



CIBOLA

search and rescue

Cibola SAR Land Navigation training

Date: September 11th, 1999 0900 - 1700(appx)

Location: St. Chad's Episcopal Church and Bear Canyon Trailhead

Instructors: Paul Donovan, Tom Russo

General Description:

Approximately two hours of classroom time will be devoted to explanation of map features, compass use, and the use of map and compass together for wilderness navigation. Following some exercises to practice use of these skills, we will proceed to the field. Participants will be shown a topographical map with waypoints marked on it, and will be expected to copy the waypoints onto their own copies of the map and plan a route which will allow them to visit the waypoints and use their map and compass skills to navigate along this route.

Required map: Please come prepared with a copy of the Sandia Crest USGS quadrangle map.

Map Skills

Map symbols

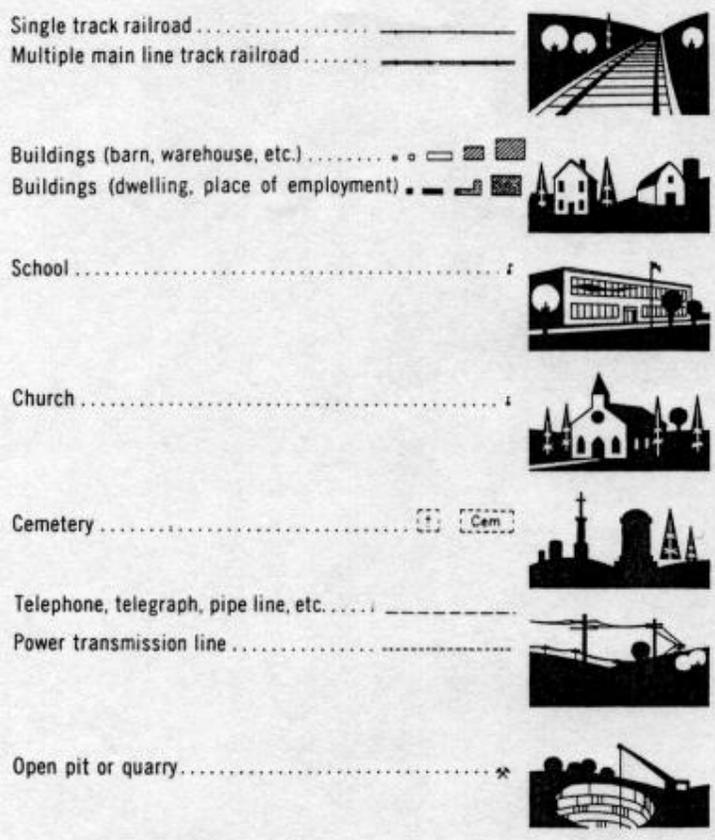
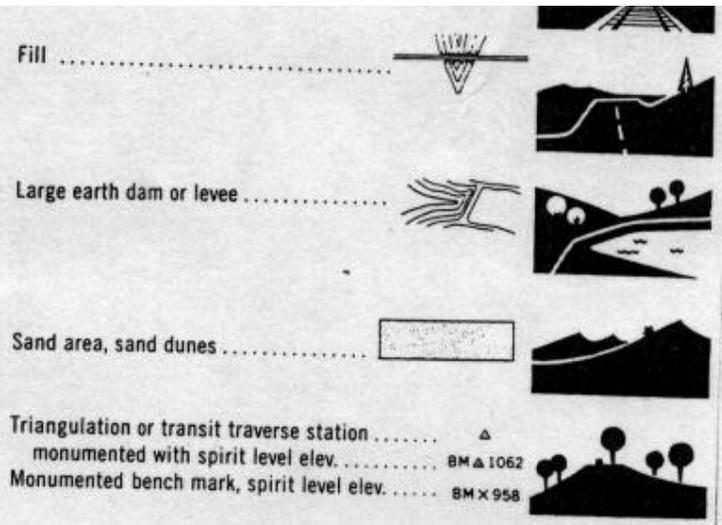
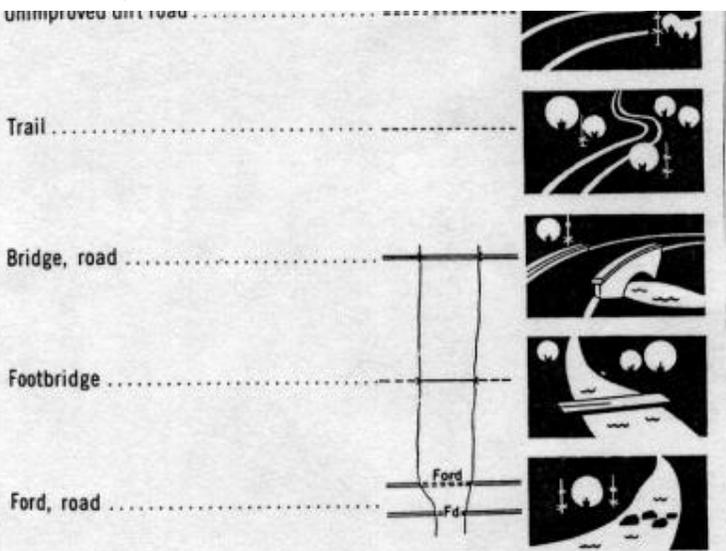
The following table of map symbols shows you some of the features which USGS topographic maps may contain. A fuller list is available in the US Geological Survey pamphlet "Topographic Map Symbols," which may be obtained for free wherever USGS maps are sold.

Map Symbols for Man-Made Features—Black

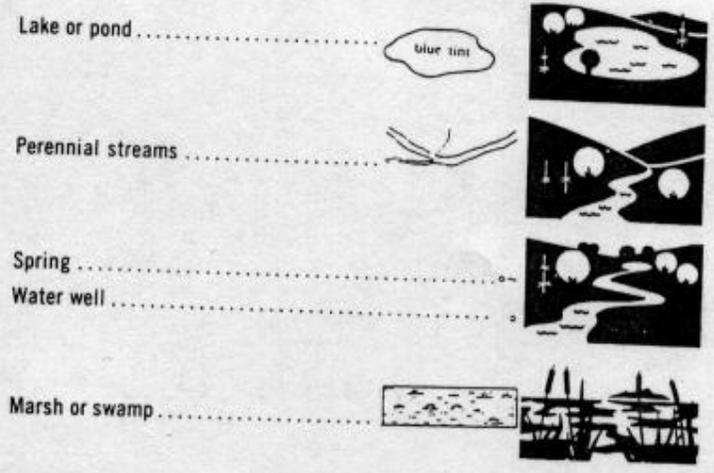
Hard surface highway, heavy duty		
Hard surface highway, medium duty		
Improved dirt road		
Unimproved dirt road		

Map Symbols for Elevation Features—Brown

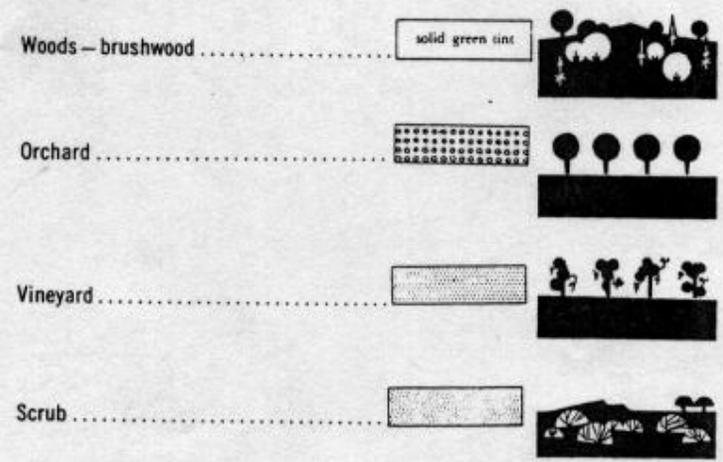
Index contour		
Intermediate contour		
Depression contours		
Cut		



Map Symbols for Water Features—Blue



Map Symbols for Vegetation Features—Green



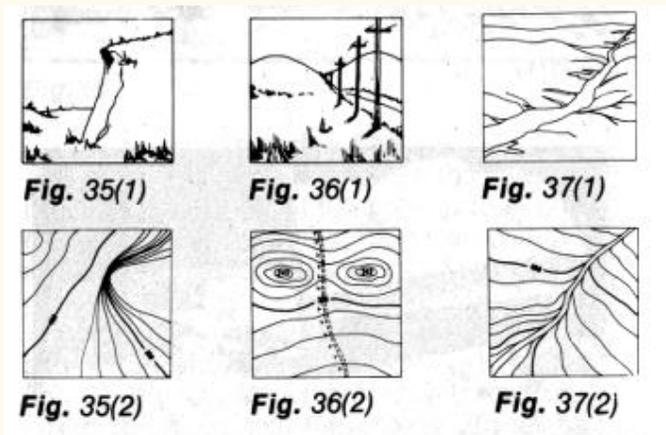
Recognizing Topographical Features

Elevation features are described on maps by use of contour lines. A contour line on a map is the line you would trace out on the terrain if you were to walk along a path of constant elevation. Making the mental translation from contour lines on a map to the terrain around you takes practice, and we will spend some time today doing just such translation practice.

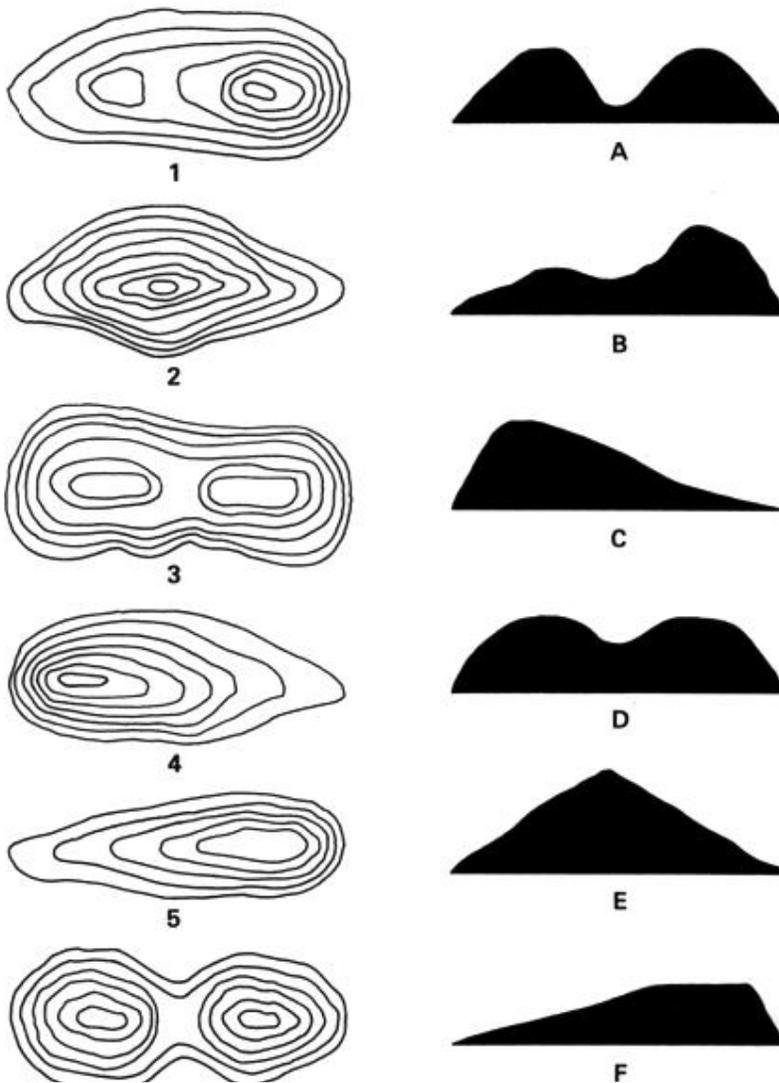
Put simply, here's how some commonly observed terrain features translate into contour lines:

- Peaks - closed curves of decreasing size. Inner curves are at higher elevation than outer curves, and the peak is within the innermost curve.
- Valleys - these appear as a series of "V" shaped curves. The point of the "V" always toward the head of the valley, and when there are streams in the valleys the "V" points upstream.
- Saddles - The space between peaks can be recognized by its hourglass shaped contour lines.
- Gentle slopes - slow rises in elevation over a long horizontal distance are represented by widely-spaced contour lines.
- Cliffs - since they represent dramatic changes in elevation over a short horizontal distance, cliffs are represented by closely-spaced contour lines.

Here are some examples of how terrain features are translated into contours:



Now that you've seen how contours relate to terrain features, try this self-test. Match the contours on the left with the terrain on the right.





It is important to use all the information provided by the topo map in order to correctly identify the features. Note that the figures 1, 3 and 6 on the right above all have two peaks, but by using the shape of the contour lines and their relative elevations you can determine which contour figure goes with which side view. This becomes an important skill to learn when trying to identify features in the real world; matching figure 3 on a map with profile A in the real world would be a big mistake if you were counting on the identification to tell you where you are!

Map coordinate systems and grids

USGS quad maps all contain grids of one sort or another. Perhaps the most well-known outside SAR circles is the Latitude/Longitude grid (Lat/Lon), but more often we use the Universal Transverse Mercator system (UTM) in SAR work.

The Lat/Lon system

In the Lat/Lon system the features on the surface of the earth are mapped onto a sphere, and a pair of angles is used to identify the points on the earth. The **meridians of longitude** are 360 equally spaced *great circle arcs* connecting the north and south poles. The meridian which passes through Greenwich, England is arbitrarily called "0" longitude, and meridians to the east or west of this meridian are measured in degrees east or west. Here in Albuquerque we are at approximately 106 degrees west longitude. **Parallels of latitude** start at the equator, which is 0 degrees latitude, and are basically slices parallel to the equator; they are also measured in degrees, and the angle referred to is the one between a line connecting the center of the earth to the surface of the earth at the equator and another line connecting the center of the earth to the surface of the earth at the point in question. Here in Albuquerque we are near the parallel of latitude designated 35 degrees north.

The lat/lon system is cumbersome to use for SAR work. There are 360 degrees used for latitude (0-180 East and 0-180 West), and there are 180 degrees used for longitude (0-90 North and 0-90 South). Each degree is divided into 60 "minutes" and each minute into 60 "seconds." The biggest problem for the map user is that lines of longitude converge at the poles and also a difference of "3 minutes" between two points cannot readily be converted to a distance, since this distance depends crucially on the distance from the equator.

The UTM system

The UTM system is a rectangular coordinate system. The globe is divided up into "zones" of 6 degrees longitude with the first zone running from 180 degrees west longitude to 174 degrees west longitude. The central meridian in each zone is assigned the arbitrary "Easting" coordinate of 500 kilometers, and all points within the zone are assigned coordinates based on their distance from the equator ("Northing") and from the hypothetical 0 point of Easting coordinate; so at the equator and at the central meridian the coordinate is (500.0,0). Since zones are less than 1000 kilometers wide there is no point which is actually given the coordinate 0,0, and all UTM coordinates are positive. Zones are also divided into sections designated by a letter. Here in Albuquerque that is what the "S" stands for before our UTM coordinates, but this is redundant information: it merely denotes the range in which the northing coordinate falls.

Different ways of reporting UTM coordinates

Most GPS units report UTMs in meters rather than kilometers, and it is common to see on your GPS display something like this:

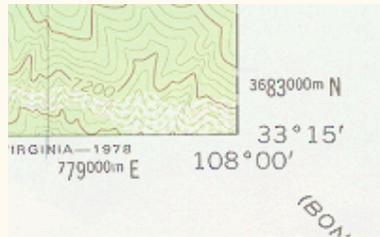
```
13S 0360639
    3885020
```

This is to be read as a location in UTM zone 13, section S, with easting coordinate of 360369 meters and a northing coordinate of 3885020 meters; that means that the given position is 139631 meters west of the central meridian (which has coordinate 500000) of zone 13, and 3885020 meters north of the equator. In kilometers this would be 360.369 easting and 3885.020 northing.

Even though only the digits down to 100 meters are significant, when reading UTM coordinates from a GPS display to base camp, rattle off every digit that is displayed, regardless of precision. This is to ensure that no errors are introduced into the coordinates by teams who interpret their own coordinates and round them off. Leave issues of precision to base camp, and instead concern yourself with getting information to them without introducing error into it yourself. This [easting followed by northing] is the preferred method for reporting UTMs to basecamp, even though some other organizations, notably the military, use a different, abbreviated method, the Military Grid Reference System (MGRS), described below.

A quick glance at a map shows that [*even the xxx.x kilometer format*] is sending more information than is typically necessary. In general, on a 7.5 minute quad map only the kilometer and tens of kilometer digits change, and so one *could* abbreviate the reported figure even further by leaving off the hundred and thousand kilometer digits. This is a technique routinely used in the military, and in this (MGRS) reporting system one would report the location above as "606850" --- the first three digits being the ten kilometer, one kilometer and one hundred meter digits of easting, and the second

three digits being the same figures for the northing coordinate. Figuring out what digits to use is fairly easy when you look at a topo map: the UTM coordinates are printed along the edge of the map like this:



The UTM coordinates shown are 779.0km easting and 3683.0km northing. As you can see, the leading digits, which would be dropped in this format, are printed smaller than the digits you would report. Unfortunately, if you use the six digit format in reporting to base camp you might find yourself having to explain why you're only reporting one number instead of two; this format is not widely used on missions, and you're not saving any time if you use a format that requires you to explain yourself. Stick to the easting/northing format, add verbiage to make it clear what you're reporting ("easting zero-three-six-zero-six-three-niner, northing three-eight-eight-five-zero-two-zero").

One last point: when reporting UTM coordinates, one reports the easting first, then the northing. This is easy to remember when reading them off GPS units, because the format displayed is the correct format to read off to base camp for most GPS units (I have seen some low-end units do it backwards, though). To remember this when using a map, just *Read Right Up* (i.e. *Read* left to *Right* along the horizontal edge to get easting, then *Up* along a vertical edge to get northing).

Geodetic Data

The Earth is not actually spherical, and this creates a problem in mapmaking. The Lat/lon and UTM coordinates of a point on the surface of the earth are actually dependent upon the way that the Earth differs from a sphere. This is only a problem when there are multiple measurements for how the Earth is shaped, and naturally there *are* multiple measurements.

Until very recently, all USGS maps were made with coordinates based on some measurements of the shape of the Earth made in 1866. This resulted in what was known as the North American Datum of 1927, or NAD27. But recently the USGS has updated their data, and now uses the North American Datum of 1983 (NAD83) on its maps. **It is not possible to "mix-and-match" UTM coordinates taken off of maps with different data.** An NAD27 map might show a particular pair of coordinates corresponding to a point on the earth some 200 yards away from where the same coordinates would be on a map of the same area with NAD83. This point was hammered home to us last year when we tried to work in an area which straddled two USGS quads and we used quads that had been made with different data --- and we were puzzled about why UTM coordinates read from the maps were not working out the way we expected them to. Always check your map datum when comparing coordinates obtained from two different sources (GPS/Map, Map/Map, Map/team-in-the-field-reporting-position, etc.).

The mixing-and-matching of map datum is most often a problem when using maps along with GPS receivers. Most GPS receivers use the WGS84 datum (neither NAD27 nor NAD83!) out of the box, and have to be reset through the menu system to use a different datum. **BEFORE YOU LEAVE BASE CAMP**, you should make sure that you are using the same datum that is used on incident base's maps! This has been a problem in recent missions, and you must absolutely be aware of it.

One last thought: while it could be considered unnecessary radio chatter, you might consider reporting your geodetic datum along with your UTM coordinates when calling in a position to base camp. This reduces the possibility that they not be aware of the difference between your datum and the one on their map; it doesn't eliminate it, of course, but it makes sure that the mistake of transcribing an NAD27 UTM coordinate onto a map with NAD83 grid lines without a conversion isn't *your* mistake.

Using a Compass

Parts of a compass

There are several different kinds of compasses, but they have many common features. The *base* of an orienteering compass is a rectangular piece of transparent plastic. On the ends and sides there are often scales of inches, miles, etc. that relate to the common scales on maps. A certain distance on the map is equivalent to an actual distance on land as determined by the scales. On the base is an arrow, called the "direction of travel" arrow or DOT. The DOT is used to depict where you are going or where you are pointing the compass.

The *bezel* is a raised circular transparent mechanism having marks on the edge representing the number of degrees. Inside its perimeter are a set of parallel lines. The middle line among these usually has some sort of arrow, pointing to the north mark on the edge. Let's call the middle arrow the "northward" arrow.

Inside the bezel is the magnetic *needle*, with one end which will point to magnetic north. It is suspended at the center and is usually balanced so it doesn't rub against the bezel. The bezel is also usually filled with a liquid to damp the motion of the needle, so that it settles quickly after some disturbance. The needle is usually colored red and white or red and black. The important point is that the red part of the needle always points toward the north pole of the local magnetic field. Note that this is **not** the same as saying that the needle always points toward the Earth's magnetic north pole. The difference is that due to perturbations in the Earth's magnetic field, it does not look like a simple dipole or bar magnet, with North at one end and South at the other. The Earth's magnetic field has curvature. We'll talk more about this when we discuss declination.

Determining the bearing to a landmark

The proper technique for holding a compass depends upon what type of compass you have. For an orienteering compass without fold-up mirror or any other sort of sighting mechanism, the best method is to place your elbows comfortably at your sides, and keep them against your sides. To obtain a bearing to a landmark, face the landmark squarely with your feet comfortably apart. Hold the compass in front of you with your elbows close to your sides, with the compass level and the direction of travel arrow pointing directly away from you, perpendicular to the plane of your shoulders. In order to get consistent readings from the compass, it is important to re-create this position faithfully. Turn your whole body to modify the direction you are pointing, rather than moving your hands or arms. Holding the compass in this manner will result in more repeatable measurements and help to decrease errors in your bearings. Now rotate the bezel of your compass until the "north" (red or luminous) part of the needle is within the orienting marks. You can now read the magnetic bearing to the landmark off of the bezel at the direction of travel arrow.

A sighting compass must be held up to your eye so that you may look through it. Some of these have a folding cover with a mirror on the inside. When used, the cover is opened to tilt above the bezel, and there is a notch on the cover for sighting. The idea is to look at your target through the sighting notch and use the mirror to see when the magnetic needle is properly in place. Make sure to hold it as level as possible so the needle doesn't drag, and that any alignment marks such as lines on the mirror or notches on the bezel are properly lined up.

To obtain the bearing to a landmark, simply sight toward the landmark and rotate the bezel until the north-pointing end of the needle lines up with the alignment marks in the bezel. Then read the bearing to the landmark off the edge of the bezel.

Sometimes it is useful to know the "back bearing" from a landmark to your current location. The easiest way to do this is to find the bearing of the landmark, then turn the compass around and read the back bearing off of the bezel at the tail end of the direction of travel arrow. The back bearing is also easily determined from your bearing by simply adding or subtracting 180 degrees. Depending on what's comfortable for you, another way to determine back bearing is to simply use the bezel. Twist the bezel until the *southward* -pointing end of the magnetic needle (usually black or white) is lined up with the *northward* arrow of the bezel. The reading which is now indicated by the arrow or tick-mark on the bezel is the back bearing.

Exercise: finding bearings to local landmarks

Once we get to the practice area you'll see that we have laid out markers pointing at prominent features nearby. Go to each one in turn and determine the bearing from the marker to the landmark.

Walking a bearing

It sounds simple, but there are some practical considerations when you decide to walk toward a landmark you have chosen. For example, how can you make sure that you stay on course? What if there are some obstacles in the way? You could walk with your compass out in front of you set to the desired direction of travel, and keep looking down at it to stay on course. A better way is to pick some distant object that you can see that is in the direction that you want to go, and walk toward it. Keep looking at the object frequently, since its appearance may change as you get closer, or you may lose sight of it if you drop into a low area. When you get to the object, repeat this exercise until you get where you want to go. If there are obstacles (streams, cliffs, rocks, etc.) in the way, you can walk around them to get to the object you picked out from your last point. Then go to the other side of the object and repeat this process.

Exercise: The Three-Point Compass Walk

This is a simple field exercise we will do to practice walking bearings. We'll find an area that's open enough to work in, but wooded enough for it to be a challenge. Mark your starting position by dropping a coin (the value of the coin should be proportional to your confidence that you can find it again). Pick a random bearing, set your compass to that bearing, and walk it for a random distance, say 100 feet. Remember that distance. Stopping after this distance, add 120 to the bearing you've been walking, then set your compass to the new bearing and walk for the same distance as before. Stop, add 120 to the bearing again, and walk the same distance once more. You should be no more than a few paces away from the spot where you dropped your coin.

Magnetic anomalies

Since compass needles are really just lightweight magnets, compass measurements can be thrown off by nearby metal objects. Be sure to keep the compass well away from things like your radio, your car, that barbed-wire fence you're standing next to, railroad tracks, the power lines nearby, etc.

You also need to keep metal objects such as belt buckles, knives, and pens away from the compass.

There are other phenomena associated with terrain that can affect compass readings, too. Tailings from mines where iron or other magnetic ores were gathered can affect compass readings. There are also geological features that are magnetic, such as the Malpais volcanic deposits south of Grants and northwest of Ruidoso, New Mexico.

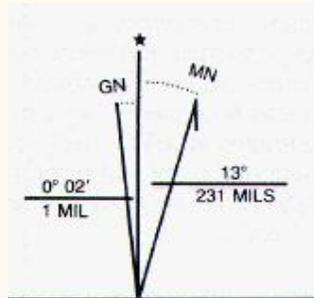
Navigation with a map and a compass

Magnetic declination

The map and compass can be used together to tell you precisely where you are and how to get where you want to be. But without keeping a few things in mind you might as well not have either.

As we mentioned earlier, the compass needle does not actually point at the northern end of the Earth's axis, that is "true north," but rather at the north pole of the local magnetic field. Most maps, however, are drawn in a projection which puts meridians of longitude parallel to the sides of the map --- that is, the vertical edges of the map point to true north. The angle between a line drawn from any point on the map to the north pole, and a line drawn from that same point to the local magnetic north is known as the *magnetic declination*, and is currently about 10.5 degrees East in our area. In other words, when your compass is reading zero degrees along your direction of travel, you're actually traveling on a true heading of 10.5 degrees true. Similarly, if you measure on your map that you have to follow a true heading of 10.5 degrees, you must know that when you use your compass to follow that path you have to set it for a heading of zero degrees!

Many people have come up with mnemonics to help remember whether to add or subtract declination to convert from magnetic to true bearings. One reliable tool that you can't forget is the declination diagram printed on the map. Here's an example of one, taken from a USGS training website (**NOT** a map of our area!):



What this diagram tells you is that true north (the line with the star) lies at the top of the page. Magnetic north (the line with the half-arrowhead) is 13 degrees to the right of true north, and the UTM grid ("GN") north is two minutes to the left of true north. So, when your compass is reading 0, it is pointing thirteen degrees to the right of true north, so 0 magnetic = 13 true. In the case of this declination ("east declination"), $MAG+DEC=TRUE$. If you memorize formulas better than you can read declination diagrams, remember that formula, because it's the one that's appropriate for areas with east declination such as ours.

One approach for dealing with declination is to draw magnetic north lines onto your map. To do this, set your compass to the declination --- thirteen degrees in the case above, and set it on the map with the north line of the bezel parallel to a true north line on the map (ignore the needle for this, just use the markings on the case). Now your direction of travel arrow points along magnetic north. Using the edge of your compass as a straightedge, draw a magnetic north line. It is best to draw several of these lines, across the entire map. Now you can read magnetic bearings directly off of the map by making measurements relative to your magnetic north lines instead of the true north lines, obviating the need for any formulas at all. But be mindful of one thing: magnetic declinations change over time, and the declination printed on the map might not be the declination which is actually affecting your compass today; the change is small over a year, but some maps were printed 10 years ago or more. The declination you must take into account is today's declination, because that's the one your compass sees. So if you draw in magnetic north lines, make sure you're doing so with the right declination.

Another caution which can be important in other parts of the country: the declination diagram is not always to scale, especially if it is depicting small angles. In the case of small angles the figure might be exaggerated, but the numbers printed nearby will be correct. Sometimes map users are told to extend the magnetic north line on the declination diagram to obtain magnetic north lines on the map, and most of the time that's OK, but watch out for printed statements nearby that the diagram is "for obtaining numerical values only." And remember, too, that the declination diagram might be outdated. For these two reasons it's probably better not to use the diagram directly to draw your magnetic north lines.

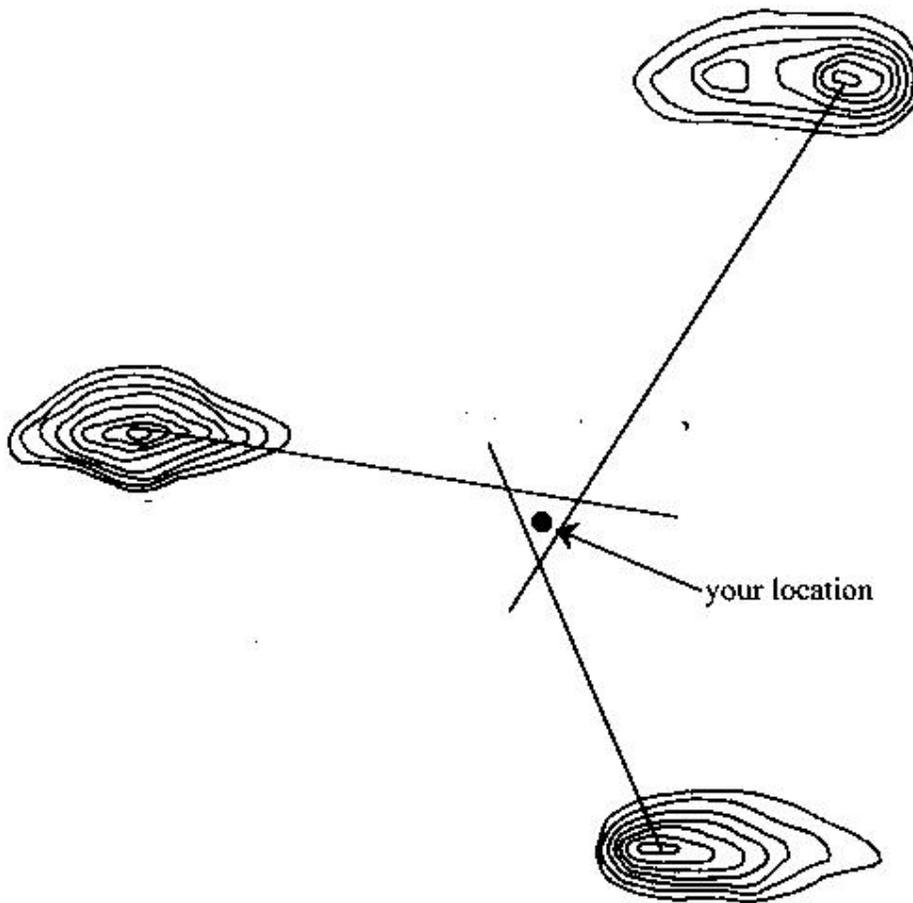
Exercise: finding true bearings

With each of the magnetic bearings you obtained in the bearing exercise above, determine the true bearing by applying declination.

Resection to locate position on the map

In order to determine what direction to go in order to get where you want to be, you must first know where you are. Sometimes this is easy, such as when you can unambiguously identify a feature on the map, and you *know* that you are standing right next to it. In other cases the map and compass can be used together to locate your current position on the map. This process is sometimes referred to as "triangulation" but is more precisely called "resection."

In order to locate yourself on the map by performing resection, the basic idea is to compare your topographic map to what you are looking at, and identify terrain features that you are sure you can both see and associate with a feature on the map. Just by looking at the map and the terrain, you should have a general idea of your location. Terrain recognition is important to pinpoint your location more accurately. Now you determine bearings to these features, and draw lines on the map corresponding to the bearing to those features. The use of at least three lines is recommended, and they should cross in a small triangle. It is ideal to choose landmarks all around you, but sometimes this is not practical, as when on one side of a mountain range, with nothing distinguishable in the other direction. Choose landmarks as far apart as possible. Your best guess at your position will be in the center of the triangle that you draw. This process is illustrated schematically below:



A few points should be made about resectioning. First and most obvious, the more points you use, the more accurate you will be able to determine your position. Using more points will also tell if you have a "flyer," i.e. one bearing that you did wrong or terrain feature you misidentified. This line will be way off where the others meet. For these reasons it is preferable to look at as many features as possible. Second, be very careful when using man-made objects. Keep in mind that maps are updated infrequently, and that man-made features usually change more frequently than the terrain features do!

Exercise: Terrain identification and resection

Now that you have true bearings to all the landmarks we pointed out for you in the two exercises above, it's time to figure out where we are. The first step is to identify each of those features on your map; this is probably the hard part, and we'll probably be spending a good bit of time on this. The next step is to draw lines from the feature on the map which make the same angle with the true north lines the bearing you determined dictates they should. Where the lines intersect is where we are. Congratulations, you've done a resection!

Estimating distance

It is easy enough to use pacing to estimate short distances in the field. However, another very useful skill is the ability to estimate longer distances in

the field, and how these compare to distances on the map. This comes with practice. Mastery of this skill will help enormously in terrain recognition, since in addition to the shape of the object, some clues about how to uniquely identify the feature can be gained from estimating about how far away it is, and seeing if this is consistent with the map. The best way to practice is to carry a topographical map of the area while you are hiking. Pick out objects that you will be hiking to, and see how long it takes you to get there. Stop and look around while hiking, and see if you can pick out near and far objects on your topographical map.

Walking a bearing taken from a map

Ok, you've marked two points on your map, one representing your starting point and the other representing the place you want to be. What now?

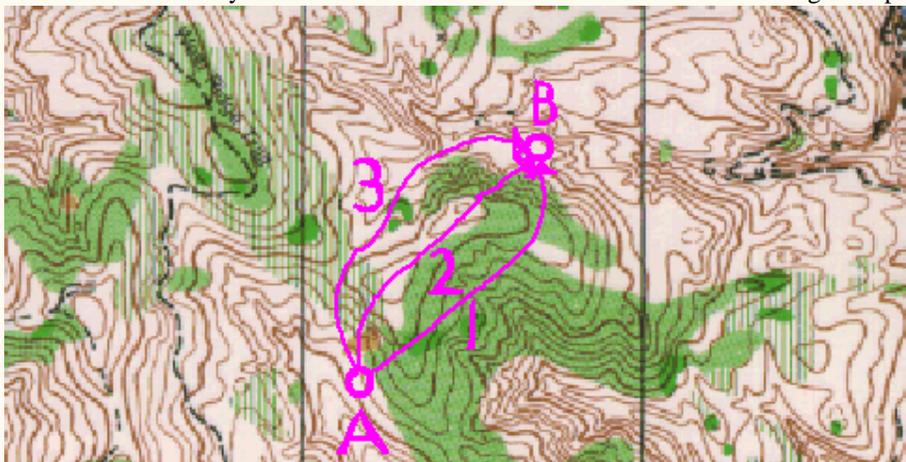
The easiest way to set yourself up to walk to your destination is to set your compass to the right bearing. Draw a straight line between starting point and destination, set your compass so that the DOT arrow points from starting point to destination. Now rotate the bezel of your compass so that the parallel lines inside are lined up with the magnetic north lines you've drawn onto your map. Your compass is now set so that if you turn yourself until the north-pointing part of the compass needle is lined up with the alignment marks on the bezel, then you will be walking the correct magnetic bearing to your destination.

Once you have set your compass to the correct bearing, you can forget the map again and just follow the bearing as we discussed above: pick out a landmark that lies along your intended direction of travel and walk towards it.

Route-finding strategies

The High Road or the Low Road?

After determining where you are and where you want to go, you must then consider how to get there. You could walk in a straight line, following a bearing until you get to your landmark. The shortest distance between two points is a straight line, but only on a perfectly flat surface or if you can fly there! Even in real terrain, the direct route is not always the fastest or the safest. Let's consider an orienteering example [1].



Sample Routes for hypothetical leg

In the picture above, assume that we want to go from point A to point B. We could go by route 1, 2, or 3. Route 1 is the straightest, but goes through heavy vegetation and you might have trouble navigating once in there. Route 2 is also fairly straight and less tree-covered, but goes over two hills that might take a lot of time and energy to climb. Route 3 is the longest, but has little vegetation and a gradual slope. You must consider tradeoffs such as distance, navigation ability, and how strong you feel in order to decide the best route for you. There is no right or wrong answer.

Locating a nearby "handrail"

Finally, it is most efficient to make maximum use of available terrain features or man-made objects to help you get from one place to another. For example, you may determine a bearing to a distant point and decide that it is easy enough to walk straight to that location. But what if you were looking for something small, like a mine entrance or a spring to use as an emergency water source? You might get lucky and walk straight to the object, but if you make a small error in sighting, or walk off of the bearing a little, you could walk right past the object you are looking for. Most orienteering experts follow terrain features that are hard to miss but take you nearby the object you are looking for. For example, a spring, even an intermittent one, will usually have a drainage flowing downhill from it. Instead of trying to walk right to the spring, you might choose to navigate

conservatively a little down the drainage from the spring. The drainage will be harder to miss than a small spring, and when you get there, you can turn uphill and walk right to the spring. Spend the time to think about where you want to go, and what terrain features you might take advantage of in this way to help you get there.

References

1. Monterey Bay Orienteering Club, at <http://web.nps.navy.mil/~navigate>



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- If you are a member of CSAR and don't see **Member** in the navigation bar below, sign the guestbook to activate your account. You'll need to enter the team password (which is given to team members), then come up with your own Username and Password at the prompts.

Here's what the weather in Albuquerque is like today, courtesy of the Weather Channel:



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Introduction

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What is Cibola Search and Rescue?

Cibola Search and Rescue (CSAR) is an organization whose members are all unpaid volunteers, and which provides wilderness search and rescue (SAR) services to the State of New Mexico. We are based in Albuquerque, New Mexico, and we specialize in ground search techniques and litter evacuations in wilderness situations. In addition, certain individuals have expertise in technical rescue, Incident Command positions, canine training, and other SAR-related skills.

Training

The team offers numerous trainings in topics related to our specialties. These usually occur on one weekend morning per month, and we provide SAR-related presentations prior to our monthly business meetings. Among the various topics are Land Navigation, Search Techniques, Litter Evacuations, Safety, and Gear/Clothing.

Missions

CSAR participates in missions statewide, but the majority of them are in the Sandia mountains adjacent to Albuquerque. The State Police have high-level authority for the missions, but the in-field administration and operational units are completely staffed by unpaid volunteers. We averaged about 40 missions in each of the years 1995/1996, and we have had 33 missions in the 1 year period between August 1998 and August 1999.

Membership

After attending three CSAR events (customarily meetings and trainings), individuals are invited to an orientation session. This session familiarizes them with the basics of SAR, and CSAR's policies. They are also assigned a mentor, and receive a packet of information for new members, a copy of our Member Guide, and a list of required [gear/clothing](#). After they have acquired the prescribed gear/clothing, they are called for missions. During their evaluation period, they are required to team up with more experienced CSAR members while in the field. Details on membership requirements, attendance requirements, training requirements, team policies, etc. are found in the Member Guide.

Equipment

CSAR maintains a gear cache for use in various types of SAR missions. This includes a litter/wheel, ropes and associated gear, radios, GPS's, and maps. Any CSAR member who deploys to a mission can use this gear when appropriate. In addition, each individual must acquire what they would need to spend 24 hours in mountain conditions, most of which is detailed on the list of [required gear/clothing](#).

Meetings

The regular business meeting is held every second Thursday of the month at 7:15 P.M. and is usually finished by 9:00 P.M. We are not affiliated with any religious organization, but the congregation of [St. Chad's church](#) graciously allows us to use their meeting room.

For More Information

For more information about Cibola SAR and Search and Rescue in New Mexico, visit our [List of Answers to Frequently Asked Questions](#).

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Frequently Asked Questions (FAQs)

Following is a list of Frequently Asked Questions (FAQs) about Search and Rescue. These are answered to aid in your understanding of Search and Rescue (SAR) in New Mexico and the Cibola Search and Rescue team (CSAR) in particular.

- **NEW** [I collect patches, how can I get one of yours?](#)
- [Who provides wilderness Search and Rescue \(SAR\) services in New Mexico?](#)
- [How does a SAR mission get started?](#)
- [I would like a full-time job in SAR, can you help?](#)
- [What sorts of missions are you called for?](#)
- **NEW** [How many missions do you get called for in a year?](#)
- [Do you need to know how to rappel or climb mountains?](#)
- [Do you need to be an EMT or a paramedic?](#)
- [Do you need to be a volunteer fireman or an ambulance worker?](#)
- [Do you need to be an Amateur Radio Operator \(HAM\)?](#)
- [Do you need to be certified by any agency?](#)
- [How much do you get paid?](#)
- [How often do you train?](#)
- [What gear and clothing do you need?](#)
- [What level of physical fitness is required?](#)
- [Do you need to buy a radio?](#)
- [Do you need wilderness survival training?](#)
- [How long do you stay in the wilderness?](#)
- [What other skills are required?](#)
- [What insurance coverage is provided?](#)
- [How much does it cost to join a team?](#)
- [What types of teams are there in the Albuquerque area?](#)
- [What are CSAR's specialties?](#)
- [Are there any age limits for participants?](#)
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- [What level of participation would be expected of me?](#)
- [What is the procedure for team callout?](#)
- [How soon after joining can I go on missions?](#)
- [How often do you get called?](#)
- [How far away do you respond?](#)
- [Do you handle dead bodies?](#)
- [How do I join the team?](#)

If you have other questions, feel free to [contact us](#)

• **I collect patches. How can I get one of yours?**

After "[How do I join?](#)" and "[I would like a full-time job in SAR, can you help?](#)" this is one of the more common questions we get on our feedback form. We're sorry, our patches are never made available to non-members. We give them out to people only when they achieve full active-member status on the team.

• **Who provides wilderness Search and Rescue (SAR) services in New Mexico?**

SAR missions are conducted by non-paid volunteers under the authority of the State Police. There is a State statute known as the 'SAR law' that sanctions the system, and a document called the 'SAR Plan' that details it. The Incident Command System (ICS) is mandated for running SAR missions.

• **How does a SAR mission get started?**

Specially-trained State Police officers decide if the circumstances are appropriate for a SAR mission. If so, trained volunteers (labeled Field Coordinators) are called to manage the mission. They choose the management and field resources for the mission, and ensure that Planning, Logistics, and Operations are performed as required.

• **I would like a full-time job in SAR, can you help?**

Sadly, while we are frequently asked this question, we have not yet learned a way to quit our day jobs. There is exactly one full-time, paid Search and Rescue position in New Mexico, the "State Search and Rescue Resource Officer." This position was filled by Rick Goodman until 2002, and beginning on May 13th, 2002 is filled by

James Newberry (a Cibola SAR alumnus!). You can learn more about the state's SAR program by visiting the [state SAR website](#). All other Search and Rescue functions in the state are handled by unpaid professionals who volunteer their time. Other states do have paid search and rescue teams, but we have no information about careers in SAR.

• What sorts of missions are you called for?

In about 110 missions during the period from January 1994 to June 1997, we've been called to provide the following skills (some missions requested multiple skills):

- Ground Search: 85% of the missions;
- Litter Evacuations (including recovering deceased persons): 35% of the missions
- Canine Search: 10% of the missions;
- 4-WD Search: 10% of the missions.

• How many missions do you get called for in a year?

This is widely variable from year to year. Here's a table of how many missions of each type we've been called for since 1 Jan 1996:

Year	Search	Rescue	Litter Evac	Litter Evac/Recovery	Helicopter evac	Total
1996	36	0	9	3	2	50
1997	23	0	2	0	0	25
1998	21	3	4	1	0	29
1999	20	3	3	1	0	27
2000	24	2	6	0	2	34
2001	20	3	2	0	0	25
2002	23	0	4	1	0	28
2003	21	3	8	1	0	33
2004	10	0	2	0	0	12
	198	14	40	7	4	263

In this table, "Search" is a mission initiated to look for a lost person, "Rescue" is a mission initiated to come to the aid of person in a known location, "Litter evac" is a mission in which the team carried an injured subject from the field, "Litter recovery" is a mission to retrieve the remains of a deceased person, and "Helicopter

evac" is a mission that ended with the subject being placed into a helicopter and taken to safety.

- **Do you need to know how to rappel or climb mountains?**

No - in fact, the majority of assignments at missions are for 'groundpounding' - i.e., searching on foot. However, some teams such as the [Albuquerque Mountain Rescue Council](#) do specialize in 'technical rescue', which requires climbing skill, use of mountaineering equipment, and other skills needed to stay safe in a vertical or nearly vertical environment.

- **Do you need to be an EMT or a paramedic?**

No - but some SAR personnel have such credentials. Searchers who are not medically trained are expected to request trained personnel to the scene if the situation dictates. Most SAR personnel know the basics of Wilderness First Aid.

About a quarter of our team is trained for Wilderness First Responder certification. We have a medical director and medical protocol. Those who have EMT or other medical skills could function under the team protocol and medical director. Wilderness skills are different from urban, ambulance-based emergency medicine and members are encouraged to learn the wilderness version of emergency medicine. If you don't have medical skills and are not interested, don't worry, this is not required.

- **Do you need to be a volunteer fireman or an ambulance worker?**

No - people from a variety of occupations volunteer for SAR.

- **Do you need to be an Amateur Radio Operator (HAM)?**

No - but many SAR personnel obtain at least a technician's license, and the team occasionally offers a class to help new members study for the licensing exam. Communications by HAM radio are often the only way to talk to incident management personnel from remote locations. On missions, we also are temporarily licensed to use the State SAR frequency (155.160).

- **Do you need to be certified by any agency?**

It is not a requirement in general for SAR teams in New Mexico, but CSAR

requires its members to be certified according to the latest NM State SAR standard, within one year after joining the team.

- **How much do you get paid?**

Nothing for your time - but you can get reimbursed by the state for the cost of fuel used to travel to/from missions and certain specially-designated trainings. The personal satisfaction of working with others for a common humanitarian purpose is substantial.

- **How often do you train?**

Cibola has monthly training sessions. In our current schedule, training events are on the weekend following the business meeting. We alternate Saturdays and Sundays. We train in map and compass, search techniques, litter evacuation technique, low-angle litter handling, tracking, wilderness first aid/responder, winter survival skills, 4WD driving, helicopter safety, radio communications, and assorted other topics.

The three skill areas ALL members are required to learn are map and compass, search techniques, and litter handling. Some members have technical climbing skills and equipment, but this is not required. Some members also train search dogs or ride horseback with the mounted SAR group. We can refer you to other teams that specialize in these areas if you want to join a specialized team. Members are expected to attend at least two trainings every six months to be proficient in the necessary skills.

- **What gear and clothing do you need?**

You need items that will allow you to spend 24 hours safely in the wilderness, in whatever weather that might occur. Check the [Required Gear and Clothing List](#) and talk to other members to get an idea of costs. Expect to spend at least \$500 for the basics.

- **What level of physical fitness is required?**

At this time, there are no set criteria for CSAR. But an "average" mission scenario would be the ability to hike for at least 4 hours at a 2 mph rate, in terrain above 8000 feet, carrying a 30-lb. pack.

- **Do you need to buy a radio?**

No - but every search team (usually 3 people) is required to have at least one in order to deploy into the field.

- **Do you need wilderness survival training?**

All field personnel are expected to be able to perform SAR duties safely in the wilderness. Inclement weather is one of the realities, and we provide information on how to handle it safely. In addition, our Gear and Clothing requirements go a long way towards aiding in survival. We do not learn how to eat grubs, make fire with two sticks, or things of that nature.

- **How long do you stay in the wilderness?**

SAR field personnel are expected to be able to be self-sufficient for 24 hours, but usually you're in the field less than 8 hours at a time. The time can lengthen considerably if the subject is found injured deep in the forest, or for certain assignments that can't be completed more quickly.

- **What other skills are required?**

None are required when you start. We provide training in Orienteering, Communications, Safety, Gear/Clothing concepts, Litter Evacuation techniques, and other topics. Every Cibola member who intends to deploy on field missions is expected to meet our [minimum training standard](#) within a year of joining.

- **What insurance coverage is provided?**

The State provides coverage for travel to/from the missions. It also provides liability and accident insurance for mission activities. No other type of insurance coverage is provided.

- **How much does it cost to join a team?**

It varies by team. Cibola SAR has a one-time \$10 application fee, to cover the cost of documents that are provided. Of course, the gear and clothing can get expensive, and radios are the most costly item.

- **What types of teams are there in the Albuquerque area?**

CSAR primarily specializes in groundpounding (searching on foot) - there are other teams that specialize in technical rescue, field communications, home-based communications and logistics, horse search, and dog search. Most teams have members who possess skills in more than just the team specialty. Two of the teams (including CSAR) have extensive gear for litter evacuations. We have a few links to these other teams' websites on our [Other Interesting Web Sites](#) page.

- **What are CSAR's specialties?**

Our primary specialty is groundpounding - searching on foot. Our secondary specialty is litter evacuation. Since more than half the team members own 4-WD vehicles, we also provide search capabilities using those vehicles. Certain individuals on the team have other SAR skills, such as technical rescue and dog handling. All CSAR members are required to be capable of groundpounding.

- **Are there any age limits for participants?**

CSAR limits participants to age 18 or over. There are no maximum age limits.

- **Can my dog be useful for SAR?**

Experience suggests that most dogs are not suitable for search and rescue, but a well trained SAR dog can be a valuable resource. If you are interested in this aspect of search and rescue, there is a local team, [Sandia Search Dogs](#) that specializes in SAR dogs, and there are other similar teams around the state. While Cibola SAR does not have a "K9 Unit", we do have some individuals who train SAR dogs; all of these members are also members of Sandia Search Dogs. Dog handlers train quite often: a quick peek at Sandia Search Dogs' training schedule shows scheduled training events twice to three times per week.

- **What level of participation would be expected of me?**

CSAR expects you to attend 3 business meetings, 2 trainings, and 1 mission per 6 months. However, members are encouraged to participate much more than this minimum guideline. Experience and training are very important - the subjects of our searches deserve more than just minimal attendance by our members.

- **What is the procedure for team callout?**

The appropriate mission management person calls our team page number. Two

team members volunteer to carry the pagers for a month. One of these pager-holders contacts the caller and updates our hotline with the mission information. Then certain team members, who are branch leaders on our phone tree, call the people assigned to their branch. Members who can deploy leave a message on the hotline, and a few minutes later the pager-holder reviews the messages and provides a headcount to the mission management. Generally the callout is completed within 1/2 hour of the page.

- **How soon after joining can I go on missions?**

CSAR requires an Orientation, generally less than an hour, which is offered to candidates after they have attended three CSAR functions. The Orientation focuses on basic SAR concepts, callout procedures, Gear/Clothing requirements, and team rules. After that, you can ask for a Gear/Clothing check vs. our required list. Upon passing the G/C check, you will be assigned a mentor who will call you for missions. For the first six months, you must always be partnered with a CSAR member on any field assignment. This is not because we don't trust you, it's so you learn how CSAR members conduct themselves on missions.

- **How often do you get called?**

We averaged 45 missions in 1995 and 1996, and 33 missions in the 1 year period between August 1998 and August 1999. Most missions occur on weekend nights. Attendance is optional, but team members are expected to give SAR activities a high priority.

- **How far away do you respond?**

CSAR responds statewide. Each individual can decide whether to respond to any particular mission. Usually about half our missions are in the Albuquerque area. Generally a search is conducted using local teams for the first 12 hours and then more-distant teams are called.

- **Do you handle dead bodies?**

Unfortunately, sometimes people die before we find them. We treat them with dignity and retrieve their remains for the benefit of their loved ones. Individuals who are sensitive to this aspect of SAR need to evaluate whether they can deal with such a situation. Of course, any mission can turn out to be a body recovery, and participation may be unavoidable once you're in the field on an assignment.

• How do I join the team?

If you're a resident of the Albuquerque, NM area or are planning to move to the Albuquerque area and wish to join Cibola, sign our [guestbook](#) and indicate that you're interested in membership. We'll give you a call (or e-mail) and tell you more about CSAR or SAR in general. If you're not a resident of New Mexico right now, please make sure to leave us an e-mail address. We can't generally follow up on out-of-state contacts by telephone.

Getting Started

Newcomers are asked to attend a business meeting first. We meet the second Thursday of every month at 7:15 p.m. at St. Chad's Episcopal Church in Albuquerque. *[Note: There is an exception to this general rule! Our December business meeting is rarely on the second Thursday, it is generally combined with a family-friendly holiday party on a weekend. If you are contemplating joining us in December you should be sure to contact the [membership officer](#) in advance rather than just showing up to St. Chad's on the second Thursday of December!]* The church is at 7171 Tennyson NE. From Tramway Blvd, turn west on San Rafael (it's north of Academy and south of Paseo del Norte). Then take your first left onto Tennyson. Go south two blocks and the church is on your right. [Here's a map.](#)

Try to come a little early to get some newcomer information and handouts. At 6:30 we often have pre-meeting presentations. You can call or email the [membership officer](#) to check on this month's schedule. You must be over 18 to start with us. There are no other requirements, but see the questions "[What Other Skills are required?](#)" and "[How often do you train?](#)" earlier in this file.

New Member Orientation:

You can get out on real search and rescue missions pretty quickly. We ask newcomers to attend three events (training, meetings, hikes) prior to receiving an orientation. This gives you a chance to decide if search and rescue is for you. Once you have attended three events, you will receive an orientation packet and schedule an orientation session with the membership officer. You must also have a gear check to be sure you have the required gear. Once these are completed, you will be added to our call-out phone tree and can attend missions with an active member. During your first year, you must show that you have gained the skills needed by passing three evaluations. These are not difficult if you have attended trainings. The evaluations are in map and compass, search techniques and litter handling. You must also complete the state certification exam for field responders. This is, again, not difficult once you've looked at the material and learned a little compass skill.

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What's changed recently?

- **12 August 2004:** Published August 2004 issue of [Lost ... and Found](#), our 96th issue.
- **13 January 2004:** Added a link to [TopoWeb](#) to our [Other Interesting Web Sites](#) page.
- **1 December 2003:** Made team calendar database viewable by anyone. Check out the "Calendar" button in the bottom green navigation bar.
- **13 October 2003:** Added an early draft of a debrief for our last mock search to the [training debriefs page](#)
- **9 October 2003:** Added some photos from the mock search to our [Photo Gallery](#)
- **20 March 2003:** Added some more training photos to our [photo gallery](#). These are actually just links to the photos in the training debrief added a couple of days ago.
- **18 March 2003:** Added an early draft of a debrief for our last litter handling training to the [training debriefs page](#)
- **9 Jan 2003:** Publish first draft page of [Cibola SAR Bylaws](#).
- **17 Dec 2002:** Added [The SAR Pack, Part II](#), [The SAR Pack, Part III](#), and [Less Basic Communications](#) to the [minilessons](#) page.
- **15 Dec 2002:** Updated [contact information](#) to reflect the new board.
- **13 Dec 2002:** Published December 2002 issue of [Lost ... and Found](#).
- **8 August 2002:** Updated the [Frequently Asked Questions List](#) to add a couple of more frequently asked questions, and more up-to-date mission statistics than the "1994-1997" stuff that has been there forever.
- **13 June 2002:** Added Steve Buckley's SAR Cutting Tools articles to the [minilessons page](#).
- **2 May 2002** Removed some dead links from the [Other Interesting Web Sites](#) page. There were quite a lot of them, and this web page was in danger of being a cobweb page.
- **15 Sept 2001:** Added debrief for our Mock Search to the [training debriefs page](#)
- **13 June 2001:** Added some links to mapping products and programs to our [Other Interesting Sites page](#).
- **19 Apr 2001:** Added a link to a FEMA self-study course on ICS to our [Other Interesting Sites page](#).
- **16 Jan 2001:** Added debrief for December's land nav training/mission to the [training debriefs page](#)
- **3 Jan 2001:** Removed 20 or so old items on this page that said nothing more than "published newsletter." Updated [contact information](#) to reflect new executive board. Updated [training](#)

[schedule](#) page.

- **31 July 2000:** Added an editorial note to our "Basic SAR Communications" minilesson pointing readers at the FCC's on-line regulations.
- **20 July 2000:** Updated [Training debriefs](#) page to include last weekend's mock search.
- **12 July 2000:** Added a [Hike of the Month](#) archive. Published July 2000 issue of [Lost ... and Found](#).
- **15 May 2000:** Made what few "training debriefs" we had on line available outside of the "Training Records" database, and put them on the [training debriefs page](#).
- **27 Sept 1999:** Made separate pages of [minilessons](#) from past newsletters that somehow never made it to the minilessons page before.
- **12 August 1999:** Minor cosmetic changes made to the [Frequently Asked Questions List](#), the [Introduction to Cibola SAR](#), our [Minimum Required Gear List](#) and our [Three Tiered Clothing System FAQ](#).
- **12 July 1999:** Updated [contacts](#) page to reflect results of special election.
- **16 June 1999:** Updated some links in the [Other Interesting Sites](#) page, including a link to an updated, functional [SuperMorse](#) to replace the outdated version 4.06 that didn't run under Windoze 95/98.
- **6 Apr 1999:** Published April issue of [Lost ... and Found](#). Added a nifty little link to the top level home page which gives today's weather, updated regularly, and a link to a 5-day forecast from the weather channel.
- **19 Jan 1999:** Updated [Training Policy](#) page to include requirements imposed at the December 1997 meeting that have never been previously documented other than in [minutes](#), and to incorporate a change in recertification frequency decided at the March 1999.
- **20 Jan 1999:** Added Mike Dugger's article on [hypothermia](#) and Mike Dugger and Tom Russo's article on [fire starting techniques](#) to [minilessons](#) page.
- **19 Jan 1999:** Updated [gear](#) and [Training Policy](#) pages to reflect a recent change in the requirements for PACE certification.
- **14 December 1998:** Added link to [training schedule](#) to main web page
- **11 December 1998:** Changed [contacts](#) page to reflect new officers as of 10 December's elections.
- **21 October 1998:** Added link to the [Interesting Links](#) page pointing to the [Upper Rio FM Society](#) website.
- **14 Oct 1998:** Added David Dixon's article on [The SAR Pack](#) to [minilessons](#) page.
- **4 Sept 1998:** Published September issue of [Lost ... and Found](#). Modified newsletter access page to allow SWCP's search engine indexer to find stuff on our newsletter, so now our [search page](#) will retrieve newsletters that match keywords, as well as regular web pages.
- **7 August 1998:** Published August issue of [Lost ... and Found](#). Added [topo map reading minilesson](#) to [minilessons](#) page.
- **11 June 1998:** Published June issue of [Lost ... and Found](#). Updated [CSAR Contacts](#) again.
- **24 April 1998:** Updated [CSAR Contacts](#) to reflect changes in executive board.
- **2 April 1998:** Updated lesson on [Basic Knots -- Part 2](#) with the pictures of the prussic hitch and

water knot

- **5 March 1998:** Updated [minilessons](#) page to include link to John Mindock's lesson on [Orienteering](#).
- **5 March 1998:** Published March issue of [Lost ... and Found](#).
- **22 January 1998:** Added some more training photos to our [photo gallery](#).
- **20 January 1998:** Updated [minilessons](#) page to include link to Tom Russo's lesson on [Basic Knots -- Part 2](#) even though it's not finished.
- **8 January 1998:** Added some training photos to our [photo gallery](#).
- **6 January 1998:** Updated [minilessons](#) page to include link to Mike Dugger's lesson on [Basic Radio Communications](#) which also appears in the January issue of [Lost ... and Found](#).
- **6 January 1998:** Updated [minilessons](#) page to include link to Tom Russo's lesson on [Basic Knots -- Part 1](#) which will appear in the February issue of [Lost ... and Found](#), and is also linked to from the [training policy and standards](#) page since those knots are required as part of the litter evaluation.
- **26 December 1997:** Added a "resources" section to [training policy and standards](#) page. So far only a link to the [litter evaluation instructions and checklist](#) are there, but more will come, especially once the pictures I took of knots in various stages of tying get back from the shop.
- **16 December 1997:** Added more links to the [Interesting Links](#) page.
- **12 December 1997:** Changed [contacts](#) page to reflect new officers as of 11 December's elections.
- **5 December 1997:** Major cleanup of HTML - ran the whole thing through weblint and fixed all errors. Still need to fix the newsletter so that Lynx users can read it, but this is a major undertaking and my only happen for future newsletters, not for past issues. Took the "Web Interoperability Pledge" and added a link to the WIP home page to our top level page. There are still problems with HTML 3.2 spec compliance. We'll get 'em.
- **4 December 1997:** Added more Ham radio links to the [Interesting Links](#) page.
- **2 December 1997:** Updated [minilessons](#) page to include link to John Mindock's second lesson on [Clothing for SAR](#).
- **13 November 1997:** Updated [minilessons](#) page to include link to John Mindock's lesson on [Clothing for SAR](#).
- **24 September 1997:** Updated [Answers to Frequently Asked Questions](#) page to include 3-year mission statistics.
- **23 September 1997:** Updated [minilessons](#) page to include link to John Mindock's second lesson on [Probability of Detection](#).
- **20 September 1997:** Modified [Introduction to Cibola SAR](#) page at direction of [executive board](#).
- **19 September 1997:** Modified [Frequently Asked Questions](#) to include a pointer to our revised [training policy and standards](#).
- **16 September 1997:** Added text to [About This Website](#) to describe how to fix up cookie problems.
- **10 September 1997:** Added [contact page](#) listing current team mailing address and executive officers. Added links to [Interesting Links](#) page.
- **2 September 1997:** Updated [Frequently Asked Questions list](#) to include executive board's

approved changes. Moved [UTM Converter](#) page to the publically accessible area.

- **28 August 1997:** Added the What's New page and updated the Minilessons page to include John Mindock's latest article on [Probability of Detection](#).

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Cibola's 2004 Officers

- **President:** Larry Mervine
- **Vice President/Training Officer:** Tony Gaier
- **Secretary:** Aidan Thompson
- **Treasurer:** Lili Ziesmann
- **Membership:** Robert Baker

Contacting Cibola SAR

Mission Activation

Cibola SAR is activated only through the New Mexico Department of Public Safety, and only participates in missions for which an official DPS mission number has been issued.

Electronic mail

All correspondence regarding this website may be sent to csar@swcp.com, which is the address used by the web staff. Electronic mail intended for the officers may also be sent to them in care of this address.

If you are considering contacting us to ask for a patch for your collection, or to inquire about full-time jobs in SAR, please look first at our [Frequently Asked Questions list](#), as those questions are answered there.

Paper mail

Paper correspondence to Cibola SAR or any of its officers may be sent in care of:

Cibola Search and Rescue
P.O. Box 11756
Albuquerque, NM 87192

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CIBOLA
search and rescue

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NOTE: The bylaws posted on this web page are entered from a draft hardcopy with revision marks that was in the possession of the webmaster. While it is very likely to be correct, it is not necessarily identical in every respect to the copy of the Bylaws on file with the State Corporation Committee. As soon as an official copy of the signed, dated and notarized version of the document is available this web version will be brought into agreement with it.

BYLAWS OF CIBOLA SEARCH AND RESCUE, INC.

ARTICLE 1 - MEMBERS

Section 1.1. Membership. The initial Board of Directors of Cibola Search and Rescue, Inc. (the Corporation) shall be the Members of the Corporation until the first meeting of the Members and until their successors shall have been duly elected and qualified, or until their earlier death, resignation or removal in accordance with the Bylaws. Beginning with the first meeting of the Members, the Members of the Corporation shall consist of any person who has been accepted for membership under the terms and conditions of the Corporation's Membership Guide.

Section 1.2. Rights and Duties of Members. Each Member of the Corporation shall have the right to cast one vote on all actions for which Members shall have a right to vote. The right of a member to vote and all of his or her rights, title and interest in or to the Corporation shall cease on the termination of his membership. Other rights and duties of each Member shall be as specified in the Corporation's Membership Guide. No Member shall be entitled to share in the distribution of the Corporation assets upon the dissolution of the Corporation.

Section 1.3. Annual Meeting The annual meeting of the Members for the election of Officers and Directors and for the transaction of other such business as properly shall come before the meeting shall be held in December of each year on a date and time to be decided by the Board of Directors.

Section 1.4. Monthly Business and Special Meetings. Monthly business meetings of the members shall

be held on the second Thursday of every month. Special meetings of the Members shall be called at any time by the Secretary of the Corporation upon request of the President or no less than one-quarter of the Members or upon the resolution of the Board of Directors.

Section 1.5. Place of Meetings. All meetings of the Members shall be held at such places within or out of the State of New Mexico as shall be specified in the respective notices of such meetings or waivers thereof.

Section 1.6. Notice of Meetings. Notice of monthly business meetings shall be published in the Corporation's Newsletter not more than 40 nor less than 10 days before the meeting. Notice of every annual meeting and of every special meeting of the Members shall be served personally or by regular or electronic mail on each Member, or by publication in the Corporation newsletter, or by publication on the Corporation's voicemail hotline, not more than 30 nor less than 10 days before the meeting. Annual meetings shall be general meetings and open for the transaction of any business within the powers of the Corporation without special notice of such business except in any case where special notice is required by law, by the Articles of Incorporation or by the Bylaws. Notice of special meetings shall state the purpose or purposes for which the meeting is called, and the notice of any meeting shall state the time when and the place where it is to be held. If mailed, such notice shall be directed to each Member entitled to notice at his address as it appears on the books or records of the Corporation. Notice of the time, place or purpose of any meeting need not be given to any member who attends such meeting or to any member who in writing, executed and filed with the records of the Corporation, either before or after the holding of such meeting, waives such notice.

Section 1.7. Quorum. At all Annual, special or monthly business meetings of the Members the presence in person of one-half of the Members (but not less than two) shall be necessary and sufficient to constitute a quorum, and, except as otherwise provided by law or by the Bylaws, the act of a majority of the Members present shall be the act of the Members.

Section 1.8. Voting. At all meetings of the Members, all matters shall be decided by the vote of a majority of a quorum of the Members cast in person. If practicable, any Member may participate in a meeting by means of a conference telephone or similar communications equipment by means of which all persons participating in the meeting can hear each other at the same time. Participation by such means shall constitute presence in person at the meeting.

Section 1.9. Meeting not required. Any action which is required or permitted to be taken at a meeting of the Members may be taken without a meeting if a consent in writing, setting forth the action so taken, is signed by all of the Members who are entitled to vote with respect to the subject matter thereof. Such consent shall have the same effect as a unanimous vote of the Members. Such action shall be effective as of the date specified in the consent.

Section 1.10. Resignation and Removal of Members. Any member may be removed at any time under the procedures set forth in the Corporation's Membership Guide. Any Member may resign at any time.

Section 1.11. Compensation. The Board of Directors may authorize reimbursement for expenses incurred by Members in connection with the performance of their duties, provide, however, that nothing herein contained shall be construed to preclude any Member from serving the Corporation in any other capacity or receiving compensation for any such services.

ARTICLE 2 - BOARD OF DIRECTORS

Section 2.1. Management. The Board of Directors (hereinafter sometimes referred to as the Board) shall manage the affairs and the property of the Corporation. The Directors shall act only as a Board and individual Directors shall have no power as such.

Section 2.2. Annual Meeting. The annual meeting of the Board for the election of officers and for the transaction of other such business as properly shall come before the meeting shall be held as soon as practicable following the annual meeting of Members.

Section 2.3. Special Meetings. The Secretary upon the request of the President of any one of the Directors shall call special meetings of the Board at any time.

Section 2.4. Place of Meetings. All meetings of the Board shall be held at such places within or out of the State of New Mexico as shall be specified in the respective notices of such meetings or waivers thereof.

Section 2.5. Notice of Meetings. Notice of every annual meeting of the Board and of every special meeting shall be served personally or by regular or electronic mail on each Director not more than 30 nor less than 3 days before the meeting. Annual meetings of the Board shall be general meetings and open for the transaction of any business within the powers of the Board without special notice of such business except in any case where special notice is required by law, by the Articles of Incorporation or by the Bylaws. Notice of special meetings shall state the purpose or purposes for which the meeting is called, and the notice of any meeting shall state the time when and the place where it is to be held. If mailed, such notice shall be directed to each Director entitled to notice at his address as it appears on the books or records of the Corporation. No notice of the time, place or purpose of any meeting need be given to any Director who attends such meeting or to any Director who in writing, executed and filed with the records of the Corporation, either before or after the holding of such meeting, waives such notice.

Section 2.6. Quorum. At all meetings of the Board the presence of one-third of the Directors (but not less than two) shall be necessary and sufficient to constitute a quorum, and, except as otherwise provided by law or by the Bylaws, the act of a majority of the Directors present shall be the act of the Board.

Section 2.7. Voting. At all meetings of the Board, or of any committee thereof, all matters shall be decided by the vote of a majority of a quorum of the Board cast in person. Any Director may participate in a meeting by means of a conference telephone or similar communications equipment by means of which all persons participating in the meeting can hear each other at the same time. Participation by such means shall constitute presence in person at the meeting.

Section 2.8. Number of Directors. The Directors named by the Incorporators in the Articles of Incorporation shall be the Directors of the Corporation until the first meeting of the Members or until their successors shall have been duly elected and qualified, and until their earlier death, resignation or removal in accordance with the Bylaws. The Corporation shall have the same number of Directors as Officers.

Section 2.9. Election of Directors. The Directors shall be elected annually by the Members at their annual meeting in accordance with the provisions of Section 3.2 of these Bylaws.

Section 2.10. Resignation and Removal of Directors. Any Director may be removed at any time in accordance with the provisions of Section 3.4. Any Director may resign at any time.

Section 2.11. No Meeting Required. Any action which is required or permitted to be taken at a meeting of the Directors, or a committee, may be taken without a meeting if a consent in writing, setting forth the action so taken, is signed or indicated by regular or electronic mail by all of the Directors, or members of the committee. The consent shall have the same effect as a unanimous vote. Such action shall be effective as of the date specified in the consent.

Section 2.12. Compensation. The Directors shall not receive compensation for their services as such but the Board may authorize reimbursement for expenses incurred by Directors in connection with the performance of their duties; provide, however, that nothing herein contained shall be construed to preclude any Director from serving the Corporation in any other capacity or receiving compensation for any such services.

Section 2.13. Indemnification. Any person made a party to any action, suit or proceeding by reason of the fact that he is or was a director, officer or employee of the Corporation, or of any corporation for which he served as a director or officer at the request of the Corporation, shall be indemnified by the Corporation against the reasonable expenses, including attorney's fees, actually and necessarily incurred by him in connection with the defense of such action, suit or proceeding, or in connection with any appeal therein, except in relation to matters as to which it shall be adjudged in such action, suit or proceeding that such person is liable for willful misconduct or recklessness in the performance of his duties. The foregoing right of indemnification shall be deemed exclusive of any other rights to which any such director, officer or employee may be entitled as a matter of law.

ARTICLE 3 - OFFICERS

Section 3.1. Number of Officers. The officers of the Corporation shall be a President, one or more Vice Presidents, a Secretary, a Treasurer and a Membership Officer. One person may hold only one of the previously mentioned offices at any one time. All officers must also be Directors of the Corporation and Members in good standing.

Section 3.2. Election of Officers. The officers shall be elected annually at each annual meeting of the Members by a majority of the votes cast and may succeed themselves in office. Absentee voting by

written ballot shall be permitted. Members nominated for the office of vice-president must be PACE-certified and field eligible according to the Cibola Training Standard. Nomination for officer positions shall be made at the November business meeting, or may be made in writing and sent by mail to the team's post office box before the November meeting. The nomination process shall be closed as of close of business at the November meeting. Within two weeks after the November meeting, the secretary shall send a slate of nominees to each member, which also will serve as the ballot for absentee voting. For absentee voting, the ballot must reach the team's mailing address (post office box) before the December meeting. A written ballot shall be the method for taking the vote. The outgoing President shall appoint two individuals (excluding current officers or nominees for office) to count the ballots. The ballots shall be counted by each of these individuals, independently, in the presence of the Members attending, immediately after being cast. The results shall be tabulated in writing and the results reported to the Members. Each person elected an officer shall be automatically deemed elected a Director, and shall continue in office until the next annual meeting after his election or until his successor shall have been duly elected and qualified or until his earlier death, resignation, removal in accordance with the Bylaws. Vacancies of officers caused by death, resignation, removal or increase in the number of officers may be filled by a majority vote of the Members at a special meeting called for that purpose or at any regular meeting.

Section 3.3. Appointment of Additional Officers. The Members at any meeting may appoint additional officers, agents, and employees and determine their duties and terms of office , and it may delegate such authority to any officer or committee. Any Officer so appointed shall be automatically appointed a Director.

Section 3.4. Removal of Officers. Officers who become unable or unwilling to perform the duties of their office may be removed from office. The procedure for removal of officers is as follows. The President shall appoint a panel consisting of at least three active members, none of whom are officers. If the President is under consideration for removal, the Vice-President shall appoint the panel. The panel shall investigate any allegations and report to the other officers. The panel and officers must agree that the officer in question has failed to perform the duties of his or her office, and is unlikely to perform them in the future. The officer in question will hear the panel's findings and have an opportunity to respond. The panel's recommendations shall then be presented to the Members at any regular or special meeting of the Membership. A majority vote of the active Members shall be required to remove the officer from his or her post. The President (or Vice-President, in the event of the removal of the President) shall be responsible for the duties of the removed officer until a replacement is elected. A special election shall be held within two months to fill the position for the remainder of the term. The special election shall be conducted according tot he procedures for the election of officers at the annual meeting. Any officer removed from his or her position shall be automatically removed from his or her position as Director.

Section 3.5. President. The President shall be the chief executive officer of the Corporation and shall have general supervision over the affairs and property of the Corporation and over its several officers, and shall generally do and perform all acts incident to the office of President. The President shall preside at all meetings of the Members and of the Board and shall have such other powers and duties as may be

assigned to him or her from time to time by the Members or as prescribed by these Bylaws or by the Corporation's Membership Guide. When authorized by the Board, the President may execute in the name of the Corporation, deeds, mortgages, bonds, contracts or other instruments authorized by the Board, except in cases where the execution thereof shall be expressly delegated by the Board or by these Bylaws to some other officer or agent of the Corporation.

Section 3.6. Vice-President. The Members may elect one or more Vice Presidents and shall through the Corporation's Membership Guide determine their duties. In general, the Vice President shall perform all the duties of the President at his request or in his absence or disability, and if more than one Vice President is elected, they shall serve in the order designated by the Board, or by the President if no order has been specified by the Board. When so acting, a Vice President shall have all the powers of and be subject to all the restrictions upon, the President. When authorized by the Board, any Vice President may also sign and execute, in the name of the Corporation, deeds, mortgages, bonds, contracts or other instruments authorized by the Board, except in cases where the signing and execution thereof shall be expressly delegated by the Board or by these Bylaws to some other officer or agent of the Corporation. The Vice President shall perform such other duties as from time to time may be assigned to him by the Board, by the President, or by the Members through the Corporation's Membership Guide.

Section 3.7. Treasurer. The Members shall elect a Treasurer and shall determine his or her duties through the Corporation's Membership Guide. In general, the Treasurer shall act under the supervision of the Board and shall have charge and custody of, and be responsible for, all the funds of the Corporation and shall keep, or cause to be kept, and shall be responsible for the keeping of, accurate and adequate records of the assets, liabilities and transactions of the Corporation. He or she shall deposit all moneys and other valuable effects of the Corporation in the name of and to the credit of the Corporation in such banks, trust companies, or other depositories as may be designated in the manner provided in Section 5.5 hereof. He or she shall disburse the funds of the Corporation based upon proper vouchers for such disbursements. He or she shall perform all the duties normally incident to the office of Treasurer and such other duties as may from time to time be assigned to him by the Board, the President of the Members. If required by the Board, the Treasurer shall give a bond forth faithful discharge of his duties in such sum and with such surety or sureties as the Board shall determine. The Corporation shall pay the expense of such bond.

Section 3.8. Secretary. The Members shall elect a Secretary and shall determine his or her duties through the Corporation's Membership Guide. The Secretary shall act as secretary of, and keep the minutes of, all meetings of the Board and of the Members in one or more books provided for that purpose, and whenever required by the President, he or she shall perform like duties for any committee; provided that in the absence of the Secretary, the majority of the Members or Directors present at any meeting thereof may designate any person to act as Secretary for such meeting. The Secretary shall see that all notices are duly given in accordance with these Bylaws and as required by law; he or she shall be custodian of the seal, if any, of the Corporation and shall affix and attest the seal to any and all documents the execution of which on behalf of the Corporation under its seal shall have been specifically or generally authorized by the Board; he or she shall have charge of the books, records and papers of the Corporation relating to its organization as a Corporation and shall see that all reports, statements and other documents required by law are properly kept or filed, except to the extent that the same are to be kept or filed by the

Treasurer. He or she shall perform all the duties normally incident to the office of Secretary and such other duties incident to the office of Secretary and such other duties as may from time to time be assigned to him by the Board or by the President.

ARTICLE 4 - COMMITTEES

Section 4.1. Miscellaneous Committees. A majority of the Members may from time to time, as provided in the Corporation's Membership Guide, constitute such other committees of Directors, officers, employees, Members or non-members, with such functions, powers and duties as the Members shall determine. Unless the Corporation's Membership Guide shall provide otherwise, each such committee shall enact rules and regulations for its government.

ARTICLE 5 - MISCELLANEOUS PROVISIONS

Section 5.1. Offices. The Board may establish, from time to time, one or more offices of the Corporation at any place or places within or out of the State of New Mexico and may maintain such office or offices for such period or periods of time as it may deem expedient.

Section 5.2. Fiscal Year. The fiscal year of the Corporation shall end on December 31 in each year.

Section 5.3. Execution of Contracts. The President, acting with the approval of the Board, may enter into any contract or execute any contract or other instrument in the name and on behalf of the Corporation. The Board may authorize any officer, employee or agent, in the name of and on behalf of the Corporation, to enter into any contract or execute and deliver any instrument, and such authority may be general or confined to specific instances. Unless so authorized by these Bylaws or by the Board, no officer, employee or agent shall have any power to bind the Corporation by any contract or engagement or to pledge its credit or to render it liable pecuniarily for any purpose or in any amount.

Section 5.4. Commercial Paper. All checks, drafts and other orders for the payment of money out of the funds of the Corporation, and all notes or evidences of indebtedness of the Corporation, shall be executed on behalf of the Corporation by such officer or officers, or employee or employees, as the Board may, by resolution, from time to time determine.

Section 5.5. Deposits. All funds of the Corporation not otherwise employed shall be deposited from time to time to the credit of the Corporation in such banks, trust companies or other depositories as the Board may from time to time select or as may be selected by any officer or employee of the Corporation to whom such power may from time to time be delegated by the Board; and for the purpose of such deposit, any officer, or any employee to whom such power may be delegated by the Board, may endorse, assign and deliver checks, drafts and other orders for the payment of money which are payable to the order of the Corporation.

Section 5.6. Notices. Except as may otherwise be required by law, any notice required to be given under these Bylaws shall be in writing and signed by the President or the Secretary; and any notice so required shall be deemed to be sufficient if given by depositing the same in a post office address appearing on the

records of the Corporation, and such notice shall be deemed to have been given on the day of such mailing. Any notices required to be given under these Bylaws may be waived by the person entitled thereto in writing, whether before or after the meeting or other matter in respect of which such notice is to be given, and in such event such notice need not be given to such person.

Section 5.7. Membership Guide; Supremacy of Bylaws. At a regular or special meeting of the Membership, the Members shall adopt a Corporate Membership Guide to provide additional rules and regulations for the conduct of the business of the Corporation. The terms and provisions of the Membership Guide shall be binding on the Directors, Officers and Members of the Corporation. However, in the event of a conflict between these Bylaws and the Corporation's Membership Guide, the provisions of these Bylaws shall prevail over the provisions of the Membership Guide.

ARTICLE 6 - AMENDMENT OF BYLAWS

These Bylaws or any of them may be altered, amended or repealed, or new Bylaws may be made, only by a majority vote of the whole Board at a regular or special meeting, or by the vote of a majority of the Members at a regular or special meeting, provided that notice of such alteration, amendment or repeal shall be included in the notice of such meeting. Bylaws passed or amended by the Members shall not be subject to amendment by the Board.

ADOPTION OF BYLAWS

The Board of Directors of the Corporation has duly adopted the foregoing Bylaws.

By: (signed) Thomas V. Russo (its president)

By: (signed) Jeffrey Phillips (its secretary)

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Last Modified: 01/14/03 14:38:33

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Cibola SAR Trainings

Cibola SAR training events for the current calendar year (2004)

Date/time	Event	Location
Thu, September 09, 2004, 18:30	Pre-Business Meeting Training	St. Chads
Sat, September 11, 2004, 13:00	* Mock Search *CANCELLED*	CANCELLED
Sat, September 18, 2004, 09:00	* Litter Handling Training	TBD
Sat, September 25, 2004, 09:00	Litter Handling Evaluation	TBD
Thu, October 14, 2004, 18:30	Pre-Business Meeting Training	St. Chads
Sun, October 17, 2004, 09:00	* Search Techniques Training	TBD
Sun, October 24, 2004, 09:00	Search Techniques Evaluation	TBD
Thu, November 11, 2004, 18:30	Pre-Business Meeting Training	St. Chads
Sat, November 13, 2004, 09:00	* Land Navigation Training	TBD
Sat, November 20, 2004, 09:00	Land Navigation Evaluation	TBD
Sun, December 12, 2004, 09:00	* Litter Handling Training	TBD
Sun, December 19, 2004, 09:00	Litter Handling Evaluation	TBD

Only those trainings marked with an asterisk () will count towards the requirement that each member participate in two trainings every six months.*

For More Information

Members may find that more details on these trainings are available on the members-only "event calendar," a link to which should be at the bottom of this page. Members should also call the team hotline to check on last-minute changes and information.

While they cannot get information through the members-only database, non-members are welcome at our trainings provided they come properly prepared and are willing to sign the same liability waiver that our members sign. For more detailed information please contact our [training officer](#).

For liability reasons, non-SAR animals (e.g. pets) are not permitted at team events unless expressly authorized by the training officer.

Cibola SAR Member requirements

Only those trainings marked with an asterisk (*) will count towards the requirement that each member participate in two trainings every six months.

In every case, members arriving to a training more than 15 minutes after the announced start time will not receive credit. Furthermore, in cases where a training is divided between field and classroom components, credit will not be given unless both components are attended. So if you absolutely need a particular training to satisfy minimum participation requirements, you are advised to get there on time and stay for the whole thing.

Unless otherwise stated, members should arrive at a training prepared as they would be for a search, with [full SAR pack](#), at least two quarts of water, and [appropriate clothing](#).

Pre-meeting Trainlets

There may be presentations prior to business meetings. These will be on miscellaneous SAR related skills which do not warrant full-day or half-day weekend trainings. **They will not count towards the 2-trainings/6-months requirement**, but all are encouraged to attend. Some of these are listed in the calendar above with no asterisk

Member Skills Evaluations

Members wishing to participate in evaluation sessions should contact the training officer at least a week beforehand. Evaluation sessions will be cancelled if there are not enough members signed up to take them on that date.

For more information

Questions regarding scheduled trainings, requests for specific subjects to be taught, and comments on trainings that have already been given should be directed to the [training officer](#).

In all cases where a training has an associated handout which was developed on or copied onto the web,

the [handouts](#) are available to members with access to the members-only section of the website. These are not generally available to non-members, although we do provide copies to other search and rescue teams on request.

Disclaimers, warnings and caveats

On last-minute updates: Sometimes last-minute changes are made to times and locations of trainings, especially during periods of forest closures. Members are urged to call the CSAR hotline before heading out to a training or evaluation session to get any last-minute information. For the same reason, members of other teams who wish to join us in our training events are strongly encouraged to write or call us to let us know you're planning to attend so we know to call you in the event of last minute changes.

On evaluations: *ALWAYS* call the voicemail and leave a message indicating that you plan on attending any give evaluation session. Please do so as far in advance as humanly possible, as this helps with the planning of those sessions: if many more people show up than planned for it becomes extremely difficult to make sure everyone gets through the process in a reasonable amount of time with a minimum of loitering.

On times: In all cases below, start times are firm and end times are, well, um, wishful thinking at best and pure fantasy at worst. Trainings will typically last a minimum of 3 hours under best conditions, and usually last longer. It is a rare training that ends at the projected "end time." The training officer apologizes for any apparent misrepresentation of durations. You should pretty much plan to forfeit an entire morning and/or afternoon to a training. The purpose of trainings is to practice techniques and learn skills that we use on every mission, and it is difficult to guarantee that everyone who shows up will have had the opportunity to participate unless we leave the end time somewhat vague. We Apologize for the Inconvenience.

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Training Debriefings Page

Sometimes detailed "debriefings" of our training events have been performed, and the results of those are posted here. We hoped to make this practice more widespread, and if it does you'll be seeing more here.

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SAR Mini-Lessons

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Old hikes of the month



Since January of 1997, Cibola SAR newsletters have usually contained a "Hike of the Month" that were intended to give members an opportunity to get familiar with trails in the area around Albuquerque. Our earliest Hikes of the Month contained detailed descriptions of these hikes to allow members to find the route when not hiking with the team on the indicated dates. These are reproduced here for archival purposes. Those with hiking dates prior to April 1998 are written by John Mindock, most of those with later dates by Susan Corban. Hikes that did not include detailed trail descriptions are not included.

Hiking times listed here are somewhat optimistic, and many assume hiking at a fairly brisk pace. On hikes containing UTM coordinates, all are in UTM zone 13S and most are referenced to the NAD27 geodetic datum (consistent with maps commonly available when the hike was written). Please note that recently printed maps use a different datum (NAD83), so convert accordingly after consulting your map collar.

Furthermore, the UTM coordinates given are generally specified in kilometers (as one might read them off of a topo map) and not meters (the way you would normally find them on GPS unit displays). This is in keeping with what was common practice on the team during the period these were written, when GPS units were not very common. To convert to coordinates you can enter into a GPS directly, multiply northings and eastings by 1000. Remember to set your GPS to NAD27 before you do that!

DISCLAIMER: These hiking descriptions are provided for informational purposes only, and Cibola Search and Rescue makes no warranty, express or implied, that the descriptions given are suitable for navigation purposes. Persons taking these hikes must assume all responsibility for their own safety and preparedness. Cibola Search and Rescue disclaims all liability for persons lost or injured while following these directions.

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Hike of the Month **Blue Ribbon Trail (#236)** 0900, January 25-26, 1997

Trailhead: Otero Canyon, South 14, 3.8 miles South of Old 66, West Side

R.T. Distance: @6 miles **Elevation Min/Max:** 6900/7500

Hiking Time @3 hours **Hazards:** Speeding mountain bikers

Topos: Sedillo, Escabosa

Trail #236 has been re-routed for erosion control purposes. To get to the new route, travel 5 minutes down trail #56. Stay on #56 for a few yards beyond the sign for Trail #15. At the bottom of the arroyo, Trail #56 will continue straight ahead, while Trail #236 (no sign) will make a switchback up the hill on your left. (UTM 374.796, 3877.145) From there, it will switch back a few more times and then finally head 'south' along the high mesa that is west of Cedro Village. About 15 minutes from the trailhead, on the left side of the 'switch' of the last switchback, you'll see the cut tree limbs attempting to block the old route for Trail #236. The trail is somewhat obscure through a few places, but soon meets up with a newly-constructed logging road. From here, just follow the logging road (for an hour) until you come to the obvious junction with an 'east-west' road. There will be a sign on your right, facing away from you, with Trail #236 depicted as heading to your right and indicating that you came from Trail #106! (UTM 375.543, 3873.480) At the junction, you will also notice a sign for Trail #321 off to your left. Going further down past that sign would get you to the entrance to David Canyon. Returning from the junction,

note a trail which you passed on the way in, and which goes off to your left. That is actually Trail #236 and explains how you ended up on Trail #106. At various places along the route there will be spur roads and trails. Most of these just rejoin the road further up, but a few lead off to other trails. For this trek, stay on the road - you may want to explore a few spurs on subsequent trips (and in warmer weather).

Hike of the Month Chamiso, Cedro Ridge, Meadow Ridge, Meadow 0900, February 22-23, 1997
Trails

Trailhead: Chamisoso Road, South14, 1.2 Miles South of Old 66, 'East' side

R.T. Distance: @8 miles **Elevation Min/Max:** 6500/7400

Hiking Time @3.5 hours **Hazards:** Speeding mountain bikers, mud

Topos: Cedro Peak Trails Map, Sedillo Topo, Tijeras Topo

Follow Trail #462 (Chamisoso Road) about 15 minutes. @50 yards past the sign 'Street Closed 1000 Ft', it goes up the hill to your right. UTM 375.0, 3880.8. Follow this for about an hour until you see the sign for Trail #13 (Cedro Ridge Tr.). This area is known locally as the 'four corners' (see Cedro Trails map). UTM 378.0, 3881.3. Take Trail #13 'south'. There are a number of confusing cross-trails near this junction - to stay on #13, stick to the 'middle' trail. Don't go downhill - it should always seem that you are on (or heading to) the 'crown' of the ridge. In about 1/4 mile, you should come to a rock-strewn uphill stretch. The bikers call this area the '5 hills of death', and you'll comprehend their naming convention if you're on the proper trail. After about 30 minutes puffing up Trail #13, there will be a triangular junction with a sign (on your left) for trails 13 and 252C (Meadow-Ridge Tr.). UTM 377.8, 3879.9. Go left on 252C for 15 minutes, where you'll see the sign for Trail #12 (Meadow Tr.). UTM 378.7, 3879.1. Go left ('north') on Trail #12 for about 30 minutes until you reach a 'Y' where one branch goes left up the hill. This is beyond the windmill, and there is a signpost with no decals at that junction. UTM 378.3, 3881.2. Go up the hill, ignoring the sign pointing to Trail #13, and in a few minutes you reach the familiar junction of #462 and #13. Then return to the parking area on #462. At various places along the route there are side trails. These all head off to meet other trails in the Cedro Peak maze. You may want to explore a few sidepaths on subsequent trips. It's a great area to create loop hikes that last 3 to 4 hours. I find it a nice place to hike after work when I don't want to battle elevation gain. Note how far back a rescue vehicle could get.

Hike of the Month Lower Juan Tabo Canyon 0900, March 29-30, 1997

Trailhead: Upper Juan Tabo parking lot (La Luz trailhead)

R.T. Distance: @5.0 miles **Elevation Min/Max:** 6600/7400

Hiking Time @3.0 hours **Hazards:** Mountain Lion (I saw tracks)

Topos: Forest Service map of the Sandias

The first part of this hike is on a trail from the Juan Tabo parking area to the Piedra Lisa parking area. Go up the stairs and turn left at the 'Piedra Lisa T/H' sign. Follow this trail a few minutes, watching for an

offshoot that goes downhill to the left, crossing the sandy wash. (Don't go as far as the large towering rock formation.)

A few more minutes will take you to an uphill/downhill choice. (UTM 365.3, 3898.4). Go downhill and across to the other side of the chamisa/cholla flats. Follow a trail that skirts the north side of the flats to the dirt road. You should be about 20 minutes into the trek when you meet the road.

Now go north to the Piedra Lisa trailhead (about 7 minutes). After 7 more tough uphill minutes, you'll go down to a wide rock-strewn arroyo. (UTM 365.3, 3899.5) To the right are Waterfall Canyon, the Movie Trail, and Fletcher Canyon. But we're going to the left, down into lower Juan Tabo Canyon. The first few minutes are spent skirting the lush growth in the wash. The best bet is to stay to the right side. After that, the terrain becomes open and easy to walk on (and to follow tracks). Just follow the sandy wash, crossing the dirt road when you get to it.

In about 45 minutes, you'll end up at the fence to the Sandia Indian Reservation.

Turn back, and choose the rightmost wash whenever there is a choice. About 30 minutes from the fence, take a trail along the hill on your right. (UTM 364.4, 3898.5) This trail (called the Sandy Arroyo trail) begins in almost the opposite direction of your travel. Soon it widens out and heads more southward, eventually meeting the blacktop. This trail is the preferred evacuation route from this area.

Instead of walking along the road, go up to the top of the ridge 'behind' you, where you'll find an indistinct trail leading towards the dirt road to the Piedra Lisa parking area, then take the trail to the Juan Tabo parking area again.

According to the map, part of this hike passes through private property. However, it is not marked and is certainly not apparent when you're hiking. If someone asks you to leave their property, do so politely.

Hike of the Month **South Piedra Lisa Trail to Del Agua Junction** 0900, April 26-27, 1997

Trailhead: South Piedra Lisa Parking area. See member guide for directions.

R.T. Distance: @6.0 miles **Elevation Min/Max:** 7000/8200

Hiking Time @4.0 hours **Hazards:** Slippery trail surface.

Topos: Forest Service map of the Sandias

From the Parking area, walk north on the road for 8 minutes, then go up the trail to the right. Note the usual SAR parking lot on the left. Along the ascent, occasionally look at the Needle, Prow, and Shield rock formations, noting how their appearance changes as you see them from different directions. After an hour, you'll get to the top. This area is known as the Rincon ('corner' en Espanol.). There is a sign post indicating the trail direction (365.8, 3901.0). Do not go to the north behind that post. Instead, go east about 10 yards, and the trail will head north downhill (rather steeply). About 1/2 hour later, you'll come to a wash. Go left down the wash for a few minutes, and then the trail will make a natural-looking arc to the

right. As you progress down the wash, you will likely notice another 'trail' on the right, with a log laying across it, which goes up a small hill near a bunch of large boulders. This is not the trail - the real trail is a minute further down the wash. One minute after leaving the wash, you should encounter a sign indicating 2 1/2 miles to either end of the Piedra Lisa trail. If you do not see this sign, you are on the wrong trail. A minute later, you'll come to a sandy area, and you'll see an 18" diameter fallen tree ahead. Go 'above' the tree, and you're back on the trail. Take a look backwards here, because the area is more confusing on the way back. About 20 minutes later, you'll come to a small watercourse. It is called 'Del Agua Canyon', and usually has water year around. This is where we spent a cold night on the 'Spiderboy' search a few years back. (366.7, 3902.5). The return trip is the same way you came, only more uphill. Part of this hike goes through semi-abandoned private property. However, it is not marked and is certainly not apparent when you're hiking. If someone asks you to leave, do so politely.

Hike of the Month **Domingo Baca and TWA Canyon** 0900, May 31/June 1, 1997

Trailhead: Elena Gallegos parking lot

R.T. Distance: @7.0 miles **Elevation Min/Max:** 6400/9000

Hiking Time @4.0 hours **Hazards:** Thorns, stickers, cactus

Topos: Forest Service map of the Sandias

This hike goes through one of the few riparian areas with year-round water. Make your stay short and stay on the trails where possible. The Forest Service does not maintain trails in this area, partly to discourage the average hiker. There is no way to describe this hike in a few sentences. A long sleeve shirt and long pants are **STRONGLY** recommended. I chose the route that most tourists would take. There are many other paths that could be used to get to the plane crash site. Also, this route is the one you could most easily follow on a search, especially at night, because it basically follows a watercourse most of the way. Start from the northernmost parking area, on trail 140 (Pino Trail). After about six minutes, you'll go through a pass-through fence. Take trail #342 to the left. In another twelve minutes, you end up on trail #230. This is at the place where the old North Pino trail is blocked by cactus bones. Two minutes later, go into the Wilderness area via another pass-through on the right. (366.5, 3892.8) Twelve minutes later, you'll come to a sign indicating that the Domingo Baca trail goes left across a wash. (366.5, 3893.4) The trail soon begins to go more easterly. The next junction is **CRUCIAL** to the hike. Less than an hour from your departure time, you need to be alert for a dripping waterfall on your right. On the left is obvious fallen dirt from people scrambling up the wall. Go up the waterfall and then to your left. Then go to the right, crossing over some big flat rocks. You'll pick up the sandy trail going through bushes. I was not able to get a waypoint at the bottom, but the flat rocks are at (367.2, 3894.0). If you miss this, you'll end up in Echo Canyon after a hour of strenuous hiking. You should **NOT** be below cliffs, walking up flat tilted rock shelves in an arroyo. Rather you should be on top, on a sandy trail, and in a few minutes, you'll notice a watercourse below you on your right. From now on, whenever there seems to be a choice of trails with similar usage, take the one on the left. But you should never be more than 30 yards from the watercourse. 25 minutes later, you'll come to a 12" diameter log laying across some flat rocks, with water flowing across the rocks. The upper bark is all worn off from people sitting on the log. Here the trail goes uphill to the left. 30 minutes beyond that, you'll come to a rock/log jam that must have been the result of some major flood. Ten minutes later, you reach a place where most TWA-seekers take the wrong arroyo. This is **CRUCIAL** junction #2. There is an inviting arroyo to the right, but the proper trail is to the left.

Sometimes there are rock cairns marking the proper arroyo, but don't count on it. I was unable to acquire 3 satellites here. In about 5 minutes, you'll come to a box canyon, which you'll need to climb out of. The end of the canyon has a rather easy rock shelf that you can go up. We'll pass around this canyon on the way back. Finally, about 2.5 hours from departure, you will come to a portion of the wreckage, almost directly below the tram wires. (368.6, 3895.4) If you go another 200 yards left up the draw from the first wreckage, you'll find the rest of the plane. Allow an extra 1.5 hours for exploration and lunch. On the way back, skirt the box canyon by going uphill to the right of it. After you 'top out', you'll see an old rock fire ring on your left. There are many choices of paths here, and all seem to head back the proper way. For this hike, just past the fire ring, drop back down to the watercourse. There will be some zigzagging required. You can investigate the other choices on another occasion.

Hike of the Month **Canyon Estates, South Crest, and CCC trails** 0730, Jun 28/29, 1997

Trailhead: Canyon Estates parking lot - see member guide for directions.

R.T. Distance: @8 miles **Elevation Min/Max:** 6600/9400

Hiking Time: @4.5 hours **Hazards:** Unleashed dogs.

Topo Maps: FS map of the Sandias

The first portion of this hike takes you on the South Crest trail, past a waterfall which usually has some water. Cross the creek below the waterfall, and take the trail to the left up the hill. After that, it is a steady uphill westerly trek, with some great views of the Manzanitas. Two hours later, the trail turns to the north, and you'll soon see South Sandia spring. This spring is a reliable water source year-round, except for drought years like 1996. After 2.5 hours, you'll arrive at 'Deer Pass', the junction of the South Crest trail and the Embudito. (370.2, 3886.5). This is one of three places where one can cross the Sandias from East to West. There will be a signpost here, if it is not removed by vandals. Less than one minute further, on the right, there should be three rock cairns marking the top of the CCC trail. (If you miss this, you'll have to go down Bart's trail, adding at least three hours to the hike.) The CCC trail was constructed in the 1930's by CCC personnel for a shorter route to their work locations. In the past year, many rock cairns have been placed along the trail, so you should be able to follow it as it winds down the hill. It ends at the Upper Faulty trail, a few yards east of the South Crest trail, via which you'll return.

Hike of the Month **Cienega, South Crest, Canoncito, Faulty trails** 0730, Jul 26/27, 1997

Trailhead: Cienega trailhead - west end of Cienega picnic ground (Crest road)

R.T. Distance: @8 miles **Elevation Min/Max:** 7400/9400

Hiking Time: @4.0 hours **Hazards:** Unleashed dogs, poison ivy.

Topo Maps: FS map of the Sandias

This is a loop route. Go west up the Cienega trail to the S. Crest trail. Go south to the Canoncito trail. Go east to the Faulty trail. Return North to the Cienega. The Cienega picnic ground is a place where the Forest Service charges a fee. If you go on the dates above, and have the orange SAR decal on your vehicle, you are exempt from the fee because I have registered these dates as SAR training with the FS. If you go on any other dates, the orange decal is not recognized.

Hike of the Month **Otero Canyon area** 0730, Aug 23-24, 1997

Trailhead: Otero Canyon - see member guide

R.T. Distance: @7 miles **Elevation Min/Max:** 6900/7400

Hiking Time @3.5 hours **Hazards:** Speeding mountain bikers.

Topo Maps: Mount Washington, Escabosa topos

Parts of the trails on this hike were built recently, so are not on the topos. Unfortunately, vandals have destroyed the new signage that the Forest Service put up. From the parking area, follow trail #56 down across the arroyo. About 8 minutes out, there is a trail that splits off from the main trail, going uphill. (374.6, 3877.2). Follow this trail about 12 more minutes to a flat spot where there is a 4-way trail intersection (374.2, 3877.2). The right branch is blocked by rocks and trees. Straight ahead leads into the Tunnel Canyon area. We want to go left, up the hill to the ridge, generally heading towards the south. About an hour after this junction (374.7, 3873.7), there will be a `T' intersection. A few feet along the right branch of the `T", there will be a 10-in diameter tree leaning across the trail. Take the branch of the `T' that goes under the tree. Twenty minutes later (374.5, 3873.0), there will be a circle of stones at another `T'. Go left a few feet, then take the stone-filled downhill path into Otero Canyon. There is also a dirt path on the left, which would return you to the `leaning tree' intersection. You are now on the return portion of the hike -simply follow the trail that is near the bottom of Otero Canyon. Along the way, there are a number of trails that lead off to the right, up out of the canyon - ignore them for this hike.

Hike of the Month

Tunnel Springs and North Crest Trail

0730, Sep 27/28, 1997

Trailhead: Tunnel Springs near Placitas - see member guide

R.T. Distance: 10 miles **Elevation Min/Max:** 6200/8600

Hiking Time 5 hours **Hazards:** The Usual

Topo Maps: USFS map of the Sandias

On the way to the trailhead, you'll pass Quail Meadow Road. FYI - this is an alternate route to the Strip-mine Trail (not a part of this hike). You'll also pass the Agua Sarca trailhead, which is also not part of this hike, but a likely search route for missions in this area. Start by going south from the parking lot. A few feet out, there will be a gray wilderness sign. This is the bottom of the Del Orno route, which meets the North Crest trail. This route is very steep and rugged, and has some unsafe conditions. I have excluded it from this hike, but it would be a likely assignment for a search. Proceed east along the well-defined North Crest trail. Along the way be sure to pause and enjoy the scenic vistas to the west, north, and east. About 1.5 hours out, at (369.6, 3905.1) you should see the top of the Del Orno route as it drops into the arroyo on your right. An hour later you'll be at the junction with the Penasco Blanca trail (368.9, 3902.8). If you wish, go down that trail a few minutes and you'll see the white cliff formation that gives this its name. (It's also called the 'Great Wall of China'). Then return the way you came. Incidentally, many people drink the spring water near the parking lot. Still it would be advisable to treat it first, as you should treat any water in the Sandias.

Hike of the Month

Embudito Trail

0800, Oct 25/26, 1997\01997

Trailhead: East on Montgomery to Glenwood Hills. North to Trailhead road. East to Open Space parking lot.

R.T. Distance: 8 miles **Elevation Min/Max:** 6300/8400

Hiking Time 4.5 hours **Hazards:** The Usual

Topo Maps: USFS Map of the Sandias

The access from the parking lot has been relocated to the northern end, bypassing the old route with the RR-tie steps. Stay on the prescribed USFS route, noting the many user trails heading into the chamisa towards the watercourse. About 1.5 hours out, you'll cross a wide sandy wash. The wash is a popular route for hunters - they follow it upwards into the Bear Canyon area. In winter, the trail beyond this wash is often dangerously covered with ice. This hike continues to the intersection with the Three-Gun Springs trail (Oso Pass), then returns on the same route.

Hike of the Month **Three-Gun Springs to South Sandia Peak** 0800, Nov 29/30, 1997

Trailhead: Three-Gun Springs. Old 66 East to Monticello Rd., north to Alegre, west to Siempre Verde, north to Tres Pistolas, north to trailhead.

R.T. Distance: 12 miles **Elevation Min/Max:** 6400/9700

Hiking Time 6.0 hours **Hazards:** The Usual

Topo Maps: USFS map of the Sandias

The first two hours are on the 3-Gun Springs trail to the junction with the Embudito (this is called Oso Pass). Here, take the Embudito trail east for about 40 minutes to the unnamed trail on your left, marked by a rock cairn, that leads up to the peak. (369.79, 3986.42). 20 minutes later you will be on the peak, enjoying the 360-degree views. (369.72, 3987.15) Return the way you came. Note: weather and temperature conditions can be quite different at the peak compared to the trailhead - carry proper clothing.

Hike of the Month **Armijo Canyon and vicinity** 0800, Dec 27/28, 1997\01997

Trailhead: Doc Long Picnic Area, 2 miles up Hwy. 536 from N. 14

R.T. Distance: 8 miles **Elevation Min/Max:** 7200/7800

Hiking Time 4.0 hours **Hazards:** The usual

Topo Maps: USFS Map of the Sandias

Start on the Bill Spring trail, which begins at the Southeast end of the Doc Long area. Follow it west to the Faulty trail, and go south on the Faulty. You'll pass the junctions with the Oso Corredor trail, the Sulphur Springs trail, the Cienega Horse Bypass trail, and the Cienega trail. About one hour and forty-five minutes out, you'll go down a steep hill with a similar steep uphill on the other side. There is a large dead standing "snag" tree on the right. (I got a reading on top of the downhill - 373.3, 3891.2). This is the upper portion of Armijo Canyon. The Armijo trail is on the left, north of the arroyo. Within fifty meters, it passes by some pools of water that exist year-round. The trail stays near the arroyo for about twenty-five minutes, where it takes a turn left, uphill. (374.7, 3891.4). If you miss this, you can follow the arroyo as it turns left. Or you can eventually meet the Forest fence, and then turn left. Fifteen minutes after the left turn, you'll come to a gravel road-like portion of the trail, near the big "Private Property" signs. Follow this to the left (West) and you'll soon be on the blacktop. Follow the blacktop to the Stop sign,

Later the trail will cross the wash heading north, and you'll begin a series of long switchbacks. At the top there is a signpost, hence the name 'Post Pass' for this area. You can turn back here or you can add another 1.5 hours to the trek by heading further north to Oso Pass, but there might be too much snow to do it without snowshoes.

Throughout the hike, take note of old trails and washes. Search assignments in this area probably would include such 'hasty' routes.

