracks leading into a pine grove in the foreground; from the trees escape muffled obscenities. The caption reads "Support Search and Rescue -- Get Lost." Styles: #1 is 100% cotton short-sleeve, light weight, will shrink slightly; #2 is 50% cotton 50% polyester short sleeve; and #3 is 100% heavy cotton, long sleeve. Sizes: S (34-36), M (38-40), L (42-44), XL (46-48). Colors: white, ivory, gold, lilac, light blue, pink, sand, silver, kelly, red, royal blue.

An order form appears below; please have orders in by mail or in person by the January training session; all orders found in the Group folder at PATC HQ, or given in person to Cady Soukup, will be sent in that night.

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|                                     |                                     |                                     |
|                                     |                                     |                                     |
|                                     |                                     |                                     |
|-----+-----+-----+-----+-----+-----+-----+-----+
|Number|Style #           |Size           |Color          |Cost Each |Total  |
|-----+-----+-----+-----+-----+-----+-----+
|      |#1(cotton)       |               |               |    $5.20 |      |
|-----+-----+-----+-----+-----+-----+-----+
|      |#1 w/pocket     |               |               |    $6.20 |      |
|-----+-----+-----+-----+-----+-----+-----+
|      |#2(cotton/poly) |               |               |    $5.50 |      |
|-----+-----+-----+-----+-----+-----+-----+

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	#2 w/pocket			\$6.50	
	#3 longsl. w/pocket			\$7.50	
	<i>MAKE CHECKS PAYABLE TO BRMRG!</i>			Total Due:	

Send to the SMRG Address (1718 N Street)

***** SCHEDULE OF ACTIVITIES *****
January 1984

<u>Date/Month</u>	<u>Activity</u>
3 Jan. (Tues)*	SMRG BUSINESS MEETING - PATC HQ, 7:30 PM. Program: SMRG ASRC Operations Kit.
6 January (Fri)	ASRC Board of Directors Meeting - 8 pm, Warrenton Howard Johnson's, for dinner (location tentative). Talk-in on ASRC VHF-FM frequency by first one to get there.
11 January (Wed)	PATC Ski Touring Section Learn-to-Ski Seminar - Call PATC HQ for details.
14 January (Sat)	Virginia Search and Rescue Council Meeting - University of Virginia, Charlottesville, Virginia. Presentation of awards from Director of National Park Service, and ASRC/Shenandoah National Park operational preplanning meeting.
17 Jan. (Tues)	SMRG Presentation at Sligo Grotto Meeting - Cady Soukup and Gene Harrison.
17 Jan. (Tues)*	SMRG TRAINING SESSION - PATC HQ 7 - 8:30 pm: Basic Training Course Review 8:30 - 10 pm: Rescue-level knots and rappels
When It Snows	Impromptu SMRG X-C Ski Trip - Kevin Parkes is coordinator, and will run it like a callout.
20-22 January	BRMRG/SMRG PRACTICAL EXAMINATION - To be held on Stony Man Mountain, Central Section, Shenandoah National Park. All SMRG Trainees and Basics to attend.
Late January (?)	NASAR Managing the Search Function Course - sponsored by Virginia DEES.
POSTPONED; new date to be announced	Virginia Wing, Civil Air Patrol: Ground Search and Rescue College - two weekends, at Fort A. P. Hill.
?	SMRG Mountain Rescue Training Weekend - Harper's Ferry, WV. Coordinator: Gene Harrison [(703) 777-6111].
7 Feb. (Tues)*	SMRG BUSINESS MEETING - PATC HQ, 7:30 PM. Program: Wilderness Poisoning Part II - back by popular demand, Rose Ann Soloway of the National Capital Poison Control Center will add to her previous presentation.
21 Feb. (Tues)*	SMRG TRAINING SESSION - PATC HQ 7 - 8:30 pm: Basic Training Course Review 8:30 - 10 pm: Rescue-level Ascending
? February	National Search and Rescue School
? February	National Cave Rescue Commission Orientation Class - Tentative - Harrisonburg, VA.

24 March (Sat.) *SMRG Wilderness Medicine and Emergency Management Seminar for Trip Leaders.*

24 Mar. (Sat) *EMT-Instructor Update* - Northern Virginia Community College, Annandale Campus, 7:30 - 5:00.

28 Mar. (Wed) *EMT-Instructor Update* - Northern Virginia Community College, Annandale Campus, 7:30 - 5:00.

? March *National Cave Rescue Commission Orientation Class* - Tentative - Baltimore, MD.

June *National Cave Rescue Commission Rescue Class* - one week long, to be held around 15-16 June, in southwest Virginia; Bob Barlow and Tony McGee are coordinators.

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