Hike of the Month

Whitewash Trail area

0800, Mar 28/29, 1998\01998

Trailhead: East end of Menaul

R.T. Distance: 4.0 miles

Elevation Min/Max: 6000/8100

Hiking Time 3.5 hours

Hazards: The usual

Topo Maps: USFS map of the Sandias

The Whitewash Trail is named after the smooth waterfall rockface which is at the bottom of Whitewash Canyon, at the end of Candelaria. This is also known as the Piedra Lisa Canyon, offering a bit of confusion with the altogether-different Piedra Lisa Trail, which is in the north portion of the Sandias.

At the beginning of this hike, there are many intersecting trails from which to choose. Eventually, they all wend their way along the south rim of Whitewash Canyon, and then up one 'master trail' which leads to the top via steep switchbacks.

The first goal is to reach the top of the ridge east of the parking area. Begin on the obvious wide trail at the southeast end of the parking area, which will turn eastward and wind around the south edge of the ridge. Although there are many routes up the ridge, for this hike, use an arroyo which has metal fence embedded in the ground acting as prevention for soil erosion. Follow this up and keep going north until, about 1/2 hour into the trek, you see a meadow with two prominent trails heading North/NNE. Either of these trails will eventually lead to the south rim of Waterfall Canyon.

Off to the east, you'll see a high tree-lined ridge, which is the eventual goal of this hike. (Actually the trail continues beyond that ridge, across two more ridges, finally ending at the Oso Pass junction, but that's not part of this hike.)

It will take less than 2.0 hours to get to a knoll on top of the tree-lined ridge at the 8130 foot mark. This knoll is conveniently known as 'the 8130', and it provides a view into Three-Gun Canyon and even the cement plant in Tijeras. Its UTM's are approximately 366.5 and 3886.8. From here, turn around and head back, noticing the various arroyos and ridges which might serve as opportunities to head south into the west end of Embudo Canyon.

Hike of the Month**Manzano Peak via Red Canyon & Ox
Canyon Loop** 0800, Apr 25/26, 1998

Trailhead: Red Canyon Campground. Exit 175 (Tijeras, Cedar Crest) from I-40, south on 337 (south 14) to SH 55, right (west) on 55 to the town of Manzano, Forest Road 253 6 miles to Red Canyon Campground. Trailhead at the far end of the campground.

R.T. Distance: 9 miles

Elevation Min/Max: 8000/10,098

Hiking Time 4 hours

Hazards: I hiked this in a blizzard with lightning a couple of years ago in May when it had been 95 degrees in Abq the preceding two weeks.

Topo Maps: USGS Capilla Peak, Manzano Peak, or Forest Service Manzano Mountain Wilderness Map
Meet to carpool at Fire Station on So. 14 (marked route 337). The fire station is 9.7 miles south on route 337 (south 14) from I-40 exit 175. Leave a car at the Ox Canyon Trailhead along the dirt road, then drive in second car back to Red Canyon Campground--if you choose, to save time walking back on the dirt road. This is the only way to make a loop hike in the area. Saves half an hour. Start up Red Canyon Trail from far end of campground (trail 89). Trail is called Canon Colorado on some maps. First 1.75 mi follow riparian canyon bottom, a few small waterfalls. After 1.75 mi trail crosses out of drainage onto ridge in ponderosa and fir forest. Opens from forest to meadow and aspen glades near crest trail. Views to east and west are spectacular. South on Manzano Crest Trail (170) 2 miles to Manzano Peak takes you past Ox Canyon Trail (190) and Kayser Mill Trail (80) where they meet the crest trail. Keep going to short side trail taking you to the top of Manzano Peak (10,098). Return to Crest Trail and backtrack north to Ox Canyon trail and descend 3 miles to Ox Canyon Trailhead. Walk back on the road or drive back to the Red Canyon Campground.

Hike of the Month**Bosque Peak via Bosque Trail and Trail
Canyon Trail Loop** 0800, May 23/24, 1998

Trailhead: Exit 175 from I-40, south on 337 (south 14) to SH 55 south to Tajique. From Tajique take FR 55 9 miles to trailhead. (see below for carpool info)

R.T. Distance: 6 miles

Elevation Min/Max: 7440/9610

Hiking Time 3.5 hours

Hazards: area laced with unmarked man-made and cow trails that can be confusing.

Topo Maps: USGS Bosque Peak, Capilla Peak or Forest Service Manzano Mountain Wilderness Map & Guide

Meet at 0800 to carpool at Fire Station on So. 14 (marked route 337). The fire station is 9.7 miles south on route 337 (south 14) from I-40 exit 175. Bosque Trail is 2.2 miles from trailhead to Manzano Crest Trail (170). The trail begins as a wide, rocky path and quickly becomes steep. About 3/4 of a mile up, a switchback momentarily levels the trail. Then trail ascends up the north side of the canyon. Cave spring, a cattle watering spot, can be seen in the canyon bottom. A short distance from the spring a spur trail to the north lead to a cave in the canyon wall. Farther up the trail, large stands of oak and New Mexico locust divide the canyon into small meadows. The trail emerges into a larger meadow just below the Manzano Crest Trail (170) and continues southwest through the clearing. Turning south, it comes along the

ridgeline. At this junction with the Manzano Crest Trail is a half-section of private land that originally belonged to the Rea-Formwalt family. The old homestead cabin ruins are visible. Bosque Peak is to the east of the trail junction and can be accessed from either side in this open area. Continue south along the Manzano Crest Trail for about 2.5 miles to junction with trail 176 (Trail Canyon Trail) which descends through Canyon de la Vereda. Trail 176 is 2 miles long. Return on the gravel road to Bosque Trail parking area.

Hike of the Month
David Canyon

0730, Aug 29, 1998

Trailhead: Starts on private land-see description for meeting place

R.T. Distance: 7.5 miles

Elevation Min/Max: 6860/7640

Hiking Time 4 hours

Hazards:

Topo Maps: Escabosa Quadrangle

Since this hike starts on private land and crosses over a portion of the Isleta Reservation, Cibola SAR members must join us on Saturday, August 29 in order to access the route. Meet at 7:30 a.m., Saturday, August 29 at the fire station on South 14 (not the fire station on rt. 66). From I-40 take exit 175 (Tijeras/Cedar Crest), bear right on the exit ramp until you come to the four-way stop at Tijeras. Continue straight on 337 (south 14), for about ten miles. The fire station will be on your left. I'll meet you there and drive another two miles to where we will begin the hike. I'll wait until about 7:45 to leave the fire station. Climb the top of the ridge to the boundary of the Isleta Reservation behind the Apple Valley neighborhood then drop down into Lujan Canyon, pass the end of Carolino Canyon, then drop into Largo Canyon. Through Lujan and Largo Canyons the route follows the old dirt road that eventually drops all the way to the Pueblo of Isleta in the valley to the west. From Largo Canyon travel north into David Canyon, crossing back onto National Forest land. Follow David Canyon to one of the trails leading out of the canyon up to Raven Road or the Mars Court parking area.

Hike of the Month
CCC to South Peak

0800, Oct 31, 1998

Trailhead: Canyon Estates

R.T. Distance: 8 miles

Elevation Min/Max: 6600/9782

Hiking Time 4 hours

Hazards: rattlesnakes

Topo Maps: Tijeras

Directions to trailhead: From I-40 take exit 175 at Tijeras. If you were traveling east on I-40, take the right fork of the exit ramp toward Tijeras. Turn left under the highway overpass and bear right to Canyon Estates Subdivision. If you were traveling west on I-40 turn left from the exit ramp. Continue until you reach the 4-way stop at Tijeras. Turn right and drive under the highway overpass and bear right to Canyon Estates Subdivision. Follow the road through the subdivision until you reach the parking lot at the end. There is a \$3 USDA fee.

From Trailhead: Follow the South Crest Trail until you reach the waterfall. Cross the stream and wind up to the top of the waterfall. Continue on switchbacks, passing the Lower Faulty Trail on your right. After about 1 1/2 miles from the start you will reach a fork. The South Crest Trail goes off to the left. Continue right for a few yards to another fork. The unmarked trail to the left is the CCC Trail. Upper Faulty is on

the right. Take the left. CCC is steep and crosses a few rocky areas where you need to look for rock cairns. In about 2 miles CCC reaches the South Crest Trail along the crest. Continue to the right when you reach the Crest Trail. At the back of a large meadow to the left there is a trail to the top of South Peak. Return via CCC or, for a longer hike with views of Albuquerque and Tijeras, and some springs, take the South Crest Trail all the way back to Canyon Estates.

Hike of the Month **Manzano Loop: Trail Canyon Trail to Bosque Trail** 0830, Nov 29, 1998

Trailhead: Trail Canyon Trail (176)

R.T. Distance: 7.2 miles **Elevation Min/Max:** 7440/9400

Hiking Time 4 hours **Hazards:**

Topo Maps: Capilla Peak & Bosque Peak Quadrangles

Meet to carpool at the fire station on South 14 (about 10 miles south of the 4-way stop at Tijeras) at 7:45 a.m. or meet at trailhead at 8:30 a.m.

From I-40 take exit 175 (Cedar Crest/Tijeras). From the 4-way stop at Tijeras drive south on 337 (south 14) until you reach NM 55. Turn right to Tajique. At Tajique take Forest Road 55 (gravel road) for 11 miles to the trailhead. You will pass Fourth of July Campground and the Bosque trailhead enroute. Or, from Belen, take NM 47 and US 60 to Mountainair. From Mountainair take NM 55 to Torreon. From Torreon take FR 55 to the trailhead.

Note: If there's snow we'll go on snowshoes in the vicinity, depending on road & trail conditions. Call Susan at home if in doubt about location due to weather.

Trail Canyon Trail #176 begins at a stream in a lush valley complete with waterfalls. It follows Canyon de la Vereda two miles up to a narrow saddle where it meets the Manzano Crest Trail and the Comanche Trail which rises from the west side of the mountain. Go north on the crest trail for 3 miles. This section of the crest trail scrambles up a rocky ridge then levels off. Several sections are over areas where the trail disappears because there is solid rock under foot and no trees. Cairns are visible in some places. As the trail approaches Bosque Peak it enters private land. The remains of an old homestead are visible just past the junction with the Bosque Trail, including headstones, cast-iron stove parts and the remains of cabins. Also, part of the fuselage and wing of a plane wreck are hidden in an aspen forest at the top of the ridge. If I can locate these I want to take a GPS reading for future reference. Cow trails can be confused with the "real" trail here. At the junction of the Crest and Bosque Trails go right (east) in a few yards take the fork to the left. This trail drops into the canyon immediately. In a small meadow you will see an arrow made of stones pointing across the meadow. Follow this and the trail becomes evident again at the far side of the meadow. Continue down the Bosque Trail for 2.2 miles to parking area. In the top third of the trail along an exposed ridge is a small side trail that leads uphill to a 40-foot long cave. Beware the nesting rodents in the cave wall. Expect to walk south on the road two miles or leave a vehicle at both trailheads.

Hike of the Month**Oak Flat/Juan Tomas Loop**

0800, Dec 27, 1998\01998

Trailhead: Oak Flat Parking Lot**R.T. Distance:** 5-8 miles **Elevation Min/Max:** 7300/7768**Hiking Time** 3-4 hours **Hazards:****Topo Maps:** Escabosa & Sedillo

From Abq., travel east on I-40 to exit 175. Exit to the south-bound ramp to the Tijeras 4-way stop. Go south on 337 (south 14) 9 miles to Oak Flat Road. Turn left. At approximately one mile turn left into the Oak Flat Picnic Area parking lot. Gates are closed for the winter, but the area is well used by x-c skiers, horseback riders, hikers, bikers, etc. From the Oak Flat Picnic Area there are numerous interconnecting trails that go to the Pine Flat Picnic Area, Juan Tomas Road, Cedro Group Campground, Cedro Peak, and private land in the Sedillo area. Depending on the time members have to explore, we'll try a route from the parking area north to the western branch of the Mahogany Trail through Cedro Canyon, across Juan Tomas Rd, north on the Poker Chip Trail and return on the southern segmen of Juan's Trail, back across Juan Tomas Rd. then up and over the ridgeline on the eastern branch of the Mahogany Trail. If there's enough snow, this will be a snowshoe hike.

Hike of the Month**Bear Canyon Hike and Map & Compass Practice**

0800, Jan 31, 1999

Trailhead: East End of Spain NE**R.T. Distance:** 4 miles **Elevation Min/Max:** 6200/7200**Hiking Time** 2.5 hours **Hazards:****Topo Maps:** Sandia Crest Quadrangle

Drive to the far east of Spain NE until you reach the Open Space parking lot at the end of the dirt road. As is true anywhere in the foothills, this area is heavily used by mountain bikers, hikers, dog-walkers, runners, and some horses. Take the trail that runs east from the parking lot to the National Forest Boundary fence line. From the fence, travel east again until the junction with trail 503. Follow 503 east to its easternmost segment. At the bottom of the arroyo is an east-bound trail blocked with cholla debris, indicating probited access. Follow 503 a short distance to the top of the next rise to the north. Trail 503 meets a fence along private property. A few buildings are visible in the next arroyo from the ridge top. Follow the trail that goes east along the fence line and up in elevation. Climb as high as the large rock point in view above you, or into the forest just above for great views of the surrounding area. Mountain lions, deer and fewer earthlings have been sighted from this point. This trail reaches a wide, flat area at 7040' in elevation. We'll stop there to practice map and compass and GPS skills. I will bring photocopies of this portion of the Sandia Crest Quadrangle 7.5 minute series for members to use. I want to match the UTM's on my map with the reading on my GPS, practice resection, etc. This is NOT a test! You can compare with your neighbor.

Hike of the Month**Mora Flats and Hamilton Mesa Loop**

1000, Oct 16, 1999

Trailhead: Iron Gate Campground, Pecos Wilderness**R.T. Distance:** 9 miles **Elevation Min/Max:** 9,100/10,120**Hiking Time** 5.5 hours **Hazards:** hunters-wear orange

Topo Maps: Elk Mountain and Pecos Falls 7.5' quads or Pecos Wilderness Rec Map

Hike Leader: Susan Corban

To Trailhead: This hike will be an all-day deal in the Pecos. The hardest part is the road in. From the town of Pecos, take route 63 north toward Terrero. About four miles after Terrero, take the right turn onto road 223 to Iron Gate Campground (another four miles). This is a dirt road in very poor condition. Four-wheel drive or trucks recommended. Carpool if in doubt. Iron Gate is at the end of the road. The Santa Fe Forest fee is \$2 for day parking. Hike: We'll head out on trail 249. At the fork with the Rociada Trail (250), we'll turn down hill toward Mora Flats. At the north end of Mora Flats we'll take the west fork (trail 224) at the junction of the Rio Valdez and Rio Mora. This trail follows the Rio Valdez. At the next junction (270), the trail begins to climb to the top of Hamilton Mesa. We'll follow it until we're at the Mesa top at the junction of trails 270 and 249. We'll follow 249 south until we're back at the Iron Gate Campground. Horses, ponies, mules, donkeys are welcome if you are willing to drive a trailer up this road. Corrals are available at the campground. If you like to fish, you'll love this place. This hike has only one up-hill section. It's mostly level or down hill. I think this hike also has the best scenery in the southern half of the Pecos. The only thing you don't get is a lake. Come stretch your legs before winter sets in.

Hike of the Month

Cabazon Peak

0800, Dec 19, 1999

Trailhead: Cabazon Parking Area

R.T. Distance: 4 miles

Elevation Min/Max: 6400/7785

Hiking Time 3 hours

Hazards: exposure, loose rock

Topo Maps: Cabazon Peak 7.5 Quad

Hike Leader: Susan Corban

Meet at 0800 at the parking lot of Smith's at Carlisle and Menaul. If the weather is questionable (the roads may be impassable, not that we can't handle bad weather) call me. To get to the trailhead, drive west on NM 44 from Bernalillo. About 19 miles past San Ysidro turn left onto NM 279. There will be a sign for "San Luis, Cabazon." Continue 12 miles to the southwest, past the village of San Luis. Turn to Cabazon at BLM road 1114. If we get precipitation, travel on these roads is ill-advised. If road conditions are in doubt, check with the BLM. There is one walk-up route to the top of Cabazon. All other routes require technical climbing equipment. The trail starts at the parking lot south of Cabazon, and, after an initial scramble up very loose talus, winds counterclockwise to the top. One must crawl over several exposed areas with vertical walls falling away to the side. A view of the Rio Puerco valley from the top reveals numerous other basalt columns or volcano lava plugs in the area. *[ed. note: while this does not include a detailed description of the trail hiked, it does thoroughly describe the roads to the trailhead, and so it was included in this archive.]*

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GPS Study

The GPS study contained here is so outdated that we are no longer maintaining the HTML version. If you are still interested, you can download the PDF version.

[PDF](#) - You need to have [Acrobat Reader](#) from [Adobe](#) installed as a helper application on your browser in order to view this format.

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This applet is only useful to let you convert a handful of UTM coordinates in the NAD27 datum to corresponding Lat/Lon coordinates. If you need to do large numbers of conversions I refer you to PROJ4, a link to which is included below. Please don't make this site your primary means of doing large conversions.

Disclaimer:

This is a simple application that I wrote on a lark, just to learn a little java and the math involved in doing the conversion. I am not a good source of answers to more general questions about map projections.

There are many good places to go for detailed discussions of map projections, GPS and geodetic datum. One is [The Geographer's Craft](#). Another is Hunter College's [Map Projection Home Page](#). If you are interested in general purpose conversion between arbitrary coordinate systems and datums, please look into the [Cartographic Projections Library](#).

Please don't write asking for copies of the source code to this applet. I'm too ashamed of it to share it with anyone. It's a toy, let's leave it at that.

About the UTM-Lat/Lon Converter

The Universal Transverse Mercator (UTM) system is widely used for locating positions on the USGS maps. What is this system, and how does it differ from the Latitude/Longitude system?

The Lat/Lon system is a spherical coordinate system involving meridians of longitude -- great circles intersecting at the poles -- and parallels of latitude. The biggest problem for the map user is that lines of longitude converge at the poles and also a difference of "3 minutes" between two points cannot readily be converted to a distance, since this distance depends crucially on the distance from the equator.

The UTM projection is a transverse cylindrical projection that maps the nearly-ellipsoidal Earth onto the surface of a cylinder that touches the surface along a meridian of longitude, and a rectangular coordinate system (what we call "the UTM coordinates" in most of our trainings) is assigned to points on the flattened cylinder after projection.

[Note: In the following paragraph, where I refer to "distance from the Equator" and "distance from the

central meridian" I do not mean "distance along the surface of the Earth," but rather "distance on the flattened cylindrical projection surface. The further you get from the central meridian, the less "one meter" of difference between UTM coordinates corresponds to "one meter" of distance on the ground. However, since zones are only used within three degrees of the central meridian on either side, the approximation is good enough for our purposes and we'll leave it at that.]

The globe is divided up into "zones" of 6 degrees longitude with the first zone running from 180 degrees west longitude to 174 degrees west longitude. The central meridian (the meridian along which the projection cylinder contacts the surface) in each zone is assigned the arbitrary "Easting" coordinate of 500 kilometers, and all points within the zone are assigned coordinates based on their distance from the equator ("Northing") and from the hypothetical 0 point of Easting coordinate; so at the equator and at the central meridian the coordinate is (500.0km,0km). Since zones are less than 1000 kilometers wide there is no point which is actually given the coordinate 0,0, and all UTM coordinates are positive. Zones are also divided into 8-degree strips designated by a letter, starting at C at 80 degrees South Latitude and skipping I and O. Here in Albuquerque that is what the "S" stands for in our UTM coordinates (here where we live it is usually "13S" followed by eastings and northings), but this letter is mostly is redundant information: it merely denotes the range in which the northing coordinate falls. Some brands of GPS units do not use these NATO zone labels and display "N" or "S" for to indicate which side of the equator you're on (i.e. "North" or "South"). Do not confuse the "13S" displayed by Garmin GPS units for "Zone 13 South", as Garmin does display the correct NATO zone label.

[N.B.: There are some notable exceptions to the zone definitions above. Band "X" is 12 degrees of latitude high. Bands A and B, and Y and Z are near the South and North poles, respectively, and in those bands a different projection is used, called the UPS (Universal Polar Stereographic) projection. South of the Equator a "false northing" of 10000 kilometers is added to the northing coordinate. And zone widths and central meridians of UTM Zones 31V and 32V, and zones 31-37 in band X have been redefined so certain Scandinavian countries fall mostly in a single zone. See [this Norwegian site](#) for specifics. That page links back here for background information, but be warned: in addition to the converter here not using the correct datum for sites outside the continental United States as they mention, I also assume that all zones are 6 degrees wide, making it doubly incorrect to use the converter on this page for anything in Norway.]

The advantages of using UTM coordinates instead of Lat/Lon are several: the coordinates are a base-10 metric coordinate system rather the cumbersome base-60 coordinate system of the Lat/Lon system; because the system is a rectangular coordinate system measured in kilometers, one can use the coordinates to calculate distances directly. A point which is in UTM zone 13 and has coordinates (315.1,3925.1) is exactly 1 kilometer away from the point in zone 13 (315.1,3924.1).

A little bit of information about using UTM coordinates and USGS topo maps is contained in [one of the handouts for our land navigation training](#). UTM coordinates are printed on those maps if you know what to look for. It does take a little preparation of your maps to use these coordinates (such as drawing in grid lines) but it is worth the trouble and is more convenient than using the Lat/Lon system.

Unfortunately conversion from Lat/Lon coordinates to UTM coordinates involves some fairly complicated applications of spherical trigonometry. The appropriate formulas are called "Redfearn's Formulas" and may be read about on the [transverse mercator page](#) from the [geotiff project's projections list](#) on [www.remotesensing.org](#). *[Note: the web page just listed is not the one I actually used when I wrote this applet, but that one is long gone. If you want to get the various constants that are used in the calculation for a given datum, please, please go download [PROJ.4](#).]*

A crude Java applet which implements these formulas appears below.

Enter either a latitude and longitude in the upper data fields or the UTM zone, easting and northing in the lower, then hit the enter key. The coordinates in the other system will be displayed in the appropriate boxes. Enter West longitudes with a negative sign before the degrees, and enter South latitudes with a negative sign before the degrees. (The applet starts with the latitude 35 degrees North, 106 degrees West in the upper boxes, and the corresponding UTM coordinates in the lower boxes.)

On 11 July 2004 I modified this applet a little bit, to bring it more in line with what we use nowadays. The applet now displays UTM coordinates in meters, the way they appear on GPS units (when the original applet was written GPS was too expensive to be common, and most of our UTM usage was based on reading from maps --- where it was most convenient to work in decimal kilometers). Also, since the above text talks a lot about the NATO designators of latitude bands, the code now displays them. But you **MUST** type in the zone character if you are trying to convert from UTM to Lat/Lon -- the code expects the last character of the zone to be the band and won't give correct numbers if you leave it off. I also fixed a bug in the handling of the false northing for southern hemisphere lat/lon's --- for which this applet is inappropriate anyway (vide infra).

The applet was written by [Tom Russo](#), Cibola SAR, who hopes you find it useful, but disclaims all liability related to this applet; the applet was written for fun and his own edification, not for life-critical navigation purposes. The user assumes all responsibility for the accuracy of his or her navigational calculations.

EXTREMELY IMPORTANT: THIS APPLET HAS VERY SEVERE LIMITATIONS!

The converter uses constants derived from USGS Bulletin 1532 using the Clark 1866 ellipsoid. This is appropriate for USGS maps marked "North American Datum of 1927." **IMPORTANT:** The newest USGS maps use the North American Datum of 1983, and so this converter will NOT give the correct Lat-Lon/UTM correspondence for those maps. **The NAD 27 datum used by this applet is almost *certainly* incorrect for any use outside of North America! Apologies are extended to the many visitors who are from another continent, but I am unlikely at this point to be including geodetic data**

appropriate for your use. One of these days I will include an option which lets you toggle between NAD-27 and NAD-83 data, but for now you can only use this converter for the older maps. (To calibrate "one of these days" --- I wrote those words in mid-1997 and I write these words in late 1999, reinforced them in early 2001, and re-emphasized them again in mid-2001. That is to say, don't hold your breath. Cibola Search and Rescue disclaims all liability for readers of its web pages who render themselves unconcious --- or worse, who achieve core body temperatures near room temperature --- by holding their breath waiting for features promised "real soon now.")

Oh, for cryin' out loud, just show me the applet already.

You are not running a Java browser, and so you cannot see the applet that would have replaced these words. Sorry, game over, man.

Having trouble running this applet? Check your browser's configuration --some systems need you to have a special file installed or have "enable java" checked in an options box. If you think you have Java running properly but this still doesn't work, check your Java setup by visiting [the Java web site](#) and trying some of the applets there. If those work and you *still* can't get this one running it is unlikely that we can help you. This software is no longer supported by Cibola's webmaster and will remain here only so long as it seems to work for most people.

Users who live behind firewalls should note: some places (like where the author and several of his team mates work) don't allow Java applets to pass through their firewalls, so you may be outta luck. Your only option would be to get a commercial account and try it from home.

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Other Interesting Web Sites

• SAR Teams:

Sites selected because they provide useful information for the benefit of other SAR teams or the general public. These sites provide information on wilderness survival, safety and medicine, research on SAR topics, search management, training methods, and similar documentation. Some sites also provide excellent reference materials and/or software. This list is provided as a service to our teammates and the wider SAR community so that interesting source material may be collected in one place.

- [National Association for Search and Rescue](#)
- [New Mexico State SAR](#)
- The NM DPS has a page of [Recognized SAR Teams](#) in New Mexico.
- [The New Mexico Emergency Services Council](#)
- [Albuquerque Mountain Rescue Council](#)
- [New Mexico Search and Rescue Support Team](#)
- [Search and Rescue Society of British Columbia](#) -- Great info on [Hypothermia](#)
- [The Blue Ridge Mountain Rescue Group](#) maintains a [SAR Contacts Page](#) to help you find a SAR team near you. They also have a great page on knots.

• Medical training

- The State of New Mexico EMS board recognizes only [Wilderness Medical Associates](#) courses for wilderness medical training.
- The UNM [EMS Academy](#) offers Wilderness Medical Associates training courses.
- Want to make realistic injuries for your medical folks to practice on? Go visit [Image Perspectives](#) for training and materials for realistic injury simulation.

• Resources for self-study

- The Federal Emergency Management Agency has an excellent [self-study course on the Incident Command System](#) available on the web.
- You can get quite a bit of interesting info on treating wilderness medical emergencies from [www.emedicine.com](#).
- Most of the study materials for the PACE exam are available in Microsoft Word 97 format at [the New Mexico Tech SAR website](#)
- And all of the remaining PACE study materials are available at [this site](#).

• Maps, GPS, GIS, etc.

- [TopoWeb](#) has an interesting collection of map-reading lessons and other information.
- [Geocaching](#) is a fun sport with great potential as a Search and Rescue training get-together. Check out this synthesis of GPS, map-reading, searching and hiking skills.
- <http://mapping.usgs.gov/mac/isb/pubs/booklets/symbols/> is a great resource for learning about topographic map symbols from the [USGS Earth Science Information Center](#).
- [Finding your way with Map and Compass](#), from the USGS.
- You can download digitized USGS Topo maps of all of New Mexico from the [New Mexico Search And Rescue Resources](#) page at Los Alamos National Laboratory. Some of them are very old, though.
- You can buy digital raster graphics of *current* USGS Topo maps through the [USGS Mapping Information Center](#). You can buy other digital cartographic products such as Digital Elevation Models and Digital Line Graphs there, too.
- You can get some pretty nice map data (and view online maps) at the [National Atlas](#)
- The [Geographic Resources Analysis Support System](#) is a full-featured open-source Geographic Information System that can display, manipulate and process digital cartographic information of many varieties. You can use it to generate custom maps, create a database of geographic information, gather statistics, etc., etc.,etc. Mostly a Unix product, there is a Windows port. It is Not Easy To Use, but it is very powerful.
- If you want easy to use: You can use [Waypoint+](#) to plot data from your GPS unit on your computer.
- [GPS Utility](#) is another PC GPS program with the capacity to load in digitized maps and plot your GPS data overlaid on them. This is the best of the lot for casual use, and combined with the digital raster graphics files from [USGS](#) or sar.lanl.gov you can do some pretty neat stuff with it. There is a free version for download, but to unlock all the features you have to pay a little. It's worth it.
- Lorre Smith, of the State University of New York at Albany, has been compiling this list of links about [Maps and Geographic Information Systems](#).
- For some really geeky fun, learn more about geodetic datums with this article on [The Basics of Classical Datums](#) (a PDF file, requires Acrobat to read).
- More geeky fun: [Geodesy for the Layman](#).

● **Ham Radio:**

- Consider taking the [Emergency Communications Level I](#) course from the [American Radio Relay League](#).
- You should *definitely* read [New Mexico SAR Support's Communications Training Guide](#). It's in PDF format, so you'll need [Adobe Acrobat Reader](#) to read it.
- **FCC database:** If you are a ham already, you should be familiar with the [Universal Licensing System](#), or ULS. The ULS is where you go if you want to renew your unexpired ham license (no sooner than 90 days before the expiration date!) or update your address when you move. Public Service licenses are now also under the ULS database.
- **Exams and studying**

- Check out the great technician class tutorials at Hamquick.com.
- Test yourself with practice exams from the official question pools using this [ham exam practice page](#)
- If you want to learn morse code to get to the technician-with-code, general or amateur extra class licences, here's a reference on the [Koch method](#) of morse code training
- Grab a copy of [SuperMorse](#) to implement your code training. **Note: I have been informed that Supermorse doesn't work very well, if at all, under Windows 98. I have not personally used it in years, and that was mostly under DOS. It is said to work if you boot Windows in "DOS mode" and I have seen it work that way, but your milage may vary. I am now recommending G4FON's Koch Trainer instead (see below).**
-  Check out G4FON's [Koch CW Trainer](#) for Windows 98/NT/XP. I have not used it, but it looks like a slick interface. Download the companion file [KochRx](#) to check on your copy ability as you use the Koch CW Trainer.
- [Ham University](#) also has exam and code study tools. I'm told the code practice tool runs natively under Windoze, unlike Supermorse, which must be run by booting Windoze into "DOS mode."
- If you're a complete geek like the CSAR webmaster, you can try to use the tiny morse code generating programs he wrote for UNIX machines. You'll need [morse.c](#), and maybe [randword.c](#) and the shell script [koch](#). These are not download-and-play programs, they're source code and you need to have a programming environment installed on your machine (and it really, really should be UNIX).
- **Clubs**
 - [The American Radio Relay League](#)
 - [Socorro Amateur Radio Association](#)
 - [The Upper Rio FM Society, Inc.](#)
- **Misc Cool Ham Stuff**
 - Unix Geek? Ham? Most ham radio software for *nix is really only able to run under Linux. One of the exceptions is [Xastir](#), the X Amateur Station Tracking and Information Reporting package. It runs under Linux, FreeBSD and appears to be portable enough to run under any other Unix; someone has even ported it to Windows using the [Cygwin](#) package. It is a *VERY* nice Unix APRS package. With Xastir and a few external libraries (I highly recommend installing "libgeotiff" and everything it depends on, and shapelib) you can import a wide variety of maps, connect to a TNC and 2m radio and watch hams scurry about their business all overlaid on street or topographic maps of your area. I installed libgeotiff and was able to import USGS DRG maps (from the mapping information center, above) directly, and have multiple (as in hundreds of) maps automatically loaded, georeferenced, trimmed of superfluous margin materials and spliced together in a matter of seconds. It's lovely, and I highly recommend it.

- Speaking of APRS, lemme get that slobbering iron and build a [TinyTrakII](#) from [Byonics](#) so I can put an APRS tracker into my truck and advertise to the world how little I travel...
- Ham? Like Orienteering? Wanna combine the two? Try [Transmitter Hunting](#). The Amateur Radio Direction Finding group here in Albuquerque is a great way to hone your map and compass skills, while simultaneously honing your equipment building skills and physical stamina. A great SAR activity (and in fact the current president of NM SAR Support is the leader of this group!).
- **Gear:** This list is provided for information and entertainment only; Cibola SAR does not endorse any of the products which might be advertised on these pages.
 - **GPS:**
 - [Garmin](#)
 - [Magellan](#)
 - [Eagle](#)
 - [Navtech](#)
 - **Ham radio:**
 - [Ham Radio Outlet](#)
 - [The HAM STATION home page](#)
 - [ADI Radio / Premier Communications on the Internet](#) (currently undergoing major redesign, and has almost no information on it :- ().
 - [Maha](#) rechargeable batteries (apologies to those who found out that the old Maha URL was taken over by an adult web site ... this one's good, I promise)
 - [Campmor](#)
 - [Brigade Quartermaster](#)
 - [CMC Rescue](#)
- **Other:**
 - Mike Coltrin's [Hiking the Sandia Mountains in a Year](#) guide.
 - [The New Mexico Mountain Club](#)
 - [The New Mexico Mountain Club's climbing section](#)
 - The [United States Geological Survey](#) web site has plenty of information about its topographic maps and other products.
 - [This one](#) has lots of info about base station, cellular phone and hand-held radio antennas and human health effects
- **Backscratching:** These are some of the sites that have linked to Cibola SAR and from which we've received visitors. It is a tiny fraction of them, I'm only adding them as I notice people coming to our site from these places (list begun on 5 Aug 2002, will add sites as I find them). I'm not including links that are already listed above, nor am I including the dozens of places that seem to think the UTM Converter is worth linking to.
 - [Lab-Rover.com](#) has a link to our hypothermia minilesson. This is apparently a website for a Land Rover owner's expeditions across North America.

- [Riverside Mountain Rescue unit](#) has a nifty map of SAR websites, ours included.
- [Knots on the Web](#) links to a newsletter in which our first "knot minilesson" was published.
- [Rescue Dogs in Skaraborg, Sweden](#) has a link to Cibola's site on their "Länkar" page, under "Rescue Dogs" (go figure). They once had a comment about the site on this page in Swedish and just after Michael Kjorling confirmed that my translation of "bra-å-veta-om-räddning" as "good-to-know-about-rescue" was correct I discovered that the link was changed so that it referenced our team's main site without commentary. Thanks anyway, Michael.
- [Scoutway](#) references for scoutmasters has a link to our Land Navigation Training Handout.
- [Wiltshire Search and Rescue](#) (WILSAR) in the UK has a link to our site on their "worldwide SAR" links page.
- So does [South East Berkshire Emergency Volunteers](#).
- [Inland Seas Sea Kayak Lessons](#) links to our three-tiered clothing FAQ as "How to dress for the wilderness."
- [Greater Houston SAR Dogs](#) links to our minilessons.
- My one and only exception to the rule of "no backlinks to folks that link to the UTM converter." This is [Paula Messina's overheads](#) for a lecture on "GIS's roots in cartography." Lots of interesting material there, pity the lecture notes don't accompany the viewgraphs. I found the overheads for Professor Messina's [entire "Introduction to GPS/GIS Mapping" course](#) extremely informative, and wish I lived near San Jose so I could take the course.
- [Dave Crowder](#), a middle school teacher in Boulder, CO, uses our [Map Reading Minilesson](#) to help teach his students about topo maps in his [8th grade Earth Science class](#).
- The American Chemical Society's website [chemistry.org](#) has an article on hypothermia entitled "[Surviving the Big Chill](#)" that includes a link to Mike Dugger's [Hypothermia Minilesson](#). This article appeared in the December 2001 issue of their magazine [ChemMatters](#), a quarterly magazine for high school chemistry students.
- The [Rocky Mountain Survival Group](#) has a link to our fire starting minilesson on their [page of links to fire starting articles](#).
- [Saskatchewan Civil Air Search and Rescue](#) remarks that our site is good for "winter reading" on their [links](#) page.
- [Wilderness on the Internet](#) is a collection of interesting links on wilderness skills and activities. They link to our firestarting minilesson.
- [ExploreNM.com](#) has a link to Cibola's web site on their [links](#) page.
- Boy Scout Troop 299 of Tacoma, Washington links to our land navigation handouts and minilesson from their [scouting links page](#)
- Pete Knoebel has created an entertaining [Web Quest](#) as part of his high school math class lesson on the mathematics of SAR. Several of the pages link back to Cibola's minilessons.

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Donations

Cibola SAR is an all-volunteer, non-profit organization. Our volunteer members provide their own basic personal equipment, but the team does require funds to continue operating effectively --- ropes and other rescue equipment are not cheap. We are entirely funded by the generous donations we receive from various charitable campaigns and private individuals.

If you would like to make a donation to Cibola SAR, you can send a check to our post office box:

Cibola Search and Rescue
Post Office Box 11756
Albuquerque, NM 87192
ATTN: Treasurer

An alternative to mailing a check is to send us a donation through PayPal, using your credit card. Just click the button below.

Cibola Search and Rescue is a 501(c)(3) non-profit corporation, and donations made to us might be tax-deductable: consult your tax preparer if this is an important consideration for you.

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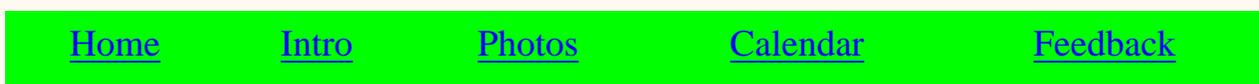
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search and rescue

This site is periodically indexed by keywords. Enter a few words and choose a matching method ("all" or "any") and you will be presented with a sorted list of pages that match.

Note: This search page will not return pointers to documents which are password protected, particularly those in the "membersonly" area of the website. That's because the program that does the indexing doesn't have the password to get in. Someday maybe we'll have a membersonly search page, but for now you can only search publicly accessible documents.

Match: Format:
Search:



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Please give us some way of contacting you, especially if you are pointing out what you think is an error so that we may contact you for clarification. If you do not live in New Mexico, *PLEASE* leave a return email address, because we can't always respond to feedback by long-distance telephone!

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Date: 9/2/2004

Windows XP Service Pack 2

Having trouble downloading SP2? It's a huge download, especially if you are using a modem. Microsoft will send you a CD, but it takes 4-6 weeks. To help everyone get a copy, we are making it available on CD to SWCP customers. [Click here](#) for details and to order your copy.

* Historical messages can be found [here](#)



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MONDAY, SEPTEMBER 6, 2004

Today's Edition

Dealing with technology in real life **LIVING IT:** That was the

maxim held dear by Sammy Davis Jr. But he wasn't building a PC, he was either at the bar or at [Sy Devore's](#).



**Brian
Cooley**

Rafe Needleman, on the other hand, [was building a PC](#)--big bore, high powered, and a flamethrower in every sense of the word.

He dropped by to tell me how fast his new Athlon 64 is.

I told him how quiet my 1GHz PIII is.

And unless you're editing video or playing serious games, my machine is as good as his. I can process words, navigate the Web, and field e-mail and IM virtually as fast--except I have a bunch of extra ducats in my checking account because I haven't bought a new PC since Clinton was in office.

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Robert Vamosi



Know your enemy: insiders at work

SECURITY WATCH: A look inside the financial services sector gleans important lessons for other business about the threat of inside attacks.

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eTrust EZ Antivirus 2005 (6.2)

If you're concerned about taxing your system resources with antivirus scans, give eTrust EZ Antivirus a try.

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▶ [Read Review](#)
4. Painter 7.0: Win98/ME/NT4/2K
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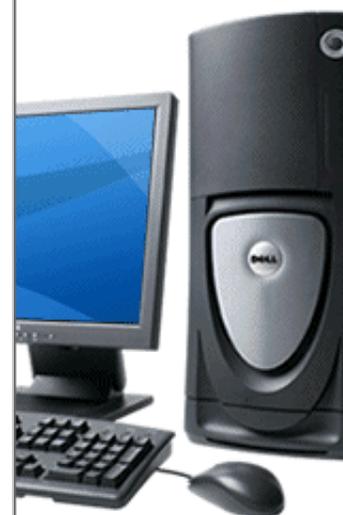


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New Mexico Search and Rescue



All search and rescue incidents in New Mexico are coordinated by the New Mexico State Police Division. The primary resources for these incidents are volunteers. In the 20 years since the search and rescue law was passed, these volunteers have been activated thousands of times. Hundreds of people owe their lives to these unselfish citizens.

[SAR Teams responsibilities](#) 🗺️

[SAR Resource Directory](#) 🗺️ - Members only

SAR News Releases:

- [Search for Shuttle Debris Resumes](#)
- [New Mexico helps search for Columbia debris](#)

2003 Annual Search and Rescue Statistics

161 Missions Statewide

2 Training Missions

163 Total Missions

District 1 - 21 missions	District 2 - 5 missions	District 3 - 3 missions
District 4 - 7 missions	District 5 - 23 missions	District 6 - 10 missions
District 7 - 26 missions	District 8 - 23 missions	District 9 - 3 missions
District 10 - 3 missions	District 11 - 8 missions	District 12 - 5 missions

climbers	4
hikers	52
hunters	23
skiers	3
snow mobiles	3

vehicles	11
aircraft	6
E.L.T.	11
cavers	2
hospital patients	1
motor bikes	4
wood cutter	0
gatherer/forager	1
unknown	39
Total Subjects	163

Total Personnel Used 2,593

Total Personnel Hours 14,835

[2002 Statistics](#)



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Required Gear and Clothing List

Note that items marked with a red asterisk (*) are required by the state for the PACE certification.

- internal or external frame backpack large enough to hold all of gear *
- knife *
- food for 24 hours *
- at least two quarts of water *
- fire-starting materials *
- orienteering compass *
- whistle *
- watch
- signal mirror *
- headlamp with extra batteries and bulbs *
- first aid kit (for personal use) *
- space blanket *
- paper and pencil *
- shelter materials (bivy or light tent or tarp, etc.)
- trail tape (hot pink is Cibola preference)
- Ten feet of one-inch webbing (we recommend that you also have a locking carabiner) *

3 layers of clothing

- inner wicking layer: non-cotton long underwear (top, bottom) *

- middle insulating layer: non-cotton (bottom, top) Suggested fabrics include polarfleece, wool, expedition-weight polypropylene underwear) *
- outer layer: rain protection--jacket and rain pants or poncho and rain pants, hood or hat (head, upper and lower body) *
- windproof, non-cotton jacket *
- sturdy boots with a lug sole
- hat *
- two pairs of socks and two pairs of sock liners (wicking, non-cotton inners and outer socks) *
- leather gloves (work gloves) *

Items marked with an asterisk (*) are required by for NM state field certification, others are requirements of Cibola SAR. Please note that for safety reasons, all cotton jeans or sneakers are not permitted for search and rescue missions. Please note that bluejeans are not [appropriate clothing](#) for SAR missions.

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Training Policy & Standards

History

- *Adopted 11 September 1997*
- *Amended 12 March 1998*
- *Amended 9 April 1998*
- *Amended 10 August 1998: replaced references to "triangulation" with the more correct term, "resection"*
- *Amended 19 Jan 1999: Change [gear list](#) to reflect new requirements for State Certification*
- *Amended, 24 Mar 1999, to document the results of a [December 1997 vote](#), and update [recertification frequency](#) per the results of the March 1999 vote*
- *Amended 25 Jan 2000, reconcile vague wording with actual team practice and voting at several team meetings.*
- *Amended 18 May 2000, to include [new policy on training events](#), voted on at the 11 May 2000 business meeting*
- *Amended 7 August 2002, to include [changes to training requirements](#) voted on at June 2002 business meeting.*
- *Amended 6 January 2003, shifting responsibility for running evaluations to the president instead of the training officer.*
- *Amended 29 January 2004, removing all the HTML markup that showed where all the amendments had been. It was getting too hard to read.*
- *Amended 12 Feb 2004, clarifying [number of events that must be attended each year](#) to participate in trainings.*

Contents:

- **Section I: [Training Policy](#)**
- **Section II: [Required Skills](#)**

- **Section III: [Testing Standard](#)**
 - **Section IV: [Evaluator Certification](#)**
 - **Section V: [Resources](#)**
-

Section I: Training Policy

Every active member of Cibola who intends to participate on missions by deploying in the field is required to meet the following criteria:

- 1. Pass the test for the 1997 New Mexico State Search and Rescue Field Certification.*
- 2. Participate in four (4) sanctioned training events every year. Specifically, members shall attend at least two trainings every six months. Members who fail to attend two (2) trainings in a given six (6) month period may return to available status by making up the missing trainings in the following period. In no event will trainings used to make up for a previous deficiency be counted towards the two trainings needed in the current period.*
- 3. Complete the evaluations described in [Section III](#) at least once every calendar year.*

Although they are a condition of becoming an active member, maintaining currency in the evaluations described in Section III is not required of members who intend only to perform base camp duties after attaining active membership.

Members of Cibola SAR who were active at the time that State Certification was implemented are expected to have received that certification by 31 December 1997.

Members of Cibola SAR who were active as of 11 September 1997 are expected to complete successfully all the evaluations described in [Section III](#) by 31 December 1998.

New members of Cibola SAR are expected to complete all the requirements within one year of becoming prospective members. New members are also required to attend at least three meetings and two trainings in the six months prior to becoming active members.

The membership officer will maintain records which will be used to determine each member's certification currency and mission availability status.

Cibola Search and Rescue will not conduct training events solely for the benefit of other search and rescue teams. Cibola SAR may, however, invite members of other teams to our own training events for

the purpose of enhancing our relationship with those teams and improving our own ability to function with other teams on search and rescue missions. When members of other teams participate in training events sponsored by Cibola SAR, they must sign the same liability waiver required of Cibola members. Members of Cibola SAR who choose to present trainings to non-members outside of sanctioned Cibola SAR training events do so as private individuals, not as agents of Cibola SAR. They are not authorized to use equipment owned by Cibola SAR for this purpose nor are they authorized to speak on behalf of Cibola SAR, its members or policies.

Section II: Required Skills

The skills that Cibola Search and Rescue requires of all field-ready members are broken up into into six categories.

Skill categories:

1. Search Techniques
2. SAR Safety
3. Land Navigation
4. Litter Handling
5. Communications
6. Clothing and Gear

Category 1: Search techniques

Skill group A:

Knowledge of these topics is demonstrated by passing the 1997 New Mexico SAR Field Certification test.

Each member should:

1. be able to define Probability of Detection (POD) and Point Last Seen (PLS)
2. be able to differentiate between two basic categories of search tactics (i.e. active and passive)
3. be able to explain the need for practicing POD estimates at the team level
4. be able to describe the following passive tactics
 - sound attraction
 - confinement/containment
 - waiting

5. define the following techniques of searching
 - hasty search
 - critical and visual separation
 - Grid search (line)

Skill group B:

Proficiency in these skills is shown by participating in a field evaluation. The president will establish the evaluation according to the guidelines in the associated training standard.

Each member should:

1. know the importance of having a positive mental attitude while searching
2. explain how the behavior of the lost person affects search tactics
3. be able to describe the following types of active tactics:
 - hasty search techniques
 - efficient search techniques
 - thorough search techniques
4. understand the proper use of trail marking (trail tape)
5. demonstrate
 - line search with visual separation
 - trail marking with trail tape
 - sound attraction
 - ability to achieve 65% POD in field exercise

Category 2: SAR Safety

Knowledge of these topics is demonstrated by passing the 1997 New Mexico SAR Field Certification test.

Each member should:

- be aware that his/her own safety should be of primary concern.
- carry at all times latex (or similar) rubber gloves in addition to a personal first aid kit. Touching of blood or other body fluids without adequate protection is greatly discouraged.
- know that an injured subject should be moved only after being evaluated by a certified medical care provider. The only exception is when imminent danger to the subject exists.
- keep adequate face and eye protection (face shield and/or safety glasses) in place on the subject in the litter (except where medical personnel advise against it), as dictated by conditions and with concern for the safety and comfort of the subject.
- have adequate hand protection whenever using ropes or working with the litter. The use of leather

or sturdy work gloves is highly recommended.

- be aware of what or who is below while working in areas of loose rock.
- be aware of teammates condition and that ego, high altitude, hunger, dehydration, fatigue, poor physical condition and exposure to either cold (hypothermia) or heat (heat exhaustion) can cause an impairment of judgment.
- take caution when approaching camp sites or homesteads; avoid private property if possible. The inhabitants may be asleep, and most importantly, armed. Identify yourself as search and rescue at a safe distance from such dwelling; leave private property immediately and politely if asked to do so.
- understand that if at any time a search member is uncomfortable with an assignment or feels that the assignment is too dangerous they are expected to inform Incident Base.

Team leaders need to assess the safety of their team and team assignments. Inform the ICS staff if the assignment is inappropriate.

Search and rescue is inherently dangerous due to the circumstances involved. Risk assessment is the balancing of the needs of the mission (i.e. subjects needs) and the safety of the rescuers. Never forge ahead, neglecting dangers. Always assess the risk and contact Incident Base if there are any problems or questions.

In the event a search team encounters a "death scene" some things should be considered:

- Any unattended death, one that a medical doctor did not witness, is assumed to be a crime scene.
- When a search team encounters a subject who appears to be dead, only allow one member of the team to approach the body to confirm the death. The searcher should be careful not to disturb the scene. After confirmation the searcher should exit following the same path they took into the area.
- The death scene should be roped off and secured from all unnecessary personnel.

Category 3: Land Navigation

Skill group A:

Proficiency in this group of skills is demonstrated by passing the 1997 New Mexico SAR Field Certification test.

Each member should:

1. be familiar with topographical maps and the symbols on them
2. be able to identify and use contour lines, distinguish between magnetic and true north, determine declination, and determine distances between points on the map
3. be familiar with the use of both the UTM and the Lat/Lon coordinate systems, and be able to

determine the coordinates of a given point on the map with either system.

4. be able to plot a course on a map with the aid of a compass
5. know how to orient a map and compass to terrain, obtain and follow a simple compass bearing, obtain a back bearing and measure distance by pacing
6. be able to translate a course drawn on a map into magnetic bearings to be followed in the field
7. be able to draw a course traveled in the field using a compass onto a map

Skill group B:

Proficiency in these skills is shown by participating in a field evaluation. The president will establish the evaluation according to the guidelines in the associated training standard.

Each member should demonstrate the following skills in the field:

1. Orient a map to terrain
2. orient a map to a compass
3. navigate a simple course and record distances between points of the course by pacing, resection, timing or other form of estimation to an accuracy within 25% of the actual distance between points.
4. triangulate off of terrain using a compass to find the current location on a map (resection)

Category 4: Litter Handling

Proficiency in these skills is demonstrated by participating in a field evaluation. The president will establish the evaluation according to the guidelines in the associated training standard.

Each member should:

1. understand precautions for loading a subject into a litter
2. understand the use of padding and protecting the subject from the environment
3. know the three basic requirements of a system for securing the subject in the litter
4. know how to attach haul and brake lines to the litter
5. understand precautions and methods for attaching and removing a wheel from the litter
6. list five types of positions tenders may assume during transport of the litter, and demonstrate appropriate rotation among these positions
7. explain the commands stop, haul, brake, brake off, level
8. demonstrate moving the litter beyond a "pass-through" and a "lift-over" obstacle
9. demonstrate ability to tie the following knots and apply them in the given manner:
 - figure 8 knot
 - rewoven to secure a line to a post or litter (Figure 8 Rewoven)
 - rewoven to join two ropes of like diameter (Figure 8 Bend)

- to form a loop in a line (Figure 8 on a bight)
 - Water knot to join two lengths of webbing
 - Double Fisherman's knot to join two ropes of dissimilar diameter
 - prussic 3-wrap
10. be able to inspect a rope for damage before using it, and understand how to pack it into a bag to minimize tangling

Category 5: Communications

Knowledge of these topics is demonstrated by passing the 1997 New Mexico SAR Field Certification test.

Each member should:

- Understand the basic functions of a radio used in search and rescue:
 - Power switch activated
 - volume control set for comfortable listening level
 - squelch control set to silence background noise
 - antenna connected correctly and securely
 - frequency selector on channel designated by incident command
 - push-to-talk firmly depressed when transmitting
 - be familiar with other features of own radio to use it effectively
- Understand the importance of transmitter location when using radio:
 - locate radio as high as possible for line of sight to other station
 - face in the direction of other station or repeater
 - if using a microphone, hold 5-6 inches from mouth
- Understand proper technique for conveying information on radio:
 - discuss only mission-related information and do not contribute unnecessary chatter.
 - solicit feedback from other station to make sure your message was understood
 - speak in plain English and avoid "radioese" such as ten-codes and q-signals
 - if no condition code (death code) is issued, use the "echo" code in its place
 - speak slowly so your information gets recorded accurately
 - avoid unnecessary transmissions to preserve batteries
 - wait a second after depressing the push-to-talk button before speaking, particularly when using a repeater; otherwise your first word may be cut off

Category 6: Clothing and Gear

Satisfaction of this standard is determined by a pack breakdown and by passing the 1997 New Mexico SAR Field Certification test, and a clothing and gear examination by the membership officer when the member is given an orientation. Items marked with an asterisk are required for NM Field Certification,

and those without are additional items required by Cibola SAR.

Each member should:

- Be able to describe the three layer system of clothing
- Possess the following items (recommendations in parentheses):
 1. internal or external frame backpack large enough to hold gear* (2500-3500 cubic inches)
 2. knife* (Medium sized folding knife with locking blade or multi-tool)
 3. food for 24 hours* (Prepared snacks, jerky, dried fruit, nuts, etc.)
 4. at least two quarts of water* (three quarts is preferred)
 5. fire-making materials* (Waterproof matches, lighter, flint/steel, tinder)
 6. orienteering compass* (See through base with straight edge required by State standards)
 7. loud whistle*
 8. watch
 9. signal mirror* (Mirror with sighting hole required)
 10. headlamp with extra batteries and bulbs*
 11. Back-up light source
 12. first aid kit (for personal use)*
 13. space blanket*
 14. paper and pencil*
 15. shelter materials (e.g., "bivy" sack or light tent or tarp)
 16. trail tape (Available at orientation)
 17. Ten feet of one-inch tubular webbing* (Cibola provides a 25 foot length at orientation)
 - 3 layers of clothing:
 18. inner wicking layer: non-cotton long underwear (top and bottom)*
 19. middle insulating layer: non-cotton (bottom, top) Suggested fabrics include polarfleece, wool, expedition-weight polypropylene underwear*
 20. outer layer: rain protection -jacket and rain pants or poncho and rain pants, hood or hat (head, upper body, lower body)*
 21. windproof, non-cotton jacket*
 22. sturdy boots with lug soles* (All leather hiking boot)
 23. hats (Cold weather such as a balaclava* and sun protection hat)
 24. two pairs of socks and two pairs of sock liners (wicking, non-cotton liners and out socks)
 25. gloves (leather work gloves)*
- Be aware that no jeans or sneakers are permitted on searches for safety reasons.

Section III: Testing Standard

Evaluation 1: Land Navigation

The purpose of this evaluation is to ensure that each member participating in navigation trainings has achieved the minimum set of skills. The evaluation consists of a navigation course which trainees should walk, and tasks on that course which need to be performed satisfactorily. Responsibility for running evaluations falls to the president. The president will also devise a means by which evaluatees can navigate the course without interfering with others, and without being able to use other candidates' performance to their advantage; possibilities include laying out separate courses for each or directing different groups to navigate the points in different orders.

The navigation course should:

1. be between 600 and 700 meters in total length, with no more than 200 meters between any two points
2. contain six points not in a simple geometric shape, clearly marked with unique markings, e.g. six inch tall letters on 8.5x11 cardboard.
3. have the distances between points measured accurately
4. be over simple terrain without major obstructions
5. be near easily identifiable and clearly visible terrain features to facilitate resection.

Evaluation:

Each candidate will be brought to a specific location near the compass course and perform a resection using local terrain to locate this point on a topographic map of the area.

Candidates will then be given bearings from each point to the next. Each will walk the course and locate the markers, estimating the distance between them.

No person will be considered to have demonstrated minimal proficiency without having located all of the marked points and estimated the distance between them to within 25% accuracy, and resected to determine the starting point correctly to within 200 meters.

Evaluation 2: Litter handling

The purpose of this evaluation is to ensure that each member participating in litter packaging and hauling trainings has achieved the minimum set of skills. The evaluation consists of a demonstration of appropriate techniques for securing a subject in a litter, and participation in moving the litter along a trail with obstacles. Responsibility for running evaluations would fall to the president.

The litter evaluation course should:

1. be at least one quarter mile in total length
2. contain a natural or man-made "pass-through" obstacle, where the litter must be moved through

an opening not more than 3 feet wide

3. contain a natural or man-made "lift-over" obstacle, where the litter wheel must be moved over a feature on the ground that is at least one foot high, and anywhere from one to five feet long in the direction of travel
4. contain a portion of terrain on a grade of between 10 and 30 percent, which requires the use of a brake and/or haul line to control the speed of the litter

Evaluation:

Candidates should be able to demonstrate assembly of the litter.

Candidates should be able to explain techniques and concerns for moving the subject into the litter.

The candidate should be able to explain and demonstrate padding, the filling of void spaces around the subject, and appropriate protection from the environment to maximize the subject's comfort during transport.

Starting with a subject laying in an appropriately padded litter on the ground, the candidate should be able to explain and demonstrate each of the three components of the system for securing a subject in the litter. The quality of the tie-in system shall be evaluated by tilting the litter on each end and upside down, evaluating subject movement and comfort. No person will be considered to have demonstrated minimal proficiency if the tie-in system permits the subject's head or feet to touch the extreme outer rail of the litter at the head or foot, or if there is more than six inches of space between the subject's back and the litter during the tilting operation.

The candidate will participate in the transport of the loaded litter over the course described above. The candidate will participate in attaching the wheel to the litter. Each candidate will demonstrate the use of commands and rotation to keep the litter moving along the course and through obstacles.

Rope skills should also be demonstrated as part of this evaluation. Candidates will be given appropriate lengths of rope and webbing, including one long rope stored in a bag, and will demonstrate proper inspection ("flaking") of the rope for damage. Each of the required knots should be tied properly; candidates will be given three chances to demonstrate each knot. After the required knots are demonstrated, the candidate will attach the long rope to the litter in a manner appropriate for a haul or brake line. Finally, the candidate should pack the long rope back into the bag.

Evaluation 3: Search techniques

The purpose of this evaluation is to ensure that each member participating in search techniques trainings has achieved the minimum set of skills. The evaluation consists of effective participation in a mock search. Responsibility for running evaluations would fall to the president.

Candidates will be divided into teams of 3-9 new or active members, and will be instructed to search an area of .125 square mile. The search area will be in moderate terrain and contain an unspecified number of clues of varying size and two bodies. The president will devise some means of assuring that each three member team is able to complete a course without interfering with other teams; this could mean anything from assigning each team to a different area to putting codes onto the clues and requiring that each team merely copy the code onto a paper at the discretion of and subject to the creativity of the president.

Teams will:

1. search the area demonstrating proper application of line search with visual separation, and proper use of trail tape to mark portion of area covered.
2. mark or label clues
3. be able to describe the search pattern used to the evaluator
4. achieve 65% POD

Searchers will be allowed a period of time not exceeding the period indicated by the table below to achieve these goals; in using the table the president will estimate what visual separation between 20 and 60 feet is dictated by the local conditions. At the conclusion of the search teams will be debriefed and asked to estimate their POD; this estimate will be compared to the actual POD. If the actual POD is above 65%, and the estimate is within 25 percentage points of actual, the team is considered to have performed the POD estimate adequately.

Table I: Table of hours team should be allowed given a team size and a separation appropriate to the terrain (all times rounded to nearest 15 minutes).

Team Size	Visual Separation in feet				
	20	30	40	50	60
3	N/A	N/A	3:30	3:00	2:15
4	N/A	3:30	2:45	2:15	1:45
5	N/A	3:00	2:15	1:45	1:30
6	3:30	2:30	1:45	1:30	1:15
7	3:00	2:00	1:30	1:15	1:00
8	2:45	1:45	1:15	1:00	N/A
9	2:30	1:30	1:15	N/A	N/A

The table was produced using the following assumptions: teams travel at 1 mile per hour perpendicular to the line of searchers; area .125 mile. Times indicated are .65 times the time it would take the given number of searchers at the given spacing to sweep out an area of .125 mile.

Section IV: Evaluator Certification

The president, by virtue of being elected to that position by the general membership, will be presumed to be an acceptable evaluator.

The president may certify volunteers to be additional evaluators. The procedure for certifying the evaluators shall be as follows:

- Each potential evaluator ("evaluator candidate") will participate in an "evaluator training" for each of the topics he or she intends to evaluate. The president will run this training.
- Each evaluator candidate will be familiarized with the appropriate evaluation standard and be expected to pass the evaluation.
- Each evaluator candidate will be expected to:
 - set up the course required for the evaluation. The evaluator candidate's performance of this task will be judged by the president; the only criterion will be that the course laid out conforms to the standard in [Section III](#).
 - put other evaluator candidates through the course he or she has laid out, and evaluate their performance with respect to the standard.
- The president will compare the evaluator candidate's evaluations to his or her own evaluations. If the two sets agree, and the course laid out by the evaluator candidate conforms to the standard, then the evaluator candidate is considered to be an adequate evaluator.

Section V: Resources

- [Litter Evaluation Instructions and Checklist](#)
- [Land Navigation Evaluation Instructions and Checklist](#)
- [Search Techniques Evaluation Instructions and Checklist](#)
- [training handouts\(members only\)](#)
- The [Monterey Bay Orienteering Club](#) has a good page which links to some useful resources on the sport of orienteering, which can be used to hone your map and compass skills.
- The [US Orienteering Federation](#) likewise has a few links which can help on the map and compass part of the standards.
- [Knot photos, part 1](#)
- [Knot photos, part 2](#)
- For more on knots, check out the [The Blue Ridge Mountain Rescue Group](#) web site, which has an excellent but incomplete collection of knot-tying photos

- As if that weren't enough, there's more knotty information at [Knots on the Web](#) than you could possibly hope for.

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Sandia Search Dogs

Albuquerque, New
Mexico USA

www.swcp.com/SSD





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■ What is Sandia Search Dogs?

Sandia Search Dogs (SSD) is an all volunteer non-profit organization that provides search and rescue (SAR) services to the community. Our members are diversified in background, and vary in their daily professions, but all have a common interest in outdoor activities and love dogs! We apply a broad background of mountain and wilderness experience to search and rescue missions in all terrain and weather conditions. Training dogs for search and rescue is our specialty.

SSD responds to SAR missions throughout the New Mexico area, however most are in the nearby Sandia, Manzano, and Jemez mountains. As an officially recognized search and rescue group, we are requested by the New Mexico State Police or other agencies to assist in missing person emergencies.

■ What Do SAR Dogs Do?

Search and Rescue dogs are valuable resources in efforts to find missing people. They can work day and night, in most kinds of weather and are especially effective where human sight or access may be limited.

All humans constantly shed microscopic particles. These particles, which bear a unique human scent for each individual, can be transported by the wind or deposited on vegetation and other surfaces.

The air-scenting SAR dog finds people through locating airborne scent. Air scenting can be successful long after the person has been reported missing since the victim will still be emitting scent.

The trailing SAR dog locates people by following the path of scent deposited on the ground or vegetation as a person moves through an area. Because this scent is affected by humidity, temperature, and time, it is vital to field a trailing dog as soon as possible after the person becomes lost.

■ SAR Dogs Can Find:

- Children lost in wilderness, parks and urban areas
- Elderly persons who have wandered away from family gatherings, homes and hospitals
- Overdue hikers, hunters, and fishermen who may be injured, sick or lost
- Victims of accidents and suicide.

■ Who can become a member of SSD?

SSD is a young, dynamic volunteer group committed to providing competent canine search and rescue teams to finding lost persons. We welcome new members who are interested in training a dog for search and rescue response or in supporting the group as field support.

Interested individuals need to be in good physical condition and capable of meeting our minimum gear list requirement.

Candidate dogs must be toy crazy or food crazy and 2 years of age or younger. All candidate dogs are evaluated for suitability for SAR training before their training begins.

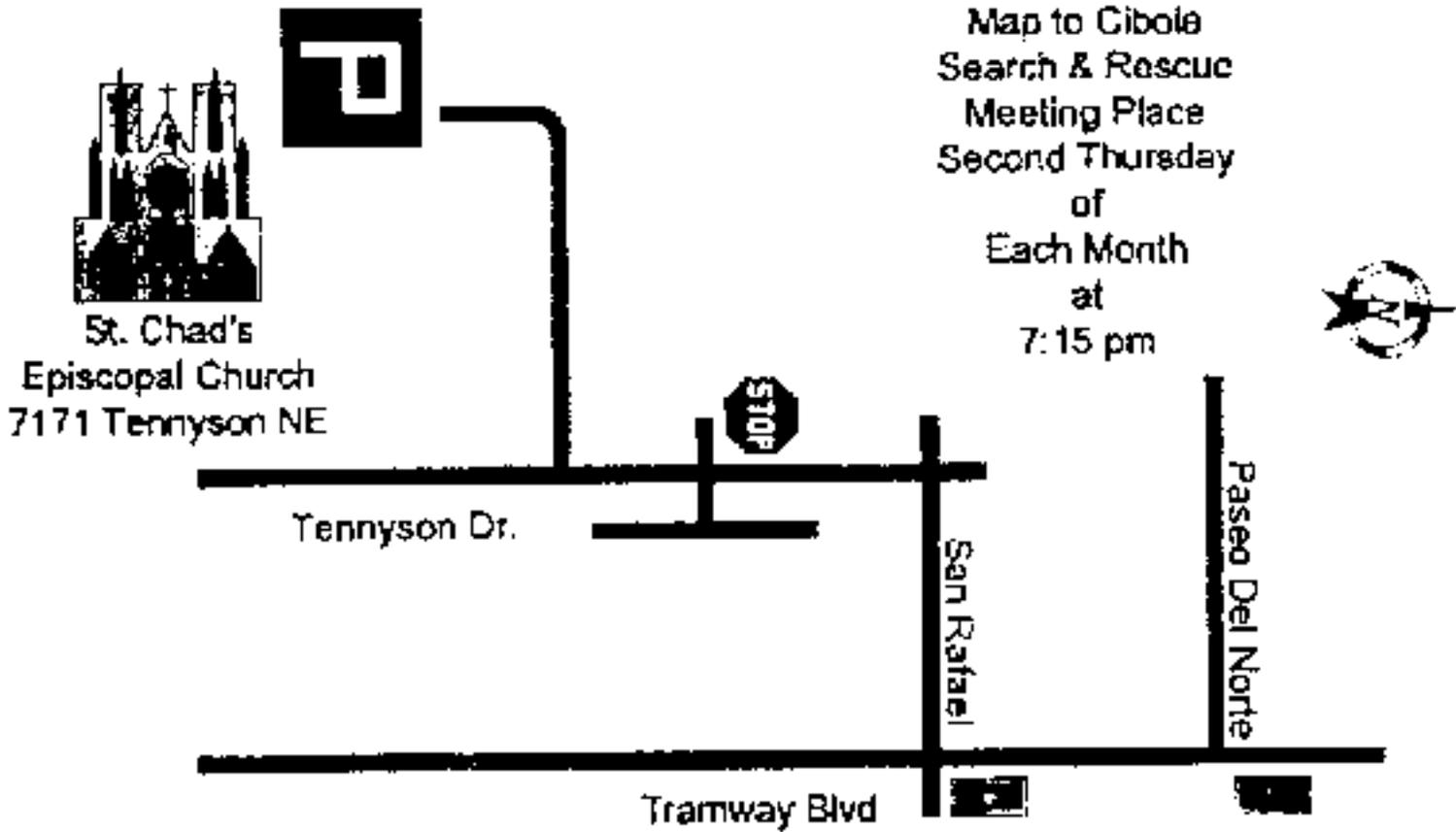
■ How is SSD Financially Supported?

SSD is an all volunteer group and we do not charge for our services. Members supply all their own personal equipment. When on a SAR mission, the State of New Mexico reimburses vehicle gasoline expenses.

Our team is financially supported through donations from individuals and groups. Donations are used to purchase team equipment, educational materials, and to support training. All donations are tax-deductible.



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LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Larry Mervine , President

Once again at the last minute I am rushing to submit an article for the newsletter. This will be short. Vacationing in Las Vegas with the temperature hovering around 105 -110, summer is not over yet. So be prepared by drinking a lot of water. Also, during the past month we have had five missions, no reason to complain about the low number. On the other hand our attendance to missions remains low. Remember why we volunteer to help, to respond when needed. We might not want to attend missions when the subject has been missing for a long time, or other reasons. I encourage everyone to be more aggressive in mission attendance.

See you out there.

Boots and Blisters

by Tony Gaier, Training Officer

The July's search techniques training went well with 6 team members showing for the event. Thank you to everyone who came out. As I mentioned in the last newsletter, this is a new training period and everyone is currently training deficient. There are only 6 scheduled training events remaining between now and December 31st.

The following is a list of the trainings remaining.

- Land Navigation, August 15th
- Mock Search, September 11th
- Litter Handling, September 18th
- Search Techniques, October 17th
- Land Navigation, November 13th
- Litter Handling, December 12th

There is only one training opportunity between now and the next business meeting. August 15th, at 9:00AM there will be a Land Navigation Training at Three Gun Springs Trailhead.

If you have any questions concerning training events please call me at home or on my cellular phone.

Business as Usual: Meeting Minutes

by Aidan Thompson, Secretary

Minutes of 08 July 2004 Meeting

The meeting kicked off at 19:23.

Training Officer's Report

Tony announced that a Search Techniques training will be held at the east end of Indian School, Embudo trail head. Most forest areas are currently closed, limiting training area as well as missions. He asked new attendees to bring water, sunblock, sturdy shoes, and members to bring full SAR packs.

Tony mentioned that the first 6 month period for the year is over, and encouraged members to check the web site and monitor number of trainings left to plan out the rest of the year and not be training deficient unexpectedly. He said that lots of other teams have shown an interest in the mock search comming up in early September. He asked for volunteers for planning, but encouraged the membership to participate in the field rather than having all of CSAR behind the scenes.

Secretary's Report

The secretary was not present, but was very grateful to Lili for taking these minutes, again.

Treasurer's Report

Lili reported that gas reimbursements from ESCAPE and also submitted earlier in the year had still not been recieved from James Newberry's office.

Membership Officer's Report

Bob announced we had two potential prospectives from the web site, one will not be available to attend until the August meeting. He also said we lost two members, Kevin Mohr joined the Peace Corps and will be in Africa until 2006 when he plans to return to New Mexico and rejoin, and Jennifer Hall has been completing her doctorate out of state and will also rejoin when she returns. Bob also congratulated Brian Wilcox as our newest prospective member. For other new folks, he also announced that a PACE exam will be available on July 10th in Taos, and also Larry Mervine is putting together another PACE in August. Bob also reported that he talked to Base sources to see if we can be included in the 'welcome' packet, but it is difficult to achieve. He also talked to the 1st Airmans center about volunteer opportunities.

Gear Committee Report

Mark reported that Carl Gilmore demonstrated some tie-in ideas at the June litter training at REI, but we need some more follow up before ordering. Tony Mentioned that the CMI Catalog had some quick tie-ins for litters, and the group agreed to look at them. He also mentioned that Kevin turned in one of the team radios, and it is available for loan out if anyone is interested.

Public Relations Committee Report

Adam reminded the group that orange jackets are available for \$25 including the the logo stitching. Also Polo shirts in grey or blue for less than \$20. He encouraged the group to get their favorite items stitched with the Cibola logo and to wear it on 'off hours' to help promote the team. He also asked for volunteers for the July 31st Mountain Discovery Day at the Sandia Ski Area from 10:00 am to 3:00 pm.

Medical Committee Report

Mike reported that he received his re-cert card and hoped that the other members that took the recertification classes also received theirs by now. He also congratulated Joyce Rumschlag for receiving her EMT Basic certification which brings the total medically certified members on the team to six.

President's Report

Larry asked Steve Buckley to report on the status of the storage container. Steve reported that we did get a letter giving permission to put a small 10x10 unit in the parking lot of the Tijeras Sheriffs station, asking us to contact the Lieutenant in charge to define specific location. Brian Wilcox said that Mobile Mini could have that unit for about \$2795, with a \$50 delivery charge and a special lock for about \$20. We would have to provide a tax exempt certificate to save the taxes. The group moved to spend up to \$3000 on the container, lock and whatever lumber is required to set it up. 12 voted in favor, 0 opposed.

Larry mentioned that some members are not calling in to the hotline when they decide to attend missions, and this is an important function for Pager 1 to know who is in the field and who to contact if the mission is cancelled prematurely. He asked members to leave a voice mail to indicate whether you were participating or not, so Pager 1 can be sure everyone was contacted and accounted for.

Larry mentioned that Cibola has the largest number of ICS trained members on the team, and we might be able to take the lead in taking NASAR classes. Many are web based and the certifications would improve the team credibility and recognition. He said that most of our team training standards are based on NASAR training, and he speculated that we might even become instructors for NASAR classes for our state.

Larry also reminded the group that he is willing to hand over his calling tree to another member. No one volunteered at that time.

Tony Gaier reminded the group to get updated callout information to him to ensure the callout list is up to date.

Larry's Old SAR Lore

- When on a mission, don't wait for base camp to call for your position. If you have not had contact with them in a while, call with your position proactively. And if you find that you do not have radio contact, team policy is to go back, at least until you do.

Pinching Pennies

by Lili Ziesmann, Treasurer

This month we finally see a small net profit after two months of losses, but don't let the seemingly small 13% in equipment fool you. With the purchase of the Mobile Mini Unit in August that will change to about 200%, well over budget, but it is also a much needed investment that will serve us well in years to come.

Reimbursements for the gas vouchers have still not been received as of this date, but I have a call in to James Newberry to see if there is a problem with the last submissions.

Below is the cumulative percentage of the annual budget spent so far so that each committee can see how they are doing:

% Of Annual Budget	Jan	Feb	Mar	Apr	May	Jun	Jul
Donations	2%	10%	16%	23%	35%	40%	44%
Other Inc	0%	15%	15%	15%	19%	19%	19%

Admin	5%	40%	48%	53%	61%	62%	63%
Gas Vouchers	0%	31%	31%	31%	31%	31%	31%
Training Exp	0%	0%	0%	0%	70%	81%	82%
Medical Exp	0%	0%	0%	0%	37%	50%	50%
Equip Exp	0%	1%	1%	1%	9%	10%	13%
Membership Exp	0%	0%	0%	0%	48%	48%	83%
PR Exp	0%	5%	18%	18%	31%	31%	31%
Total Exp	1%	12%	15%	16%	40%	45%	47%

Who's Who and New

by Bob Baker, Membership Officer

Please take a moment to welcome our newest prospective member -- Norton Francis. Norton completed his orientation earlier this month and has already joined us on some of our recent missions. He is currently working at UNM and joins us from a SAR team back East. We are in great shape with our cadre of prospectives -- Rhiannon, Sam, Brian, and Norton -- most need PACE and the Evals, so please help them out as they venture toward full membership.

Mini Lesson

by Tom Russo

Lat/Lon, Mercator's, Lambert's (Oh My!)

A grunt's introduction to map projections

[Note: While the text of this article is my own, most of the projection images in this article are copyright 1994 by Professor Peter H. Dana of the department of geography at the University of Texas at Austin, and are used with his permission from [Map Projections](#) lecture notes on the [Geographer's Craft Project](#) web site from the University of Colorado at Boulder. Please visit those web sites for more detailed information and references on this material.]

The purpose of this article is to introduce some basic concepts of map production, specifically the concept of *projection*. It is my hope that by the end of the article you'll have a slightly deeper understanding of these pieces of paper we play with every so often, and a clearer picture of the meanings of the various coordinate systems we use in the field.

The Problem

Roughly speaking, the problem addressed by projection is to deform pieces of a nearly spherical surface, say, like this one:



into a planar surface that you could fold up, stuff in your pack, and use for navigation. There are many ways to do that, and each method has its advantages for specific applications.

Latitude/Longitude: the Geographic coordinate system

Before diving into the mapping of the surface of the Earth onto a plane, let's recap the Latitude/Longitude system. Refer to the

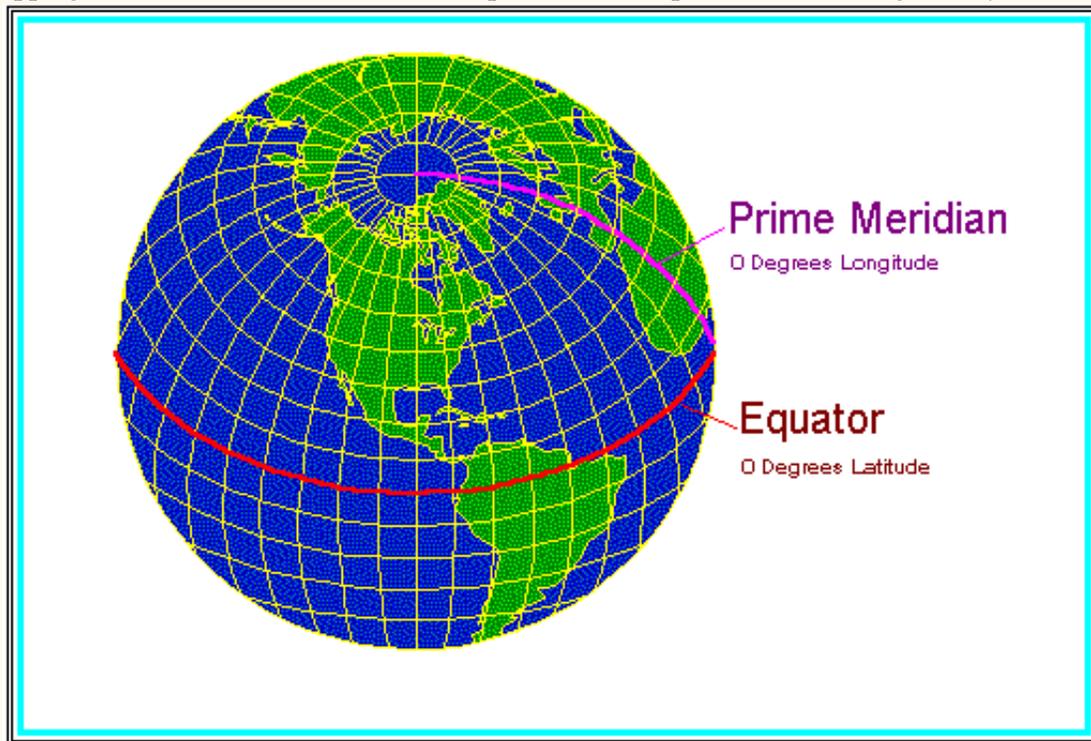
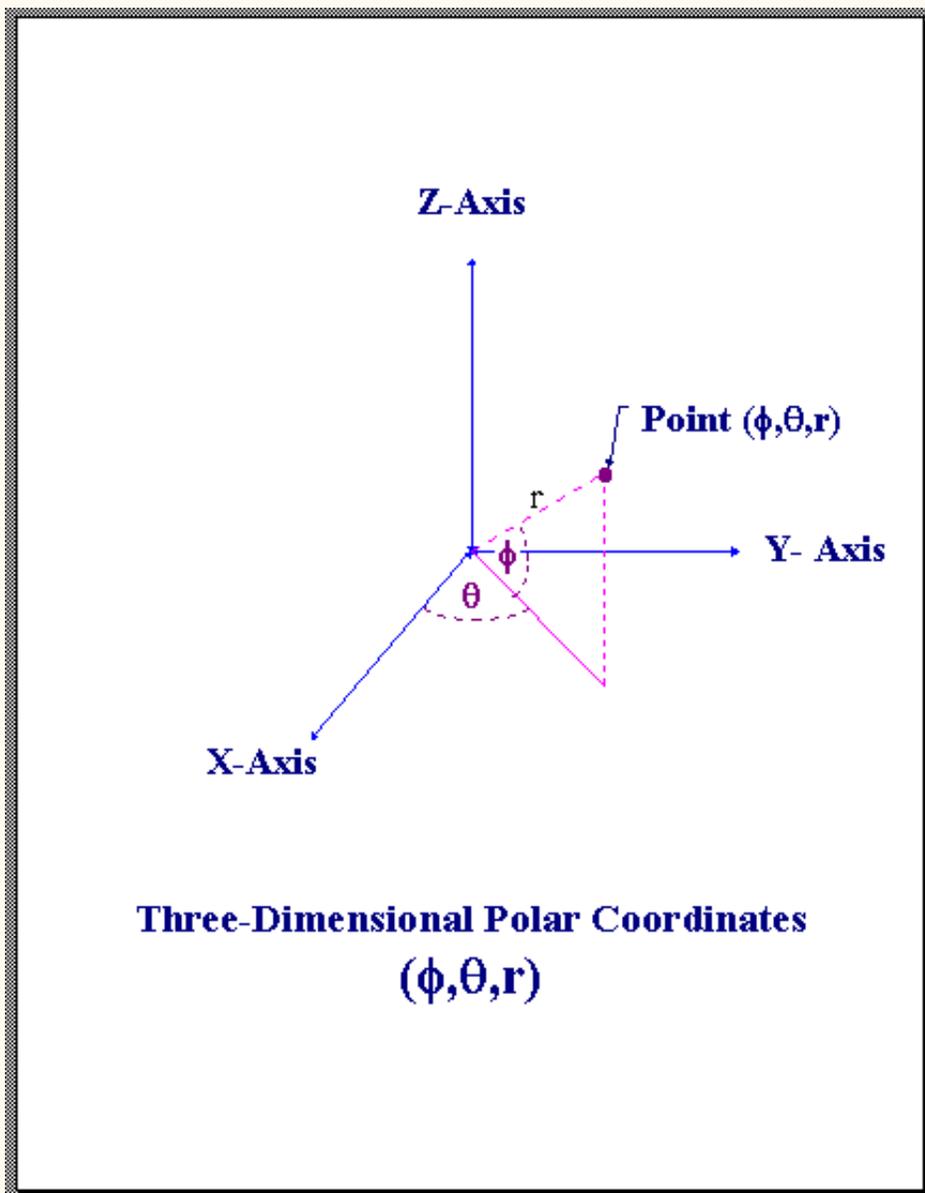


figure below (Figure 2):

The Latitude/Longitude (or "lat/lon") system is based on angles from two specific reference planes cutting the Earth. The circles on the surface of the Earth cut by these planes are called "Great Circles" because they have the same diameter as the Earth itself. The "Prime Meridian" is the great circle that passes through the north and south poles, and through Greenwich, England. This meridian

is given the arbitrary coordinate of 0 degrees Longitude. The circle we call the "Equator" is given the coordinate of 0 degrees Latitude.

Ignoring the fact that the Earth is not actually spherical (and thereby sweeping the difference between "geodetic" and "geocentric" latitude under the carpet), one can define a "polar" coordinate system based on these reference planes. Referring to Professor Dana's graphic below, the longitude is the angle marked as "theta" (the Greek letter that looks like an "O" with a horizontal bar), and the latitude is the angle "phi" (circle with vertical line through it). The Equatorial plane is the "X-Y" plane in this figure, and the plane in which the prime meridian lies is the "X-Z" plane.



To avoid negative coordinates, longitudes always have value between 0 and 180 degrees and are given an additional designation of "West" or "East" depending on their position relative to Greenwich. Similarly, latitudes are always between 0 and 90 degrees, and are given an "North" or "South" designation based on their position relative to the Equator.

Unprojected maps

The simplest way to make a planar map from the (nearly) spherical Earth is to use the latitude and longitude coordinates as simple Cartesian coordinates, and plot the coordinates of map features on graph paper. This is called an "unprojected coordinate system," and it can be useful sometimes --- one popular APRS program does just this, transforming maps in projected coordinate systems into lat/lon and then plotting them along with untransformed lat/lon coordinates of APRS stations. Here's what most of North

America looks like in an unprojected lat/lon map (notice the New Mexico State Police districts map in red, and wilderness areas in green).

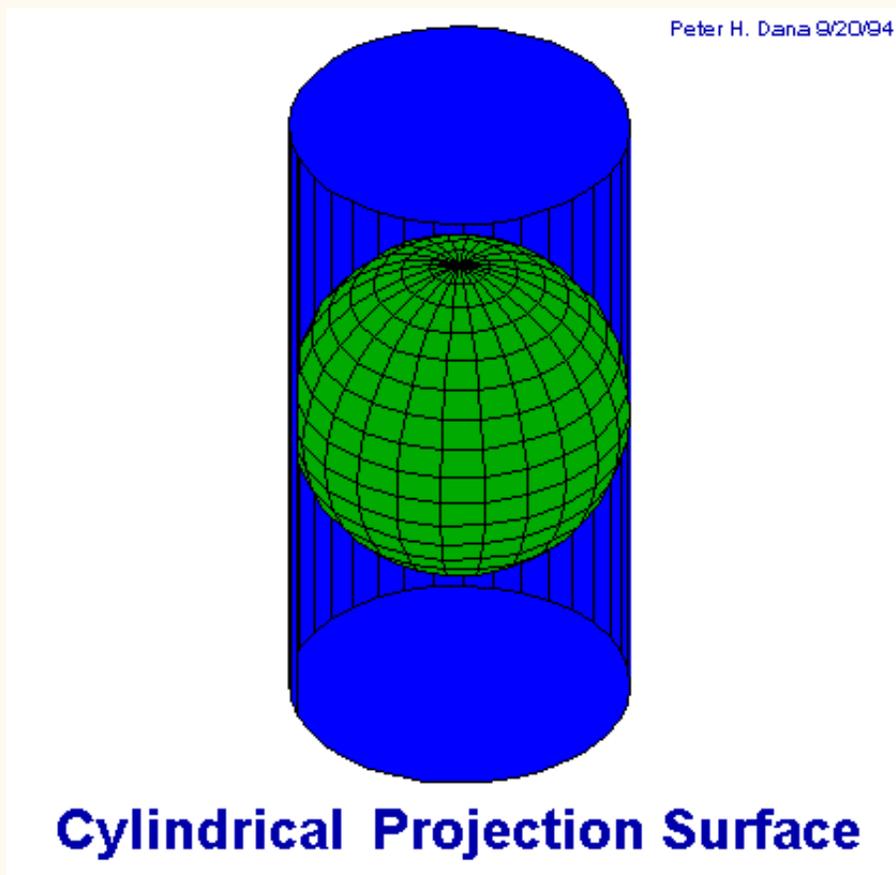


Unfortunately, the unprojected lat/lon maps suffer from serious deficiencies: scale, area, and shape are all distorted. The distortion is worst near the poles, but is present everywhere. Since we often need maps that reflect accurately some quality of the real world, we need to find a different way of preparing them for those uses.

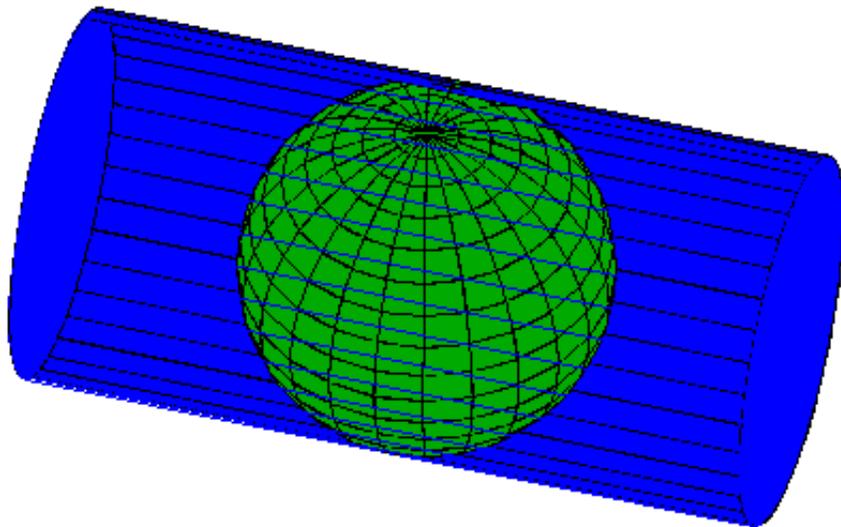
Map Projection

The mathematical process of mapping a curved surface onto a plane is called "projection." It is simplest (though not accurate) to imagine the process as if one were to place a light bulb at the center of a globe, and shine the light through the globe ("project" it) onto a map surface. One can imagine several ways to do this, but here are two of the more common projection types:

- **Cylindrical projections:** place the globe inside a cylindrical surface and project surface features onto the cylinder. The cylinder could touch the surface only along a great circle, in which case it is called a tangent cylindrical projection, or could intersect the surface along two small circles, in which case it is called a secant cylindrical projection. If the cylinder axis is perpendicular to the planet axis, it is called a "transverse" cylindrical projection. Below are figures showing tangent cylindrical and transverse tangent cylindrical projection geometries.



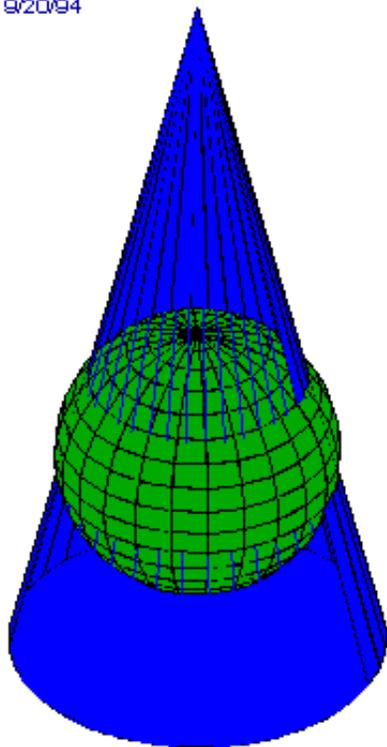
Peter H. Dana 10/01/94



Transverse Cylindrical Projection Surface

- **Conic projections:** just as with a cylinder, a cone can be used as a projection surface. A tangent conic projection is one based on a cone that touches the surface of the globe along only one circle, a secant conic projection intersects the surface along two (passing inside the globe in some region). Here's an image of a secant conic projection geometry.

Peter H. Dana 9/20/94



Secant Conic Projection

For each type of projection (conic, cylindrical, transverse cylindrical), there are many ways of making the mathematical mapping of details onto the projection surface, but some distortion always results from the process. If the projection is such that the distance

scale at any point is the same in any direction, the projection is called "conformal." If the projection is such that all mapped areas have the same ratio to their area in the real world, the projection is called "area preserving." A mapping can not be both conformal and area preserving.

Mercator's Projection

Prior to the 1970s, one of the most common world maps you could find was a Mercator Projection world map (there was usually one in every primary school classroom). Mercator's projection is a cylindrical conformal projection. The Mercator projection suffers from extreme distortion the farther you get from the Equator, and this is why such a map shows Canada as if it occupies a huge fraction of the planet. Below is an example of a Mercator projection of continent coastlines (taken from the USGS publication "Cartographic Projection Procedures for the UNIX Environment"):



Note how the lines of latitude become farther and farther apart as one gets away from the Equator. The mapping being conformal, in any region of the map the scale is constant in all directions, but you can see how the scale must be different at the top of the map than it is at the Equator.

Transverse Mercator Projection

The Transverse Mercator projection is just like the Mercator projection, only the circle of tangency is a meridian of longitude (the "central meridian" of the projection) instead of the Equator. A transverse Mercator projection is subject to all the same distortion of a Mercator projection, turned on its side. What makes it convenient is that the distortion is minimized near the central meridian, and maps can be prepared for each area using a central meridian close enough that the distortion is not so important.

For illustration, here is a figure of the Western hemisphere, in Transverse Mercator projection with central meridian of 90 degrees West:

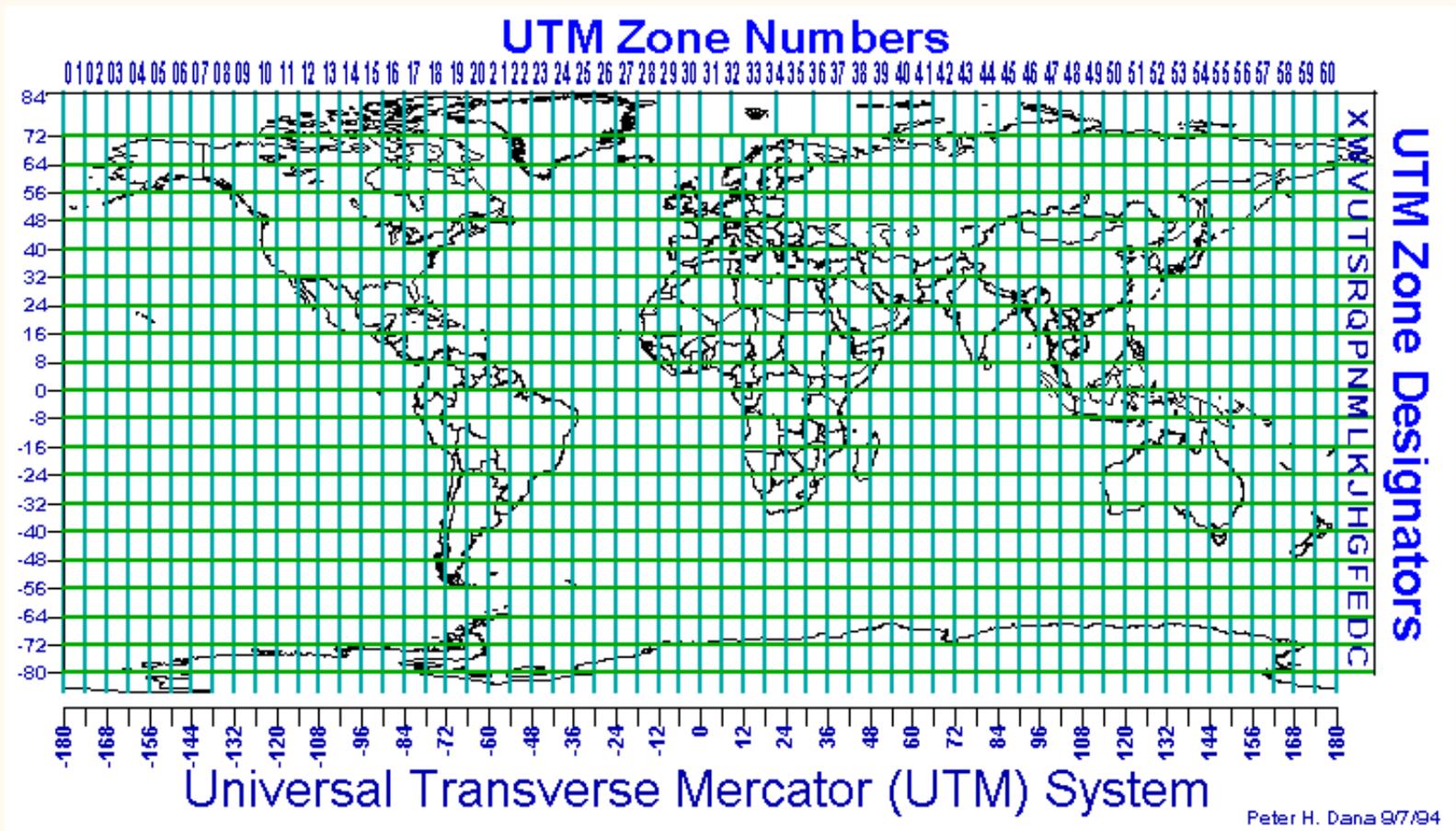


Note how the distortion increases dramatically as one gets farther from the central meridian. In this figure, lines of longitude are drawn every fifteen degrees. Note the shape of the region inside the first pair of longitude lines. We'll return to that later.

The Universal Transverse Mercator Projection

The Universal Transverse Mercator (UTM) projection is just a specific use of the Transverse Mercator projection. UTM "zones" of six degree width are defined, and maps of regions inside those zones are prepared in Transverse Mercator projection using the meridian at the center of the zone. The width of the zone is small enough that distortion is within reasonable limits --- in fact one could use a given UTM projection for a zone extending as far as 4 degrees from the central meridian (a fact sometimes used for UTM projected maps that straddle zone boundaries). If you refer back to the image of the Transverse Mercator projection of the Western hemisphere, the 30 degree swath nearest the central meridian wasn't that badly distorted --- so a six (or even eight) degree swath must be even less distorted. The distortion is not significant for our purposes over the span of a seven and a half minute (i.e. one-eighth of a degree) USGS quadrangle map within that zone.

The first UTM zone (zone 1) extends from 180 degrees West longitude to 174 degrees West, with a central meridian of 177 degrees West. UTM Zone 13 (in which Albuquerque lies) has a central meridian of 105 degrees West longitude, and extends from 108 degrees West to 102 degrees West. Below is a figure showing the UTM zones and the alphabetic designators used within them.



Note, by the way, that this image of UTM zones is an unprojected map of the world. Observe how it compares to the map of the world in Mercator projection and the map of the Western Hemisphere in Transverse Mercator projection.

While you're looking at the UTM zone chart, notice that there are in fact some exceptions to the rule that zones are 6 degrees wide. Look at UTM zone 32V, and zones 31X-37X, for example. This choice is made so that certain countries be mapped using one specific projection instead of straddling a zone boundary. That close to the North pole, widening a zone doesn't really lead to severe distortion of features, so this makes sense.

Lambert Conformal Conic projection

I include this projection here only because it is commonly used for aeronautical charts. We don't use them a lot in ground SAR, but those of you who are ICS section chiefs may well encounter them on air missions. The Lambert Conformal Conic projection is a secant conic projection, and you will find the projection parameters ("standard parallels") marked on the title page:



Polyconic Projection

This one I mention only in passing, primarily because very old USGS maps use it. For example, the Cubero, NM quad you can download in GEOTIFF format from sar.lanl.gov was created in 1957 and photorevised in 1971 --- it shows in the bottom left corner the following information:



(Note: the GEOTIFF file itself has been reprojected into the UTM projection by USGS --- the distortion created by transforming the digital image is apparent even in the tiny image above --- it explains why all the text has been rotated.) Even though the map projection used in these old maps has no bearing on how we use them (there is still both a UTM and lat/lon grid drawn on the map

that we can use), it is important to realize that the map was prepared differently than others in the state. If you are working on a search in an area that straddles the boundary of one whose USGS map hasn't been updated recently, you might find not only that you're going to have incompatibility between map datum (NAD27 vs. NAD83), but also map projection. In this case, butting the two maps together and trying to tile them will not serve you well!

Conclusion

While we're familiar with the term "UTM" and use it as the name of a coordinate system, it is important understand that the coordinate systems we use is based on the projection used to prepare our maps. It is also important to understand the nature of the distortion created by map projection and how this distortion limits the utility to particular applications.

I have mentioned map coordinate systems only briefly. In a future article I will present a more technical discussion of the UTM coordinate system and its relation to latitude/longitude, and also introduce some other odd-ball coordinate grids that are present (and usually ignored by SAR grunts) on every USGS topo map.

Public Relations

by Adam Hernandez

This months PR event was at Sandia ski area, Mountain Discovery Day. I'd like to thank Lili, Bob, Chris, and Aidan for helping out. I think that we had one possible prospect. If you think about it, if we could just get one new member every month, our numbers would increase. Next PR event is National Public Lands Day, September 18. I'll give more info out as I get it. Next PR meeting is the last Thursday of this month.

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the Editors

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Volume 5, Issue 11
9 November 2000
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Larry Mervine

At this time I would like to thank all the people who have worked to help make this a very good team. There are some team mates who I have appointed to do extra tasks who not always get recognized and who we sometimes take for granted. David Dixon, the Public Relations Committee chair, who setup and did a lot of Public Relations work for the team this year. James Newberry, the Equipment Committee chair, who keeps the gear in good condition and order. Mike Dugger, the Budget chair and who also takes care of any pager problems. Susan Corban who set up the WFR classes, found out what it takes to get a medical protocol, and found us a Medical Director. And Nancy O'Neill, who is the team's Continuing Education coordinator, keeping team member's medical certification records in order. Also, like to thank Tom Russo, Susan Corban and Mike Dugger for their work on the newsletter. These team mates have done extra work that makes this team better for it and as president makes me look good. So thanks again, again and again.

The weather report says snow is on it's way, better get your winter gear ready. Would not hurt to check your pack again to make sure you have warmer clothing in your pack. I also, keep a sleeping bag, down coat, wool hat, gloves and sweater in the truck all the times.

See you out there!

Boots and Blisters

by Tom Russo

Our next training is on Saturday, 18 November on low-angle litter techniques. It will include some packaging practice for those who really want it, but the concentration will be on rigging mechanical advantage systems, belays, lowering systems, and safety harnesses. The location will be announced on the hotline, but expect it to be on the west side of the mountain somewhere. Please be prepared with your full SAR pack, your 'biner and webbing (you *did* get your 25' of webbing from the team, didn't you?), and a rock helmet and climbing harness if you have one.

Doug Davenport, Terry Hardin, Steve Kolk, Chris Murray and Jeff Phillips came out to evaluate for Land Navigation on Sunday, 5 November. This one was a bit more challenging than most, because the mist obscured most of the more obvious features around Three Gun Springs trailhead. We did, however, pick a resection point that afforded a good view of features south of the freeway this time, so there was a good collection of features for resection if you played your cards right. This was the last Land Navigation evaluation for the year. If our next training officer keeps the same pattern of evaluations, the next Land Navigation opportunity will be in February.

I would like once again to point out how important it is for you to call the hotline and leave a message that you plan on coming out to evaluations. The purpose of this notification is to allow the training officer time to find extra evaluators if the number of attendees is large, and to cancel the evaluation with enough notice if the number of attendees is insufficient to conduct the evaluation. That means you need to call in at *least* a week in advance, not at 7 a.m. the morning of the eval or only in response to a desperate plea to "call by 9 p.m. tonight or tomorrow's eval will be cancelled." It isn't fair for the training officer to ask additional evaluators to help out the day before a scheduled eval. Neither is it a very nice experience to come to a search techniques evaluation where 15 people have shown up when the single evaluator has laid out a single course because he or she expected 5, nor is it very nice to have to cancel a litter eval that requires 6 or more attendees *after* three people have shown up at the trailhead. Please help the training officer out next year and remember to **call the hotline at least a week in advance and leave a message if you plan to attend an evaluation session!**

While on the subject of calling the hotline: remember that the hotline is the primary means of disseminating information to members. It doesn't work if you don't call it, though. We have, from time to time, activated the phone tree when a particularly important update happens, but we try to avoid that because most people object to having their pagers going off all the time or getting calls at all hours just to say "we have information, call the hotline." So please get in the habit of calling the hotline once a week. We have been trying to keep the messages updated at least that often, and at the very least we announce the date and time that the message was updated so you can hang up if it's an old one.

No hike of the month was submitted this month. If you have one in mind for future months, please contact one of the editors.

Business as Usual

by David Dixon

PRESIDENT

AMRC members Steve Ataway, his wife Nancy and Mark Beverly gave a presentation and overview of the Knife Edge mission in July.

Larry welcomes new people Rebecca Etherington, Ernest Gunther, Nancy Harbert and Mary Ann Romero.

Melinda invites everyone to their annual fall party.

Mike D. nominates Susan Corban and Tom Russo for President. Larry M. nominates David Dixon for Membership Officer.

VICE-PRESIDENT/TRAINING

October training is Search Techniques this Saturday.

There will be a Litter haul makeup on Saturday the 21st.

November Training will be on low angle litter hauling.

MEMBERSHIP

Andy Neilson is the newest prospective member.

If you change phone numbers or other information please let Susan know so member records and phone tree can be updated.

Susan thanks those that have done member profiles for the newsletter.

SECRETARY

David reminds everyone that Secretary is now the only position that has no nominations and encourages everyone to think about running or nominating someone.

TREASURER

Mike gives monthly treasurer's report. Quarterly reports are also available.

As per last meeting's motion Mike set up an account at the State Employees Credit Union. Our old account at Wells Fargo will be phased out.

EQUIPMENT

There are now 5 litters and bags all with orange numbered tags. # 1 bag would go with primary litter, #2 with backup, etc.

New batteries are now available.

Our old shirt logo is not available. Orange shirts at Action Uniform for those interested are \$9 each for 10, \$8 for 20. See James if interested.

Team needs foam sleeping pads for litter padding. See James if you have any to donate.

PR

David thanks everyone who helped with PR events in September. Their efforts paid off as we had 16 new people at September's meeting.

Larry did a Search techniques presentation at the Boy Scout Jamboree in Chimayo. Thanks for representing us Larry.

PACE (Policy Action Committee on Education)

CSAR requires passing PACE in first year. The planned November 4th session in Socorro is still a possibility. Having or not having it is a factor for Cibola since we require it. This puts us in a bind if its canceled. If state decides to drop it we could decide to administer test ourselves and count it.

NEW BUSINESS

Discussion about the usual December party. The last 2 have been at the church and before that at member houses. Susan looked into some other possibilities: Zoo, Stoneage Climbing gym, Natural History Museum, or a member's home. Cost, locations and day/time are considered and discussed. An informal vote is taken and about half interested in church, a few vote for a special place. Charlie Irland says his complex has space and he will look into it.

Everyone is encouraged to call the hotline every week or more.

Listserves are down until Tom can get them back up and running.

WFR supplies available for those who didn't get them all of them at last meeting.

We ran out of newsletters. Everyone should try to get newsletter off the web to cut down on production.

Tom is looking for a web helper. Read the news column and if interested contact him. Tom feels like there should be more than one person involved with it.

Pinching Pennies

by Mike Dugger

As mentioned at the last meeting, our new account with the State Employee's Credit Union has been established. It is actually two sub-accounts attached to a main account. One is savings, and the other checking. Most of the funds will remain in the savings accounts which draws a higher interest rate. Funds are easily transferred to the checking account to cover checks that have been written. This will afford us a better interest rate, and more free services such as online banking and transfer between accounts by telephone. Most of our cash was been moved to this new account shortly after the last business meeting. Checks have been ordered, and as soon as they are in we'll close our regular bank account and begin using this one.

Who's Who and New

by Susan Corban

Rich Lloyd, Tony Gaier, Art Fischer, and Aaron Hall are now active members of Cibola. Welcome aboard, Aaron, Art, Tony and Rich. We're happy to have you with us. And, Karen Cavanaugh has had her orientation and you'll be seeing her on missions. Welcome, Karen.

Gearing Up

by James Newberry

List of equipment available for Active and prospective members to use on SAR activities. (For SAR use only)

- Trail Tape
- AAA
- AA batteries
- C batteries
- D batteries
- 4.5 Volt batteries
- Rubber Gloves
- Ear Plugs
- M.R.E.'s with heaters.
 - Spaghetti

- Chick & Pasta Shells
- Chick & Rice
- Turkey & Potato
- Beef & Mushroom
- Vegetarian Pasta & Tomato

Paratus et Vigilans

Coming Attractions

by Tom Russo

We've had a few people express interest in writing up refresher articles for the team's medical providers. Nancy wrote one this month on Frostnip and Frostbite, and I have heard that Mickey is also planning to gather information for a future article. If you're a trained provider and willing to write a review to help keep the cobwebs out of our noggins, please let us know.

Public Relations

by David Dixon

Last month was a slow one for P.R. so I will take column space to make an announcement.

After extensive introspection Larry Mervine has agreed to be Public Relations Committee Chair for next year. He will not be running for any officer position so he knew he needed to stay involved in other ways. One of his last official duties as President will be to approve himself.

Larry has been committed to PR for probably all of his years with Cibola and is as qualified as anyone for the position. I know that, in addition to any new ones he has, he will continue to advance our two primary goals of recruitment and community involvement. And since I have invested to much in those areas to leave I will stay on to help him.

I believe I speak for all of us when I say thanks Larry for your continued involved in many aspects of our organization.

Medical News

by Nancy O'Neill

Review: Frostbite and Frostnip

I am still working on the class lists for next year that we can take to keep current on our WFR certifications. The state still hasn't issued my CE Coordinator number, but I'm working on it. In the mean time I thought it would be good to review Frostbite and Frostnip. The following information is gleaned from Encarta online and the Medical website - www.emedicine.com. I hope this review helps.

FROSTNIP:

Signs: Skin tissues with frostnip are usually not painful, are soft, resilient, and may appear red, yellow, or gray.

Treatment: Frostnip is treated with rewarming, this can often be accomplished by placing the frozen extremity against another person's underarm or against the abdomen. Avoid rubbing.

Prevention: Avoid tight-fitting clothing including footwear, which may impair circulation. Avoid Alcohol, which contributes to dehydration and impairs judgement, as well as caffeine and nicotine, which constrict blood vessels and therefore reduce the blood supply to extremities. Avoid refreezing at all costs: This can cause severe tissue damage. If blisters begin appearing during rewarming, this indicates a more severe degree of frostbite. See treatment for frostbite. Avoid folk remedies such as rubbing the affected area with snow, exposing the area to an open flame, or hitting the area (supposedly to restore circulation).

FROSTBITE:

Signs: Frostbitten tissues may lose sensation, are cold, solid, pale, blue-tinged, waxy and wood-like. Tissues are not resilient and vesicles that contain clear or bloody fluid may form. Other information: Frostbite usually develops when the air temperature is below -12 degrees Celsius or 10 degrees Fahrenheit, but may occur at a temperature nearer the freezing point when other elements, such as high winds, dampness, or general chilling of the body are present. The onset of frostbite causes little discomfort and may not be noticed by the victim because the cold has an anesthetic effect on the tissues.

Treatment: Frostbite can only be treated in a controlled environment. Thawing and refreezing will result in significant damage. Frozen feet may be walked on if necessary. Once feet begin to thaw, avoid walking on them and avoid thawing and refreezing.

Frostbite develops in three stages: a reddening of the skin, formation of blisters, and finally death of some of the skin cells and the underlying tissues. Clots often form in the blood vessels. Mild cases of frostbite often result in chilblain; more severe cases may result in a dangerous gangrene. Free circulation of the blood inhibits the onset of frostbite. The body parts most often affected are the hands, feet (especially the heels and toes), ears, cheeks, chin, and nose. [Remember those pictures at Cy's class?!]

Member Spotlight: Tony Gaier

Here's the short version of **Tony Gaier's** life story.

I spent most of my childhood in Helena Montana. We spent a great deal of our (family) vacation time camping in Montana and Canada. I enjoyed the outdoors and learned a lot



about survival (because at that time in history you could walk a 100 miles and not hit a road or find another human!). When I was 17 years old I joined the Air Force. I have traveled and lived in many places in the world. The Air Force introduced me to SAR. I became a member of the Air Force's SAR team in 1984. I'm currently a helicopter Flight Engineer on the HH-60G, Pavehawk. I have always enjoyed saving lives and that good feeling it gives you inside.

I got my introduction to civilian SAR in the early '90s when I was hunting with some friends near Corona, New Mexico. We were approached by some members of the White Mountain SAR team and asked if we could help in searching for a lost boy. As I've learned since, it was a typical SAR. After searching all night the subject walked out and got a ride to a police station.

I enjoy hunting (most of my hunting trips turn into camping trips, due to the lack of getting anything), fishing, and camping. My wife and I show Beagles. We have been showing dogs since we got married and have done very well in the dog show world. If you're curious to see what our kids (beagles of course) look like, feel free to visit our web page at <http://home.flash.net/~gaier/index.htm>. We enjoy traveling throughout the United States showing our children off. Another hobby we do together is home improvement. Some day soon I hope to get home improvement shows banned from television!

Web News

by Tom Russo

Larry Mervine has volunteered to help out a bit with the maintenance of the Cibola web site; he chose to start simple and volunteer to help with mundane tasks like cleaning out the access log files to keep our disk usage within our quota. I handed Larry a broom and a mop, and the web directories *have* seemed a little cleaner lately. Thank you, Larry! I can use all the help I can get.

The team website can be accessed at <http://www.swcp.com/csar/>

Grand Canyon (Mis-)Adventures

by Mike Dugger

Tom, Susan and I derived this super-minilesson from a recent wet trip to the Grand Canyon. We drove out with some other folks on Wednesday morning, October 25, and met another couple in Tusayan, just outside the south entrance to Grand Canyon National Park. From there we would take a 30-mile 4WD road to South Bass trailhead and spend the night. On Thursday morning, we would hike to the river, spend two nights, and hike out. We had a reservation in the Bright Angel Lodge for Saturday night, and would drive back to Albuquerque on Sunday.

Episode 1 - Feet

Cibola SAR members are always prepared for spending at least 24 hours in the field under any conditions, right? Right. The weather at the beginning of our trip was nice. Several days of rain throughout Arizona and New Mexico had just ended, but we had blue sky with only broken clouds for our drive out. The trip went exactly as planned all the way to Bass Camp. The 4WD road was rutted and

wet in a few places, but we had no trouble at all getting to the trailhead. We spent the first night overlooking the rim of the canyon, under a sky thick with stars, with the Milky Way arching overhead across the canyon. The night was cold (~30F) but clear, and we got started hiking at 8:45 AM the next morning under sunny skies.

Descending through the canyon formations was beautiful. The smooth, tilted blocks we switchbacked through near the top led to the bright red plateau of the Esplanade, from which we dropped into Bass canyon proper. A couple of hours more brought us to lunch, and the first of the lessons learned from this trip. By this time, some people on the trip (happily, not SAR folks) were having trouble with their feet. Specifically, blisters and damaged toenails. This is not uncommon on steep downhills and uphill, especially after many miles of the same. However, people who have not hiked up and down a lot with packs on are not familiar with just how their boots can wreak havoc on their feet. I got to thinking about this in a SAR context, and realized that here too our feet are one of our most important assets in the backcountry. They are what let us complete our assignments, and what gets us home when the assignments are done. It sounds obvious, but always remember to take care of your feet. Blisters can ruin an otherwise enjoyable trip or mission. Wear two layers of socks - a wicking liner and a well-padded outer sock over it. Also pay attention to the development of hot spots while hiking, and take care of them right away. The few minutes spent preventing a blister will save your team time, and you pain, later on. If you do develop blisters, hot spots or toenail problems, consider how you might change your footwear to prevent them. For example, bruised or broken toenails (black and "loose") are very painful and can take months to grow out. They are caused by the toenail striking the toe of the boot and breaking below the skin. One easy preventative step is to keep toenails trimmed short (but don't do a long trip after just cutting your nails very short, or you invite ingrown toenails). Also important for prevention, boots should have plenty of room at the toe when laced tight. You should be able to wiggle your toes without them touching the very tip of your boot. I like to kick my foot to the back of the boot, lace across the top of my foot and put a knot right there before continuing to lace up my ankle. This keeps my foot from sliding forward in my boot and touching the toe. I also know from past experience that I tend to develop blisters on the insides of my heels, even with the proper socks and lacing. I now stick a small piece of duct tape around the back of my heel before putting on socks, and this keeps the friction on the smooth tape surface rather than my skin. I never get blisters or broken toenails any more. If a few iterations of this type of detective work don't solve your problems, then you probably need new boots. Never skimp here. A cheap boot that causes foot problems simply isn't worth it.

The remainder of the hike to the Colorado River was uneventful. Once we got there, most of the group was wiped out from the hike down and spending another hour scrambling around a plateau about 200 feet above the river, looking for a way down to a campsite. A steep scramble down boulders led to a beautiful little beach. Tom, Susan and I made the scramble down and had the beach all to ourselves.

Episode 2 - Rain

Our story continues on the morning of Friday, October 27. Tom, Susan and I awoke on the beach to gray skies. Shortly after breakfast the rain began. Not a hard rain, but steady. The weather forecast the day

before we left had been for partly cloudy skies and no rain through the weekend. The rain itself was no big deal, since we were prepared for wet weather as always. We hoped that it would clear within a couple of hours, though, so we could enjoy our day bumming around on the beach and watching rafters go through the rapids. No such luck. By noon, there was no end to the rain in sight and we got bored standing around in our rain gear or lying in our tents and bivvys. The rest of the group planned to hike part way out, based on the way some of them were feeling, and make the trip back to the rim in two days. We decided to pack up and start hiking toward the top as well, more or less to have something to do. The "beachcombers" left about an hour after the rest of the party had departed their campsite on the plateau above the river. Packing up in the rain always results in gear getting a little damp. Just before dark, Tom, Susan and I caught up with everyone else in Bass canyon, about a 45-minute hike below the Esplanade. Tom and Susan still felt fresh and decided to continue to the top, hiking the last few hours in the dark. I was feeling less energetic (I now think my return to altitude just 2 days before this trip was a problem) and opted to camp with the rest of the group in Bass canyon, hiking out the next morning.

It was cold in the canyon. The rain stopped about the time we made camp, and the waterfalls coming down the canyon walls shut off a short while later. A few snowflakes hit the tent during the night in Bass canyon. I learned from Tom and Susan later that the rim got a few inches of snow. This brings me to the second lesson learned. I lined my pack with a garbage bag, and had a waterproof pack cover over the whole thing. However, under these conditions it is simply impossible to prevent water from getting into the pack. To make matters worse, I had skinny-dipped in a pool at the base of a waterfall on the beach, and rinsed out my sweaty clothes. They were probably just about dry before the rain started, but quickly got soaked. I put them away wet. My extra poly long underwear was just in a stuff sack and wet, so I had to sleep in fleece. The next day, we awoke to a few more sprinkles that stopped shortly after we started hiking. It was still gray and cold, though, and we could see snow through the occasional breaks in the mist that hung over the canyon rim. I got hot hiking in fleece, but I had nothing else dry to put on. I ended up ringing out my poly long underwear and putting it back on. It was VERY cold at first, but I warmed up rapidly. Wearing that wet poly reaffirmed my confidence in our backcountry clothing requirements, since I was wet but warm. My lesson learned was to keep at least one set of warm clothing in its own ziplock bag, so it will stay dry no matter what.

Episode 3 - The Rescue

It turns out that the night Tom and Susan elected to hike out in the dark, they ran into another party of 3 hikers above the Esplanade. They had been day hiking, and got caught in the dark with just one tiny flashlight. They had gear and were dressed for a day hike, not to spend the night in the canyon, particularly as wet and cold as it was. Tom and Susan of course had headlamps, backup lights and batteries, and helped these three hikers make it to the rim. They had parked about 3.5 miles down the 4WD road away from the rim, and hiked back to their vehicles to spend the night. Lesson three - always make sure you have a light and extra batteries, in case you get stuck after dark. In some terrain it is dangerous to hike after dark, and without a light source you might end up unable to move until morning, having to spend an unexpected night outdoors.

Episode 4 - The Road

Needless to say, after all the rain and snow the road we came in on was now soup. To make it more interesting, one of the other vehicles got a quarter-inch bolt through the tread on the way to the rim and had only a very soft spare. He made it out well enough, but this could have been a major disaster. It took over 3 hours to drive out on that road, and if we needed to leave a vehicle there due to a flat it would have caused major logistical problems. Lesson four - periodically check your spare to make sure it is in good condition, and have a way to repair flats in the field. I had no problems, but I also realized that I do not normally carry gear to fix a flat. I now plan to add a set of rubber flat repair plugs, a can of flat fix spray, and a bicycle pump or 12-volt compressor to my off-road kit. None of our vehicles got badly stuck, but we did have some serious challenges on the way out due to deeply rutted, slimy roads. I did not have many problems, thanks to several Cibola 4WD classes (and perhaps years of driving in Chicago winters). Lesson five - get comfortable with the capabilities of your vehicle, and learn how to avoid getting stuck on 4WD roads.

The trip concluded with a night at the Bright Angel Lodge on the south rim, where we had hot showers, a steak dinner, and reminiscing. I can accept that with five previous beautiful trips to the canyon I was due for rain. I hope those who were first exposed to Grand Canyon hiking on this trip will not think of this as typical. For those of you contemplating a future trip to the Grand Canyon, I cannot recommend South Bass trail. There are much prettier areas of the canyon and the river access there is poor. Besides, nothing is worth traveling that road after the rain!

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the Editors

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Volume 9, Issue 7

8 July 2004

Editors: David Dixon, Mike
Dugger, and Tom Russo

LOST ... and FOUND

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CIBOLA

search and rescue



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Top of the Hill

by Larry Mervine , President

Cibola Search and Rescue has been very good at accepting the challenge of increasing our SAR knowledge. When asked to take Wilderness First Aid, 23 members did, and 14 others continued on by taking the Wilderness First Responder class. Also, when asked to take HAM, ICS, and Section Chief classes many did. We were one of the first teams to make PACE a requirement for team membership, and to establish training and evaluation standards. With this tradition of leadership in the SAR community in mind, let us embark on another quest. Many of our team's standards were adapted from the NASAR training books. Now that we are members of NASAR, we should consider taking NASAR exams. In the next 6 months I want to setup a NASAR training or the FUNSAR exam.

Now that most of the National Forests areas are closed and searches less likely, we should concentrate our efforts on attending trainings and evaluations. Only two called for the last litter eval. Remember also to continue some sort of physical fitness. The next mission could be a long haul, so be ready.

See you out there.

Boots and Blisters

by Tony Gaier, Training Officer

WOW! Six months have gone by already and it is time for a new six month training period to begin. This means everyone needs two trainings between now and 31 Dec 2004. Yes, everyone is training deficit as of the 1st of July. Please start planning your schedule as of today. The full training schedule is on the

web page at: [Training Calendar 2004](#).

There is only one training opportunity between now and the next business meeting. July 10th, at 9:00AM there will be a Search Techniques Training at Embudo Trailhead.

Thank you to everyone who has helped out so far this year with trainings. If you would like to help with an upcoming training please email or call me. If there is a different type of training you would like to see or if you would like to put an additional training together let me know.

If you have any questions concerning training events please call me at home or on my cellular phone.

Business as Usual: Meeting Minutes

by Aidan Thompson, Secretary

Minutes of 10 June 2004 Meeting

The meeting kicked off at 19:22.

Training Officer's Report

Tony reminded members that June marks the end of the training period and noted members that will be training deficient unless they go to the June 13th training. He had training status forms and evaluation forms for members to review to ensure that they will not be deficient by the end of the year.

Tony also passed out a list to update member address, email and phone information - to be passed out to update names and email addresses.

Next training June 13 at REI Litter handling, then Search techniques 2nd week of July

The Summer bivy - was attended by 4 members, 2 climbed the mountain, 2 left earlier. Cool at night - one member reported a partially frozen water bottle in the morning. No tents were used, all shelters were built with what they had in their packs.

Litter eval on June 27th, call the hotline if you plan to attend by Friday 5:00 pm. Last eval was cancelled due to lack of attendance.

Secretary's Report

The secretary was not present, but was very grateful to Lili for taking these minutes.

Treasurer's Report

The year-to-date net income is a loss. We should be able to catch up again later in the year.

This amount jumped due to reimbursement of members for medical certification courses and Escape conference attendance.

All the Escape expenses were reimbursed at this meeting, excepting the gas reimbursements that were submitted to the state and should be paid soon.

Membership Officer's Report

Pace will be offered on June 30th in Espanola, or the 19th in TAOS. Kevin M. is joining the Peace Corp in Senegal, West Africa, will return to Albq in 2006 and plans to rejoin CSAR at that time. Wish him well on his ventures.

Gear Committee Report

2 team radios available for checkout, also 2 GPS receivers available. Draft of speedy litter tie in was emailed to members. Mike D. was going to get a hold of Carl to see if he has samples of different straps or suggestions before we invest. Carl may attend the litter training on Sunday to discuss and demonstrate.

Public Relations Committee Report

Sunday parking available on freeway side of REI and will also have a booth set up for shoppers to learn about CSAR. Bright orange jackets are in for those that ordered them. Adam said we could put in another order if we could get 12 folks interested, cost is \$20, 12 per case, 5\$ for stitching. Polo shirts are also available in a mute gray color with orange stitching. Contact Adam or Alex for more info.

Medical Committee Report

WFR class attendees have not yet received their certifications.

Larry's Old SAR Lore

- Remember the importance of Physical fitness to be able to perform well during missions.
- Put water bottles in the freezer before missions so they stay cool in the summer heat.

Old Issues

- Storage - no further progress.

New Issues

- A group of 20 are hiking La Luz on Saturday - be prepared.
- Reminder given to PACE folks about ICS manual, and other skills covered in the test. ICS processes briefly described. Folks encouraged to become Ham operators, and to acquire gps equipment.
- Bronze boot was awarded to Mike for coordinating the pager swapout.

Pinching Pennies

by Lili Ziesmann, Treasurer

Below is the cumulative percentage of the annual budget spent so far so that each committee can see how they are doing:

% Of Annual Budget	Jan	Feb	Mar	Apr	May	Jun
Donations	2%	10%	16%	23%	35%	40%
Other Inc	0%	15%	15%	15%	19%	19%
Admin	5%	40%	48%	53%	61%	62%
Gas Vouchers	0%	31%	31%	31%	31%	31%
Training Exp	0%	0%	0%	0%	70%	81%
Medical Exp	0%	0%	0%	0%	37%	50%
Equip Exp	0%	1%	1%	1%	9%	10%
Membership Exp	0%	0%	0%	0%	48%	48%
PR Exp	0%	5%	18%	18%	31%	31%
Total Exp	1%	12%	15%	16%	40%	45%

Who's Who and New

by Bob Baker, Membership Officer

Congratulations to Bryan Wilcox, our newest prospective member, he passed the PACE exam in Espanola 30 June. Way to go Bryan! There is another opportunity for the PACE exam on 10 July in Taos and Larry is working with Apache SAR to set up a PACE exam in the August timeframe. Any questions, give me a call.

Terrain Identification for Land Navigation

by Aaron Hall

Introduction

Land navigation is a fundamental skill for search and rescue. In fact, it's so important, that as a team we train on it extensively and we require that our members demonstrate their land navigation skills during annual evaluations. During those evaluations members must demonstrate their ability to read, shoot, and follow a compass bearing, estimate distances while hiking, and identify their location on a map using resection techniques and a GPS. The ability to coordinate nearby terrain features with a topographic map is critical to successful land navigation. It's also critical to successfully using a topographic map and a GPS. This article is focused on helping you develop these skills. It's more difficult than it sounds, and the only way to really get good at it is to practice. You have to get out in the field with your map, your GPS, and your interpolator and try this stuff to really get it. Once you are good at it, you should be able to easily locate your position on a map by looking at the terrain features around you. You should also be able to read UTM coordinates from a map and locate a specific UTM coordinate on a map.

The Basics: Reading a Topographic Map

A topographic map is a three-dimensional representation of a landscape projected on a two-dimensional piece of paper. The most important feature of a topographic map that you should understand is a contour line. A contour line represents a constant elevation on the landscape. It twists and turns as the landscape changes and gives you an idea of the shape of the terrain features. If you walked along a contour line you would not go uphill or downhill. The contour lines on a topographic map are drawn at a specified contour interval. A contour interval is the vertical distance between adjacent contour lines. On a 1:25,000 scale topographic map the contour interval is typically 40 feet. If the contour lines are close together, the terrain should be very steep. If the contour lines are widely spaced the terrain should be very flat. Round contour lines should be associated with hills, peaks, or depressions; "U" shaped contour lines should be associated with valleys and ridges.

Terrain Identification: Coordinating Terrain Features with a Topographic Map

A great way to familiarize yourself with your topographic map is to go into the field and compare the terrain features around you to the contour lines on your topographic map. This is called terrain identification. Terrain identification is the skill of coordinating nearby terrain features (hills, peaks, ridges, valleys, saddles, flats, and slopes) with the contour lines on a topographic map. When you practice terrain identification, start at a landmark that you can easily locate on your map. Then get out your compass and orient your map with the terrain around you. If you don't have a compass, use the Sun or the North Star to get your bearings. Once you know where North is, rotate your map so that North on the map is approximately aligned with North in the world. Now the terrain features that you see around

you will be arranged in the same way as the terrain features indicated by the contour lines on your map. This is one of the most important habits to develop when reading any map.

To identify terrain, start matching things up. Pick a prominent terrain feature and find the contour lines on your map that you think represent this feature. Now look carefully at your map for three or four smaller features that are nearby the prominent feature that you are trying to identify. Look out in the world and try to find these smaller terrain features. You should be able to find these smaller terrain features where your map suggests that they should be. If you can't find them, or if you can't convince yourself that they are in the right place, you probably aren't matching things up correctly, try again. If you can match up three or four features on your map with the terrain in front of you, congratulations, you've identified the terrain feature you are looking at. Now use your map to plan the next segment of your hike.

GPS Skills: Relating UTM Coordinates and Topographic Maps

Global positioning systems are powerful tools, but like any tool you need to understand how to use them in order to get the most from them. A GPS can be thought of as a radio receiver that uses signals from 3 or more satellites to triangulate its position any where on the surface of the earth. A typical civilian GPS can locate its position within 10 meters, plenty accurate for hiking or search and rescue. Your GPS uses a coordinate system to tell you where it and you are. Most of us have heard of the Latitude/Longitude coordinate system made up of "parallels" of latitude and "meridians" of longitude. Any point on the planet can be described by a unique Lat/Lon coordinate. It's great for navigating things like ships and airplanes, but its sort-a unwieldy for hiking or search and rescue. The UTM coordinate system can also uniquely describe any point on the surface of the earth, and it is excellent for hiking or search and rescue. The UTM coordinate system is based on a rectangular grid system that covers the entire world except for the Artic and Antarctic circles. Since Cibola rarely has missions near the North and South poles we won't worry about the details of the "Universal Polar Stereographic" coordinates used there. UTM coordinates consist of three groups of numbers and look like this:

```
13S  0123456  
      1234567
```

The first number of the group (actually a number and a letter) designates the UTM "zone," which is six degrees wide in longitude and 8 degrees high in latitude. The second and third numbers are called the "Easting" and "Northing." Taken all together the three groups of figures specify a position on the surface of the Earth to the nearest meter.

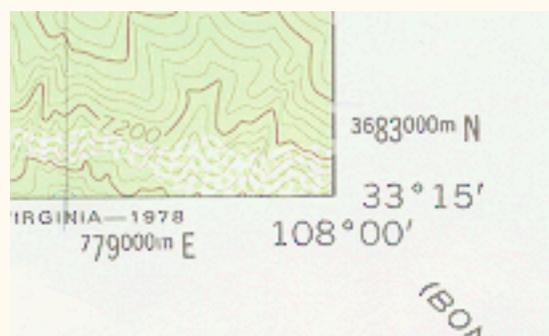
The numerical part of the UTM zone is defined by the zone's "central meridian," the meridian of longitude running down its center. The central meridian of zone 1 is 177 degrees West longitude, the central meridian of zone 2 is 171 degrees West, and so forth. Zone 13 has 105 degrees West longitude as its central meridian, and covers 108 to 102 degrees. The alphabetic part of the zone designator refers to the 8 degree high band of latitude in which the point lies; band C covers 80 degrees South latitude to 72

degrees South, band D covers 72 to 64, and so forth, skipping the letters I and O. Band S covers 32 degrees North latitude to 40 degrees North. Albuquerque, being at roughly 35 degrees North, 106 degrees West, lies in UTM zone 13S. The boundaries of zone 13S are near Bluewater (just West of Grants) to the West; Amarillo, Texas to the East; Mexico to the South; and Boulder, Colorado to the North.

The second number (0123456 in our example) is your Easting, in meters. The Easting of the central meridian is defined arbitrarily as 500000 meters. This number will always increase as you move East and decrease to the West, and the difference between the Easting coordinate and 500000 is the distance from the central meridian.

The third number (1234567) is your Northing. It is measured in meters from the Equator. It will always increase as you move North (coordinates in the Southern hemisphere have a "false northing" of 10,000,000 added to prevent their northing coordinates from being negative numbers, but coordinates in the Northern hemisphere are actually distances from the equator with no offset applied). This means that the UTM coordinate in our example is 376,544 (i.e. 500,000-123,456) meters West of the central meridian and 1,234,567 meters north of the Equator. (You will never see this particular set of coordinates on your GPS: when converted back to latitude/longitude this point is at 11.14828 degrees North latitude and 108.44662 degrees West longitude --- it lies slightly to the West and far to the South of UTM zone 13S.)

So how do UTM coordinates and a GPS help you navigate and identify terrain with a topographic map? The answer is: there are UTM coordinates on your USGS topographic map! If you look at the edges of your USGS topographic map you will see a series of equally spaced tick marks with 3 or 4 digit numbers next to them. They look something like this:



The numbers will increase to the East and North. This is a 1000 meter UTM grid. If you draw lines across your map and connect matching numbers you will have a 1000 meter UTM grid on your map. Your GPS interpolator will allow you to overlay a 100 meter grid on each 1000 meter square on your map. Now you can read the location of any feature on your map in UTM coordinates. Just use the grid that you have drawn and your interpolator to read the digits of your Easting and Northing. It is important to recognize that when you are using an interpolator with a 100 meter resolution you cannot read the two rightmost digits of your Easting and Northing numbers. This shouldn't make much difference since the numbers that you can read will locate the position of the feature within 100 meters, and with a little practice you can learn to estimate points within the 100 meter boxes to get an extra digit of precision.

You can also use your interpolator to locate a UTM coordinate on your map. It's just the reverse of reading a coordinate from the map. Start with the leftmost digits of your Easting and Northing and use them to locate the appropriate 1000 meter square on your map. Use your interpolator to find the position within 100 meters, then estimate the 10 meter digit within the 100 meter box of your interpolator. Now you can use your GPS to verify your position on a map and to identify terrain features on your map.

Exercises in Terrain Identification

As I mentioned earlier, the best way to develop your terrain identification skills (and your topographic map reading skills) is to get out in the field and practice. Try the following exercise: Go to your favorite trailhead and use a compass to orient your map (align it with North). Now identify the following terrain features around you.

- Peak
- Flat
- Saddle
- Valley
- Ridge
- Cliff

Each time you identify a terrain feature, you should make sure to use three or four smaller features around it to verify your identification. Now that you've found a few terrain features, go hiking! As you are hiking to each feature, follow your progress on your topographic map. Try to notice other terrain features around you and find them on your map. Watch to see how features like peaks, saddles, and valleys look different from different observation points. While you are hiking pay attention to the layering of the terrain around you. Layering of terrain occurs when one ridge or peak partially blocks your view of the features behind it. Layering can help you to figure out which features are close to you and which features are farther away. Try to follow a contour line along a terrain feature using your map. Try to hike perpendicular to the contour lines on a relatively steep slope. You should notice a big difference! Stand on top of a peak and try to pick out terrain features below you. Things will look a lot different from high up and may be a lot easier to identify.

As you are hiking use your GPS and your interpolator to practice reading UTM coordinates from your map and plotting UTM coordinates on your map. Try using your interpolator and GPS to plot your current location on your map. You should be able to look at your map and convince yourself that you are in the location you plotted. Next use your interpolator to read the UTM coordinates of terrain feature that you plan to hike to. Make a note of the coordinates that you read from your map and use your GPS to check and see how close your coordinates were once you hike to the terrain feature.

Summary

Terrain identification is an important part of land navigation using a topographic map. The most

important feature of a topographic map to understand is the contour line. The contour lines on a topographic map tell you what the terrain around you looks like. When you are trying to coordinate terrain features with the contour lines on a topographic map it is important to match up three or four features to be sure that your identification is correct. Orienting your topographic map so that it is aligned with the terrain around you is also important; and will make terrain identification much easier. Your GPS and interpolator can also be used to find your location or the location of terrain features around you on your map. Using a GPS to locate your position on a map is powerful, especially at night when you can't see the terrain around you. The best way to develop your terrain identification and GPS skills is to get out in the field with your map and GPS and practice, practice, practice!

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the Editors

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Volume 9, Issue 6

10 June 2004

Editors: David Dixon, Mike
Dugger, and Tom Russo

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Top of the Hill

by Larry Mervine , President

It's June and summer has finally arrived. I know because my cooler is not working and I can tell you the exact temperature by the sweat on my back. Since summer is here and the temperatures are rising, we should review heat exposure concerns. Clearly, the major concerns during missions in a warm or hot environment are maintaining fluid and electrolyte balance. Any time you have to work or exercise in the heat, you will lose water and electrolytes through sweating. The amount of sweat produced depends on these factors: environmental temperature and humidity, work rate, fitness level and acclimatization, volume and rate of fluid replacement.

Working at a high work rate in hot, humid surroundings results in the very high fluid and electrolyte losses. You can easily lose one to two quarts per hour. Failure to replace fluids lost through sweating will result in dehydration and eventually heat injury. Forced drinking is recommended throughout a mission in a warm environment since your normal thirst mechanism will not ensure adequate fluid replacement. Drink 1 to 3 cups of fluid every 30 minutes.

It is estimated that a water loss of 2% body weight can impair physical performance and mood, decrease appetite and increase the risk of heat injuries. A 5% loss of body weight decreases work performance by 30%. This amount of water loss is a serious threat to your health. We do not have weight scales on missions, so another way to monitor hydration is by inspecting the color of your urine. A dark yellow or smelly urine suggests some degree of dehydration; increase fluid consumption until the color becomes pale yellow.

Excessive water weight gain can also be a threat to your health. This condition results when individuals drink large amounts of plain water to replace fluid losses during long duration, lasting 8 hours or more hours, endurance activities. To prevent overhydration, make sure that you drink beverages that contain electrolytes (sodium and potassium) to replace fluids lost during extended missions.

It is a fact of life that electrolytes are lost in the sweat and excessive loss of electrolytes can lead to muscle cramping or severe medical problems. However, being in excellent physical condition will help minimize electrolyte losses. The best way to maintain electrolyte balance over prolonged exposure to heat is to drink fluid/electrolyte replacement beverages. My favorite is Powerade.

So be careful out there and drink smart and often, you are losing more fluids than you think.

Most of the information came from The Navy Seal Nutrition Guide.

See you out there.

Business as Usual: Meeting Minutes

by Aidan Thompson, Secretary

Minutes of 13 May 2004 Meeting

President's Report

The meeting kicked off at 19:20.

Training Officer's Report

The first training period of 2004 is almost over. Five people are still training deficient. There are still three trainings to go in the period, so it is up to those members to do what they need to do to get in good standing.

Secretary's Report

Nothing to report.

Gear Committee Report

Nothing to report.

Public Relations Committee Report

There will be a PR event at REI on June 13. This coincides with our June litter training. Possibly, the litter training will be performed at REI.

Membership Officer's Report

Bob belatedly awarded Tom Rinck a Cibola patch. He also announced two newly minted prospective members: Rhiannon Mercer and Sam Williamson.

Medical Committee Report

Four members took the WFR recertification training last Saturday. It cost \$175 each, plus \$10 for CPR. Mike proposed that since the medical budget will probably be underspent, that the team cover 100% instead of 50% of the cost. The proposal was accepted by 9 votes to 1. A second vote to reimburse Aidan Thompson for 50% of his initial WFR training passed 15 to 0.

Mike discussed several useful pieces of medical equipment.

Larry's Old SAR Lore

- Keep your pack packed and your gas tank full.
- A tip from Sandia Search Dogs: If you are asked to bring back a clue, don't put it in a kitchen trash bag, which has deodorant, and renders the clue useless for scent purposes.

Old Issues

- Bryan provided a lot of useful information on storage containers. He identified the mobile Mini as the best for our purposes.

The meeting ended at 20:45.

Pinching Pennies

by Lili Ziesmann, Treasurer

Remember, the June business meeting is the deadline for submission of ESCAPE expenses for reimbursement. For members that turned in ESCAPE expenses that included gas receipts, we will reimburse the ESCAPE part of the expenses in June, while the gas receipts were submitted to the state for reimbursement and should be paid in subsequent months - hopefully July or August, since June is the end of their fiscal year, so I hope to see payment for the last few months as well.

Below is the cumulative percentage of annual budget spent so far so that each committee can see how they are doing: This month saw a large increase in expenses as we reimbursed members for ESCAPE, a new WFR certification and several WFR recertifications.

% Of Annual Budget	Jan	Feb	Mar	Apr	May
Donations	2%	10%	16%	23%	35%
Other Inc	0%	15%	15%	15%	19%
Admin	5%	40%	48%	53%	61%
Gas Vouchers	0%	31%	31%	31%	31%
Training Exp	0%	0%	0%	0%	70%
Medical Exp	0%	0%	0%	0%	37%
Equip Exp	0%	1%	1%	1%	9%
Membership Exp	0%	0%	0%	0%	48%
PR Exp	0%	5%	18%	18%	31%
Total Exp	1%	12%	15%	16%	40%

Who's Who and New

by Bob Baker, Membership Officer

Well, it is with great sadness that I announce that we'll be losing Kevin Mohr this month. Kevin will be travelling to Senegal in West Africa to serve with the Peace Corps for the next two years. This is part of his curriculum at UNM. At the end of his tour with the Peace Corps, Kevin expects to return to Albuquerque. We hope that upon his return, he'll renew his acquaintances and rejoin Cibola. So in that vein, it's not that we're losing Kevin as much as his membership is just interrupted for an equally important cause. Kevin, thank-you for your faithful service to those in need, to the people of New Mexico, and to your teammates. We wish you well in your endeavors, safe travels, and speedy return.

In other news for our up and coming perspectives, there will be an opportunity to take the PACE Exam this month. The exam will be held in Espanola at the Espanola Hospital classroom on 30 June 2004 at 7PM (1900). If you plan to attend, please send an e-mail to Paul McClendon at p.mcclendon@comcast.net.

Public Relations

by Adam Hernandez

PR for the month. Elena Gallegos was a little light in attendance, about nine people, not including the

host and open space person. The hike the next day had two people attending, but was a pleasant 2 mile hike up the Pino trail. Thanks to Alex Fischer, Bob Baker and Bryan Wilcox for helping out. This weekend is the REI open house, so stop by and help out if possible, Alex will be in charge of that since I will be out of town. Alex and Larry will be modeling the new polo shirts that have been made up with the Cibola name on them. Meeting this month on the last Thursday, Taco Cabana, San Mateo, north of Academy, 6:00pm.

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the Editors

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Volume 9, Issue 5

13 May 2004

Editors: David Dixon, Mike
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Top of the Hill

by Larry Mervine , President

May. Summer must be here. The heavier clothes come out of the pack and the lighter clothes goes in. My pack has a five pound variation between winter and summer. A few pounds off the waist would not hurt. Remember to do your physical fitness training.

Have you looked at our call out list lately? Too few folks to call. Of course quality is more important than quantity, but a few more bodies would not hurt. What could the problem be? Not enough fun? Not enough time, or too many other commitments? Whatever the delay in recruiting new members, we can work on having more fun. Some ideas to kick around: eating together after meetings, trainings and missions. Host a "chew the fat" session. A "chew the fat" session is to select a SAR topic, meet at some location, and chat. For example: play with a new GPS unit, what goes in my first aid kit, HAM radio stuff, or just to gather to talk about missions. Another idea is to arrange a hike of the month. Lets not forget to help recruitment by inviting a friend, help with PR stuff, and talking to new people at the meetings and trainings.

See you out there.

Boots and Blisters

by Tony Gaier, Training Officer

There are only three scheduled training events left in the first six month period. As you know already you need to attend at least two training events this period or you will go training deficient. Please check your attendance record to make sure you get what you need.

We have two training opportunities between now and the next business meeting. May 15th, at 9:00AM there will be a Land Navigation Training at Embudo Trailhead and the Summer Bivy will be June 5th & 6th.

We had eight people attend ESCAPE this year! Thanks to everyone who attended this great event and showed Cibola's support for New Mexico SAR. Classes this year ranged from Medical to Cave Rescue.

If you have any questions concerning training events please call me at home or on my cellular phone.

Business as Usual: Meeting Minutes

by Aidan Thompson, Secretary

Minutes of 8 April 2004 Meeting

The meeting kicked off at 19:20.

Training Officer's Report

Upcoming events include night navigation training on April 24 at Bear Canyon trailhead. We are approaching the end of the first half of the year, so Tony will be sending out reminders to those who are training deficient. Escape 2004 will be on the weekend of April 30, in Ruidoso. Early registration ends on April 15. If you plan on going and want to car pool, leave a message on the hotline. A motion was made proposing that the team reimburse Escape 2004 attendees up to \$75/person, with a cap of \$1000. It passed 15-0.

Secretary's Report

Please turn in any mission reports and please remember to sign in at meetings.

Treasurer's Report

Lili went over income and expenses for January and February and noted that we had a small net income last month. Current balance was also given.

Gear Committee Report

One of the four team radios has been given back to Mark and is available for sign out by team members.

Public Relations Committee Report

Adam confirmed that on May 29 the team will do the Open Space Sunset Chat at Elena Gallegos and host the Hike the next morning. REI has offered us a booth at one of their store events, date to be decided. Alex has been scoping out some deals on gear from Patagonia, as well as GPS's from NASAR. The committee will also be doing an article on Cibola in a summer issue of New Mexico Wild newspaper.

Medical Committee Report

There will be a WFR recertification course given by Carl Gilmore on May 8 and 9. A motion was made proposing that the team reimburse 50% of the course fee (to be determined) for those taking the course who are WFR or EMT certified. It passed 13-0.

President's Report (Larry's Old SAR Lore)

- Sound attraction: it only works if you can hear the response. So stand still and put a sock in it.
- Team work: don't go out alone and don't leave people behind.

The meeting ended at 20:35.

Pinching Pennies

by Lili Ziesmann, Treasurer

I hope all of you that went to ESCAPE this year had a terrific time. Don't forget to turn in your receipts for reimbursement. You can mail them to CSAR, PO Box 11756, Albuquerque NM 87192 or give them to an officer at the business meeting. Unfortunately, I won't be at the May meeting, but Aidan Thompson will be collecting receipts for me in May, and I will be accepting receipts until the June Business meeting.

Below is the cumulative percentage of annual budget spent so far so that each committee can see how they are doing: By now, at the end of the first quarter, our budget for the year should be at about 33% spent. Although we are a little behind in Donations at 23% (State employee campaigns usually come in all at once in the summer), we are way under in overall expenses at 16%, which means we are well within budget. The large percentage in Administrative expenses is due to the donation we gave the church this year.

% Of Annual Budget	Jan	Feb	Mar	Apr
Donations	2%	10%	16%	23%

Other Inc	0%	15%	15%	15%
Admin	5%	40%	48%	53%
Gas Vouchers	0%	15%	15%	15%
Training Exp	0%	0%	0%	0%
Medical Exp	0%	0%	0%	0%
Equip Exp	0%	1%	1%	1%
Membership Exp	0%	0%	0%	0%
PR Exp	0%	5%	18%	18%
Total Expenses	1%	12%	15%	16%

Who's Who and New

by Bob Baker, Membership Officer

Congratulations to our newest Prospective Members, Rhiannon Mercer and Sam Williamson. Please take some time before or after the meeting to get to know them better. Rhiannon is a graduate student at UNM and is also teaching as well. Sam is a small business owner in the local area. Thank-you also to Aaron Hall and Mark Espelien for serving as mentors to Rhiannon and Sam.

Medical News

by Mike Dugger

By the time you read this, four of our team members (David Chapek, David Dixon, Mike Dugger and Tom Russo) will have completed a recertification course for Wilderness First Responder. Recertification is required every two years to remain certified by New Mexico Emergency Medical Services (EMS) to provide care to the public as part of an organized team. NM SAR policy states that medical providers must be under the authority of EMS.

We now have five medical providers on the team, with the highest level of care at EMT Intermediate. As our general level of medical care increases, by getting more folks certified as providers and more folks at higher levels of skill, we will be working with our Medical Director to modify our protocols to allow more patient treatment options.

In addition to refreshing our skills on medical care, we got some good ideas for gear that can help us with all subjects, not just those requiring medical care. For instance, there are some new lightweight inflatable back supports we will be exploring, and Carl Gilmore (one of our instructors) had some ideas on rapid strapping systems for our Stokes litter.

Some other exciting developments may be coming in the near future. Our old friend Cy Stockhoff (co-instructor at this recert) expressed an interest in developing a SAR curriculum at TVI, where he is now setting up the medical program. We will meet in the next couple of months to discuss details and how to get started. If this goes forward, it could provide a consistent schedule of opportunities for medical as well as other training for SAR. Some of our members as well as colleagues from other SAR teams would be potential instructors of these courses. Stay tuned.

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the Editors

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Volume 9, Issue 4
8 April 2004
Editors: David Dixon, Mike
Dugger, and Tom Russo

LOST ... and FOUND

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Top of the Hill

by Larry Mervine , President

The President of Cibola Search and Rescue sits by the TV Friday night knowing full well that an article for the team's newsletter is due. The rain is coming down hard and nothing comes to mind to write about. If I was a writer then writer's block would be my excuse. There is the possibility of a mission. I could talk about the search techniques training on April 4 but by the time you read this article the training is over. ESCAPE is in May and I encourage everyone to attend. The weather is getting warmer and it is a good time to see if any gear or clothing in your pack can be taken out. My old stand by reminder is physical fitness. Hiking long miles with a heavy pack is strenuous. Climbing the hills takes strong legs and balancing the pack weight over tricky stretches on the trail takes a strong back. So you need to have a physical fitness plan that you do three to four times a week. The team's membership level is low and we need to recruit new members. We might even think about how to rejuvenate team spirit. Maybe we need a "chew the fat" session, with food of course, go rafting, have a pot luck meal at a trailhead or take a train ride. If you have any ideas and want to organize an event please let the officers know or announce it at a business meeting. One final word concerning mission attendance. Remember that we show the SAR community our commitment by being professional, competent, flexible, physically fit, and most importantly by being at the mission.

See you out there.

Boots and Blisters

by Tony Gaier, Training Officer

We are over halfway through the first six months of the year and there are nine individuals that have not completed their required training for this six month period. There are only five sanctioned training events

left in this six month period so please plan your schedule to get the two required training events before the end of June.

We have two training opportunities between now and the next business meeting. April 24th, at 6:30 pm there will be a Night Land Navigation Training at Bear Canyon Trailhead. ESCAPE will be April 30-May 2nd at Bonita Park in Ruidoso.

Just a reminder, you need to register for ESCAPE by April 15th to receive the discounted registration fee. Also, lodging and meals will be on a "upon availability" basis after the 15th. The registration form is available at the following address: http://www.nmesc.org/nmesc_files/2004_ESCAPE_app-1.pdf

If you have any questions concerning training events please call me at home or on my cellular phone.

Business as Usual: Meeting Minutes

by Aidan Thompson, Secretary

Minutes of 11 March 2004 Meeting

President's Report

The meeting kicked off at 19:22. The president introduced the officers and 6 new attendees.

Training Officer's Report

Tony recapped the previous months events (Land Nav Training, Winter bivvy, and Rescue Sled Training). This month there will be a Litter Haul training at Piedra Lisa trail head, a Search Techniques Training and Escape 2004 on the weekend of April 30-May 2. Early registration for ESCAPE ends on April 15.

Secretary's Report

Aidan declared a general amnesty on all old mission reports. Like prodigal sons, they will be welcomed back without any unkind words. Several reports from last year have recently been recovered.

Membership Officer's Report

Bob reported that four new members are ready to become prospective members.

Public Relations Committee Report

Alex reported on behalf of Adam. The P.R. meeting has been changed from March 31 to March 25, Taco Cabana, 6:30 p.m. On May 29 the team will do a fireside chat at Elena Gallegos. The following morning we will host a hike.

Larry's Old SAR Lore

- Dehydration is a perennial problem on missions. Assume you are already dehydrated when you pull out of your drive way. Don't wait until you are on the trail to rehydrate. Start pushing fluids en route to base camp. Beware of too much Gatorade. All that sugar also requires water.
- Keep your pack always within arm's reach. Your pack is your lifeline. Don't get stuck without it.

Old Issues

- Alex has gotten initial approval from Intel to request parking authorization for the team at Intel's parking lot. He now needs to get the request reviewed by Intel security.
- Alex also displayed a radioactive orange jacket with Cibola logo, made of nylon with polyester lining, available for \$25 plus \$5 bucks for the logo and/or a name.
- Lili's clipboards passed field tests by Pager #1 and #2. She will go ahead and purchase some more.

The meeting ended at 20:30.

Gearing Up

by Mark Espelien, Equipment Committee chair

I should soon have one of the team radios checked back in. Members can check out radios (and GPSs, etc.) for a six month period to learn how to use them, then hopefully will buy their own! Contact me if you are interested.

Also, we have put a hold on selling the "group only" pagers until we have finished the switch to the new models. In addition, I will arrange to switch out pagers for those who already own one. Stay tuned.

Hamming it up, Part 2

by Tom Russo

[Ed. Note: This is the second of a planned four-part series on amateur radio in SAR. The first part of this article appeared in the [June 2003 issue](#) of Lost... and Found]

In my last installment I tried to encourage team members to get started in amateur radio. In this installment I'd like to go over some of the various communications modes hams can use, talk a tiny bit about the equipment needed to use them, and how they might be useful in SAR. Hams can make an immediate contribution to the team by serving as communicators in field teams --- the simple added ability to use the network of linked ham repeaters we have in New Mexico greatly improves the communications environment over that we'd have if we only used 155.160. But voice operation over two-meter handheld radios is just the tip of the iceberg.

Communications modes

Voice and Repeater operation

For the most part, SAR communications is dominated by the voice modes, and specifically frequency modulated (FM) signals [*Exception: aviation radios are AM, and most of the radios we carry are incapable of communicating with Civil Air Patrol aircraft, requiring separate communications infrastructure for air search management*]. Ham radio repeaters located on most major peaks vastly improve the range of our radios, and you will find that there are not all that many areas of New Mexico without good repeater coverage (although there are some notable exceptions near the Gila wilderness).

A repeater is a radio that listens on one frequency and retransmits on another. In most cases, these are located at high points and run quite a bit of output power. I've printed many columns here listing the available repeaters in the area, so I won't do that again. I highly recommend that all Albuquerque hams join the [Upper Rio FM Society](#), which owns many repeaters in the state. Their web site has some good repeater maps.

NM SAR Support has a portable "cross band repeater" that they can deploy on missions. This is somewhat different from the usual repeaters we use in day-to-day operation. The cross band repeater listens on one VHF frequency (i.e. in the 144 MHz range) and retransmits on a UHF frequency (i.e. in the 444MHz range), and vice versa. It is primarily used to extend the reach of base-to-field communications, and does not generally aid team-to-team comm: in order to use it as a repeater, one person needs to be using a UHF radio, the other a VHF. When deployed on a mission, base communicators work on UHF leaving field teams to use their normal VHF radios set to the mission simplex frequency. The cross-band repeater takes care of linking the two. If you have a "dual band" radio you can also use the cross band repeater, transmitting on one band, receiving on the other. In addition to the one that SAR Support maintains for quick deployment, many dual band radios are capable of being put into service as cross band repeaters, including some handheld radios.

Digital modes: Packet radio and APRS

Packet radio is primarily a technique for linking computers via radio, but a specialized application of packet radio has found quite a home in SAR work.

In packet radio, digital data is "packetized" by a special device known as a Terminal Node Controller (TNC). It takes data from a computer, adds some information such as your callsign and a destination address (another callsign), then creates sounds that can be piped through a radio and decoded by the receiving station.

Applications of packet radio include packet bulletin boards and a primitive form of email. Hams can use their packet stations to "connect" to other stations, enter messages on the bulletin boards, leave messages for other stations, and generally pass traffic through their computer keyboards. Packet has its place in emergency communication networks, as the communicator can simply type a message and have it delivered verbatim to the recipient without requiring a human to transcribe it.

Where packet radio has become common in SAR work is the application known as APRS --- Automatic Position Reporting System. APRS is a protocol used on top of packet radio to transmit GPS positions and some other data. Programs running on packet-connected computers can monitor that data and plot the positions of the transmitting stations in real time on maps. The nice thing about APRS is that it is possible to make a very small tracking device that is capable only of encoding GPS data into packets and transmitting them, without needing a computer or TNC with their extra functionality. In SAR work, field teams can carry these simple "trackers" and base can use their full packet station to keep a tactical display of teams in the field.

It is possible to make a packet radio station without actually buying a TNC if you wire up your computer's sound card to a radio. A special driver can be downloaded for free that creates a "virtual" TNC using the sound card, and some APRS programs can use this instead of a hardware TNC.

There are also Palm Pilot programs that can connect to lightweight TNCs and GPS units to provide a portable APRS plotting capability.

Digital modes: Slow Scan TV

Slow Scan TV is another application of amateur radio that turns digital data -- in this case pictures --- into sounds that can be transmitted to another station and decoded. In SSTV the device that converts pictures to sounds is known as a "scan converter." SSTV used to require lots of specialized equipment, but is getting a bit of a resurgence now that computers with sound cards are so available: you can take a regular digital picture, say directly from your digital camera, and a program can convert the image directly to sounds sent to the sound card, which are then in turn piped into the microphone input of a ham radio. On the other end, the speaker output of a radio is fed into a sound card's input, and the process is reversed.

In addition to use with computers, Kenwood makes a hand-held Slow Scan TV device that can plug directly into their radios (and other brands of radios with appropriate home-made adapters) --- it contains both a digital camera *and* an LCD display so that you can send and receive photographs. This could become a valuable tool in SAR work, allowing teams to transmit still photographs directly to base. It is

currently an underutilized tool, but SAR Support does have two of these devices that they can deploy with field teams.

A program that can encode and decode SSTV signals was included on the CDs that went with the Comm training on 21 June 2003 --- I still have plenty of those left if you'd like one.

Tune in next time

In the next installment I'd like to talk more about general emergency communications and educational opportunities for those who would like to serve in that capacity.

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Volume 9, Issue 3
11 March 2004
Editors: David Dixon, Mike
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Top of the Hill

by Larry Mervine , President

The last two months we have discussed the team's training and evaluation policy. I do not want to belabor the point and continue to discuss the topic any longer, but I do want to mention why we are a part of Cibola Search and Rescue. We all have reasons for volunteering our services. The state motto is "we do these things so that others may live". The team's mission is to reduce human suffering and to preserve human life by assisting the New Mexico State Police in locating and rescuing lost persons. As members of this team, we strive to maintain the skills required for the majority of search and rescue missions conducted throughout New Mexico and to perform our duties with competence, professionalism, and respect for the lost subjects and their families. My hope is that each member takes to heart the team's mission statement and the state's motto. Then commit to meeting the requirements not because the team says so, but to provide competent, professional service to the subject. And it will not hurt to have a few more hands on the litter, this old guy could use the help.

See you out there.

Boots and Blisters

by Tony Gaier, Training Officer

Many of you have already completed the minimum required training for this six month period, but there are a few people that have not. Please don't go training deficient. Take a few minutes to review whether or not you need additional training requirements. There are lots of opportunities remaining between now and June 30th.

We have two training opportunities between now and our next business meeting. March 13th, at 9:00AM

there will be a Litter Handling Training at Piedra Lisa Canyon Trailhead. April 4th, at 9:00AM there will be a Search Techniques Training.

Please keep up with your trainings. Remember, you need to get two trainings in the January to June period and two more trainings in the July to December period. If you have any questions please call or email me.

Business as Usual: Meeting Minutes

by Aidan Thompson, Secretary

Minutes of 12 Feb 2004 Meeting

President's Report

The meeting kicked off at 19:09. The president immediately turned the meeting over to the officers. Later he provided his own report. Under the rubrik of Old SAR Lore, he warned all active members to keep their toe nails trimmed to avoid painful cuts. He also urged all members to maintain adequate fitness by engaging in aerobic activities for 30 to 40 minutes, 3 or 4 times a week.

Training Officer's Report

There will be a Land Nav Training on Sunday, 2/15/2004. The training schedule is now accessible either from the Event Calendar or the Training Schedule pages of the team web-site. The latter is accessible by the general public (<http://www.swcp.com/csar/tsched.shtml>). There will be an Advanced Winter Skills Training given by NMESC soon. You need to register by Monday, 2/16/2004. One training credit, if you attend at least one day. Get a signed letter from an instructor.

The team Winter bivy will be on 28 and 29 of Feb. 1 training credit for day-time. 1 training credit for overnight. The location is Ellis Trailhead (near Sandia peak). Joyce Rumschlag will run a Rescue Sled and snowshoe training in Chama, on 3/6/2004.

Tony requested volunteers to help out with training, or feel free to help out somebody else who has volunteered.

Also, Mike Dugger would like someone to help out with his land nav evaluation on 2/28/2004.

Tony requested feedback on the training program. Aaron said that Tony is doing a great job updating the hotline and sending out notifications by e-mail. He really likes getting those.

Membership Officer's Report

Ten new people came to last months meeting. Several returned to this month's meeting. Bob is requesting members to volunteer as mentors.

Bob also presented a proposed modification to the member guide. Current training requirements are good, but they need to be made clearer. The proposed wording emphasizes that the requirements are 4 trainings per year. A vote was taken on revised wording for the Training Policy and Standards document and a revision of the Member Guide section entitled "Member Participation Guidelines" proposed by Tom Russo. The revisions passed 15 to 0. A second vote was taken on an addition to the Member Guide entitled "Returning to membership after leaving the team". This addition also passed 15 to 0.

Equipment Committee Report

Mark Espelien has assumed the chair of the Equipment Committee. There are two sets of snowshoes and trekking poles to be used on missions and trainings only. There are two additional sets available for general checkout.

Public Relations Committee Report

David Dixon has handed off the chairmanship to Adam Hernandez. H will continue to work on Cibola's recruitment brochure adding color photos and medical comments. Volunteers to help always appreciated. Cibola has been given a booth at the Albuquerque Outdoor Show at the State Fairground, 2/14/2004. 5 members volunteered to work it. Next PR meeting on March 31.

Medical Committee Report

Near Santa Fe, on 2/29/2004 there will be a Patient Assessment training. This will consist of 2 hours in the classroom followed by 4 hours of hands of field practice. This training will earn 6 hours of BLSE training credits. No prior medical knowledge necessary.

From April 24 to May 2, there will be a class for EMTs to upgrade to Wilderness EMT certification.

Mike Dugger also reported on plans for switching all pagers from 152 MHz to 900 MHz service.

Old Issues

Steve Buckley reported on gear storage.

New Issues

Alex Fischer proposed getting us permission to park on Intel's lot, which might be useful for car-pooling to missions west of Albuquerque.

Tony Gaier proposed that everyone send our GPS coordinates to Tom Russo, so he can generate a map of our locations.

Lili Ziesmann proposed purchasing clipboards for pager #1 and pager #2. David D took one to use this month as Pager 1.

The meeting ended at 20:45.

Classified Ads

(20 words maximum, no services)

For Sale: Time to clean out closets. Assorted children's outdoor gear, perfectly servicable, various sizes to fit child 7-11 years old, all bought brand new, most only used one season before being outgrown: Trango Junior climbing harness (suitable age 7-10), REI children's snow shoes (suitable for child+gear up to 70lb.), REI cotton hiking pants (tan, size small 6/7), REI zip-off convertible hiking pants (children's size 8) and matching shirt (jr. large, 12/14), 3 snow bibs (black, size 6T; tan, children's small; black, size 12), 2 pairs polypro upper and lower, 2 pair Thorlo hiking socks, 2 pairs polypro sock liners, 2 pair hiking shoes (cabela women's size 6, REI children's size 6), pair size 4 "kamik" snow boots (great with the snow shoes), winter coat (teal, size medium 8/10) with gloves. Prices negotiable, contact Tom Russo. (I will probably not be at the March meeting, call or email if interested.) Children just grow too fast to buy new gear, and before you know it they're wearing adult sizes.

For Sale: Lowe Outback backpack \$25.00, BDU pant (2) pair \$10.00 each, Gaz lamp \$5.00, MSR whisperlite stove \$35.00, Raichle 8 1/2 hiking boot \$25.00, REI goretex bivy sack \$100.00, Black Diamond climbing belt \$20.00, Garmin 45 GPS \$30.00. Contact Larry Mervine.

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Volume 9, Issue 2
12 February 2004
Editors: David Dixon, Mike
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Top of the Hill

by Larry Mervine , President

Welcome, February. We hope that when the call comes for a mission we are ready. Cibola Search and Rescue has training standards for litter packaging and handling, land navigation and search techniques, but is that enough to be good searchers? One component that we need to remember is our own good health and physical fitness. Every time we put that pack on our backs and head up the trail, can we physically handle the load? That's a question we need to ask ourselves at every mission we attend. The team does not have a physical fitness standard. Instead we hope that everyone on the team knows their own capabilities when accepting an assignment. Surfing the internet I came across the Maine Association for Search and Rescue. They do have an Aerobic Fitness Evaluation. They have three tests that can be used for evaluating member's aerobic fitness. A five minute step test, 1 1/2 mile run and 1 mile speed walk. Everyone on the team should be swimming, jogging, biking, hiking or walking to keep physically fit. But just for the fun of it, here is their recommended time for the 1 1/2 mile run.

Age 20-29: Women 14:55, Men 12:18

Age 30-39: Women 15:26, Men 12:51

Age 40-49: Women 16:27, Men 13:53

Age 50-59: Women 17:24, Men 15:55

How does your time compare to theirs? Something to consider while waiting for the telephone to ring and you are called to a mission: will you be physically ready? I also heard that exercising is good for relieving stress.

See you out there.

Boots and Blisters

by Tony Gaier, Training Officer

Well it is already February and winter will be over before you know it. Last month we had our first training of the year and had a great turnout. I'm still looking for volunteers to run trainings this year. The full training schedule is entered into the calendar on the website. If you see one that you would like to instruct, please email or call me.

We have three training opportunities this month. February 12th, at 9:00 am there will be a Land Navigation Training at Embudito Canyon Trailhead. February 28th & 29th will be our Annual Winter Bivy at Ellis Trailhead. NMESC is sponsoring an Advance Winter Skills Training in Santa Fe on February 20th, 21st, and 22nd.

March will have two opportunities for trainings. On March 6th & 7th, Joyce Rumschlag will be holding a Rescue Sled and Snowshoe Training near Chama. A Litter Handling Training will also be conducted on March 13th.

Please keep up with your trainings. Remember, you need to get two trainings in the January to June period and two more trainings in the July to December period. If you have any questions please call or email me.

Business as Usual: Meeting Minutes

by Aidan Thompson, Secretary

Minutes for 8 January 2004 Business Meeting

President's Report

The meeting kicked off at 19:15 with the coronation of the King of SAR, the 2004 President, Larry Mervine. The president elect walked slowly to the front of the room on a long sheet of red paper. The air was filled with the regal strains of "Pomp and Circumstance", and tiny pieces of hot pink trail tape. After the plastic crown was placed on Larry's head, the loyal members bowed down before their ruler and proclaimed "Hail to the King of SAR." Larry then called the first meeting of 2004 to order at 19:16. The new officers were introduced (see Newsletter). Then the 10 new people introduced themselves. Most seemed to have found Cibola through our web-site.

Training Officer's Report

The training officer, Tony Gaier, solicited the help of all members for running trainings throughout the coming year. He has drawn up a schedule of training events for the year and would like members to volunteer to run one or more of these. Members who receive e-mails from the team list-server as well as others who request it will receive an e-mail before each training event, with links to the event on the web-site calendar as well as relevant training materials on the web-site or elsewhere. Tony also plans to update the hotline with information on upcoming events weekly, as well as after every mission. Upcoming events include a search techniques training on Jan 10, search techniques evaluation on Jan 17 and a premeeting training by Don Gibson on Feb 12.

Secretary's Report

The secretary from the December meeting was absent, so the incoming secretary directed members to the Newsletter for details of the December meeting.

Treasurer's Report

Lili went over financial reports for December and 2003. She invited everyone to the Financial Committee meeting which will follow the P.R. Committee meeting on the 28th.

Membership Officer's Report

Incoming membership officer, Bob Baker, has printed up some very impressive looking business cards for himself. He encouraged other members to take some for distribution to potential new members. He emphasized that recruitment is not just the job of the Membership Officer, but the responsibility of all members. He plans on increasing Cibola's visibility on Kirtland Air Force Base, particularly amongst military personnel newly arrived on base.

Equipment Committee Report

Mark Espelien has volunteered to take over the position of Equipment Committee Chair from Tony Gaier.

Public Relations Committee Report

Public Relations Committee Chair David Dixon is looking for someone to relieve him. He thinks Alex Fischer would be great. He is working on a revised pamphlet to hand out to potential members. There will be a PR meeting on January 28.

Medical Committee Report

Mike Dugger is interested in enlisting a new or existing EMT team member to hold training

sessions. If this was done right, all the participants could obtain CE credits recognized by the State Department of Health.

Newsletter Report

Alex Fischer wrote an article on cold weather dehydration.

Webmaster Report

The webmaster was unable to attend. Tom was commended, not only for his efforts as webmaster, but also for recently becoming a Field Coordinator.

Old Issues

Outgoing president Aaron Hall made a special award to outgoing Training Officer Steve Buckley for his outstanding service to the team over the last several years. Last year, not only did he run 14 trainings, but he was also one of the top mission goers.

Equipment Trailer: David Dixon has concluded that it is impossible for the team to obtain insurance coverage for a trailer towed by any member of the team. Trailer insurance needs to be obtained as part of the policy for the towing vehicle.

Equipment Storage: We definitely have a need for more storage space. The locker at Bernalillo Firestation 10 (Zamora Road) is packed to capacity and the equipment stacked on top of the locker is a safety hazard. The station chief has also suggested we move our stuff to Station 6 (Frost Road). Options include:

Purchasing an outdoor storage container and place it outside the firestation or at some other nearby location such as the Forest Ranger Station.

- **Move our stuff to a bay at station 6.**
- **Rent a storage unit at a commercial facility**

Mike Dugger emphasized that the Zamora Road location was chosen strategically, and so we should not lightly move to a different location. Steve Buckley has volunteered to research the options some more.

President moved that we make a one-time donation to St. Chad's. The motion was seconded by Tony Gaier. The vote was 14 for and 0 against. Lili Ziesmann will write them a letter to go with the donation.

The president mentioned several old habits that he thought were worth remembering as useful guidelines when attending missions. The first person to arrive at incident base should mark the

turn-off points with trail tape. They could also report the GPS coordinates of turn-off points to the pager handler. A Cibola member at incidence base should note all the Cibola members participating and pass this information back to the pager handler. Somebody at incidence base should also contact the pager handler as soon as the mission is called off. The pager handler still needs to obtain official confirmation that the mission has ended.

Evaluation policy: The president will check the hotline on the Friday before evaluations to see if enough people have declared that they will attend. If the minimum number of participants have not declared, the evaluation will be cancelled. The minimum numbers are: land nav 3, search techniques 3, litter handling 6.

Mike Dugger reported that the recent problems with pager service in the East Mountain were caused by Contact decommissioning their 152 MHz transmitter on Cedro Peak. After admitting this to Mike, he was able to get them to provide us with several clones which receive on 900 MHz and he is looking for East Mountain members to test these.

New Issues

Tom Russo requested that the topic of training requirements be put up for discussion. His main concern is that the existing 18-month old policy is difficult to administrate and is hard for members to understand. As a result, in Tom's opinion, one member almost had to leave the team. After much discussion, many members seemed to be saying the same thing. "The existing system is not unreasonable, but it needs to be explained more clearly to the members".

As a side-product of this discussion, two more topics emerged. What should we do about members who need to take a break from participation in the team for some period and what to do about former members or new members who want to join the team but are already considered "competent to go in the field" The former case could be handled by a leave of absence granted in writing by the officers, but it should have a maximum duration of maybe 6 months or a year. It was proposed that an ad-hoc committee be formed to consider these ideas further. Members who wished to be on the committee were Aaron Hall, Tony Gaier, Mike Dugger, Bob Baker and Aidan Thomson.

Meeting was adjourned at 21:00.

Who's Who and New

by Bob Baker, Membership Officer

We're off to a great start for the year! The first meeting alone, we had ten people visit to check us out. I was encouraged to see our many fantastic team members welcome the new people and talk with them for a while. It is exactly this friendly, out-going spirit that will attract people to our

team. As I mentioned in the meeting last month, we're all Membership Officers, I'm just the one holding the forms and paperwork. I'd like to challenge each member to bring one new person to check out the team this year. (Tony's already met his quota for the next two years!) Talk with friends at work or in your daily contacts, keep some of the team literature in your workspace -- you'd be surprized at the interest the community has when you start discussing SAR.

Right now we're on the verge of having four people become prospective members. Alan Palmer, Gabriel Palley, Liz and Tommy Birkhart will soon be in need of mentors. Mentors are critical to the success of our program. These people are the "built-in" friend for prospective members -- the one watching out for the "newbie." Mentors need to be willing to give an occasional call to the prospective, see if there are any questions, inform them of upcoming events (especially when the schedule suddenly changes), and to be there when there are questions. If you want to step up to the challenge of being a mentor please let me know.

Gearing Up

by Mark Espelien, Equipment Committee chair

First of all, I think I speak for everyone on the team in thanking Tony Gaier for handling the team's gear for the last few years. Thanks Tony!

I just want to remind members that we have 4 GPSs (standard Garmin eTrex) available for checkout now, and I should have a team radio available shortly. These may be checked out for a 6 month period. I also have several "group only" pagers still available for a modest fee with free air time. This equipment doesn't do any good in the gear box! Contact me if you are interested.

Mini Lesson

by Alex Fischer

Frostbite and Wind Chill

While searching outdoors in the middle of the night on exposed trails searchers are commonly exposed to and become susceptible to both of these conditions. Here is a definition of each.

Frostbite: Frostbite occurs when your body tissue, usually the skin or underlying tissue, freezes. "The most susceptible parts of the body are fingers, toes, ear lobes, or the tip of the nose." Though any part of the body can become frostbitten, the extremities are the most at risk. "Symptoms include a loss of feeling in the extremity and a white or pale appearance." If you think you may have frostbite you should seek medical attention immediately. The area should be re-warmed SLOWLY, to prevent further tissue damage.

Wind Chill: Wind Chill is the temperature at which exposed skin FEELS when in contact with a mixture of cold and wind. How it works is that there is an invisible layer of "still" air on the surface of the skin that insulates us, the harder the wind blows the smaller the layer of air, and the less insulation. What this equates to is quicker heat loss. At a windchill of -19 degrees frostbite can occur in as little as 15 minutes.

Remember that wet skin cools faster, so try to avoid vigorous activities in extreme cold and windy weather.

Sources

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Coming Attractions

by Joyce Rumschlag

Next month there will be a great opportunity for some winter training in beautiful northern New Mexico. We'll leave from Albuquerque at 0700 or 0800 on Saturday March 6 and drive to Chama. After a stop for lunch in Chama it's a short drive up to the Cumbres Pass area for a Snow Litter training. Later we'll do a moonlight snowshoe at Sargents Wildlife Area (north end of Chama) that evening. There will be a full moon.

Information on lodging can be obtained from Chama Valley Chamber of Commerce website or at 1-800-477-0149. There are no other major events in the area that weekend so lodging will not be a problem. Families are invited. There is also a Nordic skiing area for additional recreation on Sunday.

I will provide more information for the hotline closer to the event time. Any questions? Call me at my home number.

Public Relations

by David Dixon

Adam Hernandez has taken over as P.R. Committee Chair. He has been active in P.R. for the last few years and will do a great job in continuing our goals. I have assured him that I will continue to promote, recruit, solicit and help with everything else the committee does. Thanks Adam!

I would like to thank everyone who has helped me with P.R. duties over the years. They have all

appreciated the other fun and fulfilling side of Cibola. I hope you will all continue to support Adam.

We had a great turnout for our meeting in January leading to some lively discussion about ongoing P.R. items. It was followed by the yearly Budget Committee meeting. And since I know that was not the reason we had so many new faces I expect to see everyone back to our next meeting. I should say Adam is expecting everyone back. That meeting is scheduled for March 31, 18:30, Frontier Restaurant.

Web News

by Tom Russo

There is no "news" of the web site to speak of, but there are, from time to time, new links on the "Other Interesting Web Sites" page. There are a lot of good SAR-related web sites out there, and I try to put something about them on this page -- especially if they link to *our* site, which makes them that much more interesting.

I see that Tony has made great use of our web based calendar, and many of you have been taking advantage of that.

One thing I ask you to be careful about, though: because our newsletter and calendar are published on the worldwide web, they can be viewed by anyone in the world. Please do not put non-public telephone numbers into newsletter articles or calendar entries (not yours, not someone else's, not the team hotline's, not the pager number, nothing). The same should probably go for email addresses --- our web site is routinely harvested by spambots, and those of you with the misfortune of being on the receiving end of the mail to the team's public email address will know how awful it is to get into a spammer's database.

The team website can be accessed at <http://www.swcp.com/csar/>

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the Editors

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Volume 9, Issue 1
8 January 2004
Editors: David Dixon, Mike
Dugger, Tom Russo

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Larry Mervine , President

On December 26 I was returning from a Christmas party in the city of San Bernadino, California. Through the car window I could see a dark, grey sky. I also observed black and brownish water running alongside Interstate Highway 210. Earlier this year the San Bernadino area had wilderness fires that destroyed most of the vegetation. You would think people would realize the danger and move away from flooded areas. On the news that night they reported that nine people had died. SAR teams were continuing to look for more bodies the next day. We all at some time or another do not take the time to think about the dangers in a given situation. So let's remember the SAR motto: "We do these things so that others may live".

There is more to being a member of Cibola Search and Rescue than just attending missions. There are many tasks that need to be done so that the team can run efficiently. Officers do these unseen tasks many times without thanks. So we need to take the time to thank Aaron, Steve, Joyce, David and Lili for the work they did for the team in 2003.

As for 2004, I have a dream that our team will increase its membership to 50; I have dream that Cibola SAR will work with all other SAR teams in a harmonious manner; I have a dream that FC's will call Cibola SAR not for the color of our shirts, but for the strength our SAR skills; I have a dream that SAR teams will look to Cibola for the large number of searchers in the field, our professionalism, and SAR knowledge. I have been to the mountain tops and see a sea of orange shirts in the wilderness looking for lost and/or injured persons. Share my dream and be more active with Cibola Search and Rescue this coming year.

See you out there.

Boots and Blisters

by Tony Gaier, Training Officer

I hope everyone is having a great new year and received lots of cool SAR toys for Christmas. If you've been to the Website, you will have noticed that the training and evaluation schedule is posted for the entire year. I know that many of you have busy personal and work schedules and just getting the minimum required training and evaluations in a year can be difficult. Hopefully this will make things just a little easier working out your challenging schedule. I can't guarantee the schedule won't change but I will try my best to minimize the changes.

I would like to solicit your help this year with the team's training schedule. I will have a sign-up sheet in the back of the room at the January business meeting. If you can help out by signing up for one of the many trainings this year I would be truly grateful. Obviously you might be unable to commit yourself to a training event this early in the year or need to check your schedule at home and work. That is OK, if later in the year you find time just let me know and I will sign you up for something.

One thing I would like to point out to everyone is that the training entered into the calendar for the year is the minimum training that we will have this year. If you would like to throw an additional training together like a Four Wheel Vehicle or Man Tracking Training that would be great! If you would like to do something special just let me know.

If you have looked at the calendar for the year you will have notice a lot of "TBDs". My goal is to fill in the blanks A.S.A.P. At the minimum, I will have all the details filled in for the scheduled training between monthly business meetings, i.e. the day of the January meeting you will be able to see details for all the training from that day to the February meeting.

Speaking of training, you will notice in the calendar we have a search techniques training this Saturday at the Bear Canyon open space area. Guess what??? everyone on the team is training deficient as of today, so please come out this weekend and get your first training event for the year! There are a couple of special events coming up in the near future. February 28th & 29th will be our Winter Bivy, I'm still taking suggestions for a possible location. Joyce has put together a Snowshoe and Rescue Sled training that will be conducted near Chama on March 6th & 7th.

I look forward to this year as the team's new training officer and all the challenges that I face. Finally I would like to leave you with a quote from our President (Larry, The SAR God): "See you out there".

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of the 12 December 2003 Business Meeting

President's Report

Aaron called the meeting to order at 1925 following the Annual Holiday Pot Luck. He began with statistics: Cibola attended 32 missions, spending approximately 1500 man hours in the field, searching or evacuating 34 subjects and one space shuttle (twice).

Awards went to:

- **Kevin Mohr and Bob Baker as Rookies of the year.**
- **High Mission Attendance with 39% was David Chapek and Steve Buckley.**
- **High Training Attendance with 15 trainings was Tony Gaier.**
- **Exceptional Service Awards went to Steve Buckley and Tom Russo.**

Elections were conducted. New Officers for 2004 are as follows:

President - Larry Mervine

Vice President/Training - Tony Gaier

Secretary - Aidan Thompson

Treasurer - Lili Ziesmann

Membership - Bob Baker

Larry Mervine spoke briefly to the membership about revising "old traditions". He suggested, as an example, that members that have never done a member profile for the newsletter work on one over the holidays. They will be published in the Member Spotlights column during the coming year. He reminded us that the training scheduled for 12-13 has been changed to an eval. Location is Juan Thomas picnic area. A training will be held on 12-27-03.

Tony Gaier informed members that the schedule for trainings/evals would be as follows: Trainings will be the weekend after the meeting, and Evals will be the following weekend. Exceptions will be weekends containing holidays.

Mike Dugger will be showing medical videos at David Dixon's house on 12-19-03 at 1830.

Meeting adjourned at 20:15.

Gearing Up

by Tony Gaier, Equipment Committee chair

Greetings from the Gear Guy! The team's equipment is in good shape and we have plenty of supplies on hand. If you need any supplies please see me after the business meeting.

Winter is here, please do a good check of your equipment before heading out on your next mission. I recommend moving batteries and water stored near the outside of your pack to areas deep within or close to your body (like the portion of your pack that is close to your back). This will prevent them from freezing. You will get longer use from warm batteries vs. cold ones. Obviously if your water supply is frozen, it's harder to stay hydrated.

Mark Espelien has volunteered to takeover care of the team's equipment. Thank you Mark for volunteering! He will most likely take charge of the equipment sometime in January.

Editorial

by David Dixon

My short time as editor has been an interesting challenge. I've learned a lot and feel honored to help continue the tradition of this great newsletter. How great? We certainly all refer to it and use it as a resource throughout the month. But you might not know that it get lots of hits every month from internet users. And people not only read it they also make use of the articles. Tom recently shared an example of a high school math teacher that was using some Feature Articles as part of a "Mathematics of Search and Rescue" lesson. Also, compared to most SAR Team newsletters we definitely rate. (Search the net. Most teams don't even have a newsletter). But I know ours could be better. The "Lost and Found" potential is not being met, and that's where all of you can help.

We all know that officers and committee chairs can post information in their own columns, but there are many other entries available to members.

- **Feature Article and Mini-Lesson:** There were years when there was one of these every month. Our database covers everything from Hypothermia (I used Mike's article in November), to Orienteering, Suicidal Subjects, Radio Communication and the SAR Pack (actually I did 3 Parts). The distinction between the two articles is not fine. Features are more informative, Minis more of well, a lesson. Alex is adding to that list by doing one this month on Dehydration. All of us are knowledgeable in something SAR or the outdoors. Let me know your subject and the editors will decide where to put it.
- **Member Spotlights:** These are the profiles that Larry spoke of. Most of the newer members have never done one. Sort of a mini-autobiography - family, why you got involved in SAR, whatever you want to put in it. We'd all love to hear about your exploits in Alaska in the 80's, your stint in the Marines in Bora Bora, or your seven kids. (Hey, I have seven grandkids!) Boring to you but great read to us.
- **Hike of the Month:** Some of us oldies remember doing Hikes of the Month. Revisit the tradition by planning, hosting and writing up a hike. There's even a cool hiker graphic

that's added.

- **Coming Attractions:** This could be used to do a short tease for your great Feature Article the next month, or a short write-up on the upcoming training, or Pre-meeting plans.
- **Classified Ad:** Have something SAR or outdoorsy to sell. Advertise it here and get results.
- **Bronze Boot Award:** We've awarded the Boot a number of times over the last years with no accompanying newsletter entry. Honor the recipient even further by doing a write up of their heroics.
- **Special Notes:** Use this for anything that won't fit into the other categories: announce a new WFR or HAM, or FC (this month).

Especially now that I've gotten my newsletter bugs out I would love to see more articles every month. I know the officers will do their part. Do yours and use the newsletter to its full potential. Just let one of the editors know of your intentions early enough and we'll make sure whatever you do gets into print. And looks good at that. Who knows, someone in North Dakota might remember your article on fire-starting and survive a night out.

Public Relations

by David Dixon

P.R. goals for 2004 will be the same as last year: Recruitment and Promotion, Community Service and Team Advancement. In addition, we'll be redoing the team pamphlet this spring and hopefully the team poster and other handouts throughout the rest of the year.

I have been P.R. chair for many of my Cibola years and told Larry that I would continue if no one else stepped forward. Now that I am doing the newsletter I would rather have someone take over so that I can concentrate on that new role. Please consider the position. You would certainly still have my help and support.

P.R. Committee meetings will continue to be the last Wednesday of (most) months, 6:30 p.m., Frontier Restaurant across from UNM. There will always be a few months when we don't meet. Check the calendar. There will be a January meeting on the 28th. Please come and support CSAR P.R. efforts.

Web News

by Tom Russo

I have finally had a few moments to work on the database programming I had started last year, and have finally knocked off another of the old-style database programs. The new-style calendar program is now the only functioning one, and all functions that were in the old calendar program are now in the new one.

I am still way behind on working on the medical database, and I apologize to our CE coordinator that I haven't been able to get with him all this time to work out the necessary details. I hope another year doesn't go by without my working on this vital database.

Another open issue is the complete re-writing of the newsletter editing functions. The current programs have served reasonably well for the last 7 years, but there are some annoying idiosyncracies that are going to take a complete rewrite to fix. Watch this space for updates.

The team website can be accessed at <http://www.swcp.com/csar/>

Dehydration: A serious concern in cold weather as well!

by Alex Fischer

Hydration is an important factor in everyone's health and safety. By being dehydrated you are more susceptible to getting sick and physical injury. Dehydration can be seen in many forms from obvious symptoms like thirst and parched mouth, throat, and tongue, to more subtle symptoms. More subtle symptoms, and symptoms that are usually associated with something else include, nausea, faintness, extreme dizziness, and vomiting. The best way to avoid dehydration is to drink more hydrating fluids; these include water (best at hydrating), milk, and juices, as well as other drinks.

According to a survey by Yankelovich Partners for the Nutrition Information Center at The New York Hospital, Cornell Medical Center and the International Bottled Water Association, many Americans do drink nearly eight servings of hydrating beverages daily. But this practice is undermined by the nearly five servings of caffeine or alcohol containing servings Americans drink each day. "The net result is that most Americans are probably only getting about a third of the valuable hydration benefits they need," says Barbara Levine, R. D., Ph.D., Director of the Nutrition Information Center. Staying properly hydrated can fight off life threatening dangers such as frostbite, hypothermia and heat exhaustion.

How these varied factors are related to each other, you may ask yourself, but the similarities are amazingly pronounced. There is a strong connection between fluid levels, fluid loss, and heat loss.

Frostbite: Dehydration affects your body's ability to regulate body heat and increases the risk of frostbite. Fluids, especially water, are as important in cold weather as in the heat. Avoid consuming alcohol or beverages containing caffeine, because these items are dehydrating.

Hypothermia: As body moisture is lost through various evaporative processes the overall

circulating volume is reduced which can lead to dehydration. This decrease in fluid level makes the body more susceptible to hypothermia and other cold injuries.

Heat Exhaustion: Heat exhaustion and dehydration can occur in even the coldest weather. Your many layers of heavy clothing readily absorb perspiration, so you may not always be aware of how much water your body is losing. Perspiration is also rapidly evaporated by the cold, dry air, and is rarely visible on the skin.

The signs of cold weather dehydration are much like the signs of heat exhaustion: The mouth, tongue, and throat become parched and dry; swallowing becomes difficult; nausea may be accompanied by faintness, extreme dizziness, and vomiting; a feeling of general tiredness and weakness sets in; muscle cramps, especially in the legs, may set in; eyes become hard to focus; and fainting or 'blacking out' may occur.

Remember, dehydration will decrease an individual's effectiveness and lead to fatigue. Sometimes even worse symptoms may occur. Always drink plenty of water. It is recommended that people working in cold-weather consume about half a quart of water with breakfast, lunch, dinner, and before going to sleep at night, with an additional half quart drunk every hour during the workday (more if the work is strenuous enough to cause noticeable sweating), for a total of at least 5-6 quarts per day.

Sources:

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Special Notes

As if Tom has not had enough to do he recently completed training to become a Field Coordinator. What an honor for Cibola to now have an FC among its ranks. Congratulations Tom! -- *submitted by David Dixon*

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the Editors

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Volume 8, Issue 12
11 December 2003
Editors: David Dixon, Mike
Dugger, and Tom Russo

LOST ... and FOUND

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Top of the Hill

by Aaron Hall , President

I've been an officer for two years now, and I know that there are a lot of people who have served as officers for many more years than that, but I want to share my thoughts on the experience.

First, I want to say thank you everyone who has taken the time to tap me on the shoulder and remind me of my responsibilities and to everyone who has helped me carry out those responsibilities. You are tremendous, thank you! I've thoroughly enjoyed being an officer and I would recommend it to anyone on the team. It has truly been a learning experience for me. I learned a lot of things about search and rescue and how Cibola functions, and all the things that I expected to learn being an officer.

I also learned some things that I didn't expect. One of the things that I didn't expect was to gain a new perspective on Cibola's bylaws. I know that the team bylaws may seem like a mundane thing compared to helicopter rescues, hypothermic subjects, and litter hauls down La Luz, but they really are remarkable. I've learned that those bylaws really do influence how this team functions. They define our training and evaluation standards, how people become members, how we run meetings, and how we manage our money. In doing so they also help define our team culture. The bylaws are a living document and our team lives by them. Recently we've made some significant changes to our bylaws. Modifying the land navigation evaluation standard is a good example. It took a lot of time, a lot of discussion, and a lot of thought by the team to make those changes, and that is a good thing. I recognize now more than ever that changing the bylaws is not something to be done lightly. When we change our bylaws we change how we function as a team, for better or worse. Small changes in our bylaws can directly affect how many of our members are field certified in a given year and that affects the subjects. Those same bylaws help insure that every responder that Cibola sends into the field is appropriately trained and that their skills are current. The teams bylaws are a powerful thing and, as a departing president, I encourage every member

of this team to pay attention to those bylaws and to think carefully about how they impact the operation of our team.

Boots and Blisters

by Steven Buckley, Training Officer

As I close out the year as your VP/Training Officer, I want to thank all of you who helped run a training, helped with the Mock Search, and participated in the training program. Your help and support made it a great year. I also want to welcome Tony (I have no doubt that you will win this election!) as my successor and pledge my support for his training program next year. Thanks for letting me serve as your Membership Officer and Training Officer these last two years. It has been a great learning experience. I remain proud to be a member of this team. It is, IMO, the finest in New Mexico. I look forward to hitting the mountains with all of you this next year. "So others may live!" Steve

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of the 13 November 2003 Business Meeting

President's Report

Aaron Hall called the meeting to order with the introductions of those attending. Four new people were welcomed. He continued with the old business of:

Insurance for the gear trailer that Cibola would like to purchase. David Dixon reported that a vehicle would be easier to insure than a trailer and members towing it would be responsible. They would have to get with their insurance agent to have the trailer added to their policies.

Land Navigation Evaluation - Tony Gaier reported on the changes to the training and evaluation standards. Basically they added GPS requirements. Membership voted 10 to 0 to accept the standards. It was discussed that the standards regarding the GPS segment of the eval. would not be held against any not passing them until 2005.

Purchase of 15 pagers for team use. Mike Dugger presented the team with a bag of pagers that were tested at the meeting. Members wishing to use one will pay \$22. for the refundable deposit. Members will be responsible for any repair/damage to the pager in their possession.

New Business: Aaron read a letter from REI that invited Cibola to submit a request for a conservation and recreational grant. Aaron had prepared a list of gear needed to outfit 5 hypothermia kits for use on subjects. Cibola would pay for non-REI items that appeared on the list. With the additional of an

insulating middle layer membership voted 8 to 0 to submit the request.

Also under new business David Dixon referred to a recent article in the Journal pertaining to the Petersons who had recently retired from Search and Rescue. It was agreed to send them a letter of appreciation from the team.

Vice-President/Training

Aaron Hall reminded members that the Land Nav/GPS training will be held on Sunday, November 16. Location will be announced on the hot line.

Treasurer

Lili Ziesmann reported on expenses and income. The largest expense was a purchase of ropes.

Membership

New people were asked to stay after the meeting to review the "Welcome" information.

Equipment

Tony Gaier is looking for someone to replace him since he is running for the position of Vice-President/Training officer. He would like to purchase a second shield for the new litter.

Medical

Mike Dugger reported that he was trying to get hold of the coordinator for BLS and ILS.

There is a change in the EMS system for first responders. They will be licensed like EMTs are. They will certify services. Mike also reported that there would be a PACE exam on December 6.

P.R. Committee

David Dixon, along with Aaron Hall and Alex Fischer gave a talk at the New Mexico Mountain Club's last meeting. Cibola has not had a presentation there since 1999. Volunteer day at UNM was thin since tables were put in an out of the way location. David would like to re-do the Cibola brochure, adding a medical portion and new updated photos. Brochures were available to any wishing to help with the task. The next P.R. meeting is January 28.

New Business

Officer nominations were closed. Date for the Christmas party was announced. Friday 12-12-03 1830 to 2200. This is a family event, but we will have a brief meeting and election of officers.

Meeting was adjourned at 2113.

Who's Who and New

by David Chapek, Membership Officer

I started 2003 by setting some membership goals for member retention and new member recruitment. At the time the thought of gaining 10 new members this year sounded great. While the goal of 10 new members wasn't met I feel like we gained something better than numbers. In 2003 Cibola SAR gained three new full members all of whom have been very active with the team. I would like to thank Bob Baker, Kevin Mohr, and Tom Rinck for all their hard work and dedication to the team. I would also like to thank everyone who brought a friend to a meeting, hung up a poster in their office, or referred someone to the website. All the word of mouth advertising was great.

As it stands now CSAR will go into 2004 with 26 active members. Of these 26 active members it looks like 6 are going to start the year as NFC due to evaluation or training issues. Before the end of the year everyone on the team needs to go online and check their profiles to make sure all the training and evaluations are up to date. If you're training deficient for the six month period, you still have one more chance to get one in.

Thanks again to all who helped with membership this year.

Public Relations

by David Dixon

I established Public Relations goals this year of Recruitment/Promotion, and Community Service/Team Advancement. It was a good year for P. R. and we did a lot to fulfill those goals. We put on some nice talks to young and old, gave candy to hopeful contributors, posted brochures and posters and tried to talk UNM students into the field. Thanks to Lili, Adam, Bob, Alex and everyone else who helped in all those events. Your efforts were in some way rewarded by a new face, a new member, a donation, a more knowledgeable citizen or even a hiker that didn't get lost.

But the work of P.R. for Cibola is never done and if anyone is interested in Chairing the P.R. Committee in 2004 Larry would love to hear from you. I have done this for many of my years with this great organization and don't mind passing it on to someone else. I will always be there to help though, the kids are too much fun.

Special Notes

Congratulations to David, **KD5ZPR**, Mark, **KD5ZAD**, and Kevin, **KD5ZPO** on passing their Technician class Ham license exams! -- *submitted by Tom Russo*

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Volume 8, Issue 11
13 November 2003
Editors: David Dixon, Mike
Dugger, and Tom Russo

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Aaron Hall , President

Nominations for 2004 officers close at the end of tonight's meeting. If there is someone that you think ought to run for an officer position please nominate them. If you would like to be an officer, nudge that person next to you, or raise your hand and nominate yourself. Right now we have the following nominations:

President: Larry Mervine

Vice President: Tony Gaier

Secretary: Aidan Thompson

Treasurer: Lili Ziesmann

Membership: Bob Baker, Alex Fischer

Election of new officers will take place at the December meeting (which will also be our annual holiday party).

We received an invitation from REI this month to apply for a \$3000 Conservation and Recreation Grant. The grant can be cash or gear. The other officers and I have put together an application for gear. The gear would be used to create five hypothermia rescue kits for our gear cache. The kits would consist of all the gear necessary to warm, clothe, and shelter a hypothermic subject. The intention of putting together kits like this is that we would be able to deploy them with our hasty teams on winter missions. Deploying these kits would reduce the chances that all of us would use our personal gear (sometimes our only extra clothing layers and food) to rescue a hypothermic subject. Kits like this would help the subjects and would increase our own safety on winter missions. More detail on this grant application will be given at the business meeting.

On the subject of hypothermia, winter is on its way and its time to go through your pack and throw in those extra clothing layers, hats, gloves, and stoves. Its also time to eat those caramel and nougat filled candy bars and replace them with candy bars that don't turn into rocks when they freeze.

Mmm...Mmmmm.....

Boots and Blisters

by Steven Buckley, Training Officer

My year as your Vice President and Training Officer is drawing to a close. I want to thank all of you who pitched in and ran a training or helped out when I needed it. This year has been a difficult one at work. My travel schedule has been rough with only a few trips to fun places like Kodiak, Alaska. The consequence is that I missed more meetings and missions than I would have wanted to. When I needed help you guys really filled the need. Thanks to all! I tried to make this year's training schedule to be both useful and fun. I hope I succeeded in that goal. I want to pledge my support to next year's VP/TO. It takes a lot of work to organize and execute Cibola's training program. I will help all that I can and I hope the rest of you will be as supportive of my successor as you were for me. Speaking of my successor, now is the time to take the next step and run for Cibola office. When I first joined the team, I intended to just be a grunt and hit the trainings and missions. I soon realized that the team needed a strong contribution in the officer ranks as well. My time as your Membership Officer and VP/TO has been interesting and fun (some of the time at least). I learned a lot about what it takes to run the team and hope that others will step up to the challenge and responsibility of team management as well. Please consider running for one of Cibola's officer positions this year. I look forward to winter rescues with you all. "So others may live!"

Business as Usual:Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of the 9 October 2003 Business Meeting

President's Report

Aaron Hall called the meeting to order at 1910 and called for introductions of those in attendance. He moved to the old business of purchasing a trailer. He maintains that a trailer has the benefits of being mobile as well as having the ability to hold more Cibola gear. David Chapek had talked to Don Gibson regarding the purchase and was given costs, weights and benefits/drawbacks to both 6 x 8' and 5' x 8' units. David Dixon reported that insuring the trailer might be a problem. He will contact SAR Support and some other trailer users to find out how they have their trailer insured.

Other items under old business included the land nav. eval. Aaron would like to draft a proposal so the team could vote on any changes to the evaluation by years end. The trainings would also have to be

modified to accommodate training on skills that will be tested on in the eval. Tony Gaier agreed to work on the wording of the proposal for the next meeting.

Vice-President/Training

Steve Buckley thanked everyone for the help in preparing for the mock search. He presented Tony Gaier with the "cardboard panel award" and Alex Fischer with the "cardboard propeller award" He reminded us that Larry Mervine was holding a search tech. Training on October 18.

Treasurer

Lili Ziesmann reported on income and expenses for the last month and reminded us about asking for a "donor option card" for Cibola for the CFC campaign.

Equipment

Tony Gaier requested that anyone using the gear report to him if there are any problems he needs to address. Alex Fischer requested membership to vote on the purchase of 4 carbon fiber avalanche probe poles costing no more than \$150. Motion passed 7-5.

Medical

Aaron reported for Mike Dugger that the WFR training and recertification would not be held until next spring.

P.R. Committee

David Dixon thanked Adam Hernandez, Bob Baker and Lili Ziesmann for participating in the CFC event. His list of upcoming events include a presentation to the NM Mountain Club on October 15, UNM Volunteer Day on October 21 from 11:30 to 1:30, and the next P.R. Committee meeting on October 29, 6:30 p.m. at the Frontier Restaurant.

New Business

Aaron Hall awarded the Bronze boot for service "above and beyond" to Steve Buckley for the Mock search and Tom Russo for the medical portion of the Mock search.

Call out procedures were again addressed and it was decided that instead of the 5 minute wait it would be reduced to 2 minutes. The initial message on the hot line would only include basic essential information followed up by a more detailed message after the count of mission goers was obtained.

Purchase of pagers was again brought up with the team voting 12-1 to purchase 15 pagers that would be group page only. Members could acquire one of these pagers with a \$22. deposit. Again the problem of "taking longer to tie in a subject than the haul would take" was discussed. Tony Gaier will bring in pictures to the next meeting of systems using webbing and buckles that are permanently attached to the litter.

Nominations for next year's officers took place yielding the following: President - Larry Mervine, Vice-President - Tony Gaier, Secretary - Aidan Thompson, Treasurer - Lili Ziesmann, Membership - Bob Baker and Alex Fischer.

Meeting was adjourned at 2110.

Mini Lesson: Hypothermia

by Mike Dugger

(Editor's note: This article was first published in November, 1998.)

This information has been compiled from several sources, and the summary below represents a non-professional's interpretation of what he has learned. In particular, I made use of a document compiled and presented by Reed Burnett, one of our former members who is a physician's assistant, during a winter bivy on Mount Taylor. The Search and Rescue Society of British Columbia has one of the best compilations on the subject I have ever seen at <http://www.sarbc.org/hypo.html>. Hey, I'm no doctor. As always, the reader should consult a professional for an expert opinion.

Introduction

We require a body core temperature of 96 to 101 degrees F to sustain life. Maintaining body temperature in this narrow range is a balance between heat production and heat loss. Our ability to survive in cold temperatures is due to behavior, not biology. We've used everything from animal skins to wool to fancy, high-tech waterproof and breathable fabrics to keep warm. The body's thermostat is sensitive to less than 1 degree F change in core temperature, and the body responds to this cooling in a variety of ways, depending upon the temperature and rate of cooling. Hypothermia is defined as a body core temperature less than 95 degrees F. Hypothermia can most definitely be fatal if untreated.

Heat Production

We generate heat by burning fuel. For our bodies, this means metabolizing food. In order to generate this heat by metabolism, we need food for fuel, air for oxygen, and water for the chemical processes of digestion. Here are some interesting numbers on the effect of activity the body's rate of energy consumption. Just sitting around, we burn an average of 100 calories per hour. While shivering, we may burn 500 cal/hour, and hiking uphill with a 40 pound pack burns about 1000 cal/hour! All these calories

can come from metabolizing food, or burning stored energy in the form of fat.

Even if we have plenty of food and water available, there are limits to how much heat our bodies can produce. Our ability to generate heat by physical processes is limited by our level of fitness. Fit people can supply oxygen to the bloodstream much more efficiently than unfit people, and oxygen is critical for our bodies to metabolize food. Availability of oxygen can also be affected by altitude. Oxygen depletion in the blood and tissues (hypoxia) will also limit heat production. Depletion of glycogen, a starchy substance converted easily to sugar by the body, can reduce the body's ability to generate heat through shivering and aerobic exercise.

Heat Loss Factors

There are several basic methods by which energy may be transmitted from one body to another. All of these apply to the human body to some degree, but some more than others.

Conduction is the flow of energy (or heat) from a warm surface to a cold surface by direct contact. Hold a metal rod at one end and put the other end in cold water, and the end you're holding eventually gets cold. This occurs by conduction of heat down the rod away from your hand. The same thing happens when you hold a glass of iced tea, or sit on a cold rock.

Convection occurs when heat is transferred by a moving fluid, such as air flowing over your skin or clothing. This is why there is such a thing as "wind chill." Water can also be the heat transfer medium, and heat can be carried away much faster by cold water flowing over the body than by air. The faster the fluid is moving, the faster the heat loss will be. The rate of heat loss also depends upon the surface area exposed to the fluid. In this case, the surface is the skin, and the surface area of our skin is about 2 square meters. Convective heat loss can be reduced by wearing wind-proof garments and a hat.

Radiation is the method by which the sun heats the earth. In this case, energy is transmitted as electromagnetic waves, without any direct contact of the surfaces or exposure to any heat transfer fluid. Thermal energy is radiated primarily at infrared wavelengths. You can experience radiative heat transfer by holding your hand facing a bright light bulb. Without contacting the bulb, and even if there is a slight breeze blowing from your hand to the light, you can feel the heat on your hand. This is also why the side of a house sitting in the sun all day feels warm, even if you don't touch it. Again, clothing can help minimize heat losses by radiation.

Energy can also be transferred by a phase change in a material. For example, it takes energy to boil water on the stove. As long as the water is boiling, the temperature of the water does not change. We are simply using energy to change the phase of the water from liquid to gas. On the body, this method of heat transfer manifests itself as evaporation. It takes energy to evaporate water, just like it takes energy to boil water on the stove. The energy to evaporate sweat comes from our bodies. The rate of energy loss by evaporative cooling depends on the wind (carries moist air away), humidity (how much additional moisture the air can hold), and temperature. About 2/3 of energy lost by evaporation is from the skin, and

1/3 from the lung during respiration. Energy loss through the lungs by evaporation during breathing obviously increases as the respiratory rate increases.

Risk Factors

The risk of heat loss is increased by the use of drugs and alcohol, which affect circulation and blood flow. Impaired consciousness also increases risk, since the affected person may not feel cold or take precautions to prevent heat loss. Exhaustion also leads to increased heat loss because of decreased metabolism and cardiac output. Hunger obviously signals the lack of food to burn for energy, and anemia interferes with the metabolism and delivery of oxygen to burn fuel.

Infants and elderly people are most susceptible to hypothermia [1-3]. Infants have a larger body surface area to mass ratio than adults, allowing greater heat loss. Infants also cannot produce as much heat as adults through muscle activity. Metabolism decreases as we age, so elderly people have more difficulty maintaining body temperature through metabolism in cold climates.

Responses to Decreased Body Core Temperature

Arteries, veins and blood vessels in the extremities contract to keep warm blood in the core (trunk) and head, where the organs critical to sustaining life are located. The body does not waste energy heating the arms and legs. Metabolism increases as the body tries to burn fuel faster to generate heat. This also leads to dehydration due to increased water use. Shivering begins. The body attempts to generate heat by doing work. Rapid muscle contraction generates heat through friction.

As body temperature drops, brain function slows down. Higher functions like logic, reasoning, and the ability to solve problems are the first to go, and decline as the core temperature drops below 95 degrees F. Cerebral metabolism decreases by 3.5% for every 1 degree F drop in core temperature. This explains why hypothermic people may appear to be drunk or incoherent, not making sense. The EEG is flat (no brain activity) at 70 degrees F.

The heart rate initially increases as the core temperature drops, in an attempt to deliver more oxygenated blood to the tissues and fuel the increase in metabolism. Below 92 degrees F the heart rate decreases, and abnormal heart rhythms, or arrhythmia, may occur below 90 degrees F. Cardiac output decreases rapidly with decreasing core temperature, and is about 50% of normal at 77 degrees F. The body's ability to assimilate oxygen decreases due to reduced lung capacity by muscle constriction in the chest, resulting in decreased oxygen consumption.

What to Look for in the Stages of Hypothermia

In mild hypothermia, 95 to 92 degrees F, the subject will shiver in an attempt to generate heat. Muscle tone increases. When shivering ceases the body can no longer keep up with the rate of heat loss and core temperature falls rapidly. Moderate hypothermia, between about 92 and 86 degrees F, is signaled by the

subject ceasing to shiver. The body is beginning to shut down. A MAJOR MEDICAL EMERGENCY IS IMMINENT!! The subject will exhibit lethargic behavior, characterized by apathy. The subject may also exhibit dysarthria (slurred, slow or effortful speech, perhaps accompanied by changes in pitch, loudness or rhythm due to paralysis or weakness of the muscles used in speech) or ataxia (inability to coordinate voluntary muscle movements). Arrhythmia and unconsciousness may follow.

In severe hypothermia, 86 to 82 degrees F, the subject will appear to be in a stupor, and may have fixed, dilated pupils and no reflexes. Respiratory arrest may follow.

Death occurs at a core temperature of about 70 degrees F, when brain activity stops. Be aware that even though a hypothermia victim may appear dead, full resuscitation and recovery is possible, although unusual [1]. Always act on the premise that "no one is dead until warm and dead" [4]. Now what about cold water drownings, you ask? Subjects exposed to very cold water cool off so fast that the brain's need for oxygen is dramatically reduced before damage occurs. With proper treatment, cold water drowning victims have been resuscitated after an hour in the water.

Differential Diagnosis

There are several medical and behavioral conditions that may have symptoms similar to those seen in the stages of hypothermia. A qualified medical professional should assess the subject to distinguish between these conditions and hypothermia. Some of these conditions are altitude illness, exhaustion, dehydration, fright, loss of will, carbon monoxide poisoning, and the influence of alcohol or drugs.

Treatment

If assessment of the subject indicates hypothermia, ABC's (airway, breathing, circulation) are still the first order of business. For a conscious subject, warm by any means and proceed with evacuation. An unconscious subject with a pulse should be transported to emergency care as rapidly as possible, again while attempting to warm by any means. If the subject has no pulse, CPR should obviously be started immediately while providing external heat.

To fight hypothermia, continued heat loss must be prevented, and steps taken to increase heat production by the subject. Heat loss can be prevented by interrupting the heat flow away from the subject by the pathways discussed above. To stop conduction, insulate the subject from the ground or other cold surfaces. Stop convective heat loss by providing shielding from the wind. Prevent radiative heat loss by making sure that all exposed areas of the body are covered with insulation. Finally, stop heat loss by evaporation by making sure the subject is dressed in dry clothing.

In mild hypothermia, the subject's own heat production rate can be boosted by increased physical activity and oxygen use. Provide the subject with water and food, to increase metabolism. Hot chocolate or other warm, sweetened liquids (no caffeine) can be offered to a conscious subject. At high altitude, administering oxygen can help the subject's body generate heat. If field evacuation is not imminent,

external heat should also be provided. This may be as simple as building a fire or getting the subject into a heated (and properly ventilated) tent. Chemical heat packs or hot water bottles may be applied to armpits, groin, and neck to heat the body, but be careful. These can get hot enough to cause burns. Direct body to body contact with the subject is a very effective method of warming. Make sure to replace fluids in order to prevent dehydration.

Rewarming must be done carefully for subjects having moderate-to-severe hypothermia which developed over a prolonged period of time. For example, rewarming by application of external heat may be hazardous because it is likely to cause sudden dilation of blood vessels close to the skin (vasodilation), allowing cold, lactic acid-rich blood to return to the core. This cold blood flowing into the core will reduce the core temperature even further (convective afterdrop), and change the blood pH [5-7]. Cold blood returning to the heart may be enough to put the patient into ventricular fibrillation. To prevent vasodilation, it is important that the patient's core be rewarmed before the extremities. For the same reason, even a conscious patient having moderate hypothermia must be handled very gently and not be allowed to exercise, as muscular action can pump cold blood to the heart.

Equipment for proper core rewarming of a severely hypothermic subject may not be readily available in the field. In this case, the best course of action may be to insulate the subject to prevent further heat loss, and transport them as quickly as possible to facilities with proper equipment.

If CPR is necessary, it is important to be aware that it may be more difficult on a hypothermic subject. Decreased core temperature and muscle constriction may make the heart and thorax stiff. Blood flow may be poor due to vasoconstriction, and will exhibit increased resistance to flow through the body. A cold heart muscle may not return to a normal rhythm as easily as one at normal temperature. There will also probably be additional challenges to effective CPR technique, such as the need to transport, and environmental factors such as wind and snow. Also be aware that the pulse may be very slow and difficult to detect in a subject suffering from severe hypothermia.

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Public Relations

by David Dixon

Thanks to Aaron and Alex for helping me with our presentation to the Mt. Club last month. After sitting through an interesting business meeting we were welcomed by a smaller group with some familiar faces. We gave an overview of ourselves, what we do, basic state sar operations and some mission information. We ended with a pack breakdown and then answered some great questions. It had been 3-4 years since we addressed the Mt. Club. We need to visit them more often.

I am working on redoing our pamphlet I had previously redone a few years ago. We need to include something now on medical and some better, updated photos. I will have some current pamphlets available at the business meeting for anyone interested in giving their two cents worth. Email me your valuable comments.

We have no upcoming P.R. events and since the last Wednesday of November is the day before Thanksgiving and the last Wednesday of December is New Year's Eve there will be no committee meeting until January.

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9 October 2003

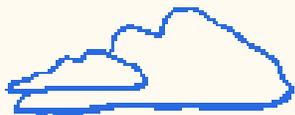
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Top of the Hill

by Aaron Hall , President

By all accounts this year's Mock Search was a tremendous success. I want to say Thank You to everyone who worked hard to make it happen. I heard that there were lots of good training opportunities for incident base and for the searchers. I also heard that someone put together a really good plane crash and that someone did a great job moulaging the subjects. All of you know who you are and your hard work has continued the tradition of Cibola's annual mock search being one of the SAR training highlights in central New Mexico. Again, Thank You! Trainings like this are one of the things that make this team great.

Another thing that makes this team great is our training and evaluation program. I want to put out a gentle reminder that we still have three evaluations left in 2003. That means that everyone still has the chance to complete all three evaluations this year. So...if you still have an eval that needs to be completed please come out and complete it (we really do need you for those January and February missions). If you aren't sure of your evaluation status, please take the time to check the database on the Cibola website. It will give you up-to-the-minute information on your evaluation and training status.

Finally, please consider being an officer in 2004. We really do need you for more than just those winter missions. Enough said...

Boots and Blisters

by Steven Buckley, Training Officer

I want to thank everyone who made this year's Mock Search so outstanding. Thanks for the planning help and the great suggestion to use a mock plane crash as this year's MS theme. Thanks to Mike, Tom,

Aidan, Adam and Greg (AMRC) for developing an outstanding medical training component including, medical scenarios, realistic simulated wounds, being volunteer subjects (or babysitting one), bringing the OMI, and providing a "headless child". The medical component was the most beneficial training element of the MS.

Thanks to Alex and Tony for their outstanding help in building our "aircraft". By the power vested in me by my MSAE, I hereby grant five awards:

To Tony Gaier: the rank of honorary junior aerospace engineer and the coveted Cardboard Control Panel Award.

To Alex Fischer: the rank of honorary junior aerospace engineer and the coveted Cardboard Propeller Award.

Thanks for that:

To Bob Baker, Tony Gaier, and David Chapek: the "Cibola Mule" award for carrying the albatross into the crash site and the rank of honorary A&P for putting it together in the field. Without your help on MS day, our simulation would have failed miserably. Thanks.

To our volunteer subjects: Thanks for helping, getting "bloody" and playing your roles well.

To the ICS staff and their helpers: You guys did a great job. You made some mistakes, learned from them, but, if the crash were real, would have done a great job for the victims.

To the Cibola folks who supported the MS, I hope you had fun and got something useful out of it.

I hope I didn't miss anyone. To all who contributed, thanks for all of the outstanding help this year!

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of the 11 September 2003 Business Meeting

Tony Gaier presented the pre-meeting mini lesson on gear.

President's Report

Aaron Hall called the meeting to order at 1925. He began with general introductions of all attending and reminded the membership that now was the time to think about being an officer.

Vice-President/Training

Steve Buckley announced that those going on the summer bivy on September 20 need to meet at the Wells Fargo Bank in Tijeras at 1500. The bivy will be at David Canyon and will be combined with a star party. Family members are invited. Car pooling with 4 wheel drive vehicles is recommended.

Steve thanked Larry Mervine for filling in the "holes" in the remaining trainings for this year. He needs a F.C. for the Mock Search. Two teams have already responded to the invitation to participate. We will reserve a group campground for teams coming in from out of town. Steve will prepare a press release. He has already contacted AMRC about a high angle component in the Mock Search. Tom Russo and Mike Dugger will handle the medical aspects. We need green & white paint as well as the live subjects. Any volunteers?

Treasurer

Lili Ziesmann reported our financial status and reminded us about donations to the United Way campaign. She noted that Cibola SAR needs to be specified on the donor option card.

Equipment

Tony Gaier reported that our ropes are in good shape and all are 2000-03 ropes. We have two litters and the red sled for winter operations and one wheel. He has two more litters at his house. Also available are two sets of snow shoes and two sets of poles that are available for check out during the winter months. He also has two radios and 4 GPS for checkout.

Medical

Mike Dugger reported that a WFR refresher will be held in Dulce on October 10-11.

P.R.Committee

David Dixon asked for help with upcoming P.R. events. Adam Hernandez, Bob Baker, and David did the Outdoor Preparedness talk at the Sunset Chat. David also did the hike the next day. UNM Day yielded 16 new contacts. That event was covered by David, Larry Mervine, Mike Dugger, Adam Hernandez, and Kevin Mohr.

Upcoming events include a presentation to the Mt. Club on October 15 and a Volunteer fair at UNM on the 21st.

Scott at Duke City Graphics charges \$5 for the embroidery of our logo or a name on shirts or some caps.

The next P.R. Committee will be on September 24, 1830 at Frontier Restaurant. Everyone is always welcome.

New Business

Gear storage: The purchase of a storage container or trailer was discussed. All of the gear would be stored in the trailer and the trailer would be stored in a rental garage. Discussion included the cost of storage, where it would be located, insurance issues, ability to tow a trailer (back country roads as well as driving skills). David said he would look into some costs including insurance.

Land Nav. Eval: It has been proposed that the resection portion be eliminated. In it's place would be terrain identification (must get 3 out of 4 correct), plotting a UTM coordinate, getting a heading both mag and true within plus or minus 5 degrees, and plotting the points to within 200 meters on a map. The GPS portion would include the basic skills of powering up, putting in the correct datum, and retrieving UTM from the GPS. No decision was made. Discussion will continue.

Aaron Hall read three letters from the subjects of previous searches.

Meeting was adjourned at 2130.

Public Relations

by David Dixon

It's October which means it's time for CFC/United Way donations. This is where most of our money comes from and it helps for each of us, when possible, to do some promotion. One important thing to remember is that we are really all-volunteer. Different than some organizations, none of our operating expenses go to administrative costs. Don't forget that donors need to specify Cibola SAR on their cards. Our CFC number is 7014.

Lili, Adam and I did some of that promotion at two CFC events this last month, at the Veterans Hospital and Kirtland AFB. Hopefully we'll reap some fruits from our labor.

Upcoming P.R events include a talk to the Mt. Club on the evening of the 15th and a Volunteer Fair at UNM from 11-2 on the 21st. Anyone is welcome to help with these events. Come to the meeting or let me know otherwise.

Over the next months the P.R. Committee will be working on redoing our brochure. It needs some updating on medical and new photos. If you are interested in helping on that come to the next Committee meeting on the 29th, 6:30 p.m. Frontier Restaurant.

Special Notes

Congratulations to Tom, **KD5ZAE**, on passing his Technician class Ham license exam at the Hamfest, and on receiving his new callsign. -- *submitted by Tom Russo*

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Top of the Hill

by Aaron Hall , President

It's September now and winter is on its way. That means that it's time to start putting all of those warm clothes back into your pack. As you are repackaging your gear and preparing for winter remember that fall brings other things for Cibola, namely choosing new officers. Being an officer is one of the most important things that you can do for Cibola. It's a big time commitment, but it's also a lot of fun. It really is up to the officers to make sure that the team functions smoothly on a day to day basis. They update the website, write this newsletter, plan trainings, coordinate evaluations, recruit new members, track the team budget, plan business meetings, and interact with the rest of the SAR community in New Mexico. Being an officer is a chance to influence Cibola. It's a chance to learn how the team functions and to be part of making Cibola happen.

Officers are important and they do a lot of work for the team, but there are also other people who make this team happen. We have three standing committees and they need leaders. Those committees are Public Relations, Equipment, and Medical. The PR committee coordinates and conducts all of our recruiting and preventative SAR functions. They are our outreach to the community and they represent Cibola to the public. Attending PR events and talking to people about Search and Rescue is a lot of fun. The equipment committee maintains all of our team gear and purchases new gear for the team gear cache. If you like gear this is the place to be. The Medical committee coordinates all things Medical for Cibola. That means putting together CE classes, maintaining records for our WFRs, and helping new WFRs get trained. All of these functions are vital to the team and we need people who are willing to step up to the plate and make them happen. As the weather turns cold and you find yourself digging through your pack for that extra pullover or a warmer hat think about being an officer or getting involved with a committee. It's fun and it's an important way to serve your team.

Boots and Blisters

by Steven Buckley, Training Officer

The Mock Search is upon us. In the final month before we hold this training there is much work still required. My biggest concern today is that I have not been able to fill all of the ICS staff positions.

I need the following:

1. Help with making the "aircraft". I need cardboard, white paint, yellow/green paint and painting supplies.
2. Help lining up a couple of "medical" dummies (nothing personal intended). I would like two, an adult and a child. We can make these if required.
3. Help lining up the Office of the Medical Examiner (OME). Tom Russo gave me a contact for this but I have not been able to get to it. I would like to delegate it to someone.
4. Scouting assistance.
5. Possibly help lining up permission for the location.
6. Possibly some ICS staff.
7. Tom Russo might need help simulating bodacious wounds (otherwise known as moulaging).
8. A subject or two.

Please let me know if you have been saving any cardboard for this event. Also please let me know if you are willing to take some of this work on. I appreciate the help during this very busy time for me at home and work. I could also use some volunteer trainers to help carry the load in October and November. Please let me know if you would like to conduct a training event. Finally, we need you all to get the word out to maximize participation.

Again, thanks for the training assist in these difficult times. I appreciate the support.

Business as Usual: Meeting Minutes

by Lili Ziesmann, Secretary

Minutes of the 14 August 2003 Business Meeting

Old Business

Pager issues: Mike Dugger reported that he has been working with Contact to improve pager performance. He also did some research with Verizon. Last year Contact tried to get us to abandon our 858-xxxx numbers, since they no longer control them. Qwest can inadvertently change our numbers and interrupt service. Last month's pager test did not point to any patterns related to age of pagers or locations. Our system of pager 1 and 2 and 5 tree tops should catch a page at some point. Procedural problems with 900 MHz and 150 MHz pagers. Arch and Contact 900 MHz pagers did not perform better

in tests than our original 150 MHz Contact pagers. Researched use of cell phones which was cost prohibitive and procedurally difficult. Mike went back to Contact, and with them wrote a 3 page document that outlines our history, concerns, what broke and how to fix it so as Contact staff changes we have something to give them. Will also have business cards for each pager handler so that standard settings are easily communicated. Mike's recommendation is to 1) Get off of 858 prefix. Can have two sets of numbers to overlap service for a period of a year; 2) Pager tune-ups - recommend that members go in over the next few months and get a tune up just in case; 3) We need to review our calling procedures, either reduce the time between pager 1, 2 and treetops or initiate callout before a detailed recording is done. Just do a very brief message the first time and go back to fill in detail after the tree has been activated.

Land Nav Committee: The committee met last Saturday after the training. They recommended eliminating the resection, add terrain identification and map orientation, identify 3 out of 5 terrain features selected by evaluator, add GPS component - entering current datum and relate back to map, add magnetic, plot UTM coordinates on the map to 200 m and a course to +/-5 degrees. All this in addition to distance and bearing skills. Some members felt the resection should not be eliminated altogether, as it does incorporate terrain identification, map orientation and coordinates.

Treasurer

Lili reminded members that if they are considering a donation to Cibola through UW or CFC, they must request a donor option card, otherwise we don't get a part of the regular campaign money.

Training

The Mock Search has been moved to Oct 4th-5th. Steve asked for more help in planning and executing the search. Volunteers should contact him as soon as possible.

Medical

Congratulations to Aidan Thompson for taking the WFR course in El Rito. His WMA paper work still needs to be done. Mike Dugger is working to schedule a WFR refresher course in spring of 2004.

P.R. Committee

David Dixon reported he still needed more volunteers for the Sunset Chat on August 23rd, Open Space Hike on the 24th, UNM Day on the 29th and Public Lands Day at Sandia Crest on September 20th. He invested \$40 for a 9x9 "Easy-up" canopy that will get much use at these and other P.R. events. The shirt embroidery person moved to north 2nd St so he is a little more inconvenient. David should have samples by next month.

New Business

Storage container proposal - need to find a place to store it, temperature control, cost is under \$2K.

It is also time to consider candidates for Officers for 2004. Please consider any position for others or that you would like to fill.

Cabazon peak climb planned on August 23rd. Contact Terry Hardin if you're interested.

Gearing Up

by Tony Gaier, Equipment Committee chair

Greetings from the Gear Guy! Everything is going well with the team's equipment. I have plenty of supplies so if you need replacement items for ones used on missions please see me. We also still have GPS units and radios for sign-out. It is starting to cool off in the mountains which means fall is just around the corner. You may want to start looking at the contents of your pack and see if it is ready to support you on a fall/winter mission. It's better to figure that out now than when you're spending a frigidly cold night in the Sandia Mountains.

Public Relations

by David Dixon

August was a busy month for PR. On the 23rd Bob, Adam and I did our Outdoor Preparedness Presentation to a small but interested group at Elena Gallegos Picnic Ground. The next morning I conducted the Open Space Hike with another small group by myself so Bob could go on a mission. I think we left both groups more knowledgeable about the outdoors, gear and clothing. On the 29th we had enough volunteers help staff our booth at UNM Welcome Back Day where we got a good list of potential members. As usual thanks to all those that helped with these events.

We have two more upcoming PR events. On Saturday the 20th we have been asked to have a table at Public Lands Day on the Crest. This sounds similar to July's Sandia Wilderness Day and another good recruiting opportunity for us. I haven't been able to make a commitment to them though as so far only Bob has volunteered. (I will probably be at SC Training in Silver City). And on October 18th we are giving a talk on Cibola to the Mt. Club. No volunteers yet for this except me so you know the routine if you are interested in helping with either event.

We finally have someone who will do team embroidery for us. Scott at Duke City Graphics, 7522 2nd NW will put our logo or your name on almost any item of clothing for \$5 each. (\$10 for both). If you didn't make the meeting to see the samples he has some he'll show you. The embroidery is a nice option to our team patch.

The next PR Committee meeting is on Wednesday, September 24th, 6:30 p.m.at Frontier Restaurant. I would really enjoy having some enchiladas with a few others. Come and we'll talk about lots of things important to Cibola

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Volume 8, Issue 8
14 August 2003
Editors: David Dixon, Mike
Dugger, and Tom Russo

LOST ... and FOUND

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Top of the Hill

by Aaron Hall , President

This month I'm going to use my soapbox to talk about being an officer. It may seem like it's a little too early to start thinking about being an officer in 2004, but it's not. In four months we will have to decide as a team who will lead Cibola for the next year. As anyone who has been an officer knows, the officers do a lot of behind the scenes work for the team and what they do has a strong impact on how our team functions. It's important that we choose good officers. So, you ask, what does it take to be a good Cibola officer? I think the number one requirement is a commitment to Search and Rescue. Being an officer isn't rocket science and it isn't an incredibly huge amount of work. It can, however, take a considerable amount of time and keeping up with the schedule of officers meetings, newsletter articles, business meetings, trainings, evaluations, P.R. meetings, bills, records, and missions can be difficult. If you think that you would like to be an officer please talk to the current officers. Ask them what they do as President, Vice President, Treasurer, Secretary, or Membership Officer. If you know someone on the team that you think would be a good officer please encourage him or her to consider being an officer. Sometimes a little encouragement is all it takes to convince someone to take on the job. One of the most important things that we can do this year is convince good people to lead Cibola next year.

Boots and Blisters

by Steven Buckley, Training Officer

I want to apologize for the fact that I have missed so many meetings. My work schedule doubled with two new missions and one with some problems requiring extra effort. I also travel much more than I would like. Unfortunately, I will miss this month's meeting too. I want to thank those folks stepping up and helping me to keep the training program going. I really needed the help. I will need even more help

with the training program the next few months. Please let me know if you can run a training event.

My training focus for the next two months will be the Mock Search. We had some trouble getting a date that seemed to meet everyone's needs. So far, 4 Oct 2003 seems to be suitable for the most participants. I hope that is a suitable date for this team. This year's topic will be a plane crash with associated medical and recovery tasks as well as a surprise or two (did you expect anything else?). I know this year's event will be a great time. Now for the call for volunteers. I already have a committee willing to work the planning. I hope to have met with them face-to-face before this month's meeting. We will need help putting the "props" together. For example, we have a plane to construct. Please save any large pieces of cardboard and be ready to meet to turn them into an aircraft. Tape and paint is all we will need to make a suitable aircraft mock-up. We also need a suitable site with a South 14 site topping my list. I am still in need of ICS staff. Please let me know if you can support in those roles. Finally, we need you all to get the word out to maximize participation.

Again, thanks for the training assist in these difficult times. I appreciate the support.

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of the 10 July 2003 Business Meeting

Pre-meeting mini lesson was presented by Larry Mervine on Mission Safety.

President's Report

Joyce Rumschlag reported for Aaron Hall. The Bonze boot was presented to Mark Espelien and Kevin Mohr for attending two missions in one 24 hr period and Aidan Thompson for being Pager 1 for the two missions running simultaneously. Our pager problem was brought up again and Mike Dugger agreed to look into it with Contact Paging. Lili Ziesmann also volunteered to look into other pager companies. Tony Gaier would try to have something for the team next meeting in regard to the Land Nav. Committee.

Vice-President/Training

Joyce Rumschlag reported for Steve Buckley. Steve needs help with planning the Mock Search in September. He has put together a climb to Cabezon Peak on July 19, please call and let him know if you are interested. The team voted 11-0 to give prospective members an orange shirt. The administration fee will be raised to \$20.

Membership

Joyce Rumschlag reported for David Chapek. Bob Baker is now a full member.

Treasurer

Lili Ziesmann reported a profit this month after a month of being in the red. Comparisons with prior years show that income is usually slow at the start of the year, plus we purchased new equipment early. United Way campaigns will start in September, and Lili encouraged members to be sure to ask for donor option cards to designate their donations to Cibola.

Equipment

Tony Gaier reported that everything with the equipment is going well and to see him after the meeting if you need anything.

Medical

Mike is still trying to set up a Wilderness First Responder recertification class with either Carl Gilmore or Don Mason, but doubted he could set up a full WFR course anytime soon. He recommended that members who want the full course take the course being held in El Rito.

P.R. Committee

David Dixon reminded us about upcoming PR events and the need for volunteers for all of them: 25th Anniversary of Sandia Wilderness celebration on July 26, Open Space Sunset Chat and Hike August 23-24 and UNM Day on the 29th. The Committee is still looking into shirts and logo embroidery. The next PR meeting will be on Sept. 24.

New Business

Paul McClendon (NMESC) will be here next month for our pre-meeting mini lesson. It will start at 1845 so please be here (and on time).

Meeting was adjourned at 2030.

Who's Who and New

by David Chapek, Membership Officer

Congratulations to Cibola's newest active member, Bob Baker. Bob worked hard through his orientation and completed all his requirements quickly. In addition to evaluations and trainings, Bob has been very active with the PR committee. Congratulations Bob!

Thanks to all those who helped with Sandia Days a few weeks back. The PR committee made 13 contacts for potential future members in addition to teaching people about preventative SAR.

I'm in the market for a few new mentors. I have at least one person ready to go through orientation and hopefully will have a few more by the end of the month. If you're interested please let me know.

Gearing Up

by Tony Gaier, Equipment Committee chair, Equipment Committee chair

Things are going good with equipment & supplies! If you see any problems with the equipment when you sign it out or use it, please let me know a.s.a.p. After a mission or training please make sure everything gets back into the bags. If something is inadvertently lost, please let me know about it so I can replace it. Please see me if you need any supplies for your pack. We are well stocked with the usual items: MREs, batteries, trail tape, etc. Team members with Mission Supply Boxes please let me know if you need items to restock your boxes. Just as a reminder, all the supplies handed out are for missions **not** for your afternoon hike with the boy scouts. The combination to the Fire Department door has changed (where our equipment is stored). If you are pager two or need to know the combination to the door please call me or one of the officers to obtain the combination.

Public Relations

by David Dixon

Thanks to those that volunteered their time to work the Sandia Wilderness 25th Anniversary event last month. Sounds like it was a fun time with quite a few people getting out and learning more about the outdoors and SAR. We showed off our litter and some members brought their packs for display. I know we got a nice list of interesteds for David to follow up on.

Upcoming PR events this month include the Open Space Sunset Chat on "Outdoor Preparedness" on Saturday, the 23rd and Hike the next day. The "Chat" has become an annual for us with usually a large, interested crowd. On Friday the 29th we'll set up and do UNM Welcome Back Day primarily as another recruiting event. There are a few of us doing Open Space duties but if you're interested in some public speaking we could use a few more. And we can always use more for UNM Day. Let me know asap.

Speaking of members who work PR events, they are truly hearty Cibola volunteers. It's not a mission, you don't get credit for it, you don't pass it and you don't show up in a database. Now that's dedication. Not that there aren't other jobs in this organization that fit that. I guess all of us deserve a big way to go!

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Volume 8, Issue 7

10 July 2003

Editors: David Dixon, Mike
Dugger, and Tom Russo

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Top of the Hill

by Aaron Hall , President

When it rains, it pours. Cibola has been called for four missions in the last two weeks, twice we've had multiple missions going at the same time, we've had an excellent training on Ham Radio Communications (Thanks Tom!), the usual eval has happened, and in the middle of it all our entire team pager system got mistakenly shut off and turned back on.

Last month I pointed out that when things are slow it can feel like maybe we aren't really needed. Lately we have needed every responder that we can get. Everything that you do for Cibola matters, especially when we have a lot of missions and a lot of team activity. This is true whether or not you are actually in the field. Handling callouts (Thanks Aidan), dealing with pager problems (Thanks Tom and Lili), hauling gear all over creation (Thanks Tony), putting on trainings and evals (Thanks Tom and Steve), or responding to two missions in one 24 hour period (Thanks Mark and Kevin), it all matters, it mattered to the subjects, it mattered to their families, and it matters to your teammates. As I've watched this team respond over the last couple of weeks, I've been proud to be part of a group of people that respond so consistently and professionally to the needs of others. Keep up the good work, you are a great team!!

Boots and Blisters

by Steven Buckley, Training Officer

I just got done reviewing our training records for the first half of 2003. Overall we had very good participation this half. Here are some statistics:

Members meeting or exceeding the requirements (2 or more)--80% Members exceeding the requirement (3 or more)--62% Members doubling the requirement (4 or more)--45% Members tripling the

requirement (6 or more)--20%

There are six people entering the second half with a training deficit status. Three are members and three are prospective members. Let's work to get the six caught up this next half.

Overall, I am very pleased with the attendance of our training program. Thanks for all of the support. I am also very pleased with all of the support that you provided in running the training program. Our training program was much stronger for the contributions from all of you conducting training events. Thanks so much for that much needed support. The quality of our training program was stronger and my workload was a lot lighter thanks to all of you willing to help out.

Now for the kudos...

High training attendance goes to Robert Baker and David Chapek with seven training events attended. Second place goes to Mike Dugger, Tony Gaier, and Aaron Hall with six training events attended. Third goes to Terry Hardin, Tom Rinck, and Tom Russo with five training events attended. Finally fourth place goes to Mark Espelien, Aidan Thompson, and Lili Ziesmann with 4 training events attended.

Thanks to you all for making sure I never got the answer to "what if I held a training event and nobody attended?"

Now for a short commercial announcement: I need help! I sent out our revised training schedule for 2003. As you can see by careful study, the second half entries are missing a lot of trainer names. Please help me, and the team, by volunteering for those positions.

Thanks again for the great support for our training program for the first half of 2003. You are not off the hook for the second half.

Business as Usual:Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of the 12 of June 2003 Business Meeting

Pre-meeting lesson was presented by James Newberry. Highlights of his talk included the following: He informed us that the Resource Director 2003 was now available. We need to get media attention at our trainings. Since Sunday is a slow news day, he suggested inviting them to a training for a "feel good" story. CERT is still in the works. FEMA training is essential if we are to get where we need to be to work Homeland Security. Because mission numbers are going down, it is expected that we will be losing team members as well as teams. We need more FC's. The training will take two long weekends. He asked us to all think about taking the training.

President's Report

Aaron Hall began the meeting with the usual introductions. Under old business, he requested that the Land Nav. Committee have a report for the next meeting.

Vice-President/Training

Aaron reported for Steve Buckley. He reminded us about the Ham training next Saturday at the Sandia Ranger Station at 0900. Since Tom Russo will be conducting the training, he also added highlights of the content of the training. Reminder about the Mock Search in mid September. Steve is looking for help with planning and logistics.

Treasurer

Lili Ziesmann reported that expenses for last month were for ESCAPE

Equipment

Tony Gaier reported that we have a new stokes litter and wheel. We now have two litters at the fire station and one at his house. The new litter is exactly like the one it replaced with the exception at it has a back up strap in case the pins came out. Supplies are going well.

P.R. Committee No meeting this month. The next meeting will be on the third Wednesday of July at 1830 at the Frontier Restaurant.

New Business

Tom Russo mentioned that because of multiple problems with assorted pagers, he would be conducting a pager test for the following week. He briefly explained how the test would work.

Aaron Hall suggested that we do a once a month test page using the 611 pager code. Tops of trees will call their trees and members will respond also.

Lili Ziesmann reported that both physical pagers one and two have been replaced. She suggested that we review pager procedures (they are on the web). Additional PACE patches are available for your extra shirts for \$5. They are for those members only who have passed the PACE exam. Please be sure to wear the orange shirt when on a mission. They are visible as well as professional

Meeting adjourned at 2030.

Public Relations

by David Dixon

There are three P.R. events coming up in August. Our annual Open Space "Sunset Chat" will be the evening of the 23rd at Elena Gallegos Picnic Ground. We'll do our usual presentation on Outdoor Preparedness including the 10 Essentials, hopefully to a large interested group. The next morning we sponsor a short Hike which usually includes a brief lesson or talk on some aspect of the outdoors or sar. Both of these events are great fun and good P. R. and recruitment for us. The August P. R. meeting comes after these events so we will be planning for them this month. Finally on the 29th is UNM Welcome Back Day on the Mall. We'll set up a booth and try to recruit some young, eager students. It runs from 9-2 but if we have enough volunteers no one needs to work more than a few hours. We need help with all of these events. If you're interested come to the meeting or contact me soon.

I'll be out of town this month on the usual last Wednesday so the P.R. Committee meeting has been changed to the 23rd, always at 6:30 p.m., Frontier Restaurant across from UNM.

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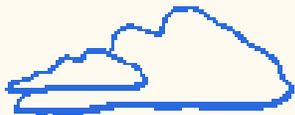
Volume 8, Issue 6
12 June 2003
Editors: David Dixon, Mike
Dugger, and Tom Russo

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Top of the Hill

by Aaron Hall , President

I'm sure by now everyone has heard that we had a problem with a mission callout last week. I want to bring it up just to make sure that everyone is aware of what happened. When ARES paged us last week a combination of things happened that caused our system to breakdown and resulted in us not responding to a callout. Fortunately the mission was 1022'd within half an hour of the original callout so no subjects were impacted by our breakdown. The source of the breakdown was pager 1 receiving the original page from ARES incorrectly. The numbers came through scrambled. When our pager handler called the phone number that they received they thought (correctly) that the number was meaningless. As a result pager 1 issued a "000" page to the team, meaning no mission callout. A number of other people (including myself) had actually received the correct page from ARES and assumed that the "000" page meant that there was no mission. The system actually worked pretty much as it was supposed to (except for the malfunctioning pager). We have a lot of redundancy built in to deal with situations where pages are missed or people can't pick up the page quickly enough. Since this is a new twist on pager problems I thought that everyone should be aware of it. An easy solution to partial or nonsense pages when you are pager 1 is to call pager 2 or any top of tree and check with them to see if they received a page that made sense. This isn't something that we have done in the past, because we haven't had this problem before. I'm not sure that it's the best solution, but I am sure that it would catch most situations like this.

Now for my soapbox. Please keep in mind that even though Search and Rescue is a lot of work, it is also a lot of fun. Missions are always interesting, and trainings, evaluations, and hikes great opportunities to learn new things and meet new people. Summer is here and, as is usual for this time of year, we are experiencing a decline in the number of missions that we get called for. Lack of missions can reduce the excitement quotient of SAR. This means that it's doubly important to attend trainings, monthly hikes, and evaluations because, let's face it, we do this in part because we enjoy it and enjoy working with our teammates. SAR is fun! So please get out there and attend a training, conduct an evaluation, or lead a hike of the month. You will enjoy it and so will your teammates!

Boots and Blisters

by Steven Buckley, Training Officer

I just finished a litter training today. This is one of two training opportunities this month. The other is Tom Russo's HAM training on 21 June 2003 at the Sandia Ranger Station on S. 14 starting at 0900 hours. I urge all of you to attend this training. From the intel I have received so far, it will be a great training and a must attend event for all of Cibola's HAMs [*Ed. Note: Tom has designed the training to be of interest to both hams and non-hams --- please don't stay away just because you don't have a license yet!*].

I wanted to take some time to review our training program with you and look at the training status of the team. Ignoring the fact that we have one more training opportunity this month, the team is doing a pretty good job in attending our training program. The best news is that we have no members who are in danger of getting a status change to "ex-member" due to failing to attend two trainings in two consecutive half year periods. In addition 75% of the team has at least two training for the Jan-Jun 2003 half. Great job! Thanks for your support. Four members and 3 prospective members are short this half. Four people have no trainings (3 prospective members and 1 member) and three people have one training (all members). Please review your training records on the web site and let me know if you disagree with what the record says.

Now for some kudos for the high attenders. I will throw out number one (me-9 trainings) on account of attending trainings is my job. For the rest of the team; David Chapek and Tony Gaier are tied for the lead with six trainings each, Bob Baker, Mike Dugger, are tied for number two with five trainings each and Kevin Mohr and Tom Russo are tied for third with four trainings each. Of course, these numbers will change after Tom's training on the 21st. The disqualified number one will still be number one (and still be disqualified) since I do not intend to miss Tom's training!

I also want to thank those of you who have volunteered to do trainings. As the team has probably already figured out, the guest trainers do a lot better job than I do. Looking back on the schedule I recall Tony Gaier's superb night navigation training and Larry Mervine's outstanding litter training complete with "injured" subjects compliments of Tom Russo. David Chapek, Mike Dugger, and Tony Gaier also did a great job on pre-meeting trainings. Thanks to these folks and all of the others who contributed to the training program. Without your help, the training program suffers...a heart-felt thank you!

Of course, an article by me is not complete without my obligatory plea for more help. As we enter the second half of 2003, I need your help to shape the rest of this year's training program. I still need guest trainers. You guys have skills the rest of the team need. Please sign up for a training date and share the wealth. The team will be stronger for it.

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of the 8 May 2003 Business Meeting

Pre-meeting mini lesson was the viewing of two films for CEs: Airway management and Toxicology.

President's Report

Steve Buckley reported for Aaron Hall. There has been no Land Nav. Standard Committee meeting yet. However, a statement of objectives has been circulated to the members of the committee. Orange shirts are in. Please pick them up. The team litter has arrived. Tony Gaier has installed new padding, new wheel and webbing. He'll take it up to the fire station to replace the old one. As far as pager 1 and 2 are concerned, there have been complaints that the pagers are old and no longer working properly. Lili Ziesmann will look into what it will take to replace them. Tony Gaier said he would just go ahead and replace the pagers out of the equipment budget. We will continue to think about pagers for all members, but there was no further discussion.

Vice-President/Training

Steve Buckley reminded team members about the 606 Helicopter training on Saturday, May 17. He has invited various SAR related groups to join in the training. AMRC would probably not attend since they are holding a used equipment sale on the weekend. There would be an eco-challenge the first week in June sponsored by AMRC if anyone is interested in observing or participating

Membership

David Chapek reported that we have a new perspective member, Tom Rinck.

Treasurer

Lili Ziesmann reported that we did not have much income this month and that the United Way checks are varied when they arrive. She reminded the members about the \$10. raffle tickets and membership cards. Lili also suggested that we think about attending the NMESC meetings. She agreed that it was a big commitment. People attending ESCAPE last weekend need to get their receipts to her today or send them to the P.O. Box.

Secretary

Joyce Rumschlag read the minutes of the April meeting and corrected them to read that Lili Ziesmann set up the contribution page at the web site with the help of Tom Russo acting on the idea of Mark Espelien.

Equipment

Tony Gaier has purchased 2 sets of snow shoes and 2 pairs of poles. Perhaps team members could sign them out next winter. He will be removing them from the locker for the summer to make room for other equipment. He also has one new rope.

Medical

Mike Dugger reported that he has 6 people interested in the WFR course which will be held in late August 2003. He will contact other teams to get enough for the class. The full blown class with recertification will cost \$400. We also discussed reimbursement of 50% of the cost.

P.R. Committee

David Dixon reported that he was the only who attended the last P.R. meeting. He and Francis Robertson did their 10 Essentials talk to a group of hearing impaired 3rd graders at Hodgin Elementary, He read a very pleasant letter from one of the students that included a picture of a bear. He explained that bears are an important issue with children this age. Upcoming P.R. events in August include 23rd-Open Space Sunset Chat, 24th-Open Space Hike and 29th-UNM Day recruitment booth.

New Business

Adam Hernandez showed the team a patch that can have embroidered on our shirts from Silva's for \$4.10.

Comments were taken from the floor pertaining to ESCAPE. Some of the classes commented about were: Fire behavior, Land Nav. Desert Survival, Climbing for ground pounders, Alzheimer subjects, Skeleton I.D.

It was again mentioned that there was not enough participation on our part in ESCAPE and next year we will get in early and be involved. It was stated that if we wanted to be involved, we should start now. If anyone has any more ideas on this subject, contact Steve Buckley.

We need to think about what type of equipment we need to require for people wanting to be on a snow team. We also need to find a new supplier for patches.

Steve Buckley commented on the upcoming mock search to be held in September 2003. Last year he worked the ICS end of it; this year he will focus on the teams. The main item will involve an airplane crash with injuries and fatalities. A committee was formed to work on the mock search. Steve Buckley will head the committee. Members include Robert Baker, David Dixon, Terry Hardin, Tom Russo, and Aidan Thompson. Adam Hernandez suggested that we somehow combine a BBQ with the mock search.

Meeting was adjourned at 2030.

Web News

The team website can be accessed at <http://www.swcp.com/csar/>

Hamming it up, part 1.

by Tom Russo

Amateur radio, or "Ham" radio, is ubiquitous in Search and Rescue. In this series of articles I hope to introduce Ham Radio to you if you haven't heard of it before, encourage you to get your license if you were sitting on the fence, and encourage you to get more actively involved in the Amateur Radio Service if you've just gotten your license but not done much with it.

Needless to say, this is meant to get your interest piqued enough to come to the training on the 21st.

What is the Amateur Radio Service?

The Federal Communications Commission has defined the Amateur Radio Service as a voluntary, non-commercial service, established for the purposes of "recognizing and enhancing" the amateur's value to public service and emergency communications, "continuing and extending" the amateur's "proven ability to contribute to the advancement of the radio art," "encouraging and improving" the advancement of skills in "the communication and technical phases of the art," the expansion of the pool of trained radio operators, and the "continuation and expansion of the amateur's ability to increase international goodwill." That's a mouthful, but it says a lot: the service has been set aside to encourage some pretty good stuff, and you can be a part of it.

Amateur licensing

There are currently three classes of Amateur Radio license: Technician, General and Amateur Extra. The Technician license grants access to all amateur frequency bands above 50 MHz, and requires only that the applicant pass a written exam. If a Technician class licensee passes a 5 word-per-minute Morse code test then there are additional privileges granted: the licensee gets limited access to a few pieces of the 80, 40, 15 and 10 meter bands. The General and Amateur Extra licenses require the 5 word per minute code test and more extensive written exams; you must take the written exams in order, and can't get the higher level license until you pass all the exams for lower level licenses.

Most amateur radio exams are now administered by "Volunteer Examiners" (VEs), and there are many opportunities to take the exams. Here in Albuquerque there was once a monthly testing session for the

Technician class license, but this appears to have been reduced to a once-every-two-months session. The best way to locate an exam session is to go to the [ARRL](#) web site and use the navigation bar to access the "Exams" sub-menu of the "Licensing" menu.

Amateur Radio activities

Many members of this team and around the SAR community get their licenses so they can use Ham radio on rescue missions. This is the tip of the iceberg as far as what you can do with a ham license, and I really believe that it is a disservice both to SAR and to amateur radio to restrict your activities to keying the transmitter on a rescue mission.

Amateurs participate in many activities that could interest you. In the area of public service, amateurs provide communications support at races, parades and other special events. Amateurs organize to provide emergency communications support; Search and Rescue is just one form of this, but disaster communication is another Ham specialty --- many amateurs train to provide short and long-distance communications in the event that communications infrastructure is knocked out. Lastly, between disasters and special events, working with radio can be a fun hobby. Chatting with strangers is popular on the internet, but Hams were there first --- "rag chewing" is probably the most widely enjoyed aspect of the hobby. Operating contests provide nifty chances to earn awards while honing your ability to pull signals out of the noise or reach half-way around the world and pick up a contact from someone in Lower Slobbovia. The annual "Field Day" operating event is a combination of a contest and an excuse to practice operating in emergency-like conditions --- set up a station somewhere away from home, rack up contacts, pass traffic and earn points. In fact, this year's field day will be the week after our ham training.

Everything you do to further your enjoyment of the hobby in these regards will gain you some measure of knowledge and experience that will only help you as you work to become a better SAR communicator. I encourage you not to sell yourself short.

Getting started with Amateur Radio

It is not difficult to pass the Technician class amateur license exam. The question pools are available on the internet, there are books with all the questions and answers in them. You can pick one of those up and pass the test in a weekend if you really want to.

I have always been of the opinion that the approach in the last paragraph isn't the right one. Getting a license by learning the answers to a pool of questions earns you the same privileges that you'd get by learning the material the questions are meant to test you on, but after you're licensed you're missing out on a lot more if you do it the fast way. Even if you prefer to get the testing out of the way first, I highly recommend that you take the time to start learning what all that stuff actually meant. Pick up a copy of "Now You're Talking" from the [ARRL](#) and read through it in your quiet moments.

After you get your license, there's more learning to do. A time-honored way to get that knowledge under

your belt is to find an "Elmer." An Elmer is a more experienced ham who is willing to help you learn the ropes, get the most out of your equipment, and get the most out of your license. Joining an amateur radio club could be a good way to meet one.

Of course, having a license is only one step in the process of being a ham. Another important step is actually having radio equipment. If you've got cash dying to burn its way through your pocket, there are plenty of mail-order and internet stores where you can buy shiny new radios. If not, you can start looking for used equipment at "swapfests." These are held fairly often in our area, and I try to post info on them as I learn of them. Another good place to go for deals is the Duke City Hamfest, held every year in August. And each week there is a "swap net" held on all the Upper Rio FM Society repeaters in the state -- this is a great way to hook folks who want to sell used stuff up with folks who want to buy used stuff.

While not entirely the best approach for SAR work (where VHF FM transceivers reign supreme), a time-honored way for hams to get equipment is to build it themselves. Naturally, this is an aspect of the hobby that takes some extra learning, and you usually start small, probably from kits. Home-built equipment is more likely to be found among the equipment you'd use for hobbyist activities, but it can have its place in your emergency communications tool bag. As a simple example, some members of Cibola have been building APRS trackers to enable them to transmit their locations to incident base directly from their GPS units.

In future installments of this series I hope to get into more detail about various communications modes, emergency communications operations, and to harp endlessly on the theme of "the more you learn the better an asset you are." In the mean time, please dust off your radio if you already have one, dust off your study guide if you haven't been reading it, and start getting into Amateur Radio.

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the Editors

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Volume 8, Issue 5

8 May 2003

Editors: David Dixon, Mike
Dugger, and Tom Russo

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Aaron Hall, President

ESCAPE has come and gone and the next big SAR events that we have to look forward to are our summer bivy and Cibola's annual mock search. Both of these events require a lot of planning and hard work to make them happen, especially the mock search. Please take the time to help plan these events- your efforts will be appreciated by all your teammates. I've heard a rumor that this year's mock search is going to be one of the most complex and most interesting that Cibola has ever organized. This means that it will be a lot of fun, but it will also require a lot of planning.

Mike Dugger is working to organize a WFR refresher class that will take place sometime in August. Mike has also offered to organize a certification WFR class this fall if there is enough interest. This class would last for an entire week including the weekends before and after. If you are interested in either class, please contact Mike or one of the officers.

We are coming up upon the summer, which is typically the busiest time of year for us in terms of missions, trainings, and other activities. This means that there are a lot of opportunities to have fun with Search and Rescue.

Boots and Blisters

by Steven Buckley, Training Officer

I just got back from ESCAPE. This year's ESCAPE was interesting. The high point was a demo of the NM SAR parachute team. It was the best part of this year's ESCAPE for me followed by some medivac helicopter demos and a couple of interesting classes. One was on forensic anthropology complete with

gory photos of dead people. The other was a climbing primer for ground pounders given by AMRC. Both were great. In addition, I got to hang with SAR folks including sitting down with James for my annual mentoring by the NM State SAR RO. I am back on the straight-and-narrow for at least six more months!

As for the SAR parachute team...I didn't even know that we had one! The ability to insert a SAR person into a remote site is interesting. The most obvious application is to get a medical person into a remote plane crash to stabilize victims and a few "ground pounders" in to help the medic package the subjects for helicopter evacuation. The concept is interesting. The majority of our missions do not require this type of response and even most of the ones that do could probably be met using helicopters. On the low end, SAR teams without specialized air training could be inserted into a clearing near the wreck and then hump it over to the crash site. The obvious advantage of this is that the training requirements are low and the resources are available now. The obvious disadvantage is that the crash site may be several hours hiking from the insertion site negating the time critical advantage of airborne insertion. The next level in my mind is to use helicopters to insert a SAR team deep into the wilderness using ropes to lower themselves down to the site. This is a common method for inserting troops into battle. I got to do this type of airborne insertion years ago when I was a combat engineer in Alaska. The engineers and the infantry recon platoons were the only units authorized to do this training. The recon troops used it to be inserted behind the lines. The engineers had a task to make helicopter landing zones so we trained in it as well. We might even be able to use the Tram to take hours off of a response for missions near the path of the Tram. The obvious advantage of this insertion method is that it requires much less training to properly equip a team to do this. AMRC could do this task today and several of our own people would be able to insert into a SAR scene using helicopters and ropes as well. The disadvantage is that helicopters cruise fairly slowly extending response time for missions a long way from the home airport. The parachute method of SAR team insertion has the fastest response time with associated higher training requirements and mission risk. In any case, the ability to insert a specialized, highly trained (even elite) team into just about any part of New Mexico with a potential response time of 2-5 hours vice 5-10 hours is an interesting, and in my opinion, valuable component of the New Mexico SAR capability.

Anyway, I was disappointed by the fact that Cibola made a limited contribution to this year's ESCAPE short of participation and Chris Murray's Man-tracking class. I offered to work a mock search evacuation for them and Larry Mervine offered to team a search techniques class. We got no takers. I think Cibola can offer ESCAPE a lot and intend to try to contribute more next year. I hope you all feel the same way and will help to make this goal happen. I am trying to put together the 606 helicopter training at one of our local airports. By the time you read this I should have it planned and scheduled.

Our Mock Search is coming up and it is time to get serious about it. Several of you have suggested scenarios for this effort and I have selected one that will really work some areas we don't do often, compliment last year's Mock Search (I have a plan for Mock Searches, really), as well as provide good training for all of the teams. The theme this year is to be a plane crash. The crash will bring in several components that we normally don't work much. For example, I will try to get the New Mexico SAR Support Team to provide the Emergency Location Transmitter (ELT) simulation. We might even get a Civil Air Patrol (CAP) element to kick it all off by "finding" the crash site. There will be simulated deaths with associated body handling practice and possibly Office of the Medical Examiner participation.

Of course, I will enlist our moulage team to make the gore seem real. There will be field treatment of badly injured subjects including children. There is even a surprise twist guaranteed to keep the field teams busy. Don't ask me any details on that one...if you want to know then volunteer for the planning committee. I need a few things to pull this off besides help with the planning and execution. First I need large pieces of cardboard. Getting a new refrigerator? Please save me the box. Second, I need dummies, no offense intended. At a minimum a large doll to serve as a dead child and adult dummies to serve as evacuation aids. I will need 1-2 adult dummies. We can always make them ourselves but my thoughts are that we might be able to borrow a training aid. We will also need 1-2 adults to serve as injured subjects and a kid (about 10 years old) to serve as an injured child subject. I am thinking that my daughter Heather might want to do this for us but I need to ask her and get her a "kitchen pass". Finally, I need a couple of older adults to serve as NTSB officials. I have special tasking for them. I am still looking for help with this training program. Please let me know if you can help.

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Many thanks to Lili Ziesman and Tom Russo for taking on the secretary job in February and March.

Highlights from the minutes of the 10 April 2003 business meeting

The pre-meeting mini-lesson was presented by Bob Rieden and Don Stone who discussed the recent mission at Cedro Peak.

President's Report

Aaron Hall began the meeting at 1945 with the introduction of officers and members and all others in attendance. Under old business, Aaron began the discussion of name tags. Steve Buckley added that it should be a combined I.D. card also containing a place for emergency contact information, allergies, blood type etc.

Vice-President/Training

Steve Buckley announced that the orange team shirts were in so people who ordered them, please pick them up. He requested that people also sign up on the training schedule. Steve thanked Bob and Don for coming to the meeting. He's planning a training with the 606 State Police helicopter and don't forget the geo-caching on April 19.

Membership

Steve reported for David Chapek. There is nothing to report.

Treasurer

Lili Ziesman reported that she received a bill for the new team litter. There will be a drawing at the NASAR 2003 conference. Raffle tickets are \$10. Some of the prizes include an Artic Cat ATV, a personal locator beacon, and NASAR Bookstore gift certificates.

Equipment

Tony Gaier mentioned that he is investigating a new litter wheel and we can now get snow shoes for 50-60% off. He asked for anyone noticing problems with the team gear to bring them to his attention. Aaron suggest we acquire a training first aid kit. Lili suggested that people could donate old supplies to the kit. Alex Fischer said that we could get a 40-70% discount at REIoutlet.com.

Medical

Mike Dugger reported that he was uncertain if the refresher course WMA in Santa Fe would be held because no one had signed up for it. Carl Gilmore would do the refresher course this fall or early next spring for the team.

P.R. Committee

Aaron reported for David Dixon. There will be a P.R. meeting on April 30 at 1830 at the Frontier Restaurant. David is planning a presentation of the ten essentials at Hodgins Elementary school. Lili has implemented a donation feature on the web page.

New Business

Aaron Hall would like to change the call out procedures as well as the Land Nav evaluation standards.

In regard to the call out procedures: He reasoned that there is a time delay because of the present procedures. A fair amount of time passes from the time when the tops of the trees respond to the message and when the last person on the tree responds.

Alex Fischer argued that often it takes between 2 and 3 hours for our team to be called initialy, so a few more minutes can't make that much of a difference. Tony Gaier added that people who have pagers know a mission is about to be called because they get all the pages and can began to get ready before the 911 call. He also added that other people with pagers could request not to be called thus saving a call to them from tops of their trees. Stephen Teller countered that some team members do not have pagers or/and have pager problems. Steve Buckley concluded that there is a prompt to get past the message to inform the pager handler that the tree is being alerted.

Aaron threw out the question as how we could get all team members to have pagers. Costs were discussed as well as people not wanting to carry two pagers (or even one as the case may be). It was suggested that team pagers could be made available using a plan similar to radios and GPS. New members would get the use of a team pager for six months.

In regard to the Land Nav Eval: Aaron stated that resection is one of the skills evaluated yet seldom used on a mission. Tom Russo argued that the eval is the only measureable way to access our skills in terrain recognition and identification, and marking location our location on a map. A committee was appointed to study possible changes in the land navigation evaluation. The committee will be chaired by Alex Fischer, and includes Aaron Hall, Aidian Thompson, Tony Gaier, Mike Dugger and Steve Buckley.

Also discussed was the possible problem with pets being brought to evals and trainings. It was decided that personal pets would be prohibited at all team functions unless authorized by the Training Officer. That was voted on 13 yes, 1 no.

Aaron thanked Tony Gaier for the excellent night land nav training. It was fun, well run, and offered excellent door prizes.

The meeting was adjourned at 2105.

Who's Who and New

by David Chapek, Membership Officer

Congratulations to our newest prospective member, Tom Rinck. Tom blew through his new member requirements and is ready to be in the field. Look for him on upcoming missions.

Please remember to check your profile on the web site from time to time. This is an easy way to make sure that you're receiving credit for all the trainings and evaluations you've attended. For those folks who have not met their training requirements for the first half of this year, you still have several opportunities before the end of June. Check the calendar and hotline for upcoming events.

Coming Attractions

by Tom Russo

David Dixon has volunteered to take over primary newsletter editing tasks. Thank you, David. I've been proud to have been an editor of this newsletter, but after nearly six years I need to hang up my keyboard soon. I'll be working with David over the next few months to get him up to speed with the tasks needed to get this thing published, and I'll be stepping aside after the July issue.

Public Relations

by David Dixon

The Public Relations Committee keeps chugging along. Last month's meeting was held on the 17th. It was a quick meeting of one. This month's is on May 28th, 6:30 p.m., at the Frontier. The agenda is always the yearly goals with other reports from those present.

A note about summer and later events set up so far. Please put them on your calendar and as always let me know if you're interested in helping.

- August 23, Saturday: Open Space Sunset Chat on Outdoor Preparedness. (No more Fireside Chats because hey, they don't do fires), around 8 p.m., at Elena Gallegos Picnic Ground.
- August 24, Sunday: Host Open Space Hike, around 8 a.m., Elena Gallegos.
- October 18, Saturday: Recruitment/P.R. Talk at Mt. Club Meeting. Sometime in the evening.
- Anytime. Outdoor or SAR Talk. Grades K-Adult.

To those of you who have done some P.R. - good work and keep it up. Please add to my report at the meeting, or email or call me anytime.

Web News

by Tom Russo

I have begun to rewrite the calendar database functions on the web site. So far I just have the functions in place to display existing calendar entries created by the old programs, but I like the new display format a lot better. I intend, when all is done, to make the "view calendar" functions available to non-member visitors to the website as well. This would be the first time the "live" content of our web site would be directly visible to non-members. At the moment the non-member schedule is generated manually by running a program every once in a while that updated a static web page from our database. Once this change is in place we can guarantee that the non-member schedule is always in sync with the calendar.

Sorry, I lied. I just remembered another thing I did this month, updating the "Frequently Asked Questions" page to include a table of mission statistics generated on-the-fly from the missions database when the page is viewed.

Still to be done is the complete rewrite of the medical provider database. That is the one part of the old website that never progressed past the "prototype" stage in the first place, and before I rewrite it I need to meet with Mike and shake out the details of what that database really needs rather than just duplicate the marginal functionality that's there now.

As always, anyone wishing to get involved in website management is welcome to contact me. Base salary of \$00,000 per year scaled commensurate with experience.

The team website can be accessed at <http://www.swcp.com/csar/>

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the Editors

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Volume 8, Issue 4

10 April 2003

Editors: Mike Dugger, David
Dixon, and Tom Russo

LOST ... and FOUND

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Top of the Hill

by Aaron Hall , President

Two subjects have been brought up this month that certainly warrant careful consideration by all members of this team, they are 1) changes to our callout procedure and 2) changes to our land navigation evaluation standard. I expect that both will be discussed at April's business meeting, but I think that both are important enough that everyone should have an opportunity to comment. Here's what I understand of the two topics:

First the callout procedure: It was noted that our phone tree system introduces an inherent time lag in our callout of 20-25 minutes from the time ARES activates us until all of our members are notified. The time lag is the result of tops of trees having to listen to the message and then call their tree. The last people on the tree are typically getting notified 20-25 minutes after ARES has called. Its a pretty good system but the question has been asked, can we make it better. Since responding to missions in a timely manner is absolutely critical to what we do as a Search and Rescue team, I think that efforts to make our callout procedure more efficient would be time well spent.

Second the land navigation evaluation standard: As SAR responders the ability to read a map and locate ourselves on it is very important. Thus, our land navigation evaluation standard requires that each member locate themselves on a map by doing a resection. Over the years, many people have observed that in practice they rarely (read never) use a resection in the field. Thus, the following question has been asked: Is there another technique for locating one's position on a map that would be more appropriate for SAR land navigation and if there is should we change our land navigation evaluation standard to reflect it? Again, map reading is an important skill and anything that we can do to become more proficient as a team would be time well spent.

Now for my soapbox: I think that a really good thing happened after the last shuttle mission. Here's what happened: As the mission was winding down a few people suggested that we go and grab a late

lunch/early dinner. Kevin Silver (AMRC) was thinking the same thing and suggested that we all go and grab some burgers and beer together. So about 5 Cibola members and about 5 AMRC members went and had burgers and beer together after the mission. I was there, it was fun, and the burgers and beer were good. Personally I enjoyed the chance to talk to some of AMRC's members and learn a little more about them. This is the kind of interteam interaction that I think is needed. Enough of my soapbox.

Boots and Blisters

by Steven Buckley, Training Officer

We are already a third of the way through the year! I want to thank everyone for your excellent participation in our training program. I have tried hard to come up with a training program that meets everyone's needs without being boring. With the help of some dedicated members of our team, it has been both informative and fun.

Our "standard" training events are intended to familiarize each of us with the skills required for the evaluation being held that month. These training events are crucial to the progression of our newest members...the prospectives. They need to see the skills required for a given evaluation prior to being evaluated. For those of us who have been around a few years, they can be routine, if not boring. Despite the threat of a routine training, some of these trainings have had an interesting twist. These trainings even had something new and different for the veterans.

Many of you attended Larry Mervine's excellent litter training in March. I was grateful that Larry agreed to do the litter training. Some of the most useful litter skills I have come from Larry. I hoped that I could talk him into doing a litter training and pass those skills on to others on the team. Larry agreed and we all got a chance to learn from an expert. Larry's method to level the litter is the best I have heard. If everyone followed his expert advice, our arms would be a lot less tired after a long haul. As an added benefit, Larry decided to "train like we operate" and put a subject some distance up the trail for us to find, package, and evacuate. Larry recruited David Chapek to be the subject. Of course, David decided to throw a ringer into the mission and added an additional subject. Finally, Tom Russo rolled in and made David and his friend look really hurt. Larry's outstanding litter training coupled with a realistic medical scenario made that particular training a paragon for other training to emulate. If all of our standard trainings are 80% as effective as that training, I will be happy.

Of course, for those of you who have attended the two search techniques trainings I have given, 50% is more like my best. Here is the pitch... I need to tap into the experience of this team to achieve even an 80% solution. I ask those of you who have been around a while to consider passing on your experience. I ask all of you, especially the new folks, to add something extra to the training to take it the extra few percent. If you are interested, please call me and volunteer.

To give the "old heads" a robust training program, I have added "optional" training opportunities. Tony Gaier executed a superb "optional" training last month. His "night nav" training was a lot of fun, very

well executed and useful practice as well. It is a great example of what I am trying to accomplish with this part of the training program. I am planning to run a Geo Caching activity on 19 April. It promises to be fun and good practice with our GPSs. I am also trying to get the State Police helicopter for the 17th of May. I am looking for a little help in setting that one up. Any ideas for a location? Finally, our pre-meeting training program is a set of mini lessons. So far we have had two medical trainings and a nav training. I hope that we will have a summary of the two Shuttle search missions from the New Mexico SAR Support Team this month. I am always looking for ideas and volunteers for those too. My default pre-meeting training is a bag drag.

Finally, I encourage all of you to attend this year's ESCAPE. I like to go with a mission each year. The first year it was to pass PACE. Last year it was to become a HAM. Mission accomplished both times. ESCAPE made both easy. This year I hope to run a simple Mock Search. Anyway, thanks to all for making our training program a success. So far this year, more than a third of you have completed your required trainings for this half. Keep it up. "Train like you operate, operate like you train!"

Business as Usual: Meeting Minutes

*by Tom Russo for Joyce Rumschlag,
Secretary*

Highlights of the minutes for the 13 March 2003 business meeting

The meeting was attended by 13 active members, 4 prospective members and one non-member.

Pre-meeting activity

Tony Gaier led a pre-meeting mini-training on map and compass use.

President's Report

President Aaron Hall opened the meeting at 19:18.

Aaron reminded members about the coming New Mexico Emergency Services Council conference, ESCAPE 2003, beginning Friday evening, May 2 and continuing to Sunday afternoon, May 4.

David Dixon proposed that the team reimburse active and prospective members who present receipts for a maximum of \$50 per member with a \$1000 cap of total team expenditure. Reimbursement to occur only for members who present receipts by the next meeting after ESCAPE. Vote: 12 for, 0 against

Aaron mentioned that the team has been called for a second Columbia debris search. Details will be on the hotline.

Lili Ziesmann and David Dixon have swapped months for pager 1. Lili will be pager 1 in March, David in April.

Aaron had a meeting with AMRC president Kevin Silver in the hopes of continuing a dialog on how to improve inter-team relations. Some of the ideas raised during that meeting were discussed, and other opportunities for joint activities suggested.

Aaron mentioned that there is talk from James Newberry of forming a "Central New Mexico Joint Training Group" involving all local teams from Albuquerque/Santa Fe/Los Alamos, etc. One "big" training every quarter or so; our annual mock search was an example. Everyone thinks this is a great idea that might take a while to get up to speed.

Pager 2 for April will be Tom Russo. Pager 2 for May is up for grabs.

Old Issues

NASAR: Team is now a member of NASAR. NASAR annual conference 28 May to 31 May, Reno, NV, Golden Nugget hotel. Registration for the conference is \$190.

New Issues

Aaron said that the officers were discussing the idea of issuing ID tags with team logo to team members. Ideas included something like a luggage tag, maybe laminated with a member's photo and name, emergency contact info. David Dixon pointed out that this has been done before by Susan Corban, and was a good idea that should be tried again.

Membership

Membership officer David Chapek announced that Ron Fitzpatrick and Robert Baker are now prospective members and have both passed the PACE exam already. David thanked all those who have helped with recruitment.

Treasurer's Report

Treasurer Lili Ziesmann reported the team's income, expenses and current balance.

Training Officer's Report

Training officer Steve Buckley gave a recap of litter training: David Chapek and his friend were made up (moulaged) to look injured. Larry Mervine led the training, talking about techniques of litter transport to minimize team effort and maximize subject comfort. All agreed that it was an interesting training. There

was discussion of reimbursing Tom for moulage materials used. Tom stated he had not yet used any significant amount of materials to justify reimbursement.

Steve gave his thanks to all those who helped with training so far.

Steve made a suggestion to Paul McClendon that Larry Mervine would be interested in leading a search techniques training at ESCAPE. Also suggestion to run a mock mission involving injured subject.

A suggestion was made that a training first aid kit be put together so that on trainings we don't waste personal gear bandaging uninjured subjects. Tony Gaier does not have lots of extra first aid supplies, the stash of extra medical supplies has been picked through a great deal. The training kit wouldn't need to be kept sterile --- gauze and such could be reused.

David Dixon commented that moulaging the simulated injury was a huge difference from just pretending the subject was injured. He said that his initial reaction was that the subject really was hurt.

Steve talked to James Newberry about a helicopter training involving NM 606. Steve would like to open the training up to other area teams.

The next training will be a night land nav training 18:30, 22 March, would like to have it at La Luz trailhead, but is not sure yet. Tony will know for sure by Friday 14 March.

Litter handling eval 30 March, Embudo canyon.

Equipment Committee Report

Equipment committee chair Tony Gaier reported that he has not yet purchased the equipment that has been voted on, but will do so soon. A new litter will be ordered shortly, and our old litter will begin to be used mostly for trainings. The old litter will be maintained in mission-ready condition so that it can still be used in the event of multiple-subject missions. Tony will bring the practice litter to most trainings, but will store it at his home rather than in the team gear cache at the fire station.

There was a discussion about the issue of space at the Zamora road fire station. We almost certainly can't get any more space there.

Snow shoes are in the gear cache. Tony will buy poles to use with them and another two pairs of snow shoes.

Tony still has lots of batteries on hand.

Public Relations Committee Report

PR chair David Dixon noticed that his newsletter article has the wrong date for the next PR committee meeting, but the calendar is correct.

The PR committee had a good meeting in February. Committee will be putting up posters and flyers. Will be setting up recruitment talks. Asks members to tell him where they have already put up posters.

Committee talked about getting orange shirts, still no definitive action but there is movement on the issue. Adam Hernandez passed around some example shirts and hats that he had obtained. Adam has also called several companies (Zia Graphics and Silva's) to look into silk screening/embroidering. Will cost about \$15 for setup and \$4-7 per item decorated. Cost is based on number of stitches needed. The setup fee is one-time, and stays on their computer. DPS logo already on file.

Steve Buckley will put out an email to the team looking for folks who want to buy new orange shirts, as Aaction uniforms is not stocking them but will special order in lots of three or more. David Dixon would like a brighter orange shirt. Adam Hernandez will look into that, too.

There will be no PR meeting in March, but the April meeting will be at the usual time and place.

Public Relations

by David Dixon

First off, thanks to Mark Espelien for the suggestion, and Lili and Tom for setting up a nice-touch addition to our Homepage, a "Make a donation to Cibola" web page. Visitors can now do more than compliment us for our great site and community work. They can thank us financially.

Frances and I will give an Outdoor Lesson this month to some special kids at Hodgkin Elementary. We'll do the 10 Essentials, being prepared, what to do if, and of course lots of discussion about wild animals. These presentations are nice way to volunteer, a fun learning experience for everyone, and another way Cibola gives to the community.

Do you know a potential member you could invite to a meeting? Do you know of a place that gets our kind of traffic where we could put a recruiting poster or membership pamphlets? Are you familiar with grants and other financial sources that we might apply for? Would you write to a bunch of businesses asking for donations or discounts? Do you like young, excited kids who love to talk about bears and snakes? Do you like old, excited adults who enjoy the outdoors? Would you like to share your outdoor expertise?

If you answered no (or yes) to any of these then you need a P.R. meeting - this month on the 30th, Frontier Restaurant, 6:30 p.m.

(Note: Committee members that have distributed pamphlets or posters please bring those locations to the

meeting or email to me).

Web News

by Tom Russo

I have done no web site software upgrades in a few months, but the next in line for revamping is the medical database. Mike and I will meet soon to flesh out the requirements of the new software, and I'll probably get working on it in May.

David Dixon has offered to help Mike and me with newsletter editing chores. For the past couple of months David has been helping to review the newsletter content since neither Mike nor I have been free to give this task all the attention it deserves. Thank you, David.

Since I have been unable to perform my job as newsletter editor as effectively as I once did, I have been hoping to find a volunteer to take over so I could step aside. To date nobody has volunteered, so I find myself in the sad position of having to resign as newsletter editor without a replacement on deck. The July issue of Lost... and Found will be the last one I produce. Naturally, if someone comes forward to take over I will gladly continue to help out until that person is up to speed. If this newsletter has been of value to you, then please volunteer to keep it going.

The team website can be accessed at <http://www.swcp.com/csar/>

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the Editors

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Volume 8, Issue 3
13 March 2003
Editors: Mike Dugger and Tom
Russo

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Aaron Hall, President

Wow, it's March already and lots of things are going on. The P.R. committee is looking into orange shirts (T-shirts and button up's). Training is off to a good start with search techniques, winter skills, and litter handling already completed. With all this going on, don't forget that it's time to start thinking about ESCAPE, because it will be here soon. ESCAPE is the annual New Mexico Search and Rescue conference sponsored by NMESC. It will be held this year at Philmont Scout Ranch on the first weekend in May. At that time we will have an opportunity to vote on changes to NMESC's bylaws. If you want to review the changes they can be found online at: <http://www.nmesc.org>.

As most of you know, I want to build a better relationship between Cibola and AMRC. Our two teams are among the largest and most active teams in the state, and I think that it's unfortunate that we don't work together more, especially out of the field when we can get to know each other. So, the other day I invited Kevin Silver (AMRC president) to have a burger with me and chew the fat about Cibola and AMRC. I found out that Kevin would also like to see our teams have a better relationship. We brainstormed for a while and came up with some ideas that could help build that relationship. Here's a short list of them.

- Send someone to each other's meetings periodically to make announcements.
- Attend each other's trainings on occasion.
- Meet together for a joint debrief after a particularly difficult mission.
- Work to form a central New Mexico training group that includes teams like St. Johns, Search Dogs, and SAR support.
- Plan some joint trainings for specialty subjects like first aid and helicopter safety.
- Refer prospectives who are interested in high angle / groundpounding to each other's teams when appropriate.

I don't know if we will ever see these ideas implemented, but I want all of you to hear them. We work in the field with members of AMRC on almost every mission that we go on. Fundamentally they are in the field for the same reasons that we are in the field. I think that if we can build a better relationship with them, we can work more effectively with them in the field. As always, I welcome your ideas and thoughts on this.

See you out there...

Boots and Blisters

by Steven Buckley, Training Officer

March already. I want to thank everyone who has helped me execute our training program. This month Larry Mervine did a great job with this month's litter training. He added a couple of twists to the process that resulted in a very realistic training opportunity. Tom Russo did a great job making David Chapek look really hurt and David did a great job of looking hurt. I am sure that the medical element of our team appreciated the opportunity to work their trade. Thanks to all for providing that superb training opportunity. Also, I am looking forward to Tony's night navigation training this month. We operate at night, we should be able to navigate at night. Thanks for that Tony. We have lots of opportunity for each of you to participate in our training program as a trainer vice trainee. The April training is open. Anyone want to do the search training on 5 April? How about the pre-meeting training? The April optional training is totally open (I am thinking of doing a geo caching event in the Sandias). Please let me know if you wish to run a training event. Remember it is OUR training program. Thanks in advance for your help.

This month I want to focus on something that I have been wanting to fix for a while...our training/evaluation standards. I think that our core training and evaluation process is generally sound. We focus on our core competencies, search and litter pretty well. The land navigation training and evaluation standard is the one I want to focus on. While the litter and search programs focus directly on mission functions, you must take a hard look at the land navigation program to see how it applies directly to mission events. In the litter and search programs we must demonstrate a capability by doing a litter evacuation or area search exactly the same way we would if tasked with one of those missions by the IC. The land navigation standard forces us to demonstrate three things. The first is that we can work a compass and accurately follow a bearing. The second is that we can work a pace count to estimate broken-ground distance. The third is that we can work a compass and map to find a location via resection. For the record, I think all of these skills are valuable but they don't really relate well to land navigation skills required on a typical mission. Typically, we report our position when required using a GPS and a radio. We don't follow up and translate those coordinates to a map and then take a look at the map and make mission specific decisions (go high, go low, go left, etc.) from that knowledge. We also will probably never use resection to provide team location to the IC either.

One basic requirement for any training program is to "train like you will operate". With this thought in mind, I would like to take another look at our land navigation training standard. Keep the "orienteering" course part of the standard. Working a compass well is a good skill that works even when the GPS

batteries die out. Broken-country navigation with a pack is also good exercise and practice for missions. What I would like to do is recognize that the other land navigation skills that are useful on a mission is position determination (What are my coordinates?), correlation of those coordinates to a map (What is around me?), and terrain recognition (...lost my compass, got my map...where am I?) I would like to see our land navigation training/evaluation standard reflect these basic skills. Here is the way a land navigation evaluation would go if I had my way:

1. Walk my course and report the distance between each leg (no change).
2. Identify three terrain features on a map and point them out to the evaluator.
3. Orient your map to the terrain using only terrain features.
4. Locate your position and provide me with the coordinates. (pick one method)
 - a. Use a compass, map, pencil, and protractor and resection to within +/- 300 meters.
 - b. Use a GPS and get your coordinates to within +/- 100 meters.
5. Point to your location on a map to within the appropriate standard.

Of course, we are a team here so we need to discuss all this and figure out what we want to do. Please mail me with comments. "Train like you operate...operate like you train!"

Business as Usual: Meeting Minutes *by Lili Ziesmann, for Joyce Rumschlag, Secretary*

Minutes of the February 13th, 2003 Business Meeting

Pre-meeting not-so-mini-lesson started at 5:30 and consisted of Continuing Education video tapes for WFRs or anyone else interested in learning more about medical support.

President's Report

Aaron Hall started the meeting at 1915. We started with brief instructions for participation in mission 033001 to search for shuttle debris. Members were asked to keep the mission confidential and to avoid discussions with the media. The Winter Bivy originally planned for Saturday, was rescheduled to Feb 22nd to allow for maximum participation in the mission.

Aaron announced that NMESC is planning more activities this year, such as the Medical Assistance by Radio training. They are also developing statewide search procedure standards, such as the winter skills committee Steve Buckley is participating on. Check the list serve or their web site to get dates:

<http://www.nmesc.org/>

Vice-President/Training

Steve Buckley asked if anyone is interested in offering classes for Escape at Philmont Ranch in May. David Dixon, Tom Russo, David Chapek and Alex Fisher volunteered to help plan a mock search for Escape. The group discussed the possibility of offering new members the opportunity of becoming WFR certified since its been a couple of years since the last group was trained and some of those folks are no longer on the team. Also discussion included adding a medical component to ground pounding, such as how to pack a litter containing an injured subject.

Treasurer

Lili Ziesmann reported the total income and expenditures for the month.

A budget was presented that included some new equipment for this year: a new litter and wheel, 2 pairs of snowshoes and poles, and an increase in the PR spending budget. It was approved by a majority vote of 15 to 0.

Membership

David Chapek reported that we followed up on several new leads for prospects. Volunteers were requested to help format the member guide so it can be distributed on CD ROM for a much lower cost than making paper copies. Alex Fisher agreed to help.

Also, a reminder that the PACE exam would be given on February 22nd.

Equipment

Tony Gaier reported that he no longer keeps all supplies in his truck, so if you need something besides batteries call him before the meeting so he can bring whatever you need. 4 AA Lithium batteries will be distributed per year to active members. If not all members claim them or if we find they are very popular and used regularly, more may be made available after six months.

Art Jarvis has a radio he wishes to sell. It was examined by members at the meeting. Tony is holding it so contact him if you are interested in purchasing it.

Tony also said that this year webbing for the litter would be replaced for the primary litter. Also there are two fully capable team radios available for check out.

Medical

Mike Dugger reported that we are recruiting for more medically trained staff, both from outside our team, and encouraging current members to become WFR certified. UNM offers a 10 day block of courses, and there are others organizations that offer them, but Mike cautioned to talk to him before paying for any First Responder course to be sure it is recognized by the State EMS board. He is planning a WFR

refresher course in the fall, but we need to guarantee at least 10 attendees for the course to be offered. The EMS Region 3 conference is coming up April 21-27 in Ruidoso, NM, annual statewide EMS conference is July 28th-August 2nd in Albuquerque.

P.R. Committee

David Dixon reported that their goal, aligned with the Membership officer, is to support a 50% increase in members. He brought various posters and brochures asking the group to look at them and submit ideas for updating them and also great ways and locations to distribute them. He asked for any volunteers to help with community service presentations talking to kids in public schools. The committee this month also discussed getting grants, getting discounts from vendors or donated equipment, and fund raising ideas. PR meetings are held the last Wednesday of every month at the Frontier Restaurant at 6:30, all are welcome to attend.

The group also discussed the issue of recognizable "teamwear". Michael Hines offered to get samples of t-shirts, vests or other options. A motion was passed to reimburse him up to \$50 if it was necessary to pay for samples. The vote was 16 in favor, 0 opposed.

Also, Alex Fisher is working to get a pro-sales account for discounts from Patagonia.

New Business

No new business was reported.

Public Relations

by David Dixon

Last month I outlined P.R. goals for the year. The committee would like to focus first on recruitment. The ways we will succeed in our membership goal is to reach out to those that are most interested in us. We'll be placing our membership pamphlets and posters at appropriate businesses, government, private, and other local outdoor locations, attending and setting up our booth at functions, and arranging speaking engagements specifically for recruitment. If you know of something that would fit these criteria let me know. If you are interested in helping in this endeavor come to the next meeting.

Last month's committee meeting was lively and productive. I think we are finally getting close to some orange clothing choices, we started fulfilling some of our recruiting goals and there was lots of the usual general bull. The next meeting will be on April 26, 6:30 p.m., Frontier Restaurant. (We're skipping March). Show up and become an instant committee member!

Medical News

by Mike Dugger, Continuing Education Coordinator

As I mentioned in my last article, the EMS Region III conference is coming up April 21-27 in Ruidoso. I have browsed the conference program and identified BLS CE courses our medical providers can use to meet continuing education requirements. The conference consists of workshops Monday through Thursday, and then shorter CE courses during the "core conference" on Friday through Sunday. Registration for the core conference is \$110 before April 15. Single day registration is \$75. On Friday there are 6 hours of BLS medical CEs on topics such as lightning injuries, seizures, burns and suicide attempts. On Saturday one can also obtain 6 hours BLS medical CEs on topics such as trauma and OB/GYN. Sunday has just 3 hours BLS CEs on poisons and obesity. Remember that WFRs require 8 hours BLS medical CEs during each certification period to remain certified. If you were to attend this conference for just one day, Friday April 25 would be the best in my opinion, in terms of BLS CE hours and content relevant to our missions.

During the past month I have also established a new Medical Direction and Protocol agreement with our Medical Director, Kevin Nufer. This is the agreement by which Kevin provides us with the medical guidance we require to help subjects during SAR missions under state law. Our new agreement is in effect until the end of calendar year 2004.

Web News

by Bye

I am still seeking a replacement newsletter editor. I find I am no longer able to give my editing duties the time they require, and will be stepping aside as newsletter editor soon. I'll give at least a few months notice before I actually decide *when* I'll stop doing this, but my decision is getting close. If someone would like to start getting used to being "it" then I'd accept help *now* and step aside as soon as that person became comfortable with the job. You know how to reach me if you're interested.

The team website can be accessed at <http://www.swcp.com/csar/>

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the Editors

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Volume 8, Issue 2
13 February 2003
Editors: Mike Dugger and Tom
Russo

LOST ... and FOUND

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Top of the Hill

by Aaron Hall , President

It looks like 2003 is off to a good start. In January, we decided as a team that our goals for this year were to increase membership and increase mission attendance. We had two missions this month. The first was on the West side of the Sandias and eight Cibola members responded. The other mission was near Silver City and two members responded. In both cases those turnouts are great, especially for the mission at Silver City (this is one of the most distant missions I can remember). On the membership front: We had two new prospective members respond to January missions. We also had a lively PR meeting. Lots of recruitment strategies were planned. Let's keep up this level of mission attendance and recruitment. It will make 2003 a very successful year for Cibola!

Something interesting happened this month. The two Cibola members that responded to the Silver City mission coordinated with two AMRC members who were also responding and they convoyed down together. This happened because Kay Sinclair told me (I was Pager 1) that two AMRC members were responding and that they were looking for people to drive down with. I called AMRC's pager handler (Kay gave me his contact info) and got our people in touch with their people. Since this mission was so far away (over 100 miles) it made a lot of sense for all of the rescuers responding from Albuquerque to drive down together. By all accounts it worked out well.

On another subject: The New Mexico Emergency Services Council (NMESC) is really gearing up this year. In the past NMESC has been responsible for planning ESCAPE and that has been their primary activity. This year they are planning a number of high quality statewide SAR trainings including ESCAPE. They have already conducted an Advanced Winter Skills training and they are planning a Medical Assistance by Radio training sometime in February or March. In addition, Mike Lowe (a member of NMESC) recently explained to me that they are beginning a project to develop a set of

statewide standards for SAR teams. He contacted Cibola because he knew that we had put together a lot of good documentation explaining how our team functions and he wants to use that documentation to help develop New Mexico SAR standards. Im going to send him a copy of our Memeber Guide and our Evaluation Procedures. I think that we should support NMESC in their effort to develop statewide standards for SAR teams. The standards could help teams across the state. They could also directly affect us so its in our interest to get involved. More importantly though, this is an opportunity for Cibola to provide some leadership in, and support for, the New Mexico SAR community. Who knows, maybe all the work that we have put into our standards will become the basis for a New Mexico SAR standard.

Keep up the good work everyone. See you out there.

Boots and Blisters

by Steven Buckley, Training Officer

I want to thank all of you for your help with the training program. I appreciate all of the people who have stepped up and offered to help with the training effort. For example, Frances Robinson stepped up to the plate and scouted Cabazon Peak in preparation to leading an optional training jaunt to the top later in the year. Larry Mervine is setting up a litter training on March 9th that will look a little different even to our veterans who have done it all before. This litter training will include an element of realism, combined with Larry's personal approach to litter hauling, which will make us all stronger on litter missions. Mike Dugger is putting together a strong WFR continuing education program. The pre-meeting training for this month will include two videos in support of the WFR continuing training requirements. More on the WFR program later. Tony Gaier will be giving a compass pre-meeting training on 13 March followed by a night navigation training on 22 March as an "optional" training event. I particularly like the night navigation training event. A basic condition of any training program is to train realistically. Most of our missions are night missions. A robust night training program is not feasible (given schedule and other commitments). Occasional training opportunities at night offer a way to "bridge the gap". Thanks Frances, Larry, Mike, and Tony for helping me with the training program this first quarter. I really appreciate it. Now, a plea for help during the second quarter of our training program. I have one person signed up for an optional training in June. Tom Russo is going to give a HAM radio primer as an optional training on 21 June 03. The rest of the training program is open for your participation. If you have any ideas for the training program, give me a call or send me an email. If you are willing to give a training event...ditto. Thanks in advance for your help.

This month' training is one I look forward to every year, our Winter Skills/Bivy. It will be help on the 15th and 16th and will start at 1400 hours (2 p.m.) at the Ellis trail head near the Crest. I will be your humble instructor. This is an hour earlier than the training schedule so please take note. We will start the Winter Skills training with a hike into our traditional Bivy area. I will give everyone a short primer on cold weather injuries and self-treatment of said injuries. This will be followed by a practical demonstration of techniques for snow travel including avalanche danger, travel on snowy and icy slopes (crampon techniques, self arrest), and snowshoe practice (bring them if you have them). We will compete this training by constructing expedient winter shelters. This might be quite the challenge given the snow

conditions in the Sandias. Bring a tarp or some other barrier if you plan to stay the night. The Bivy will consist of spending the night. If we get lucky, we will get a call out for a Sandia mission during the Bivy (hey, it happened last year) and can get two trainings and a mission credit in less than 24 hours.

Let's discuss our medical program. Let me start by saying that this is just the beginning of a training initiative that I have been thinking of and my comments have not been coordinated with our medical element. I look forward to working with Mike and the others on our medical team to work out the details and identify the goals of this effort. I feel that the one area of Cibola's capability that needs strengthening is our medical program. Let me first state that I think that our capability is appropriately calibrated to Cibola's mission and strongly led by Mike and others (thanks for the hard work there). We have also made some strong additions such as adding an EMT (David Capek). My concern centers on the drain of WFRs, through normal team attrition, since I first jointed the team in 2000. I would like to work with Mike to re-emphasize our WFR program as a Cibola priority. I see two elements to this goal. The first is to train a new crop of WFRs and EMTs. My goal is to have enough WFRs and EMTs on the team to ensure that fielded Cibola teams have a medical component on it. To this end, I would like to work with our medical element to explore expanding our team's medical capability. This might involve setting up a new WFR training opportunity to obtain initial qualification for new WFRs as well as adding EMTs. The other part of this initiative is to integrate WFR and EMT training into our standard training program. Looking at the kinds of things that our teams experience on missions and with a desire to train like we operate, I would like to add a medical component to our training program. For example, litter trainings offer a unique opportunity to train our WFRs as well as practice the interaction between non-medical and medical team members. Specifically, we usually just explain how we would deal with some injury to our practice subject on these trainings. Why not simulate an injury (broken leg, hurt back, etc.) and execute the training with this added element of realism to focus the activity? Some of our members participated in a disaster drill last year and learned how to realistically simulate wounds. I am told that Tom Russo knows how to simulate a compound fracture using chicken bones and other materials. I for one would like to see that! Why not add this interesting addition to our training program? Personally, I felt that the medical element I added to last year's Mock Search was inadequate. I did my best, but I am not a medical person. I obviously need some help in this area and ask the medical elements of the team to step in and take that over. I feel strongly about our need to strengthen our medical component and will support using Cibola funds to that end. Let's get together and figure out what is required to expertly support and enhance our medical capability. Finally, Joyce suggested that AMRC's new WFRs and our WFR training program offers a great way to solve a problem for both teams (the logistics of providing continuing education training opportunities) as well bring the Albuquerque teams together constructively. Seems like a great idea to me.

The last part of this month's spiel is to see if anyone is interested in actively supporting this year's ESCAPE. My thoughts are that a short Mock Search with a strong medical component (save those chicken bones!) would be a great way to contribute to ESCAPE and highlight Cibola's capability. My thoughts were that we could hold a short Mock Search on the morning of the last day. This would offer an opportunity for the various New Mexico teams to work together. The mission would not be challenging (over in two hours tops) and would involve a simple search for a lost hiker followed by a litter evacuation of an injured subject. Anyone interested in this idea? Also, is anyone interested in teaching a class at

ESCAPE? Please call me and let me know.

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of 9 of January, 2003 Business Meeting

Pre-meeting mini lesson was presented by David Chapek on wrapping the hypothermic patient. He also gave the team some of his insights as an EMT on the hypothermic condition.

President's Report

Aaron Hall started the meeting at 1910 with the introduction of officers and general membership. New faces included Michael Hines, David Baker, and Chris Haas. Welcome!

Aaron reintroduced as old business the idea of giving credit to evaluators for doing evaluations that had been introduced in the November meeting. Some members argued that by giving evaluation credit to evaluators we would encourage more people to serve as evaluators, thereby relieving some of the pressure on the training officer. Other members argued that only taking an evaluation should count for evaluation credit, and that the team already voted in November to relieve the pressure on the training officer by shifting the responsibility for evaluations to the President. It was moved that discussion of this contentious issue be tabled. The motion to table passed with a vote 9 for and 3 against.

We voted in September 2002 to join NASAR and officers will contact Art Fischer to check progress on the application.

David Dixon is looking for vests for CSAR use.

Vice-President/Training

In Steve Buckley's absence, Aaron Hall reported that we were going to do some aggressive training.

Treasurer

Lili Ziesmann reported that a budget committee meeting will be held on January 28. She would like your input on fund raising and is considering preparing a presentation to the United Way.

Membership

David Chapek stressed that we will be doing heavy recruitment in the coming year. His goal is to have 35 active members. He also wants to work on retention of members and feels that we all need to know where we are at as far as trainings and evaluation are concerned. So check the web site.

Michael Hines is the newest prespective member. Congratulations!

Equipment

Tony Gaier has two new radios that have been programed and issued out. He would like to get some collapsible ski poles to go with the snow shoes. He would like to order some AA lithium batteries since they are much lighter in weight. Tony also requested that members using the gear for trainings or missions let him know what needs to be replaced or repaired.

Medical

Mike Dugger would like to renew the EMS video program for another year. The cost has increased to \$125 dollars. Membership voted yes 16 to no 0.

P.R. Committee

David Dixon reported that he would like to resume having a P.R. Committee meeting every month. He feels that P.R. is a very important thing for CSAR. Come to the meeting and bring your ideas.

New Business

A freelance writer from the Albuquerque Journal would like to interview folks from CSAR with several questions. He would like to know, among other things, what happens after the mission is over. We all agreed that this would be a great P.R. opportunity. We would also put him in touch with other teams so that he could get a state wide point of view.

Who's Who and New

by David Chapek, Membership Officer

Thanks to some word-of-mouth advertising by Brian Miner and Alex Fischer, we had several new folks check out the team this month. Remember, you can always bring a interested coworker, friend, spouse, or stranger to a training or team meeting.

A PACE exam is scheduled for the 22nd of this month in Santa Fe. This is a great chance for the perspective members on the team to get this requirement taken care of. Opportunities to take the PACE this close to home don't come up very often! See me for more information.

Gearing Up

by Tony Gaier, Equipment Committee chair

Thing are going good with the team equipment. I have purchased a few AA lithium batteries, and if the equipment budget passes as submitted everyone on the team will get up to 4 AA lithium batteries a year. Please see me before or after the business meeting if you need any supplies.

Public Relations

by David Dixon

The primary role of the Public Relations Committee is - not surprisingly - the same as the goals I have established for the year. Recruitment and promotion, community service and team advancement. Here's a quick overview of each.

Recruitment and Promotion: I would like to increase our membership this year by 50%. Promoting ourselves around town, putting out posters and pamphlets, speaking to interested groups, attending appropriate functions, and otherwise trying to reach future members is how we'll accomplish this. In addition, we'll be looking at redoing the team poster and pamphlet.

Community Service: Missions are exciting, trainings are informative, speaking to kids is fun. Along with the adults we'll do more of that this year, and throw in some trail work and other functions that continue to give back to the community in other ways. They need our expertise and we can use the visibility.

Advancement: Recruiting and service certainly advance us but I refer more specifically to advancing ourselves in ways that keep us going, finding money sources, getting grants, donations or discounts and other ways that help our cause and keep our treasurer and gear chair busy.

If you are interested in helping with any of these things or have ideas of your own, come to a P.R. Committee meeting the last Wednesday of (most) months, 6:30 p.m. at the Frontier Restaurant across from UNM. (Look for monthly announcements in the newsletter and on the hotline). There were 5 of us at last month's meeting. It was a great start for the year - very productive with many ideas passed around. This month's is on the 26th, same time and location. Come and share.

Medical News

by Mike Dugger, Continuing Education Coordinator

A few team members have inquired about training opportunities to become new Wilderness First Responders (WFRs). It is important to note that not just any course will fill this requirement. The state protocols under which we operate say that there are specific approved EMS training programs. These must be accredited and sanctioned by the Joint Committee on Education (JOE). The nearest to us is the Emergency Medical Services Academy at the University of New Mexico. The others are Dona Anna Branch Community College in Las Cruces, and Eastern New Mexico University in Roswell. Courses offered by the Wilderness Medical Associates (WMA) could also satisfy this requirement. I am still looking into training opportunities at UNM. However, there is a WFR course offered by WMA coming up May 29 - June 6 at Brush Ranch Camps, in the Pecos Valley north of Santa Fe. This camp runs summer programs for kids 6-16 years old. Cost for the course is \$495, and room and board for the full 10 days of the course is available (log cabins) for \$265. Point of contact is Nancy Renner, (800) 722-2843. Don Mason will be the instructor, and they have plenty of room for new students as of this writing. Nancy

recommends staying somewhere locally to take advantage of group study opportunities. The room and board rate is also available to spouses/SOs of students, if they want to come up and enjoy a mini-vacation. Please contact Nancy directly if you are interested.

Our last WFR refresher course was in September of 2001. I am looking into opportunities for us to have another refresher course this fall or early next year. I will be exploring the possibility of having a combined course for new WFRs, a portion of which would also serve as a refresher for existing WFRs. WFR training allows us to offer most of the medical care that is likely to be needed on missions. The initial time investment is about 80 hours. Once that is accomplished, the time required to maintain WFR certification is pretty reasonable for those of us with day jobs not in medicine. I encourage anyone that has been mulling this over to seriously consider getting his or her WFR certification. The information is also great to have for your own personal non-SAR adventures in the outdoors, and really builds confidence in your ability to take care of yourself and others.

Medical providers, please take note of the following conferences coming up later in the year. These usually provide many opportunities to take Basic Life Support (BLS) continuing education (CE) courses, and have allowed one-day registration in the past. The EMS Region 3 conference will take place April 21-27 in Ruidoso, NM. The annual statewide EMS conference is scheduled for July 28 to August 2 in Albuquerque. When schedules are available for these events I will summarize the BLS CE opportunities that are most relevant to our mission needs.

Web News

by Tom Russo

I have had no time to do much in the way of web development this month, but I have spent some time getting the on-line Member Guide and its associated appendices in line with what the team voted on. Please check them out.

Speaking of having no time, after editing the better part of 6 years of newsletters, I am seeking a volunteer to take over (as opposed to "help out with") the newsletter editing tasks. I would like to hand over the reins and be out of the newsletter editing business by the end of the year, which gives me plenty of time to help the new editor get up to speed with the laborious process of turning newsletter submissions into a newsletter. Please contact me directly if you are willing to take this on.

The team website can be accessed at <http://www.swcp.com/csar/>

Survival Kits

by Steven Buckley

This month's article is about survival kits. It seems like everyone has a survival kit for sale that will protect you from everything from warts to Armageddon. Of course some of those kits cost a significant fraction of a weekly paycheck. As professional rescuers (unpaid of course), we carry a survival kit whenever we are on the job. I am referring to our rescue packs. Cibola SAR requires that each of us carry

a specified set of gear anytime we are on missions. Cibola SAR also has a standard that demands that we "never drop our pack". Indeed, the only time I ever saw Cibola team members violate this edict was on the Shield mission several years ago [*Ed Note: This was mission 000514, and an account appears in our mission log database on the web site*]. In that case, Cibola SAR supplied a lot of the manpower to haul the injured climber up the Shield. Unfortunately, there wasn't enough room for packs in the cramped ridge that the team occupied. For those of you who are new, grab a "veteran" and ask about that mission. The team helped to pull an injured climber hundreds of feet up a shear rock wall and then watched a National Guard helicopter pluck him off at 2 a.m. There are lots of interesting stories on that mission but the one that is most applicable to this article was that the mission required that Cibola participants drop their packs and spend hours exposed to the elements without the Cibola survival kit - a.k.a. our rescue packs. Several Cibola members complained of being cold and hungry. They "sucked it up" and continued to support this critical mission despite their discomfort. This event served to remind us all why Cibola team members "never drop our packs". We carry our rescue packs to sustain ourselves and ensure we continue to support the mission instead of becoming the subject of a mission. One way to make something as variable and subjective as the appropriate contents of a survival kit simple is to step back and consider what the contents of a survival kit need to do. Basically, each component can be lumped into things that provide shelter, signals, medical support, and tools. Let's look at each of these categories separately.

The first category is shelter and it serves as the cornerstone of any survival kit. The greatest threat to a lost person is not wild animals, disease, injury, or lack of food and water. The greatest threat to a lost person is getting too cold. Exposure kills the majority of lost people. Most of our rescue pack contents provide shelter. Some of these contents are obviously "shelter". For example, it is obvious that the required "shelter materials (e.g., "bivy" sack or light tent or tarp)" constitutes "shelter". What about all of the clothing (including the hats, gloves, and boots)? They are also "shelter". As a matter of fact, your clothing constitutes your first layer of "shelter". I remember when I took Air Force aviator's survival training in southern New Mexico, the one thing that got you yelled at the fastest was to put a knee down on the ground. The instructors taught us that boots were designed to contact the wet ground...not a flight suit knee. How about fire-making materials? The ability to make a fire and keep it going is crucial to surviving severe weather when clothing is inadequate or the cold is intense.

The second category is signaling equipment. Our rescue packs have several signaling components. We carry a whistle and signal mirror as direct signaling aids. What about our headlamp? It is useful as a signal as well as being a crucial tool. It is one of many "dual use" items that are applicable to several survival kit categories. Not so obvious "signal devices" are the paper and pencil. Of course, they are only effective at very short ranges (2-3 feet at most) but possess the ability to transmit lots of information. What about trail tape? Trail tape is obviously a "signaling device" also limited to a pretty short range (10-300 feet). Last but not at all least, our fire making materials offer signaling capability as well as "shelter".

The third category is composed of "medical stuff". The medical component of our rescue packs includes anything that supports the rescuer's body. The first aid kit is the obvious medical component of our packs. It is composed of things to fix the body such as bandages and medicine. What about food and water? I can make a case that food and water are crucial components of the medical portion of our rescue packs. Food and water support the body as it goes about the business of a SAR mission.

The final category is tools. Our packs contain many tools that help us accomplish SAR missions. The knife is an obvious tool that is fundamental to any survival situation. We also are required to carry a compass and watch. What about the rescue pack itself? It is a tool used to carry everything else comfortably and efficiently. Tools are probably the closest things to "dual use" elements of our rescue packs. For example, the knife is a tool crucial to making improvised shelter. The pack can insulate us from the cold ground. The fire making tools can signal and provide shelter.

Of course if all of our subjects carried versions of our rescue packs, our work would be a lot easier. The reality is that our rescue packs, while superb survival kits, are too bulky and unwieldy for the majority of our subjects to be likely to have in their possession. Let's see if we can apply the principal categories of survival kit components in a more efficient way to ensure that the subject always has the kit with him. Let's look at "shelter" stuff first. The obvious primary component aimed at providing shelter is a wind/water shedding sheet. Something that can allow a person to get out of the wind and rain goes a long way to ensuring their survival until rescuers arrive. The most basic wind/water proof sheeting is plastic sheeting. Several large trash bags are the cheapest way to achieve the required surface area to protect an adult human in a small package. Disposable painting "drop cloths" also work well providing better shelter at a slight increase in cost and bulk. The next most crucial "shelter" component involves fire-making materials. This element should be composed of several large "strike anywhere" wooden matches in a waterproof container and a disposable lighter. The matches are capable of starting a fire in very cold conditions, and a disposable butane lighter (carried inside of the clothes to keep it warm and working) is a very efficient package that contains the potential for hundreds of fires. An accelerant such as a candle or petroleum jelly-soaked cotton balls can guarantee a fire even in wet and windy conditions. A third useful "shelter" component is composed of several feet of strong line. This line is used to tie down the sheeting material. The signaling component of this kit is composed of a whistle and the fire making materials. A fire is an excellent signal device. Several of you participated in a search for an older lost trail maintenance volunteer near Cuba where we took a bearing on a fire seen at a distance and literally walked up to the subject. The medical component of this kit consists of several bandages and a small tin of aspirin. Several square feet of heavy aluminum foil can serve as a material to melt snow and boil water. A knife and a small compass complete the tool kit. Ideally this kit would be carried in a dual-use container such as a small metal tin. REI sells a kit for around \$17 that has all of this stuff and a few other small things in a metal tin about 3" deep, 4" wide and 5" tall. It is an ideal way to carry the minimum survival kit without having to "build your own". Of course if you want to build your own...here are directions.

Get a gallon sized ziplock plastic bag. Place three or four large black trash bags folded to 3" by 6" in the bottom of the bag. Place several "sandwich" sized bags next to the trash bags. Place the match-box, lighter, and small candle in the bag along with the folded foil, knife (a small Swiss Army knife is ideal), coiled line (parachute cord is best), and compass in the bag. Pack it so it forms a flat, compact packet about 3" wide, 6" long, and 1" thick. Wrap duct tape all over this package. Ensure that you wrap several layers of the duct tape on top of duct tape. The top layers of duct tape can be unwound in the field and reused to tape trash bags together or cover a blister. This kit is small enough to carry in a pocket anytime you go in the field and won't interfere while skiing or climbing. It offers all of the benefits of our rescue pack in a concise configuration. A bivouac using this kit would never be as comfortable and safe as one

using your rescue pack contents but would be much preferable to the gear carried by most of our subjects.

Classified Ads

(20 words maximum, no services)

It's a little known fact that there is a reserved column in the newsletter meant for members to place ads to sell equipment. Please check out the members-only web site and visit the newsletter's "Submit an Article for the Next Issue" link, where the submission form for classified ads has lived for ages.

To start it off, former member Art Jarvis would like to sell his SAR radio. It is a 12 channel commercial band ShinWa brand handheld already preprogrammed for several SAR frequencies, and he has a car adapter, car antenna, speaker-mic and other accessories. \$300, negotiable. Contact Art Jarvis at 856-6976.

Special Notes

Congratulations to Aidan Thompson, who passed his Technician Class Ham license exam on Saturday, 8 February! --- *submitted by Tom Russo*

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the Editors

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Volume 8, Issue 1
9 January 2003
Editors: Mike Dugger and
Tom Russo

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Aaron Hall, President

It's January 2003 and we are beginning a new year with a new group of officers. I think that they will prove to be a very good group of officers. Steve Buckley(Training) has already conducted this year's first training (Search Techniques). I attended and I thought that it was excellent. I also know that Steve is planning a training program that will be very different from the one that I ran last year. David Chapek(Membership) already has a new prospective on board. That's important because our team is down to about 25 active members. The more we increase that number the stronger our team becomes. Lili Ziesmann (Treasurer)is already reminding me to bring in gas receipts, and I know that she has experience working with United Way (one of our biggest funding sources). Joyce Rumschlag (Secretary) did an excellent job as secretary last year and I am glad to have her as part of the officers team this year.

As 2003 goes by please remember that Search and Rescue teams don't run by themselves. There is a whole lot more to Search and Rescue than just responding to a mission. Just like on a mission, it takes teamwork and participation from everyone to keep things going. Please take the time to do some of that other work that keeps Cibola functioning and makes this team what it is. Attend an extra training or two, join the PR committee, write a newsletter article, conduct an evaluation, take pager 1, take pager 2, plan and conduct a training, lead a hike of the month or a "brew and shoe", become an officer, help clean the gear cache, track down a supplier of orange shirts, convince a friend to join Cibola, introduce yourself to new people who show up to our business meetings, mentor a prospective member, the list goes on and on and on. Just remember, what you do in the field and out of the field makes Cibola the great SAR team that it is.

Let's have a fun and productive 2003!

Boots and Blisters

by Steven Buckley, Training Officer

Thanks for electing me Vice President/Training Officer. I also want to apologize for missing our first meeting this year...duty calls. This article will outline most of what I wanted to say face-to-face at the meeting. I have several ideas that I want to try for our training program this year. The first is that I want to recognize that the trainings needs of each of you are different. The most obvious difference is between new prospective members who are working on passing evaluations for the first time and the veterans who really don't need the training to pass the evaluation. To meet the needs of the new folks, it is imperative that the training program compliment the evaluation program. This drives a "standard" training event on the same subject as the evaluation for that month to be held shortly before the scheduled evaluation. A key component of our training program this year will focus on this requirement. These trainings will follow a standard convention for scheduling. I have tentatively scheduled them on the weekend before the business meeting and alternate between Saturdays and Sundays throughout the year. The other major component of our training program this year is composed so something I am calling "optional" trainings. These are similar to the "Hike of the Month" program. These are not intended to replace the "Hike of the Month" program but there will certainly be "optional" trainings that look a lot like a Hike of the Month. For example, I am looking at several "peak bagging" trips including a winter ascent of Wheeler Peak. I am also looking at GPS related activities such as Geocaching and would like to add specialty trainings such as man-tracking. I ask each of you to send me any ideas you might have for trainings that you think would be useful, different, and fun. The final element of our training program is the pre-meeting training events. I am looking for ideas for these trainings as well. These consist of half-hour mini-lessons and represent the element of our training program requiring the least effort.

As you can see, I have an ambitious training program scheduled that should provide ample opportunity to ensure none of you go "training deficient". It should also be evident that this training load will quickly use up a single individual if that person was the only person executing this program. In addition, while I pride myself on my outdoor skills, I am not the expert on everything and our membership has many individuals much more qualified than me to give some of these trainings. I have already asked some of our veteran members to help with this training program. For example, some of the most valuable things that I learned about litter evacuations came as "tricks of the trade". Larry Mervine taught me the best way to level a litter while still a perspective member. I learned another trick to save my aching back while on the uphill side of a litter from AMRC. I want these valuable techniques, learned through long experience, to be part of the lore passed on to the new members. Mike "doc" Dugger is an excellent choice to provide a medical component to our training program. Tom Russo, as our most experienced Ham, has already agreed to do an "optional" training on Ham techniques. As one of the most inexperienced Hams on the team, I am looking forward to that one. Thanks to those of you who have already committed to passing your knowledge on to the rest of us. We will be stronger for your wisdom and experience. It is also clear that the request for assistance doesn't apply to our veteran members exclusively. I need everyone's help to execute this program. For example, I see the pre-meeting trainings to be the membership's area. I will beg for topics and trainers and administer the program but I hope to never be required to give a pre-mission training. You guys have great skills and knowledge that the rest of us can benefit from. Pre-meeting

trainings are quick and easy and give you a chance to teach us something useful. Thanks to David Chapek for setting up this month's training on packaging a hypothermic litter subject. Pre-meeting trainings are also a great way for new prospective members to share their skills.

Here is what I need from all of you:

1. Provide ideas for specialty trainings such as 4WD training, man-tracking, etc.
2. Volunteer to give an "optional" training.
3. Volunteer to give some of our "standard" trainings. This is especially important for you veteran members that have loads of experience that would benefit the team.
4. Provide topics and volunteer to give a pre-meeting training.
5. Provide feedback on our training program continuously so I can adjust it to meet your needs.
6. Participate as trainees.

The training program is aimed at you as a customer. Please help me make our training program effective, fun, and trouble-free this year.

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

The December business meeting was held on Sunday, December 15 at St. Chad's. While the Christmas party was the "main event", we did discuss some business.

Out going President David Dixon presented awards to: David Chapek for Highest Mission Attendance
David Dixon for Highest Training Attendance
David Chapek for Rookie of the Year
And member service awards to:
Terry Hardin 1991, Larry Mervine 1993, Mike Dugger 1994, Mickey Jojola 1995, Tom Russo 1996,
David Dixon 1997.

A special award was given to Tom Russo for his service as webmaster Thank all of you for your splendid accomplishments!

Office elections also took place with the following results President: Aaron Hall,
Vice President: Steve Buckley,
Secretary: Joyce Rumschlag
Membership: David Chapek
Treasurer: Lili Ziesmann
Congratulations!

We are all looking forward to another year of working to keep Cibola Search and Rescue the best SAR

team in the United States.

Since officers will continue to submit their articles monthly. Notes that will be found in the Business As Usual section will consist of additions, changes to officers column and information that bares repeating.

Looking forward to a new year and lots of exciting traings and misisons.

Pinching Pennies

by Lili Ziesmann, Treasurer

Thanks to all of you for trusting me with the office of Treasurer. It looks as though the excellent organization of prior officers has paved the way to make this a smooth transition for me. I've looked back at old newsletters to see what the biggest problems with our finances seem to be. You guessed it, Gas Vouchers! So, as a dutiful Treasurer, here's a refresher, or for you new folks, a quick primer on receipts:

1. Jot down how much fuel you have, or your mileage (if you know your vehicle's average MPG usage) before leaving for the mission.
2. After the mission is over, jot down your fuel or mileage again. This will help you calculate how much fuel you used on the mission. (A whole tank! Every time? Really!?!)
3. On the Voucher form (you can get them at meetings or print them from our website at <http://www.swcp.com/csar/membersonly/gasvouch.html>) write your name, mission date, mission number, how many gallons and cost of the fuel and oil you used. Be sure to indicate whether you want to be reimbursed for the fuel charges, or if you'd like to donate them to Cibola. And don't forget to sign at the bottom of the form.
4. No reimbursements will be made without a receipt. If you did not buy fuel immediately before or after the mission, save the receipt when you finally do. Be sure to write your name (do you know how many receipts a treasurer gets in a month?) the mission number(s), date(s), the amount of fuel used on the mission(s), and the amount you expect to be reimbursed.

If you're one of the lazy types (like me) that doesn't want to bother with the trouble of reimbursements, consider doing it and donating the cash to Cibola! That makes all the tracking and receipt collecting worth while, doesn't it?

Also, any other purchases approved by the team must have some type of receipt, invoice or other paper-trail-y kind of thing. If you need to be reimbursed for mailing back CE tapes or for committee projects, make sure you provide a receipt, and put your name on it -- don't make me come up with another form! Although we're not subject to regular audits, we want to be sure our ducks are in a row in case we ever are.

PLEASE NOTE: January 28th we will be holding a budget committee meeting at 6:00 at Rudy's BBQ on Carlisle. Here's your chance to help us figure out how to best make and spend team money. Please let me

know if you are interested in participating.

Who's Who and New

by David Chapek, Membership Officer

Welcome back another year of training, searching, and the occasional post meeting dinner. I would like to begin by thanking Steve Buckley for his work last year and for handing over a well organized file system. I would also like to thank the Cibola Web staff. The CSAR web site is continually bringing in new inquiries about membership and providing a wealth of information on a variety of topics.

As this year's membership officer, I plan to focus my energies in two primary areas. The first area is the recruitment of new members. We're starting the year with 25 field-certified members, three of whom are prospectives. I'd love to see our numbers reach 35 by year's end. If you know of someone who may be interested in joining, feel free to give them my home number or e-mail, direct them to the web site, or bring them to a meeting.

My second area of focus will be on member retention. In 2002 Cibola lost several members due to a wide range of reasons. I believe that every member of our team is important and brings with them a unique set of skills and experiences that we can all benefit from. With that said, I'll do my best to keep people up to speed on what specific requirements they need to stay active. Make sure you check your member profile on the web and let me know if you're missing credit for an event you've attended.

With that business out of the way, I'd like to welcome Cibola's first prospective member of 2003, Michael Hines. I'm sure that Michael's extensive outdoor experience will be an asset to the team. We all look forward to seeing you on the trail!

Gearing Up

by Tony Gaier, Equipment Committee chair

The Gear Guy would like to remind you to check your backpacks to ensure you have everything in them required for mission participation. I have batteries (AAA, AA, C, D, & 4.5), trail tape, ear plugs, rubber gloves, and MREs to be used for missions. Please see me if you need anything. People with Mission Supply Boxes please let me know if you need items to restock your boxes.

Web News

by Tom Russo

I've finished the rewrite of the certification database access scripts on the website. I've also been working at getting the Member Guide and Training Policy web pages in line with what the team's voted on.

Lastly, I've got a draft of the team's Bylaws on line and linked to from the on-line member guide. There's still some tweaking to do, but members finally have access to the convoluted legalese we voted in early in 2000.

The team website can be accessed at <http://www.swcp.com/csar/>

Discipline and the SAR Volunteer

by Steven Buckley

I want to try to include at least one article about something important to Cibola SAR's training program each month if I can spare the time. This inaugural article is about something that I think is central to Cibola's mission and efficient operation. That subject is discipline.

There are many forms of discipline that do not involve search and rescue operations. There is parental discipline aimed at forming our children into viable adults. There is military discipline aimed at maintaining control of an armed body of men and ensuring that they stay a team and avoid becoming a mob (and making sure they point those weapons at the right targets). There is self-discipline aimed at ensuring that we each operate in a way that supports our individual goals and values. All of these types of discipline have three things in common. The first is that they all have some formal goal in mind that results from the act of applying discipline. The second is that each type of discipline is applied using formal standards. For example, inappropriate parental discipline can get your kids taken away, the military has a code of laws and regulations, and inappropriate self-discipline can backfire ("I like beating my head against the wall because it feels so good when I stop!") The third is that discipline is not domination. In some circles that can be considered "sport" but it is not discipline! Discipline is purposeful and is aimed at benefiting the people that the discipline is applied to.

SAR discipline shares all of these elements. The goal of discipline in a SAR team is to ensure the group of individuals can operate as an efficient team. In its purest form, this type of discipline is very similar to the discipline of a sports team. Cibola SAR has a set of standards that serve as the core of our team's discipline. The most formal element of Cibola's program that can be considered "discipline" is our training and evaluation standards. We do litter evacuation, searches, and land navigation in certain ways. These techniques are formally defined as training standards and our evaluation program "certifies" that each of us is familiar with and proficient in these skills. Cibola SAR does searches and litter evacuations the "Cibola way" and our training and evaluation standards serve to discipline us to enable efficient team operations vice confused individual actions. Much of the discipline we follow pertains to professional behavior and is implied if not formally defined. For example, we don't speak to the press, "horse around", or speak inappropriate comments that might upset the subject's family on missions. We enter the mission from the base camp in accordance with ICS and Department of Public Safety guidelines. We sign in and make sure we sign out of missions. We use radio communications professionally and appropriately. We execute our assignment safely and resist the urge to rush to a "find" despite the certainty that we are not going to find anything while executing our own assignment. We treat our fellow Cibola members as valued teammates (they are valued, and in my opinion a cut above the average person).

One potential discipline conflict is highlighted by the following example. We have a responsibility to cooperate and smoothly work with other SAR teams while executing our assignment from the Incident Commander. Indeed, for missions such as litter evacuations from deep in the wilderness, we need the additional manpower available from combining different SAR teams to properly accomplish this important task. This cooperation is crucial to our desire to be "professional rescuers". The potential conflict is that while cooperating with other SAR teams is important, differences between Cibola's formal standards and another SAR team's formal standards might cause problems in executing joint rescue activities. This issue is a hairy one. I have spent many hours contemplating this dilemma. The result of that "skull sweat" was that I determined that there was no common solution to this issue, no simple recipe to work it. The only guideline that provides insight on how to work this potential discipline conflict is to focus on the goals of everyone on the mission. Short and simple, we are all there to help the subject-- "So others may live". This is true of the ICS staff, Cibola team members, and other SAR team's members. Applying this guideline is simple: do what is best for the subject. For example, if our team's litter techniques provide a better ride for the subject and keep the rescuers safer, then we should ensure that our standards are used, or at least not compromised. Conversely, if a personality conflict between a Cibola member and another SAR team's member surfaces then we should just suck it up. It does the subject no good to bicker (providing that Cibola's core values and standards are not being compromised) on the mission. The professional would absorb inappropriate personal remarks in the interest of the mission and subject. Of course, how you handle the issue after the subject is safely at the ambulance is your business. If we go out on a joint team composed of Cibola members and other SAR team's members and the other SAR team's members want to deviate from the assignment (to hike to a "find" for instance), the only viable approach is to refuse to maintain the integrity of a joint team since deviating from our assignment without the IC's permission strictly violates Cibola discipline standards. If such a situation should occur, the only thing to do is to act to maintain the integrity of the Cibola SAR team and ourselves by sticking to Cibola's standards. Hard decisions that require the joint team to "agree to disagree" need to be reported to the IC directly for his information and guidance.

I am proud of my affiliation with Cibola SAR. Despite our differences, we combine to provide crucial services to our community. My pride results from the quality of our service and the contribution it provides to our community. The driver that creates this quality service is Cibola's discipline standards. Cibola's discipline is not an onerous burden, intrusive and uncomfortable. It is the stuff that is common to all elite units. It is the source of team pride because it is the source of our ability to work as an efficient team providing quality rescue services to our community.

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the Editors

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Volume 7, Issue 12
12 December 2002
Editors: Mike Dugger and
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Top of the Hill

by David Dixon, President

As my time as president comes to a close I would like to thank all the members of Cibola for allowing me to serve this year. As you've heard from me before this organization is top quality with an outstanding group of volunteers and I salute you. It has actually been my honor to have served. I would especially like to thank the officers for their dedication and hard work in helping me keep this team running well in 2002. Aaron, Joyce, Art and Steve served their positions very well with work above and beyond. That work showed in case you didn't notice. 2002 was a great year for Cibola. We had more training opportunities than ever before including a very interesting Terrain Identification and a great Mock Search. Membership and recruiting went well with a crop of new faces and actives. And a big kudo to the whole team for keeping up with trainings and evaluations. With only a few glitches the phone tree looks great. Almost all of us are ready for another year in the field.

I hand over the front of the room to Aaron. I know that he and his new crew will continue to serve you well. I hope that we all continue to support and help them.

Here's to a great 2003 and (for the last time) Good searching and rescuing!

Boots and Blisters

by Aaron Hall, Training Officer

Its December now and only 1 training opportunity and 1 evaluation remain for the 2002. The training will cover Avalanche skills and will be held on Saturday, December 28th at the Tijeras Ranger Station. Watch the website and check the hotline for more information. This month's evaluation is Search Techniques and will be held on Saturday, December 14th at the Embudo trailhead at the east end of

Indian School. As usual, the evaluation will begin at 9:00 am. Please call the hotline if you plan to attend. Also, please remember that because Search Techniques is a team evaluation, a minimum number of people are needed in order to conduct the evaluation. So even if you have already passed search techniques this year you are welcome to come and help your teammates pass. You won't get extra credit, but you will get the satisfaction of helping your team, and you will get some quality search techniques practice. Even though we don't do area searches on very many missions it's important to do area searches well when we are called to do them. Cibola is one of the best teams in New Mexico when it comes to critical separation area searches. This skill has been a real asset to Search and Rescue on a few recent missions and it's something that we can all be proud of. Our regular search techniques evaluations and your participation in them is the primary reason we stand out when it comes time to do an area search.

Looking back over the year, we have had 14 Evaluations and 20 Sanctioned Trainings. Training subjects have included: Winter skills, Mantracking, 4WD, Terrain Identification, GPS, a Mock Search, Low Angle Equipment and Rigging, a Summer Bivy, a Winter Bivy, and many others. I want to sincerely thank everyone who has pitched in and helped to conduct training or an evaluation. There is a lot more to Search and Rescue than missions and your hard work has helped make Cibola's training and evaluation program a reality. Once again, thanks and keep up the good work!

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of 14 of November, 2002 Business Meeting

Pre-meeting mini lesson was the viewing of medical tapes concerning Violent Patients and Burns and their Treatment.

President's Report

David Dixon called the meeting to order at 1930 with the introduction of officers and general membership. Brian Miner was attending his first meeting. Welcome! Old business was discussed in regard to following up with joining NASAR, and Tom Russo had purchased 3 tracker units.

Vice-President/Training

Aaron Hall reminded us about the man tracking and training mission in El Malpais. Search Techniques evaluation is on Saturday. Avalanche training will be held on Saturday December 28. There was a discussion regarding when the next training will be held and what the subject would be. No final decision was made, and the training will be announced on the hotline.

Treasurer

David Dixon reported on our financial status for Art Fischer.

Membership

David Dixon reported for Steve Buckley that we should all be monitoring ourselves to make sure that we have the required amount of trainings and evaluations.

Equipment

Tony Gaier bought two new radios that will be programmed and sent out in the field for members who do not have one of their own. Members can keep the radio for six months or longer if no new members require them.

Medical

Mike Dugger reported that David Chapek is not only an EMT but also a WEMT. Congratulations! We will be skipping the videos for the December meeting.

P.R. Committee

Frances Robertson needs help for the Children's Fair on Saturday from 0930 to 1115. She also passed around new hand outs that could cost from \$0.17 to \$0.20 each. It was decided by the membership that a revision was required, disclaimer added as well as a summary of who CSAR is. Good work, Frances!

New Business

The member guide will undergo one final revision. Thanks to Steve Buckley and the member guide committee for their work on this important task.

Voting for new officers will take place at the next meeting. President: Aaron Hall

Vice-President: Steve Buckley

Secretary: Joyce Rumschlag

Membership: David Chapek

Treasurer: Lili Ziesmann

Don't forget to vote.

Aaron Hall suggested that we rethink a policy that is keeping people out of the field. Training officers have too much to do and should be given credit for giving evaluations. A motion was made to shift responsibility for running evaluations from the Training Officer to the President. This motion carried unanimously. There was lengthy discussion about whether to encourage members to run evaluations by

allowing evaluators to run two or more evaluations in lieu of taking the evaluation. There were several suggestions about how to manage that, but after lengthy discussion of the pros and cons the topic was tabled without a vote.

December 14 was suggested for the date for the Christmas party. Check the list serve and hot line for updates.

Meeting was adjourned at 2145.

Who's Who and New

by Steven Buckley, Membership Officer

Well, we have completed another year in SAR and I completed my term as your Membership Officer. First of all, let me thank you all for the opportunity to contribute to the team as one of your officers. Secondly, I would like to share some statistics with you. In January 2002 our Team had 28 people on it (members and prospective members). In December 2002 we have 29 people. As usual, statistics can be misleading. We will lose at least three members in January 2003 because they will have two training-deficient half years in a row. In all cases, these members were strong members that stopped participating in team functions. A resignation letter is a little cleaner, but failing to meet team standards will result in a status change from member to ex-member as well.

Let's look at how the team has changed over the last year. In January 2002 the team had 21 members and 7 prospective members. Of those members, 18 of the 21 are still members. Three members resigned. Of those prospective members, all 7 became members. One of those prospective members that became a member resigned in 2002.

We had 20 people provide contact information this year. Of this group, we picked up five prospective members. Of those five, two have become members and the other three are making great progress towards that goal.

O.K. time for a few metrics:

Member Retention: 21-(4 resignations)-(3 training losses) = 14; 67%

Prospective to Member Progression (Class of 2001): 7 for 7; 100%

Prospective to Member Progression (Class of 2002): 2 for 5; 40%

Recruiting (Prospective Members from First Contacts): 5 out of 20; 25%

In December of 2002 our team is composed of 23 solid members (not including 3 projected losses due to training) and 3 prospective members (all close to transitioning to member). Not bad and in-family with our membership statistics in the past.

I want to say a few things about our membership as I transition to other ways to contribute to the team.

You have all heard me state that we are volunteers and that fact should be considered at all times. A volunteer is someone who freely gives something to others for a common good. In our case, we provide extensive personal outdoor expertise and a disciplined team architecture to provide SAR (specifically, search and litter services--our core competencies) to the New Mexico community. To provide this service, we endure family impacts (our significant others hear those mid-night phones calls too), physical challenges (dragging my carcass and a 25 lb rescue pack to the top of Bosque peak is tough at my age --- but it builds character), minor financial impact (they repay us for gas but all that gear and its upkeep is expensive), and some level of personal danger. In my mind, those who volunteer are a cut above those who don't. With that thought in mind, I would like to recognize those who served our team so well but have moved on to other challenges and ways to contribute. James Newberry, Andy Nielsen, Paul Dressendorfer, and Stephen Hochmann served our team well as volunteers. Thanks for your service, thanks for your superb contributions to the team, and best of luck in your future endeavors. You did great and helped make us strong.

On to another soapbox. You have also heard me say that I believe that SAR volunteers are in the same category as volunteer firefighters. The thing that makes this belief credible is our training and evaluation program. The trainings give us a structured forum to practice our skills as a team. Our evaluations demonstrate adequate proficiency to contribute to the team's mission. This team has done an outstanding job of participating in Cibola's training and evaluation program. Of course, Aaron Hall gets a big thank you for his tireless execution of the training and evaluation program. Great job Aaron! The volunteer trainers and evaluators that supported Aaron also deserve a big thank you as well (we are looking for volunteers for next year--hint, hint). Great job! Finally, the members who managed their individual training and evaluation requirements well (saving the officers from having to pull out the old E-mail cattle prod), thanks. The training program allows us to converge as a team. The evaluation program gives us the credentials to justify our team status to any external observer. Let's continue this trend and crank our training and evaluation programs next year as well.

To all of my SAR comrades, have a safe and happy holiday. See you on missions.

Web News

by Tom Russo

Some of you have noticed, but I have done little work on the website in the last few months. I am still planning a complete rewrite of every single database program, and am well on the way to getting a clean, modern set of perl scripts that do everything the old ones did, I'm just moving very slowly right now. The training and mission database access scripts are done, the member information scripts are mostly done, and I've finally started on the certification database scripts. Still to go are the medical provider database (it was only a prototype the first time I wrote it, and this is my chance to get it right), a complete rewrite of the calendar database, and lastly a complete rewrite of all the programs that are used to generate this newsletter. Those have been a source of many headaches over the years, and I'm looking forward to not having different headaches over the coming years.

The team website can be accessed at <http://www.swcp.com/csar/>

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the Editors

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Volume 7, Issue 11
14 November 2002
Editors: Mike Dugger and
Tom Russo

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by David Dixon, President

If you haven't already done so the cold weather should tell you to winterize your pack. The weather geeks are predicting a colder winter and that means tougher conditions for us. I can't talk too much about adding things to your pack when I'm writing about losing weight but a few things you might throw in or at least have with you are a few heat packs, inexpensive in-step crampons, neck gaiter or balaclava, trekking poles for snowshoe use or icy conditions and goggles. Also, if you haven't waterproofed your boots in awhile now is the time.

It's November already and time for officer elections. Thanks to all of you that have chosen to step forward (some again) and run. I predict another group of great officers for next year.

We've had some positive and successful missions lately. I want to congratulate everyone for continuing to be well prepared and properly geared up. As much as we might grumble at times about having to keep up with team requirements it all pays off in the end. Our trainings and evaluations serve to keep us ready and knowledgeable to face any conditions in the field. I think we often leave a positive impression on subjects, other teams and ICS staff. I know we did on a recent mission. Safety first also remains paramount to us and we will never compromise that standard. Keep up the great work! and good searching.

Boots and Blisters

by Aaron Hall, Training Officer

Whoa Nelly! November is the Mother of all Trainings Month. We will have four training opportunities

this month. Chris Murry's Mantracking training was on Saturday the 9th, the Moriarty Training Search was also on Saturday the 9th, and the El Malpais training search will be on Saturday 16th through Sunday the 17th at the El Malpiais National Monument (directions to the search will be on the hotline; 1 training credit / day searched). Both of these training searches are real missions sponsored by the NMSP. The purpose of both missions is to recanvas an area to look for clues of missing persons. Since the state is treating them as trainings, so are we, and training credit will apply. Participating in this type of search is a excellent opportunity to learn more about search and rescue missions and at the same time give the families of these missing persons some closure.

In the midst of all these trainings we also have a Land Navigation Evaluation Scheduled for Sunday the 17th at 9:00am at Embudo Trailhead at the East end of Indian School. Please leave a message on the hotline if you plan to attend.

NMESC is planning an Advanced Winter Skills Training for this winter (Jan 31, Feb 1 and 2, 2003). Winter searches in cold, snow and altitude increase the hazard for searchers and subjects. One of the major goals of this training will be to increase knowledge of these additional hazards and learn how to deal with them. The training will be two-fold. The full training will be limited to those individuals with solid winter backcountry skills and will involve an overnight in the snow at high altitude. The last day of the training will be a mock search and will be open to all groups with winter teams. A strict pack list will be enforced for safety reasons during all aspects of the training. A copy of the pack list is available on the calendar under the entry for this training. This training will also cover basic avalanche safety. More information will be placed on the hotline as it becomes available.

See you out there.

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of 10 of October, 2002 Business Meeting

Pre-meeting mini lesson was the viewing of medical tapes concerning street drugs and there overdose and Satanism.

President's Report

David Dixon started the meeting at 1915 with the introduction of officers and members. One new person was at the meeting. Welcome Chad Meshbeger! David mentioned that pager entries should include who the IC for a mission is, who you are and who is the pager handler.

Vice-President/Training

Aaron Hall reminded members about the 4 wheel drive training on October 19 at 0900 to be held at Southern and Rainbow. Daryl Owen from Desert Rat will be helping with the training. Chris Murray is scheduled to do man tracking for the November training.

Treasurer

Art Fischer reported that we took in \$412. this month and spent \$41.41. He requested any gas receipts.

Membership

Steve Buckley asked for anyone working with Paul Dressendorfer to deliver his certificate to him. In regard to the mock search "lessons learned" are to follow. He also passed around a sample membership card.

Equipment

Tony Gaier has two new radios. He made two new rope bags, haul lines and anchor lines. If anyone needs supplies he will be available as usual after the meeting.

Medical

Mike Dugger reminded WFR's that their paperwork is due by the end of March. He suggested that we start the pre meeting mini-lessons pertaining to the medical tapes to begin at 1730.

P.R. Committee

Frances Robertson requested help with the Children's Fair on November 16. CSAR received many positive comments about our participation in the open spaces presentations and hikes. Bonnie Dill said that there is a need for these types of hikes and would like to see a spring event. Frances suggested that we need to target groups with stable, married people to recruit for CSAR.

New Business

David Dixon presented James Newberry with a certificate from CSAR as a former member.

James was guest speaker and began by giving out his business cards and urging us to call with our questions, comments and concerns. He also stated that there is "nobody better than SAR people". He informed us that the 606 is available for trainings. On Nov. 2 Philmont SAR is holding a mock search and we are invited. The week after Philmont, we will probably be back out in the Malpais. Ruth Miller had been found on Mt. Taylor.

James also commented on the mock search as being the "most incredible team training I have ever seen since I've been in SAR" and congratulated Steve Buckley for setting it up. He suggested that we try to build relationships with FC's, Section chief trainings will be held the third weekend in March and September alternating with the North and South part of the state.

Resource book will be on a CD available at nmstatepolice.com. ICS forms are on line.

Tom Russo had made an APRS tracking device at the cost of approximately \$30. Membership voted 15 to 0 to budget \$200 for R&D so we can investigate the practical issues of how to get more such devices deployed by Cibola on missions.

Post Meeting mini-lesson was a tape on abdomen pain.

Meeting was adjourned at 2115.

Who's Who and New

by Steve Buckley, Membership Officer

I want to touch on something that is central to the preservation of this team: election of officers. This month we finalize nominations for next year's officers.

I have only been with the team a few years. I don't have the experience of perspective of our most senior members such as Terry Hardin, Larry Mervine, Mike Dugger, Tom Russo, and others. I did find that my stint as your Membership Officer gave me a unique perspective on what this team is and what it takes to keep this team running well and serving our community. Thanks for the opportunity to serve as one of your officers. I found the experience interesting since it gave me an opportunity to participate in the leadership of the team and contribute to the team in some lasting way.

As promised, I will hand my successor a CD with our letters and e-mail messages on it to make my successor's for month in the job easier. Dave Dixon did that for me and I greatly appreciated his effort. In addition, I will generate a CD with copies of the PACE package on it. This will allow the Membership Officer to cheaply meet the needs of new prospective members who are computer literate. Finally, I will update the membership files and relocate them in new cases since the old ones are a bit worn out.

In retrospect, the only down-side of being an officer is that our elections usually follow the old Soviet Union policy of one office, one candidate. I would like to see this year's election look more like an American election: two or more candidates for each office. Of course, since we are a tight team, negative campaigning is not allowed! I urge each of you to consider serving your team as an officer. I am sure you will find it rewarding and worth the time and effort. I look forward to lots of choices on this year's ballot and may the best candidate win!

Mini Lesson

by Tom Russo

Less Basic Communications

There have been several articles in these pages about communications. Mike Dugger wrote an article in January of 1998 entitled "Basic Radio Communications," in which he discussed what to look for in a radio if you wanted to buy one, and a bit about how to talk on one when you bought it. I wrote another in May of 2001 about how to behave on the radio, a little about how to use one, and how to communicate more effectively. But in looking over the articles it seems to me that there's a gap in the minilessons. We have never really had one about what to do in the months after you've passed your Ham license exam to make yourself a more effective communicator.

I have this piece of paper that says I'm a ham. Now what do I do?

It is a common cliché to say that your ham license is "a license to learn," but its being a hackneyed phrase doesn't make it a false one. Your licence gives you the privilege of running a transmitter, but it's up to you to acquire knowlege and experience that makes you a communications asset.

Obviously, one of your steps is going to be that you need to purchase a radio and get on the air.

If you can afford it, buy a mobile radio for your car as well as the handheld you keep for missions. Handheld radios perform poorly inside vehicles, as the metal shell of the vehicle interferes with the propagation of radio waves, and the antennas used on handhelds are notoriously inefficient. If you can't afford a separate radio to mount in your vehicle, consider purchasing a docking booster amplifier that you can use with your handheld. A docking booster amplifier will allow you to power your radio from your car's electrical system, boost its signal, and allow you to connect it to an external antenna on your vehicle. When you get where you're going you can always undock the radio and replace its regular antenna and battery pack for portable operation. You will also need a compatible speaker-mike for your radio if you go this route. If you're dead set against spending much more than the price of your handheld, you should at the very least get a handheld radio that can take an external power adapter (many can't), a magnetic mount antenna and a speaker-mike --- you can then plug the radio into your cigarette lighter, plug in the antenna and speaker-mike, and have something that will work better than a handheld, if not as well as a mobile rig.

The point of having a radio in your vehicle is to allow you to use all that dead time while you're driving about your everyday business to get in the habit of talking on the radio, and to listen to how these things get used. Try to monitor all the time, especially when enroute to trainings and missions. My own mobile rig is always on if I'm in my vehicle, although you can never quite be sure what frequency I'm monitoring. I try to monitor whatever repeater is nearest to me at any given time, and typically announce

that I'm doing it by saying "KM5VY Mobile, monitoring" when I come on frequency.

Simplex vs. Repeater operation

There are two basic ways by which Hams communicate by voice on 2 meter FM radio. These are called "simplex" and "repeater" operation. Let's start with simplex.

In simplex operation two or more operators communicate via direct station-to-station contact. In this manner of operation signals propagate along direct line-of-sight paths. In most cases, when we're using 155.160 in the public service band we're using this method. The advantage of simplex operation is that it requires no infrastructure --- you simply agree on a frequency with all the parties, and as long as you're within range you can communicate. The disadvantage, of course, is that line-of-sight limitation. If there's a big honkin' rock in between you and the other station (e.g. one of you is in Albuquerque and the other is in Cedar Crest) you will most likely not be able to carry on the contact.

In repeater operation there is a station called a "repeater" --- usually located on a mountain top or high tower --- that monitors one frequency and retransmits everything it hears on another. Most repeaters run with fairly high power, much higher than you would normally output on a handheld, and even higher than your mobile rig; this buys you a lot of range as your 5 watt handheld's signal down at 5000 feet is boosted to 100 or more watts by the repeater up at 10,000 feet.

In the US, the input and output frequencies of 2 meter repeaters are usually 600KHz apart. Whether the shift is up or down depends on what part of the band the output frequency is in. When you see repeaters listed you'll usually see them as the repeater's output frequency with the offset direction specified as a plus or minus sign, for example "146.900(-)," indicating an input frequency of 146.300 and an output frequency of 146.900. Most ham transceivers sold in the US know about the standard pattern of repeater offsets and the band plan that specifies where repeaters tend to be, and if you tune them to a frequency in the range where repeaters usually are then the offset will be set automatically. This is not always the case, so know your radio and how to use it. I'm sure none of my readers are the sort who consider user's manuals to be part of the packing material to be thrown away as soon as possible, so I'll leave it at that.

Another common feature of repeater operation is the use of "PL" or "CTCSS" tones. PL is a trademarked term owned by Motorola, and stands for "Private Line." CTCSS is the generic term and stands for "Continuous Tone Coded Squelch System." They refer to the same thing: the transmitter must include a sub-audible tone of the appropriate frequency or the receiver will not open squelch. Most repeaters use CTCSS tones to deal with interference problems --- if they're located in a fairly noisy area and didn't use CTCSS then noise could key the repeater. You'll often see repeaters listed this way: "146.900(-, 67Hz tone)" indicating that the repeater uses a negative offset and requires your transmitter to include a 67Hz subaudible tone in order to be heard. If you tune to a repeater that requires a tone but do not set your radio to use the tone then you'll never hear the repeater keying up when you transmit, and nobody will ever hear your transmission unless they just happen to be in simplex range of you *and* are listening on the repeaters input frequency instead of its output frequency. Some old transceivers do not have CTCSS

encode/decode capability, and if you're thinking you might save some bucks by buying an old boatanchor you should look carefully for this feature lest you be unable to use most area repeaters.

Antenna considerations

In both types of operation the quality of your antenna will influence the ease with which you can make contacts, but clearly simplex operation is even more demanding. With repeater operation your signal is amplified dramatically from a high point at the top of a mountain, whereas with simplex you're relying on your relatively weak signal propagating directly to the other station. Handheld "rubber duck" antennas are an inefficient "compromise" antenna that can be replaced by a number of more effective options; some team members have replaced their rubber-duck antennas with quarter-wave whips, others have telescoping whip antennas, and some of us carry "roll-up" J-pole antennas made out of twin lead transmission line normally used with television antennas.

Common simplex frequencies

Generally speaking, frequencies in the ranges 146.40-146.68 and 147.42-147.57 are reserved for FM voice simplex operation under the ARRL's band plan. The band plan does not have the force of law, but "good operating practices" --- which *are* required by law --- typically include observing the established band plans.

An important frequency to know is 146.52MHz, the "National Simplex Calling Frequency." This is a frequency that is set aside for simplex operation, and you can use it to find hams to talk to. Ideally you should not use the calling frequency for extended contacts, but rather use the calling frequency as a way of finding a station to talk to, then agree on a different frequency to use for your contact. You should definitely program your radio to include 146.52 as one of its saved frequencies, and you should try to monitor it whenever you're aimlessly tuning around the band.

Again, although the ARRL band plan does not have the force of law, the FCC Special Counsel for Amateur Radio Enforcement just recently wrote to several hams advising them not to use 146.52MHz for extended contacts, because doing so was not "good operating practice" --- he later rescinded his finger-wagging, but the point is that you can't go wrong if use it only to establish a contact and then move to a mutually agreeable alternate frequency.

Other useful simplex frequencies are 147.42, 147.45, and 147.51MHz. These are good frequencies to switch to after you've established contact on 146.52. I keep all three programmed in my handhelds. Before we received our license for 155.265 we used to use 147.42 on trainings a lot.

Useful repeaters in the Albuquerque area

There are a lot of them. A great resource for repeater maps of the state is the Upper Rio FM Society website, www.urfmsi.org. That said, here are some of the more common Albuquerque area repeaters you

should know and program into your radios:

Frequency(offset,tone)

146.900(-, 67Hz)

146.940(-,100Hz)

147.100(+)

146.720(-,100Hz (or no tone with reduced sensitivity))

146.960(-,100Hz)

Location

Southeast Albuquerque with wide area coverage

Mount Taylor, La Mosca

Rio Rancho

Raven Road/S.14

Capilla Peak, Manzanos

All of these repeaters get used on missions with some frequency, you should get to know them and make sure you're set to use them *before* you head out to a mission. If you get in the habit of using your radio often you'll soon get to know the areas where each of these repeaters is best.

There are lots more, but I don't want to make that table too big right now.

Avenues for further study

There's a lot more to being a ham radio operator than yakking on 2 meter FM in your down time. Consider exploring deeper.

Join the ARRL (American Radio Relay League). You'll get a monthly publication called "QST" that has reviews of equipment, projects to build, contests to enter, and plenty of other material to further your knowledge of the hobby.

If you like to read first and play later, think about buying a copy of the ARRL Handbook for Radio Communications. This is an annual publication, but most of the material is pretty timeless. It has in-depth expositions of much of the theory of radio and electronics, plus a large number of projects you can build yourself. Armed with the Handbook, you'll be able to understand *why* all those answers you memorized for the Technician exam were correct. In fact, I studied for the General, Advanced and Extra exams using just the question pools and the Handbook.

You can learn a lot more about antennas from ARRL publications. The "ARRL Antenna Book" is a huge tome with lots of theory and do-it-yourself projects just like the Handbook. There are many other antenna books you can buy from the ARRL. Go browse the ARRL website (<http://www.arrl.org/>) and see what tickles your fancy.

If you would like to get a more advanced view of how amateur radio fits into the general emergency communications picture, consider taking the ARRL Emergency Communications Continuing Education and Certification course. This is an on-line course consisting of about 20 lessons. The course costs \$45 if you're an ARRL member (\$75 if you're not), is self-paced, and runs for about 8 weeks. It takes about 25

hours to complete all the lessons, which involve activities to be shared with your "mentor" and multiple choice review questions. I found the course quite enlightening, and I recommend it to anyone who wants to kick their ham hobby up a notch. To learn more about the course and how to register for it, see <http://www.arrl.org/cce/>.

Upgrading is always a good thing to do. Your Technician class license gives you all the privileges that you need on a SAR mission, but the things you need to learn to get the higher licenses will only help you. The general class license is not that much more difficult than the Technician, but you do need to learn Morse Code --- what you get other than a deeper understanding of the hobby is access to HF bands for worldwide communications. Not much help on a SAR mission, but could definitely be useful in larger-scale disaster communications, and it's a heck of a lot of fun otherwise.

Nets

Get familiar with the various nets that are held on local repeaters. Every Thursday night at 8:30pm on all the Upper Rio FM society and Mega Link repeaters (that includes 146.90, 146.94 and 146.96) there is a "New Mexico Swapnet." This is a great opportunity to find used equipment, often at a bargain price. Tune in every week if you can. If you really get into it you can even volunteer to be one of the swapnet operators; I did that for about a year until I got too busy on Thursday evenings.

The Bernalillo Amateur Radio Emergency Services (ARES) net meets every Thursday evening at 7:00pm on 146.90, 146.94 and 146.96 repeaters. Try and listen in each week, and consider getting involved even if just to check in to the net and say you have "no traffic." It's a friendly group crossed with a fairly formal net, and a good way to see how things work when a net control station coordinates a frequency for clean, accurate transfer of information.

Lastly, there are several "social" nets held on the various repeaters in the area. The "SCAT" net (Senior Citizens And Travellers) meets every morning at 7:06AM on the Sandia Crest repeater (145.33(+, 100Hz)) for general chit-chat and friendliness. "Rusty's Raiders Net" meets every morning from 8:45-10:45 on the 146.94 and 146.96 repeaters. Both are friendly groups.

Radio Games

Do not underestimate the value of hobbist activities in advancing the skill and knowledge you can bring to bear on your SAR activities.

A fun activity that will bring together your interest in radio, map-and-compass skills, and physical fitness is Amateur Radio Direction Finding. In this sport you use radios with directional antennas and other equipment you can build yourself, combined with your ability to navigate using a map and compass to find hidden transmitters. Both foot and car activities are held in the Albuquerque area. It is much harder than it sounds --- it's really easy to get distracted from your land navigation tasks when you start bushwacking because you think you're a hundred yards from a transmitter! There are monthly

competitions, usually in the Oak Flat Open Space area --- see <http://home.att.net/~wb8wfk/> for details.

There are many other opportunities to explore how to use amateur radio more effectively. Everything you do to expand your knowledge and skill as a radio operator has the potential to make you more of an asset to SAR. I hope this article and others I've got planned for future issues help inspire you to pursue these opportunities.

Member Spotlight: David Chapek

I was born in Albuquerque and have spent most of my life frolicking in the local mountains. I have long enjoyed hiking and mountain biking and have recently started doing a bit of climbing. For me, Search and Rescue seemed a natural progression and a chance to give back to the outdoor community (and provides me with justification for buying new gear). For those of you who don't know my face, I am generally the one falling over when out on missions, as I am blessed with two left feet. And while I'm being open and honest, I am also terrified of snakes.



When I'm not out gallivanting with the SAR folks, I spend a fair amount of my time outdoors working on my family's small plot of land in the mountains, building and shaping with hopes of a cabin someday.

I am currently a student at UNM but couldn't tell you what field my degree will be in when I'm done, only that I'll be "well-rounded." In the spring of this year I took an EMT class and learned that I'm really interested in emergency medicine. A second week long class upgrading to Wilderness EMT reinforced that medicine may be a good direction for me.

Supporting me in my soul-searching endeavors is Jade, my wife of 1 year. After 7 years of dating and a sneaky proposal under Delicate Arch, we tied the knot last September in a grassy field high in the Sandias. Our family has only expanded, as we are working hard to raise two lazy ferrets, Puck and Lunchbox, and one rather high strung puppy, Didgeri. Perhaps someday, maybe when she can focus on one thing for more than half a second, she too can play with the other SAR dogs.

I hope this serves as a meet and greet and never as a eulogy, following some tragic map reading accident, like using a map upside down. I look forward to seeing all of you on the trail!

Web News

by Noam Buddy

There is no news this month.

The team website can be accessed at <http://www.swcp.com/csar/>

The SAR Pack, Part III: Losing Weight

by David Dixon

Previously, in SAR Pack 1 and 2, I wrote about equipping yourself for missions with proper gear and clothing. Part 1 especially included long lists of necessary (and some usually unnecessary) items for both your summer and winter packs. Having just the right contents is certainly essential but so is physical conditioning and as we all know the former is very much related to the latter. The weight of your pack is a big factor in your ability to haul the thing around. For me, age is also a factor because as I get older so especially does my back, and anything I can do to give it a break will make missions more bearable and keep me in the field longer. That break is reducing the weight of my pack. In this article I change directions and go on a pack weight loss program. Not generally by removing but reducing because as with any weight loss program you don't want to jeopardize your safety or in this case the "health" of your pack. This is especially true for search and rescue work. You've already given much thought as to what goes in your pack and weight loss becomes more of a challenge. Reducing the weight of your pack by even a few pounds can make a big difference though not only for your back but in the reduction of energy expended. In this program depending on what I end up carrying I was able to reduce my pack weight by 2-5 lbs.

I am not the only one who is interested in weight loss. The Feature Article in the current issue of Backpacker is an Ultralight Plan. They have a lot of good tips but most of their plan doesn't really apply to us since we aren't functioning as traditional backpackers. (Hey, I tried shortening my toothbrush but couldn't find one in my pack). We can't and shouldn't "remove some items just because we've never used them in the field". Some of our gear is insurance that needs to always be there. Technology, not surprisingly, also has gone the same direction with big advances made in lighter materials and companies formed solely around lighter weight items. Some of these things cost more and my changes did involve some expenditures but who doesn't like a reason to buy some new gear.

Knowing the weight of everything in your pack is an obvious first step in the program so I brought home a balance scale to weigh my pack items down to the ounce - actually gram. I found that sometimes weight differences of clothing and gear was surprising. That difference affects what I decide to pack. The weight of some items, like water, can't be reduced but there are many things that can. (I can loan out a scale if you're interested).

Finally, a reminder that even though items you are wearing, like a headlamp, boots and clothes are not in your pack they're still considered part of your total weight.

CLOTHING

You can't give up clothing. You need your layers. One interesting thing I did find though was that mid and light weight clothing sometimes referred to thickness of material and not actual weight as my heavyweight polypro top and bottom weighed less than lighter weights. I found that I could save a few ounces by carrying an extra top that was actually thicker and more insulating but lighter weight, even in summer. This in fact is related to another positive thing about our no cotton philosophy - for the same

thickness synthetics generally weigh less than cotton. Not all synthetics of the same thickness weigh the same though and knowing the weight of all your clothing items helps you make better decisions about what goes in your pack (or on your body) during any season. I also found that a pair of strong, insulated leather palmed gloves which work great for litter hauls and keep my hands warmer actually weigh less than my uninsulated all leathers. They now go into my winter pack. Also, lighter weight winter caps also work just as well to keep my head warm in most conditions.

RAINGEAR

My first set of breathable raingear was a top and bottom of ultrex which I carried for years. But they're bulky, double layer with a combined weight of almost 3 lbs. In addition, I rarely used the bottoms. I now have a more lightweight top weighing 11 oz. and a pair of simple, coated nylon bottoms weighing just 6 oz. for a weight savings of almost 2 lbs. This new set has so far worked fine. The bottoms aren't breathable but the top breathes better than the ultrex. (More of that new technology at work).

FOOD

I have always relied on dried meat, dried fruit and nuts, plus a few candy or energy bars - compact, high energy food. Not many ways for me to save weight here but I did decide that I was carrying a little too much. Other than some additional snacks I have close at hand (and eat during most missions) my food cache now weighs just over a pound. Note: If I am carrying it my stove package includes instant soup, tea, coffee, hot chocolate and a package of dried rice or pasta.

STOVE/COOK-KIT

Even though I don't always carry it I was able to save 7 ounces here by trading in my old stove for a 3 oz. Pocket Rocket and replacing my large canister for a smaller one. (How much burn time do you need on a mission anyway?) I also reduced the weight of my cook kit by a few ounces by taking out a one pan and carrying a few less dried items (see above).

LIGHTING/BATTERIES

I got a big weight savings here although I think the jury is still out on LED's. My headlamp that I have used for years, the SAR standard Petzl zoom with the 4.5v battery weighs 11 oz. In addition I carried a second hand held light source that weighed almost as much. My new 4 bulb LED weighs 4 oz. (3 AAA batteries included) and so far seems fine for most trail hikes. For better light and searching I've added a compact 4 AA flashlight with lithium batteries that weighs only 6.6 oz. and shines like a spotlight. LED's and AA Eveready e2 lithium batteries (not titaniums) are more examples of that new lightweight technology. LED's give off a more diffuse light that takes getting used to but the bulbs last forever. Lithiums weigh half of alkalines, last up to 6 times longer and work much better in the cold. I think their higher cost (4 for around \$10) is worth it. Also, with new batteries you may decide that you don't need spares for LED's that burn for 30, 40 or more hours, an additional weight savings. When I added the

weight of necessary spare batteries to my old standard bulb light sources my weight savings was over a pound. (Although I will admit that sometimes, depending on the mission, you need the old standby on your head). Note: I have a new 3 AAA LED/Halogen combo light that I just tried on a recent mission. Jury's still out.

1ST AID KIT

I hadn't gone through my kit in nearly a year and in doing so I realized that I didn't quite need all the bandages and multiple items I had. In addition after much thought I pulled my hefty (6 oz.), plastic-paged copy of the WMA Field Guide. I figured in a medical reality I'd be too rushed and excited to use it anyway. Hey, not having it forces me to make sure I know all the stuff. In all I reduced my kit's weight by over half a pound.

PACK

Finally what does your pack itself weigh. Mine weighs about 4 lbs. I could probably save a few ounces by changing to a lighter one although not at a compromise to size. If your pack is too large you could consider down-sizing. A smaller one probably weighs less but you don't want one that compromises it's ability to stand up to the rigors of the field. A "LightIsRight" philosophy doesn't always apply to us.

OTHER MISCELLANEOUS

I saved a few more ounces on assorted pack items that I felt I could do without. I decided 2 of anything is enough, so I got rid of an extra compass, a prussic, some batteries and a few other things.

PACK TIPS

As with my other articles I can't end without a few other Tips on saving weight.

1. A roll of trail tape is heavy. Do you need more than one roll or even a whole roll on every mission?
2. Do you carry a bivy? What does it weigh? There are options that weigh less and would probably function as well.
3. Larger knives are heavy. How many do you carry? How many do you really need? (Acknowledgement to David Chapek for this tip).
4. Try to find out weights of items before you buy them and think about them as pack additions.
5. If you carry a closed cell pad like I do try reducing its size to a bare minimum. If you're using it you probably won't sleep much anyway. A piece just 20x36 or so protects your torso from the cold ground but saves you a few ounces and more importantly pack volume. I carry a piece of accordian z-rest. It's sections can work well as splints.

Think about everything you carry. Weigh it. Reduce it. Your pack and back will thank you.

Now if they can just come up with reduced weight water.

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the Editors

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Volume 7, Issue 10
10 October 2002
Editors: Mike Dugger and
Tom Russo

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by David Dixon, President

September was a busy month for Cibola. The bivy at San Gregorio Lake was well attended by a group that got to know their overnight gear a little better. A few of us also brought some non-sar fishing gear hoping to rid the lake of a few fish. Tony agreed to cook any we caught and it was fun to try and convince the nonfishers that we knew what we were doing, but the fish stayed put and were all resigned to eating dried noodles and canned tuna. Everyone that is except Steve B. who brought along quite a large chunk of fresh meat to enjoy. It was also nice to have the forests opened to campfires again allowing us to have a nice blaze started by Steve using a quick, new method. The campfire was the perfect compliment to his steak and our comraderie. We finally settled into a surprisingly cold and not surprisingly restless night punctuated by whistling elk. It was a nice location and great training.

The fire starting method was interesting but the real kudos go to Steve for his hard work on a great mock search on the 21st. Things actually started with a real mission which added some initial excitement. But after things settled down and we weren't needed on the La Luz most of the team responded to the other side of the mountain for a great training and sar learning experience. It was also well attended by a large group from all over the state including canines. Everyone certainly benefited from the experience.

It's October which means it's time for Halloween, golden aspens, and most importantly officer nominations for 2003. As you have all heard before, there's much more to this organization than missions. Without the further dedication of not only officers but committee chairs, websites and editors there would be no Cibola SAR. Yes it does mean more hours and meetings, but just like missions it can be rewarding to know that your help keeps the engine running. If you are interested, or know an active member that is or deserves a nomination, let an officer know before next month. Nominations close at the end of the November meeting.

It's nice to be back to more missions a month. If you haven't gone through your pack lately now is the time to winterize, and since it will certainly weigh more it's also time to keep your back and body strong. To quote our ex-President Larry Mervine, "keep exercising" and from me, good rescuing!

Boots and Blisters

by Aaron Hall, Training Officer

The end of the year is rapidly approaching. There are only three trainings and three evaluations left. Now is a good time to check your training / evaluation records and make sure that you are up to date for this year. If you're not, you've still got the opportunity to change that. The upcoming trainings promise to be good ones, 4WD handling in October and Man-Tracking in November. Both of these trainings should be a lot of fun and each will cover skills that you will probably use on a mission.

We have two events coming up in October, a four-wheel drive training on Saturday the 19th and a Litter evaluation on Saturday the 26th at the Embudo trailhead at the East end of Indian School. The manager of Desert Rat is going to put on the 4WD training for us. [Ed. Note: details of the training were not available at press time]

We also have two events coming up in November, a Man-Tracking training which our very own Chris Murry has volunteered to lead, and a Land Navigation Evaluation at the Embudo Trailhead.

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of 12 of September, 2002 Business Meeting

Pre-meeting mini lesson was presented by David Dixon and Aaron Hall. It's that time of year when we need to change to winter gear. The demonstration included items that work when the weather gets colder.

President's Report

David Dixon started the meeting at 1920 with the introduction of officers and members.

New faces include Jerry Axford and Kevin Mohr. Welcome!

Membership voted on joining NASAR. The cost is \$170 and requires no other special action on the part of the team. Membership approved with a 15 to 0 vote.

Vice-President/Training

Aaron Hall reminded us that we have two trainings this month. They are the summer bivy and the mock search. 4 Wheel drive training is coming up in October as well as a litter evaluation.

Treasurer

Art Fischer reported that we took in \$497.35 and spent \$842.30 for ropes and MREs.

Membership

Three new members received their 'biners and webbing. Congratulations to Jennifer Dellinger, Aidan Thompson and Alex Fischer.

Steve Buckley went through all the changes to the membership guide. 17 members voted to accept the new membership guide changes with no one objecting.

Active members were reminded to keep track of their own trainings and evaluations so they know what they need to remain active.

Equipment

Tony Gaier reported that we now have three new ropes. He brought the old ropes to the meeting in smaller pieces so people could take them for practicing knots. He will be replacing the haul lines.

Medical

Members voted on whether or not to request that our Medical Director write protocols so that WFRs may be able to help subjects and team members who are suffering from asthma to use their own inhalers. Kevin Nufer, our medical director, has indicated his willingness to do this. Normally an EMT could provide this aid without medical control, but for WFRs to render that aid requires our medical director's OK. 15 people voted yes and there was no one voting no.

P.R. Committee

David Dixon and Terry Hardin set up a booth at UNM for Welcome Back Days. 16 contacts were made. Open Space talk was attended by 25 people. The hike the next day was 2.5 hours with 20 people participating.

Meeting was adjourned at 2030.

Who's Who and New

by Steve Buckley, Membership Officer

I would like to recognize our newest prospective member, Kevin Mohr. Kevin received his orientation last week. Welcome. We also received several new contacts this month.

I want to thank all who attended our Mock Search. I especially would like to thank those Cibola members that volunteered to "do stuff" I needed help with. Larry Mervine did a great job of keeping track of three very busy missions. Tom Russo had a busy time planning the activities of all of the teams. He did it by-the-numbers and came up with a great plan. Thanks to both of you for helping to fill the ICS staff and your fine effort during the mission.

I want to especially thank the "subjects" for this mission. Chris Murray (A.K.A Chris McMury) did a great job of serving as a "target" for the dog teams. Chris had the longest hike and spent the most time in the field. The dog handlers were very impressed with the "large scent pool" Chris supplied (a consequence of sitting in one place for a long time). Thanks Chris!

David Chapek (A.K.A David Chapstick) was supposed to provide a close "surprise" find that would drive a high-angle rescue and a litter evac. David was about 1000 feet from the Incident Base. As it was, the dog team missed him, ICS staff failed to respond to "calls from the woods nearby", David's medical condition changed several times (including a "faith healing" at mid-night) as Mock Search conditions changed, he even flashed "SOS" to one of the teams (Joyce noted his SOS but her call noting David's location never got past her team's Strike Team Leader)and he served as a pretty good "comm. link" to Chris. Sorry to yank you around David and thanks much for the flexible support.

David Dixon (A.K.A. Dave Dixonary) was the horse team subject. Dave did a great job of dealing with the real mission that just happened to be called out at the same time as the Mock Search as Pager 1 then hit the field as the "let's see if I can really annoy the ICS staff by handing them one more subject" subject (it worked). Thanks for all Dave.

Many of you participated in several "training scenarios" that worked various objectives. Thanks to all. Finally, Aaron and Jennifer provided some great ideas for several of those scenarios. Thanks. Despite everything that could go wrong...and did, the Mock Search went great thanks to your help, support, and participation. The AC, Beck Atkinson, gave James a great after action report. Cibola was recognized as providing a valuable training event for New Mexico SAR.

Web News

by Gones B. Bygones

The team website can be accessed at <http://www.swcp.com/csar/>

Toy Story Three, a review of some electronic gadgetry.

by Tom Russo

I've recently upgraded some of my SAR-related electronic gear. I'm not the sort to replace gear lightly, tending to hang onto it until it doesn't work anymore, but the past two months have been months of frantic, almost compulsive acquisition for me. Since some of the things I've bought might be of interest to other members of the team, I thought I'd spend a few electrons and write up a review of some of my new toys.

The Kenwood TM-D700A dual band ham transceiver

This is by far my favorite new toy. It is a "dual band" mobile ham radio that I have mounted in my truck for use all around town, enroute to missions, and on the occasions when I get to play in incident base.

My new radio replaces the jerry-rigged handheld on a docking booster amplifier that I've had held "temporarily" onto my dashboard with a wire coat hanger since 1997. After years of sitting in direct sunlight on the dash the display on my trusty spare ADI AT-600 handheld finally began to give up the ghost, and the booster amplifier started, well, not amplifying.

The Kenwood D700A is a VHF/UHF dualbander, but can be made to operate on two VHF channels simultaneously. It is capable of 50 Watt output on VHF and 35 Watt output on UHF. My previous "mobile" radio was also a dual bander, but I found that I *never* had a use for the UHF band. There are several UHF repeaters around the state, but most of the action among folks I talk to is on VHF.

So why would you want a radio that can deal with two VHF channels at once? Well, The really nifty thing about it is that it comes with a built in "terminal node controller" (TNC). A TNC is essentially a radio modem with some added intelligence, and is the primary tool one needs to use the Automatic Position Reporting System (APRS) that we've been seeing more and more on missions over the past few years. Attach a GPS to the Kenwood, and it's an APRS tracker, transmitting your position as often as you like it to.

In addition, the radio will display incoming APRS transmissions on its front panel, so you can see who is out there, where they are and how fast they're going. Attach a computer running APRS software, and you can plot these stations on a map in real time --- there's even APRS software available for the Palm Pilot. Very nifty stuff.

The rig mounts under the dash and has a remote faceplate that can be attached anywhere. This is a nice arrangement, as you can keep the main radio safe out of the sunlight while keeping the small LCD display mounted right where you can see it. The faceplate can easily be removed from its mount on the dash and placed somewhere safe out of the sun when not in use.

The one gripe I have with the radio so far is that the remote faceplate only serves for the main radio controls. The microphone attaches to the radio itself, not the face plate, and so you are limited in how far away you can mount the rig, although Kenwood sells a kit of extension cables. The speaker is in the radio proper, not the microphone, further limiting how out-of-the-way you mount the rig unless you install external speakers --- the radio has two jacks for that purpose. Nevertheless, the radio is easy to install (it was out of the box and installed in the truck within an hour of UPS delivering it), the controls are quite easy to learn, and the displays are very informative.

Of course, a mobile radio doesn't help you much once you hit the trail. Good news: Kenwood makes a similarly featured handheld radio, the D7A.

Bad news: Neither radio is particularly cheap --- the D700A sells for around \$600, the D7A for about \$430. Still, when you factor in the cost of the TNC, which usually costs around \$150 or so, the radio isn't such a bad deal. If you're on the market for a new mobile or handheld ham transceiver then I heartily recommend the Kenwood.

I bought mine from [Ham Radio Outlet](#), a dangerous place to websurf with your credit card handy.

The TinyTrak II

This is my most recent acquisition. It is a \$30 kit (bag of parts and a PC board) that serves as an APRS encoder when connected to a GPS and a handheld radio --- it can't decode APRS packets, but we seldom need that on the trail. If you don't feel like shelling out \$430 for the Kenwood D7A APRS-ready handheld, this could be a viable alternative if you aren't afraid of solder fumes and can scrounge some parts.

The Tiny Trak II is a simple kit, consisting of only about a dozen parts to solder onto the PC board. You have to provide an enclosure, power and radio connections yourself -- I used the cord from a broken speaker-mic and a 9V battery clip from Radio Shack that I had in my junk box. It took about an hour to assemble, and a few seconds to program using the software you can download free from the web.

If you have a spare handheld radio, or have just one radio but are assigned to a team where you will not be a communicator, the Tiny Trak II will allow you to carry an APRS tracker without needing to be outfitted by SAR Support. On our mock search we had a problem where SAR Support's trailer was enroute to a real mission, so none of our mock search teams had APRS trackers on them. If some team members had their own APRS trackers then when SAR Support arrived later they could have used their tracking equipment to keep better tabs on where teams were.

The Tiny Trak II is made by [Byonics](#). I ordered mine on a Tuesday and it arrived via regular mail on Friday, so they're quite responsive.

The Purple Open Project's Garmin Connectors

This is a little item. Garmin has chosen a very non-standard connector design for its GPS-to-PC interface. The 12XL and friends use a round four-pin plug, the eTrex family uses a flat rectangular connector. Garmin sells cables with its connectors, but at a hefty price: the GPS to PC cable runs about \$40.

The Purple Open Project has the answer. Its founder had access to a computer controlled milling machine and an injection molder, so he simply made molds for the Garmin plugs and now sells them really cheap. You can buy two connectors for about \$15 and make your own cables quick and easy.

Since my new Kenwood radio came with a cable to connect a GPS to it that has the Kenwood connector on one end and bare wires on the other, all I needed to do was buy one of the Purple Open Project's connectors, wire it up to the Kenwood cable and voila! I also picked up the POP's 3.3V regulated power supply built into a cigarette lighter plug, and now I can run my GPS in the truck without burning up its batteries. I used the second connector to make a PC-to-GPS cable for downloading GPS data from my old eTrex into my computer.

Visit the Purple Open Project's web site at <http://pfranc.com/>

The Garmin eTrex Venture

This is the acquisition I'm most excited about. About three years ago I replaced my Garmin 38 with the original Garmin eTrex, and after an initial bout of dissatisfaction with it's "cutsiness" (see [Lost and Found volume 5, Issue 5](#)) I finally upgraded its software, settled in and got used to its ease of use, fast acquisition times, and basic functionality. For \$120 the eTrex is a good choice for a basic GPS. Cibola just bought a bunch of them for its cache.

But then I found the eTrex Venture. Only slightly more expensive than the basic eTrex --- \$170 at REI --- it is much more fully featured. While I had to build a cable out of junk parts and Purple Open Project connectors to save the \$40 that Garmin wanted for their cable, the eTrex Venture comes complete with a data cable included. That practically accounts for the price difference between the original eTrex and the Venture.

The Venture is identical in size and weight to the eTrex. But unlike the eTrex it has a "click stick" --- a five position (left, right, up, down and "in") joystick of sorts that allows the Venture to support the one feature I missed most in the eTrex: panning the map page. The click stick impacts the user interface dramatically, and while the Venture has the same buttons on the sides that the eTrex does, they don't always serve the same purpose. It takes a little re-learning to move from the eTrex to the Venture, but it is well worth the effort.

The Venture also has a higher resolution greyscale display than the eTrex, and it is very pleasing to the eye. Along with the higher resolution display comes the ability to zoom the map in much tighter. The

original eTrex allows you to zoom only down to a 200ft scale. The Venture lets you zoom down to a 20 foot scale, and provides a small positional error circle to let you know when you're zooming in so close that you are looking on a finer scale than the resolution of the GPS fix.

I really like how Garmin has fixed a big complaint I had about the original eTrex. The Garmin 12XL and family had a single page with most of the relevant data on it: position, speed, altitude, time, etc. The eTrex had a navigation page that would display one of those pieces of information at a time, and you had to cycle between these with the "up" and "down" buttons; it was very clearly a misfeature for SAR purposes. The Venture has a "trip computer" page that can display a user-selectable set of data: By default it contains a trip odometer, time in motion, time stopped, odometer, speed, maximum speed, moving average and overall average speed, but you can tailor it to your needs: each of those fields can be changed to contain just about any piece of information you'd like. This is a *GREAT* feature and I really am glad that Garmin went this way.

Another nicety that the "click stick" brings is in the input of waypoint names. I've owned two other Garmin units (the GPS 38 and the eTrex), and on both one had to select each letter position in the name, then scroll through the whole alphabet using the up and down buttons until you got to the one you wanted, then hit "enter" and go to the next letter. It was a very time consuming process, and coming up with fast abbreviations was the only way to speed the process --- and of course now I don't recognize my waypoint names. The Venture, on the other hand, displays a 2-dimensional grid of letters and numbers, and you use the click-stick to move to your letter, then press down on the stick to select that letter. Much, much more convenient data entry method.

WAAS up?

One feature that isn't quite up to its full potential is the unit's support of the "Wide Area Augmentation System," or "WAAS." This is an alternative to the "Differential GPS" (DGPS). DGPS requires an external receiver to get corrections from certain fixed stations around the country; the best surveyor-quality DGPS rigs can deliver centimeter accuracy, but most of those available to the consumer market give 5-6 meter accuracy. WAAS requires no external hardware, the GPS unit simply listens for a few additional satellites --- those satellites in turn listen to a network of ground stations to get DGPS-type differential corrections. WAAS can deliver better than 3 meter in theory, whereas straight GPS nominally gets only about 15m accuracy. But to date there are only two WAAS satellites in the sky, one in geosynchronous orbit over the Atlantic, another over the Pacific. That means that those two satellites are always close to our horizon and so receiving them is an iffy proposition. When the WAAS system is fully operational, this should be a nifty feature.

In the first few minutes I owned the unit I was surprised to be receiving signals from those, and soon my GPS was saying it was getting corrected signals to the other 8 satellites it was receiving. But I noticed that as I moved around --- even on the scale of a few feet --- the satellites dropped in and out, so my average position error wasn't really getting that much better. Since then, I've seen estimated position errors as low as 7 feet (2.1m), but not for extended periods of time.

For additional anecdotal evidence, Katarina and I went "geocaching" (<http://www.geocaching.com/>) with both the eTrex and the Venture last weekend, and we got a good look at the superiority of the newer unit. For starters, the Venture did show a better estimate of when we were near the published cache location, but neither unit was precise enough to be relied upon to get us to the exact spot --- once we were within about 20 feet we had to fall back on search techniques instead. But the Venture was much more precise while we were on trails --- although we retraced our steps back to the truck at the end of the day, the eTrex showed our inbound tracklog about 100 feet south of our outbound track log at its tightest zoom level. The Venture showed much less variation, more on the order of 20 feet.

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the Editors

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Top of the Hill

by David Dixon , President

As we approach the anniversary of September 11th we should all take time to remember those that lost their lives or were otherwise affected by the tragedy, as well as their families. We especially honor those professionals, volunteers and ordinary citizens who acted to save others. All those that died, as other war casualties, deserve to be remembered every year at this time. For me the day holds additional meaning as my grandson was born the day before. The day should also mean more to Cibola members as we are also volunteers who help others in need. I am proud of that team service and all of you for your dedication.

There are 2 great Cibola events this month that I hope all can attend. The summer bivy is an opportune time to use your gear in an overnight setting, a situation that most of us don't often face on missions. So dig out your stoves and that expensive bivy you never use and show up for some comraderie, restless sleep and even flyfishing instruction. The weekend after the bivy is our annual Mock Search. This is also a great time to work with other state teams including dogs, horses and many eager SAR humans. We'll see you there.

After the slow fire season missions are back at a regular rate so get your pack ready, fill the water bottles, waterproof the boots - and good rescuing.

Boots and Blisters

by Aaron Hall, Training Officer

September is going to be a busy SAR month, it should also be a lot of fun. We have our annual bivy on Saturday the 14th at San Gregario Lake (located about 5 miles east of Cuba on NM 126), the annual mock search on Saturday the 21st (location to be given during the call out), and a Search Techniques

Evaluation on Sunday the 29th at the Three Gun Springs Trailhead. Please leave a message on the hotline if you plan to attend. If you can only make one event this month, plan on attending the mock search. It will be a great opportunity to interact with other SAR teams in our area and it should be a lot of fun. The mock search will begin with a call out sometime on Saturday evening.

Things will settle down a little bit in October, but they will still be a lot of fun. Our October training will be basic 4WD techniques for SAR on Saturday the 12th. I'm still working on a location for this training, so monitor the hotline or the website for more details. October's evaluation will be Litter Handling on Saturday the 26th.

August's training was coordinated with August's evaluation and focused on Terrain Identification for Land Navigation. There is a handout for this training available on the website. It is designed so that anyone can "self-teach" this course using the map and hiking course included with the handout. If you are looking for an interesting hike that is approximately 2.5 miles long give it a try. I guarantee that your terrain identification skills will be exercised.

Hike of the Month

Sandia Crest

0800, Sep 29, 2002

Trailhead: Tree Springs

R.T. Distance: 8 miles

Elevation Min/Max: 8600/10280

Hiking Time 3-4 hours

Hazards: Usual rocks/limbs on trail

Topo Maps: Sandia Crest

Hike Coordinator: Joyce Rumchlag

We will hike up Tree Springs trail to South Crest trail and then over to Ellis Trail head. From there we will go back to the tram area and try to find where 10 K crosses the ski area and go back to the vehicles on that trail. Bring your GPS and we'll put the coordinates for 10 K.



Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of 8 of August, 2002 Business Meeting

President's Report

David Dixon called the meeting to order at 1915 with the introduction of officers and then general membership. We had a new person at the meeting - Chuck Rogers. Welcome!

Vice-President/Training

Aaron Hall reminded members of the training on Saturday August 12. It will begin at 0800 which is a departure from our usual training time.

Treasurer

Art Fischer's report included a request for gas receipts from recent missions. He also reported that we bought ropes and 30 sets of topo maps of the Sandias.

Membership

Steve Buckley announced that Paul Dressendorfer had resigned and suggested that we have a "Certificate of Membership" for folks who have been with us for a while and now find that it is time to move on. Two new active members are Don Coddling and Mark Espelien. Congratulations!

Equipment

Tony Gaier brought up for discussion who should receive the team GPS's. It was agreed that active members will have priority. He also has MRE'S and batteries for those who need them and of course the topo maps.

Medical

Four people watched the tapes that Mike Dugger had ordered for earning CE credits. They were David Dixon, Mike Dugger, Art Fischer and Terry Hardin. We can keep the tapes for two weeks, so if you cannot view the tape at the time offered, request it from Mike and make arrangements to pick up and drop off. It was suggested by David Dixon that we could view the tapes as a pre-meeting mini lesson.

P.R. Committee

Next meeting is on August 21 at 1830 at Frontier Restaurant.

New Business

The meeting with ARMC went well. We agreed on one training a year as well as the litter handling

protocol. We will share training schedules.

There was discussion on benefits of joining NASAR. Examples were: Association with a nationally recognized organization, liability protection, higher credibility, certification is one-time (we would still continue to recertify for Cibola every year) and discounts at their bookstore. Discussion will continue at the September meeting.

Terry Hardin brought in a vest that he ordered from Search Gear as an example of what the team could have as a team garment. David Dixon will bring in another version at the September meeting.

Pager problems were discussed in regard to responding to -911 and -1022's from Kaye Sinclair. The confusion arises when missions are over before teams can respond. Kaye has requested that Cibola's pager handler respond to all ARES pages, even if a 10-22 comes immediately after the -911; the team's pager handler instructions have been updated accordingly.

Who's Who and New

by Steven Buckley, Membership Officer

Two of our members resigned since my last column. Paul Dressendorfer and Steve Hochmann sent me resignation letters. Paul was with the team over three years and Steve was with the team over a year. I want to thank both of these fellow volunteers for their service to the team and the community. You guys did a great job and we were stronger for your service! Thanks. On a lighter note I would like to congratulate our newest active members. Jennifer Dellinger, Aidan Thompson, and Alex Fischer finished their training and will get their patches at this meeting. Congrats! We received several new contacts this month but had no new prospective members. I have finalized the Member's Guide for your review. Please review the changes and provide any comments to me ASAP. The changes are marked in blue.

We have begun planning our Mock Search. We are planning to hold it on 21 September in the Sandias. I have been contacted by many New Mexico SAR organizations that wish to participate. It looks like we have members from ten teams interested in participating. These teams consist of three ground teams, two horse teams, two dog teams, two communications teams, and one high-angle team. We also have a volunteer Incident Commander. Steve Crawford from Santa Fe SAR graciously accepted the assignment. Thanks to Steve for his crucial help. This year's Mock Search should be a great event. Speaking of the Mock Search, I need some victims...I mean volunteers...to serve as subjects. If we can work out the details with AMRC, at least one of you could have the opportunity to get strapped into a litter and lifted or lowered off of a rock. I expect to have a big line for that one. Others might get to make a new canine friend (need a small "scent item" in a new ziplock bag -- don't make the item too personal) or get rescued by a horse team. I need about three test subjects, so if you are so inclined, call me ASAP. Finally, I need ICS staff. I need Ops, Planning, Logistics, Safety, and Public Relations. Please call me ASAP if you willing to serve in one of these roles. Thanks for any help. I will be looking forward to my role as the guy throwing the "monkey wrench" into the works.

Gearing Up

by Tony Gaier, Equipment Committee chair, Equipment Committee chair

Things are going good with equipment & supplies! If you see any problems with the equipment when you sign it out or use it, please let me know a.s.a.p. After a mission or training please make sure everything gets back into the bags. If something is inadvertently lost, please let me know about it so I can replace it. Please see me if you need any supplies for your pack. We are well stocked with the usual items: MREs, batteries, trail tape, etc. Team members with Mission Supply Boxes please let me know if you need items to restock your boxes. Just as a reminder, all the supplies handed out are for missions **not** for your afternoon hike with the boy scouts. I still have plenty of topo maps of the Sandia Mountain range, if you're an active member and have not gotten yours yet, see me if you would like to have one. I have radios and GPS's for sign out, and active members have first priority for sign out. Sign out is limited to six months at a time. If you don't have a GPS or radio and would like to try one out, see me.

Medical News

by Mike Dugger

We had a productive review session with Kevin Nufer, our Medical Director, on August 19. Our president, CE coordinator, and a couple of medical providers also attended. It would have been nice to have more of our medical providers there, since this was a great opportunity to have discussions with Kevin. We reviewed our medical protocols, and a representative sampling of all missions where medical care was provided since Kevin became our director. The bottom line was that Kevin thought our policies and record keeping were in pretty good shape, and he seemed comfortable with the kind of medical care we are called on to provide and our ability to provide it.

There was some discussion of protocols for anaphylaxis and asthma relative to what is in the new state wilderness protocols and the protocols that WMA is teaching. At ESCAPE, several Cibola members took a medical course on the new wilderness protocols, where a sixth one for asthma was discussed. We presently operate under five (CPR cessation, dislocations, wound management, clearing spinal injuries, and anaphylaxis). We voted when we started our medical program that for several practical reasons we would not stock epinephrine (or "epi"), the drug treatment for severe anaphylactic reactions. However, our WFRs are qualified to administer it, and the new WMA asthma protocol instructs medical providers on helping people use their own inhalers. Kevin suggested that we develop our own protocol to assist people with administering their own epi for anaphylaxis and inhalers for asthma. This would give us two more important life-saving tools. The team should decide that this is what we want to do, and I'll begin developing the protocol with Kevin. Of course the team WFRs would not be able to use the asthma protocol until we have training on it at our next refresher.

In addition, we examined the EMS scope of practice for EMT basic, and it appears that we need no special protocols for those folks. They may practice at the EMT level, and if they have training

documentation on the wilderness protocols, may also use those in a wilderness context.

I will continue to request CE videos for the benefit of our members who still need the credits. At Dave's suggestion, I will try to schedule some of these viewing sessions just before our business meeting. Continue to check the hotline for upcoming CE training opportunities, and I will be sending email to our listserver about them as well. Remember that all training requirements must be met by December 31, and that our renewal applications must be submitted by next March. I'll get the application forms for all our medical providers.

Web Non-News

I added few more interesting links added to the "other interesting web sites." Some of these are "back links" to sites that link to our site. As I see folks coming to our web site from other sites I check out the referring site and add it if it seems nifty. Check some of them out.

The team website can be accessed at <http://www.swcp.com/csar/>

Sports Drinks for SAR

by Larry Mervine

During a number of SAR missions I have experienced headaches and fatigue. Which is are common warning signs of dehydration. The problem is not drinking enough fluids. Warm, plastic tasting water is not enjoyable, specially when you are more concerned with finding a lost person. Everyone at some time has seen advertisements for sports drinks. So being a courageous person, I tried different brands of sports drinks. Some sports drinks tasted better than others. So the question is are we better off drinking sports drinks than plain water? In searching the Internet I found out some interesting facts about how the body works when we exercise.

Of the six basic nutrients needed for a healthy body (water, carbohydrates, protein, fat, vitamins, minerals), water is the most important when it comes to exercising. Even through water provides no energy, it is essential for the proper functioning of muscles and regulation of body temperature. Maintaining adequate hydration (water stores), especially while exercising, is key to top performance. During prolonged exercise (a SAR mission) the body depletes carbohydrate stores and hydration.

Carbohydrate is stored as glucose in the liver and muscles and is the most efficient source of energy as it requires less oxygen to be burnt than either protein or fat. During exercise there is an increased uptake of blood glucose by the muscles and to prevent blood glucose levels falling the liver produces glucose from the liver stores and lactate. The body's carbohydrate stores are gradually depleted and if not checked will result in reduced performance. Consuming carbohydrate before, during and after exercise will help prevent blood glucose levels falling too low and also help maintain the body's glycogen stores.

Sweating is the way in which the body maintains its core temperature at 37 degrees centigrade. This results in the loss of body fluid and electrolytes and if unchecked will lead to dehydration and eventually circulatory collapse and heat stroke. During continuous, high-intensity exercise in hot weather, you can sweat away a two to four pounds (one or two quarts) in an hour. The effect of fluid loss on the body is as follows: 2% impaired performance, 4% capacity for muscular work declines, 5% heat exhaustion, 7% hallucinations, and 10% circulatory collapse and heat stroke. Thirst is not an adequate indicator of dehydration. By the time you feel thirsty you may already be dehydrated. And you can quench your thirst before the body's fluid replacement requirements are met.. The ideal fluid replacement beverage is one that tastes good, does not cause gastrointestinal discomfort when consumed in large quantities, promotes rapid fluid absorption and maintenance of extra cellular fluid volumes and provides energy to working muscles.

Electrolytes serve three general functions in the body: 1) many are essential minerals, 2) they control osmosis of water between body compartments, and 3) they help maintain the acid-base balance required for normal cellular activities. The sweat that evaporates from the skins contains a variety of electrolytes. The electrolyte composition of sweat is variable but comprised of the following components: sodium, potassium, calcium, magnesium, chloride, bicarbonate, phosphate and sulphate. Sports drinks contain electrolytes potassium and sodium.

Fluid absorption

There are two main factors that affect the speed at which fluid from a drink gets into the body: 1) the speed at which it is emptied from the stomach, and 2) the rate at which it is absorbed through the walls of the small intestine. Water is easily absorbed in the body.

Which is better water or sports drink? Most articles agree that if you exercise vigorously for less than one or moderately for less than two hours, water is all you need. Sports drink manufacturers claim that their formulated drinks can be absorbed as fast as water and provide electrolytes and carbohydrates. Others say that electrolyte and carbohydrate requirements of most active people can be more than adequately met by consuming a balanced diet. Imbalances may occur under special circumstances such as prolonged exposure in the hot sun or exercise lasting several hours. Most search and rescue missions last longer than two hours, are not planned, and you may not have eaten a balanced diet, then drinking sports drinks can help. However, in spite of all the hype and advertising, none of the sports drinks are more effective than water and high carbohydrate foods at helping you to recover from a workout (mission) or prepare for the next one. Below are some help full hydration tips.

Tips to stay hydrated.

- During exercise, drink about eight ounces of fluid every 15 to 20 minutes. Cold drinks are absorbed most rapidly.
- Be sure the carbohydrate content doesn't exceed six to eight percent by weight. More than that will slow absorption and may cause stomach cramps.

- Refuel your muscles within two hours after exercise.
- Avoid drinks with caffeine or alcohol, which are thought to have a dehydrating effect. Carbonated drinks tend to make you feel full. Making it difficult to drink enough.
- Never restrict fluids during exercise.

Dehydration

Know the warning signs of dehydration, dizziness, light-headedness, muscle cramps, nausea and headache, dehydration can cause a dangerous increase in body temperature leading to heat exhaustion and heat stroke.

The weather outside, including the temperature, the wind, the humidity, sunshine, will make a large difference in your body's ability to handle the heat and your fluid loss.

Urine:

The frequency, the color and the amount that you pee is important. The less frequent, the darker the yellow pee, and the decreased in the amount of pee are all bad signs that you are becoming or may already to dehydrated.

Recommended contents of a sport drink.

- Only 6 to 8% carbohydrates
- Sodium 100 mg or less
- Potassium 25 mg or greater
- 50/50 mixture of water and sports drink

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the Editors

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Volume 7, Issue 8
8 August 2002
Editors: Mike Dugger and
Tom Russo

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by David Dixon , President

Things are going well right now with Cibola. I'd like to cover some of the reasons why.

It's nice to see the Hike (or Bike) of the Month back in operation by Joyce. This month she has planned a great hike in the Pecos. It would be a great opportunity to learn more about an area we've often missioned in - (that's a new SAR word). Let's support her efforts by attending.

Aaron is continuing to offer great trainings. August will be something different and useful to all, Terrain Identification. The September training is becoming a tradition for the Albuquerque SAR community, our annual Mock Search. Steve has been working hard on preparing for it and with the committed addition of AMRC and other state teams it should be even better this year. I'd like to see 100% team attendance on this one.

We've been asked again by Open Space to start off the Fall Fireside Chat series in September with our great presentation on Outdoor Preparedness. We're also hosting a hike the next day. Both events are always well attended and we sometimes stir up a few outdoor types interested in joining. Let Frances know if you are interested in helping out.

The officers met recently with our AMRC counterparts for a nice discussion on many aspects of the two organizations and SAR in general. A small committee will meet soon to develop a joint litter protocol and its implementation via a training sometime later in the year. Everyone seemed to feel that continuing a joint training every year was a good idea. AMRC is also committed to the Mock Search and their Training Officer will be working with Steve to finalize their role. Both teams also agreed to share their training schedules so that all members could take advantage of what each has to offer. All in all I think

the meeting was productive and positive. I remain optimistic that Cibola and AMRC can work together to better serve Albuquerque and themselves.

The forests have opened up and missions are on the rise. We all look forward to getting back into them, either as visitors or doin' our SAR duty. So stay in shape, and good rescuing.

Boots and Blisters

by Aaron Hall, Training Officer

Hurray! The forests are open again and we have the opportunity to do some hiking. I've planned our next training to take advantage of this. August's training will be Terrain Identification for Land Navigation. It will be held at the Embudo trailhead at the East end of Indian School on Saturday, August 10th at 8:00 am. (The earlier time is to prevent us from hiking during the hottest part of the day.) I've designed this training specifically to teach you how to identify terrain features around you using a topographic map. This training will begin with a "class room" session about topographic maps and terrain identification. This session will be followed by a hike approximately 2 miles long. You will be given terrain features that you must locate on your map and hike to, much like a compass course, but without the emphasis on the compass. It should be an enjoyable hike and good preparation for the August Land Navigation Evaluation that will be held at the Embudo Trailhead at the East End of Indian School on Saturday, August 24th at 9:00 am. Also, Cibola voted recently to provide all members with topographic maps of the Sandia's. Tony Gaier has those maps and we will be working with them during this training. It should be a good opportunity to become familiar with your new maps if you aren't already familiar with them.

July was a good month for trainings and evaluations. Tom Russo put on a Low Angle Equipment and Techniques training, Thanks Tom! Six people passed July's litter evaluation, way to go people!

September's training is one to be looking forward to. It will be our annual mock search. Steve Buckley is leading the planning for this training, Thanks Steve. It will begin sometime on the evening of the 21st and will likely end sometime on the morning of the 22nd. Put this on your calendar and plan to be there. The annual mock search has typically been one of Cibola's best trainings and I think one of the most fun. Other teams from around the state usually participate, so its a great opportunity to meet other people in the NM SAR community.

Hike of the Month

Nambe Lake

0700, Aug 17, 2002

Trailhead: Santa Fe Ski Area

R.T. Distance: 8 miles **Elevation Min/Max:** 10400/11400

Hiking Time 6 hours **Hazards:** Some rock on trail. Last portion of trail is steep and can be slippery when wet.

Topo Maps: Aspen Basin

Hike Coordinator: Joyce Rumschlag



We'll hike up Windsor Trail from the Santa Fe Ski Area to the Nambe Lake turn off and proceed on to Nambe Lake. This is a short hike for people who can't be gone as long. Meeting place in Albuquerque will be Bank of America's parking lot at the intersection of San Mateo and Academy at 0700. We'll car pool up to the ski area. Expect rain.

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Many thanks to Steve Buckley who took the minutes at the last meeting.

Minutes of the 11 July, 2002 Business Meeting

Pre-meeting mini lesson was presented by David Dixon on Knot Tying. The team practiced tying the knots required for the litter handling evaluation.

President's Report David Dixon started the meeting with the introduction of the officers and general introductions. The team discussed the pending meeting with AMRC to generate joint protocols for litter evacuations, preparations for the Mock Search, activities to update the Member's Guide, procuring Team vests/shirts, and concerns with the new training policy.

Vice-President/Training Aaron Hall was absent. David Dixon reminded members of the dates for upcoming trainings and evaluations.

Treasurer Art Fischer was absent. Steve Buckley covered inputs to the Treasurer.

Membership Steve Buckley discussed the Member's Guide review process and stated he wanted to get the final draft in front of the team by the August meeting. He also discussed planning for the Mock Search. The team identified 21 September as a good date for the event.

Equipment Tony Gaier reported that he is procuring maps of the Sandias (4 sheets) for the membership. The team decided to buy four Etrex GPS's and give them to the high mission attenders for a six-month

period. The measure was approved (13 for/0 against).

The team decided to buy two team radios and give them to the high mission attenders for a six-month period. The measure was approved (13 for/0 against).

Medical The team discussed the requirement for the WFRs to get CE courses. The Team discussed renting video tapes from the EMS Region II Video Loan Program to meet the need.

P.R. Committee Frances Robertson reported that there would be a presentation on Wilderness Preparedness and Survival on September 7 in the Open Space. She also stated that there would be two Boy Scout events in late September.

New Business New business included awarding the Bronze Boot to Aidan Thompson and Alex Fischer for the El Malpais mission, proposed changes in the phone numbers for one of our pagers, a discussion of a proposal to unite New Mexico SAR teams under the Mountain Rescue Association (MRA), and a proposal to buy new team gear (GPS's, radios, and snowshoes).

Who's Who and New

by Steven Buckley, Membership Officer

Let me be the first to congratulate our newest full members. Don Coddling and Mark Espelien completed all training requirements with the July litter eval. Congrats! Several other perspective members are very close to completing their training as well. We received several new contacts this month but had no new prospective members. One member was restored to field status by making up the first half training deficiency. The rest of the training-deficient members will be restored to field status as soon as the deficient training is made up. I urge you to come to the trainings; we need you in the field. I have finalized the Member's Guide for your review. Please review the changes and provide any comments to me ASAP. The changes are marked in blue.

We have begun planning our Mock Search. We are planning to hold it on 21 September. I have been contacted by many New Mexico SAR organizations that wish to participate. This year's Mock Search should be a great event. I look forward to seeing all of you turn out to be tested by the devious - I mean ingenious - scenarios your Mock Search Committee is contemplating.

Public Relations

by Frances Robertson

CSAR is now booked as the first presenters of the Fall Open Space Series at Elena Gallegos Picnic Area. On Saturday, September 7, 7 PM, we'll do a lecture/discussion on wilderness preparedness and basic survival skills. On Sunday, September 8, 10 AM, we'll present an activity for the public (a hike,

demonstration, or hands on activity) determined by forest access at that time. If you'd be willing to help with either of these events, please let me know. Each presentation should take about 4 hours, travel time included, and it's fun to work with the folks who show up for these events.

We are also on the schedule with indefinite dates in September and October (at this time) for presentations to several scout troops. The topic will probably be search techniques. If you like working with kids or are a kid at heart, this is your thing.

The next PR committee meeting is Wednesday, August 21, 6:30 PM at the Frontier Restaurant. If you like intimate meetings, this committee is for you. Bring your ideas, leave with a belly full of Frontier's special burritos.

Medical News

by Mike Dugger

Two video CE courses were offered on July 28, for a total of 3.5 hours BLS medical CEs for the folks who showed up. The first topic was "Heat-Related Emergencies," and discussed the signs, symptoms and treatment of a spectrum of hyperthermal conditions. The second topic was "Falls from Heights," which discussed injury mechanisms present in falls of different types. There was also a segment in the second video on packaging a subject for litter evacuation in cold, snowy weather. Although not as effective as a hands-on course, there was a lot of good information in both videos. Look for announcements of other medical videos in the coming weeks. If you are not a medical provider, but wish to attend these videos, please let me know.

Remember that we still have a review scheduled with our medical director on the evening of August 19. We plan to review missions where medical care was provided during the past year and a half. Please check the voicemail for updates on location.

Web News

by Tom Russo

Please take a look at the phone tree as it appears in this issue. This is substantially similar to how the final version will look when I'm done with my website programming changes.

You will see that instead of (Not Avail.) appearing when a member hasn't had enough trainings in a 6-month period to go on missions, there will be a notation "(TD 1)" or "(TD 2)." This indicates "Training Deficient," just like it has for the past two months, but the number following the TD indicates how many trainings that member must take in order to go back on mission-available status.

Remember, the new team policy is that if you are short of your training requirement in a 6 month period,

you must make up that shortage in the next period in order to go on missions, and must take two *additional* trainings in the current period in order to *stay* on available status next period. This is the flipside of the statement "you can go back on available status as soon as you make up your deficiency, but you can't count those trainings towards this period's requirements." If you begin two periods in a row with a training shortage you're dropped from the roster.

In order to help you keep track of your own status more easily, I've set up the phone tree generating program to add a flag to your entry for the last two months of each period. If a (W) appears next to your name in May, June, November or December, then you are warned that while you didn't have a shortage last period you are two months away from the end of the period and not yet finished your requirements. If a (WW) appears, it means you were deficient last period and made up that deficiency but have not yet completed your requirements for this period; if you don't complete your requirements you will be dropped from the team roster. You get the two months heads-up so that you are aware that you have only two more opportunities to complete your requirements. This should take some burden off the membership officer of writing up those warning letters --- please heed the warning and spare him the pain of having to wag a finger at you.

I hope these new changes help members keep track of their own status in an "at-a-glance" format. Please let me know if there are any ways you see to make it more readable and informative as I continue to "re-bug" the web functions.

One last item: you may notice that the new "member information database" page has links for "Ham Operators," "Members with Email" and "Members with Pagers." It used to be a phenomenal drag do do something like "send email to all members with email." No more. Each of these three pages generates a clickable link at the bottom that will send an email to everyone on that page who has an email address. This should be used sparingly, as we have the team list server for most purposes --- some people don't *want* to receive lots of team-related email and have chosen not to subscribe to the listserve for that reason --- but this should be a helpful thing to have available.

The team website can be accessed at <http://www.swcp.com/csar/>

CISM, Part 4: The Big One

by Joyce Rumschlag

You are on the mission from hell. Everything has gone wrong and in rapid succession. You do your job as best as you can with what you have and yet things don't get any better. You've even done things you never thought you were capable of doing. The mission has gone on longer than anyone could have guessed. There's even a fresh I.C. on duty. You've been out in the field so long you wonder if the new I.C. even knows that you are still out there. We have the makings of critical incident stress here. When eventually your team is pulled out of the field, the I.C. has members of NMCISM (New Mexico Critical Incident Stress Management) team there to defuse or do one-on-ones. But you may be tired, cold, wet or hungry and all you want to do is go home so you pass on the opportunity. In a day or so you're asked to

attend a debriefing. A debriefing is a seven step process, using the ICISF (International Critical Incident Stress Foundation) method. The debriefing will take between 1 and 3 hours and afterward the debriefing team will make themselves available if you have anything to say that you didn't want to talk about during the debriefing or if you have any questions. The team members will have additional hand outs that may be of help to you. I carry "Common Signs of Stress", "A Practical Guide To Feeling Better", "Eight Ways to Deal With Stress", "Suggested Post-Critical Incident Do's and Don'ts", and "Things To Try" including suggestions for family members and friends. I carry these with me because I like the way the information is presented.

Follow ups after the debriefing are available as well as referrals. There is help out there that will get you back on the job or out in the field whatever the case may be. This, my friends, is what we have been trained to do. We have prepared ourselves so we can offer our services to you because we understand how important it can be in the recovery from exposure to a critical incident as well to lessen the emotional impact of the situation. You are the best judge to tell if things just don't feel right with you, just ask for help.

This is the end of this series of articles, if you have any questions or comments, please feel free to contact me.

There is a 24 hour CISM hot line number to schedule debriefings, defusings or one-on-ones. Please contact me for the phone number.

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the Editors

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Top of the Hill

by David Dixon , President

I first want to congratulate all who worked the recent El Malpais mission. Eleven members responded to a mission that covered 3 days and 5 operational periods. Some diehards even went back in the field for more than one of those periods. In fact, we honor 2 prospectives this month with the Bronze Boot award for their dedication on this mission. I think they would agree that "the boot" could as easily gone to anyone who responded. Or to the person who nominated those prospectives and who responded in another much needed way: Tom jumped in and handled difficult Pager duties even though he was not 1 or 2.

Conditions in this part of the state are always tough. In fact I think all of us who have trekked there would agree that any mission in the Malpais is a "Mission in hell". In addition, summer temperatures and smoky conditions made it even worse. None of that matters to this team of dedicated volunteers. In fact, in describing Cibola and its members the words strength and commitment easily come to mind. Our actions on this most challenging of missions make it easy to use these adjectives. A big WAY TO GO to all for a job very well done.

Good searching.

Boots and Blisters

by Aaron Hall, Training Officer

Despite the forest closures June was a good month for training. We met at the Ellena Galliegos trailhead and practiced hasty search techniques. We also experimented with sound detection and learned an

important lesson: Voices can be heard at approximately twice the distance (1/2 mile) that whistles can be heard (1/4 mile). So remember to use your voice a little the next time you are out on a hasty search.

Five people passed the June Search Techniques Evaluation, way to go!

Tom Russo will conduct July's training (Thanks Tom)! It will be on techniques for a low angle litter raise, specifically, the "Z" system. The training will take place at Pine Flats Picnic Ground on Sunday July 14th at 9:00am. Pine Flat Picnic ground is on South Hwy 14 (NM 337), about 7-8 miles down the road from I-40/Tijeras Exit. Tom says: "We will not be going far from the picnic area, as most of the forest is still closed. There are adequate low-angle slopes and anchors available right there in the picnic area. Please come prepared with your full SAR pack (including carabiners and webbing), food and water. If you own a rock helmet, bring it. If not, consider buying one. A bicycle helmet will suffice for this training, but not for a real mission. Bring a climbing harness if you own one. Topics covered: safety in low-angle technical rescue, knots, basic mechanics of rigging and anchor systems, rescue team organization, setting anchors, rigging mechanical advantage haul systems and belay systems. Litter packaging will not be covered. Expect to spend at least four hours at this training. Come prepared for weather (hot and sunny with potential for thunderstorms)."

July's Evaluation will be on Litter Handling Techniques on Sunday July 28th. It will be held at the Embudo Trailhead at the East end of Indian School at 9:00 am. Please leave a message on the hotline if you plan to attend.

Hike of the Month

STAR PARTY

2000, Aug 03, 2002

Trailhead: Oak Flat Juniper Area

R.T. Distance: 0 miles

Elevation Min/Max: 7300/7300

Hiking Time hours

Hazards:

Topo Maps: Escabosa

Hike Coordinator: Albuquerque Astronomical Society



AAS co hosts with the Friends of Tijeras Pueblo. Programs start at 8:00 P.M. followed by stargazing. Bring a picnic dinner and enjoy a summers evening gazing at the stars. Second party will be on Sept.14. Hopefully next month we will be able to get out hiking in the Pecos. Watch this section of the newsletter for details.

Business as Usual:Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of 13 of June, 2002 Business Meeting

Pre-meeting mini lesson was presented by Aaron Hall on Dangerous Situations we get into in the course of doing a mission. Urban searchers, entering private property and driving home after the mission were at the top of the list.

President's Report

David Dixon started the meeting at 1925 with the introduction of the officers and general introductions. No new business.

Vice-President/Training

Aaron Hall mentioned that a possible new training could be terrain identification. ESCAPE will be held at Philmont Boy Scout ranch in 2003. He also reviewed previous months training and reminded members that Search Tech Eval would be on June 22.

Treasurer

Last reminded to turn in receipts for ESCAPE if you expect reimbursement. Last months expenses were \$604.72. This amount was for batteries, ESCAPE, and Medical CE tape program. New Mexico State Employees Charity Campaign is running behind schedule and we should have our application next wee. The due date is July 5, 2002.

Membership

Steve Buckley had found a source for Cibola patches. CD's would be less money to put the member guide on than the \$8. to \$10 it is presently costing the team. He also mentioned that we need to get serious about the mock search since it is coming up in September. The following amendment to the by laws was presented and passed by membership 13 for 0 against.

Member's training participation will be evaluated at the end of June and the end of December. Members who have not participated in at least two trainings in the last six months will be declared Not Available for Missions (NA) and will not be able to participate in a mission in any capacity until the deficient training is made up. For example, if a member has one training in the January-June period, the member will need to attend one training in July-December period in order to be declared available for missions. If the member has no trainings in the previous six-month period the member must attend two trainings in the current period. In all cases, a training attended during the current period to make up for a deficiency from the previous period will not count for the training currency in the current period. Member's evaluation participation will be evaluated at the end of December. Members who have not passed an evaluation for Search Techniques, Land Navigation, and Litter Handling during the previous calendar year will be declared Not Field Certified (NFC) and will not be able to participate in a mission as a fielded team member until the deficient evaluation is made up. NFC members may participate in Base Camp operations. For example, if a member has passed all evaluations except Land Navigation, the member will need to pass the Land Navigation evaluation in order to be declared field certified. Cibola SAR provided a vital service to the community. Lives are frequently at stake when Cibola SAR is activated for a mission. To maximize the safety of every team member, Cibola SAR has adopted a set of training standards for mission-ready members. These standards also ensure a common level of basic training for all members in the skills that Cibola SAR frequently provides during the location and rescue of a lost person. As noted above, the standard can be found in the appendix to the member guide. Each member will be required to pass all three evaluations in a calendar year to remain field certified.

Equipment

Tony Gaier reported that he is working on the prussic ropes and that we are well stocked.

Medical

Mike Dugger reported that he had sent away for the catalog for the CE courses. The "movies" would be shown on a rotating basis among interested members. Popcorn may be provided.

P.R. Committee

David Dixon and Frances Robertson reported about their presentation at E.G. Ross Elementary School. The focus of their instruction was on things to take on a hike and how not to get lost. The next two meetings are scheduled for June 20, and August 29, both meetings will be at 1830 at the Frontier Restaurant.

New Business

It was suggested that Cibola purchase sets of maps that we most frequently use to be given to members. The maps would include Sandia Crest, Tijeras, Sedillo. Membership passed the motion 12 for 0 against. It was also suggested that team shirts would be nice especially when we attended events like ESCAPE. Vests that could be worn over warm clothing would be practical. We will talk to Chris Murray since we started this project some time ago before we proceed. Tony Gaier would like to look into getting a new litter since the old litter has problems with the pins being inserted properly. The cost of the new litter would be about \$459.

Meeting was adjourned at 2100.

Who's Who and New

by Steven Buckley, Membership Officer

We received several new contacts this month but had no new prospective members. After the January to June training half, six members of our team need one training and two members need two trainings to become available for missions. I will follow the procedure to get back on status that we voted on last month (until told differently). For those of you with one training, I will make you available for missions as soon as you get one training. For those of you that need two trainings, ditto as soon as you get two trainings. Any training sessions used to make up for the last half will not count for the two trainings needed for this half. I will be handing out letters to the members this pertains to at this month's meeting or by mail or E-mail. Aaron has a great training program that is fun, valuable, and counts for the trainings that you need. I urge you to get out and get the trainings you need. Cibola needs you field capable and so does our subjects!

We have been conducting an interesting discussion on the possibility of Cibola participating in Mountain Rescue Association (MRA) membership with AMRC. I urge you to take part in this discussion. This could be very important to Cibola and your input is a must. I know how I feel about it. I need to know how the rest of you feel about it so I can be sure that we are looking at the issue from all sides. If everyone interested comments, then I will know that all issues have been covered. Join in. We need your input.

I have drawn a line in the sand and will finalize the Member Guide for your vote on the August meeting. For those members on the review committee that have not given me comments...now is the time. Get them to me ASAP. We will meet in late July and I will finalize the MG for the team's vote. I intend to publish the draft for the team's review at least a week before the August meeting.

It is time to get serious about our Mock Search. We are planning to hold it in September. I suggest that we hold it September 21st or 28th. I intend to get your input at this meeting. I need two more Cibola members to be on the planning committee and one AMRC member as well. In addition, I would like to

invite one or two prospective members to be on the planning committee. It is a great way to figure out what the New Mexico SAR community is all about.

Bronze Boot

This month Cibola would like to honor prospective members Aidan Thompson and Alex Fischer with the Bronze Boot award for their dedication and hard work on the El Malpais mission. As much I enjoy giving the boot for any reason I feel the greatest honor goes to those that receive it for mission work. Both Alex and Aidan went back in the field for more than one operational period, on a mission that elsewhere in this newsletter was aptly described as "hell". Congratulations to both of you. With commitment like that we know you'll both be staying with us and continue that great service as actives.

Honorable mention must go to everyone else who worked the mission as responders or pager handlers. Way to go everyone.

Medical News

by Mike Dugger

I have finally received the catalog of videotapes for medical CEs from EMS district III. Just a quick glance reveals a very comprehensive list of videos, many of which offer BLS medical CEs. Now I will request tapes and begin scheduling viewing sessions. We'll do the first one at my place. I would welcome suggestions from other medical providers, or any team member, on sites to hold viewing sessions. If you have suggestions for video subject matter, or a location to view the tapes and take the tests, please contact Mickey or me. Look for announcements on the medical listserver and the telephone hotline about upcoming sessions. I hope to have one the weekend of July 20, probably the afternoon of July 21.

Kevin Nufer, our medical director, has requested that we modify the date of our mission review session. It will take place on August 19 at 7:00 PM. I am attempting to get a CE course established for these review sessions. We also need a location. We'll see if the church is available, but may need an alternate if it is not. Any suggestions or help with a location would be appreciated. Medical providers, please go ahead and mark this date and time on your calendars. All team members are welcome, and medical providers are strongly encouraged to attend.

Web News

by Tom Russo

Please continue to watch as I redo all the team web database access programs. They're coming along bit by bit. All the old ones are still there so no functionality is lost as I do this.

The team website can be accessed at <http://www.swcp.com/csar/>

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the Editors

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Volume 7, Issue 6
13 June 2002
Editors: Mike Dugger and
Tom Russo

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by David Dixon , President

It's summer and I might normally say, "it's time for more missions". But this year is different and instead I'm forced to say, "it's time for more rain." The forests, our mission-grounds, are sadly dry and fewer users means fewer lost users. There are some open places in the state though so be prepared for some activity farther a field than our backyard.

It's always nice to have lots of missions but other things are still happening with this team. In fact here is a mid-year update of 'What's going on with Cibola'.

Frances and I did a presentation of Outdoor Preparedness and the 10 Essentials to two classes of eager 3rd graders last month. They still think the biggest outdoor dangers facing them are bears, snakes and mountain lions - in that order. And I'm not sure they felt much different after our talk. I guess hypothermia just isn't exciting enough. Hopefully they'll have their essentials just in case the wild animals don't materialize. There will be other P.R. events this summer and fall so if you're interested in participating give Frances a call.

Steve B. and the committee have been working on the much-needed update of our Member Guide. It should be ready soon for a once-over so the rest of the team can vote on it. The changes are important so make sure you give them some thought. It's your Member Guide.

Now that he's not running the team and has a little more time to devote to our (his) website Tom has been working very hard making much needed changes and updates to the site and database. He would really appreciate constructive feedback on member information, the new phone tree, etc.- check our website and follow the signs.

It was nice to have more of our members getting their Ham license at ESCAPE. Now it's just as nice to see some getting their EMT. Mickey Jojola and David Chapek should be certified soon if they aren't already. Big congratulations to them for helping to keep us medically strong.

The officers will be meeting with their AMRC counterparts soon to discuss some joint trainings including our requested litter protocol. They also have expressed an interest in our Mock Search in September. It would be nice to see them attend this year. The more we work together, the better missions will go.

June Training on Hasty Search and Sound Detection was interesting, informative and well attended. I certainly learned some things on voices and whistles, wind and terrain. Stay tuned for a summer bivvy (hopefully, forests permitting) and more great stuff from our Training Officer.

Finally, if you want something different Joyce is hosting a Bike of the Month on June 15. It's a good time to dust off and fix up that 2-wheeler in your garage and join her for a ride through the Manzanos. If you're new to Cibola this counts as one of your 3 events toward prospective status.

Get out, stay busy and above all good searching and rescuing.

Boots and Blisters

by Aaron Hall, Training Officer

May was a great month for trainings and evals. We had a very good turn out at the Land Navigation Evaluation and there were two very interesting training opportunities: the NMESC ESCAPE Conference, and The Sunport Disaster Drill. Trainings like these are a lot of fun and are really worth getting out for, especially now with the forest closures reducing the number of missions statewide.

Both trainings were well attended by CIBOLA members. As always, the ESCAPE conference was well worth the drive to Philmont. It will be held a Philmont again next spring, so start planning to go now. Five Cibola members participated in the Sunport Disaster Drill. Tom Russo and Terry worked as moulagers, Joyce worked debriefing the "meeters and greeters," and Larry and I played injured subjects. I only had superficial facial lacerations, but Larry had a broken collarbone and a displaced trachea. Tom's moulage job on Larry was almost as convincing as Larry's acting. For me, participating in the disaster drill as a subject was a great learning experience. I highly recommend participating in this type of event. There is no better way to learn about a disaster than being part of a drill like this.

June's training was held last Saturday (the 8th). We practiced hasty search techniques by looking for clues (green flower pots) in a heavily seeded area, practiced critical separation, and experimented to determine the distances at which we could expect a subject to reliably hear voices and whistles. In open terrain (Ellena Galleigos Trailhead) with a slight breeze (less than 5mph) we found that whistles could be reliably heard at distances up to 1/4 mile. We found that voices could be reliably heard at distances up to 1/2 mile. So remember next time you are on a search, you can expect your voice to carry twice as far as your whistle. Morale of the story: Get out there and shout!

Our next evaluation will search techniques on Saturday, June 22nd at the Embudo trailhead at the East end of Indian School. Our next training is scheduled for Sunday, July 14th. I wanted this training to be the summer bivy, but with all the national forests closed, we will have to do something else. I don't know what that will be yet, monitor the hotline and the website for details. They will be posted at least two weeks in advance of the training. The July evaluation will be Litter Handling on Sunday the 28th at the Embudo trailhead at the East end of Indian School. Next month I will conduct a Pre-Meeting Training on Litter tie-in procedures, so if you are rusty plan to come to the meeting early to brush up.

Hike of the Month

Bike of the Month

0730, Jun 15, 2002

Trailhead: Sandia Ranger Station

R.T. Distance: 18 miles

Elevation Min/Max: 6300/7400

Hiking Time 4 hours

Hazards: Motor vehicles

Topo Maps: Sedillo and Escabosa

Hike Coordinator: Joyce Rumschlag



We'll meet at the Sandia Ranger Station and ride South to Pine Flats (6 miles), from there we can continue on to Oak Flats (another 3 miles). I'll be on a mountain bike so it will take me significantly longer than those of you on road bikes. Bring snacks, sunscreen, helmet, bike repair kit and plenty to drink since I expect it to be hot.

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of 9 of May, 2002 Business Meeting

Pre-meeting mini lesson was presented by Aaron Hall, our training officer, who conducted a pack check and breakdown.

President's Report

David Dixon opened the meeting at 1930 with the introduction of officers and then the general attendance.

Vice-President/Training

Aaron Hall requested (again) that team members wishing to be evaluated must call in for the evaluations. Evaluations have been cancelled because of failure to do so and people have even been left waiting because no one knew they were coming.

Treasurer

Art Fischer requested that receipts be turned in from ESCAPE. He has also written letters to the attorney general putting Cibola on a list of charitable organizations that allows us to solicit contributions in New Mexico, the Combined Federal Campaign (United Way), The Public Regulations Committee to renew with the State Corporation Committee. We have an application pending with NMSECC (New Mexico State Employees Charity Campaign). Art also reported that we received \$1000 in donations. The budget was presented and accepted by the members in attendance.

Membership

Steven Buckley announced that our newest member is Stephen Teller and that David Chapek would be receiving his patch.

Equipment

Tony Gaier would like to repair the litter and replace the pins. He will be adding prussics made for use on missions. He then ran through a list of items available.

Medical

Mike Dugger reported that six hours of BLS CEs were available to those attending ESCAPE. He is also in contact with District 3 to get a list of videos available for CE credits. WFRs were reminded to submit their renewal application by the end of September because March 2003 is the deadline.

P.R. Committee

David Dixon and Frances Robertson will be doing a presentation at E.G. Ross Elementary school demonstrating the ten basics. No date for a P.R. meeting was given.

Who's Who and New

by Steven Buckley, Membership Officer

Andy Nielsen resigned last month. I supported several missions with Andy over the last few years. He was a strong team member in the field and a solid member in general. Please join me in thanking Andy for his service to the team and our community and in wishing Andy good luck in his future endeavors. Cibola could use a dozen more just like Andy.

We received several new contacts this month but had no new prospective members. Several of you (50 percent of the team, in fact) got friendly E-mail reminders from me about their training status. Those E-mails served two purposes. The first was to verify that you agreed with the training database. Indeed, in one instance, I had made a mistake and incorrectly identified someone as only having one training when he had two. Most of the others sent me mail back that indicated that the database was correct. The second reason for my E-mails was to remind those without two training events this first half of the year that they were in danger of not being available for missions.

I saw myself getting a terminal case of writer's cramp writing all the "you can't go to missions" letters. Most of you took the hint and attended Aaron's Hasty Search training. Thanks for saving me from carpal-tunnel syndrome. Two members, Terry Hardin and Dave Dixon, attended six trainings and got a "gold star" courtesy of the webmaster. In fact, "Iron Man" Dave Dixon attended last night's mission with me, and Aaron's training today. While I felt a compelling need to go home and work on my beauty sleep (I know it isn't working...save the comments), Dave went to Aaron's training. A mission and a training in 24 hours! How does he do it? Four other members, Dennis Barnhart, Mike Dugger, Aaron Hall, and Tom Russo attended five trainings. Six members of our team need one training and two members need two trainings to become available for missions.

All in all, we have 29 people on the team so we have enough folks qualified to support a mission in the field to cover a tough litter evacuation. Thanks for the push in the end-game keeping most of the team mission capable. Lets review the requirements one more time. You are required to attend two trainings in each calendar year half. If you fail to attend two trainings in a half, you become Not Available for missions (NA). That means that you can't support the base camp or deploy into the field. You can handle Pager 1/2 if you choose.

The officers and I have been discussing how the NA folks get back on mission status. In my opinion, the best option is for the NA members to make up the number of trainings needed for last half by attending 1-2 of this half's trainings. If you need one, attend the July training and you are no longer NA. Of course, in this case the July training would not count against your required two trainings for the upcoming half. I intend to discuss this issue with the team at the June meeting so stay tuned for final disposition. I realize that we are in a slow period for missions. I also realize (and share in the opinion) that missions and helping folks is what this team is all about.

I also strongly believe that the training and evaluation standards that our team follows make us the best team around. Trainings keep our team capable and evaluations certify to all who care that we are ready to

do our mission to the community. Aaron and his training helpers have done a great job organizing our training program and have offered several "fun" training events that were far from boring. During periods of limited missions, our training program becomes all the more important. Periodic trainings offer the opportunity to work together and keep the team strong. I urge you all to get out there and get the trainings that you need to stay available for missions. The team needs you! The community does too! I like to think of our team as being similar to volunteer firemen. Just because no houses have burned recently, doesn't mean we don't have to be ready for a fire. Trainings ensure we will be.

Coming Attractions

by Tom Russo

I have to apologize publicly to Joyce Rumschlag for failing to insert the final installment of her CISM series this month. Joyce submitted all four parts on floppy disk to me early this year, but this month I put off working on the newsletter for so long that I find myself doing final newsletter work just 11 hours before the business meeting, sitting 30 miles from the computer that has the floppy disk in it. I promise to get it in to the next one, really.

Medical News

by Mike Dugger

There are some important upcoming CE opportunities for our members. First, at long last we have agreed on a date with our Medical Director to have a case study review. The plan is to review all cases in which our team was involved in a mission where medical aid was given to a subject, since we began offering medical expertise as a skill at the WFR level. We plan to have a course every year or so to review cases, what care was given, questions that came up, how the mission may have gone differently, etc. The date set for this is August 10, in the late afternoon. Exact times and location are TBD, but medical folks should get this on your calendar now. All team members are welcome.

Second, we have just joined the EMS Region III Video Loan program. For an annual membership fee we get access to a catalog of over 300 videotapes that have been approved for CE credit. Over half of these, I'm told, are at the BLS level. Once we get the catalog I will begin requesting tapes and arranging times for us to view them. There are also test materials that must be submitted for CE credit. Mickey and I will need help from our medics, and potentially the whole team, in arranging locations for our roving video sessions. We can have a maximum of two tapes out at a time, so there will be many sessions to schedule.

Finally, the Annual EMS Conference is coming to Albuquerque on July 22-27 at the Hyatt, downtown. As in most of these events, there are pre-conference workshops Monday July 22 through Wednesday July 24. All-day workshops and multi-day refresher courses are offered, many with BLS medical CEs, at a fee additional to that for the conference. The conference itself runs Thursday the 25th through Saturday the 27th. Registration is \$112 before July 12, \$130 on-site, or \$45 for Thursday alone and \$80 for Friday or Saturday alone. There is a new type of CE offered at this conference, called "combination medical CE."

This type of CE allows providers to receive BLS or ILS/ALS CEs as they need. My quick tally of CE opportunities at the BLS level (including the combination medical ones) shows 6 hours on Thursday, 5 on Friday and 3.75 on Saturday. If you can only make it for a day, it looks like Thursday is the day to go. If you have not received the latest issue of "EMS Focus" describing the conference, or need help, please contact either Mickey or me.

Web News

by Tom Russo

The rewrite of the team's website handling software is proceeding, if slowly. Rewriting 12,000 lines of legacy code into more modern programming paradigms is Real Work, but trust me, I'm a Professional. I've got a small fraction of the features of the old "Member Information" page implemented, and in the process have rewritten a few things that were very unwieldy in the old site. Some of these things have been easy to put into the old site to get those features now, so I did that.

One thing I had noticed was that a small fraction of team members have been getting asked to get a "Magic Cookie" ever since I modified the default cookie expiration date from "Dec 31 2000" to "Dec 31 2020." For some reason some browsers have not been respecting that new expiration date, and have been throwing the cookies away at random intervals. I have completely rewritten the cookie generator to use Perl 5's easy-to-use cookie generating routine and changed the current website to use the new website's version, so perhaps now the cookies we generate will have the right preservatives in them. If you are one of the folks who have seen this annoying behavior, please let me know if it continues. At this writing I notice that some folks are still seeing this happen, and I'm at a loss for understanding why. It appears that some browsers are defective, and perhaps upgrading them is called for.

You may also notice that I have done away with the noisy "click-through" page that you normally get when accessing the database functions. The site used to make you "log in" when your session ID expired. For most functions the process is silent now; only in the case of more complex form access does the site ever ask you to do anything special to get a session ID.

Since some of the new software actually works, I have added a link to it from our membersonly page. Ideally, you should not find anything exciting about it --- it should do precisely what the old one did, and at the moment only does *some* of what the old one did --- but at least if you check it out and use it where possible you may help me track down errors. Also, if you see ways that you feel the layout, operation or look-and-feel of the site could be improved over the Old Way, now would be a good time to make suggestions. I have already implemented what I think is an improvement over the old mission log selection mechanism. Let me know what you think.

Lastly, for this issue of the newsletter I've set up the "members only" pages at the end to use the new phone tree program, just so you can see how it will look in the future. Note the addition of a new column of member status information that can contain either "(TD)" or "(W)." This column is constructed

directly from training data, and reflects whether the given member has met all the training requirements for the team. "(TD)" stands for "Training Deficient" and is set if a member has not had two trainings in either this or the last 6 month period. "(W)" stands for "warning" and means that the member has not had two trainings in the current 6-month period but is still mission ready until the end of the period --- I have set this up to appear in the phone tree only during the last two months of a period, to give a quick visual indication of training status for those who still have a chance to correct it.

The new column of data taken directly from the training database should make life a lot simpler for both the membership officer and the members themselves. The old flag "Not Available" was really just a part of every member's membership data, and had to be set and unset by hand. Once the new software is fully functional, the "Not Available" flag can be retired as the primary way to indicate that a member is not mission ready as a result of missing trainings. "Not Available" can then be used for other purposes, such as when a member tells the membership officer "I'm unable to go to missions as I'll be traveling for a huge fraction of the month --- don't call me" or "I'm having a prefrontal lobotomy this week, and won't be able to attend missions for a while."

The hyperlinks in this newsletter's phone tree and "ICS Section Chiefs" tables all point to the new software, which means they are not as functional as the old one, but you can see where it's going. The old phone tree program can still be accessed through the old "member information database" menu item on the members only web page. I hope to get the new programs doing all that the old ones did Real Soon Now, but it's slow going.

The team website can be accessed at <http://www.swcp.com/csar/>

Feature Article: SAR Cutting Tools II

by Steven Buckley

As promised, this article will be about multi-tools and their SAR applications. I also want to expand the scope of this article to cover other tools that might be applicable to SAR operations. Let's start the discussion with multi-tools.

I remember when the original multi-tool hit the market. They cost about \$25 dollars. I remember thinking that they were pretty hokey despite being a knife aficionado. A friend of my owned one and vowed that he would get me to buy one. Of course I resisted. Why buy a knife with set of pliers as an attachment for \$25 when I could get a really nice folding knife for \$15? Of course, many of you have already noticed the failure in logic of my argument. When I finally realized that a multi-tool was a pair of pliers with a knife attached to it and not the other way around I bought one. I immediately found myself grabbing stuff with the pliers, tightening small screws on light switches and stuff without having to go to the toolbox, and cutting the stuff that is really punishing to a knife (wire insulation, etc.) with the attached blade on the multi-tool, saving the blade on my fine pocket knife in the process. Since then I have rarely been without my multi-tool. I even carry one while dressed in "business attire" (boss hates jeans) since I work in a lab and find it handy for the minor tasks that don't require a formal run to the official toolbox.

I think multi-tools have great application for SAR operations. As noted above, the reason to carry one is for the "tool box on a belt" utility of the pliers and screwdrivers. The knife serves as a nice back-up to my pocket knife. Just think of the things that a multi-tool can do that a pocket knife can't, bend the crampon spike back in shape, snip and trim sharp wires off of the litter, pull that painful nail out of the sole of your boot, tighten a screw, pull out cactus spines, etc. etc. Sure that expensive single-bladed pocket knife can do some of that stuff but the multi-tool works better.

There are several other SAR tools worth mentioning here. At least one of our members carries a folding hunter's saw instead of the larger straight knife mentioned in last month's article. The saw is lighter, safer to carry, and can do all of the stuff you carry a larger straight knife for.

At least one member has a "pocket chainsaw." Think of a chainsaw chain with handles on both end. The chain is manually worked back and it works as good and almost as fast as a chainsaw. It's a little heavy but for under a pound you can handle really big (12" and larger) logs with a very durable tool.

The lightweight wire saws are useful only because they are small enough to carry "just in case" so long as your life doesn't depend on them. One hint with the wire saws is to keep them stretched in straight line while cutting. If you bend them around a branch the tension loads in the wire quickly exceed the strength of the wire. That's an engineer's way of saying...the wire breaks. Even when they are treated gently, they tend to break.

At least one member has been seen with a light hatchet strapped to his pack. His choice is a good one with a metal head and composite handle. It is one of the lightest hatchets that I have seen. On the other hand, a hatchet is like the larger straight knife mentioned last month. It is not really needed except in rare circumstances and should only be carried by those who don't mind a little extra weight to "be prepared." The same safety procedures for a larger straight knife (stout sheath, carried so a fall won't hurt people or things) apply.

The final type of SAR tools are specialized tools such as an ice axe. There are certainly times when an ice axe is a necessity. In fact, I pride myself on my skills with an ice axe, snowshoes, and crampons and my ability to use these specialized snow tools to serve our subjects. But, for the most part, the ice axe should stay home. To be honest, I carry an ice axe winter and summer on most of my hiking trips. It serves as a great cathole digger, walking stick, occasional skyhook, and is good for a laugh when someone from California asks you why you are taking "gardening tools" on a hike. The downside is an ice axe is dangerous and should not be carried by someone unschooled in its use. People have been killed accidentally by falling on the pick and Trotsky was murdered with one. If you are not an expert in its use and willing to accept the risk of getting hurt with it, leave it home.

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the Editors

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Volume 7, Issue 5
9 May 2002
Editors: Mike Dugger and
Tom Russo

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by David Dixon , President

This year's ESCAPE Conference at Philmont was special for Cibola. We had a nice member turnout, quite a few more than last year. Aaron, Steve, Tony and Jennifer all passed their Ham test and Jennifer also passed PACE. And it's always nice to see the beautiful northern N.M. scenery including that great night sky. But what really made it special was to see James Newberry up at the front being introduced as the new State SAR Resource officer. What an honor for us and a great reflection on our team to have him chosen for that position!

Cibola is proud to turn over James to the state. We all know he'll do a great job because we also know that it's his enthusiasm that got him there. He'll tell you though that he's got a lot of listenin', writin', learnin' and talkin' to do. On the other hand this means that James will be leaving and it's time for me to again put together some thoughts on a member's time with us. In his case it's a little easier knowing that he'll still be around in SAR.

James spent over three and a half years with Cibola - the whole time as a great, hard-working member. He served for a time as Gear Chair and last year as Training Officer. It was always great to work with him on trainings, evals or missions - or for me as a fellow officer. His easy-going and open-minded style served him well with us and should also with the state. (Although sometimes he'll need to show his assertive side as we also know he can do). I used the following description for another member who left us last year and it's obviously very appropriate to apply it to James - he became the quality, field ready member this organization strives to produce and have the SAR community see. Cibola SAR says congratulations to you James and good luck, as you'll definitely need some of that too. Finally, since he kept saying "call me, really, call me" - don't worry, we will, and often.

Cibola Search and Rescue also extends our best wishes to Rick Goodman on his departure. Since he'll be running the state ICS Trainings we know we'll also see him around. I, for one, am hoping for more SC classes. (Are you listening James?)

Good searching - at least we all had a few more chances to do so this month!

Boots and Blisters

by Aaron Hall, Training Officer

The month of April began with a traditional Litter Handling training (Thanks David and Adam) that was followed a few weeks later by a Litter Handling Evaluation. This training was well attended, however, the evaluation was not. In fact, I had to cancel the evaluation because only one person left a message on the hotline saying that they planned to attend, and we can't do a litter haul with only one person. Two of our three evaluations require that four or more people attend so that we can complete the evaluation (Litter Handling and Search Techniques). If you plan to attend an evaluation, please leave a message on the hotline at least a day before the evaluation.

May began with the annual ESCAPE conference sponsored by NMESC at Philmont Scout Ranch. Teams from across the state attended the conference. Cibola SAR was well represented with eleven people from the team in attendance. The conference sessions were good and the weather at Philmont was beautiful. Four people passed their Ham radio license exam (Aaron Hall, Jennifer Dellinger, Tony Gaier, and Steve Buckley), and one person passed the PACE exam (Jennifer Dellinger). James Newberry was announced as the new Search and Rescue Resource Officer for the State of New Mexico. James will replace Rick Goodman as the State SAR Resource Officer. Way to go James!

The next training opportunity in May is the Airport Disaster Drill on Tuesday, May the 21st. The disaster drill is an Emergency Services exercise that will be held at the Sunport. A mass casualty disaster involving an airplane will be simulated and the Albuquerque Emergency Services and hospitals will be asked to deal with the disaster. Volunteers are needed to participate as injured subjects (they are still looking for about 30 additional subjects) and "meeters and greeters" (people who show up at the airport to meet family and friends who are on the plane). Injured subjects will be moulaged (extensive make-up to simulate injuries) and their simulated injuries will be treated by emergency personnel. The drill will take all day on Tuesday. Contact me (Aaron Hall) or Bruce Berry for more information (contact me for Bruce's phone number and email address).

Bruce Berry is also looking for several volunteers to assist with the moulaging for the disaster drill. A three hour training is required, and this will take place on Wednesday, May 15th at 1pm. Volunteers will be taught how to apply the make-up to make the simulated injuries look realistic. The moulaging itself will take several hours on the day of the drill, beginning at 7am. Contact Bruce Berry for more information.

May's evaluation will be Land Navigation on Sunday the 19th at 9:00 am at the Bear Canyon Trailhead on the East end of Spain. Please leave a message on the hotline if you plan to attend. Also, bring some sunscreen, you'll spend most of the morning hiking in Bear Canyon during this evaluation, and its prime sunburn time.

June's evaluation will be Search Techniques on Saturday the 22nd at 9:00 am at the Embudo Trailhead on the East end of Indian School. June's training will be on the Saturday the 8th at 9:00 am at the Elena Gallegos Trailhead and will cover Hasty Search and Sound Detection. Please bring any sound generating device that you think you might reasonably carry on a Mission (no tubas). I'd like for us to spread out and test them to help determine which sounds can be heard well. Also, bring a mountain bike (to facilitate spreading out) and a radio if you have one.

Hike of the Month

Loop hike in the Sandias

0800, May 18, 2002

Trailhead: Cienega Picnic area - west end

R.T. Distance: 12-13 miles **Elevation Min/Max:** 7514/9440

Hiking Time 5-6 hours

Hazards: cougars and bears on lower Faulty in A.M.
Footing on trail on some parts.

Topo Maps: Sandia Crest

Hike Coordinator: Joyce Rumschlag

We will do a loop hike starting at Cienga, hike south on Faulty, west up Bart's trail, north on the Crest Trail and back east on Cienega to return to the parking area.



Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of 11 of April, 2002 Business Meeting

Pre-meeting mini lesson was presented by Frances Robertson. Frances had demonstrated how we could make our own backpack food just but dehydrating prepared foods. She had samples of some meats and fruits she had done previously.

President's Report

David Dixon called the meeting to order at 1920 with the introduction of officers and then the general attendance. Discussion of reimbursement for CE's need for WFR was resumed from previous meeting. It was voted on by the membership 13 to 0 to reimburse half the cost up to \$75 per person up to a team maximum of \$1000.

Vice-President/Training

In Aaron's absence, David reiterated the upcoming schedule of training and evaluating events. ESCAPE forms were available and must be in by April 15, or pay \$5 more for registration and risk not having a wide choice of accommodations. The team will reimburse attending members up to \$50 to a team maximum of \$1000. Bring receipts to the next meeting. Pre-meeting lesson next month will be pack check. Bring your pack ready to be inspected.

Treasurer

Art Fischer announced a budget committee meeting at his house on April 29, 2002 at 1900 hrs. The team received a Thank you card from a recent subject. United Way sent Cibola a check for \$529.

Membership

Stephen Buckley reported that the team now has two members: Stephen Teller and David Chapek. Six people passed the PACE exam last week. Committee members working on the Member's Guide please reply by e-mail that you have/have-not received you guide and advise of any changes you feel necessary. Items needing discussion include by laws and gear list.

New Business

Gary Williams and Bruce Berry would be receiving Cibola's Newsletter with the final page of members in tact. This page is removed when newsletters are generally sent out.

Equipment

Tony Gaier has "whatever you need" See him after the meeting. We discussed whether or not to move the gear to the alternate site at Frost Road. For the time being we'll keep it where it is with Stephen Buckley visiting the cache on a weekly basis when he can so we have a presence at the fire station.

P.R. Committee

No meeting this month.

Who's Who and New

by Steven Buckley, Membership Officer

I would like to say our newest member is Stephen Teller but in reality I should have recognized him in last month's column. Sorry I missed you Steve and congrats!

We received several new E-mail contacts this month but had no new prospective members.

On another note, I accepted the resignation E-mail of James Newberry today. Normally, this would have been the textbook definition of "a bad day!" Instead it was the first sign of a new beginning for New Mexico SAR and the subjects that we serve. In the two years that I knew James as a fellow team member, I came to consider him one of the finest men on our team (no small praise given the quality of this team) as well as a good friend. The dominant characteristics I noticed in James were his willingness to help wherever needed and his down-to-earth common sense. Both of these traits will serve the State of New Mexico very well. James was a competent team member, a dedicated officer willing to "go the extra mile" to help keep the team in top form, a tireless contributor on a mission, and a friend to all on the team. I don't know what else to say to James other than thanks from the team, congrats, and I hope to see you monitoring a mission once and awhile.

I still need mentors. Please E-mail me if you are willing to serve. I have completed the first iteration of the Member's Guide and got comments from several members of the committee. I am almost ready to consolidate all the comments and run it by the committee.

Mini Lesson: CISM, Part 3: Be Prepared

by Joyce Rumschlag

When we at NMCISM are not doing our thing with people involved in critical incident stress, we do pre-crisis preparation training. One of the highest stress jobs is being an emergency responder. That's us, folks.

We get called on at any hour of any day. We may be 1022'd halfway out the door or end up spending the night tied in on the side of a mountain. We have seen lost kids reunited with their families and have found lost skiers who were not. All of this effects us.

Rarely do we come home from a mission and say : "I wouldn't have changed a thing with the way the mission was run." Conversations about what we weren't happy with can be helpful. That may be a good thing if we use it as a learning experience.

But what prepared us to find a subject that hasn't made it? Most of us are hopeful that the team we are on

will make the find, but we rarely are. But what happens when we are on the team that has found a permanently unresponsive subject? I guarantee you that everyone on that team will have a different reaction all the way from "I'm just doing my job" to "This one really got to me".

There is no right or wrong response since these are our emotions. Who we are and what our life's experiences have been determine how we will react and when we will react. I've talked to people who seemingly were unaffected by a situation only to have problems years later. That's why we do interventions. Debriefings are done 24 to 72 hours after a critical incident. Defusing are done on scene. Even if you think that you're not going to have a problem after a critical incident, and a debriefing is called, please go. Your take on the situation will help fill in the blanks for other team members so that a total picture can be formed. Your presence alone can help someone right away and may help you down the road.

Next month: The big one

Web News

by Tom Russo

I spent a little time last week cleaning out our [Other Interesting Web Sites](#) page. Unfortunately, there were many stale links that used to take you somewhere interesting, and now just result in the "File Not Found" or "Cannot connect to host" error. There are still a number of interesting places to visit listed on that website, and I encourage you to go visit some of them. Please let me know if you find an interesting SAR related website that deserves a link on our site.

As I have promised for ages, I'm completely rewriting the scripts that handle all of our member, mission, certification, training and Continuing Education databases at the website. The current programs that handle this stuff comprise over 12,000 lines of Perl 4 code. Much of that bloat is due to what Larry Wall (the author of the Perl language) refers to as "false laziness" --- over the years I have added new functions by cutting-and-pasting code for old functions and tweaking them, without doing the real work of making reusable, maintainable generic functions. I'm making up for that, and have part of the member information database scripts rewritten in object oriented Perl 5.

The good news on this is that the code should have fewer bugs when I'm finished. In fact, just this week I managed to find a solution to an annoying problem in the old newsletter handling scripts as I rewrote parts of the security software, and was able to incorporate my new stuff into the old programs so members should encounter fewer problems as they submit newsletter articles. Maybe they'll submit more of them.

The better news is that there has never been a better time for someone so inclined to get in on the maintenance of the website. I inherited the old scripts a long time ago, learned how they worked, changed them, learned how to extend them, and in the end have the software equivalent of Fibber

McGee's hall closet. As I rebuild the thing from the ground up, there is a lot of opportunity for a hacker-minded person to learn the ropes without having to plough through a ton of legacy code. I have had one person express interest in getting in on this, and another suggest that it would be an interesting thing to spend the 26th and 27th hour of the day on. Anyone else feel like getting down-and-dirty with Perl, SQL, HTML, CGI and Unix?

The bad news, of course, is that from time to time I'll be breaking things. I'm trying to minimize these occasions by working on the new stuff without touching the old stuff, but in the case I described in the last paragraph that was not possible. If you encounter something on the website that worked yesterday and doesn't work today, you may be trying to access it while I'm debugging something. If the problem doesn't go away in a half hour or so, please contact me.

The worse news, of course, is that if I do this right I'll take several weeks or months of programming effort, and when I'm done you won't be able to tell the difference.

The team website can be accessed at <http://www.swcp.com/csar/>

SAR Cutting Tools

by Steven Buckley

The debate over the exact meaning of the items on our gear list got me thinking about the types of knives best suited for SAR operations. Let me start by saying that there is no ideal knife for SAR. The choice you make will suite your requirements and will be based on factors like cost, intended use, availability, etc. I decided to approach the subject of SAR knives from a functional standpoint.

Knives are used for cutting. Cutting can be categorized as slicing, chopping, gouging, and chipping. Slicing includes chores such as opening food packages and cutting line, chopping includes cutting through branches and cutting steps in snow and ice, gouging is using the point to remove material using a prying motion, and chipping is using the point to chop.

SAR knives are predominately used for slicing. This is why I have been allowing any knife to qualify during orientations. A very small knife (one to two inch blade) can do most of the SAR slicing chores. It can't realistically do any chopping (too light), gouging (too weak), or chipping (too light and too weak). It will handle 95% of all cutting tasks that we are likely to encounter on a mission but it might be a little inappropriate for tasks such as cutting through a climbing rope.

A larger folding knife with a three to four inch blade is ideal to accomplish all of the SAR slicing functions. I like a knife that has a single blade at least three inches long, has an edge that includes a small serrated section combined with a conventional edge, has some belly (curve) in the conventional edge, and has a sharp point. A light-weight synthetic handle is a plus and a locking blade for safety is a must.

Features such as clips and lanyard holes are up to individual taste. The blade steel should be a cutlery-grade steel such as 440 stainless or one of the exotic alloys such as AUS-34. Ceramic blade knives should be avoided as they are too brittle to be dependable. You can purchase a quality knife of this type for \$20-\$50. If you want a cheaper knife, handyman knives with these characteristics can be found in building supply stores for \$10-\$20. Knives that cost under \$10 may be suitable but should be carefully selected for quality.

Looking back on my SAR experience, all of my cutting tasks have been handled using one of my single-bladed folding knives. On the other hand, I carry 3-4 knives on SAR missions. The primary knives that I carry are a Benchmade Ascent folding knife and a Victorinox Classic Swiss Army Knife. These are the same knives I carry in my everyday activities. The Ascent has a three-inch AUS-34 blade with an epoxy coating for weather resistance. It has a hole in the blade for one-handed opening and a pocket clip. The Classic does have a small blade, which is great for trimming nails and cutting line, but I find that the scissors and tweezers are the tools I use on the Classic most. These two knives are the only knives I have needed on SAR missions. I also carry two non-folding knives on SAR missions. One is a CRK Straight KISS that I bought at ESCAPE two years ago. It is intended as a back-up to my Ascent and has never been used but is light enough to throw in the pack and forget it until it is needed. The other knife is a Cold Steel SRK with an epoxy coated six-inch blade.

Before I go on let's discuss the characteristics that a SAR straight knife (non-folding) should have. Personally, I am a fan of straight knives. Straight knives offer many advantages such as ease of use (they are always ready to cut without reconfiguring such as un-folding), strength, and durability. They are clearly the choice for some of the tougher SAR jobs such as chopping branches and small trees to make expedient items such as splints and chopping steps in snow and ice. Larger knives are examples of SAR tools that you might never use but will be glad that you have it should the need arise. I am not advocating that everyone carry a larger straight knife on missions. This class of SAR knives is of limited use on normal missions and should only be carried by someone who is willing to carry a little extra weight "just in case". If you do choose to carry a large knife to cover the chopping, gouging, and chipping chores, it should have a four to six inch blade, be strongly made, and have a stout sheath (preferably of metal or synthetic) for safety. If you carry a straight knife in your pack, make sure that a fall won't drive the point through the sheath and into something important like your rain parka or your back.

No discussion of SAR knives is complete without talking about how to care for your knives. The most important maintenance activity is keeping it sharp. There are many ways to keep a knife sharp such as sharpening stones, sharpening steels, and ceramic rods. There are specialized powered sharpening devices as well. Most SAR knives are best maintained with a sharpening stone or one of the specialized sharpening rods. I use a diamond impregnated ceramic rod with a triangular cross section. This rod has one edge that is very rounded, another that had a slightly curved corner, and a sharp corner. The rounded corners are shaped to sharpen standard serrated edges and work great. The flat surfaces of the rod are used to sharpen the conventional edge of the knife. The most important requirement in sharpening your knife is to keep the angle of the abrasive sharpening surface with respect to the edge constant. This ensures that the edge is restored and not modified or rounded. A sharpening angle of 25 degrees is about right for a general use blade. A blade used for finer cutting may use a 20-degree angle and a chopping

blade may use a 30-degree angle. The edge can be course ground to restore it after heavy cutting and a ceramic sharpener can be used to give it a final polish. Your knife should also be kept clean and lubricated.

Next time we will talk about the multi-tool and its SAR applications.

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the Editors

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Volume 7, Issue 4
11 April 2002
Editors: Mike Dugger and Tom
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Top of the Hill

by David Dixon , President

Rick Rescorla was born in 1940 in Cornish, England. From childhood, he knew he wanted to be a soldier, so as a young man he joined the British military. Later, adamantly opposed to Communism, he moved to the United States and became an army officer in the Vietnam war. Rick also sang since childhood. He sang because all Cornish men sang. But he also sang to his troops, to lift them, to make them feel proud and overcome fear. Rick Rescorla became a hero in Vietnam when, during a devastating battle, he lead and fought and sang. He is part of the battle story immortalized in a book and movie, "We Were Soldiers Once, and Young". His photo graces the original book's cover.

After the war Rick came back to the States, married, went to college, then to law school. He lead a very good life of loving his wife, children and grandchildren. He was very good man. Sometimes bad things happen to good men though and when Rick was 50 prostate cancer struck. He was given less than a year. But he and his family were stronger than cancer and in two years with their help he was cancer free. Rick Rescola had fought another battle and won. This time he was a hero to his family.

Rick Rescorla was also a hard worker, and in 1998 after a distinguished law career he became Vice-President of Security for a firm in the World Trade Center, Building 2. It was a large company, 2700 people on 4 upper floors. In his new position he immediately saw the need for better evacuation procedures. He developed drills, and implemented those drills, incessantly. Most people probably didn't like them nor understood. Rick also warned of plane crashes and took that devastating possibility into account in his evacuation plans. On September 11th, right after the first plane hit, his drills became reality. His people started their well-practiced evacuation and, even though orders were given to all those in Building Two to stay put, he ignored those orders and continued. That head start and his planning made a difference. Every one of the employees of his company got down and out alive. Everyone but Rick. He died going back up to save others. Rick Rescorla was a hero again. And this time to 2700 people. People who now understood.

Today in Cornish men still sing. But they now sing of Rick Rescorla, a national hero. On a Sandia mission a few years ago I had my first "find". I should say my team did. A couple teen-agers who tried to do too much without enough and had to spend the night. It was a tough 12 hours on the west face in winter and I was proud of myself, although pretty beat up. But I wasn't in a war, or a holocaust, or fighting for my life. In the morning, when we reached the bottom a family member thanked me and said, "you're a hero". It was a good feeling, one of those that has helped keep me going with Cibola, now into grandpahood. It made me feel proud to be a search and rescue volunteer. But a hero, god know, Rick Rescorla is a hero.

This is one of the many stories from September 11th. Our hearts go out to all the Rick Rescorla's who died saving others.

It's time for the annual ESCAPE Search and Rescue Conference in May. Last year Cibola did not have as many attendees as we normally do and I would like to see more of us there this year. We usually have one of the highest team attendance. It's always a great time to learn, interact and this year see some fantastic northern New Mexico scenery at Philmont. We'll even reimburse you for some (most) of your expenses!

Stay humble but strong - and good searching.

Boots and Blisters

by Aaron Hall, Training Officer

Its April, and that means its time to start thinking about the annual Escape Conference sponsored by the New Mexico Emergency Services Council. This year Escape will be at Philmont Scout Ranch in Cimmaron, NM on May 3,4,& 5. It will be the only training opportunity for the month of May. (I just can't put on a better training than this).

The registration deadline is APRIL 15 so don't miss it! If you do it will cost you more, and you may have trouble getting the housing you want. You can get a copy of the registration form by contacting any of the Cibola officers, or by calling (505) 376-2281. Registration fees for the conference are \$25 before April 15 and \$30 after April 15. Housing options, from cabins to tent sites, and meals are available all at a nominal fee. Speaking of those expenses Cibola will reimburse members and prospectives up to \$50 (with a \$1000 team maximum) so there's no reason not to go! Just make sure you save your receipts to turn in.

This year's Escape conference will feature 30 different classes geared toward search and rescue. Here are some of the highlights: Wilderness Medicine Accepted Clinical Guidelines by Carl Gilmore (1.5 BLS CE's); Canines in Urban Search and Rescue; Amateur Radio Technician class Review; Amateur Radio Licensing Exam; Interview and Investigation Techniques; If a Body Falls in the Woods, Does it Make a Sound (Common Sense Crime Scene Operations); Searching for the Alzheimer's Patient; 4X4 and SUV for SAR Response; I'm Responsible for What? (Legal foundations for Search and Rescue); and lots more!. There will also be an opportunity to take the PACE exam, and the Amateur Radio Licensing

Exam. Bottom line, Escape will be a lot of fun, and well worth the time.

We have a training and evaluation on Litter Handling Techniques in April. The Training is 9 a.m. Saturday the 13th at the Embudo trailhead (East end of Indian School) and the follow-up Evaluation two weeks later on the 27th at the same location. If you have any questions about how to use or handle a stokes litter or knots, April is the month to have them answered. Try to make both the Training and if you need it the Eval. Also remember that the Airport Disaster Drill is coming up on May 21st.

Finally, I want to say thanks to everyone who has helped me arrange trainings and evals lately, its a big job and the help really makes a difference. Also, we have two big training events coming up in the next few months and I'm going to need a lot of help to pull them off. The first is our annual Mock Search, I'd like to make this year's one to remember, so please see me or Steve Buckley if you are interested in helping to plan it. The second is our annual summer bivy, see me if you would like to help plan this.

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of 14 of March, 2002 Business Meeting

Premeeting mini-lesson was presented by Aaron Hall. He demonstrated and members practiced the knots that we are required to know.

President's Report

David Dixon opened the meeting at 1915 with the introduction of officers and all others introduced themselves as we went around the room. He touched on old business dealing with litter protocol matters with AMRC. Pictures were taken with bronze boot awardees David Chapek, and Frances Robertson.. New members Lili Ziesmann and Stephen Hochmann were "patched".

Vice-President/training

Aaron reviewed the dates of trainings and evaluations coming up this month.

Treasurer

Aaron reported for treasurer Art Fischer that we received \$500. in contributions and had expenses of \$200.

Membership

Stephen Buckley had done 3 orientations this month. He corrected the date for the next business meeting

to be on April 11 not Sunday April 14. He also reminded people about the upcoming PACE exam. We need mentors, please volunteer for this rewarding position.

New Business

Joyce Rumschlag brought up the point that often training officers are so concerned with getting members trained and evaluated that they often fail to be evaluated themselves therefore resulting in NFC being placed next to their name the month after their term is over. Discussion came from David Dixon suggesting that if the training officer (or anyone) does two evals a year, he/she would also be given credit for being evaluated. Aaron Hall suggested that it should be three evals. Since a fair number of seasoned members were not present further discussion of this issue was deferred until the next meeting. It was also brought up how much if anything we should pay for WFRs to get their CEs. It was suggested that CSAR would pay half of the expenses. Financial reimbursements for members going to ESCAPE was voted on by the membership. By a vote of 8 to 0 it was decided that CSAR would pay up to \$50 to each member attending ESCAPE up to a maximum of \$1000. Receipts are necessary to receive any reimbursement.

Equipment

We need a new sign up sheet for cache as well as Cibola stickers and patches. It was decided that we would order these items from business we have ordered from before to avoid set up fees.

P.R. Committee

David Dixon reminded members that any one can attend these meetings. They are held every other month on the last Wednesday.

Who's Who and New

by Steven Buckley, Membership Officer

Our newest member is David Chapek. He completed all requirements when he took the PACE. Congratulations! We received several new E-mail contacts this month. One was an old friend from my days as an assistant scoutmaster. He was one of our most motivated scouts and made Eagle early. I watched him grow from a kid to a very capable outdoorsman. I am glad to see that he is interested in joining Cibola--he will be a great asset to our team. In my opinion, Cibola is the most disciplined and most subject-focused team in the Albuquerque area. Our mission focus and dedication to the subjects that we assist in the field are the qualities that attracted me to Cibola (that and a pretty strong recommendation from a former member). I wasn't disappointed by the reality. Cibola is composed of all kinds of people from a many different backgrounds. Despite our differences, in the field we are the same--a disciplined team working together for the good of our subjects. I believe that common ground that enables us to become a "well oiled machine" in the field, is the training and evaluation process that we participate in and the basic standards we use to run our team. Things such as carrying adequate clothing and equipment

to ensure we don't become liabilities on a mission, practicing becoming "15 bodies with one brain" on litter teams, the dedication that some members have put into becoming WFRs and maintaining their proficiency (what a great addition the medical teams is to Cibola!), and the dedicated Hams that help us create and execute a professional communication capability so crucial to a well-executed mission. All of these qualities are vital components of the overall Cibola equation. Thanks. I would like to commend Lili for her initiative in setting up a study session for the folks taking the PACE. She did a great job! Thanks. On the other hand, I still need mentors. Please E-mail me if you are willing to serve. I have also completed the first iteration of the Member's Guide. If you are on the review team, please get comments to me this month. Also, I got a suggested gear list from David Dixon with some great suggestions. If you have some definite opinions about our gear list, E-mail them to me so we can consider them.

Bronze Boot

by David Dixon

One of our newest members Lili Ziesmann heard the request for a PACE study session, knew the benefit of one and jumped in to set up and run it. She found a time and location suitable for all, she and Steve B. reviewed material with the attendees and in addition she brought her pack and did an extensive breakdown. To her credit all 5 prospectives passed the exam.

For her initiative and hard work to help others in need Lili is awarded the Bronze Boot this month. A big congratulations and thanks to Lili.

Web News

by Czerzno Nyews

The team website can be accessed at <http://www.swcp.com/csar/>

Feature Article: CISM, Part 2 --- Turn Signals Optional

by Joyce Rumschlag

We all drive in Albuquerque. We've all seen the driver who tail gates, changes lanes repeatedly, cutting off other drivers only to be behind us at the next traffic light. We won't get into why these people drive the way they do, but we will explore how they make the rest of us feel., The ones that pull in front of us, cutting us off (no turn signal used) then slamming on their brakes. Those are the ones we're talking about. When this happens to us suddenly and unexpectedly, we become upset and there goes those 11 chemicals we spoke about last month. There is nothing we can do. On rare occasions someone will pull out a gun and seek revenge. This is not acceptable behavior. However, revenge is an "appropriate" emotion.

Whoa! Let's back up here a minute. "Appropriate?" Again, it's the fight of flight thing from our primitive brain that ensures our survival. The brain did interpret this as a threat to our existence. We're reluctantly aware that there is nothing that we can do. That helpless feeling is our realization that we have lost control of a situation that we are involved in. By recreating the situation and swerving in front of the offending driver and slamming on our brakes, we are perceiving ourselves as putting ourselves back in control. We have also repeated a truly stupid act and may very well have put ourselves and other innocent people in danger. Therefore, this also is not considered acceptable behavior.

Do you know what most people do? They proceed to their destination and the first person who asks how they are, gets the "stupidest driver" story. This is acceptable behavior and besides, who doesn't have one of these stories themselves? Talk out your stress. It helps until you can get the opportunity to work them out. Talking may also be an end in itself. It is truly a fortunate person who has a trusted friend or significant other who will listen to them without judgement or criticism. We all have emotions that cause us distress. They are natural responses to living. Talk about them, talk about them, and talk about them. That's the best and safest way to live with them.

Next month: Be prepared.

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the Editors

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Volume 7, Issue 3
14 March 2002
Editors: Mike Dugger and
Tom Russo

LOST ... and FOUND

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CIBOLA

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Top of the Hill

by David Dixon , President

This month I want to talk about Teamwork.

We all know the value of the individual on missions. Without dedicated volunteers there would be no searches, no rescues. All of us are also expected to be knowledgeable and physically and mentally capable. (Back to that weakest link thing). Those links are obviously important but it is the chain, the team, that ultimately is paramount in search and rescue. Remember this: we do not send single individuals into the field - we send teams. But it is not enough to delegate teams and send them out. Those teams should be able to work together well to accomplish their assignments. Leaders need to work with their team, discuss options, deal with disagreements and explain decisions. There is no place in the field for inflexibility and arrogance that turns off members and hinders team performance. In addition, field teams are often made up of members from different SAR groups, which makes working together even more of a challenge. It shouldn't be hard, mutual respect goes a long way. Outside of individual personalities and abilities there is something else that would help teams function better and more efficiently in the field. That is standardized protocols. Cibola has become a better team, we are in fact a very good team right now due in large part to our established protocols. We send a well prepared responder into the field. Our members know how to do a litter tie-in or search because of protocols kept up to date with required trainings and evaluations. If there were similar standards that state teams adhered to, missions would logically run more smoothly, problems in the field would decrease and subjects would ultimately benefit. I encourage the state to consider this.

As was discussed at the last meeting I have approached the president of AMRC about establishing a joint litter protocol. I hope their organization also sees the benefit in this and they work with us in its establishment. It could be the start of further standards in other areas.

As far as Cibola is concerned we're doing great on missions! I'm proud of our ability to work together and with other teams at being successful in the field. Keep up the good searching and rescuing.

Let me end with a continued call for newsletter additions. Last month's was pretty bare and could use a good Feature Article, Mini-lesson or Member Profile. Consider adding yours next month.

Boots and Blisters

by Aaron Hall, Training Officer

March's training was last Sunday the 10th, the subject was GPS skills for SAR. My thanks go out to Steve Buckley and David Dixon for helping me put together this training. We decided to focus on using a GPS and a UTM Interpolator for terrain identification. Look for a new handout on the website this month that summarizes the material covered in this training. Also, if you don't have a UTM interpolator and would like one, see me and I'll make sure you get one. When you are using your GPS, remember your map, your compass, your GPS, and your brain should agree on where you are. Our next training will be a traditional litter handling training on Saturday, April 13th, at the Embudo Trailhead on the East end of Indian School. If you are rusty on your litter skills, this would be a great time to brush up on them. Remember, April's evaluation will be Litter Handling.

February's evaluation was Land Navigation. Thank you Charlie Irland for helping me lay out the compass course. I noticed that the one skill that people seemed to have trouble with is terrain identification. One of the best ways to improve your terrain identification skills is to practice. Look for the handout from last weekend's GPS training, there are some suggestions in it that will help you use your GPS for terrain identification. Our next evaluation will be Search Techniques. It's scheduled for Sunday, March 24th at 9:00 am at the Embudo trailhead on the east end of Indian School. Rumor has it that the evaluator is going to hide some unusual clues.

A PACE exam is tentatively scheduled for Saturday, March 23rd in Tijeras, NM. Monitor the hotline for more details. This is one of two opportunities for those who don't have their PACE exam to take it this year. The other opportunity will be at the annual Escape conference. Escape will be held at the Philmont Scout Ranch in Cimmaron, NM on May 3rd, 4th, and 5th. If you've never been to Escape, it's definitely worth attending.

The Albuquerque Sunport will be having a disaster drill in late May. Volunteers are needed to spend the day at the airport participating in the drill as either injured subjects, or family and friends showing up to meet the injured. Subjects will have make-up applied to them to simulate injuries and will get transported to local hospitals. The drill is expected to take all day. For more information contact me, or Bruce Berry.

I'm pleased to be seeing a good turnout at trainings and evaluations. Keep it up, it's one of the best ways to get more enjoyment out of Cibola. Also thanks again to everyone who helped me put together this

month's trainings and evaluations. I really appreciate it, I need all the help I can get. If you have an idea for a pre-meeting training or would like to put together a regular training please contact me, I'll help you get all set up.

Business as Usual: Meeting Minutes

by Joyce Rumschlag, Secretary

Minutes of 14 of February, 2002 Business Meeting

Former member Don Gibson presented pre-meeting mini-lesson, now in Incident Command. He shared some of his many experiences working with the Search and Rescue Community

President's Report

Dave Dixon opened the meeting at 1915 hours by introducing new officers. He mentioned that the board has chosen to review the member's guide, as it has been several years since this has been done. Steve Buckley will chair the committee; Aaron Hall, David Dixon, Adam Hernandez, and Mike Dugger will serve on the committee.

Vice-President/training

Aaron Hall commented on the nature of evaluations. He re-empathized that evals are not the time to do training. The airport disaster drill will be held on May 21, 2002. Anyone interested in helping out with this should get in touch with him. We need to establish a litter handling protocol with AMRC so both teams can work better in the field. Ultimate goal is a joint training session with AMRC.

Treasurer

Art Fischer reported the finances of CSAR. The team has received three donations. Two came from subjects of missions and one came from the New Mexico Mountain Club.

Membership

Stephen Hochmann and Lili Ziesmann are our latest new members.

New Business

David Dixon and Steve Buckley explain why David Chapek is receiving this prestigious bronze boot award.

Equipment

Tony Gaier reported that he now has the 4.5 batteries and is in need of someone in the Tijeras area to help check out the teams gear.

Medical

Mike Dugger and Mickey Jojola reminded WFR's that took the classes in September, that they need CE's by the end of the calendar year.

P.R. Committee

Francis Robertson, who was not in attendance at the meeting, was reported to have accepted this position.

Who's Who and New

by Steven Buckley, Membership Officer

Things are looking up for our membership efforts. We had four new contacts at last month's meeting. I will have completed three orientations by this month's meeting. Alex Fischer, Mark Espelien, and Alex Fullam completed all requirements to become prospective members and were added to the phone tree. Welcome! I look forward to supporting missions with you guys. Now it is time to start your training and evaluation process.

I have also emailed and directly contacted several individuals who are interested in Cibola membership and expect to see them at this month's meeting. I am anticipating more new prospective members and need mentors. Please email me if you are willing to serve.

I have completed the first iteration of the latest Member's Guide revision. Those of you who would like to participate in this review process, please email me and I will send you the first cut. If you need a particular format, please let me know your requirements. Aaron has been working on the equipment list so we will include that review in the process as well.

Medical News

by Mike Dugger

Our medical responders should have gotten an email from me via the team's medical listserver about upcoming continuing education (CE) opportunities in Ruidoso. In case you didn't, and for the benefit of our other readers, I'll reiterate it here.

The EMS Region III Annual Conference will be held April 22-28 in Ruidoso, NM. There are many pre-conference courses available for an extra charge. The conference proper begins on Friday, April 26 and goes through Sunday, April 28. Registration for the whole event is \$95. There are CE courses offered at all levels, up to EMT-P. Basic Life Support (BLS) CE's are what most medical providers need for recertification. As a reminder, Wilderness First Responders need 8 hours of BLS medical CE's during each recertification interval. At the Ruidoso conference, you can pick up 2 BLS CE's on Friday, 7 on Saturday and 4 on Sunday. One-day registration for Saturday is \$60. More information is available at (505) 769-2639, or our members can contact me or Mickey for help with registration.

Here's the answer to the last Medical Question of the Month:

Compare and contrast the diagnosis and treatment of frostnip versus frostbite.

During the winter months (and even in the summer if the conditions are right such a altitude) people who adventure out doors for any period of time are subject cold temperatures which, if not properly protect, could end in frost nip or even worse frost bite. Frost nip is characterized by numbness and tingling of the skin (usually that of the fingers, toes, ears, cheeks and chin) with the skin either a red, yellow or even a gray color. These tissues are soft and resilient and as a rule usually not painful and there is no freezing of the tissues. In contrast, frost bitten tissue may lose its sensation, and become solid. The color is generally pale, blue tinged, waxy and wood like. These tissues are not resilient and may form bloody blisters.

Treatment for frost nip is to warm the affected area by placing next to a warm part of his own body or that of another and removing form the cold environment. A full recovery is generally the rule with frost nip. Treatment for frostbite on the other hand (no pun intended) is more involved and painful. Generally the affected area is treated by rapid thawing (since the tissues are actually frozen) in a warm (105 degrees F) bath. This should not be done until the person is in a warm environment where refreezing will not occur. If the tissues were to refreeze then thaw again, significant damage to tissues will occur (place a tomato in the freezer, thaw it out then repeat. Note the mush that is left). If in the field it may be necessary for the subject to "walk out" on the frozen feet, but once rewarming has begun avoid walking at all costs.

Next months question, Describe how you would splint a broken humerus/radial, ankle, tib/fib... How about a femur?

Web News

The team website can be accessed at <http://www.swcp.com/csar/>

Critical Incident Stress Management, Part One of Four

by Joyce Rumschlag

I saw a cartoon the other day in the Albuquerque Journal. I don't know how many of you read "Hagar" but today it made me think... Seems that Hagar was climbing a mountain, stressing and gasping for air, only to ask the wise one on the top. What should be the main goal in life?" The wise one replies "Physical fitness". While I have never been one to climb 14'ers on purpose or run marathons repeatedly, I have tried to maintain some level of physical fitness with what time I can budget for it. The SAR community will probably agree that the field responder must be at a fairly high level of fitness or fall prey to becoming an additional mission. Now that I have stated the obviously important reason for fitness is there by chance another reason to exercise? Yes.

It's the stress level. Our only levels of stress are not from SAR work. We come into a SAR situation with as much stress as the rest of the population. (Whose pagers do not go off at 0200 hours.) This stress builds and can build to dangerous levels if we do not find a way to disperse it before it does mental and physical damage. Did you know that when you are stressed there is a bio-chemical outpouring of 11 chemicals? The fight or flight thing. What happens to these chemicals? They are stored in our muscle tissue. How's that low back pain you experienced during the holidays or at final exam time? It's been clinically proven in the 50's and 60's that 80% of low back pain is related to stress. The only way to get these chemicals out of you muscles is to exercise them out.

That all being said, How do we achieve some level of physical fitness (and stress reduction) on a time budget? First let's figure out what we're going to do to get into shape. Find something you like to do. Make a realistic plan when you can do your program and set a time in which to do it. Set goals you can achieve. But don't make it too easy on yourself!

I'm not a one-activity person. I enjoy hiking, biking, snowshoeing and skiing and backpacking. The different seasons get me out to do different things. Variety keeps fitness interesting. When I don't get out as much as I feel that I should, I rely on the old aerobic tapes or my dog gets a really nice treat and I walk her in the bosque. Goals are nice to have. Like getting in shape for the quad or a backpack next summer in Colorado or the old class reunion incentive. Once you've realized how much fun/work it was to achieve your goal, you may not be willing to stop your program and risk backsliding. However, life moves forward and you may need to get other projects done. While you're accomplishing these tasks, get into a routine maintenance program. You may not be increasing your strength and cardiovascular fitness but you won't be losing it either. People who only enjoy a one-season activity find the maintenance program a good way to avoid trying to jump-start a fitness program before their active season and risk injury when rushed into. Double your fun. Work out with a friend or significant other.

Next month "turn signals optional"

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the Editors

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Volume 7, Issue 2
14 February 2002
Editors: Mike Dugger and
Tom Russo

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Top of the Hill

by David Dixon , President

Last month I spoke about team goals of unity and participation. Not surprisingly, I find myself back to them again this month.

It's been years since we revised the Member Guide and it needs some updating. This important job requires a committee of active members interested in meeting over a few months, hashing out necessary changes and presenting the new guide to the team for a vote. I have volunteered myself to serve on it but we need 3-4 more dedicated souls, and especially a very dedicated Chairperson. If you don't want to do this stay tuned for your participation on a Training Standards Committee coming in a few months.

We also still need a Public Relations Committee Chair (and some committee members for that matter). The P.R. Committee handles community involvement, membership recruitment, and team promotion. I was chair for two years and really enjoyed a different aspect of Cibola in the Fireside Chats, UNM Days and especially talking to the kids about the outdoors. This committee is also very important to us, especially in the need to increase membership (see Steve's comments in this months Who's Who).

Finally, it's been a good start of the year of us. We've had some interesting missions, great trainings and I for one got in 2 evals already! I hope all of you feel the same. Let's all keep participating and helping out.

Boots and Blisters

by Aaron Hall, Training Officer

January was a great month for evaluations. Seven people passed their litter evaluation and 13 people passed their land navigation eval, and we trained one new evaluator, outstanding! Let's try to keep up this high level of participation at evaluations. February's evaluation will be land navigation on Sat. the 23rd (9:00 am, bear canyon trailhead). I want to see 14 people there! Please leave a message on the hotline if

you plan to attend. Our annual winter bivy and winter skills training were last weekend. Reports are that the snow was deep, the snow shelters were warm, and the mission was a nice diversion. If you missed the winter bivy, or if you just didn't get enough of the snow, The New Mexico Emergency Services Council is sponsoring a winter skills training at Philmont Scout Ranch on Feb. 22, 23, & 24. There is a nominal fee to attend, and you must provide your own gear, but the training should be excellent. Contact me (Aaron Hall) for more information.

Our next training will be on Sunday, March 10th. The subject will be GPS skills. Plan to come even if you don't own a GPS, we will have some extras on hand so that everyone has a chance to use one. This training will teach you how to effectively use your GPS in a variety of SAR situations. We haven't had a hike of the month in a while. Would anyone like to lead a hike of the month? How about an evening snowshoe outing? If you would like to organize a hike of the month, let me know the date, time, and location, and I'll put the info on the hotline for you.

A PACE exam is being scheduled for March 23rd in Tijeras. For those of you who haven't taken the PACE exam, this would be a great time to do it. Your next chance won't be until Escape in May. If you would like to attend, please let me know and monitor the hotline for more information.

Monthly Plea for Help: I need all the help I can get with trainings and evaluations. If you would like to conduct a traing or an evaluation please let me know, I'll help you get all set up. Also if you would like to conduct a pre-meeting training let me know, there are plenty of open slots.

Who's Who and New

by Steven Buckley, Membership Officer

I would like to start out by congratulating two newest full members. Stephen Hochmann and Lili Ziesmann attended the litter evaluation and finished their training. Congratulations! Several prospective members are nearly finished with their training as well. I am looking forward to congratulating you guys too! For new prospective members, Mike Dugger will be supporting a PACE examination on 23 Mar 02 in Tijeras. Please see him for details.

I have been reflecting on the litter evacuation this team supported on 20 Jan 02. I have many observations on that mission but I will just focus on one in this article. Something like 43 rescuers responded to that mission. A mission like that---long haul in, extremely difficult terrain, mixed team (by necessity), mixed low and high angle operations, a gravely injured subject, and nasty weather---takes 40-50 people to do it right. Folks, Cibola could not field enough souls to do that mission right. AMRC probably couldn't either. It took both teams to make it happen. Now here's the punch line. In all of Albuquerque (over 500,000 people) we can just field enough folks to do that job! That works out to about one rescuer in 10,000 citizens. We need more peoplepower! If a mission like that happened during a holiday when lots of people were out of town, we would be seriously challenged to do a litter evacuation like that one properly. The same is true for multiple missions taking place on the same day or

weekend. I am asking your assistance in recruiting new members. I know that there are plenty of "outdoor" folks out there. I see them frolicking in the foothills all the time. The challenge is to figure out how to attract the people we need to be ready for any challenge. I think we also need to strive to work well, for the good of the subjects, with other SAR teams in the northern New Mexico area. The bottom line is that gravely injured hikers in the Sandias are in great risk of death without dedicated professionals like you folks. We can save one soul on a weekend. How about three or four hurt hikers? Some of you may remember Thanks Giving weekend in 2000. We supported five missions in two days! We need people to support our service role to the Albuquerque community. If you have any ideas on how to attract more members, please call me.

Bronze Boot

by Steven Buckley

The Bronze Boot Award for February 2002 goes to prospective member David Chapek for his contributions to the litter exacuation on 20 Jan 02. David was one of the first Cibola members to show up at the base camp. He leaned in to the haul rope and helped the team drag the litter and gear up Three Gun trail to the crest of the ridge. He assisted in the effort to get the litter down the rocky and icy trail to the badly injured subject. He leaned in to the ropes again for the two high-angle hauls back to the crest of the ridge. He provided a lion's share of the labor getting the subject safely to base camp. Despite one of the most difficult evacuations that I have seen, his attitude was always cheerful and helpful. His behavior and contributions were an excellent example of Cibola at its best!

Web News

by Tom Russo

I have taken the first tentative steps towards completely rewriting all the programs that run the team website. This is long overdue, as the scripts that handle the database functions have grown well beyond what they were originally written to do, and resemble a Rube Goldberg device. It will take me a few months to get it all done, and I will try not to break anything that works even while completely changing the stuff that makes it work. I'll let you all know when I roll out the new version so we can smoke test it.

The team website can be accessed at <http://www.swcp.com/csar/>

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Volume 7, Issue 1
10 January 2002
Editors: Mike Dugger and
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Top of the Hill

by David Dixon , President

Welcome back to another year in search and rescue. I hope you all had a great holiday.

I would first like to thank all of you who encouraged me to do this position and for giving me the opportunity to be President. I look forward to the challenge with the hope that I can live up to the team's expectations. Secondly, I would like to thank last year's officers for all the hard work they did for the team. I saw firsthand the efforts they put into their positions to keep Cibola running smoothly. It was great working with all of them and I salute them for a great year. I in turn look forward to working with new officers. I know from our first meeting that they are eager to serve and do their best to make 2002 another great year for us.

At our first meeting the officers established primary goals this year of team unity and participation. As I have said in the past we are much more than missions. Yes, that's why we're all in search and rescue, and it would be great to be able to have more, but that's the one area we can't control. We can control the type of team we are though, how we work together, treat each other and look to others. This takes everyone doing positive things for Cibola with all members in some way contributing to these goals. In fact, what a great time for some new year's resolutions - call them personal goals that also help the team! I'm eager to offer some suggestions:

- Attend every meeting this year.
- Show up early for a pre-meeting training. Better yet, offer to put on a pre-meeting training.
- Go out after the meeting and talk to someone new?
- Do a Member Profile of yourself and submit it to the newsletter.
- Handle Pager 1 or 2.
- Attend one more training than you did last year, or 2. (Mike would be exempt from this one).

- Get your evaluations done earlier this year.
- Become an evaluator. Then give regular evaluations.
- Go to a Committee meeting. Better still volunteer to be a Committee Chair.
- Go to a PR event.
- Write a Mini-Lesson or Feature Article for the newsletter.
- Get your HAM license.
- Become a Section Chief.
- Offer to be a mentor. Call your mentee if you already are a mentor.
- Offer to be the next Phone Tree Top.
- Plan and lead a hike of the month.
- Help with a training
- Help with the website.
- Help with the newsletter.
- Do something else I'm sure I'm forgetting.

Obviously there's a lot to do. Let's all help unify and participate to continue to make this the great team that it is.

I would like to end with a special thank you to ex-Treasurer and now ex-member Brian Lematta. Brian's work schedule forced him to move on but his time with us will not be forgotten. In addition to managing our finances last year he also corrected via many legal hours a necessary change in our operational structure. Cibola is very grateful for the time and hours he gave us. Good luck Brian.

Good searching and rescuing to us all.

Boots and Blisters

by Aaron Hall, Training Officer

I'd like to applaud everyone who came out for our first ever Night Litter Handling Training in December. This was a scenario-based training. We had a subject (Mickey Jojola) and his dog (Jake) waiting approximately 1 mile from the trailhead with a simulated back injury. The rescue team was given the assignment of transporting the litter and the gear to the subject, packaging the subject, and bringing him out in the litter. We assembled the litter and wheel, placed the gear in it, and hauled it to the subject. After packaging Mickey using the Evac-u-splint, we hauled him out.

Lessons learned: First, assembling the litter and using it to haul the gear is a good way to get the gear to the subject. Second, the Evac-u-splint is more difficult to use in the cold. We found that it was stiffer and more difficult to smooth out and that the vacuum pump was difficult to attach. Third, the subject still needs insulation when packaged in the Evac-u-splint. Fourth, someone must comfort and control the dog (Jake was very concerned about his owner).

Our next training will be Land Navigation on Saturday January 12 at 9:00am. The location will be the Embudito trailhead. I chose this trailhead because we have never done a training there before. Its near the East end of Montgomery, but you'll have to follow the directions on the hotline to find it. I had never been there before our last mission, and I admit, I had trouble finding it. The training will cover map and compass skills, terrain identification, and navigation of a compass course. It will be a great opportunity to brush up on your skills for the next Land Navigation Evaluation on Sat. February the 23rd.

Our next regular evaluation will be Litter Handling on Sunday, January 27th, at 9:00 am. The location will be the Embudo trailhead at the East End of Indian School. Because we have a lot of members who are NFC (and because we want to see all of you in the field) there will be at least one extra evaluation this month. Joyce has volunteered to conduct a search techniques evaluation (Thanks Joyce!) on January 20th, time and location to be announced, call the hotline or e-mail me for more info.

One other note about trainings and evals: I'm changing the eval / training schedule a bit. In the past we have done evals the first weekend of the month, and trainings the weekend following the meeting. This year we will typically have trainings the weekend after the meeting, and evals the last weekend of the month. This arrangement allows us to have a weekend without a scheduled SAR event between each scheduled event.

Looking toward the future: February's training will be our annual winter skills training / winter bivy on the weekend of the 9th. Be thinking about your winter gear, you'll need it to stay warm. I'd like to do the bivy someplace other than the Sandias. I'm thinking about Santa Fe or Mt. Taylor. Any suggestions?

Plea for help: I need all the help I can get with training and evaluations. If you would like to conduct a training and / or an eval please let me know. I'll help you get all set up. Also if you would like to conduct a pre-meeting training let me know right now all the slots are open.

Business as Usual: Meeting Minutes *by Jeff Phillips, (former Secretary)*

Minutes of 08 Decmber, 2001 Business Meeting and Christmas Party

Members Attending

Several. Exact number and names unsure due to lack of 211 Form.

President's Report

Tom opened the meeting at 1740 with "how-dos" and proceeded on to awards. For "Fastest To Active" or

"Rookie of the Year" Adam Hernandez was awarded. Aaron Hall and Art Fischer shared the "Highest Mission Attendance" Award. Mike Dugger was awarded "Highest Training Attendance". Finally, Paul Donovan was awarded the "Outstanding Service Award"

Treasurer's Report

Brian reported income, expense and net worth and then announced his resignation from the team.

New Training Officer's Report

The Saturday 12-15-01 training on Evening Litter Handling at Embudo was announced.

New Business

Elections results were tallied by Mickey Jojola and Mike Dugger. President - Dave Dixon, Vice President/Training Officer - Aaron Hall, Treasurer - Art Fischer, Membership Officer - Steve Buckley and Secretary - Joyce Rumschlag.

New President Dave Dixon closed the business meeting at 1755.

Who's Who and New

by Steven Buckley, Membership Officer

I'll start off by wishing you all a "Happy New Year!" Thanks for electing me as the Membership officer. Let me take a few moments to outline my approach to this job.

As I see it, I have two customers. The first is you, the membership of Cibola SAR. In this role I will keep track of everyone's participation history and update the Website database on your certification and training status. Please review your membership data and make sure it is accurate. If you see a problem, please E-mail me and I will work the issue.

I will try send you an E-mail or call you on the phone if you are getting ready to go NFC (Not Field Certified) or have some other membership issue. There are several key members that went NFC this month. Most need a Liter Eval and there is conveniently one scheduled for this month. Please make an effort to get this done so I can go back to being a good cop versus bad cop. We need you on missions!

Remember, it is your responsibility to meet minimum participation standards.

My other customers are the subjects that we serve on missions. The downside of this job is I have to notify members when they fail to meet Cibola participation guidelines and go NFC. To remain field ready and available for missions all members must attend a minimum of 2 trainings every 6 months and

pass the 3 field certifications in the calendar year. This is the minimum requirement for members and I will enforce this standard. I understand that Cibola is a volunteer organization, but I feel that training is critical to providing quality service to the subjects of our missions and with 4 evaluations for each certification throughout the year and a great training every month, staying mission ready shouldn't be hard.

Finally I want to say goodbye to two Cibola volunteers. Erik Aspelin resigned a few weeks ago. I am sure you all join me in thanking Erik for his support of our team and wish him well in his future endeavors. Michael Bridges moved on to other interests. I want to thank him for his interest and wish him well in the future too.

I am here to help, please let me know what you need.

Coming Attractions

by Tom Russo

Welcome to the seventh volume of Cibola Search and Rescue's newsletter, Lost... and Found. The newsletter was established late in 1996 under the administration of then-president Mike Dugger. It's original intent was to be *the* mechanism for communicating monthly information to the team; until that point you got updates on all manner of things on separate slips of paper on the table in the back of the room, and if you missed a meeting you missed the updates.

It wasn't long after that that the newsletter started containing interesting feature articles and minilessons. But somewhere along the line folks stopped being interested in writing such things, and the newsletter got bare. Let's make this volume the one where we get interesting again. Steve Buckley has written a feature article for this issue, and Joyce Rumschlag is working on a mini-lesson on CISM for the next one. Let's follow their example and write about subjects near and dear to our hearts.

Bronze Boot

by David Dixon

Frances Robertson knew what she needed to do - attend December's litter training to stay active. She wasn't going to lose her membership over a little ol' cast. So despite a hobbled arm (and I'm sure some extra pain) she was right there in the cold and dark with the rest of us, helping tie in and then hauling the litter out with her good arm. Now that's dedication!

The Bronze Boot Award is back and given this month to Frances Robertson for duty above and beyond medical problems. Congratulations Frances for staying with it and with us!

Web News

by Theris Nonuz

The team website can be accessed at <http://www.swcp.com/csar/>

THIS HAPPENED TO ME - IT REALLY DID!

by Steven Buckley

The story you are about to read is true. The names have been changed to protect the guilty.

The time was September 1977 and I was stationed with a combat engineer unit in Alaska. We were at our annual glacier training at the Ekluta Glacier about 30 miles northeast of Anchorage. This was a great time for me as I finally got to do the formal mountain training I went to Alaska to do. This is the first time I got to rappel, practice crevasse evacuation, build a suspension bridge over the raging, silt-filled, river that came from under the glacier (and throw the lieutenant in after the bridge was finished--we did tie a rope to him to fish him out).

One thing that we got to do that was pretty interesting was climbing a scree slope to check off the "Scree Training" part of the syllabus. This slope was pretty impressive. It was something like 1000 feet high and displayed the typical differentiation of rock size by location. The lowest part of this slope was composed of talus (fist sized and larger) the upper of scree (smaller than fist sized). The first part of the talus slope was composed of beach ball sized rocks. The rock diameter slowly got smaller until we hit the talus/scree boundary about several hundred feet up the slope.

Our party was composed of two NCOs who were conducting the training and about 15 guys from the 1st platoon led by our lieutenant. We also had a senior sergeant with us who in charge of the mess (that's Army talk for food) tent. The mess sergeant's young son was accompanying us (unauthorized; the Army takes a dim view on treating training like a family outing--more on this later).

We steadily climbed up the slope. Some of you may find this hard to believe, but I out climbed everyone and I arrived at the top of the scree slope about 15 feet ahead of the competition. This "summit" party was composed of the mess sergeant and his son, a junior NCO, a friend of mine, a private, and myself. The top of the scree slope can best be described as a pointed cone of sand piled against the rock wall. The rock wall continued at least 1000 feet above this location. There were marble-sized rocks zinging by every second or so. I remember being surprised by these flying rocks even though I was standing on a huge pile of them (I said I was in good shape, I didn't say anything about being smart.) Of course, we had left our steel pots (Army talk for helmets) in our tents. Hey, those things are heavy! (Lesson #1: The easy course is not always the best course.) My equipment consisted of an ice axe (I still carry one while hiking), mountain boots, a standard Alaskan Army uniform (think thick wool shirts not BDUs), pocket stuff (knives, matches, etc.), and a balaclava. I figured that the zingers were not too much of a concern since the balaclava provided some protection and the only real concern was that one might "take an eye

out".

The advance party that I mentioned were at the very top of the scree (where else would we be?) watching the lieutenant and the rest of the slackers -- I mean troops -- move up to the edge of the scree about 30 feet from the scree summit. The training sergeant was in the center of the scree slope about 100 feet below my position. The other training NCO was with a single straggler about 500 feet below us.

Listen up folks because here comes the moral of the story.

The training sergeant was upset that this guy was so far behind and that his lack of performance was tying up his training assistant. The training sergeant started yelling at these guys in order to find out what was wrong and get their status (Lesson #2: Don't make excess noise on a scree slope, really, don't!) We noticed that the zingers started coming by at two per second, three, four, a dozen -- the lieutenant, training sergeant, and the rest of the team took cover under a 10-foot overhang about 30 feet from our location. The "summit" team hunkered down against a 3-foot vertical rock wall at the scree summit. The zingers became golf ball sized, softball, volley ball, beach ball (no doubt on their way to the base of the scree slope to be with the rest of their kind). I didn't get really scared until the sound of the falling rock took on an ominous deep, loud rumble.

Observers in the valley later stated that these rocks were the size of cars! I tried to become one with the rock, and almost succeeded. The private was 3 feet behind me in the direction of the rest of the platoon, the junior NCO was a foot to my left (I remember being mad because he was doing a better job of "becoming one with the rock" than I was), the kid was two foot beyond him with his dad about a foot beyond him. My friend was still a few feet below the rock wall (not for long, he flew up the slope to the mostly imaginary protection of this 3-foot wall). I spent several nanoseconds wishing desperately for my helmet. I realized that I never had to wonder what being in an artillery barrage was like (take cover, pray, hope there was no rock/round with your name on it, wait it out).

I noticed the kid was exposed. I yelled at the junior NCO to pull the kid towards us and give him some cover. He didn't seem to hear me (rock slides tend to be noisy). I attempted to move around him and got whacked in the back with a fist-sized rock (talus you know). I decided the kid was only going to get moral support from me after that rock strike. The mess sergeant looked up and saw a rock coming. He threw himself on his son (earning a Soldiers Medal he would never get -- Army training and family don't mix, officially). My friend threw his arm up to fend off the rock (breaking it in three places). The rock careened off of his arm and whacked the mess sergeant in the head (fracturing his skull and blocking the rock that would have killed his son). The lieutenant yelled "somebody's bought it". The rocks continued to be influenced by gravity, bouncing off of a little ledge at the top of the 3-foot wall we were crouching by. The rumbling slowly died off. We all came up for air and the lieutenant ordered us to evacuate the slope. The private launched himself into the air and landed at least 20 feet down the slope (the kid learned to fly!) His next jump only took him about 15 feet. He continued down the slope in big bounds. The mess sergeant policed up his kid and headed down the slope, bleeding from his head wound. My friend headed down the slope in short steps holding his arm like it hurt.

About half way down the slope we stopped to access the wounded. Of the "summit" team, we took one fractured skull, one broken arm, a big bruise and shallow cut (normally not a problem but it was on my back!), a couple of welts (on the other guys), and an undamaged kid. We should have had several deaths but we were obviously in the hands of a higher power. The wounded were evacuated out by helicopter. The pilots felt a compelling need to chase mountain goats on the way to the hospital.

I know this is a long story but let's review the bidding. A good climbing helmet costs about \$50. What's your head worth? Don't yell while standing under rotten rock. It's just not safe. Climb safe!

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the Editors

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Volume 6, Issue 12
13 December 2001
Editors: Mike Dugger and
Tom Russo

LOST ... and FOUND

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CIBOLA

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Top of the Hill

by Tom Russo, President

Well, folks, it's been fun.

I would like to thank you all for a great year as President. It's been mostly a nice, quiet year, and I like that. I hope our next president has as good an experience at the helm. The team is in good hands, please continue to give them your support and lend a hand when needed. An officer's job is always easier when the team works together toward a common goal, and as always the common goal for this team is to be the most professional, competent, and dedicated team of SAR volunteers we can be.

Hats off to all of you, and thank you again.

Boots and Blisters

by James Newberry, Training Officer

Here it is folks, the end 2001.

My Reign of Terror as Vice Prez has come to an end. I can honestly say, it has been real, it has been fun and it has been real fun. I have learned more than a bucket full. I hope some of you did too.

Before I melt back into the vast realms of sardom, I would like to say a Big "Paratus Et Vigilans" to Mickey Jojola, Mike Dugger, Steve Buckley (aka Sgt. Buckley), Joyce Rumschlag, Andy Nielsen, Aaron Hall, Tom Russo, Jeff Phillips, David Dixon, Terry Hardin, Chris Murray and gone and almost forgotten

Paul Donovan for the help with the trainings and evals this year.

Speaking of Trainings and Eval: The new VP/TO will need just as much help as I did. I hope "ALL OF YOU" will pitch in and make next year even better. I'm going to do my part, I'm the guest speaker for the pre meeting training in January (and you thought you had heard the last from me!)

Merry Christmas Everyone, see you next year!

James" The plain ole' Chimp again" Newberry

Business as Usual:Meeting Minutes

by Jeff Phillips, Secretary

Minutes of 08 November, 2001 Business Meeting

Members Attending

16 Members, Larry Mervine, Tom Russo, Jeff Phillips, Terry Hardin, Steve Buckley, Mike Dugger, Charles Irland, Mickey Jojola, Brian Lematta, Joyce Rumschlag, Steve Hochman, David Chapek, Lili Zeismann, Don Coddling, David Dixon, and Frances Robertson.

1 Familiar face: Roberta Begaye.

1 New face: Bill Poindexter.

President's Report

Tom opened the meeting at 1920 with introductions. Pagers #1 and 2 were identified for November.

Membership

Dave announced that Don Coddling is our newest Prospective Member. Dave pointed members to the Newsletter and to two lists containing members' training and evaluation attendance records and needs in order to remain "available" and "field certified".

Treasurer's Report

Brian reported that he had completed the "security measures" discussed in October. Brian then reported income, expense and net worth.

Training Officer's Report

The Saturday 11-10-01 training on Evening Search Techniques at Bear Canyon was announced.

Equipment Committee Report

It was determined that Art Fischer would receive the "mini cache" as a high mission attendee.

Public Relations Committee Report

Larry reported that the October 20th Boy Scouts event went very well. He also reported that the PR display presentation is being worked on and the Committee is looking for pictures and patches.

Medical/Continuing Education Report

Mike reported that there is an Altitude Sickness lectures at the EMS Academy on December 1st. Details are in the Newsletter. Mike then lead a discusion on "Frost Nip" and "Frost Bite".

Old Issues

Discussion of what, if anything, to do when a mission call comes in with no Mission #. It was agreed that it is not that big a deal and no policy was made.

New Issues

Nominations for Officers closed. The following nominees were identified. President - David Dixon, Vice President/Training Officer - Aaron Hall, Treasurer - Art Fischer, Membership Officer - Steve Buckley, and Secretary - Joyce Rumschlag. The vote count will be conducted at the December Business Meeting.

Who's Who and New

by David Dixon, Membership Officer

Aidan Thompson is Cibola's newest prospective member. His mentor is Andy Nielsen. Welcome, Aidan, to late night missions, some great trainings and challenging evaluations. We all hope you enjoy it all as much as we do.

As my time as Membership Officer comes to a close I would like to express some thanks - to new members for being patient while I rambled on about Cibola and got picky with their pack, to the team for their support and allowing me to be another officer, and especially to the other officers for the great

Chinese dinners! I salute their dedication and hard work.

As I move on to a new team challenge I encourage everyone to continue to be good members and recruiters. Keep your pack well stocked and your direction true (or magnetic if you prefer).

Coming Attractions

by Tom Russo

Now that I won't have presidential and other officer duties to distract me anymore, I can devote more time to browbeating^Wconvincing newsletter contributors not to leave the thing so empty. Next year's officers will get to meet my old friend "Sarge" every month before newsletter deadline, and I hope our team members will cast pearls of wisdom before the team on a regular basis, too. Minilessons on SAR topics would be VERY welcome, and I hope you will all step forward to contribute some. Or else.

Bronze Boot

by Tom Russo

There have been no nominations for bronze boot since we reinstated the award earlier this year. But we will be giving out some recognition awards at the party this weekend, and the Boot will be there for Kodak Moments with the recipients.

Web News

by Tom Russo

There has been no activity on the website front. I hope to fix up some database issues I never finished, and maybe clean up the very, very hodgepodge programs that drive the databases. I think my next task is to get the pager handler information into the database, rather than require the newsletter editors to enter it into the newsletter every month by hand. Maybe it'll be done by this time next year...

The team website can be accessed at <http://www.swcp.com/csar/>

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Volume 6, Issue 11
8 November 2001
Editors: Mike Dugger and
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Top of the Hill

by Tom Russo , President

Well, the year is drawing rapidly to a close, and the time will soon come to elect new officers. Most of your current crop of officers will not be seeking office again. I, for one, am ready to step aside and give someone else a chance. I've enjoyed serving the team these past few years, first helping out with the "standards implementation task force," then as training officer, now as president. I think the team has come a long way in this time, thanks to the efforts of many dedicated members. I'm sure the team will be in good hands with the crop of folks who have stepped up to the plate to be officers next year.

I think the biggest threat to the team right now is our slowly dwindling membership. We have known for some time that 3-5 years tends to be the average stay for most members, and several very active members recently left the team after just about that span. We had a huge influx of new members about three years ago, but very few of those folks are still with us. Recruitment will have to be a continuous, vigorous process.

Business as Usual:Meeting Minutes

by Jeff Phillips, Secretary

Minutes of 11 October, 2001 Business Meeting

Members Attending

19 Members, Larry Mervine, Tom Russo, Aaron Hall, Jeff Phillips, Terry Hardin, Steve Buckley, Mike Dugger, Charles Irland, Chris Murray, Tony Gaier, Dennis Barnhart, Mickey Jojola, Art Fischer, Brian

Lematta, Stephen Teller, Ed Mighetto, James Newberry, Joyce Rumschlag, and Steve Hochman.

3 Familiar faces Don Gibson, Don Coddling and Roberta Begaye.

4 New faces, Dominic Chacon, Alex Abeyta, Jocelyn DeHaas and Paul Apostolos.

President's Report

Tom opened the meeting at 1920 with introductions. Pagers #1 and 2 were identified for October.

Membership

In Dave's absence, Tom referred members to the Newsletter for details.

Secretary's Report

No report. As usual. Or was there something I simply neglected to write down. If there was it was unremarkable.

Treasurer's Report

Brian reported that there were several major cash outlays in the month previous including WFR/WFA class and team pager bill. These were somewhat offset by donations and Brian reported our continued healthy financial status.

Brian briefed the team that we are at "risk" under our current way of doing business and made the following suggestions. 1) Disable the ATM Card from being able to make cash withdrawals. - COMPLETED. 2) Take the P.O. Box key away from the Treasurer. - COMPLETED. 3) Require 2 signatures on all checks. Order new checks to reflect this. Discussion ensued. Mike made a motion, James seconded and it passed unanimously. Brian will take this action and report back to the team when it is complete.

Training Officer's Report

James discussed upcoming events including Octber Land Navigation Training, November Land Navigation Evaluation and November Pre-Meeting Mini-Lesson on Winter Gear.

Equipment Committee Report

Tony reported that he recently purchased new ropes. He will obtain the mini-gear box from Paul D. and provide it to the next high mission attendee that should have it.

Public Relations Committee Report

Larry again requested assistance with the October 20th Boy Scouts event in the Pecos area.

Medical/Continuing Education Report

Mike reported that the WFR/WFA training went very well. He also reported that the Wilderness Protocols have been approved at the state level and are in the process of being placed in the official rules. He will update the WFRs when the protocols are actually ok to use.

Old Issues

Aaron reported on the ICOM Radios that A1 Communications in Santa Fe has available. Ask Aaron if you have questions on the details.

New Issues

Nominations for Officers has opened and will close at the end of the November Business Meeting. The vote count will be conducted at the December Business Meeting.

Jeff agreed to provide State Police District Dispatch phone numbers to Tom so pager handlers can call about the status of out-of-district missions.

Who's Who and New

by David Dixon, Membership Officer

Don Coddling had his orientation and becomes our newest prospective member. His mentor is Steve Buckley and he's on Mickey's tree. Welcome, Don, to Cibola Search and Rescue.

A reminder again that the phone tree changes frequently and you should print out a new copy regularly, especially if you are pager 1 or 2 or a tree top. I print several copies and keep them handy in my car and pack. That way I have all team numbers handy.

We have seen a reduction in our numbers this year and I would like to encourage everyone to continue to recruit those you feel are member material. Some of our best recruits have been friends or co-workers of current members. Also, the Public Relations Committee has Cibola posters and pamphlets you can put up. See the P.R. Chair Larry Mervine for these.

Finally, it's United Way time and I would also like to remind everyone to encourage co-workers, neighbors, family, anyone who contributes to United Way to give to us. (And don't forget yourself). Many people regularly donate to the general fund and could instead give some or all to us. This is

Cibola's primary area of funding and the more we encourage and let others know of our positive role in the community, the more we'll get. Also, a reminder that donations need to be specifically denoted on the back of the contribution card.

Medical News

by Mike Dugger and Mickey Jojola

During our WFR recertification and WFA class, Cy Stockhoff invited WFRs to attend a special lecture on altitude-related illness by a visiting physician who specializes in this area. Thanks to Charlie Irland for getting the details for us. The lecture is entitled "Altitude Sickness and Backcountry Medicine," and will take place at the EMS Academy on 1 Dec 2001 at 0800. All WFRs are invited to attend.

Answer to the Last WFR Question of the Month

What are the TWO types of ASR, and how can they be distinguished from one another?

ASR is an acronym for acute stress reaction, and is a reaction to stress of any type that produces physiological symptoms that can look like true shock, that is, lack of perfusion of the brain and vital organs with blood. Most often ASR is a reaction to minor injury that is not life-threatening, and the symptoms are short-lived. However, ASR can mask real problems.

ASR can manifest itself in two ways. The first is "sympathetic ASR," and has effects associated with the release of adrenaline. The pulse and respiration increase, blood flow to the muscles increases, and the body is made ready for "fight or flight." The main problem with this type of ASR is that adrenaline release can also mask pain in various parts of the body, making it difficult to assess injuries. For example, it is not possible to clear a potential spinal injury in a patient that is exhibiting ASR. The other type of ASR is called "parasympathetic ASR." It can make the patient feel nauseated and light-headed, and is due to sudden slowing of the heart rate. Like sympathetic ASR, this is also harmless except that it can mask pain and produce symptoms that look like volume shock. ASR conditions are distinguished from true shock by taking a series of vital signs over time. In cases of ASR, the vital signs will return to more normal values after a short time.

The Next Medical Question of the Month

Compare and contrast the diagnosis and treatment of frostnip versus frostbite.

Check here in the future for answers to this medical question of the month.

Web News

by Tom Russo

News? No, just more of the same. We continue to get a steady trickle of folks interested in the team, and positive comments on the contents from all around the world. As always, if you think you can contribute to the educational content of the site, let me know. The best approach is to write a feature article for the newsletter; I usually turn those into separate web pages on the web site.

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Volume 6, Issue 10
11 October 2001
Editors: Mike Dugger and
Tom Russo

LOST ... and FOUND

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Top of the Hill

by Tom Russo , President

Thank you, all who attended and helped out with the mock search last month. It was a successful event, and everyone who's commented to me on it said they had a good workout. I don't know who came up with the claim that we want to do that on a quarterly basis, I think our wheezing colleague simply pulled that frequency out of his hat (or something). Still, I think we would do well to keep this a regular event, and keep inviting teams from around the state. Each time we do one of these we learn more.

Thanks to all those who were able to attend missions this month. It's been hard to keep ready for these things after our long dry period, but I'm glad we can still get good turnout when the time comes.

As James and Jeff have pointed out in this issue, it's time to think about who will be officers next year. Three of our officers have expressed that they definitely will not run for their current jobs again, and the other two would be happy to let someone else take the helm for next year. So please think of who on the team you would like to see performing the various duties. If you would like to be an officer yourself, or if someone has nominated you and you want to know what the jobs entail, take a look at our member guide; officer's duties are laid out pretty clearly there.

Boots and Blisters

by James Newberry, Training Officer

Happy Halloween Everyone!

I have a question: Which one of you super hard charging search and rescue folks are going to run for the Vice president/ training officer position? That's right, it's that time of year again. The deadline for officer nominations is rapidly approaching.

Here's whats coming up in the future for your training pleasure.

Oct. 14 - Land nav training- Bear Canyon(east end of Spain) 9 am Please bring along your very own map of the area.

Nov. 4 - Land Nav Eval- Bear canyon(east end of Spain) 9 am Please leave a message on the teams hotline if you plan on attending. Also, if there is a brave soul or two amongst you that would like to become an evaluator. Now would be a good time.

Nov. 8 - pre meeting training- 6:30pm Winter gear, what and why we carry it.

Nov. 10 - dark time search techniques- 6pm- Bear canyon (east end of Spain)

Dec. 8 - Search technique evaluation- 9 am Embudo(east end of Indian school) please leave a message on the voice mail hotline if you plan on attending.

Business as Usual:Meeting Minutes

by Jeff Phillips, Secretary

I would like to congratulate the organizers of the 09-15-01 Mock Search on a splendid event. I enjoyed myself and learned several things. I like the crazy idea of doing these things quarterly but seeing what it took to put it on and knowing first hand from working on the 2000 version I know that's fantasy land. Kudos to the organizers.

Nominations for Officers are now open and will close at the end of the November Business Meeting. To make a nomination simply let a current Officer know. Shortly after the November Business Meeting active members will receive a Ballot by mail to be completed and returned on or before the December Business Meeting. At that time the ballots will be tallied and a new slate of Officers (and the Executive Board) elected, to take over team operations in January 2002. This is a great opportunity to serve the team and I encourage everyone to consider an office.

Minutes of 13 September, 2001 Business Meeting

Members Attending

17 Members, Larry Mervine, Tom Russo, Aaron Hall, Jeff Phillips, Terry Hardin, Andy Nielsen, Steve Buckley, Mike Dugger, Charles Irland, David Dixon, Chris Murray, Tony Gaier, Erik Aspelin, Lili Zeismann, Dennis Barnhart, Adam Hernandez and Mickey Jojola.

3 Familiar faces, Aidan Thompson, Don Gibson and Doug Davenport.

5 New faces, Don Coddling, Denise Coddling, Roberta Begaye and two did not sign the 211.

President's Report

Tom opened the meeting at 1922 with introductions. Tom made remarks about the events of 9-11-01 and the team shared a moment of silence in recognition of the tragedy.

Membership

Dave pointed members to the September Newsletter. He reported that there were 2 new prospectives, David Chapek and Jennifer Dellinger and added that the Phone Tree is changing frequently so keep up with it. Dave encouraged volunteers for Pager Handlers for the next few months.

Treasurer's Report

Brian was not in attendance but sent on information on the team's net income and net worth.

Training Officer's Report

Discussion of the 9-15-01 Mock Search and upcoming events. Check calendar and Hotline.

Equipment Committee Report

No purchases made as yet.

Public Relations Committee Report

Larry and three other members attended a successful UNM Day garnering interest from more than 20 people. Larry requested assistance with the October 20th Boy Scouts event in the Pecos area.

Medical/Continuing Education Report

Mike agreed to send the pre-course work that WFRs need to do prior to the WFR refresher course. The course will be conducted at Hodgin Elementary.

Old Issues

On the issue of team subsidy for attendance of WFR/WFA refresher: Mickey proposed - \$100 reimbursement for all active members that attend and provide confirmation of payment to treasurer at or before October Business Meeting - Aaron seconded. Motion passed unanimously.

On the issue of how much to charge non-Cibola and "pre-Cibola orientation" attendees of the WFR/WFA refresher: Steve proposed - Charge \$225 - Dave seconded. Motion passed unanimously.

New Issues

Nominations for Officers has opened and will close at the end of the November Business Meeting. The vote count will be conducted at the December Business Meeting.

Recognition

Bronze Boot was presented to Steve Buckley for tireless work in preparing for the Mock Search event.

Meeting was adjourned at 2010 hours.

Who's Who and New

by David Dixon, Membership Officer

I want to remind everyone that there are only 2 trainings and 1 each of the evaluations left in the year. Many members still need 1 or 2 trainings in this time period to keep mission availability while a few others actually need them to retain their membership. And quite a few members need an eval or more also to stay field certified. We don't want anyone to lose mission availability or especially their membership for these reasons. Check the website database for your status. I have also given many of you a reminder.

Our newest prospective member is Jennifer Dellinger. Jennifer actually completed orientation last month but I forgot to include her in my column. Her mentor and tree top is Aaron Hall. Welcome to search and rescue Jennifer. You certainly have a great mentor to help you.

On the other hand we lost 2 members to resignations, Doug Davenport and Paul Donovan. Doug is back in school and hopes to have time for us at a later date. We wish him well.

Although we all knew it was coming Paul's departure is a big loss for us. I repeat here my team listserv posting of a few weeks ago.

Paul Donovan has submitted his resignation to Cibola. Most of us knew this was coming and recent events certainly quickened his departure. As with another recent member his contribution to this organization was outstanding and in that he deserves more than a simple goodbye.

Paul started with Cibola in early 1999 sprinting. His pace has only recently slowed. During his 2 ½ years he was one of our top mission goers and if we had the sense to give the award every year he certainly would have been rookie of the year his first year. In fact Paul was often our "go to" member on missions, definitely not an arguable point from anyone who tried to keep up with him in the field. I had the good

fortune to work with him on an overnight find on the west face of the Sandias a while back and he certainly helped make it my most memorable mission. Not only was his expertise always evident but his demeanor and positive attitude were great to have along. Although unpretentious, he humbled us all. In fact, Paul epitomized the quality, field ready member this organization strives to produce and have the sar community see.

In addition to his mission contributions Paul was also very active in trainings and bivies. He certainly worked to try and get everyone to his level. You knew if he was involved the event would be better. Recently, not being content to simply fly and follow his other pursuits he felt it necessary to start serious climbing and has bagged many of Colorado's 14'ers. A goal some of us would cherish in doing just one.

Paul Donovan's all too short time with Cibola will never be forgotten and the team can't say a big enough thank you. We wish him a safe passage in the future. Oh to have everyone fighting for us a Paul Donovan.

We can only hope he retires here and rejoins. I have no doubt his pace will not have slowed a bit.

Medical News

by Mike Dugger and Mickey Jojola

We had a very successful medical class on September 27-30. Rosie Dixon was kind enough to allow Cibola to use the cafeteria at Hodgin Elementary school for our classroom on Thursday and Friday evening, and all day Saturday and Sunday. Carl Gilmore and Cy Stockhoff co-instructed an excellent class for us - many thanks to them for giving up a weekend to teach us. We had seven Wilderness First Responders taking a refresher course, and five more team members joined us for a Wilderness First Aid class on Saturday and Sunday. There were lots of patient assessment scenarios for the WFRs, and updated wilderness protocols including new procedures for asthma, CPR and breach childbirth. We also learned the basics of "START," simple triage and rapid treatment, for multiple injury scenarios. I know I really benefited from the refresher, and our WFA attendees gained some useful knowledge to help us take care of one another while on missions.

Answer to the Last WFR Question of the Month

Head trauma - What is it and how can it be defined and treated?

Trauma to the head can result in open wounds, fractures to the bones of the face and cranium, or less obviously to hidden damage to the brain from being impacted and "sloshed about" inside its rigid container. In some respects, the former types of injuries are somewhat easier to deal with in the backcountry since they are obvious. The skull is an extremely durable container, and very difficult to damage. Therefore, trauma resulting in open wounds or fractures represents a high probability of severe damage to the brain which may not be survivable in the backcountry setting. We must control bleeding, stabilize, and transport to advanced life support as soon as possible. Forces sufficient to cause this kind

of damage to the skull are also capable of causing a spinal injury, so we must also take precautions for this.

More common, and potentially as dangerous, is damage to the brain from blunt trauma that may leave no or minimal external physical signs. The heart is capable of beating without a signal from the brain, but the lungs will not operate without nervous system control. Head trauma can therefore lead to respiratory arrest due to loss of nervous system control of the muscles in the diaphragm and chest. Red flags for head trauma include the loss of consciousness at any time, decline in mental status following the event, deformity of the skull, persistent severe headaches, vomiting more than once, antegrade amnesia (no memory of events after the injury), and feeling dazed, sleepy or nauseated. The real danger here is swelling of the brain due to trauma. Since it is inside a rigid container with no place to go except out the hole at the base of the skull where the spinal cord exits, swelling of the brain leads to increasing "intracranial pressure," or ICP. If a mechanism for head injury exists the subject should be monitored for signs of increasing ICP. If the patient has a confirmed concussion, evacuation should be started immediately rather than waiting for ICP to increase, as this condition is life-threatening and must be managed in a hospital setting. Increasing ICP can manifest itself over a period of 24 hours. Basically, as the brain swells the heart may not be able to pump blood at high enough pressure to overcome the pressure inside the cranial vault, and the brain is not adequately perfused with oxygenated blood. Some compensation is possible, as spinal fluid and blood move from the cranial vault to the spinal canal and surrounding vasculature, respectively. Eventually compensation is impossible and hypoxia of the brain results. Late symptoms include seizures, a maximally dilated pupil, and posturing (hands and feet turning in or out).

The Next Medical Question of the Month

What are the TWO types of ASR, and how can they be distinguished from one another?

Check here in the future for answers to this medical question of the month.

Web News

by Tom Russo

I have not added much to the website the last few months, but one thing I have added was the beginnings of a "debrief" of the mock search from last month. I hope to flesh it out a little more once I get a copy of the mission report from Don Gibson. A handful of members have submitted comments that I've added to the page, and I welcome more.

Please don't forget that the website has quite a few training handouts, and the "other interesting websites" page has links to informative sites all over the World Wide Web. I occasionally add new things to the latter page. Most recently I added a link to an article on "The Basics of Classical Datums" that tells more than you ever wanted to know about the origins of the map datums we've come to know (e.g. NAD83,

NAD27, WGS84). Makes for some good reading when you have a half hour to kill.

Another useful link is the Federal Emergency Management Agency's ICS course, and I highly recommend that you go visit that one and download the textbook. I'd recommend signing up for the course, too --- it's free and self-paced, so you just download the book, read it at your own speed, then take a multiple-guess test.

I am willing and able to continue doing website management next year, but as always I would be delighted if anyone would like to help out. It's a geeky job, requires one to roll up one's sleeves and get Unix smeared all over you, and often requires forays in to the world of database administration and programming, but the website has become a pretty important part of our record keeping and it would be good for me to have some backup.

A gentler way to get into the web administration would be to volunteer to help edit this newsletter. Susan Corban and Mike Dugger have helped me a great deal over the past four years, but Mike's mostly working on the CE Coordinator's job and Susan ran off to play on rocks (*sniff*). Line forms to the right (the line for helping with next year's mock search forms to the left, I'm running out of directions here!).

The team website can be accessed at <http://www.swcp.com/csar/>

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the Editors

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Volume 6, Issue 9
13 September 2001
Editors: Mike Dugger and Tom
Russo

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Tom Russo, President

I write these words just a couple of days after the terrible events in New York, Washington and Pennsylvania. I'm sure you are all as stunned as I am. Our thoughts, hearts and prayers go out to the families of all those who perished as a result of these terrible acts. Remember also that hundreds of emergency services personnel are missing, presumed dead after the collapse of the two massive structures. These heroic people rushed to the aid of their fellow citizens, placing themselves at great risk and ultimately giving their lives to save others. Please join me in saluting our fallen comrades.

On a personal note: my cousin Cathy Zarr was one of the paramedics on scene at the World Trade Center. Her brother, Carl, is with the NYPD and is also working the scene. While it is worrisome that she was hospitalized after being overcome by smoke, I am greatly relieved that neither she nor Carl are among the missing. My brother-in-law, Eric Fredericks, is one of the iron workers who are working to dismantle the twisted wreckage. My sister Dianna, who normally would have been on her way from the World Trade Center subway station to her office nearby at the time of the disaster, was on vacation in the Caribbean at the time with several of her friends that worked in or near the twin towers. Needless to say, I am well aware of the anguish that those with missing loved ones must feel --- it took several hours to get in contact with my family to confirm everyone's safety. I'm very thankful that my news was good news all around, and my thoughts and prayers are with those who were not as fortunate.

On another note, just yesterday I was driving home and realized that there's only one more meeting between the publication of this issue and the close of nominations for officers for 2002. Guess we ought to think about *opening* nominations, yes? Please start thinking about who you'd like to see in office next year, and submit your nomination to any current officer by the close of the November business meeting.

Planning for the mock search has been going well. While we don't expect the tremendous turnout we had last year (about 70 responders), we have confirmed that several teams from around the state will indeed be out to play that night. Please let's have as close to 100% Cibola attendance as we can. With ground-pounding missions so few and far between these days, we could use all the practice we can get. Watch your phones around 5pm on Saturday, 15 September.

Boots and Blisters

by James Newberry, Training Officer

Its September already. Wow! My Reign of Terror as the Training Officer is just about over.

Here is what's coming up in the near future for your training pleasure.

MOCK SEARCH

September 15 somewhere in the Sandias. around 6ish pm. This promises to be a great Training opportunity for one and all. There will be Teams coming from all over the state to participate. A good turn out from Cibola is a must. See one and all there!

Wilderness 1st aid and Wfr refresher

September 29 Location ? and cost ? to be talked about at the meeting.

Litter Evaluation

Oct. 6 3 gun springs trail head inn Carnuel. 9 am Call the voice mail hotline and let me know your coming.

Business meeting 7:15 pm

Oct. 11 Pre meeting Training Critical stress management 6:30 pm

Map reading training

Oct. 14 time and location TBA

Until next time
Paratus Et Vigilans

Business as Usual:Meeting Minutes

by Jeff Phillips, Secretary

Minutes of 09 August, 2001 Business Meeting

Members Attending:

18 Members, Erik Aspelin, Steve Buckley, David Dixon, Mike Dugger, Art Fischer, Tony Gaier, Aaron

Hall, Terry Hardin, Charles Irland, Brian Lematta, Larry Mervine, Chris Murray, James Newberry, Andy Nielsen, Jeff Phillips, Joyce Rumschlag, Tom Russo, and Stephen Teller

1 Familiar face, Aidan Thompson.

2 New faces, Karen Moore and David Brysdal.

President's Report:

Tom opened the meeting at 1915 with introductions. Pager handlers were identified for coming months.

Membership:

Charlie Irland agreed to do refreshments for the September meeting. Dave introduced Stephen Teller as a new prospective. Dave made a call for Pager handlers.

Treasurer's Report:

Brian reported income, expenses and current bank bank balance. A review of the budget at mid-year shows actual expenses under and actual income over budget.

Training Officer's Report:

James reminded people to call the hotline often and to state whether or not they intend to participate in events. James discussed upcoming events for August and September including Base Camp training, SC training in Las Vegas and Las Cruces, Search Techniques Evaluation and the Mock Search set for September 15th.

Equipment Committee Report:

Tony will be making purchases soon to restock the cache of consumables.

Public Relations Committee Report:

Larry stated that the PR Committee would be working at UNM Day on August 24th and will do a presentation for the Boy Scouts in October near Pecos. He reminded everyone that there are posters available if they have ideas where to put them.

Medical/Continuing Education Report:

Mike stated that tentative arrangements have been made for Wilderness First Aid class on 29-30

September. Details will be forthcoming. The WFRs will need to take a few hours extra on the evenings of 27-28 September.

Old Issues:

Aaron agreed to look into the purchase of ICOM F2 radios from AI Communications and put the information on the list serve.

New Issues:

Tom and Mike requested volunteers to assist with Newsletter Editing.

Tom will host a party for Susan Corban at his home on Saturday August 25th.

Who's Who and New

by David Dixon, Membership Officer

David Chapek is our newest prospective member. His mentor is Adam Hernandez and he's on Mike Dugger's tree. I know he's ready for missions because he's already been on one. Welcome him and say hey.

I encourage everyone to attend this month's mock search training. We all long for more missions so let's make up our own, have fun and learn some new things. We'll also have the opportunity to work with other teams. (A reminder again that some of you need the training to get back to mission availability).

A few weeks ago we had our "Thank You" party for Susan Corban. There was lots of food and drink, comraderie with Cibola people, comraderie with non-Cibola people and a very surprised Susan. I know she appreciated it and thought that the engraved leatherman was the perfect gift. The officers thank all who contributed to it. A big thanks also to Tom for hosting.

Gearing Up

by Tony Gaier, Equipment Committee chair

The Gear Guy would like to remind you to check your backpacks to ensure you have everything in them required for mission participation. I have batteries (AAA, AA, C, D, & 4.5), trail tape, ear plugs, rubber gloves, and MREs to be used for missions. Please see me if you need anything. People with Mission Supply Boxes please let me know if you need items to restock your boxes.

Bronze Boot

submitted by James Newberry

James has nominated Steve Buckley for another Bronze Boot this month. Steve has done an outstanding job as pre-event logistics chief during the preparations for the mock search. His efficiency has exceeded expectations, and we should all give him a round of applause now, and after the mock search.

Medical News

by Mike Dugger and Mickey Jojola

It took some doing, but it looks like our Wilderness First Responder and Wilderness First Aid class is ON for the end of September. Specifically, the "joint sessions" will be on the weekend of September 29 and 30 from 8 AM to 5 PM. In addition, the people taking the WFR refresher class will also meet September 27 and 28 from 7 to 10 PM. Location is still being finalized, but it will probably be at Hodgin Elementary school. Some of you may recall that this is where we offered the original WFA class in October of 1999.

Our class will be a special one for several reasons. First, we will have a great instructor - Carl Gilmore of Taos. Carl is an wilderness EMT-P, and has been teaching medical classes all over the region for many years. He is also well known at the EMS Bureau and up on all the regulations and protocols there. Second, in addition to all the required FR material, Carl is a qualified Wilderness Medical Associates (WMA) instructor, so our refresher will include information consistent with this well-known wilderness training program. Third, this class combines WFA and the WFR refresher required of EMS-certified WFRs, so that both medical providers and those who just want to be able to take care of themselves and team mates can attend most of the class together.

Cost for the class and any team financial support will be discussed at our business meeting. After we know how many of our team members will attend, we will open up the class to others in the search and rescue community, followed by anyone else that wishes to attend. External costs for the WMA-WFR refresher will be around \$250, and for the WFA portion alone around \$200. There is no other class like it - I expect it will be a fun and informative experience!

Web News

by Tom Russo

There have been no new additions to the team website for several months, but please don't stop exploring it. Remember to keep your address and phone numbers current by contacting the Membership Officer, David Dixon, should you move or change phone numbers.

The team website can be accessed at <http://www.swcp.com/csar/>

Special Notes

Joyce Rumschlag has been certified in Critical Incident Stress Management, and was recently accepted to the New Mexico CISM team. Congratulations, Joyce!

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the Editors

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Volume 6, Issue 8
9 August 2001
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Tom Russo

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Top of the Hill

by Tom Russo , President

Not much to report on this month. We had a couple of missions and a hoax to respond to, but other than that it's been really quiet.

In response to some queries over the past few months, Jeff Phillips and I will be presenting a training on August 12th entitled "Base Operations and the Field Responder." It will be a primer for new folks on what went on to start the mission, what's going on in base (in theory), how you fit into the organization, and most importantly *what to do (and not to do) when you show up to base*. Jeff will be presenting some ICS background that should help you prepare for your PACE exams and understand the structure of the Incident Command System. And we'll conclude the thing with a tabletop exercise that should be interesting --- we'll divide into groups with filled out "SAR Questionnaire Parts A and B" and ask them to use what they learned to try to work out how they would begin the mission. It's harder than it sounds, and this should be an interesting exercise. Then, each group will "call for resources" and try to brief the other group to carry out the tasks they've come up with. We'll not actually deploy teams, just go through the motions.

Our event calendar has shown the location of this event for some time now, but on reflection we've changed it. The training will take place at 9am on Sunday, August 12th at the Pine Flat picnic grounds, about 8 miles south on South Highway 14. We chose this location because it has tables and ample shade, two features that make it far more appropriate a location than Bear Canyon at this time of year. Our field exercise won't involve hiking around, and in fact our scenario mission won't even be "taking place" at the Pine Flat picnic ground --- we'll pretend we're at the base of La Luz or elsewhere. A copy of the Sandia Crest USGS Quad would come in handy, as would any ICS Plans or Ops kits that could make there way there.

September's training is fast approaching, and planning is well underway. September 15th, about 6pm. Please plan to attend.

We'll probably have a map reading training with a field exercise in October. This won't be the same as the "map reading lecture and four-point orienteering course" training that has become our standard for several years now, but an intensive "learn how to visualize the terrain from the squiggles on the map" practice. This idea came to us after watching people struggling with the problem at Bear Canyon during our last land navigation eval. Watch James' column in coming months for more details.

Business as Usual: Meeting Minutes

by Jeff Phillips, Secretary

Minutes of 12 July, 2001 Business Meeting

Members Attending

16 Members, Dennis Barnhart, Steve Buckley, Paul Donovan, Art Fischer, Aaron Hall, Terry Hardin, Adam Hernandez, Mickey Jojola, Larry Mervine, James Newberry, Andy Nielsen, Jeff Phillips, Frances Robertson, Joyce Rumschlag, Tom Russo, Lili Zeismann.

2 Familiar faces, Jennifer Dellinger and Ben Traub.

1 New face, Aidan Thompson.

President's Report

Tom opened the meeting at 1950 after a not unexpected long-running pre-meeting "mini" by NM DPS SRO Rick Goodman. Introductions were forgone due to everyone's familiarity. Pager handlers were identified for July and August.

Membership

The first time attendee was introduced. Dave was not in attendance so members were directed towards the newsletter for recent membership news.

Secretary's Report

No report. As usual.

Treasurer's Report

Brian was not in attendance so members were directed towards the newsletter. Special recognition was given to the generous \$200 gift by L&M Technologies.

Training Officer's Report

James reported that the July evaluation on litter handling was cancelled due to lack of participation. Reminded people to call the hotline often and to state whether or not they intend to participate in events. James briefly discussed upcoming training for July and the Base Camp training now scheduled for August.

Public Relations Committee Report

Larry stated that the fire side chat at Elena Gallegos Open Space on July 7th was very well attended (50-60 people) and the next committee meeting was scheduled for July 26th.

Medical/Continuing Education Report

Mickey stated that a 16 hour WFA class (unknown cost) was tentatively scheduled for the weekend of September 29 & 30 as well as a recertification class for WFRs (\$175 per person) the three days prior to that weekend. These dates are based on instructor availability. The team discussed and then voted to have Mickey lock those dates in. Details will follow.

Mickey stated that there is also a possibility of recertifying along with St. John's College and he is continuing to look into that.

Mickey stated that it looks like wilderness protocols will be approved for First Responders who have WFR certification. This is not yet certain and everyone was reminded to use their current protocols until officially notified of a change.

Finally, Mickey mentioned HPMO insurance company that, according to John Tull of St. John's College, has a \$1M policy for individual medical personnel. The website is www.hpmo.com.

Old Issues

With regard to the previously tabled issue of subsidizing WFRs' attendance at the EMS Conference 23-28 July the team voted to approve a 20% reimbursement as incentive for WFRs to attend. Receipts will be due by the August business meeting.

New Issues

Tom announced a request for Cibola members to be a part (as mock victims) of the Albuquerque Sunport

Full-Scale Disaster Exercise on September 28.

Tom announced an invitation for Cibola members to assist with the MS Society Bike Race.

Jeff discussed the possibility of Cibola becoming active in Local Emergency Planning Committees (LEPCs) in the immediate area of District 5. The PR Committee will discuss the matter more at the next meeting.

Tom handed off the potential purchase of ICOM F2 Radios through state contract to Aaron Hall.

Recognition

Bronze Boot Awards were presented to Mickey Jojola and to Paul Donovan, Aaron Hall and Steve Buckley. Ask them why...

Who's Who and New

by David Dixon, Membership Officer

Our newest prospective member is Stephen Teller. He completed his orientation last week and is ready to hit the mission trail. He will be on Larry's tree and I'll handle mentor duties. Introduce yourself and give him a welcome when you see him.

As membership officer two of my responsibilities are getting members to handle pager duties and soliciting Member Profiles. Concerning pager duties, I agree with the president that all active members should share this responsibility. As has been previously pointed out by Tom, with 27 actives currently on the team we'd all need to be Pager 1 only once every two years. And we can always use more who are willing to be Pager 2 and handle the equipment. Right now too few members take on these tasks. My other thought is for those that have slipped into "Not Available" or "Not Field Certified" status to be a pager during this down time. Being unavailable for missions doesn't preclude you from handling a pager and seems to be an obvious time to do it. As Barney the dinosaur says, "sharing responsibilities is so important for any good volunteer organization".

Secondly, it's been too long since we had a Member Profile in the newsletter. As I've mentioned before these personal overviews are a great way to get to know each other and further team camaraderie. It really would be nice to have one every month. If you have not done one please consider it. Read some in past newsletters, compose one for yourself and submit it to me. Right now you'll get it published next month.

I encourage everyone who is not available for missions to attend the next two trainings so they can retain mission availability. (Of course I encourage availables to attend also). But you say you want different trainings? Well August and September are exactly that. The training officer and his diligent helpers have been working hard to bring you the upcoming Base Camp Operations and in September a great Mock Search with other teams. Set the dates aside and plan on attending both.

Public Relations

by Larry Mervine

We have an opportunity to do some PR stuff this month at UNM. Friday August 24th between 9:00AM and 2:00 PM we will have a booth at UNM. In past years we have had success with getting new members at this event. If anyone wants to volunteer let me know.

Also in October the Boys Scouts is asking us to help with training. The topic is wilderness tracking. Anyone wanting to help contact Larry M. The training is scheduled for October 20th in the Pecos.

Does anyone have a favorite spot where we could place one of our Cibola posters? Get a poster from the PR man.

Bronze Boot

by Nob Ody

There were no Bronze Boot nominations this month. Contact any officer to nominate one of your teammates for this prestigious award.

Medical News

by Mickey Jojola

Answer to July's WFR Question of the month

What would you do if a Western Diamondback Rattlesnake bit you or a teammate?

Well scream and run may be the first thing that runs through your mind but what about your buddy? Or yourself? Since moving too quickly or panicking causes an increase in heart rate it could possibly increase the movement of the venom through your system. Stay calm! In general the symptoms that can occur with the bite of a pit viper (which a Western Diamondback is) are: Swelling, burning, and pain at the bite site may be severe with tissue breakdown around the bite. Symptoms involving the whole body include nausea, vomiting, abdominal cramps, thick tongue, difficulty speaking and swallowing, numbness, and tingling around the mouth. In some cases (rare though) death may occur. Another problem related to the bite is infection, which may occur at the bite site several days later.

So, your buddy is complaining of burning pain. You're not too late. So what should you do? Well getting to a doctor would be the thing to do, but... You are a WFR meaning that you are probably in the wilderness very far away and you have to take care of it NOW. So you'd better wash the snakebite area with soap and water and remove all jewelry or other things that may get tight when the swelling comes. Then very carefully apply a constricting band above the bite. It should be tight enough to slow circulation but not stop pulses. Be careful, if you go too tight you may lose a limb. Generally no tighter than a rubber band would if you put one over your arm. If at all in doubt DON'T DO IT. You will want to also

immobilize the limb below the heart as much as possible and cool the area to control pain but do not apply ice directly. Evac as soon as possible. Be aware that if they stop breathing then you'll need to start CPR. At the hospital they will likely use an anti-venom to help your friend.

If you want more info on this and other interesting wilderness owies, like the one that we just went though you can look where I found this information at <http://www.emedicine.com/wild/topic66.htm>. A good source of information on a lot of topic.

Next month: Head trauma. What is it and how can it be defined and treated.

Web Gnus

by bye

The team website can be accessed at <http://www.swcp.com/csar/>

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the Editors

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Volume 6, Issue 7
12 July 2001
Editors: Mike Dugger, Tom
Russo,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Tom Russo, President

It's been a rough month for Cibola SAR. Several unfortunate resignations, a handful of people dropped off the roster for inactivity, and a slew of members getting marked "not available for missions" until they get some more training. This is not a Good Thing. I hope that this sad state of affairs is only temporary, and that all of our members will be back on mission-ready status in short order.

But it does little good to have a lot of members "mission ready" if we aren't going to have lots of members showing up to missions when they do happen. We've only had 10 missions so far this year, but participation has been spotty at best. We have had three missions where 12 members showed up, which is a fine rate of participation, but our average has only been 7 and we've gone as low as 2, which is embarrassing. Remember that Cibola expects you to give SAR activities a high priority --- put your job and your family first, but SAR should be a close third.

We've had several requests to have some sort of "what to do when you get to base camp" training, and in response to this Jeff Phillips and I have begun putting together such a training for August. The training will be a sort of ICS re-orientation, and after some "academic" training we'll try to do a "mock search" that ends where teams would normally have been deployed --- that is to say we'll do the whole thing as a simulation in base camp. It should be a fun time, and should help sharpen us up a little --- we spend plenty of time training for what to do once we hit the field, but that time in between call-out and deployment has been a bit fuzzy.

Another thing you might notice in this issue is that we're trying to breathe new life into the "Bronze Boot" column. Few on the team remember this, but there really is a Bronze Boot plaque --- Chuck and Mary Girven made it up a few years ago, and for a while it was awarded every month as a sort of

"honorable mention." The team's officers would like to get back in the habit of awarding it every month, to recognize all the hard work that our team members put in for their team. It's unfortunate that we've gone so long since the last presentation of the Bronze Boot; many members have deserved such recognition in the last few years, and it will be difficult to catch up by recognizing them all at once. But rather than fill this entire newsletter with blurbs thanking the dozens of members who have helped out in the last three years, this month a few of the officers have nominated people who have very recently done things to help lighten their load, and starting now we'll accept nominations from the general membership to pick who should receive the award in coming months. I should note that on several occasions during dry seasons the Bronze Boot was awarded simply to applaud someone just for being a good sport; once Chuck Girven got the boot for not killing Andrew Parker when he got to the top of a hill and discovered that Andrew had stuffed a large rock into his pack down at the bottom.

While we're on the subject of recognition, I realize I've not said anything about Susan Corban's resignation. I was trying to pretend that she hasn't resigned for quite a while now, but I can't continue that and leave David Dixon's article as the only word on the subject. Susan joined the team as a prospective member late in 1997, a time of considerable upheaval in the team; there had been a large turnover in membership --- or should I say a massive dropoff? --- and several important jobs were not getting done. She took her PACE exam in November 1997, our only certification requirement of new members at that time. After becoming an active member in March of 1998, she stepped forward in June to become chair of the nearly-defunct public relations committee, reinvigorated it and quickly established recruitment as its top priority. Our team roster ballooned from its low point of 15 members to its high point of 45 as a result of that committee's efforts. Not long after taking the reigns of the PR committee, Susan also stepped forward in September 1998 to be an editor of this newsletter. In addition to being more attentive to grammar, spelling and layout than any of the editors had been before, she made sure that there were frequent "member spotlights," encouraged people to write minilessons and feature articles, and wrote several of them herself. She was the moving force behind the Hike of the Month column from 1998 until 2000. She was elected Membership officer in December 1998 --- only 6 months after becoming an active member herself --- and redefined the job. During my term as Training Officer she designed and lead several new trainings, including our "Hasty search and sound attraction" training and a really good GPS course. During her terms as Membership officer she took on the daunting task of figuring out all it would take to get our team equipped and trained to begin performing medical services on missions; we have Wilderness First Responders, a medical director, and medical protocols because Susan saw it all through. Yes, this team is a better team for having had Susan as a member. I wish her well in all her future pursuits.

Boots and Blisters

by James Newberry, Training Officer

Paratus Et Vigilans

"These things we do, That others may live" or more literally as Chris Murray has said "to be awake and ready."

Well, we haven't been awake much lately, missions have been far and few between. So consequently there is no excuse for us not to be ready! What else have we had to do but train and make sure all our gear is mission ready.

Speaking of training and getting gear ready, we have another good training coming up on July 14th it will be a litter training of great importance. If you think you know all about the litter and are getting bored, come to this training at 9 am Bear Canyon (east end of Spain) and be amazed at how little you really know! Oh yeah, be sure and wear comfy boots and your complete SAR pack.

August's training will be a most awesome training of the highest degree! Base Camp Operations. At 9 am Bear Canyon (East end of Spain), a behind the scenes look at what happens before we get the call and what goes on during a mission. etc. It should be a real eye opener for our newer members and our elders! (elders, I mean time on the team. not age) August's Evaluation will be land navigation Aug. 4th at 9 am at Bear Canyon (East end of Spain).

Just for the fun of it: There are a few of us that have started or have been rock climbing for a while. I have dubbed them "The Cibola Rock Chimps". If you are interested in top rope climbing and rappelling let me know and I'll put you in touch with the rest of the Chimps. Weather and time permitting we plan on getting together once a week.

???Hike of the Month??? There hasn't been a hike of the month lately. Is there anybody out there that would like to lead the team on a really cool hike they know of? Contact me ASAP!

And last but not the least: Thank you Mr. Rick Goodman for coming to our happy little get together this month and talking to us about SAR in NM. SARLUTE!

Until the next time , "Live to Train, Train that others may live!"

Business as Usual:Meeting Minutes

by Jeff Phillips, Secretary

Minutes of 14 June, 2001 Business Meeting

Members Attending

19 Members, Dennis Barnhart, Michael Bridges, Steve Buckley, David Dixon, Paul Donovan, Mike Dugger, Art Fischer, Tony Gaier, Aaron Hall, Terry Hardin, Adam Hernandez, Steve Hochmann, Mickey Jojola, Larry Mervine, Chris Murray, Andy Nielsen, Jeff Phillips, Joyce Rumschlag, and Tom Russo

2 Familiar faces, Jennifer Dellinger and Don Gibson.

1 New face, Ben Traub.

President's Report

Tom opened the meeting at 1915 by introducing the officers and welcoming everyone. Pager handlers were identified for June; Art Fischer #1 and Joyce Rumschlag #2.

Membership

The first time attendee was introduced. Charlie Irland and Dennis Barnhart were recognized as new active members. Two members' resignation were announced, Gene Mortimer and Steve Kolk. Dave reminded members that end of June is end of the first six months of the year and thus the 3-2-1 (meeting, training, mission) requirement will be reviewed for all members.

Treasurer's report

Provided by Tom. May's financial information was shared. The team has no liabilities. L&M Technologies donoted \$200 to the team.

Training Officer's Report

Provided by Tom. The summer bivy has been planned for June 23rd to Bosque Peak in the Monzanos. Two meeting times were discussed, as was the option of staying on the mountain Friday night instead of Saturday. To obtain training credit a member must spend the night on the mountain.

Equipment Committee Report

Tony is acquiring 4.5 volt flat pack batteries and wants to restock the small 'field boxes'. The usual stuff is available.

Public Relations Committee Report

Larry announced a fire-side chat at Elena Gallegos Open Space on July 7th and requested assistance. The next committee meeting was scheduled for June 21st.

Medical/Continuing Education Report

Mickey and Mike referred members to the question of the month in the newsletter. Mike announced a statewide EMS Conference 23-28 July. The question was raised whether or not to subsidize WFRs' attendance. This question was tabled.

Old Issues

With regard to the issue of FRS radio use on missions: Tom Russo met as planned with other team members and an article about the decisions appears in the June 14th newsletter, Volume 6, Issue 6.

The Brunton 40% off coupon order was completed.

New Issues

It was decided that the pager handler will enter a suffix of "-000" when a wrong-number page comes through on the group page, rather than changing the voice mail.

Pinching Pennies

by Brian Lematta, Treasurer

When visiting the mailbox this week I was happily surprised to find that Terry Hardin's company, L&M Technologies, had donated \$200 to the team. Please thank Terry for his employer's great generosity.

Who's Who and New

by David Dixon, Membership Officer

July is the time for the 6 month review of members training attendance. Some of you found yourself short and are now not available for missions. (A reminder that you need to attend a minimum of two trainings for each 6 month period - and to say again, evaluations count as evaluations not trainings). If you are in that position you can regain mission status by attending the next two trainings, and at the same time fulfilling the minimum number for your next period. We hope you can all do that. We need everyone in the field. On the other hand, a big kudo (whatever that is), to Mickey Jojola. He attended 6 trainings this period, every one Cibola put on. Way to go Mick!

We have no new prospectives nor actives this month. I am sorry to report, though, that we have lost a number of members to resignations or inactivity. Ella May Robinson and Rich Lloyd are moving on due to inactivity. Amber Pickel and Art Bisbee have moved away. Steve Kolk and Susan Corban have decided to move on to other pursuits. Cibola extends our best to all of them and hope they continue to enjoy the outdoors and keep up with skills learned as search and rescue volunteers.

One of them will be especially missed by many of us and the officers are in agreement that she deserves special recognition. I would like to repeat the email I posted on the team listserv a few weeks ago after receiving Susan's resignation.

It is with serious regret that I accept the resignation of Susan Corban. Susan has been with the team since the fall of 1997. During that time she contributed countless hours to a variety of team functions. I worked with her as a member of the Public Relations committee and followed her as both P. R. Chair and Membership Officer, so I saw her efforts firsthand. If she agreed to do something it was done well. As P.R. Chair she worked to reach out to the community to expand our outdoor and recruitment

presentations. Many of you are members because of her efforts. She produced a great poster and bookmark that we still use in recruiting and developed business cards for members. As Membership Officer she reorganized the office and membership procedures making my transition to the position much easier. She also did some excellent trainings and worked on the Member Guide committee. As I have said before Cibola is more than missions. Much behind the scenes, administrative work is required to keep us running smoothly. In this area Susan did more than her fair share. I am proud to have worked with her. Cibola is much better off due to her membership with us. Cibola SAR says thanks and good luck Susan.

Bronze Boot

by Grateful Cibolans

The Bronze Boot is given to members of Cibola SAR to recognize exemplary efforts in the field, hard work behind the scenes, or just being a good team player. The last Bronze Boot was given in August 1998, and only stopped because the nominations stopped coming in. Any team member may make a nomination: just contact an officer or editor. *From James Newberry* I'd like to nominate Mickey Jojola for this month's Bronze Boot. He's pulled my fat out of the fire a few times in the last few months by taking on training chores when nobody else would. Thanks, Mickey!

From Tom Russo I nominate Steve Buckley, Paul Donovan, and Aaron Hall for going the extra distance this month and helping with the organization of our upcoming Mock Search. These guys are highly motivated, and with their efforts we'll have another outstanding training exercise.

Medical News

by Mickey Jojola and Mike Dugger

As of June 15, the Medical Directors Committee of EMS approved the wilderness scope of practice for medical providers in a "wilderness context." This presents a major victory for the use of the wilderness skills many of us learned at the WFR course last spring. Many thanks are due our instructor Cy Stockhoff from the EMS Academy for championing this cause. At this point, we are waiting until the new ruling is formalized into the written regulations for EMS medical providers, and then we should be able to meet with our medical director and get wilderness protocols approved for use once again. For now WFRs should continue to operate as FRs as we have previously discussed, until we can get clear with EMS and our MD on exactly what we need to do to use the new scope of practice.

We have been attempting for several months to get a WFR refresher/WFA course for those of us who need the refresher and those of you who'd like to get some medical training under your pack. Although several potential instructors have expressed interest, we have had a lot of difficulty nailing down details like, cost, etc. There has been some recent contact with one of the instructors, and we are continuing to work on this project for a possible combined course this fall, tentatively the end of September. The dates we've nailed down with Carl Gilmore are the 29th and 30th for both WFR refresher and WFA. The WFR folks would need the evenings of September 27 and 28 as well to cover all the material. Those of us who took the WFR class in spring of 2000 have until December of 2002 to meet the renewal requirements. A

FR refresher is offered at the annual EMS conference in Albuquerque later this month, as mentioned in CSAR's June newsletter. However, that will not provide the update on wilderness protocols that we'll need to use the new "wilderness context" adopted by EMS. There are many BLS CEs offered at the conference, and it is a great opportunity to obtain more of the 8 BLS CEs that WFRs need for recertification. Details on classes can be found in last month's newsletter. We recommend holding off on the FR refresher until we are able to set something up, since this will provide the refresher consistent with the new EMS regulations.

There is also a possibility to get outside instructors who are EMT-B and above, like our OMI friend and EMT-P Don Scott, to help us with litter trainings and possibly other types of medical training such as bandaging, splitting, etc. with little or no cost to us. We will continue to pursue these avenues.

On another note, I've been talking to John Tull from St. John's SAR about liability insurance. He has coverage from a company called HPSO (Healthcare Providers Service Organization) for his WFRs. He seems to think that it is still available to volunteers (either individuals or groups). At this time I am still looking into it and at the time of the meeting might have something more to say on that subject.

Answer to the Last WFR Question of the Month

How would YOU treat a blister or blisters in the field? What if the hike out was several days?

Actually the best treatment for blisters no matter how far in the wilds you are is PREVENTION. Know your boots, know your limits. Cloth athletic tape works well for those areas that develop hot spots (pre-blister). If you don't have athletic tape, duct tape also works great. The key is to get the area covered BEFORE a blister forms, and provide a slippery surface AWAY from your skin where any sliding can take place.

What if it's too late?? That is where moleskin and molefoam come in handy. If a blister does develop, stop what you are doing immediately and take care of it before it breaks. A blister will not get infected as long as the sterile covering (i.e. the skin on top) does not break open. Thoroughly wash the area with an alcohol wipe or clean water. Cut a piece of moleskin or molefoam (thicker version of moleskin for big blisters) big enough to cover the entire blister plus half the area again. Then cut out a hole in the pad approximately the size of the blister. Take the paper off of the back of your "blister doughnut" and apply over the blister making sure that the blister is snugly placed inside the hole. Add a little antibiotic cream into the hole just in case, then cover with tape. This approach is pretty good for most blisters and should last for a couple of days, even a long hike out. What if the blister has already broken? This presents a chance of infection. One thing I have learned to carry (thanks to Paul D.) is New Skin. It is a liquid that you can brush or spray over a wound, which seals it. In the event of a broken blister, try to cut away as much of the remaining skin as you can. This won't hurt. Clean the area very carefully with an alcohol wipe or soap and water. Then brush the New Skin over the entire area, overlapping onto good skin. This will BRIEFLY hurt worse than being poked with hot needles. The pain subsides rather quickly because it has oil of clove in it - an analgesic. Once the area is dry, put on another coat - which won't hurt - let dry

and then tape as usual. This will get you out in a pinch and really doesn't affect your hiking too much. At least your companions won't have to carry you...

The Next WFR Question of the Month

What would you do if a Western Diamondback Rattlesnake bit you or a teammate?

Check here in the future for answers to this medical question of the month.

Web News

by Tom Russo

The team website can be accessed at <http://www.swcp.com/csar/>

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the Editors

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Volume 6, Issue 6
14 June 2001
Editors: Mike Dugger, Tom
Russo,
and Susan Corban

LOST ... and FOUND

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Top of the Hill

by Tom Russo , President

Albuquerque. I'm still only in Albuquerque. Every time I think I'm going to wake up back in the wilderness. We've been here two months now. Waiting for a mission, getting softer. Every minute I stay in this room I get weaker. And every minute the Subject squats in the bush he gets stronger.

Ok, so Captain Willard didn't really talk like that. But I think that after two months of having no missions at all we can all sympathize with him as we watch that opening scene of Francis Ford Coppola's *Apocalypse Now*.

So what are we to do about it? It's hard to stay motivated about search and rescue when all we do is come to meetings. I had a SAR-related meeting three Thursdays in a row this month, and two weekends were taken up by ESCAPE and an eval. All that work for nothing. Why do I bother?

Of course that's a rhetorical question. We do these things so others may live, right? It's essential that even during the dry times we keep working on our skills, honing our professional edge, staying (or getting?) fit, all so that when the balloon goes up we're ready to hit the trail and be effective searchers and rescuers. It's hard to see that when things are so dull, but it's at least as important now as when things are hopping and we're getting three missions a week.

Our **summer bivvy** is going to be up at Bosque Peak this month. This is a great time to strap on the pack

again, hit the trail, check out your gear and hang out with the team for an overnighter. James assures us there will be a training event of some sort here, but even if all we do is hike a nice trail, see some sites, and camp overnight it'll be worth the effort just so we all get together outside of a meeting for a change. Hope to see you out there.

On the pager system Folks, I realize that it's easy to get excited when the pagers go off and you happen to own a pager programmed to receive the group page. A recurring problem in the 5 years I've been here is that folks tend not to trust our callout system and start treating group pages as if they're suppose to respond to all of them --- that is as untrue now as it was when I first got my pager. If you are not pager 1, pager 2 or a tree top, the *only* group pages that you should pay attention to are those with -911, -411, -611 and -321 as suffixes (meaning "emergency or yellow alert," "information," "mock callout" and "Head's up, there's something brewing but no real callout yet"). *All* other pages are meant for the primary pager handlers and you should ignore them. If you see things going on with the pager and are curious, feel free to call the hotline and check on status, but otherwise please let the system work. If you have special arrangements with your tree top not to call you because you already have a group pager, it becomes your responsibility to call the hotline and check on things if you don't see a -911 come in --- we all know how unreliable the pagers are these days, and if you decide to rely on yours instead of your tree-top to keep you informed, then you must take the responsibility to verify when it's working and when it's not. And please don't hit the group pager with codes unless you're one of the people who have been tapped with responsibility to do it.

By the way, the bivy is on the same day as the **ARRL Field Day**. If anyone's interested in putting together a field station and working the contest as a group from the trail, I'd be willing to bring my HF radio and some field-expedient antenna making stuff (i.e. wire, string and assorted junk). While most of the field day activity is on HF there is some activity on VHF simplex, so an HT could possibly be a useful source of contacts -- furthermore, if we put together a "club" event for it, we can all operate under one call sign --- mine, with me as control operator --- and therefore we can all use all bands and modes. If someone wants to bring along a Windows laptop, I can provide software for PSK-31 and Slow Scan TV modes, for extra geekery and a few hundred extra contest points. For more info on Field Day, go to the ARRL website at <http://www.arrl.org/>, where you'll find the rules and other forms under the "Operating Activities" menu. The purpose of field day is supposed to be to test emergency preparedness of ham operators and communications skill, but really it's just an excuse to make as many contacts as possible in one day. If you're interested give me a shout.

And one last item: Please sign up for pager 1 and pager 2 duties. We have several openings in the coming months. Actually, a more correct statement would be that we have 3 volunteers to handle the 14 remaining slots for the year, and could use a few more. A big "Thank You" to all those who have stepped forward to take care of this essential task this year.

Boots and Blisters

by James Newberry, Training Officer

Howdy Ya'll, not a whole lot new from me this month, except that on Aug. 17th(evening) and 18th and

the 19th, in Las Vegas N.M. at the national Guard Armory there will be a Section Chief Training. Contact Rick Goodman at rgoodman@dps.state.nm.us

Also June 23 and 24th is the Cibola Bivy at Bosque peak, in the Manzano Mountains. Directions are as follows: from Tijeras and I-40, go south on 337 approximately 28 miles (you will pass through the towns of Escabosa and Chilli) to a T intersection of state highway 55 and 337. **You need to turn right at the T** and go west 6 miles to Tajique. In Tajique you will turn right on forest road 55, the 1st road past Rays gas station and store (there is a sign that says 4th of July canyon). Once you reach 4th of July canyon campground the road narrows, continue south on forest road 55 to the Bosque trail head. You will go past the Cerro blanco trail head. The road will climb a big curvy hill. Then you are There. **You gotta sleep on the mountain to get credit for this training.** (Darn!) Next month at our pre-meeting training our Boss, Rick Goodman will be speaking to us on the state of SAR in New Mexico. It would be great if the whole team showed up. Until next time,
Paratus Et Vigilans

No hike of the month submitted this month. We're still looking for hikes of the month -- anyone can lead one of these. Tom's been taking some of the older ones and updating the waypoints, and if nobody steps forward to lead a hike we'll start re-running those. The purpose of the hike of the month is to provide team members with an informal get-together that helped us get more familiar with trails in the Sandias and keep our hiking fitness levels up.

Business as Usual: Meeting Minutes

by Jeff Phillips, Secretary

Minutes of 10 May, 2001 Meeting

Members Attending

19 Members: Doug Davenport, David Dixon, Mike Dugger, Tony Gaier, Aaron Hall, Terry Hardin, Adam Hernandez, Steve Hochmann, Charlie Irland, Mickey Jojola, Brian Lematta, Larry Mervine, Chris Murray, James Newberry, Andy Nielsen, Jeff Phillips, Joyce Rumschlag, Tom Russo, Lili Ziesmann.

2 Familiar faces, Jennifer Dellinger and Eric Wankel.

2 New faces, Stephen Teller and Grant Fox

President's Report

Tom opened the meeting at 1915 by introducing the officers and welcoming everyone. Pager handlers were identified for May; Adam Hernandez #1 and Larry Mervine #2.

Membership

The two first time attendees were introduced. Adam Hernandez was recognized as a new active member. Lili Zeismann and Steve Hochmann completed the PACE Exam at ESCAPE.

Treasurer's Report

Brian reported the financial status for April. Brian announced that the 11 members who attended ESCAPE would need to get vouchers in by the next business meeting, June 14th. CSARs' status with the United Way's Combined Federal Campaign was approved and the NM State Employee's Campaign is in process. Brian asked whether or not CSAR has considered pursuing grants in the past. He had some suggestions and the PR Committee together with the Treasurer and Budget Committee would be the ones to explore the idea. Finally, Brian announced that he would not be at the next two regular business meetings and alternate arrangements have been made.

Training Officer's Report

James reminded everyone to call the hotline regularly for updates and to leave a message when intending to participate in evaluations. James again requested people to volunteer to be evaluators for July, October, November and December. The question of whether or not evaluators should get credit when evaluating came up. The answer was no, primarily because they are not demonstrating the skill when evaluating or when being approved to evaluate. Land Navigation was moved to 5/20/01 to avoid conflict with ESCAPE. The MOCK SEARCH has been scheduled for September 15th. James discussed upcoming trainings and evaluations. A summer bivy has been planned for June 23rd to Bosque Peak in the Monzanos. Finally, a discussion about whether or not to pursue Low Angle certification as a team ensued and James agreed to check into the details.

Equipment Committee Report

The usual stuff is available.

Public Relations Committee Report

Larry thanked James and Joyce for attending the Ham Talk in Valencia County. Larry announced the next PR Committee meeting and said he is working on a letter to Northface about the possibility of discounts.

Medical/Continuing Education Report

Mickey and Mike referred members to the question of the month in the newsletter. Members reported that the medical track at ESCAPE was very good. Mike announced that he is working on a Wilderness First Aid refresher in the fall and hopes to combine it with the refreshers needed by the WFRs.

Old Issues

With regard to the issue of FRS radio use on missions: Tom Russo will meet with John Maio and Tom Wright on 5/17/01.

The Brunton 40% off coupon needs to be completed soon but only 2 orders so far.

New Issues

There were no new issues.

Pinching Pennies

by Brian Lematta, Treasurer

Your faithful Treasurer will miss the June and July general meeting due to a conflict with a UNM class, so please call or write to the team PO Box if you need anything from me before August. Gas voucher reimbursements can be submitted to any officer, to be forwarded. Brian Lematta

Who's Who and New

by David Dixon, Membership Officer

Over the last month our membership broke even - we lost 2 and gained 2. Steve Kolk and Gene Mortimer have resigned, moving on to other pursuits. We wish them well and hope they continue to put their outdoor knowledge to good use. I know Gene will. He and his wife, Mary, are spending most of their time at their newly built house at the Taos ski area where they will continue to be a part of the search and rescue and medical community. Gene and I started about the same time and shared some mission experiences and I would like to give both Mortimers a personal good luck. I know they would welcome any of us for a visit.

On the other hand, Dennis Barnhart and Charlie Irland have completed their membership requirements to become Cibola's newest actives. We welcome both to our voting ranks and as always hope their member stay is a long one.

As we approach the end of the current six month period it's a good time for everyone to review their evaluations and trainings. If you haven't completed any evals in 2001 you obviously need to get moving. And if you don't have 2 trainings under your pack belt then you'll want to plan on attending this month's training/bivy. It should be a great training/get-together. Without as many missions lately, it's a good time to get those member requirements out of the way.

Gearing Up

by Tony Gaier, Equipment Committee chair

The Gear Guy would like to remind you to check your backpacks to ensure you have everything in them

required for mission participation. I have batteries(AAA, AA, C, D, & 4.5), trail tape, ear plugs, rubber gloves, and MREs to be used for missions. Please see me if you need anything.

I will be out of town 18 Jun through 20 Jul. So if you need anything during that period, see one of the following people: Paul Donovan, Jeff Phillips, James Newberry, or Mike Dugger. They each carry a Mission Supply Box with some of the above named items in them.

Medical News

by Mike Dugger and Mickey Jojola

In the absence of any reply from the potential instructors we have contacted for a fall WFR refresher and WFA course, there are still some training opportunities at other venues we will try to keep you informed of.

21st Annual NM EMS Statewide Conference

The annual EMS statewide conference will take place in Albuquerque from July 23 to 28. There are many training opportunities at the conference, most of which take place at the Albuquerque Convention Center. These include continuing education credits at many levels, plus refresher courses at all EMS levels. Pre-conference workshops are offered between July 23 and 25 (some for an additional fee), and the conference courses mainly take place between July 26 and 28. There will also be vendors selling all sorts of emergency medical supplies and equipment at the Southwest Exhibit Hall of the Convention Center. If you plan to attend any of the conference activities, pre-registration is advised as some workshops fill up early. There will be on-site registration starting Thursday morning, July 26 at 8:00 AM. Registration for the entire conference is \$120 on-site, or \$105 if you register early (sorry, I don't know exactly what "early" means). Alternatively you may register for a single day for \$30 Thursday only, and \$60 for Friday or Saturday only. Below is listed a selection of the training opportunities available at the conference that may be of particular interest to our WFRs. If you did not get an EMS newsletter with conference information, please see Mickey or myself and we will be glad to help.

Refresher Course

Course P-5, Combined FR, EMT-B, EMT-I Refresher Course, 8AM-5PM, July 23-25, EMS Academy, 24 hours BLS medical CE. Cost: \$75. A maximum of 30 students will be enrolled for this class, and if it fills another class (P-6) will be offered if enough students register.

Other Pre-Conference Workshops

- P-2A, Pediatric Response, deals with pediatric care through injury, pre-hospital, hospital, and rehabilitation. July 23 1-5PM. 1.5 hours BLS medical and 2.5 hours non-medical CEs. Cost: Free.
- P-2B, Pediatric Education for Prehospital Professionals, deals with assessing and treating children

in the EMS environment. July 24-25, 8AM-5PM. 8 hours BLS and 8 hours ILS/ALS medical CEs. Cost: \$60.

- P-15, Prehospital Traumatic Brain Injury, deals with recognition and prehospital treatment of TBI patients. July 25, 1-5PM. 4 hours BLS medical CEs. Cost: \$35.

Courses With BLS Medical CEs

All the following courses offer BLS medical CEs. The conference program did not specify how many, but I presume it is at least an hour and perhaps 1.25 hours.

- Thursday, July 26
 - General Session #1 deals with making decisions about PT care, and helping providers feel more confident in their decision making. 1:30-2:45PM.
 - A-3, START Triage & MCI Management, deals with the standardized terminology, definitions and triage methods developed by the Newport Beach Fire Department in Florida. 3:30-4:45PM.
 - A-5, Fracture Management, will discuss techniques for stabilizing fractures. 3:30-4:45PM.
- Friday, July 27
 - B-4, "What do you mean you're having a baby?" will deal with issues during an OB call. 8:30-9:45AM.
 - B-6, Practical Triage, will discuss doing assessments quickly and with common sense to benefit patients. 8:30-9:45AM.
 - General Session #2 will discuss assessment of multiple trauma in the prehospital environment from scene safety to transport, including when and when not to immobilize the spine, and when to rush transport versus treating on-site. 10:30-11:45AM.
 - C-4, Response to Trauma in the Elderly, will discuss forms of trauma in the elderly. 2:00-3:15PM.
 - C-6, Home Medications, will deal with medical emergencies caused by the use and misuse of home medications, including overdose in pediatric, adult and elderly patients. 2:00-3:15PM.
 - General Session #3 will discuss physiological changes and assessment in older patients, pharmaceuticals, and the issue of elder abuse. 4:00-5:15PM.
- Saturday, July 28
 - General Session #4 will deal with traumatic brain injury including diagnosis, treatment, and long term effects. 8:45-10:00AM.
 - D-4, Children and Asthma, will discuss triggers and EMS response to asthma. 10:45AM-12:00PM.
 - D-5, EMS Issues in Acute Stroke, will deal with on-scene management of possible stroke patients. 10:45AM-12:00PM.
 - E-5, Diabetes Made Simple, will discuss basic anatomy, physiology of metabolism and cellular metabolism. 1:00-2:15PM.
 - E-6, "What is this laryngeal mask airway gadget?" will present the use of this airway device invented in 1988. 1:00-2:15PM.

- General Session #5 will discuss drug overdose and acute prehospital management. 2:30-3:45PM.

There are also several sessions that could be of interest to the WFR medical provider that offer non-medical CEs. Cibola SAR medical providers are encouraged to consider this conference as a source of some of your medical continuing education.

Answer to the Last WFR Question of the Month

People commonly call this "heat prostration." What is it, and how is it treated? Are there other heat-related illnesses we should worry about?

Heat prostration has often been used to refer to either Heat Cramps, Heat Exhaustion, or even Heat Stroke. Each of these has its consequences.

Heat Cramps result from the deficiency of water and sodium. Heat Exhaustion is the result of fluid loss in a hot environment, and Heat Stroke is the body's failure to regulate heat accumulation properly.

The treatment for heat cramps and heat exhaustion is pretty much the same. Rest in a cool location with the intake of water and electrolyte solution. Heat exhaustion is the more severe since it can lead to heat stroke which is the deadliest of the three afflictions.

Heat stroke is treated with rapid cooling. Ice should be placed in the armpits and in the groin. Keep the patient wet with a water spray, sponging, or wet towels, and blow air over the victim with a fan if available. Covering with ice or emersion in ice or ice water is not recommended.

While cramps and heat exhaustion can be treated without advanced medical treatment, Heat Stroke victim should be treated by qualified medical personnel ASAP.

The Next Medical Question of the Month

And now for next months question. How would YOU treat a blister or blisters in the field? What if the hike out were several days Check here in the future for answers to this medical question of the month.

Web News

by Tom Russo

I've added a few links to our "other interesting sites" web page. Why not check some of them out?

The team website can be accessed at <http://www.swcp.com/csar/>

Statewide SAR Notes

by Mike Dugger

Note that Rick Goodman has announced an ICS Section Chief Training on OPS, Plans and Logistics in Las Vegas, NM. The training will take place on the evening of August 17, all day on the 18th, and most of the day on the 19th. More details are coming, but you might want to mark this on your calendar if you are interested in becoming a Section Chief or polishing your skills. We will put any updated information on our hotline as it becomes available.

FRS Radio Issues

by Tom Russo

The Family Radio Service (FRS) allows access to cheap UHF radios to unlicensed persons, and these FRS have become popular among hikers. Unfortunately, with increased access to technological toys, a price may have to be paid. In several instances FRS radios were used by pranksters to initiate hoax searches, and in one instance radio chatter originated by SAR teams and base support on FRS frequencies interfered with the ability of a search team to keep the subject calm. To this end, members of NM SAR Support, Bernalillo County Amateur Radio Emergency Services, Albuquerque Mountain Rescue Council and Cibola SAR met this month to discuss some of these issues. The result was a set of "draft protocols" that should begin appearing on the NMSAR Forum as a base for discussion. I present them here so we can start looking them over and thinking about the issues they raise. The remainder of this article is the text of the document sent out by John Maio last week.

Draft Protocol for FRS Radio Searches

This draft protocol was developed by members of the NM SAR Support Team, AMRC, Cibola SAR and ARES and is submitted for your approval.

Scope:

This protocol covers searches initiated as a result of a reporting party who is in contact with a missing or injured subject using Family Radio Service (FRS) radios. It is also appropriate when the reporting party indicates that some other specialized communications is being used by the lost or injured subject, such as GMRS, "Nextel," trunked business radios, etc.

The protocol is separated into a technical and a communications operations section:

Technical protocol

1. The Incident Commander (or designee) must use the checklist created by Don Stone to screen out hoax searches during the investigation phase of the mission.
 - o a. Detailed information on the radio, type, manufacturer, model, channel or frequency, PL tones, etc. should be obtained during the investigation and passed to base camp communications.
2. The radio initially used by the reporting party to contact the lost or injured subject must be brought to base camp

3. Obtain and use direction finding capability in base camp to aid field teams (desirable)
4. Obtain and use radios capable of contact with the subject in base camp as a relay only when requested by the primary contact (desirable)
 - o a. GMRS base radio (5 watts) capable of duplicating the information contained in 1(a) above can be used.

Communications Protocol for FRS incident:

1. Designate a primary individual to establish and maintain contact with subject.
 - o a. This will most probably be a hasty team with the radio used by the reporting party to initially contact the subject.
 - o b. If the primary contact person loses communication due to terrain, a suitable relay can be used.
2. Only communications directed to the subject should be passed on the FRS radio used by the primary SAR contact person.
 - o a. Communications among SAR teams and between SAR teams and base camp must be passed on the SAR frequency established for the mission [*Ed. note: such as 155.160, and NOT the subject's FRS channel*]. Subject must not be confused by incidental traffic.
3. If a SAR team uses FRS or other radios for intra-team communications that are similar to the one being used to maintain contact with the subject, they should not use the channel that is being used for subject traffic.

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the Editors

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Volume 6, Issue 5

10 May 2001

Editors: Mike Dugger, Tom Russo,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Tom Russo, President

I really enjoyed ESCAPE this year. I think those of us who attended picked up some useful information once again, and I've taken home several ideas for ways to augment our training program. An especially interesting class was "Patient care by radio," in which the difficulty in communicating first aid instructions from base-camp EMTs or paramedics to untrained or lesser-trained individuals on scene with the subject was explored. It's got me thinking a lot about other communications issues, and I think there's plenty of room in our training plan to accomodate items like this.

I'm really looking forward to our mock search in September. We've been working on getting the word out there to other teams, and I hope we get as good a response as we did last year. James has convened a mock search planning team, and we've already come up with some interesting ideas for scenarios that will put everyone's skills to the test. Please start planning ahead now so we can have a good turnout.

Lastly, we have been having a great deal of trouble finding volunteers to handle pagers one and two each month. These duties are essential to the function of the team, and each member should consider it a duty of membership. If every member took the duty once there would be no need for that member to take it again for over two years, yet the same four or five members have taken the responsibility over and over again for several months now. To take pager duty requires that you agree to keep your pager on your person and be near a phone 24 hours a day, 7 days a week for one month, or to get someone to cover for you when you can't handle it. When a mission comes, you will be expected to handle the phone calls necessary to get the team activated, and to submit paperwork on the mission to the secretary at the next business meeting. At the rate we've been getting missions, this shouldn't be such an onerous task. Please volunteer.

Happy trails.

Boots and Blisters

by James Newberry, Training Officer

"Live to Train, Train to Live"

That statement seems to say it all this month. Missions have been far and few between lately. That's good, no one has needed us. It gives us a chance to practice old skills and learn new ones. Speaking of which, we learned a couple of new skills at April's night compass course. We learned how to navigate and communicate in ferocious winds.

This month's training was ESCAPE, I hear everyone that went had a good time and learned a lot.

Because of the conflict with ESCAPE, I've moved the May Land Navigation evaluation to Sunday, May 20th. It will be held at Three Gun Springs trailhead at 9am. Please call the hotline and leave a message if you plan to attend.

Next month's training (June) will be our summer bivy on Saturday, June 23rd through Sunday, June 24th. We are going camping in the Manzanos. Yee ha! Families, dogs, horses, Llamas and Iguanas are welcome.

Please start planning to be available for the Mock Search, Saturday evening, September 15th. It should be a good exercise.

Paratus Et Vigilans

Business as Usual: Meeting Minutes

by Jeff Phillips, Secretary

Minutes of 08 February, 2001 Meeting

Members Attending

23 Members: Erik Aspelin, Dennis Barnhart, Michael Bridges, Steve Buckley, Susan Corban, Paul Donovan, Paul Dressendorfer, Mike Dugger, Art Fischer, Aaron Hall, Terry Hardin, Adam Hernandez, Steve Hochmann, Charlie Irland, Brian Lematta, Larry Mervine, Ed Mighetto, James Newberry, Jeff Phillips, Frances Robertson, Joyce Rumschlag, Tom Russo, and Lili Ziesmann.

2 Familiar faces: Don Gibson and Eric Wankel.

President's Report

Tom opened the meeting at 1915 by introducing the officers and welcoming everyone. Everyone in attendance introduced themselves. Pager duties for April were identified. When we have pager problems we must fall back on the call-out procedures. Reminder for Pager # 2 to get the gear for ALL East-side missions. Announced that Chris Murray resigned as Equipment Committee Chair and Tony Gaier has agreed to do it but that he will need help.

Tom had difficulty getting volunteers to step forward to handle the pagers in May.

Membership

Two new active members were announced, Erik Aspelin and Andy Nielsen. Two new prospective members were identified, Larry Ebaugh and Steve Hochmann with a reminder to help them out at missions.

Treasurer's Report

Brian reported financial status for March. Brian announced that all reports to external entities were done except the New Mexico State Employees Campaign which had not yet arrived.

Training Officer's Report

James reminded everyone to call the hotline regularly and leave a message when intending to participate in evaluations and to get updated information. James again requested people to volunteer to be evaluators and pre-meeting trainlets. Discussed upcoming trainings and evaluations. James announced the completion of Helicopters in SAR course by a few members and handed out their certificates. He then spoke briefly about the upcoming ESCAPE 2001 in May reminding members of the April 15th deadline and encouraging everyone to double check their registration. Finally, James called for a Committee to work on this year's Mock Search in September. Mighetto, Buckley, Russo, Donovan and Hall volunteered.

Equipment Committee Report

James encouraged everyone to help Tony Gaier with this. The batteries for the team radios have arrived and they work!

Public Relations Committee Report

An article in the National Safety Council Magazine, Every Second Counts, was highlighted in which Larry Mervine was quoted throughout and the team's website was published. Larry attended the Banff film festival and will do an article for Wildside magazine in May for the June issue. On 4/24/01 Larry will speak to the Amateur Radio Society in Valencia County. The next PR Committee meeting was scheduled for 4/26/01 at 1830 at Frontier. Finally, Charlie Irland discussed a Northface "Proform" 40% discount and possible wholesale discount on the entire Northface catalog soon and Larry is working on a Sierra Designs discount.

Medical/Continuing Education Report

With regard to wilderness protocols, Mike reported that Cy Stockoff and Marc Beverly spoke to the Quarterly meeting of the EMS Bureau and that it is promising that 5 protocols may be added to the current First Responder certification. The next EMSB meeting is in July. Mike said after analyzing the ESCAPE Medical CEs that only 3 are appropriate for WFRs and he reminded everyone to get a certificate with the EMS registry # on it. AMRC has offered to help our team WFRs out on medical training but they do not offer CEs. Mike reminded everyone that WFRs CANNOT administer medications, even baby aspirin or Ibuprofen and there should be no misunderstanding on this matter. He reminded everyone to stay within the scope of practice as defined by law.

Old Issues

Tom announced that NMSAR Support responded that the "9999" page on a recent mission is an internal code and that it will not be used again. Tom reminded pager handlers to call when a number comes across even if it is not recognized.

February Pager #1 is Mike Dugger, Pager #2 is Chris Murray. March #1 is Larry Mervine and #2 is James Newberry.

New Issues

The issue of FRS radio by teams on missions was brought up after a recent mission. Tom and some of the leadership of NMSAR Support and AMRC are discussing this issue in the near future.

The team presented a plaque to former member Don Gibson for his years of stellar service.

Respectfully submitted (twice because I did not pay attention) by Jeff Phillips. Thank you newsletter editors for your patience.

Who's Who and New

by David Dixon, Membership Officer

Congratulations go out to Adam Hernandez on becoming our newest active member after passing his PACE exam at ESCAPE this past weekend. Adam actually deserves extra recognition for completing his membership requirements one week short of the minimum six months. Way to go Adam! He's obviously ready and eager for some missions. (As Adam's mentor I would like to take some credit but...).

Congratulations also to Lili Ziesmann and Stephen Hochmann who passed their PACE exams at ESCAPE. We know we'll see them as actives in a few months.

I would like to remind all members of their need to attend at least 2 trainings every six months. And to keep track of themselves. There is only one more training opportunity for the January - June period and a number of members are in need. The June training will be the summer bivy. Check your status in the Training Database.

Mini Lesson

by Tom Russo

Basic Communications for the SAR Grunt

More and more, a radio is seen as an essential tool for the search and rescue volunteer. But as Bob Cowan pointed out at ESCAPE this weekend: "The problem used to be that nobody had a radio so we couldn't communicate. Now everyone has a radio and we still can't communicate." That is to say that talking is not the same as communicating, and it is very easy to get into habits that lead to poor transfer of information; throwing more radios at the comm problem isn't the right approach. The point of this minilesson and its associated pre-meeting "trainlet" is to make you aware of some of the things I think interfere with efficient and effective mission communication, and with any luck help you to be part of the solution and not part of the problem.

I'll begin by discussing basic radio etiquette and rules of the road to put the discussion in the proper frame. Then I'll move on to some simple features of the average radio and how to use them. And since that will pad out the newsletter more than it needs to be, I'll leave the rest for the trainlet.

What is Communication?

Merriam-Webster's Collegiate dictionary has two interesting, but very different definitions for the word

"communication:"

Main Entry: com-mu-ni-ca-tion

1 : an act or instance of transmitting and [...]

3a : a process by which information is exchanged between individuals through a common system of symbols, signs, or behavior. *[ellipsis added]*

My position is that only the "3a" definition should be considered correct in the SAR context. The definition of SAR communication should be **the process by which information is exchanged** and all the rules of the road that we should live by should boil down to improving that process and making sure that the information is exchanged efficiently and accurately. So what sort of rules should we live by?

Miss Manner's Guide to Excruciatingly Correct SAR Geeks

- **Listen:** You have two ears and one mouth. That should mean you listen twice as much as you talk, right? Make extensive use of the "Release to Listen" button on your HT (this is often referred to as the "Push to Talk" button, but I think the other label is often more appropriate).
- **Be Brief and Clear.** Information is not being exchanged accurately if you use confusing constructions, and it is not being exchanged efficiently if you're using ten words where one will do. So each time you key the mike, consider:
 - **Minimize the number of words you use:** There are limits to this rule, but you should be able to strike an appropriate balance between brevity and clarity. Say what you need to say, get the information across clearly, but don't clutter the frequency.
 - **Keep irrelevant traffic off the air** "We're stopping here, our coordinates are, um, wait a second lemme get my GPS on, I'm acquiring now, ah there it is, 038745 easting 3887152 northing, ah, we need to rest because of the fact that Joe is really thirsty and has to get the 5 gallon jug of water out of the bottom of his pack, we'll be here a few minutes" can be easily conveyed more efficiently with "We're stopping to rest for a few minutes." --- if Base wants a position they'll ask, and the rest of the information isn't relevant to the mission. Remember that if you're on the primary mission frequency, everyone gets to listen to these monologues.
 - **Never, ever, use jargon.** In keeping with the "common system of symbols, signs or behavior" part of the definition, stick to plain English. Unless you're *way* out of district, this is a common system of symbols you can count on.
 - **There is no need for 10-codes:** "Ah, 10-4 base, our -20 is 375132 by 3887141, we need a -55 for the subject in about 10 minutes" will probably elicit a "huh?" more than "We copy that, base, our current coordinates are 0375132 easting 3887141 northing, we'll be in base in ten minutes and will need an ambulance for the subject." More words, yes, but *clearer*. Besides, 10-codes vary in meaning from agency to agency. For example, until about two years ago the Albuquerque Police Department and Bernalillo County Sheriff's Department used incompatible 10-code systems.
 - **Q signals are for morse code:** "QSL, Chauncey, had a bit of QRM there but I think I got it." Again, "huh?" is the response most likely if you're not talking to an old-time ham who cut his teeth on a Vibroplex bug. Furthermore, Q-signals were never intended to be used in voice modes, they were an abbreviation to make sending Morse code more efficient. While every ham should know the Q-signals pretty well, a SAR mission is no place to separate the old hams from the new --- it's about getting the message from field teams to incident management and back. "Received, Chauncey, there was some interference but I think I got it all" says the

same thing, and doesn't require a pocket dictionary of jargon.

- **Keep team-specific terminology off the air:** Remember that you may not be talking to a member of your own team, and explaining your own jargon to others is a waste of time and batteries. **Say it in English instead!**
- Certain types of professional terminology are unavoidable, especially when transmitting medical assessments between medical providers, but that's different --- we've got a few other 'rules' below to cover that case. Saying "subject is verbal on AVPU" has meaning to the intended recipient. That's distinct from cutsie team jargon of "We have located the subject, he's FDGB" meaning "Fall Down, Go Boom."
- **The 'Condition Code' is an exception, too:** Sometimes we are deliberately cryptic on the radio. The only reason for this to relay information to base that should not be made public carelessly. The classic example is the 'Condition code' to designate the status of a subject -- it would be a Very Bad Thing for a family to learn that their lost loved one is dead by hearing it from TV news reports generated because the reporters heard that information on the scanners before the IC has had a chance to talk to the family personally. You should generally obtain such a special code as part of your mission briefing, and you should use it appropriately to achieve the desired level of discretion. Saying 'Aw, man, we've got three red sneakers here and boy are they messed up, looks like the coyotes have been chewing on them for a few days! Better send up OMI.' would rather defeat the purpose. If you do not get a code, use the 'Echo code' system, with 'Echo Alpha' meaning the subject is uninjured, 'Echo Bravo' meaning the subject has minor injuries, 'Echo Charlie' meaning the subject has major injuries, and 'Echo Delta' meaning the subject is deceased. The echo codes are well understood by some of the folks we're trying to keep out of the loop, though, so the use of that code is somewhat rare.
- **Avoid contractions:** Under less than ideal conditions, sometimes contractions can be misunderstood. Sometimes that could completely invert the meaning of a transmission. "Can't" and "Can" could sound exactly the same with a little static or interference.
- **Use ITU standard phonetics when spelling:** Many letters sound the same when pronounced over the air: B,D,T,P,V may all wind up sounding like "Ee" after the radio has had its fun with them. If you need to pronounce a letter over the air, use one of the standard phonetics. Please learn them and don't make up new ones on the spot. "B as in Bravo" is very distinct from "T as in Tango" but "B as in Boy" isn't distinct from "T as in Toy." The standard phonetics were chosen so that no two of them can be confused under poor conditions. Here they are for reference:

Letter	Phonetic	Pronunciation	Letter	Phonetic	Pronunciation	Letter	Phonetic	Pronunciation
A	Alpha	AL-fah	B	Bravo	BRA-voh	C	Charlie	CHAR-lee
D	Delta	DEL-tah	E	Echo	ECK-oh	F	Foxtrot	FOKS-trot
G	Golf	GOLF	H	Hotel	HOH-tell	I	India	IN-dee-ya
J	Juliet	JU-lee-ett	K	Kilo	KEE-loh	L	Lima	LEE-mah
M	Mike	MIKE	N	November	no-VEM-ber	O	Oscar	OSS-kah
P	Papa	PAH-PAH	Q	Quebec	kay-BEK	R	Romeo	ROW-me-oh
S	Siera	SEE-air-ah	T	Tango	TANG-go	U	Uniform	YOU-ni-form
V	Victor	VIK-tah	W	Whiskey	WISS-kee	X	X-ray	ECKS-ray
Y	Yankee	YANG-kee	Z	Zulu	ZOO-loo			

- **Pronounce numbers individually:** Read off numbers one at a time. "487" should be read "Four-Eight-Seven" not "Four eighty seven." "100" is not "One hundred" but "One-zero-zero." Pronounce 9 as "Niner" to distinguish it more from "5". I've also read recommendations to pronounce "3" as "Tree" and "5" as "Fife,"

presumably to keep the sounds as distinct as possible.

- **Do not editorialize:** This is more of the "keep irrelevant traffic off the air" stuff. Unless asked for an opinion, stick to the facts. If asked to pass traffic, pass it and don't add anything to the message.
- **Don't be afraid to ask for clarification:** If a message is directed to you and you don't understand it, by all means don't be afraid to generate more traffic by asking for clarification.
- **The last rule does not apply to traffic you are being asked to relay!** If asked to relay traffic it is not important whether you understand it or not --- it is only important that you receive it, transcribe it, and pass it on *verbatim*. If the intended recipient asks for clarification, only then should you transmit a request for it. If, for example, base relays a message from an EMT in base to a medical provider on your team of "What is the subject's TLA?" it is not your place to say "What's a TLA?" but rather "Copy, 'ask our provider "what is the subject's TLA?". Stand by." and then go ask. When the provider says "TLA is Blargh and Frobnicating" you don't ask "what's that mean?" you simply transmit "Base, medical provider says 'TLA is Blargh and Frobnicating.'" Of course, you may have to ask the provider how to spell "Blargh" later on, when the communicator in base thinks "Huh?" but instead properly says "Copy 'TLA is Blargh and Frobnicating.'" Please spell 'blargh' and 'frobnicating' for me" while transcribing the message and relaying it to the intended recipient *verbatim*.
- **Don't rely on convention where English will serve:** Consider this transmission:

"Cibola Sam, Cibola Irving"

Does this mean "This is Cibola Sam calling Cibola Irving" or "This is Cibola Irving calling Cibola Sam?" Well, that depends on whether your background is in amateur radio, the military, law enforcement, or whatever. Hams would most likely interpret this as "Cibola Irving calling Cibola Sam" and police would probably interpret it as "Cibola Sam calling Cibola Irving." Who knows how a police officer who dabbles in amateur radio would interpret it. This is one case where reducing the number of words has destroyed clarity, and it is one that is very common. Avoiding it is easy. It is far better to say "Cibola Sam, this is Cibola Irving" or "Cibola Sam to Cibola Irving" --- it doesn't matter who listens to either of these, the intent is clear.

Lastly, some more manners: if you are not communicator on your team, strike team, or task force, please, please, please **turn off your radio**. There are a number of reasons for this:

- If you're not communicator, having your radio on simply makes unnecessary noise in the field.
- You are wasting your battery. 12 hours from now it may be needed!
- Sometimes transmissions not meant for general consumption get heard by the 'wrong' people because someone left a radio on. A notable example of this:

During a mission near the Needle in 1998, a technical team below a cliff was tying a litter into a high angle raise system, and communicating with the haul captain at the top of the cliff. At one point there was a transmission from below of "ready to haul." This transmission was meant to tell the haul captain that they were ready, not to tell the haulers to start tugging. Unfortunately, a team member at the back of the haul line who had no communications responsibility insisted on having his radio on at full volume, and several members of the haul team began tugging, mistakenly thinking the call was meant for them. The haul captain was *not* ready for hauling, nor was the rigging completed. Had the radio been off as it should have been and people been listening to their haul captain instead this would not have happened. Fortunately nobody was injured and the problem was corrected quickly.

Lastly, when you're on a team that is standing in base camp you should turn off your radio if you are not the base camp communicator. Base camp is a busy, noisy place, and you do not need to contribute to the pandemonium. Shutting off your radio while standing in base camp should be an automatic, reflexive action.

What does this button do?

A few lines in the team newsletter will never replace a careful reading of your specific radio's owner's manual. You should familiarize yourself with all the features of your radio before you come to rely on it as a tool for use on missions. This is especially true of features that you could activate with a button-press or two without knowing it. Learn to recognize the behavior of your radio under pathological circumstances so you know how to get it back to the right state for use in the field.

Most of the radios out there have a few common features that can be discussed generically.

- **Power switch:** This is often combined with the volume knob, shutting the radio off when the knob is turned to the extreme low end of the volume range. Some radios, however, have a separate power button. Know which one yours uses, because the radio's of little use if you can't turn it on.
- **Volume control:** You will need to set this to a comfortable, but reliably audible level. We'll get to that in a minute.
- **Squelch control:** When activated, squelch will keep the radio quiet unless a signal of a sufficient strength is present. At the low end of its scale you'll hear loud static in between transmissions, at the high end you will only hear the strongest stations. When a signal of sufficient strength is detected, we say that it "breaks squelch" and causes the received signal to make its way through the circuitry all the way to the speaker. Weaker signals, including all that static, are not enough to break squelch, and the speaker remains silent. Set this wrong and you may never hear any signals.
- **Power source:** In the field we're usually using batteries. Batteries can hold a certain amount of charge, measured in "amp-hours" or "milliamp hours." That means that a given battery can supply a given current (measured in amps or milliamps) for a certain period of time. A 1200mAh battery can provide 1200 milliamps (1.2 amps) for one hour or 1 milliamp for 1200 hours, or 100 milliamps for 12 hours, or any other combination. If you know how much current your radio draws in standby, receive, and transmit mode, you should be able to estimate how long a fully charged battery will last. My radio, the ADI AT-600, draws a current of about 20mA in standby (on but not receiving anything), about 40mA while receiving, and about 1A (1000mA) while transmitting on medium power. Obviously, my battery will last longest on standby if I've got the 1200MAH battery on (about 60 hours) and least if transmitting continuously (about 1.2 hours).
- **Antenna:** An antenna is a must --- you can't get a radio to do much unless you have one --- but some are better than others. You may find that if you have no antenna at all you can still receive some repeaters, or hear transmissions made very close to you, so listening to repeaters or people transmitting near you is not a good test of whether your antenna's broken or not. Most "handi-talkies" (HTs) come equipped with a "rubber ducky" antenna that's mainly a rubber-covered metal spring. Such antennas are designed with size and convenience in mind, not with efficiency. Speaking very crudely, the shorter a 2-meter HT's rubber ducky is the worse it is. I tend to refer to them as "rubber dummy-loads," but that's another story. Quarter-wave "whip" antennas for HTs are a relatively inexpensive way to boost the performance of your equipment; the telescoping whips are also a reasonable choice, but since they're made of metal you do have to keep them unextended while walking lest they snag on branches and snap (or worse, break the antenna connector off your HT!). It is even possible to make your own "wire j-pole" antenna that will coil up and fit in a ziplock bag in your pack, and can be unwound and tossed in a tree for a little extra "oomph" when you

need it.

- **DTMF Keypad:** The "touch-tone" keypad of your HT can be used to activate the "phone patch" of certain repeaters --- usually only if you're a member of the club that sponsors the repeater --- and can be used for a few other purposes such as paging, for those HTs that support it. The keypad usually doubles as the programming interface for the radio, sometimes with the use of an additional "function" key.
- **VFO or channel selector knob:** This will switch your operating frequency. Ham radios usually have a mechanism where you can set the frequency directly either with the knob or keypad, commercial/public service band radios instead allow you to select only from pre-programmed "channels." Most ham radios allow both "channel" and "direct entry" selectors, often using the same knob.

Locate these functions or components on your own radio, and make sure you know how to use them.

Using the radio

Well, you turn it on, set the volume and squelch, pick a frequency, and key the mike. Nothing to it, right?

Well, almost. Turning it on is usually a no-brainer for most radios, but how do you set the volume and squelch? The easiest way is to select a clear frequency and turn the squelch to higher sensitivity (i.e. it will "break" with a weaker signal) until you hear static (no signal to speak of, as weak as you can get!). Most radios increase sensitivity as you turn squelch counter clockwise, but not all, so consult your owner's manual. Once you hear the static, adjust the volume to a comfortable listening level, then turn the squelch the other way until the static just goes away. You're now at the highest sensitivity you can get without hearing static all the time, and your eardrums probably won't shatter when squelch is broken.

Pick a frequency? Well, that depends on your radio, your mission, and your license. Odds are good that you'll use the channel selector knob to set your frequency from a pre-programmed set, if you've planned ahead properly. If not, you may be able to key in the frequency on your keypad.

During missions, SAR teams are allowed to use the State SAR frequency of 155.160MHz (MHz=megahertz). That doesn't mean you can just grab any radio that *can* transmit on 155.160 and use it, though. The radio must be FCC Type Approved for the public service band to be used legally for transmitting under the Code of Federal Regulations, Title 47 Part 90 rules. I can't tell you which radios *are* type approved, but I can tell you one thing: if your radio allows direct frequency entry of frequencies in the public service band (e.g. selecting 155.160 by typing "1 5 5 1 6 0" on the keypad, as opposed to selecting channel 2 with the little knob on top) without an external programming device attached it is *not* type approved according to the federal regulations. There are some radios out there that do allow direct frequency entry in the public service band, usually because someone opened up the back of a ham radio and snipped a diode. Transmitting with such a radio on the public service frequencies exposes you to potential legal action by the FCC, and fines as stiff as \$20,000, even if you supposedly have authority to use the frequency. That authority presupposes that you're using it within the scope of the regulations, which includes using proper equipment. Think before you key the mike.

Frequencies between 144.000 MHz and 148.000 MHz are 2-meter amateur radio (HAM) frequencies. Radios used on the amateur bands do not need to be FCC Type Approved. Even if one of those frequencies is in use on a mission, and even if your radio is capable of transmitting on them, *you are never authorized to use those frequencies unless you have a current FCC Amateur Radio Operator/Station license, even on a mission.* If you are a licensed ham you should already know this, but you are required to transmit your call sign once every 10 minutes

during an extended contact (you should rarely be having one that long on a mission!), and at the end of a contact. It is not enough to use your "tactical call sign" (e.g. "Team 1 Alpha"), you must use your FCC assigned call sign.

Sometimes you have to stick your radio somewhere where it will be exposed to bumps and random button presses. Many radios have a "keypad lock" feature, and this is a valuable thing to use when your radio's snapped into a harness. It disables the keypad and protects it against accidental keypresses. Be aware, however, that some radios that support frequency selection by keypad *and* channel selector knob don't always lock the knob when they lock the keypad. My radio is that way, and I need to check periodically to make sure that nothing has bumped the knob and changed my frequency while I was walking. I'd recommend checking this feature when looking into a radio to purchase. I find it a very annoying "feature" of my radio.

Another type of lock is useful: the "push-to-talk lock (PTT lock)." The best reason to lock your push-to-talk is when you have to stick it in a pocket where the push-to-talk may accidentally be pressed; locking the push-to-talk will prevent you from causing interference on the channel and potentially blocking emergency traffic. Another good reason to use it is that sometimes your radio may be capable of transmitting on frequencies that you have no authority to use: an example might be a team radio that has been programmed with the NOAA radio channel so you can listen to weather forecasts while on the mission. It would be a Very Bad Thing to accidentally transmit on that frequency, so you should lock the push-to-talk before switching to that channel. Another good reason to lock the keypad is because you have a "modified" ham radio that *could* transmit on a public service channel, but *shouldn't* be used for that. You can still listen on those channels, and locking the PTT prevents you from accidentally transmitting where you shouldn't. Some radios allow you to specify that a particular channel is "receive only" --- all they're really doing is storing the PTT lock setting with the channel information. It's important that you know how to recognize, activate and deactivate this lock on your radio, because you may find that your radio isn't transmitting and it's just because you've accidentally engaged it or forgotten to disengage it.

One last recommendation on equipment: you will probably find that using a "speaker mike" or something similar will aid you in the field. Without such a device, you usually have to take your radio out of its harness to transmit, and keep its speaker unobstructed. The latter generally requires that you leave it out and exposed to the wind, rain and cold, while the former lets you run the risk of improperly securing it when you put it back over and over again, and ultimately you may allow it to drop from the harness. With a speaker mike you can keep the mike clipped close to your ear so you can hear it, while the radio is kept safely tucked inside clothing or your pack. Keeping the radio warm helps its battery life. When you need to transmit you need only take the speaker mike from where it's clipped. You can't usually lose it if you fail to secure it, because it's tethered to the radio by its cable anyway.

Medical News

by Mike Dugger and Mickey Jojola

One medical issue discussed at the last meeting bears repeating here. The current scope of practise for First Responders limits medications we may administer to oxygen and oral glucose. The latter may be given only under medical control, which means we will need a written protocol from our Medical Director. I have spoken to our MD, and he is willing to sign such a protocol with the provision that it be specific to oral glucose preparations and not any arbitrary source of sugar. Our team's medical providers should discuss whether we want to pursue a protocol for this or not. Other than that, First Responders on Cibola are not to administer medications of any type, including over-the-counter drugs.

Mickey and I continue to pursue a medical refresher course that would be offered every fall. We are awaiting a proposal from one instructor, and need to have discussions with two more. Once we have some details we will be

able to make a recommendation to the team on what course to arrange. Our goal is still to have a course that any member can get some basic first aid information from, with provision for our First Responders to meet the refresher requirement.

Answer to the Last WFR Question of the Month

Define, list the symptoms in order of appearance, and differentiate between HAPE and HACE (not the brothers Happe and Hacce).

HAPE is defined as High Altitude Pulmonary Edema. This is characterized by a buildup of fluid (edema) in the lungs. It might be considered the next step after Acute Mountain Sickness (AMS) although some experts believe that it may not be related. Symptoms include extreme fatigue, breathlessness at rest, cough with possible frothy or pink sputum, gurgling or rattling breaths (rales), chest tightness, fullness, or congestion, and blue or gray lips or fingernails. The treatment for HAPE is immediate descent, and if not properly treated it can be fatal. Descent may be complicated by the extreme fatigue associated with this condition.

HACE is defined as High Altitude Cerebral Edema and can be characterized as a buildup of fluid in the brain. This causes pressure on the brain and can lead to the same symptoms as a severe head injury. The main characteristic of HACE is a change in mental status, or the ability to think. There may be confusion, changes in behavior, or lethargy. Easier to recognize though is the loss of coordination known as ataxia. This can result in behavior such as a staggering walk identical to the way a person walks when very drunk. As with the treatment for HAPE, immediate descent is imperative. HACE often happens at night. DO NOT wait until morning to evacuate, as any delay may be fatal!

For both HAPE and HACE it is necessary to descend to an elevation where the subject exhibits no symptoms of AMS or HAPE. Each individual is different but the treatment is the same - get them to a lower altitude, fast!

There is a good web site full of information on high altitude illness (where most of this info came from) at www.high-altitude-medicine.com. Check it out!

The Next Medical Question of the Month

People commonly call this "heat prostration." What is it, and how is it treated? Are there other heat-related illnesses we should worry about?

Check here in the future for answers to this medical question of the month.

Web News

by Ydobon

The team website can be accessed at <http://www.swcp.com/csar/>

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the Editors

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Volume 6, Issue 4
12 April 2001
Editors: Mike Dugger, Tom
Russo,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Tom Russo , President

In all it's been a quiet month again, just two missions since the last meeting. We've been keeping ourselves busy, of course. Our search techniques eval was well attended, and the 9-person search team that went out was able to find more than 90% of its clues in about an hour. The litter training that Mickey and Aaron put on was very well attended. It's good to see our members getting into the spirit of these trainings and working together on a regular basis.

The team's had a bit of good publicity lately. "Every Second Counts," the magazine of the National Safety Council, did an article on wilderness search and rescue, and Cibola was one of the featured teams. Larry Mervine is quoted prominently, and three whole paragraphs are spent on describing Cibola! I'll have a copy of Every Second Counts at the meeting, and they sent a copy to Larry to keep in the Public Relations committee files. And just recently we were contacted by a writer from Backpacker magazine who was looking for SAR workers and SAR subjects to interview for an article he's doing. We'll let you know how that pans out.

I'm sad to say that our Equipment Committee chair, Chris Murray, has resigned from that position because of time constraints. I have fished around for a new chairperson, and Tony Gaier has agreed to do it. Thank you, Tony!

Many of our members are very eager to help out with the team, and I applaud that; the more people we have working for the team the better for us all. But I'd like to channel the efforts through the appropriate committees so that there is no duplication of effort, so that full accountability is possible, and so that all such activities are conducted in a manner that reflects the team's policies. So here's a quick run-down of

what committees are responsible for which activities:

- **Public Relations, Education and Fund-raising Committee** (usually referred to as the PR committee): This committee is our primary interface with the non-SAR community. This year's PR committee chair is Larry Mervine. The PR committee is responsible for arranging interviews with newspapers and magazines, posters, information tables, and any other technique that would get Cibola public exposure. It includes educational presentations to schools, Boy and Girl Scout troops, and Forest Service "Fireside Chats." But in addition it also includes solicitation of discounts from vendors for team members --- the act of writing or calling a vendor to describe the team enough to get them to open up their purses and donate should be considered a PR activity, and the PR committee should be involved in that process. If you are interested in any of these activities, please let Larry know and join up with the PR committee. I'm sure Larry would appreciate the help.
- **Equipment Committee**: This is the committee that handles purchasing and maintaining equipment for the team gear cache. They also purchase certain consumable items that we all use on missions, such as batteries and trail tape. If you can help acquire gear or are willing to help maintain it, then please hook up with our gear committee chairman.
- **Budget committee**: The budget committee is responsible for mapping out the way the team will spend its money each year. Although "fund-raising" is part of the PR committee's domain, the budget committee has done most of the work for United Way and the Combined Federal Campaign in recent years. If you want to help out with those things, please head on over to our budget committee chair, who is traditionally the Treasurer.

Boots and Blisters

by James Newberry, Training Officer

It's April, I hope everyone had fun at the Cibola Goretex quilting bee at Pres. Russo's Casa April 1st?

Last month's litter training was right on the mark, what a good training it was. Great Big Kudos to Mickey and Aaron. I hear they have started planning the next one. It does this training officer's heart good when we have lots of members attend the trainings. The instructors work really hard at making the trainings interesting and informative. Please continue to show up en mass, it shows them you appreciate their efforts. **** GO TEAM GO ****

In keeping with the spirit of this month's holiday, (you know, suffrage and doing without and being with SAR friends and SAR family), this month's land navigation training should fit right in. April 21 at 6:30 PM, Bear Canyon trail head, East end of Spain. "All the dog poop in this area is just the beginning of what's to come, and don't forget your Full SAR Pack!", the sadistic training officer says with a grin.

May's training will be Escape, the annual SAR conference. Wear your really cool orange shirts while you are there. You'll want everyone to know you are with CIBOLA, the Best Darn SAR team in All of New Mexico.

Start planning for June's Training, "the annual summer bivy". It will be the weekend of June 23 and 24. Rain (liquid sunbeams) or Shine.

Paratus Et Vigilans

Business as Usual: Meeting Minutes

by Jeff Phillips, Secretary

Minutes of 08 March, 2001 Meeting

Members Attending

26 Members: Mike Dugger, James Newberry, Larry Mervine, Joyce Rumschlag, Adam Hernandez, Frances Robertson, Jeff Phillips, Lili Ziesmann, Tom Russo, Aaron Hall, Brian Koester, Tony Gaier, Paul Donovan, David Dixon, Brian Lematta, Mickey Jojola, Art Fischer, Chris Murray, Janice Campos, Doug Davenport, Erik Aspelin, Charlie Irland, Karen Cavanaugh, Danielle Groeling, Terry Hardin, Steve Kolk.

3 Familiar Faces: Mike Ziesmann, Jennifer Dellinger, Steve Hochmann.

President's Report

Tom opened the meeting at 1915 by introducing the officers. He then had everyone in attendance introduce themselves and their status on the team. There were no first time attendees.

Tom reminded everyone to leave a definitive message on the hotline when a mission is called, especially if planning to attend, to help with accountability. He spoke about the pager answering responsibilities of Pager #1, #2 and Tree Tops. Tom agreed to inquire about a "9999" page received from ARES on Mission # 010505.

Membership

David acknowledged the three newest prospective members, Lili Ziesmann, Janice Campos, and Brian campos. David announced the resignation of longtime member Don Gibson. Individual team members will contribute toward a plaque for Don and a party is planned for immediately following the April business meeting.

David reminded mentors to help mentees keep track of their progress with regard to becoming active. He then handed out business cards to members and announced a 40% off coupon from Brunton. An order will be put together by May.

Secretary's Report

Jeff announced plans to write letters of thanks to contributors of the United Way Combined Federal Campaign and others. The Annual Report for the Attorney General is in process.

Treasurer's Report

Brian reported the net income for February and the final 2001 budget after minor adjustments. Brian stated that he is working on Form 990 for use with submittals to Attorney General, NM State Employees Charity Campaign and the United Way Combined Federal Campaign. Finally, Brian asked that members include the nature of the mission on gas vouchers.

Training Officer's Report

James reminded everyone to call the hotline often for information on training and to state intentions to attend evaluations. James made a call for evaluators and for pre-meeting training. He then announced I100/200 and I400 courses (contact Rick Goodman) and conducted a poll for interest in Section Chief courses this year. After discussing the next two training sessions James announced that this year's Escape will be May 4-6 at Bonita Park near Ruidoso. The team voted on reimbursement for Escape. Finally, James implored the team to participate in pre-meeting training sessions in his unique way.

Equipment Committee Report

Chris stated that he is still working to get batteries for the team radios after a second flawed shipment.

Public Relations Committee Report

Larry announced the next PR meeting will be on Thursday, 25 April, 2001 at 1830 at the Frontier restaraunt. He said he will have a table at the Banff Mountain Film Festival.

Medical/Continuing Education Report

Mike announced that all documentation is now in from team members. Mike pointed to the extensive article in the March Newsletter for information about the current designation our medical responders are allowed to perform under and about CEs.

Old Issues

By-law revisions are complete per Brian. Tom will update the Member Guide.

New Issues

Susan Corban will lead a Hike of the Month Saturday, 3/10/01 after the training. It will begin at the South Piedra Lisa Trailhead and will be a bushwack to spots where named rock formations and canyons are clearly visible. Mickey Jojola and Paul Donovan are participating in the Bataan Death March at White Sands in April. Finally, a discussion about the need for crampons and rope on La Luz ensued.

Pinching Pennies

by Brian Lematta, Treasurer

It has been a busy month in the Treasurer's office, finalizing and filing the corporation's Bylaws, and preparing the New Mexico Attorney General's Charitable Organization Annual Report Form, the New Mexico State Public Regulation Commission Nonprofit Corporate Form, the United States Internal Revenue Service Form 990 Return of Organization Exempt From Income Tax, with Schedule A, and the Central and Northern New Mexico Combined Federal Campaign Application for Unaffiliated Organizations, with Attachments A, B, C, E, G and H. Still to be completed is the New Mexico State Employee's Charity Campaign Application, when it comes in the mail. All in all, it's no wonder people go off into the wilderness and get lost!

Who's Who and New

by David Dixon, Membership Officer

Larry Ebaugh and Stephen Hochmann have done their orientations and are our newest prospective members. Welcome to search and rescue guys. Let's all help them out at missions and trainings.

Andy Nielsen and Erik Aspelin have completed their prospective memberships and become our newest active members. Congratulations, you made it! We wish upon both of you many more years of rewarding search and rescue service. Now you can become mentors.

Speaking of being mentors, we all know the experience of being new to the team; trying to understand member requirements, keeping track of trainings and evals, the excitement of our first mission, and hey, all those new personalities. Well you as a mentor can help. A call now and then to your mentee or better yet a few minutes of face to face can really make a difference. If you know they need a specific evaluation that's coming up give them a quick reminder. If you saw them at a mission, give them a call soon after and see if they have any questions. I'll bet they do. Or just talk to them sometime about their job, family, favorite headlamp, anything. Remember how you felt and how much it would have done for you. And although being a mentor is not a requirement of membership, to continue to function as the great team we are we need prospectives to stay with us. Those people need knowledgeable, helpful mentors to make that difference.

(Not a mentor but feeling like you want to be now. Let me know you're interested and I'll fix you up with the next prospective).

Member Spotlights in the newsletter are a great way to get to know each other and further team camaraderie. And we have enough members right now that we can have a new one each month. If you have not done one of these mini-autobiographies, get in line. The procedure for submission is to notify the membership officer (that's me right now) that you have done one. I will then assign you the next available month and give that information to the editors. I'll remind you when it's your turn and you then submit it to the editors before that month's newsletter deadline. (Mike would like it at least a week before the Business meeting). You can then tell your mom to get online and read it.

Coming Attractions

by Tom Russo

So far, nobody has stepped to the plate to do new hikes of the month, feature articles, or minilessons. There have been a few suggestions for supplementing trainings with minilessons, but so far no concrete plans for articles have come of that. Anyone want to help out?

Medical News

by Mike Dugger

Update on Recognition of Wilderness Skills

Readers may recall from last month's medical article the fact that specialized wilderness protocols learned as part of First Responder (FR) or Emergency Medical Technician (EMT) training are not recognized by the Emergency Medical Services (EMS) Bureau in New Mexico. As far as the state is concerned, we are simply FRs or EMTs. Regulations as of today require "special skills approval" to do anything that is not in the scope of practice listed for your level in the EMS regulations. This is a very involved process that requires documentation of training, maintenance, quality control, and continuous improvement. During the last month, Cy Stockhoff of the EMS Academy at the University of New Mexico has spoken to the EMS Bureau in favor of officially recognizing wilderness training. Apparently, there have been efforts for years to get EMS to recognize the wilderness component of our training, and Cy's preliminary meeting with the Medical Director Committee went "better than hoped for." There was a formal meeting of this committee on April 6, the results of which are too late to be posted to this version of the newsletter. I'll let you know how it turned out next month. Cibola and several other teams around the state provided letters of support to Cy for his meeting with EMS. It will require changes to legislation, and I am not sure what form "official recognition" would take. My guess is, those who received wilderness training initially and updated that training during regular refresher courses would be allowed to practice certain wilderness skills under "medical control," otherwise with the approval of our team's Medical Director.

Types of CEs for FR Renewal

Last month we reported the requirements to renew EMS medical provider levels such as FR, EMT-B, EMT-I, and EMT-P (the letters after EMT stand for Basic, Intermediate, and Paramedic, respectively).

Each level has specific requirements of continuing education (CE) course credits. CEs also come in flavors of nonmedical, Basic Life Support (BLS), Intermediate Life Support (ILS) and Advanced Life Support (ALS). So, of particular interest to most of us, FRs require 8 hours of BLS CEs every renewal period, while EMT-Bs require 24 hours of CEs of which at least 12 must be BLS.

I inquired with the EMS Bureau whether ILS or ALS CEs could be used by FRs to fulfill the requirement of 8 contact hours of BLS medical CEs. In one respect, the course material in the former would be more advanced than that in BLS courses, so would exceed the requirement. Conversely, ILS/ALS course material might teach skills beyond the FR level of knowledge or ability to practice. EMS replied that at present the ILS or ALS CEs would not count toward the 8 hour BLS medical CE requirement for FRs. This may change in the future.

Medical Knowledge Required of CE Course Instructors

Mickey and I have been planning to request medical CEs for some of the training we already do, such as patient packaging and litter hauling, as well as develop new training with a medical focus. Mickey reported last month that as FRs we cannot instruct courses at the BLS medical level. I asked EMS to specify for us what level of medical training is required to instruct courses at different levels. For BLS medical CEs, the instructor must be an EMT-B or above. For ILS or ALS CEs the instructor must be an EMT-I or EMT-P. That rules out getting CE credit for the training we already do, unless we can get an EMT-B to teach the course. However, we can still put together a review session or two with our Medical Director, and get credit for that. Perhaps we can come up with 2 to 4 hours of CEs this way annually, if we can persuade our Medical Director to conduct a couple of sessions.

Medical Training at ESCAPE

The planned schedule indicates that there will be a medical track at the Emergency Services Council Annual Preparedness Event (ESCAPE - bet you wondered what that stood for, huh?). This is our annual statewide search and rescue conference for New Mexico, and will be held May 4-6, 2001 near Ruidoso, NM. The courses and CE credit hours are:

- First Person Aid or How To Take Care of YOU - BLS, 1.5 hour
- Cold Weather Injuries - ALS, 1.5 hour
- Patient Care by Radio - ALS, 1.5 hour
- Acute Mountain Sickness is NOT Really Cute - ALS, 1.5 hour
- Medical Tools for SAR - BLS, 1.5 hour

I have informal confirmation that the above hours and levels have been approved by EMS. Too bad in a way that more BLS hours were not arranged, since they can be used by all EMS levels while ALS can only be used by EMT and above. Just out of curiosity, I wonder how many EMT and above will be at ESCAPE versus FRs? Might be worth getting a show of hands at the opening general meeting. If this stands, our FRs could pick up 3 hours of BLS medical CEs at ESCAPE, which is less than it could have

been but better than nothing. There is nothing wrong with a FR attending the ALS courses, though, and we will probably get some useful information from them. However, we'll get no CE credit toward renewal of our certification. Remember that advanced registration for ESCAPE must be postmarked, phoned or emailed by April 15.

Member Spotlights

by Aaron Hall



Well, you've seen me on a few missions and now I'm a top of tree, so it's probably time that I told you all something about me and how I became interested in search and rescue. I'll start with my childhood. I grew up on a small ranch in South-central Oklahoma near a little town called Ada. My family raises beef cattle and keeps a few horses there. That's where my love of the outdoors really began. I have a twin brother and we grew up playing and working together on the farm. As kids we were rarely indoors unless food was on the table.

When I was a teenager we both got involved with a very good Boy Scout troop where I learned to love hiking and camping. After high school, my brother and I both went to college in Tulsa, Ok to study Mechanical Engineering. The summer after my sophomore year in college I went to work for the Boy Scouts as a Guide at the Northern Tier High Adventure Base in Ely, Minnesota. My job that summer was to lead small groups of scouts on ten-day canoe trips into the Canadian wilderness. On one trip, I got lost. I got lost with three other members of my crew in the middle of 5 million acres of wilderness in Northern Manitoba that had required an hour ride on a float plane to get into. The chance of rescue by anyone other than the rest of my crew (who, as it turned out, were almost as lost) was exactly zero. Fortunately, we found each other after about 6 hours of searching. That experience taught me just how quickly an outdoor adventure can turn into a frighteningly serious situation. The summer ended, I went back to college and later on to graduate school in Champaign-Urbana, Illinois (Materials Science this time). I continued to hike and camp whenever I found the time and I never forgot my experience in Manitoba. In fact, I often wondered what could have happened and how long it would have been before anyone would have come to look for me.

Sandia Labs brought me to New Mexico at the beginning of last year when I accepted a Post Doc position working with Mike Dugger. I think Mike told me about search and rescue almost as soon as I met him. I decided almost as quickly that this would probably be a great thing for me to do. I know I sure wanted someone to come look for me when I was lost. I also figured that search and rescue would help me improve my outdoor skills, let me explore some of New Mexico's wilderness, and introduce me to a really good bunch of people. I was right.

Web News

by Tom Russo

Only one little new feature to the website this month: on the mission logs page you can now get some statistics on how many and what types of missions the team has been called for since 1998. Click on "Display CSAR mission involvement from 1998 to date" on the mission logs page, and you'll be presented with a table of missions broken down by year and mission type. Click on a year and you'll get a

pie chart of the types of missions that year, click on a number of missions and you'll get a table of all those missions tallied by that number. This is the same as the table of recent missions: click on the mission number and you'll get the mission log. I hope that those of you with as much time on your hands as I have will find this a source of countless seconds of good, clean fun.

The team website can be accessed at <http://www.swcp.com/csar/>

Statewide SAR Notes

by Mike Dugger

Just a quick reminder to new members who have not taken their PACE exams yet. I'm referring to the field certification exam administered by the Policy Action Committee on Education, that tests basic knowledge of Safety, Search Techniques, Gear and Clothing, Map and Compass, and Communications. The planned schedule for ESCAPE suggests that PACE exams will be given all day Saturday and up until the mock mission on Sunday (May 5 and 6). Since this is only one of two regularly scheduled examination sessions all year, it would be a great time for new members to take the tests. Remember that passing this evaluation is required for membership in Cibola SAR.

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the Editors

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Volume 6, Issue 3
8 March 2001
Editors: Mike Dugger, Tom
Russo,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Tom Russo , President

I don't seem to have a great deal to discuss here this month. That's probably a good thing, because from where I sit it seems the team is running along smoothly and the day-to-day business of the team is getting done by those folks who agreed to do it. Now if only there were a few more missions to keep us busy...

In these dry spells, it seems to be pretty easy to let our operational readiness get downgraded a bit, especially after a few missions that turned out to be wild goose chases. Do remember, though, that being active with Cibola is a matter of keeping SAR a high priority in your life. We used to say that you should only put your job and your family ahead of it. These days making SAR a priority seems mostly to be keeping up on trainings and evals, but really it's *missions* that we need to be keeping up on. Naturally, job and family come first, but for the good of the community we ask that other activities take a back seat to missions.

See you all out there.

Boots and Blisters

by James Newberry, Training Officer

Here it is March already. It will be Christmas before you know it. I was pleased with the turn out for Joyce Rumschlag's Search Techniques Training on February 11th. As always, Joyce did a bang-up job.

We also had a cold and white winter bivy, Feb. 24 & 25. Kudos to the hardy souls who braved the elements with me. Doesn't the High Finance restaurant have a wonderful view? (Sgt. Buckley, next time,

we really will dog pile on top of you. ha, ha).

The next training will be Litter Handling on March 10, 2001 at 9 a.m., at Embudo trailhead, east end of Indian School. Be there or be square. Mickey Jojola & Aaron Hall will be the instructors. From what I'm hearing, it might be wise to wear a good-fitting pair of boots. Not to mention, and just because, your full SAR pack. I will be randomly checking packs and giving out SAR demerits. (20 demerits and you get the privilege of buying the beers after April's training!)

The next evaluation will be a Litter handling Evaluation, April 7, 2001 9 a.m. Sharp! Embudo Trail head, east end of Indian school.

April's training will be Night Land Navigation: How to Follow a Bearing in the Dark. Instructor will be James Newberry. April 21st at 6 p.m., Bear Canyon, east end of Spain. Don't show up without a compass and bring your SAR Pack. I'll be randomly checking packs again and handing out SAR demerits. The training should be over by 10 p.m., just in time to go out and make good on those SAR demerits!

I'll see everyone on our next SAR adventure, Happy Trails.

Paratus Et Vigilans

Business as Usual: Meeting Minutes

by Jeff Phillips, Secretary

Minutes of the 8 February 2001 Business Meeting

President's Report

Tom opened the meeting and welcomed the 26 Members and 5 familiar faces in attendance. Everyone in attendance introduced themselves and told their status on the team. Minutes from the January meeting were reviewed and accepted.

Membership Report:

There were no new active members to announce. David reviewed 3 resignations announced in January. David reminded members to keep track of their progress on membership requirements. A new tree-top was needed and Aaron Hall accepted the duty. David announced that he would have business card templates at the next meeting. Some changes in contact information were announced for a few members.

Secretary's Report:

There was, surprisingly, no Secretary's report. This, however, does not mean the Secretary was silent.

Treasurer's Report and Budget Committee Report:

Brian provided the financial report for January. Brian and the Budget Committee then reported the proposed budget for 2001. The budget was accepted with minor revisions and a 6 month review was established.

Vice President/Training Officer's Report:

James reminded everyone to call the hotline regularly and leave a message when intending to participate in evaluations. A WFRs meeting was set for 2/9 at 7 PM at Dion's. James requested people to volunteer to be evaluators and present pre-meeting training topics.

James discussed upcoming training and Susan discussed upcoming NM Mtn. Club Rock Climbing School Sign Up. James provided information about the Winter Bivy. Mike Dugger agreed to look into a "Ski-bola" event and report back. James discussed the possibility of having Ham Classes through the team and asked interested people to let him know. Finally, James announced that the orange shirts will be ordered and that he needed checks to complete the order.

Equipment Committee Report:

Chris explained that the recent purchase of batteries for the team radios needed to be done again. He announced that the lock combination to the gear cache had been changed. Chris mentioned that he has the usual perishable supplies available.

Public Relations Committee Report:

Larry stated that the PR Committee had a successful meeting and that they are requesting suggestions for locations for posters.

Old Business:

Tom and Jeff discussed the call-out worksheet that was recently made available on the website. Although it has some limitations everyone was encouraged to use it and make suggestions on improving it.

Pager duty was identified for February and March.

New Business:

Brian Lematta explained that it was necessary for the team to elect directors who would in turn become

the officers. Brian explained what such a change would mean to the by-laws and the current member guide. Mike Dugger moved that the proposed changes be made and that the 5 current officers be nominated and elected as directors. Micky Jojola seconded and the measure passed unanimously.

Mike Dugger announced that a former member has radio equipment for sale per a letter he recently received.

Steve Kolk showed several sets of crampons for sale for \$40.

The team recognized the fine work done by the Budget Committee.

Who's Who and New

by David Dixon, Membership Officer

We have 3 new prospective members, Lili Ziesmann, Janice Campos and Brian Koester. We welcome them to Cibola Search and Rescue and hope to see them out there on missions and trainings.

The following email was sent by me to the team listserve 2 weeks ago. Don's letter of resignation follows it.

It is with some actual sadness that I announce the resignation from Cibola of Don "Wheezer" Gibson. Many of us knew this was coming but it's always hard to lose a veteran like Don. Last year he bought an ATV and realized it could lug his equipment around and after many years of doing it himself that felt pretty good to him. So he joined NMSAR and got hooked.

Don joined Cibola in 1992 and went on dozens of missions before getting serious by becoming an FC 6 years ago. Aside from the great bull sessions we've all had with him his expertise and wisdom has certainly enlightened me during my 4 years in search and rescue. As a member of the PR committee he never missed a Frontier meal during my time as PR chair.

Even though he'll be missed at meetings and trainings we'll still see him barking orders at incident base and he's promised to keep munching tacos with us after some meetings.

On behalf of all members of Cibola Search and Rescue I would like to express our appreciation to Don for all the work he has done for Cibola and sar. If you do join us at the Cabana in March we'll buy your tacos.

Thanks and good luck Don. And remember, at your age, to keep all four wheels on the ground.

Long Time Member Don Gibson Bids Farewell

Most of you have never been on the other side of a SAR mission, lost in a strange country, alone,

apprehensive and afraid you might not survive the situation. Thirty years ago, I ended up in this dilemma, and fortunately my flight crew and I were rescued by a SAR team. I never had enough time and words to thank them.

Twenty years later, I joined Cibola SAR to see if I could make a difference, and make someone feel as good as I felt when my life was saved. During the last nine years on the team I've far exceeded my expectations.

Six years ago when I became a Field Coordinator I debated resigning from the team because that's what the state seemed to indicate I should do. Now I feel I'm more of a liability than an asset to the team and so I contacted our Membership Officer and resigned.

The team has taught me most of what I know about SAR and allowed me to expand that knowledge so that I've become a competent Field Coordinator. That training has made a difference in working with you and others to find people and save lives.

It's amazing that people with little in common but search and rescue and who meet and train a few hours a month can do what is required as a team. What you give in the small off-hours of your normal life says a lot for the character and heart of all of you.

I'll see you in the future at meetings, trainings, and mock searches, and most importantly out there in those off-hours when it really counts.

Don Gibson

Coming Attractions

by Tom Russo

Once again, we're going to have to start asking team members to read their newsletter on-line if at all possible. We really need to get the copying budget under control. 33 members of the team are registered at the website, which *should* mean we only need to print out 7 copies. But somehow 40 copies a month get snapped up as fast as you can say "POD." As of this month, we will no longer be mailing copies to team members unless specifically asked, and will begin printing shorter runs on the assumption that if you have web access then you don't need a paper copy. Please help us keep our costs down and pick up your free version at the website, <http://www.swcp.com/csar/>.

Medical News

by Mike Dugger and Mickey Jojola, Continuing Education Coordinators

The purpose of this article is to get all our members up to date regarding medical skills, certification, renewal, protocols and policy issues. We'll also give you an idea of our goals for courses that give continuing education credits that you can actually use to renew your medical certification.

Background

Cibola SAR decided about a year ago to begin providing medical care to subjects we encounter on search and rescue missions. This was motivated by the fact that after ground search and incident command support, which we already do very well, medical aid was the next most used set of skills that benefit the subject. Our colleagues on the Albuquerque Mountain Rescue Council (AMRC) provide a highly advanced level of medical care for subjects in District 5 and throughout the state. However, a paramedic may not be available on the team that finds the subject. Some basic level of medical knowledge can benefit most subjects on missions we respond to throughout the state, as well as allow us to effectively assist our colleagues with more advanced medical training. Our own Susan Corban did most of the work to find out what various levels of medical providers can do, how to get the training, requirements for certification, getting medical direction, and complying with state regulations. To date, members of Cibola have participated in team-sponsored training in Wilderness First Aid (WFA, fall of 1999) and Wilderness First Responder (WFR, spring of 2000). A few members have pursued more advanced medical training on their own.

Levels of Training and Scope of Practice

During search and rescue missions, recognized resources in New Mexico are provided with insurance and limited liability coverage under the New Mexico Tort Claims Act. Medical providers certified with the state Emergency Medical Services (EMS) Bureau also have some legal protection under the state risk management office. The phrase "scope of practice" refers to the set of allowable skills and drugs, defined by state regulation, which may be used by medical providers at various levels.

While WFA provided some very useful hands-on training for taking care of ourselves or companions in a backcountry setting, there is no EMS-recognized position for which WFA training is sufficient. The first EMS-recognized medical level is that of First Responder (FR). Note that this is FR, and not WFR. The state does not recognize wilderness designations at any level. Beyond FR the next levels are Emergency Medical Technician (EMT), and this category is broken down into Basic, Intermediate, and Paramedic which are abbreviated EMT-B, EMT-I and EMT-P, respectively. Provisions in the state regulations allow FRs who choose not to be certified to practice their skills until July 2001. However, the medical policy of Cibola SAR, described in our Member Guide, requires certification of FRs who provide medical aid as part of our organization. EMT-Bs and above require licensure, which includes passing a state exam. After July 2001, no person may provide medical aid at any of these levels in New Mexico unless certified or licensed. Certification for FRs means they complete training from an approved curriculum, obtain CPR training, and submit supporting documentation and payment of fees. There is legislation in process to require licensure of FRs and well, but it will be several years before this becomes policy.

Cibola's decision to provide medical aid at the level of FR was made after careful consideration of the benefit to future SAR subjects, weighed against the amount of training, policy development, documentation and legal risk associated with providing this care. The basic conclusion was that for the average Cibola SAR member, who does not have a career in medicine, the First Responder skills could

be maintained by training that our team could organize and provide. People with training above FR are of course wonderful additions to our team, and these members typically work in medical careers where they have the opportunity to keep those advanced skills current outside of their volunteer efforts with search and rescue. In evaluating the types of subject injuries we have seen during over a decade of search and rescue missions, training at the FR level can allow us to provide care for a majority of subjects and includes skills that can really save lives.

The scope of practice for a given EMS provider includes skills that are provided by training alone, and some that require medical control in addition to the training. Medical control refers to approval from a Medical Director via direct communication or written protocols. A Medical Director is a physician who is responsible for all aspects of patient care in an EMS provider service. Cibola SAR is an EMS provider service in this context, and we have a Medical Director by the name of Kevin Nufer, an emergency room physician at the University of New Mexico Hospital. I'm sure you'll agree that he has a terrific background for this, and we are most grateful that he has agreed to be our Medical Director. The scope of practice for our FRs includes the following skills and drugs, considering those for which we have the required medical control:

- basic airway management
- use of basic adjunctive airway equipment
- positive pressure oxygen delivery inhalation devices
- suctioning
- cardiopulmonary resuscitation (CPR)
- obstructed airway management
- bleeding control via direct pressure
- spine immobilization and basic splinting
- scene assessment, triage and scene safety
- use of statewide EMS Communications system
- emergency childbirth (normal presentation)
- may administer oxygen

Renewal Periods and Requirements

The expiration date of certification or licensure is March 31 of a given year. Subsequent renewal periods run from January 1 for a full 27 months and end on March 31. Members who completed FR training in May of 2000 were actually certified in the last six months of 2000. In this case, the expiration date is counted from January 1 of the following year for a 27-month period. Therefore, our certifications expire on March 31 of 2003. All requirements for renewal of EMS certification or licensure must be completed by the December 31 that precedes expiration. Therefore, those of us that went through WFR training in the spring of 2001 must complete our renewal requirements by December 31, 2002.

Renewal paperwork should be submitted as soon as requirements are complete but must be no later than March 31, the final month of certification/licensure. An additional fee is required if paperwork is

submitted in March due to the requirement for more rapid processing and the high volume of applications received during this month. I would suggest that the renewal application and supporting documents be completed and submitted in January preceding expiration.

Renewal of FR certification requires:

- a completed renewal application
- copy of a certificate showing completion of an approved FR refresher course
- copy of certificates showing completion of 8 hours Basic Life Support (BLS) medical continuing education (CE) activity
- evidence of current CPR certification
- payment of renewal fee

Requirements for higher levels of EMS providers generally differ in the type of refresher course and the number of CE credit hours required. For example, EMT-Bs must complete an approved EMT-B refresher and 24 hours of CEs, 12 of which must be BLS medical.

Continuing education credits are obtained for courses that are approved by the EMS Bureau after submission of the required documentation. CEs come in several flavors. BLS medical CEs target skills in the EMT Basic curriculum and deal with basic emergency medical skills such as airway management or spine immobilization. Intermediate or Advanced Life Support (ILS/ALS) medical CEs deal with more advanced medical topics. Finally, CE credits may be obtained for non-medical subjects that relate to EMS. Examples might be radio communication or land navigation. However, non-medical CEs can be used only by EMT-Bs and above to meet a portion of the renewal requirements.

Wilderness Skills and Protocols

So what about the wilderness skills we learned, if the state only recognizes us as FRs? Last spring when Cibola members completed WFR training, our Medical Director approved 5 protocols relating to the wilderness context (greater than 2 hours from Advanced Life Support, such as that provided by a paramedic on an ambulance). These protocols were intended to allow us to use the following skills, which are above and beyond the scope of practice of FRs:

- administering epinephrine and diphenhydramine for anaphylaxis
- wound management (cleaning, bandaging, and removing impaled objects)
- CPR cessation after 30 minutes in normothermic patients
- spine injuries, specifically RULING THEM OUT to facilitate evacuation
- reduction of joint dislocations in shoulder, patella and digits (excluding thumb)

Recent discussions with representatives of the state EMS Bureau suggest that while Medical Director approval is required, it is not sufficient in order to perform these procedures. It seems that we must apply for special skills approval from EMS in order to use these protocols. Our instructor at the EMS Academy

is pursuing getting additional skills included in the scope of practice for EMS medical providers with the Medical Director Committee of EMS, but this will take a long time.

Subsequent discussions with contacts from the Wilderness Medical Institute in Colorado and Marc Beverly, EMT-P and one of our colleagues from AMRC, suggest that it should be straightforward for our FRs to get EMS approval for wound management, CPR cessation, and clearing spines. Approval to reduce dislocations is possible but requires a significant effort to maintain proficiency and has been rarely used. Approval from EMS for anaphylaxis treatment appears unlikely. Mickey Jojola and I are working on these issues with the EMS Bureau, EMS Academy, and our Medical Director. We will keep Cibola medical providers informed of developments. Until this is resolved, our FRs do not have the authority to perform the skills listed in the wilderness protocols above.

Future Plans

As Cibola SAR's CE Coordinators, Mickey Jojola and I are responsible for making sure our medical providers operate in accordance with Cibola policy, and for making available opportunities for our medical providers to get the training they need. Since a majority of our providers are FRs, we intend to focus on BLS medical CEs and a course that meets the requirements of a refresher for this level. Our litter training has for years included patient immobilization and packaging skills. We intend to apply for CE approval for this course. The scope of the training should be broadened slightly to include getting the patient in natural alignment and into the litter while maintaining required immobilization to prevent further injury. The litter training is probably the only regular Cibola training that qualifies for CE credit. However, our goal is to develop several new courses for medical providers that would be offered as regular Cibola trainings. These may include splinting, use of the evacusplint, wound management, diagnosis/treatment of problems with body core temperature, and altitude sickness. Regular mission review sessions with our Medical Director also qualify for CE credit, and we plan to arrange these as well. Finally, we will be organizing a refresher course for our FRs. Our goal is to have a refresher course each fall. Ideally, the refresher course would be combined with a course where nonmedical members could get some basic first aid knowledge so that it would be beneficial to a larger cross-section of our team. We are exploring a couple of options and will report to the team at upcoming business meetings. We will also publicize or arrange new FR courses to qualify new medical providers, as needed.

Resources

Much of what I have learned has come from the most recent version of the state regulations in 7 NMAC 27.2. I have this document in electronic form. If you wish to have your own copy, provide me with a floppy disk and I will copy it for you. Please do not hesitate to contact Mickey Jojola or myself for clarification on any of these issues or to help with special circumstances regarding medical providers on our team.

FR Question of the Month

Define, list the symptoms in order of appearance, and differentiate between HAPE and HACE (not the brothers Happe and Hacce). Answers in next month's newsletter.

[Ed. Note: Each month there will be a "Medical question of the month" designed to inspire our medically trained members to hit the books and remind themselves of things they've learned.]

Web News

by Tom Russo

Nothing new on the site this month, but it seems that there are a few old things that newer members may not be aware of and that older members may have forgotten. I thought I'd waste some space here to offer a few reminders that the website is more than just a PR tool, someplace to hold the newsletter, and an excuse for me to write articles.

Our website has our current training schedule on-line, automagically updated from the calendar database every time James adds or modifies a training. In addition to planning for future trainings, the website has a few "training debriefs" where one of the instructors has deconstructed a training's results and described what went right, what went wrong, and in a few cases what team members thought about the training; we've got debriefs for two of our land nav trainings, a mock search, and a search techniques training. I hope to add more as we have increasingly complex and interesting trainings.

One thing that most folks seem to overlook is that there are also training handouts from old trainings so you can see what the attendees were given, and maybe study from it if you're in need of a refresher. There are some useful resources there in the "Training Handouts" section, and it wouldn't hurt to go visit them, even though the trainings for which they were written are long past. Some of these handouts were meant to *supplement* the trainings, and as such sometimes give more detailed information that could have been covered at the trainings themselves.

All of the Lost... and Found newsletters since Volume 1, Issue 1 from 1996 are archived at the site. To get to them you have to use the newsletter link at the top level page (<http://www.swcp.com/csar/>) and not the one on the members only page. The one on the members only page only presents you with the current issue and the one in progress. The "keyword search" page accessible from the top level will search old issues of the newsletter as well as all the other public pages. It seems that while many non-members take advantage of the archive search, few members do.

While the members only newsletter page does show a "preview next issue" option, there is seldom anything to preview prior to the weekend before our business meeting, when the articles are caerfully eddited for misplet words and clumsy constructions and run on sentences and completely incomprehensible material and **bad or ugly HTML formatting** before being inserted into the final newsletter for publicationon the weekend before the monthly business meeting. Checking it too often will just waste time. Better to wait for the official announcement that the newsletter's done, and then "view current issue" instead.

All membership records are kept on the website as well, so you can check your personal training, certification and mission attendance records anytime you like. We encourage you to do so often. It's also pretty important that you keep your personal information up-to-date. There have been numerous cases of people who have left us with outdated email addresses, disconnected phone numbers, and incorrect mailing addresses. Please make sure that what's in our database is correct --- look at those records now and then! If you see something that's wrong, tell the membership officer.

Our member guide, training policy, and callout procedure documents are all available on the members only web site.

I'd also like to remind everyone with email accounts that there are multiple mailing lists available for team discussion. There's a generic list (csar-1), a ham-radio list (csar-hams), and a medical provider list (csar-medic). The lists go through levels of activity ranging from intense discussion to absolute dead silence, but are occasionally used to disseminate information and spark discussion. You're missing out if you have email and don't subscribe. Subscription instructions are available on the members only web page under "CSAR email reflector." Subscribing is easy, but you have to follow the instructions carefully or your subscription doesn't take effect.

Oh, and one last thing. When you sign up on the website for the first time, you are asked to pick a user name and password. Please remember that password! There's no simple way for me to change your password and passwords are stored encrypted, so there's no way for me to check to see what it is if you forget. Once you forget it my only recourse is to delete your userid by hand, and then you get to start over by re-registering and setting a new password.

The team website can be accessed at <http://www.swcp.com/csar/>

Special Notes

Over a year ago some of our members solicited contributions, discounts, etc. from a number of companies. Brunton sent us a coupon (actually 2) for 40% off any product. Some members took advantage of it and got some nice compasses and other things at a great discount. I decided to email Brunton and ask if they would do it again since we have lots of new members that couldn't take advantage of it the first time. Lo and behold a few days later they sent back a nice letter stating that although they are very selective to organizations they offer it to, they thought ours was a great public service group and yes they would honor us again. Literally days later I got a packet with their catalog and another 40% off coupon. What a great company?

If you are interested in taking advantage of this for a compass or other product I will have their catalog at the March and April meetings or go to their site, www.brunton.com. I will plan on sending the order off after the April meeting so plan on getting me your check or cash by then. --submitted by David Dixon

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the Editors

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Volume 6, Issue 2
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Top of the Hill

by Tom Russo , President

We certainly can't complain that we've had too many missions this past month. All the more reason for us to keep getting together and practicing all of our skills.

James has set up two great trainings this month, Search Techniques on Sunday the 11th of February, and a winter overnight bivy on Saturday, the 24th. Please show him your support and attend as many trainings as you can. While we only require two trainings every six months, the few subjects we *do* get asked to help deserve better than minimally practiced skills.

Jeff Phillips presented a "strawman" callout worksheet at our January meeting, and the team generally agreed that his suggestion should be implemented. I have written database programs to generate those worksheets, and we are now set to use the new worksheet instead of the old "deploying now, can deploy later, cannot deploy" scratch paper.

All pager 1, pager 2, and tops of trees are asked to keep a current worksheet on hand to record voicemail responses. We ought to have a brief review session soon on how to handle callouts as a team pager handler. In the meantime, please read the old "pager minilesson" on the team website, and familiarize yourself with the new callout worksheet. It can be accessed as "callout worksheet" under "member information" or from inside the "mission recording worksheet" page under "Pager Handler Info."

David began a nice tradition at our January meeting, asking all attendees to wear name tags. With so many new faces every month, it would be good to keep names attached to them on a regular basis. Part of what makes this team strong is the camaraderie we've worked so hard to build over the years. Thank you,

David, for helping get our new members into that culture!

It has occasionally been mentioned at meetings that there has been a long-standing tradition of team members going out to dinner at a local restaurant after meetings. But we have seldom made a point of making sure that all members knew it was open to all. Starting in February, our final item of business before adjourning will be to choose a place to eat, and invite everyone, new and old. I hope this will tighten the bonds between our members even more.

Play safe!

Boots and Blisters

by James Newberry, Training Officer

Our January training on basic winter skills made me rethink what I carry in my pack. I hope it opened some other eyes as well. We had 17 hardy souls brave the elements to attend a cold and blustery training. Thanks Mike Dugger!

To carry the winter training theme one step further, the annual WINTER BIVY has finally been finalized. The snow was so good at the Ellis Trailhead area that I decided to move the bivy to there and to the weekend of Feb. 24th and 25th. (so our Quad athletes can come play too). Be prepared, it will be cold.

February's regularly scheduled training will be on Search Techniques, taught by Joyce Rumschlag at Bear canyon (east end of Spain), 9 am on the 11th. Joyce always does a bang-up job. I highly recommend that everyone attends. Its rumored that the little green pots might even show up.

Feb. 21st is the sign up date for the NMMC rock climbing school. See the NMMC website at <http://www.swcp.com/climbrocks/> for more info.

The next evaluation will be search techniques on March 4, 2001 at Embudo trailhead at the East end of Indian School. 9 am Sharp!

March 10, 2001 training will be on litter handling, lead by Mickey Jojola. I'm told it will be one of the most interesting litter trainings Cibola has had in a while. Be there or be square!

One last Thought from the VP: *"Live to Train - Train that others may live"*

Business as Usual: Meeting Minutes

by Jeff Phillips, Secretary

What makes Cibola Search and Rescue a successful team? Random House defines a team as a number of persons associated in some joint action. We are over 40 persons associated in joint action but success is not part of the definition. Is mediocrity also an option?

And now on to the MINUTES OF THE 11 JANUARY, 2001 BUSINESS MEETING

PRESIDENT'S REPORT:

Tom welcomed members: Dennis Barnhart, Michael Bridges, Doug Davenport, David Dixon, Paul Donovan, Paul Dressendorfer, Mike Dugger, Art Fischer, Tony Gaier, Danielle Groeling, Aaron Hall, Terry Hardin, Adam Hernandez, Charlie Irland, Mickey Jojola, Steve Kolk, Brian Lematta, Larry Mervine, Chris Murray, Andy Nielsen, Nancy O'Neill, Jeff Phillips, Ellie Robinson, Joyce Rumschlag, Tom Russo, John Tomlinson

Familiar faces: Curtis Crutcher, Erick Wankel, Lili Ziesmann, and Mike Ziesmann, and new attendees: Erik Boyer, Janice Campos, David Chapek, Larry Ebaugh, William Hawk, Steve Hochmann, Abel Madrid, and James B. Matteucci.

Tom then had everyone in attendance introduce themselves and tell their status on the team.

MEMBERSHIP REPORT:

David explained that the use of orange name tags at the meeting was an attempt to increase members' knowledge of others on the team and would be used for a few months. David welcomed Danielle Groeling as the newest prospective member. He then identified the 5 newest active members; Michael Bridges, Steve Kolk, Doug Davenport, Steven Buckley and Ed Mighetto.

David reminded members of the 3-2-1 and certification requirements in order to become and remain active and field certified.

SECRETARY'S REPORT:

Jeff reminded members to sign in at all events and mentioned that anyone who attended the December meeting but was not listed in the minutes should let him know. Jeff reminded members to pass documents for the archives to him. Finally, Jeff announced plans to write letters of thanks from the team.

TREASURER'S REPORT:

Brian reported that 2000 was a good year financially, the team was under budget for the year. He added that Mike had done a fantastic job with the books. Brian informed members that he was in the process of closing the old checking account.

VICE PRESIDENT/TRAINING OFFICER'S REPORT:

No report as James was absent. A brief discussion of the Winter Skills training scheduled for Saturday, 13

January, 2001 ensued.

BUDGET COMMITTEE REPORT:

Brian announced the next meeting would occur on Sunday, 04 February, 2001 at 1300 at a place to be determined. He invited all to attend.

EQUIPMENT COMMITTEE REPORT:

Chris mentioned that he has the usual perishable supplies available.

PUBLIC RELATIONS COMMITTEE REPORT:

Larry announced the next PR meeting will be on Thursday, 25 January, 2001 at 1830 at the Frontier restaurant. He said discussion will be on successes and ideas for the new year.

MEDICAL/CONTINUING EDUCATION REPORT:

Nancy reminded WFRs she needs a copy of NM EMS Cards for the database. SOAP note distribution and potential changes to the form was discussed. SOAP notes should be forwarded to Jeff, the Secretary, within 10 days of the mission. Jeff will handle the distribution of the form. Potential changes to the form included making it only two pages, adding a signature line, and adding a line for the name of the Incident Commander. Finally, the "NM DPS SAR Injury and Liability Release Report" form was discussed. Some WFRs have been required to complete this form and sign it at Incident Base. Nancy made a copy available for all WFRs so they can make themselves familiar with the form.

NMESC REPORT:

Mike Dugger reported that Robert Lathrop was no longer associated with SAR and therefore not the contact for PACE related information. The next PACE examination will be at the ESCAPE in May. We expect to have more information about ESCAPE at the next business meeting.

OLD BUSINESS:

Pager duty. Tom is pager #1 and James is pager #2 for January. Tom reminded members to sign up for pager duties, we need Pager #1 for February. Chris Murray emphasized that members should not be discouraged from signing up for Pager #2 duty because of the responsibility for the gear cache.

NEW BUSINESS:

David proposed an amendment to the member guide to increase the amount allowed to be spent without membership pre-approval. Passed unanimously.

Jeff presented a prototype Callout Worksheet as a potential solution to recent concerns. A web-based form will be created by Tom and should be tested for a few months.

Brian discussed by-laws in the context of reporting to the state corporation commission.

Pinching Pennies

by Brian Lematta, Treasurer

The team has received a most generous \$500 contribution from Keith Hayes, the gentleman who injured himself during last December's Land Navigation training. In a letter to CSAR, Mr. Hayes has expressed his thanks and gratitude for the "extraordinary care and response" he received after his accident. He describes his litter evacuation as "an adventure to say the least," and says that he is indebted to "all of you who remained focused on my care and comfort as you fought the fatigue of a difficult trail through the trees and then the long haul of a heavy liter on the utility cut." He thanks many members by name, including Mickey, Dave, James, Nancy, Art, Jeff, Vicky, Tom and Paul.

Mr. Hayes suffered ligament damage to his ankle, and also fractured his fibula about two inches below the knee. A surgically placed screw should have been removed by the time this edition of Lost ... and Found is published, and he should be out of his cast and off crutches.

Mr. Hayes described his donation as "meager compared to the care and effort that everyone provided me." In fact, it may represent the single largest donation the team has ever received from a rescue subject. Tom Russo has written a thank you letter to Keith on behalf of the team. Both letters are available for you to read, if you like.

Who's Who and New

by David Dixon, Membership Officer

Ed Mighetto and Doug Davenport became our newest active members last month but didn't get mentioned in the newsletter. (They missed the deadline by a day). They got "patched" at the January meeting, but here's a big welcome for them in print. We hope to see both on missions and at trainings for a long time to come.

We are also losing three members who resigned in the last month: Steve Meserole, Brian Murray and Nancy O'Neill. We appreciate everything they did for Cibola and wish them well.

I would like to take my column space to review membership requirements. Of course all this is covered in the Member Guide, but hey, who has time to really read all that stuff and be ready for missions at the same time? So here's my part to keep you knowledgeable and up to date. Read carefully now and don't fall asleep.

After orientation you become a prospective member and have a minimum of six months and maximum of one year to complete the following: pass all 3 evaluations, attend 3 meetings and 2 trainings, and pass the PACE exam. Once you become a member, Cibola encourages you to follow our 3-2-1 guideline of 3 meetings, 2 trainings, and 1 mission every six months. But the important responsibilities are a minimum of 2 trainings every six months (Jan.-June, July-Dec.) and passing the 3 evaluations in the calendar year. You will become unavailable for missions (Not Avail.) if you do not attend the minimum 2 trainings in six months, and will lose your membership if you do not attend 2 more trainings in the next six month period. You become available again as soon as you attend those 2 trainings. To stay field certified for missions you must pass the 3 evaluations every calendar year. If you do not do so you are not field certified (NFC), and can not go into the field until you pass the evals you are missing. Active members that are available but NFC can still work incident base and get credit for missions by calling the hotline.

One of my jobs as membership officer is to keep track of all this member information and every six months do a review with the other officers. It's not fun to send out letters but that's the last step if some requirements are not met. I might call someone if they are in need of an upcoming event (to keep from sending you a letter!) but it is obviously your responsibility to keep yourself on track. In addition to knowing these membership requirements and keeping up with trainings and evaluations you can also check the online records in the "Members Only" area after an event to make sure you were given credit for it. Lastly, don't forget to sign in at trainings and make sure your sheet is turned in at evaluations. We all want to stay active and field ready for missions.

There will be a PACE exam at the Dona Ana Sheriff Grounds in Las Cruces on Saturday, February 24 at 10 a.m. That is the same day as our winter bivy but the exam may have precedence over a training for some of you. See or contact me as soon as possible if you are interested in attending. The next scheduled exam after that is at ESCAPE (the annual SAR conference) in May.

Mini Lesson

by David Dixon

Mini-Lesson: The SAR Pack - Part 2

The SAR Pack (Part 1) appeared as a Mini-Lesson in the October 1998 issue of the Cibola newsletter. It is available online in the non-member section. It was an overview of the SAR pack by season, contents, and included some pack tips. I encourage you to read it. In this part I will not talk about all the specific pack contents outlined in Part 1, but will expand on important aspects further gleaned from an additional two and a half years of search and rescue participation. As with the first article, the contents of the following are based on NM state requirements and Cibola SAR philosophy, but also the opinions of the author.

Pack Type

In Part 1, I covered the 2 types of backpacks, internal and external. Some of our members use an external but most of us consider the internal the better type for SAR use. Certainly much of our mission time is

spent hiking on open trails, and externals are better for this. And they do keep you cooler. But internals fit closer, don't move around as much and as such are better suited to off-trail scrambling, ropes and litter hauling, the other things we end up doing.

Before buying a pack make sure you try it on loaded with enough weight and adjust it according to pack instructions. Most good packs are meant for a specific size torso. Measure yours (or have the store do it) and make sure the pack fits your size. The pack should ride and tighten well right on your hips. If you find one that seems right, wear it loaded around the store. If the torso doesn't feel right, if the straps don't work well, if the sternum strap is too high or other important structural needs keep it from fitting right put it down and keep looking. If the store doesn't know how to measure your torso, if they don't seem to know about packs or have a problem with you filling it and wearing it around, go to another store. Also, unless you've tried on the one you're ordering don't buy from mail order or online. You'll probably end up sending it back. A good pack should have all of the following: a wide, padded waist belt, padded back and shoulder straps, adjustable sternum strap, torso adjustments, compression straps, some external pockets and loops and be of strong nylon construction.

There are two types of internal packs to consider, top-loaders and panel-loaders. Both have advantages and disadvantages. Top loaders have one, deep main compartment which makes it a stronger pack but also makes accessing items on the bottom a pain. (To make this an easier task keep items you don't use as often on the bottom.) Panel loaders have a large main zipper in the front, which makes getting at pack contents easier. But the zipper weakens the pack and if it breaks in the field you're screwed. Make sure this type has compression straps to relieve tension on the zipper.

How much is a good pack? You don't need to spend hundreds. REI and other sources have fine quality internals for around \$100. On the other hand you probably aren't going to find a decent pack for a lot less.

Pack Size and Weight

An appropriately supplied SAR pack should weigh between 25-40 pounds depending on the season. Any less and you're probably not fully equipped. Any more and you're probably taxing your ability. My moderate season pack is right at 30 pounds. I add 5-8 lbs. to that for my winter pack. This weight is not necessarily light for someone not used to carrying a pack. Cibola and NM state assumes you are in good shape and can handle the load. Also, you might leave room for the possibility of carrying needed supplies or water from incident base to the field.

A good pack size for this weight range is 2500-3500 cubic inches. You don't want a pack that is too small with stressed seams, nor one that weighs more with lots of extra room. I have an extended trip pack of 5200 cu. in. that is just too big even for all my incidental winter gear. If you bring a big pack as a backup, though, it could be used for carrying ropes, water or other supplies to a subject. But not if its loaded with too much weight.

Most sources will recommend a pack that is no more than 30% of your weight. But realize that is 66 lbs.

for a 220 lb. man, a weight many big boys couldn't carry for miles, especially while handling a litter, even if they are in the best of shape.

Loading and Wearing your Pack

Heavy items should be evenly distributed over your waist and near your back. Keep less used items like first aid kit and bivy at the bottom of your pack with things you use all the time at the top. After you have loaded your pack, set it upright and shake it to settle the contents. If space is needed this will give you a little more room for that extra item. After that, tighten it down with your external compression straps to make it more compact. This will make it ride better and relieve stress on any zippers. To put it on, raise it to your thigh and swing it onto your shoulders, tighten shoulder straps first to raise the pack to your hips, tighten the waist, attach the sternum strap and then go back and adjust the shoulders. It should be tight but not too constrictive on your body.

It really helps to have some items like compass, paper/pencil, and GPS readily available. Consider adding an extra pouch at the chest or waist for these small and oft-used items. Most of us have also discovered the convenience of a water tube and nozzle. I use a couple of liter bottles in my side pockets.

Seasonal Packs

As covered in Part 1 you should carry equipment and supplies relative to one of two seasons. I call them moderate and winter packs. As mentioned, moderate covers approximately April to September and winter includes October to March, relative to New Mexico. In thinking about what items to take during any season your primary factor is temperature. Even though most of your pack contents don't change from season to season you will be adding some items during winter - especially clothing. Another important factor to always consider is to be prepared for an overnight no matter what the season, and being comfortable using your pack contents.

Moderate Pack

When thinking about your moderate season clothing layers don't forget that if you are out overnight you'll probably be at a higher elevation where temperatures could get much lower than down in the flatland. A wind would lower the temperature even more. Consider clothing accordingly and don't skimp on your layers. I carry a minimum of a light first layer and medium weight second (and of course 3rd layer raingear). I also have another light or medium top to replace a sweat-soaked one or to add another layer if it gets chilly. The question to ask yourself again is, "Will I be warm enough for any condition I encounter, including nightfall, wearing everything I have?"

Even in summer your arms should be protected from sun and brush. Try a synthetic T-shirt covered with a light non-cotton or blend long-sleeve top. Button sleeves allow you to roll them up at times. (There is a reason Arabs wear loose, flowing, white garments).

Winter Pack

Your clothing needs change in winter. You should turn to your heavy or expedition weights as a middle layer. That doesn't mean you shouldn't hike in a medium or even light set. Even in colder temperatures you'll find a light first layer with a medium top or even windbreaker sufficient. But as soon as you stop you must have another dry set, preferably heavier, to change into. In fact, don't forget to change. After any hike you'll be wet as even synthetics don't wick all your sweat. It is also better to replace a wet top than to put another dry one over it.

What should your winter clothing layers be? There is no perfect combination that fits everyone for either season. It will take some trial and error on your part to finally decide. What you ultimately take away from incident base will also be reflective of the mission, terrain, weather and other conditions at the time. What generally works for me as a winter minimum is a light or medium weight first layer, expedition weight second and wearing or carrying a medium to heavy weight fleece insulating top and raingear. I hike in the medium or light weight and fleece if it's cold and make adjustments if it's warmer. In most stationary situations the dry expedition weight fleece and raingear is sufficient when stopped. You should also have on fleece or wool hand and headwear. Some might be comfortable hiking in just a medium weight or medium plus core-warming vest combination. If severe conditions are expected or if you get cold easily you should consider adding a down jacket. As you have heard before nothing warms like down. But beware! If you are in wet conditions, and this includes snow, you should cover the down jacket with your rainwear. If it becomes wet from the outside or inside it will be a heavy, useless, heat sucker. Your bottom doesn't lose heat like your torso and layering needs are probably less down there. I can usually get by with a light or medium first layer, expedition second plus raingear. Just the expedition under your rainwear might be enough. Always wear your gaiters in snow and even rainwear bottoms. Fleece can pick up snow like a magnet and then melt. Not so with nylon or slicker blends.

The one winter item that always comes into question is a sleeping bag. Here again you need to consider weight and size. A bag, even a light down one, still might be too big to stuff into your winter pack. If it will fit and doesn't max out your weight by all means carry it. It may end up saving the life of a hypothermic subject. I have taken mine on only a few missions though. In most cases I have my down jacket in serious winter conditions and it serves me as a torso sleeping bag. Wearing all my layers including the down jacket will keep me warm in all but the most severe of conditions. I can even survive, albeit a little uncomfortable, a cold night in these layers huddled in my bivy bag.

Another item worth mentioning is a stove. As with the warmth of a sleeping bag, warm liquids will do wonders for the hypothermic subject. There are many stoves on the market, but most are a pound or more not including fuel. Add another pound for an aluminum pan and food items and weight again becomes a factor. The answer most of us have found is the collapsible, tablet type (Esbit is one brand). If you stay with a small pan or sierra cup and a light menu of teas, broth and sugar drinks you can get the whole unit to a pound. I also carry a dehydrated meal that only weighs a few more ounces.

General Gear

Here are some gear items not on our standard list that I've learned I can't be without.

Gaiters: Get a strong, high top pair and use them all the time.

Helmet: Ok, you're not into climbing, don't carry a harness and are just there to help pull. If you're under any rocks, if there is anything or anyone above you, or you're just there to pull, you need a helmet. Carry it whenever there is the possibility of need. Hey, it's only your head.

Binocular or Monocular: I have used mine every year to search for someone or something. Small and cheap works fine.

Foam pad: A piece of thin, closed cell foam about the size of your torso (mine is only 15"x30") weighs only a ounce or two and is enough to keep the cold, bumpy ground from your tired bod. Use the folding z-rest type and you also have some great splinting material. (WFRs take note).

Maps: Start acquiring a set of topos of our prime areas and keep them in your extra bag. Never count on incident base to supply any.

Sunglasses: Protection from sun and branches. The bigger the better.

GPS: Someone on your search team needs one. It might as well be you. I just saw the eTrex on sale for \$99.

Spare Pair of Glasses: This is for me (and anyone else over 40) . If I'm without my reading glasses I can't read maps, period. (I'm assuming you have a 1st pair).

Pack Tips (Part 2)

1. Clothing with pit zips or mesh underarms work great to vent sweat while hiking. Look for them when buying any of your layers.
2. I stressed the use of zip-loc freezer bags in Part 1 and can't repeat it enough. Stuff everything in your pack into different sizes, squeeze the air out while rolling them up, and snap a heavy rubber band on it. In addition to waterproofing, they shrink your contents, make packing easier and you can see what's in them. Make sure all your maps are also in them.
3. Keep a bandanna handy while hiking to wipe sweat off your face and neck.
4. Consider carrying the manuals to your radio and GPS, especially if you're not as familiar with them as you would like. Better yet, make copies of the most important instructions and take those instead.
5. Instead of taking up pack space, larger items that can be rolled up like foam pads or bivys can probably be lashed on the outside of your pack. Keep extra straps handy for these and other items like your helmet.
6. I have found it best to keep my radio batteries plugged into the charger all the time. Too often time or cold has drained them.
7. Speaking of batteries, the same applies to your headlamp batteries. Check them often, especially if your pack stays in your cold vehicle all the time.

Public Relations

by Larry Mervine

Our next PR meeting is February 22nd at the Frontier Restaurant, at 6:30PM. Last month we had a lively discussion about which PR programs were working and to continue with much the same PR programs as

last year. Anyone is welcome to attend. We like to hear about any about new ideas that could help build team membership. We will also be placing posters and brochures at different locations. If you have any locations in mind that we can place a poster or brochures, please let me know.

Medical News

by Mike Dugger

Our CE (continuing education) coordinator resigned from the team last week, which leaves us without one as of press time. Medical providers are required by the state of New Mexico to continue their training by obtaining a refresher course and a certain number of medical training credits before renewing their registration with the state. Most of our medical providers are WFRs (Wilderness First Responders), but we also have EMTs (Emergency Medical Technicians) and a nurse. Other skilled medical providers may join us in the future, such as paramedics and physician's assistants. The responsibility of the CE coordinator is to determine and communicate the CE requirements of each type of medical provider on our team, make our medical providers aware of opportunities to obtain CE credits through internal and external training, and schedule opportunities for new and existing medical providers to meet their registration or certification requirements.

It has been about 9 months since the last group of WFRs completed training. Fortunately, we still have plenty of time for these folks to meet their continuing education requirements before their registration expires. Appointment of a new CE coordinator is receiving top priority by our officers, and I'm sure that before the March business meeting we will have a new CE coordinator. Our previous CE coordinator has been asked to pass along all the information she collected regarding CE coordination and medical credits to the secretary, so that the next CE coordinator does not have to collect all of this information again.

Web News

by Tom Russo

Mike Dugger has joined the CSAR Web Staff and has begun editing team web pages, adding content, and doing routine maintenance. Bravo Mike! And Larry Mervine continues to help keep the cobwebs out of the directory with routine maintenance.

Mike has recently updated our photo gallery with new training photos, added a training debrief page for the December Land Nav training/Keith Hayes mission, and added a handout for the January Winter Shelters training. And Mike has also begun to take on most of the newsletter duties that I've been handling for the last three years, from nagging contributors about the deadline to prepping the final edition for copying. I truly appreciate that Mike and Larry have taken such an interest in helping with the site.

The team website can be accessed at <http://www.swcp.com/csar/>

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the Editors

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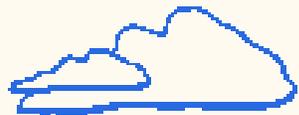
Volume 6, Issue 1
11 January 2001
Editors: Tom Russo, Mike Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Tom Russo, President

Welcome back! I hope all of you had happy, healthy, and above all *safe* holidays.

Our last training was interesting, to say the least. As you all must know by now, our map and compass training was interrupted when a participant (Keith Hayes, from NM SAR Support and Sandia Search Dogs) slipped on an icy patch and fractured his left ankle and fibula. Our little compass course was turned into a full-fledged litter evacuation in no time flat. Thankfully, all participants had shown up to the training with adequate gear, and we were able to pull off a litter haul through some moderately difficult terrain with only a few additional resources.

As a follow-up, Keith needed surgery to place screws in his ankle, and will be off his leg for a good six weeks.

Remember, our "hobby" is an inherently dangerous one, and you should all be prepared for the real possibility that any of our activities could turn into a rescue with one slip-up. Please be careful out there, and let's keep working to look after each other and keep ourselves ready and able to perform our duties.

On another note, I'm asking team members to please send email about team business to csar@swcp.com instead of my personal address. In the past people have frequently sent me mail that was more properly addressed to another officer; by far the most common such email has involved requests for updates of personal information such as phone number, mailing or email address, etc. The membership officer handles that sort of thing, not me. But rather than try to keep straight who is responsible for what tasks (it's in the member guide, by the way), mail to csar@swcp.com gets it to all of us at once and the person responsible for handling the specific issue will definitely get it in a timely fashion.

Happy trails.

Boots and Blisters

by James Newberry, Training Officer

"Live to train - Train that others may live"

The next training will be on winter skills, specifically constructing emergency shelters. We'll meet at the Ellis trailhead parking area at 9 AM on Saturday, January 13. The Ellis trailhead is about 11.5 miles up the road to Sandia crest, on the south side of the road. From there we'll take a short walk to an area suitable for shelter construction. The goal here is to make the training accessible to as many members as possible, and make you comfortable with the prospect of spending the night on the mountain in winter. You will need your usual winter gear including water, snacks, 3-layer clothing system, hat and gloves, as well as water resistant outerwear. Snowshoes are not mandatory, but they will definitely make walking easier as you'll be trudging through waist-deep powder without them. We'll build a few different types of shelters, discuss the merits and disadvantages of each, and test them out for comfort. The training should be complete by about 1 PM.

Business as Usual: Meeting Minutes

by Jeff Phillips, Secretary

Note: If you attended the December party but did not sign in you may not have gotten credit for the meeting. Check the attendance list in the membersonly minutes and notify the Secretary if you need to be added.

President's Report

Larry welcomes everyone to the December meeting/party and conducts the 2001 election. The following are new officers: President - Tom Russo, Vice-President/Training Officer - James Newberry, Membership - David Dixon, Secretary - Jeff Phillips, Treasurer - Brian Lematta.

Larry again thanks his fellow 2000 officers for a great year and the team for the opportunity to serve as the President for 2 years.

Membership

Vickie Benea, Paul Cochrell and Adam Hernandez are the newest prospective members.

Susan reminds mentors to call your mentees.

Secretary's Report

David thanks the team for the opportunity to serve as Secretary for 2 years and his fellow officers for being a great crew to work with. They have all done a super job. He welcomes Jeff as the new Secretary.

Treasurer's Report

Mike gives the previous month's finances and balance.

Training Officer's Report

Tom thanks all for a fantastic 2 years at his post. Thanks to the many volunteers who gave of their time to help with Trainings and making his job easier, especially committee members Paul Donovan and James Newberry. Also thanks to all evaluators who helped with evaluations this year. Extra thanks to Susan Corban for her work in setting up medical training. Due to her efforts we now have a healthy supply of WFR's on the team.

Please support James as the new Training Officer.

Public Relations Committee Report

David reports on the many positive aspects of his tenure as PR chair and hands over the reins to new Chair, Larry Mervine.

New Issues

The December party was a big success. Everyone seemed to enjoy the comradeship of fellow members and their families and especially all the great food. It was obvious that in addition to their many SAR skills our members also possess culinary talents. Extra thanks goes to Charlie Irland for all his work in securing the facilities and being food master and Paul Cochrell for keeping both kids and adults very entertained with his fantastic magic. Even though Paul will be leaving us soon we wish him well in his magical pursuits.

Pinching Pennies

by Brian Lematta, Treasurer

As a New Years Resolution, consider donating your reimbursable gas and oil expenses to the team. Every month, the State of New Mexico sends Cibola a check for gas and oil costs incurred by members who use their personal vehicles to respond to missions and who have submitted timely requests for reimbursement to the team. Cibola then reimburses those members.

Many members, however, apparently choose not to submit requests for reimbursement. These members may not be aware that they can donate reimbursable costs to the team simply by filling out the reimbursement form, checking the "Donate" box, and attaching a gas and oil receipt with your name, mission date and number, number of gallons used and cost. These donations would flow directly to the bottom line, and help the team meet its budget and goals. They may also be tax deductible (please consult your tax advisor for details). Reimbursement forms are available at every business meeting, and I'll be glad to show you how to fill them out. A little effort each month on your part could mean big benefits to Cibola.

Who's Who and New

by David Dixon, Membership Officer

Steven Buckley, Stephen Kolk and Michael Bridges are our newest active Cibola members. Welcome, we're glad you're aboard. Danielle Groeling has had an orientation so please help her out now on missions. Welcome, Danielle.

As we start another year I'd like to remind everyone to keep track of the schedule of trainings and evaluations. To remain field ready and available for missions all members must attend a minimum of 2 trainings every 6 months and pass the 3 field certifications in the calendar year. With 4 evaluations for each certification throughout the year and a great training every month staying mission ready shouldn't be hard. Can't decide which trainings to attend? Go to them all!

Gearing Up

by Chris Murray, Equipment Committee chair

Hello fellow Cibola SAR team members! This is my first chance to address you as the Gear Handler/Head o'Gear Committee/Gear Emir.

First to address the S.O.S. I have "consumables" that the team gives to members to use on missions and during trainings. This consists of:

- "Hot Pink" Trail Tape
- Batteries, AAA,AA,C,D & 4.5 volt rectangular
- Rubber Gloves
- Ear Plugs
- M.R.E.s(meals ready to eat, yeah sure) and heaters for them.
 - Spaghetti
 - Chicken & Pasta Shells
 - Chicken & Rice
 - Turkey Potato
 - Beef & Mushroom
 - Vegetarian Pasta & Tomato

Next, we're looking for a few good people. Good help is so hard to find these days. What we need are full members (and you know who you are) to sign up for pager duty. We have enough people to cover the 24 assignments during the year. Hey, what do ya know? We already have 2 of those assigned so we only need 22. See that wasn't so hard after all! Please see me after the team meeting or give me a call to sign up.

I would like to reiterate that we have 2 pairs of snowshoes in the cache to be used on missions. If you would like to use them on a mission let Pager 1 know that so they can coordinate with us (someone who has cache access) to get those to you.

Lastly, I would like to bring up the topic of team t-shirts. The last I heard Ed and his wife were going to look into that for us. Let's show that we're a team and get them. I would like to get a preliminary count of who would like to purchase them. Personally I wouldn't mind showing up in a team 4X4 but hey, start small, right?

Thanks for your undivided attention.

Paratus et Vigilans (translated: Ready and Not Asleep)

Mini Lesson:Hydration and Dehydration

by Mickey Jojola

[Disclaimer: The editors remind you that written descriptions of first aid are not a substitute for proper medical training, and that Cibola SAR's policy is that medical decisions are properly deferred to trained medical personnel. Members of Cibola SAR must be registered with the State EMS bureau before providing any medical assistance.]

As everyone knows our body need water to function properly. From metabolizing the food we eat to cushioning our

organs and removing the toxins from our blood, without that marvelous liquid that we call water we will cease to function and exist (not to mention that there would be no beer!). This leads to the topic of the day, Dehydration. Dehydration can be defined as the lack of hydration (water). The dictionary defines dehydration as loss of body fluid: a dangerous lack of water in the body resulting from inadequate intake of fluids or excessive loss through sweating, vomiting, or diarrhea.

It is important that everyone understand just how much we need to keep hydrated. Dehydration is one of the world's most common and deadliest killers according to the World Health Organization (WHO). We've all experienced dehydration in one form or another (a hangover is a form of dehydration induced by alcohol), usually from just forgetting to drink water throughout the day. In general symptoms of dehydration range anywhere from headaches, disorientation and decreased coordination to muscle cramps and death in severe cases. Sodas and coffee are not good if you are really thirsty because they contain caffeine which is a diuretic (pulls water from your body) as is alcohol. To get the full effect you need *water*. It is recommended that you drink even before you feel the sensation of thirst. By the time you feel thirsty it is too late. You are already becoming dehydrated.

As we approach the winter months and the days (and nights) become cooler we tend to forget to drink while we are hiking or exercising. During the warm summer months we sweat and that reminds us to drink up. We can become just as dehydrated during the colder months without all that sweating. We tend to lose moisture through respiration, perspiration, urination and defecation. We have to keep reminding ourselves to hydrate on the trail even when we don't feel thirsty. Realistically you should drink just as much water in the winter as you would during the summer months.

The use of sports drinks (Gatorade, Powerade, and others) is common throughout SAR and the outdoor world. It is a good idea to replace electrolytes (salts) that you lose while you sweat. Unfortunately these drinks can do more harm than good in some situations. These drinks contain carbohydrates in sufficient quantity that your body actually treats them like food. When this happens, water is diverted from the rest of your body to your stomach to aid in digesting the carbohydrates. People who are already on the verge of dehydration or are dehydrated could suffer even more from these drinks. If you are going to use some sort of sports drink it is recommended that you dilute it by at least half and as much as a third the normal strength. Granted it won't taste very good but you will be getting the water and salts you need right away.

The WHO has come up with a couple of easy recipes for a hydration drink that has saved many lives in third world countries and even areas of the US. These can be used in cases of severe dehydration either from lack of intake of water or from severe vomiting and diarrhea. The first recipe is very effective for simple dehydration while the second is a more intense treatment for victims of severe diarrhea and vomiting and requires ingredients not normally carried and requires a heat source.

So next time you are out on a hike, skiing, snowshoeing, or participating in other winter endeavors (SAR included) just remember to drink early and drink often!

Hydration Drink (1)

To 1 liter of clean water

1 level tsp. salt

8 level tsp. sugar

Before adding sugar, taste salt mixture. Should taste less salty than tears.

Hydration Drink (2)

To 1 liter of clean water

1 level tsp. salt

8 heaping tsp. powdered cereal (finely powdered maize, sorghum, wheat flour will work)

Boil 5 to 7 minutes until it thickens (Kind of like a watery gruel) Serve. For severe diarrhea add 1/2 cup fruit juice or crushed banana.

[Disclaimer: The editors remind you that written descriptions of first aid are not a substitute for proper medical training, and that Cibola SAR's policy is that medical decisions are properly deferred to trained medical personnel. Members of Cibola SAR must be registered with the State EMS bureau before providing any medical assistance.]

Public Relations

by Larry Mervine

There will be a short PR committee meeting January 25, 2001, 6:30PM at the Frontier Resturant. All are welcome to attend. We will talk about last year's events and any ideas for future events.

Medical News

by Nancy O'Neill, Continuing Education Coordinator

At the close of the training year of 2000, one of our WFRs and a new prospective member with medical training got to use their skills on a fellow SAR member ... the question remains, though: "how come the largest member of a team will get hurt on the point furthest away from base camp?"! Good job Mickey Jojola and David Bullock!

I have been emailing with Cy Stockhoff to get another WFR class put together for next fall. The catch is, we need enough to fill a class a few months beforehand in order to get it on his schedule. Please let me know if you would like to take this class. It is an eight week (consecutive Saturdays) commitment.

Also, when there is a mission call out, when you leave a message that you are going please also leave on the message that you are a WFR or other certified medical provider and also put that on the sign in sheet at base camp.

The dates for medical trainings will be added to the training calendar as soon as James and the training committee set the 2001 schedule.

Web News

by Tom Russo

As promised last month, the calendar that appears in this month's newsletter was generated directly from the web-based calendar database. I am hoping that this will reduce the number of inconsistencies in the newsletter version of the calendar since there is now a single place where team events can be scheduled and recorded automatically.

A partially functional database of our registered EMS providers is on-line, and Nancy has gotten most of the records in there. I hope to flesh out the programs to give more useful information soon. As you can see from this issue, I've added a roster of medical providers to the callout information lists at the end of the newsletter.

The team website can be accessed at <http://www.swcp.com/csar/>

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the Editors

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Volume 5, Issue 12
1 December 2000
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

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Top of the Hill

President's message

by Larry Mervine

The by the time you read this article the elections for officers will have been concluded. I want to thank Tom, David, Susan and Mike for being a great group of people to work with. Any time there was a problem or task to be done, each officer did more than what was asked. So my job as president has been an easy one. In my opinion the team has benefited greatly from the effort these officers put forth. Susan, Mike and I will not be returning as officers, but hope you will join us in supporting the newly elected officers. My greatest hope is that we have established needed team infrastructure to make this a great team. And that we can continue to be active locally and Statewide. And I want to thank you for the opportunity to serve as the team's president.

See you out there!

Boots and Blisters

Training Officer's message

by Tom Russo

I would like to use my last training officer's column to thank you all for a fantastic two years at the post. My first year was a bit rocky because I still had the notion that if I couldn't do the task without any help then I was shirking my responsibility. I learned from that mistake, and the job was made much, much easier with the enthusiastic support of a huge number of team members. I'd like to thank them here.

Many members volunteered their time during these years to help teach at trainings. James Newberry and Paul Donovan served as the "training committee" this year, each of us taking turns making a month's training activities our responsibility. It made all the difference in the world. In addition to the training

committee, here's a list of who helped teach or organize individual CSAR training events.

Susan Corban	Search Techniques, Hasty Search and Sound Attraction
Susan Corban	GPS Training
Susan Corban	Litter handling
Susan Corban	Low Angle Litter Handling
Curtis Crutcher	Search Techniques, Hasty Search and Sound Attraction
David Dixon	Litter Handling
David Dixon	Low Angle Litter Handling
Paul Donovan	Land Navigation
Paul Donovan	Summer Bivy, Williams Lake
Mike Dugger	Land Navigation
Mike Dugger	GPS and basic Communications
Mike Dugger	Low angle litter hauling
Don Gibson	Mock Search
Larry Mervine	Search Techniques
Larry Mervine	Litter Handling
James Newberry	Tracking and Track Awareness
James Newberry	Search Techniques (twice)
Jeff Phillips	Mock Search
Joyce Rumschlag	Search Techniques (twice)
Nancy O'Neill	Litter handling

All of these members deserve a round of applause in recognition of the valuable assistance they've given to the team's training program.

Thanks also go to the people who have helped with evaluations these past two years: Susan Corban (land nav), David Dixon (search techniques), Paul Donovan (land nav), Mike Dugger (litter, land nav, search techniques), Terry Hardin (litter), Mickey Jojola (litter, search techniques), Larry Mervine (litter, search techniques), Gene Mortimer (land nav), and James Newberry (litter, search techniques).

I believe Susan Corban deserves an extra round of applause for her efforts to get the team moving on medical training. We'd toyed with the issue for years before she stepped in, and nobody ever stuck to it with the tenacity that she showed. She figured out exactly what it would take for this team to start providing basic medical aid, and as a direct result our team now has a large number of Wilderness First Responders, all of whom owe the opportunity to have that training to Susan.

To top it all off, training attendance at all CSAR trainings these past two years has been very gratifying. In the first six months of 2000, several people attended six or more of the possible 9 trainings during that

period (remember that WFR counted as three): Katie Avery (6), Susan Corban (7), David Dixon (6), Paul Donovan (8), Mike Dugger (6), and Joyce Rumschlag (6). Nobody attended all 5 of the trainings in July-November, but three people attended four of the five: Charlie Irland, Larry Mervine, and Andy Nielsen. Bravo! All the organizational help in the world does no good unless the training program gets the support of the team, and I have to say it has been a pleasure to have served as training officer for such a fine group of people. I hope you give to James Newberry in 2001 the same sort of support you've shown me in 1999 and 2000!

Business as Usual

Secretary's message

by David Dixon

It has been my honor to have served as Secretary for the last two years. As you all know I will be moving on to Membership and handing the secretarial reins over to Jeff. The honor comes not so much in doing my duties but in being an Officer in such a fine organization as Cibola. We have gone through some big, positive changes in those years and I feel lucky to have played a part in that. It has also been my honor to have spent two years with a great group of officers and I would like to commend Larry, Tom, Susan and Mike for a job well done. It's been great working with all of you.

Not that my duties weren't rewarding. I know I didn't have much secretary stuff to say at meetings but I did my work behind the scenes. You all see this column in the newsletter but my real time consumer was redoing and posting the full minutes. I hope some of you actually have gone online and read them on [the membersonly website](#).

We've certainly had lots of new people come through our organization in the last few years. I now look forward to switching hats and dealing with that aspect of Cibola in a new, maybe more exciting role.

Jeff knows that I will help him in his new role. As promised, he can even use my laptop! Good luck Jeff.

Highlights from the minutes of the November 2000 business meeting

PRESIDENT

Larry and the team welcome new people Ingrid Asmundsson, David Bullock, Danielle Groeling, Doug Holmes, Lili Ziesmann and Mike Ziesmann.

The following have been nominated for 2001 Officer positions. President: Susan Corban, David Dixon, Tom Russo.

Vice-President/Training: James Newberry.

Membership: David Dixon, Jeff Phillips.

Secretary: Frances Robertson, Joyce Rumschlag, Jeff Phillips.

Treasurer: Brian Lematta.

MEMBERSHIP

New active members this month are Tony Gaier, Aaron Hall and Rich Lloyd. Karen Cavanaugh is the newest prospective member. There are also 3 more orientations coming up next week.

TREASURER

Monthly financial report is given. Committee Budgets also available.

The Team received a \$12 check from NMESC from parents of Danny from Mission of 1996.

Our new account at State Employees Credit Union is up and running. Most of our funds from Wells Fargo have been transferred.

VP/TRAINING

Training on 18th is Low angle litter. Next Evaluation is on Map & Compass.

Call the Hotline frequently for information on all team events. Remember to leave a message as far in advance as possible for convenience of evaluators if attending an evaluation.

EQUIPMENT

As mentioned last month all Litters now have numbered bags.

Tonight is the last call for getting orange shirts from Action uniforms.

James could use one more sleeping pad for the gear cache.

Ed Mighetto's wife is coming next month with some screen print ideas for coolmax t-shirts.

Team has 2 donated radios that need batteries. James proposes to buy 4 at a cost of \$300. Some discussion on whether we need more team radios. Most feel that they would be used. Motion is made and seconded to purchase. Vote is for.

PR

Larry talks about his experience last month giving a Search Techniques presentation at Boy Scout Jamboree in Chimayo.

Frances and David will give a Wilderness Preparedness for Children presentation at E.G. Ross Elementary next week.

There will be a PR Committee meeting this month on the 30th, 6:30 pm at Frontier Restaurant.

MEDICAL

All WFRs should have received a packet from the state which includes a patch, certificate and wallet card. Let Nancy know if you have not. Refer to the WFR list serve for any medical information.

When calling in on the Hotline you should identify yourself as a WFR. Pager 1 can then identify all WFR's to ICS.

PACE

A PACE Session is being set up in December in Las Cruces. The next one is at Escape in May.

Andy Nielsen and Bill Grantham passed the latest PACE test.

NEW BUSINESS

Mt. Taylor Quad: We used to go and help but haven't done it for last 2 years. We are interested in doing it this year if it runs. Looking for someone to head it. It's on Valentines Day weekend in February. Could do it as a bivy. Paul D. volunteers to be coordinator.

Our Web site is now getting lots of hits and this has been costing us \$5/month. Tom R. has been paying this for the last two years. Mike reminds everyone that our site has evolved into our records database and information provider. Motion is made and seconded to pay Tom back. Vote is for. 2nd Motion made and seconded to pay the bill on a semi-yearly basis. Vote is for.

James, as the probable new Training Officer, would like to have some help on Training next year. He also would do a Litter handling evaluation for those that need it in December.

OLD BUSINESS

The Christmas party/short December meeting with elections will be on Saturday, December 9 at 4 pm., Netherwood Apts. Party Room, Indian School Rd and University. Bring food/drink. Call the Hotline for information. There will also be a group page and an information slip in the December newsletter. There will thus be no regular meeting on the 14th.

Continue to give any updated personal information to Susan for the phone list and newsletter.

Who's Who and New

Membership Officer's message *by Susan Corban*

New Members: Vicki Benea, Paul Cochrell, and Adam Hernandez have all had an orientation. Please help out your new teammates on missions and trainings. Welcome to the team, folks.

Mentors: Those of you who are mentors are saying 'hello' and asking your mentees (yup, that's a word) if they've got any questions and checking on their progress, right? Thank you for your willingness to be mentors.

Gearing Up

Equipment Committee message

by James Newberry

List of equipment available for Active and prospective members to use on SAR activities. (For SAR use only)

- Trail Tape
- AAA
- AA batteries
- C batteries
- D batteries
- 4.5 Volt batteries
- Rubber Gloves
- Ear Plugs
- M.R.E.'s with heaters.
 - Spaghetti
 - Chick & Pasta Shells
 - Chick & Rice
 - Turkey & Potato
 - Beef & Mushroom
 - Vegetarian Pasta & Tomato

Paratus et Vigilans

Public Relations

by David Dixon

After two years as Public Relations Committee Chair it is time to step down and let a younger but more experienced member take over. I know that Larry will do a great job and continue on with goals important to the future of our team. It's been a rewarding experience for me and because of that he knows I will be staying on the committee to help.

My primary goals as chair have always been recruitment and community involvement and education. I think the committee has readily met those goals. Due to their efforts we have seen a marked increase in the number of new people attending meetings and enough of those have stayed that our membership has continued to steadily increase. Committee members have also done a variety of public service presentations on outdoor themes to kids of all ages. I would like to thank those that have given their time to these endeavors, especially my original core committee of Susan, Larry, and Don. I think they would all agree, it's been fun.

I would like to end with my usual encouragement to get involved with Cibola PR. We all know how rewarding missions can be but rewards can also be found in giving a presentation on the 10 Essentials to a group of 8 year olds or helping recruit new members while enjoying the sunshine at UNM. Who knows, you might keep a child from becoming a SAR subject or end up recruiting a future PR Chair.

Member Spotlight: Andy Nielsen

The following member profile came from **Andy Nielsen**.



I was born in the small town of Morristown, New Jersey -- of which I remember nothing since my folks packed me and my elder brother in a station wagon six weeks later for a move to the bustling metropolis of Sandusky, Ohio, where I grew up. I spent my formative years like many people: lamenting the fact that a horrifying nine months of the year I was in school and trying to escape the suburbs in my free time. I did this by spending time in the fields and creeks outside of town trying my luck at hunting, fishing, and wandering aimlessly. The only one of these skills that I excelled at was wandering aimlessly, which pretty much accounts for the path of my life since then. I earned a BS in meteorology from Penn State in 1988, despite having placed second in the "Great Missed Classes Race" of fall 1987.

Having indentured myself to the Air Force as a ROTC cadet, I was commissioned a second lieutenant upon graduation. Since the Air Force didn't need me right away, I bought an old motorcycle and toured the northeast for about a month, camping and freeloading my way through New England. On this trip I learned an important lesson: don't leave oatmeal in its little tubular box inside your non-waterproof pack: it tends to spill all over and, upon contact with rainwater, becomes a concrete-like substance adhering to what you expected to be clean, dry underwear. Since then I have been attempting to improve my outdoor skills.

The Air Force took me in the fall and it's amazing how time flies. I've been fortunate enough to have spent most of my career to date overseas, and was stationed for over four years in Japan and about three in England. As a C-130 navigator, I've had the opportunity to travel extensively, something that I have found I truly love. While stationed in England I met and married my wife, Kate (whom I also truly love). When she let me drag her on a trip to Tunisia and didn't even complain about a two-day bus ride around the country, I knew she was for me! We moved to Albuquerque in 1997.

My interests, in a non-comprehensive sort of way, range from general travel to camping and hiking to scuba diving to motorcycling to skiing. Dispersing my energies, I tend to be OK at a number of things but not really an expert at anything. I became interested in Search and Rescue after hearing stories from Paul Donovan regarding such things as leisurely midnight strolls through the El Malpais lava fields, etc. Search and Rescue appealed to me as a way to help people, satisfy my urge to be outdoors, learn, and meet new people. It has been very satisfying in all of those areas.

Web News

by Tom Russo

As you may know, our website uses "magic cookies" to customize what you see when you access the pages. We store a little piece of information on your machine that gets sent back to the web site every

time you access it, and we use that info to help determine whether it's a member or non-member accessing the site. Unfortunately, when the web site was created in 1996 the program that generates the cookies was set to create them with an expiration date waaaaaaaay in the future, that is to say December 31st, 2000. Which means that **in about three weeks your magic cookie will vanish** (it'll turn into a pumpkin cookie, I suppose) and the web site will appear to you as if you've never visited it before. **Do not be alarmed!** There is no conspiracy to shut you out of the site (the cabal insists I remind you of that). Once your cookie is deleted you can go directly to the members only page (there's a link to take you there even on the public index page) and you'll see a link at the top asking you to "Please get a magic cookie now." If you click that you can forget this whole thing again until December 31st 2020. I trust that'll be long enough. If you want a new cookie with the high-powered preservatives in it right now, you can click your name at the very top of the membersonly page and you can delete the cookie you have now. Reload the membersonly page and click the "Magic Cookie" link as I described above.

I've added a few database functions this month. Most notable for most of you is the new web-based event calendar. I expect that this will replace the newsletter's clunky old "mail-it-to-Tom-and-he'll-type-it-into-the-newsletter" method of getting info into our newsletter's calendar in the very near future. So far, though, you have to go to the website to see new calendar entries, the newsletter is still updated by hand.

The team website can be accessed at <http://www.swcp.com/csar/>

Special Notes

Climbing School

For anyone interested, the New Mexico Mountain Club Climbing School will be held as usual during April and May, 2001. To sign up, attend the February Mountain Club meeting (Wednesday, February 21) and pay the \$75 class fee at that time. Additionally, it costs \$8 per year to join the Mountain Club. Additional costs include a climbing harness and shoes. Shoes can be rented or purchased used. The course schedule is as follows. If you have questions about the class, please contact Susan Corban.

- April 17-19 (tbd) First Classroom session (evening)
- April 21 First Field Session at Lower La Cueva Canyon (Saturday)
- April 22 Snow and Ice Practice Sunday-above Santa Fe Ski Basin optional
- April 28 Field Session at Bernalillo Cliffs (Saturday)
- May 5 Field Session at Lower Juan Tabo or Graduation Climbs (Saturday)
- May 12 Field Session at Lower Juan Tabo or Graduation Climbs (Saturday)
- May 19 High-angle Rescue Practice (optional)

-- submitted by Susan Corban

ESCAPE 2001

In case you need some serious advance planning, the next ESCAPE will be the weekend of May 4, 5, 6, 2001. -- *submitted by Susan Corban*

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the Editors

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Volume 5, Issue 10
12 October 2000
Editors: Tom Russo, Mike
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Top of the Hill

by Larry Mervine

This week the temperature has dropped. Time to check your pack and make sure you have warm clothing. October is my normal time of the year that I replace light weight inner layer clothing with expedition weight. My down coat is close at hand now and until March.

Tom is looking for anyone interested in helping with our Web page. See Tom. Also, officer nominations close at the November meeting. Nominate someone, better yet, volunteer to be an officer or committee chair. Committees are: PR, gear, and budget. Since my term as officer is coming closer to an end, I would like again to remind members about fitness. It does not matter what you do as long as you do something that increases or maintains your fitness. We never know what terrain the next mission will in or how long, so keep exercising.

See you out there?

Boots and Blisters

by Tom Russo

We had a good turnout for September's litter handling training. We spent a chunk of time reviewing knots, safety harnesses, and litter packaging, then took a "nice" long haul up a steep, rocky trail that was pretty challenging test of our packaging and hauling technique. Thanks to all who attended and to Susan Corban and Nancy O'Neill for their assistance in leading this training.

October's training will be on Sunday, 15 October. Joyce Rumschlag and James Newberry will be giving

us a second opportunity to practice search techniques with them. The training will take place at the Embudito trailhead at the east end of Menaul. Please meet us there at 9:00 a.m. and bring your full SAR pack. I would like us to do a pack breakdown --- the kind where *all* of us show what we have in our packs, not the kind where one or two of us demonstrates --- as part of this training, just to make sure we've all got our winter gear prepped and ready. A further advantage of these pack breakdowns is to share with other members your ideas of what constitutes "essential" and/or "cool" items to take along on missions.

October's evaluation will be on Saturday, 21 October. James Newberry will run the evaluation on litter handling. As always, please leave a message on the voicemail to indicate whether you are coming out to evaluate on that day. Location will be Embudo trailhead at the east end of Indian School and time will be 9:00 a.m.

November's eval will be on land navigation on Sunday, 5 November. November's training will be on low-angle litter handling. While we will do some practice of patient packaging, we will not concentrate on packaging as much as at normal trainings. The emphasis will be on low angle technique, and will rig low-angle haul systems and practice our rope technique for most of the time.

Happy trails.

Business as Usual

by David Dixon

I will not be running again for Secretary for next year. I will have served in the position almost two years and feel that it is time for someone else to assume the position. Being secretary and especially an officer is a challenging, rewarding experience that both you and the team will benefit from. Any member is eligible to run, I'll even nominate you. Take the challenge and I will help you in your new duties. (I was even serious when I offered my laptop to take minutes. It is a Mac though).

Missions are exciting but we wouldn't be a team without organization and leadership. Be a part of that - be the Secretary!

September Condensed Minutes (Full minutes are on our website)

President

Larry and the members welcomed new people Debra Abbeg, Bonnie Banagan, Victoria Benea, Paul Cochrell, Jayson Gonzales, Adrian Haskamp, Adam Hernandez, Liz Herrick, Nick Johnson, Gretchen Neuhouse, Justin Stolp, Staci Stolp, Mindy Stutzman, Luciano Trujillo and Michael Voss.

Membership

Welcome to John Tomlinson and Charlie Irland as new prospective members.

Secretary

David will not run for secretary again next year and welcomes anyone who is interested to work with him before the end of the year learning the ins and outs. He even offers the use of his laptop for minutes taking.

Treasurer

Finance report and balance are given.

Proposal is discussed, made and seconded to move our account to the State Employees Credit Union where interest rates and services are better. As volunteers we are also eligible to get personal accounts. Vote passes unanimously.

VP/Training

Latest Training was on Litter last Saturday.

Search Evaluation is this coming Sunday, Embudo trailhead at 9 am. Call hotline if going.

James is nominated for Training by Tom R. Brian LeMatta is nominated for Treasurer by Mike D.

Equipment

Tony Gaier got 2 good litters donated to us. Way to go Tony.

James and others are interested in getting new shirts using the old logo. See him if interested.

We now have a labeled litter bag for each of the 2 litters.

James apologizes that he's over his Equipment budget but asks for \$300 more to buy AA batteries and batteries for the Uniden radios. Mike explains how he has enough left and doesn't need to ask for more.

Reminder given that perspective members get 25' of webbing and new members a carabiner.

PR

August PR events included the Fireside Chat on Outdoor Preparedness, Open Space Hike which included some compass and GPS lessons and UNM Day. Thanks to Larry, Frances, Mike, Amber, Susan, and

David for helping.

David is giving up the PR Chair position for next year. Anyone interested see or a member of the PR Committee.

PACE

There is a PACE Evaluation this Saturday. The next one is in May at Escape. Anyone needing it is urged to take it.

OLD BUSINESS

WFR supplies voted on at last meeting are ready to be picked up. Use of epinephrine is again discussed. (It is not in our list of supplies).

The next WFR class is at EMS Academy in October. Officers discussed reimbursement relative to class in spring. Discussion is whether the team should do this again. Proposal is made and seconded to pay up to \$150 of cost of class for those active by time of the last class, with total team maximum of \$1000. Motion to proposal is made and seconded. Vote is unanimous for.

Hike of the Month is on Saturday. Let Susan know if you are coming.

Who's Who and New

by Susan Corban

Andy Nielsen has had an orientation. Please give Andy all your best advice on missions. Welcome, Andy.

Gearing Up

by James Newberry

List of equipment available for Active and prospective members to use on SAR activities. (For SAR use only)

- Trail Tape
- AAA
- AA batteries
- C batteries
- D batteries
- 4.5 Volt batteries
- Rubber Gloves
- Ear Plugs
- M.R.E.'s with heaters.

- Spaghetti
- Chick & Pasta Shells
- Chick & Rice
- Turkey & Potato
- Beef & Mushroom
- Vegetarian Pasta & Tomato

From the equipment committee:

We can get a discount on our favorite sar shirt (the orange poly/cotton uniform number, we all love so dearly) if we buy a large quantity. (10 or more.)

The more we buy the bigger the discount.

Get in touch with James Newberry or Chris Murray if you would like to purchase a new shirt.

Paratus Et Vigilans

Mini Lesson

by Joyce Rumschlag

I've often wondered what things I should be carrying in a 4-wheel drive gear bag. Over the past year and a half, I've come up with a list of items, including what I already have, plus things on my wish list. This list was composed by necessity and from recommendations from the folks teaching the 4-wheel driving class of July of 1999, and the back country repair class offered at ESCAPE 2000. Some of the items included are not only for my use, but the use of people I 4-wheel drive with.

Because the first problem we expect to encounter is getting stuck, these items are listed first.

Getting Unstuck

- shovel (Home improvement stores sell short shovels.)
- tow strap (without metal clips on the ends that could break and injure anyone around)
- tree saver strap (When was the last time you got stuck within easy reach of a tree? It could happen.)
- D-clamp (to connect tow straps together if extra length is needed)
- come along

Have you broken something?

- set of crescent wrenches (or if you prefer, sets of both metric and standard sizes)
- hose clamps

- tie wraps
- electrical tape
- duct tape (of course!)
- engine oil (In an emergency, it can be used in your transmission. Replace it ASAP.)
- gloves
- tarp (In case you have to get under your vehicle in inclement weather or put the tarp over your project.)
- wash and dry
- multi-tip screwdriver, pliers, wire cutters, hammer
- wire
- booster cables
- portable air pump, tire gauge
- flashlight or power light working off cigarette lighter
- soap (This will stop a leak in the gas tank. Soap is not dissolved by gasoline.)
- water (both for you and your vehicle)
- saw
- tire chains
- plywood (for under tires or to keep your jack from sinking into the ground)
- old cabinet (recycled from a kitchen remodeling project, to store your gear)

This list is by no means complete, as individual preferences vary. Feedback on any additional items is encouraged and welcomed.

Public Relations

by David Dixon

I would like to thank members of the PR Committee and others who helped at recent PR events. We all saw our efforts pay off as we had 16 new people at last month's business meeting. Over the last year or more we have been averaging 5 or 6 but that many at one meeting is certainly a record. Extra kudos go to Larry who did an all day Search presentation at the recent Boy Scout Jamboree at Chimayo.

I put the following on the team listserv last week but it bears repeating in the newsletter.

I would like to remind everyone during this United Way time that our only income is from UW, and the only money we receive from them is that which is specifically designated to Cibola. Many people that give to United Way do so to the general fund without regard to a specific area but any or all of that could be directed to us. So remind your co-workers of our many needs and the great deeds we perform (you perform) for them. In addition, any of us who give would certainly want to do the same. If all of us reach out who knows how much we could bring in. (Note: If you would like something to hand a questioning donator who would like more information about us I always have some of our brochures on hand).

Member Spotlights: Art Fischer

Art Fischer shares the following with us.



I was born and lived the first seven years of my life in the Chicago area. I was then transplanted to Wisconsin where I learned to appreciate milk, fine cheese, and beer drinkin'. My parents had a small cottage near a lake in Wisconsin where my brothers and sisters and I used to go fishing and camping and build forts in the woods. Those were the good old days. Now I have a job and responsibilities. Anyhow, I first learned to love the outdoors at this cottage in the middle of nowhere in Wisconsin.

After high school I left for college. I spent some time back in Chicago as well as in Stillwater, Oklahoma where I met my beautiful and talented wife, Catherine. She has put up with me for six years of marriage; clearly she is a candidate for sainthood. After I graduated from Oklahoma State University, I felt pressure from the rest of the world to get a real job. So I accepted a position at Sandia National Labs and moved out to Albuquerque. I really love the mountains of New Mexico and know that I will always want to live near mountains.

I first became interested in search and rescue after hearing stories from a friend who is on the Los Alamos Auxiliary Fire Brigade. I am fairly new to search and rescue but I have really made it an important part of my non-professional life. I am also a member of Sandia Search Dogs where I am training my Australian Shepherd (Rachel) to find people in the woods. She will eventually be a trained airscent dog similar to Jake (but much better looking and doesn't jump out of moving vehicles). I asked her to write something for this mini biography, but she hasn't learned to type yet and her paw writing is almost unreadable. Typing is part of the test for canine SAR field certification so we are working on it (that and proficiency in radio communication). You have to teach them to bark very softly.

Catherine and I both love dogs and dog training. We have another dog named Lucy which Catherine is training for obedience competition. Catherine also has another yappy, hairless dog, but let's not talk about him.

My experience thus far in Search and Rescue has been both enjoyable and educational. I plan to keep doing this stuff for a quite a while. I hope to see you all out there in the field.

Web News

by Tom Russo

Cibola's web site was first brought on line in 1996 by Mary Girven. Mary designed most of the look-and-feel that is retained in our current web site. Her original site was developed on a SunOS UNIX machine behind a Sandia National Laboratories firewall. Since the membership at large had a hard time accessing this page, Mary began to establish a second site at ABQ-ROS. Sadly, ABQ-ROS only ran Windows NT servers, and none of the programming that made Cibola's web database functions work would function without extensive reprogramming.

At that time I managed to convince the owners of Southwest Cyberport that Cibola was a worthy cause;

they have been donating some \$20/month worth of internet service and web storage since June of 1997. Southwest Cyberport also has SunOS/Solaris UNIX systems, so much of the programming could be used as-is. In October of 1997, Mary and Chuck left the team and I took over as primary webmaster. Actually, I took over as sole webmaster. Since then the site has been restructured considerably, and a much more secure and fully-featured set of database functions is now in place.

But after over 3 years of doing it all by myself, I think it's time to get some help. There are frequent housekeeping chores do to: backing up the databases takes a few minutes a week, the access logs need to be cleaned out every few weeks lest the disk quota be exceeded --- this takes all of 10 seconds and two or three UNIX commands. Some newsletter publishing chores cannot be done through the web interface and need an hour or two of manual effort on a monthly basis. Final publication of the printed newsletter requires an hour or so of layout massage so that things paginate properly. Programming new database features is also required from time to time; this is by far the most difficult and time consuming of the lot. Most of these tasks are not by themselves very difficult, but the UNIX system can be a little intimidating for the uninitiated, and the combination of these things does add up to some time. I think I spend a couple of hours a week all told, more when a significant new feature for the database is in the making.

I seek one or two people with a bit of time on their hands to volunteer to help with some of these things. For starters I could use some help with the mundane chores of database backup and access log cleaning. Little by little we could share some of the other load such as updating the static pages (e.g. the member guide, pager procedure, FAQ list, etc.) --- this would require that you learn a little about marking up documents with HTML. As you get more comfortable with that, we can let you help edit the newsletter --- this would require even more HTML experience and a few hours a month. And if you are ambitious, I could help you learn PERL and MySQL and you could help extend the features of our already very valuable database.

If you have the time and interest, please contact me. If you have any UNIX and web experience, like, groovy, wow, pretty please contact me. If you have UNIX, web *and* database experience, I beg you to contact me.

The team website can be accessed at <http://www.swcp.com/csar/>

SAR Resources in Emergency Management

by Jeff Phillips

[The following article will appear in the New Mexico Emergency Management Emergency Messenger Newsletter, Fall 2000.]

The Search and Rescue (SAR) community in the State of New Mexico is a network of highly skilled people who could perform valuable roles in emergency and disaster response at the local level. By tasking SAR resources, local first responders can be freed up to perform the tasks for which they are specially trained. Local Emergency Managers would benefit a great deal by knowing who and what these resources are, what they are capable of and how to access them. The following is information about the State's SAR resources; Emergency Managers are encouraged to determine what resources are available to them

locally and to develop working relationships with them.

SAR Resources and Capabilities

In the State of New Mexico, "Search and Rescue" or "SAR" means the employment, coordination and utilization of available resources and personnel in locating, relieving the distress and preserving the lives of and removing survivors from the site of a disaster, emergency or hazard to a place of safety. Within this definition is a multitude of potential tasks.

SAR Resource Specialties include air, avalanche, cave, ELT, ground, horse, mine, K-9, snow, technical, vehicle and water search, rescue, recovery and evacuation. There are communications support (i.e., mobile command posts, air to ground, communications vans, portable repeaters, resource dispatch and logistics), medical and food service resources available. SAR personnel arrive with their expertise and equipment (generators, lights, radios, tents and trailers, etc.) and are capable of sustaining themselves for at least 24 hours in severe conditions.

The State SAR Resource Officer, Rick Goodman, maintains a directory of resources (persons, agencies and organizations) available in the state. He can be contacted at 505-827-9228 or rgoodman@dps.state.nm.us

How To Access SAR Resources

In the event of an emergency or disaster, local Emergency Managers should determine specific tasks that they wish to have carried out by SAR personnel. The State Police Mission Initiator should be contacted, through dispatch, and informed of the situation and desired task(s). If activated, the SAR apparatus will determine how to fulfill the task(s).

There are a minimum of two SAR-trained State Police Officers in each State Police District designated as SAR Mission Initiators. These Mission Initiators are responsible for investigating potential SAR situations and if a SAR mission is deemed advisable, the State SAR Plan is put into effect by assigning an Incident Number to a Field Coordinator. The Field Coordinator is responsible for managing the incident, on scene, during the operational phase and is supported by an Area Commander (also a Field Coordinator). The Area Commander is responsible for overseeing the management of single or multiple incidents and reporting developments to the Chief of the NM State Police.

When a Field Coordinator accepts the assignment of a SAR incident they become the *Incident Commander* for that SAR incident and are responsible for initiating, alerting, assigning and directing all SAR resources participating on the incident. All SAR incidents in the State of New Mexico must be managed by the NIIMS Incident Command System (ICS) per the Governor's order and the SAR Act of 1978. The Incident Commander establishes an *Incident Base* which will be the principal base of field operations for that SAR incident. The Field Coordinator acting as Incident Commander will be a member of the Unified Command during a large-scale emergency or disaster. The New Mexico State Police is the

final authority and will resolve any disputes during the operational phase of the incident.

Other Things To Keep In Mind

All SAR personnel are participating on a strictly volunteer basis and the State of New Mexico is not responsible for injuries to said participants except to the extent for which insurance is provided by the State. These persons are subject to certain limited coverage pursuant to the New Mexico Tort Claims Act. While participating at the direction of the Incident Commander in a properly initiated SAR incident, these personnel are considered temporary *public employees* without compensation, as defined in the Tort Claims Act. The *scope of duties* as defined in the Tort Claims Act are those set forth in the SAR Act, SAR Plan, or Standard Operating Procedures and Directives issued by the Chief of the NM State Police.

For information on SAR Resources in your area Rick Goodman (above) or Jeff Phillips at 505-476-9677 or jphillips@dps.state.nm.us

Special Notes

PACE Exam in November!

It appears that there will be a PACE exam in November. It is scheduled for Nov 4 in Socorro, but no site has been arranged yet. If you want to take this exam, please email rlathrop@dfn.com to register as soon as possible. You should receive further information if you are registered. The next exam is most likely in May at ESCAPE (in Ruidoso). -- *submitted by Susan Corban*

Please remember to keep your Cibola records up to date. If you change phone or pager numbers, cancel pager service, move, get a new cell phone, or any such change, please notify Susan so we have as accurate a phone tree and member records as is possible. -- *submitted by Susan Corban*

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the Editors

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Volume 5, Issue 9
14 September 2000
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Top of the Hill

by Larry Mervine

It is nice to see so many new faces on missions. Keep up the good work. I heard some comments from new members on what they carry in their packs. During my six years in search and rescue, my pack has changed many times and always has gotten lighter. But walking on the trail that pack always seems to be too heavy.

Another reminder about team officers. No current officer will return in his or her current position. Mike and I need a break and are not running for any positions. Members can start nominating starting at the September business meeting and will close at the end of November's business meeting. Elections are during the December meeting. All active members can run for office. The training officer/vice-president needs to have all training evaluations current to be nominated. Don't be shy, there are a number of older team members who would gladly guide and advise anyone who does not think they have the experience to be an officer. Remember you do not have to be able to do every task, but be able find someone who can.

See you out there.

Boots and Blisters

by Tom Russo

We train very hard every month, and it is very good to see that training pay off. Mission 00-05-14 was a tough, dangerous one, and it is good to see our members applying the skills we practice regularly. Our participation in this mission was top-notch, we worked well with the other teams that participated, and

we helped to bring a seriously injured person back to safety. I think we all owe it to ourselves to pat each other heartily on the back.

As you know, I'm the sort of guy who looks hard at every experience for opportunities to learn more, practice more, and extend our capabilities. I know that to some this looks as if I never see the positive aspects of our work and focus only on the negative, but this couldn't possibly be farther from the truth: I love to see how this team has honed its skills over the years, and how well-prepared we are to deal with the tough situations we get into as part of this "hobby." I appreciate how hard every member of this team works to be a part of Search and Rescue, and applaud all of our efforts.

But that is as close as I'll ever come to sounding like "Barney the purple dinosaur," so enough of this love fest. We are none of us experts in all things and there are still things we can all learn to do, or that we can do better. To this end, I chose to structure our last **litter handling training on September 9th** a little differently to hone our technical skills just that little bit. Susan Corban and Nancy O'Neill pitched in and we spent a good chunk of our time reviewing how we use ropes and webbing to assist in technical rescues. We demonstrated using that webbing that the team issues to us to fashion a quick, field-expedient safety harness, and on how to tie in to a safety line quickly and above all *safely*; this is largely inspired by the fact that a lot of our members had to stay at the staging area for 00-05-14 just because they had no seat harnesses, and the haul could have easily benefited from everyone's help. I'm sure those members would have preferred to be "where the action was" to having to spend a long, chilly night at a staging area waiting for something to do. In addition, we practiced hard on getting our knot skills sharpened up --- I realize that the last time or two our litter training has not included a solid knot-practice session, and this is a serious omission on my part. We had a good turnout, and Gene Mortimer approved of the ride he got in the litter. We did not have time to practice low-angle rigging as I had hoped, so we'll make sure to cover all that stuff in our November litter training.

October's training on October 15th will be on search techniques and will be led by James Newberry and Joyce Rumschlag. October's evaluation on October 21st will be on litter handling.

September's evaluation will be on search techniques on Sunday, September 17th. Please leave a message on the voicemail if you plan to attend.

It is getting late in the year, and my tenure as training officer will be coming to a close in December. I feel I have accomplished the goals I set out to accomplish back in January of 1999. Those included keeping our training schedule varied and interesting, to make all trainings be practical, hands-on practice in valuable skills, and to make sure our evaluation process was on track to keep as many of our members field-ready as possible. This has taken a lot behind-the-scenes work of the same sort that every officer of this team has to perform, but I've been very happy with the finished product. It's been a wild ride for me, and one that I am glad I took, but I'm looking forward to passing the torch to the next victim. Nominations for next year's training officer open in November, just two short months away. Please think about who you'd like to take this ball and run with it.

Happy trails.

Hike of the Month

Panchuela to Jack's

09:30, Oct 1, 2000

Trailhead: Panchuela Campground

R.T. Distance: aprox. 9 miles

Elevation Min/Max: 8000/10400

Hiking Time 4.5 hours

Hazards:

Topo Maps: Cowles, Truchas Peak

Hike Coordinator: Susan Corban



Please let me know if you're going on Oct 1 so we can carpool or meet at the trailhead. This hike will start at the Panchuela Campground in the Pecos Wilderness. Follow trail 271 a short distance to the junction with trail 259. Follow 259 up the forested slope to the junction with 256, but continue on 259 toward Jack's Creek. From the creek, follow 257 south across several meadows on the side of Round Mountain to the Jack's Creek trailhead and parking area. Cross down the road and across Jack's Creek back to Panchuela or drive in the car we will have left at Jack's. For the fall scenery seekers, this hike goes through one of the biggest stands of aspen in the Pecos.

Business as Usual

by David Dixon

President

Larry welcomed new attendees Dan Arrenholz, Phil Begay, Jennifer Dellinger and Ashley Thompson.

We may need to start assigning members to do Pager 1 if people don't sign up.

Cibola's policy has always been that members should carry pack at all times while on missions.

Membership

There were no orientations nor new actives this month. There will be newly scheduled PACE exam in September in Tijeras. Anyone who needs to take the exam is strongly urged you to take advantage. The next scheduled is in Las Cruces in November and then not again until May.

Secretary

David will not be running for Secretary next year and is willing to work with anyone who is interested in the position.

Treasurer

Monthly financial report is given.

Mike goes over a balance sheet for committee spending. Overall we are at 75% of budget for the year.

VP/Training

August training will be the Williams Lake Bivy Saturday. Will include map/compass and fire-starting. Maps and car pool information is given.

August evaluation is Search Techniques.

There is lengthy discussion of last months highly attended Mock Search. Most felt it went well. Many remarks on communication. See full minutes for additional team comments.

PR

August PR events include Fireside Chat and Hike and UNM Day. David requests help on UNM Day and Hike. East Mountain Rendezvous was canceled due to too few participants.

Medical

Nancy asks for WFR materials to send off. She asks for clarification on how many yearly hours WFRs need to stay active.

Old Business

Susan begins a motion to purchase 1st aid kits for WFRs from officers recommendations. Discussion ensues about costs, full kits and purchase and use of epinephrine. Motion is made and passes to spend \$500 on supplies not including epi to equip 14 kits for all present team WFRs, active and prospective. Team would ask people to give back supplies if they leave. Supplies used on missions would be replaced by team. Second motion passes to spend rest of REI money on these supplies.

New 4 copy SOAP notes are given out, 2 to each WFR.

New Business

Larry inquires as to who has physical Pager 2. No one responds. *[Ed. Note: James Newberry, equipment chair, was not at this meeting, and has indicated that he has it and knew where it was all along]*

Writeup by Mike on pagers and suppliers in newsletter. It is agreed that we stay with Contact. Issue of changing companies is tabled to a later date.

Mickey asks those calling in to not leave extraneous information on the hotline. Keep it short with only needed info.

Who's Who and New

by Susan Corban

John Tomlinson and Charlie Irland have each now had an orientation and are ready to go on missions. Welcome, John and Charlie, we hope to see you on a mission soon.

Gearing Up

by James Newberry

List of equipment available for Active and prospective members to use on SAR activities. (For SAR use only)

- Trail Tape
- AAA batteries
- AA batteries
- C batteries
- D batteries
- 4.5 Volt batteries
- Rubber Gloves
- Ear Plugs
- M.R.E.'s with heaters.
 - Spaghetti
 - Chicken and Pasta Shells
 - Chicken and Rice
 - Turkey and Potato
 - Beef and Mushroom
 - Vegetarian Pasta and Tomato

Paratus Et Vigilans

Public Relations

by David Dixon

August events went well due to the efforts of devoted members. Susan, Larry and Frances put on a great Fireside Chat on Outdoor Preparedness covering the essentials, clothing, outdoor skills and some search and rescue info. The next day I hiked with a small group and did a short lesson on basic compass skills and GPS use. I think most of them benefited from it. Hopefully they will take a more extensive course as I suggested. At UNM Day, Amber, Frances, Mike, Susan and I helped promote and recruit at our table on the mall. We had quite a few interested people stop by. I know Frances certainly kept them enthralled about sar and our great organization. I think we'll see some at an upcoming meeting.

Thanks again to all who helped.

Medical News

by Nancy O'Neill

This is the first installment of stuff related to Continuing Education credits for medical providers. Now that I have a firm contact with the State offices, I have been corresponding with said contact and, with any luck, will soon have a detailed list of what we need as WFRs to stay current. The news for now is: I did send in all our copies of certificates and cards and the State office has received them.

There were concerns from a few of you about whether the State had received the registration forms we filled out on the first day of class. Cy emailed this information to the State office in order to register those of us who were enrolled in the class. When I talked with my contact, she affirmed this. I called Cy and he then mailed the hard copies of these forms. The State now has these and everything is fine.

I am still awaiting my CE coordinator number and can't get classes or trainings approved for CE credits until I get it. I am aiming for the new year as the date when I'll have all the requirements we need listed and where and when you can take them. That's all for now.

Web News

by Wot No Nus

The team website can be accessed at <http://www.swcp.com/csar/>

Special Notes

Next Wilderness First Responder (WFR) Class

The next WFR class will begin in mid-October at the EMS Academy at UNM. This is the same class some of us took last spring to receive WFR certification. Call 272-5757 for the EMS Academy. --
submitted by Susan Corban

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the Editors

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Volume 5, Issue 8
10 August 2000
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Top of the Hill

by Larry Mervine

Last month we were short on volunteers to take pager 1 duties. Pager 1 is no fun, but if all active members were to take a turn, then no one needs to handle pager 1 duties more than once in 24 months. This meeting I would like to see volunteers sign up for pager 1 to the end of the year. If this does not happen, I will be force to start assigning members to a month. It will be their responsible to handle pager 1 or find a replacement. Also, election of new team Officers will be in five months. Three current Officers have said they will not run for office next year. Two Officers have shown interest in other Officers positions. Get more involved become a Officer. There is more to being part of this team than going on missions. Do the right thing.

Another old Cibola team tradition is that you should keep your pack with you at all times, no matter how short the assignment.

See you out there!

Boots and Blisters

by Tom Russo

I would like to applaud all the Cibola and non-Cibola SAR volunteers, potential team members, and incident management staff who came out to participate in our mock search on 15 July. We had a terrific turnout, with nearly half of our own membership and quite a large number of other volunteers showing up. Frankly, if we'd had any more people coming out we probably would have had a bit of trouble finding something for them to do (but we would have found a way to get everyone involved, somehow).

From all accounts I've gotten so far, this was a successful mock search. All teams got to participate in the type of assignments they might be called upon to work on a real mission, we got to work on many of the techniques we've trained on so often in the past few years, and we got to work with a lot of our colleagues in the New Mexico SAR community. And most importantly, we all got out there and helped find and retrieve our lost subject quickly while still keeping ourselves safe. (The simulated injuries and illnesses of team members that I threw in to give the WFRs something to practice on don't count as not staying safe!)

I will talk at length at this month's meeting about how it all came together and about some of the minor glitches that either point to things we can do better or to typical "snafus" we might realistically encounter on real missions. I hope we can have some fruitful discussions about the things we learned about this mock mission, and that we can use it to concentrate some of our future efforts on honing our abilities to perform well under imperfect conditions.

If you want to read more details about the mock search, see our "training debrief" web page at http://www.swcp.com/csar/training_debriefs/000715.shtml. If you have feedback you'd like included there, please pass it to me and I'll put it on that web page.

August's training will be a summer bivy at Williams Lake on Saturday and Sunday, August 12th and 13th. Paul Donovan will have details for us at the team meeting. Paul will also lead a discussion of survival techniques such as water procurement and treatment and lightning awareness. Paul would like to leave town by 7:30 a.m. on Saturday. Information on a muster location will be on the voicemail by Friday.

While I did announce in June a training schedule that I claimed avoided all major holidays, I did apparently miss one. The litter evaluation for October was originally scheduled for the weekend of Columbus Day. I have updated the training schedule and moved that litter evaluation to the weekend after our October training; October's eval will be on 21 October instead. I apologize for not catching that before publishing the table back in June.

The hike of the month for August will be the summer bivy.

Business as Usual

from minutes by Nancy O'Neill

Highlights of 13 July business meeting

President

Three officers are absent for this meeting; David Dixon, secretary, is on vacation, Nancy O'Neill is taking minutes; Susan Corban and Mike Dugger are giving a presentation to the Field Coordinators on

Cibola's capabilities.

There is one new member present, Shannon Lumpkin, who heard about Cibola from the WFR class at UNM and from posters at Mountains and Rivers.

Nancy O'Neill has been named CE coordinator.

Membership

In Susan's absence, Larry reports that there were no new active members and no orientations this month.

Secretary's Report

The secretary is absent. Nancy O'Neill is taking minutes. Tom Russo points out that minutes of the last meeting are on the web and highlights are published in the newsletter.

Treasurer's report

Tom Russo read the month's cash flow and balances in Mike Dugger's absence. Training-related reimbursements have all been made.

Training Officer's Report

submitted by Training Officer Tom Russo: People who have not had their orientation may participate in the Mock Search but may not take field assignments: they can come and help out in base camp. Saturday, 15 July 2000, is the Mock Search.

Last week's litter eval was cancelled due not enough people needed to do this eval. He needed 6 people and only 5 were signed up on the previous Friday night.

October is the last chance for a litter eval. There will be a litter handling training the month before.

12-13 August is the Williams Lake bivvy, headed up by Paul Donovan. Basic survival skills such as water procurement will be practiced.

Equipment Committee Report

James Newberry reminded us to come to him for supplies. A list is in the newsletter. His check for cheaper maps is a no-go. We do have "pumpkin" stickers. He also announced that Joyce Rumschlag has been running the Valencia County Ham net. Chris Murray is assistant gear handler.

* Pager 1 duties: Mickey Jojola for July

Pager 2 duties: Tom Russo for July

New Issues

Website for WFR or anyone wanting to see a good medical: <http://www.emedicine.com/>

Larry showed new SOAP Notes designed by David Dixon that will be in a non-carbon triplicate copy form.

We have money left from the REI grant, we will hold off to discuss how to spend at a later date.

Who's Who and New

by Susan Corban

Important Reminders to New Members:

If you haven't yet taken the PACE Exam, (state certification for field responders), try to get to the September 16 exam in Tijeras (especially those of you who need to take the exam within the next six months to become active). This exam is only given a couple of times a year and may be given in a distant part of the state. There will be an exam in November, somewhere in New Mexico, but the next exam after that probably won't be until May of 2001.

If you have been to three events, it's time to get your orientation packet from me. If you've got the packet, as soon as you've looked through it and got your gear, call me to arrange your orientation.

Not much at all has happened in the membership department this month. I'd love to have more member profiles from some of you who have not told us your life story. If there are any volunteers, please email me (to slcorban@unm.edu) whatever you care to share with the rest of us about your interest in SAR, family, other interests, etc.

Gearing Up

by James Newberry

List of equipment available for Active and prospective members to use on SAR activities. (For SAR use only)

- Trail Tape
- AAA batteries
- AA batteries

- C batteries
- D batteries
- 4.5 Volt batteries
- Rubber Gloves
- Ear Plugs
- M.R.E.'s with heaters.
 - Spaghetti
 - Chicken and Pasta Shells
 - Chicken and Rice
 - Turkey and Potato
 - Beef and Mushroom
 - Vegetarian Pasta and Tomato

Public Relations

by David Dixon

August is always a busy month for P.R. Upcoming is our (famous) Fireside Chat on Outdoor Preparedness for Albuquerque Open Space and some basic compass skills for interested kids and adults on the Hike the following morning. We'll also be setting up our table for some recruiting/P.R. at UNM Day and the re-established East Mountain Rendezvous. (Check the calendar or hotline for dates, times and locations of these events).

Ok, missions are down, we've all packed and repacked our stuff and gone to most of the trainings. What else can we do? This organization is running very smoothly right now, but setting up trainings, keeping track of gear and new people, managing our finances, promoting ourselves, keeping the website going, and of course I could go on and on, takes lots of time and effort. And all this to ultimately be there for those lost and in need. So while waiting to get out in the field, volunteer for something else: set up a hike of the month, write an informative article for the newsletter, help an officer with their duties and then better yet run for an office, or do my heart good and help with a P.R. event.

As we all know Cibola is one of the finest, highly respected search and rescue teams in the state. Let's all do what it takes to keep it that way.

Web News

by Tom Russo

I have added information on the Mock Search to our "training debriefs" web page. Feel free to send me your comments about the mock search, because I do want to document the impressions of members who feel they have something to say about it.

The team website can be accessed at <http://www.swcp.com/csar/>

Apocalyptic Pagers Now

by Mike Dugger

Many of you know that we have had major problems with pager service in the past six months. The purpose of this article is to explain to you what has been going on, present some alternatives about which we will need to decide, and accelerate the healing process for the aneurysm I developed while dealing with this. Maybe you'll enjoy parts of it too.

History

Cibola SAR has used pagers to activate its members for missions since at least June of 1994, when I attended my first mission. It was not until about October that I became familiar with exactly how the procedure worked and how the pagers fit into that plan. We originally had just two pagers, affectionately referred to as "Pager #1" and "Pager #2." In those days a primary or secondary contact answered the call from whoever was paging us, and then activated the phone tree. Each "branch" of the tree had a leader and several people under them on the branch. The branch leader was responsible for contacting all the members on their branch, but the branch leaders did not have pagers like we do today. Very few members had pagers at all, and none with the group number that notified them when the team was activated. We also did not have voicemail, so all mission details had to be repeated over and over to each person that was contacted. The result was lots of phone calls, and up to 30 minutes to get a branch activated. If you think that is bad, imagine having to call more than one branch!

After a growth spurt in fall of 1994, we decided to add pagers to the team account so that each top of branch would have a pager. At about the same time, we were able to get a voicemail account donated by the kind folks at Sandia National Laboratories, with the help of JD Martin and Jim Baremore - both SAR kindred spirits and Sandia managers. We got a great deal from Contact Paging in part because Lisa Eberle, Albuquerque Mountain Rescue Council (AMRC) member and wife of AMRC's president Sinjin, was an account manager for Contact. Lisa took care of us and service was great for a while. We got used to the system and our callout procedure came to look essentially the way it does today. There were some minor billing problems from time to time, but no real technical problems until August 1997 when we seriously considered changing companies after missing many pages. We devised an experiment to determine how many pages were being missed and where people were when they missed them. With this, we were able to convince Contact to take a closer look and they found a programming error on their end. Once this was fixed, we were back to good service.

In 1998, Lisa called to say that she and Sinjin were moving to Colorado and Danae would be taking care of our account. I went to meet Danae and found her to be very helpful. Things again ran great for a while, and I had only to call Danae and she would pull up our account in their pager software and fix little problems while I was on the phone with her. Alas, this relationship was not to last. Danae became very irritated with members coming in for service and asked people to make appointments ahead of time. Early this year we had another rash of missed pages, and a charge for \$10 on the account with very little explanation. When I called Danae to work this out I discovered she had moved on without so much as a goodbye. It took a few days and a personal visit to their office but I finally got in touch with Sid, our new representative.

Once I made contact with Sid he was very helpful. We determined that our missed pages were not reproducible, and dropped that issue. We could not determine for certain what the \$10 charge was for, but one of our members did get \$10 in repairs to a pager at about the same time and paid for it in cash. Contact said we would have to prove that the member paid for those repairs in cash. I asked Sid instead to prove that one of our pagers was actually worked on. They had no record of person, pager number, or anything so Sid agreed to drop it. A bit sloppy, but so far so good. What that \$10 charge did do, however, is get us in touch with a new account representative as well as clue me in to some changes coming. The bill now said Unity Communications. Turns out that Contact Paging had been acquired by Unity Communications, and Sid told me that account rates would be going up for our members who had their own accounts. He assured me, however, that our organizational rates would not go up right away, and I would have several months notice if they were to raise our rates for airtime.

Imagine my surprise last month when I got our bill for the second half of 2000 and discovered that our cost for airtime had gone up 60 percent! Furthermore, that \$10 charge Sid and I had talked about months ago was still there! I immediately called Sid for an explanation. He apologized and said it was a surprise to him too. I told him that it would be tough for us to adjust to this kind of increase, and we would be looking around at other service providers. I asked Sid to talk to his management and figure out the best deal they could offer us. He once again agreed to take care of that \$10 charge. In the meantime, I followed up on leads from our own members as well as New Mexico SAR Support about good deals from different pager service providers.

Recent Events

Our story continues on the morning of Friday, August 4. Steve Meserole discovered that our group number was disconnected, and immediately notified the officers. It was quickly determined that none of the pagers for which the team pays airtime were working. I found that Sid's pager number was also disconnected, as was the phone number listed for Contact in the phone book. I contacted Unity Communications' corporate office via their website, got a new phone number for the Albuquerque store, and discovered that our account was in collections. They said I could pay by credit card and get our pagers reactivated as soon as the local store opened in Albuquerque. Shortly after 9 AM I made contact with Michael at Unity in Albuquerque. Michael was able to tell me that our service was disconnected because of that \$10 charge that was over 120 days past due, not the fact that we had not yet renewed our service for the second half of 2000. They apparently used to disconnect service after just 30 days but notified the customer prior to disconnecting them. Now they just cut you off after 120 days. After relaying the whole story about the \$10 to Michael, he reactivated our account. He also mentioned that we MIGHT be able to get a similar or equivalent deal to that offered by the other companies I have been talking to. As of this writing, I don't yet have Unity's new proposal but I expect it within a week. I will make some sort of interim arrangements with Unity to give us time to consider all options with input from all of our affected members. This may consist of renewing with Unity at the higher rates for a maximum of another six months while we consider other proposals. I have the following proposals from other service providers, and list those along with our past and present arrangements with Unity below. Annual costs are based on 8 pagers (5 tree branch leaders, 2 team owned pagers, 1 group number).

[Ed. Note: Prices deleted for nonmember version]

Although I would characterize our service from Unity as less than satisfactory during the past year or so, changing service providers will be a hassle. This is particularly true since we have come to rely exclusively on this system for activating our team for missions, and would need to maintain capability during the change. At the same time, some of the other providers have attractive rates and additional capabilities that we cannot obtain with our present system. It is difficult to anticipate if service for a small account like ours would be any better from the other service providers. Maintaining service in a dynamic organization such as ours has required constant vigilance in the past, and this is likely to continue. Even with the problems we have experienced, this system remains the most efficient and reliable way to activate us for missions, as evidenced by the fact that most emergency response organizations use a system like it.

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the Editors

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Volume 5, Issue 7
13 July 2000
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Larry Mervine

In past missions, I have heard our team and other teams praise each other for being the first to find the lost subject. Remember this, if 20 teams are in the field, chances are only one team is on the trail that the lost person is on. That could be any team. But the other 19 teams have done their part by eliminating 19 trails. This is important to the Incident Commander when the subject is not found and the mission goes to the next time period or when lacking more resources. Team rivalry to motivate us to train harder is a good thing. Just remember when signing into a mission you are now a part of New Mexico Search and Rescue, not Cibola. Cibola's tradition and policy is to act professionally during a mission and not to bad mouth any other teams. Each team has their part to play.

Another unwritten tradition that Cibola has is the right of any member to ask another member to do a pack breakdown. This is not to embarrass team members, but for safety reason. For example, if one team member thinks that other team member's pack is too small for the conditions they will be searching in, clearly he/she has the duty to ask that person to open their pack. Or if a new member wants to know what gear an older member has, to not be afraid to ask.

See you out there!

Boots and Blisters

by Tom Russo

Congratulations to **Chris, KD5KLR** on his new amateur radio call sign. With Chris, we now have 17 licensed radio operators on the team.

I hope to see you all out at the mock search on Saturday evening, July 15th. We were on the verge of

postponing it the day before the forest closures were ended, but we lucked out and got wind of the rumored reopening about 2 hours before I was ready to call up all our resources and shut the thing down. Fire restrictions are still in place and obviously we're all expected to abide by them. See you out there on Saturday!

No hike of the month was submitted this month, but there is no shortage of hike descriptions in this issue. Please consider reading through and possibly archiving the lengthy "feature article" below. You never know which of those descriptions might come in handy on a search. Hint. Hint.

Happy trails.

Business as Usual

by David Dixon

Larry welcomes new people Dave Croll, Charlie Irland, Andy Nielsen, Seth Thompson, Marco Ulloa and Talitha Ulloa.

This is Melissa's last meeting. She makes an emotional speech praising Cibola and thanking everyone. Larry gives her a certificate and Gene takes a picture. Good luck Melissa.

Larry reminds everyone to think about running for office next year. Some officers will not be running for the same positions.

Team is promoting some PR this Saturday with a Youth at Risk Hike-a-thon.

Need for Pager 1 for June and through summer months. Mike volunteers.

MEMBERSHIP Eric Jaramillo is an active member, Doug Davenport and Dennis Barnhart prospective members. Welcome.

Member guide is now on website.

Susan asks for member profiles for the newsletter.

Some officers can't be at next meeting. See one if interested in helping with their meeting duties.

There will be a six month review of members by officers at next officer meeting. Training attendance and certification sheets are available for perusal.

TREASURER Mike gives the current financial report.

Give Escape reimbursement forms to Mike.

WFR class reimbursement when we get certificates. Probably by next month.

Mail June missions vouchers to Mike by June 30.

There have been lots of pager problems in last five months. Usually associated with new service. Notify an officer if you do go in for service, especially for any team pagers. New accounts will now be \$10, no more. Mike has done spending sheets for Committees and given to Committee heads.

VP/TRAINING June Navigation Training is two parts. Must go to both classroom and field to get credit for training.

Training/evaluation schedule for Aug-Dec is in newsletter.

July training is Mock search on 15th.

At some events members sometimes have put out pink trail tape to identify locations and not taken it down when they left. If you put it up please take it down yourself. Don't use unless necessary.

There will be informal get togethers for those interested in man tracking. Every other Wednesday.

EQUIPMENT James has some new CSAR labeled shirts and caps available for a team donation.

James would like to get some non-cotton team shirts. Anyone interested?

PR No PR meeting in June. Next one on July 27th.

August events: August 19-Open Space Fireside Chat on Outdoor Preparedness. August 20-Accompanying Host of Open Space Hike. August 25-UNM Day August 26-27-East Mt. Rendezvous.

ICS Jeff. Officers have been given a copy of Cibola's page in the resource directory. Needs a number of revisions. Larry, Don and Jeff are putting together an addition to membership guide for base camp protocol.

PACE Susan is organizing a PACE session in Albq. in September.

OLD BUSINESS Old Medical. CE Coordinator position needed. Description on pages passed out. Proposing to put into member guide that we do medical. Vote is for. Kevin Nufer is medical director. Have a copy of med agreement if interested. WFRs need to register with state through team. CSAR must have a copy of everything for team archives. David has developed a Patient Assessment form/SOAP

notes for team. Copies are passed out. Need any feedback by next Wed. Another WFR class will be in October. Class team reimbursement is probable. Also need med equipment purchase.

NEW BUSINESS ICS round table before meeting tonight was canceled.

Next meeting there will be only two officers so WFRs won't meet before the meeting. If you are interested in helping with officer duties next month see one of them.

Jeff asked for new medical addition to resource directory including Numbers of Type I, II, III teams. Some comments and suggestions are made about directory and changes.

Snowshoes purchase using REI Grant money. Vote is taken on last month's postponed motion to buy two sets of snowshoes from Melissa for \$100 each. Vote is unanimous for. Still have \$300 left of REI money. May be another of same pair for sale from someone else.

Gearing Up

by James Newberry

List of equipment available for Active and prospective members to use on SAR activities. (For SAR use only)

- Trail Tape
- AAA batteries
- AA batteries
- C batteries
- D batteries
- 4.5 Volt batteries
- Rubber Gloves
- Ear Plugs
- M.R.E.'s with heaters.
 - Spaghetti
 - Chicken and Pasta Shells
 - Chicken and Rice
 - Turkey and Potato
 - Beef and Mushroom
 - Vegetarian Pasta and Tomato

The team has one orange shirt long sleeve, size, large regular and one orange mesh baseball cap. Both available for a small donation to the team. \$5.00 for shirt, \$1.00 for the cap or more if you feel generous.

Paratus Et Vigilans

Member Spotlights

Katie Avery, prospective member, was born and raised in North New Jersey (Exit 18!). She undergraduated with a Special Ed degree then switched careers in her mid-20's to become a nurse practitioner (NP), completing graduate schooling in that area in 1987. After a couple of years as an NP in a residential facility for the multiply handicapped, she moved to an outpatient clinic setting in Yonkers, NY. Tending to the health needs of an urban population was very fulfilling for a few years until she heard the call of the wild (west, that is...). A desire to try rural health care and, ideally, with a unique cultural group brought her out to Albuquerque. A sister, with whom she could short-tem live, also helped! She has spent the last 6+ years as a Commissioned Corps Officer in the US Public Health Service (that's *Commander Avery* to you, son), working at the Acoma Indian Health Hospital as a nurse practitioner, and coordinator of the women's health services there.



Her involvement with CSAR started in Fall 1999 and stemmed from the very personal experience of losing a family member in a wilderness situation. In the winter of 1976, her brother, Peter, was lost for 36 hours while hiking alone on a planned day trip in Northern NM. Though the outcome was tragic, her family was heartened by the knowledge that there was a group of people, strangers to them, who were looking for Peter in this unknown place so far away from their home. This experience also underlined for her the attraction and the danger of the wilderness, but how it can be positively influenced by an appreciation for those qualities, and the desire to make it a safe and enjoyable experience for oneself and for others.

Web News

by Tom Russo

I have placed the "Historical Hikes of the Month" article into a web page of its own on our main site. That's all, folks.

The team website can be accessed at <http://www.swcp.com/csar/>

Those Were the Hikes that Were, Part I

Edited by Tom Russo

Since the newsletter was fairly content-free this month, I used my spare editorial time to construct a web page of historical hikes of the month. Early in the Hike of the Month program, hike descriptions in the newsletter were very detailed and were meant to allow the membership to find the hike on their own should they choose to take it on a different day than that listed.

Hikes prior to April 1998 were written by John Mindock. The remainder have been written by Susan Corban. UTM coordinates in these hikes are typically referenced to NAD27, the coordinate system used on older maps. Convert appropriately when using newer maps.

Some of these descriptions are very handy, and so I have chosen to use this slim newsletter to reprint

those with detailed descriptions in one handy reference. Enjoy.

Due to the length of the article, I've broken these up into a two-parter. Hikes that begin on the East side of the Sandias will be printed up some other time.

Hike of the Month **Lower Juan Tabo Canyon** 0900, March 29-30, 1997

Trailhead: Upper Juan Tabo parking lot (La Luz trailhead)

R.T. Distance: @5.0 miles **Elevation Min/Max:** 6600/7400

Hiking Time @3.0 hours **Hazards:** Mountain Lion (I saw tracks)

Topos: Forest Service map of the Sandias

The first part of this hike is on a trail from the Juan Tabo parking area to the Piedra Lisa parking area. Go up the stairs and turn left at the 'Piedra Lisa T/H' sign. Follow this trail a few minutes, watching for an offshoot that goes downhill to the left, crossing the sandy wash. (Don't go as far as the large towering rock formation.)

A few more minutes will take you to an uphill/downhill choice. (UTM 365.3, 3898.4). Go downhill and across to the other side of the chamisa/cholla flats. Follow a trail that skirts the north side of the flats to the dirt road. You should be about 20 minutes into the trek when you meet the road.

Now go north to the Piedra Lisa trailhead (about 7 minutes). After 7 more tough uphill minutes, you'll go down to a wide rock-strewn arroyo. (UTM 365.3, 3899.5) To the right are Waterfall Canyon, the Movie Trail, and Fletcher Canyon. But we're going to the left, down into lower Juan Tabo Canyon. The first few minutes are spent skirting the lush growth in the wash. The best bet is to stay to the right side. After that, the terrain becomes open and easy to walk on (and to follow tracks). Just follow the sandy wash, crossing the dirt road when you get to it.

In about 45 minutes, you'll end up at the fence to the Sandia Indian Reservation.

Turn back, and choose the rightmost wash whenever there is a choice. About 30 minutes from the fence, take a trail along the hill on your right. (UTM 364.4, 3898.5) This trail (called the Sandy Arroyo trail) begins in almost the opposite direction of your travel. Soon it widens out and heads more southward, eventually meeting the blacktop. This trail is the preferred evacuation route from this area.

Instead of walking along the road, go up to the top of the ridge 'behind' you, where you'll find an indistinct trail leading towards the dirt road to the Piedra Lisa parking area, then take the trail to the Juan Tabo parking area again.

According to the map, part of this hike passes through private property. However, it is not marked and is certainly not apparent when you're hiking. If someone asks you to leave their property, do so politely.

Hike of the Month **South Piedra Lisa Trail to Del Agua Junction** 0900, April 26-27, 1997**Trailhead:** South Piedra Lisa Parking area. See member guide for directions.**R.T. Distance:** @6.0 miles **Elevation Min/Max:** 7000/8200**Hiking Time** @4.0 hours **Hazards:** Slippery trail surface.**Topos:** Forest Service map of the Sandias

From the Parking area, walk north on the road for 8 minutes, then go up the trail to the right. Note the usual SAR parking lot on the left. Along the ascent, occasionally look at the Needle, Prow, and Shield rock formations, noting how their appearance changes as you see them from different directions. After an hour, you'll get to the top. This area is known as the Rincon ('corner' en Espanol.). There is a sign post indicating the trail direction (365.8, 3901.0). Do not go to the north behind that post. Instead, go east about 10 yards, and the trail will head north downhill (rather steeply). About 1/2 hour later, you'll come to a wash. Go left down the wash for a few minutes, and then the trail will make a natural-looking arc to the right. As you progress down the wash, you will likely notice another 'trail' on the right, with a log laying across it, which goes up a small hill near a bunch of large boulders. This is not the trail - the real trail is a minute further down the wash. One minute after leaving the wash, you should encounter a sign indicating 2 1/2 miles to either end of the Piedra Lisa trail. If you do not see this sign, you are on the wrong trail. A minute later, you'll come to a sandy area, and you'll see an 18" diameter fallen tree ahead. Go 'above' the tree, and you're back on the trail. Take a look backwards here, because the area is more confusing on the way back. About 20 minutes later, you'll come to a small watercourse. It is called 'Del Agua Canyon', and usually has water year around. This is where we spent a cold night on the 'Spiderboy' search a few years back. (366.7, 3902.5). The return trip is the same way you came, only more uphill. Part of this hike goes through semi-abandoned private property. However, it is not marked and is certainly not apparent when you're hiking. If someone asks you to leave, do so politely.

Hike of the Month **Domingo Baca and TWA Canyon** 0900, May 31/June 1, 1997**Trailhead:** Elena Gallegos parking lot**R.T. Distance:** @7.0 miles **Elevation Min/Max:** 6400/9000**Hiking Time** @4.0 hours **Hazards:** Thorns, stickers, cactus**Topos:** Forest Service map of the Sandias

This hike goes through one of the few riparian areas with year-round water. Make your stay short and stay on the trails where possible. The Forest Service does not maintain trails in this area, partly to discourage the average hiker. There is no way to describe this hike in a few sentences. A long sleeve shirt and long pants are STRONGLY recommended. I chose the route that most tourists would take. There are many other paths that could be used to get to the plane crash site. Also, this route is the one you could most easily follow on a search, especially at night, because it basically follows a watercourse most of the way. Start from the northernmost parking area, on trail 140 (Pino Trail). After about six minutes, you'll go through a pass-through fence. Take trail #342 to the left. In another twelve minutes, you end up on trail #230. This is at the place where the old North Pino trail is blocked by cactus bones. Two minutes later, go into the Wilderness area via another pass-through on the right. (366.5, 3892.8) Twelve minutes

later, you'll come to a sign indicating that the Domingo Baca trail goes left across a wash. (366.5, 3893.4) The trail soon begins to go more easterly. The next junction is CRUCIAL to the hike. Less than an hour from your departure time, you need to be alert for a dripping waterfall on your right. On the left is obvious fallen dirt from people scrambling up the wall. Go up the waterfall and then to your left. Then go to the right, crossing over some big flat rocks. You'll pick up the sandy trail going through bushes. I was not able to get a waypoint at the bottom, but the flat rocks are at (367.2, 3894.0). If you miss this, you'll end up in Echo Canyon after a hour of strenuous hiking. You should NOT be below cliffs, walking up flat tilted rock shelves in an arroyo. Rather you should be on top, on a sandy trail, and in a few minutes, you'll notice a watercourse below you on your right. From now on, whenever there seems to be a choice of trails with similar usage, take the one on the left. But you should never be more than 30 yards from the watercourse. 25 minutes later, you'll come to a 12" diameter log laying across some flat rocks, with water flowing across the rocks. The upper bark is all worn off from people sitting on the log. Here the trail goes uphill to the left. 30 minutes beyond that, you'll come to a rock/log jam that must have been the result of some major flood. Ten minutes later, you reach a place where most TWA-seekers take the wrong arroyo. This is CRUCIAL junction #2. There is an inviting arroyo to the right, but the proper trail is to the left. Sometimes there are rock cairns marking the proper arroyo, but don't count on it. I was unable to acquire 3 satellites here. In about 5 minutes, you'll come to a box canyon, which you'll need to climb out of. The end of the canyon has a rather easy rock shelf that you can go up. We'll pass around this canyon on the way back. Finally, about 2.5 hours from departure, you will come to a portion of the wreckage, almost directly below the tram wires. (368.6, 3895.4) If you go another 200 yards left up the draw from the first wreckage, you'll find the rest of the plane. Allow an extra 1.5 hours for exploration and lunch. On the way back, skirt the box canyon by going uphill to the right of it. After you 'top out', you'll see an old rock fire ring on your left. There are many choices of paths here, and all seem to head back the proper way. For this hike, just past the fire ring, drop back down to the watercourse. There will be some zigzagging required. You can investigate the other choices on another occasion.

Hike of the Month **Canyon Estates, South Crest, and CCC trails** 0730, Jun 28/29, 1997

Trailhead: Canyon Estates parking lot - see member guide for directions.

R.T. Distance: @8 miles **Elevation Min/Max:** 6600/9400

Hiking Time: @4.5 hours **Hazards:** Unleashed dogs.

Topo Maps: FS map of the Sandias

The first portion of this hike takes you on the South Crest trail, past a waterfall which usually has some water. Cross the creek below the waterfall, and take the trail to the left up the hill. After that, it is a steady uphill westerly trek, with some great views of the Manzanitas. Two hours later, the trail turns to the north, and you'll soon see South Sandia spring. This spring is a reliable water source year-round, except for drought years like 1996. After 2.5 hours, you'll arrive at 'Deer Pass', the junction of the South Crest trail and the Embudito. (370.2, 3886.5). This is one of three places where one can cross the Sandias from East to West. There will be a signpost here, if it is not removed by vandals. Less than one minute further, on the right, there should be three rock cairns marking the top of the CCC trail. (If you miss this, you'll have to go down Bart's trail, adding at least three hours to the hike.) The CCC trail was constructed in the 1930's by CCC personnel for a shorter route to their work locations. In the past year, many rock cairns have been placed along the trail, so you should be able to follow it as it winds down the hill. It ends at the

Hiking Time 6.0 hours

Hazards: The Usual

Topo Maps: USFS map of the Sandias

The first two hours are on the 3-Gun Springs trail to the junction with the Embudito (this is called Oso Pass). Here, take the Embudito trail east for about 40 minutes to the unnamed trail on your left, marked by a rock cairn, that leads up to the peak. (369.79, 3986.42). 20 minutes later you will be on the peak, enjoying the 360-degree views. (369.72, 3987.15) Return the way you came. Note: weather and temperature conditions can be quite different at the peak compared to the trailhead - carry proper clothing.

Hike of the Month

Embudo Canyon

0800, Feb 28 - Mar 1, 1998\01998

Trailhead: East end of Indian School Road

R.T. Distance: 6.0 miles **Elevation Min/Max:** 6200/7800

Hiking Time 3.0 hours **Hazards:** Unleashed dogs

Topo Maps: USFS Map of the Sandias

Follow the obvious road east into the National Forest, where it changes to a sandy trail. As you pass through the boulder portion near the waterfall, you may lose sight of the trail. To find it, always look to the north side of the canyon.

After the boulder portion, the trail will cross the sandy wash and run parallel above it on the south side. As you cross, notice a trail that heads south up the hill straight ahead - this is a 'horse bypass' trail around the waterfall, and is a recommended option for your return route.

Later the trail will cross the wash heading north, and you'll begin a series of long switchbacks. At the top there is a signpost, hence the name 'Post Pass' for this area. You can turn back here or you can add another 1.5 hours to the trek by heading further north to Oso Pass, but there might be too much snow to do it without snowshoes.

Throughout the hike, take note of old trails and washes. Search assignments in this area probably would include such 'hasty' routes.

Hike of the Month

Whitewash Trail area

0800, Mar 28/29, 1998\01998

Trailhead: East end of Menaul

R.T. Distance: 4.0 miles **Elevation Min/Max:** 6000/8100

Hiking Time 3.5 hours **Hazards:** The usual

Topo Maps: USFS map of the Sandias

The Whitewash Trail is named after the smooth waterfall rockface which is at the bottom of Whitewash Canyon, at the end of Candelaria. This is also known as the Piedra Lisa Canyon, offering a bit of confusion with the altogether-different Piedra Lisa Trail, which is in the north portion of the Sandias.

At the beginning of this hike, there are many intersecting trails from which to choose. Eventually, they all wend their way along the south rim of Whitewash Canyon, and then up one 'master trail' which leads to the top via steep switchbacks.

The first goal is to reach the top of the ridge east of the parking area. Begin on the obvious wide trail at the southeast end of the parking area, which will turn eastward and wind around the south edge of the ridge. Although there are many routes up the ridge, for this hike, use an arroyo which has metal fence embedded in the ground acting as prevention for soil erosion. Follow this up and keep going north until, about 1/2 hour into the trek, you see a meadow with two prominent trails heading North/NNE. Either of these trails will eventually lead to the south rim of Waterfall Canyon.

Off to the east, you'll see a high tree-lined ridge, which is the eventual goal of this hike. (Actually the trail continues beyond that ridge, across two more ridges, finally ending at the Oso Pass junction, but that's not part of this hike.)

It will take less than 2.0 hours to get to a knoll on top of the tree-lined ridge at the 8130 foot mark. This knoll is conveniently known as 'the 8130', and it provides a view into Three-Gun Canyon and even the cement plant in Tijeras. Its UTM's are approximately 366.5 and 3886.8. From here, turn around and head back, noticing the various arroyos and ridges which might serve as opportunities to head south into the west end of Embudo Canyon.

Hike of the Month

CCC to South Peak

0800, Oct 31, 1998

Trailhead: Canyon Estates

R.T. Distance: 8 miles

Elevation Min/Max: 6600/9782

Hiking Time 4 hours

Hazards: rattlesnakes

Topo Maps: Tijeras

Directions to trailhead: From I-40 take exit 175 at Tijeras. If you were traveling east on I-40, take the right fork of the exit ramp toward Tijeras. Turn left under the highway overpass and bear right to Canyon Estates Subdivision. If you were traveling west on I-40 turn left from the exit ramp. Continue until you reach the 4-way stop at Tijeras. Turn right and drive under the highway overpass and bear right to Canyon Estates Subdivision. Follow the road through the subdivision until you reach the parking lot at the end. There is a \$3 USDA fee.

From Trailhead: Follow the South Crest Trail until you reach the waterfall. Cross the stream and wind up to the top of the waterfall. Continue on switchbacks, passing the Lower Faulty Trail on your right. After about 1 1/2 miles from the start you will reach a fork. The South Crest Trail goes off to the left. Continue right for a few yards to another fork. The unmarked trail to the left is the CCC Trail. Upper Faulty is on the right. Take the left. CCC is steep and crosses a few rocky areas where you need to look for rock cairns. In about 2 miles CCC reaches the South Crest Trail along the crest. Continue to the right when you reach the Crest Trail. At the back of a large meadow to the left there is a trail to the top of South

Peak. Return via CCC or, for a longer hike with views of Albuquerque and Tijeras, and some springs, take the South Crest Trail all the way back to Canyon Estates.

Hike of the Month **Bear Canyon Hike and Map & Compass Practice** 0800, Jan 31, 1999

Trailhead: East End of Spain NE

R.T. Distance: 4 miles **Elevation Min/Max:** 6200/7200

Hiking Time 2.5 hours **Hazards:**

Topo Maps: Sandia Crest Quadrangle

Drive to the far east of Spain NE until you reach the Open Space parking lot at the end of the dirt road. As is true anywhere in the foothills, this area is heavily used by mountain bikers, hikers, dog-walkers, runners, and some horses. Take the trail that runs east from the parking lot to the National Forest Boundary fence line. From the fence, travel east again until the junction with trail 503. Follow 503 east to its easternmost segment. At the bottom of the arroyo is an east-bound trail blocked with cholla debris, indicating prohibited access. Follow 503 a short distance to the top of the next rise to the north. Trail 503 meets a fence along private property. A few buildings are visible in the next arroyo from the ridge top. Follow the trail that goes east along the fence line and up in elevation. Climb as high as the large rock point in view above you, or into the forest just above for great views of the surrounding area. Mountain lions, deer and fewer earthlings have been sighted from this point. This trail reaches a wide, flat area at 7040' in elevation. We'll stop there to practice map and compass and GPS skills. I will bring photocopies of this portion of the Sandia Crest Quadrangle 7.5 minute series for members to use. I want to match the UTM's on my map with the reading on my GPS, practice resection, etc. This is NOT a test! You can compare with your neighbor.

Special Notes

September PACE Exam

There will be a PACE exam given on September 16th at 9:00 a.m. in Tijeras, NM. Please expect to start early (don't show at 12:45 expecting to start).

Reservation deadline = Friday, September 1. To reserve, call (505) 625-1307 (that's a Roswell number) or email rlathrop@dfn.com

Location: Los Vecinos Community Center, Tijeras, NM.

Directions: From Albuquerque drive east on I-40 through Tijeras Canyon to Exit 175. Bear right on exit ramp to the stop light at Tijeras. Turn RIGHT at the light onto old route 66 and proceed a quarter of a mile to the Community Center which will be on your left.

Evaluators: Cliff Meier, David Frazee, Mike Dugger, Art Bisbee, James Newberry -- *submitted by Susan Corban*

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the Editors

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Volume 5, Issue 6
8 June 2000
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Larry Mervine

Summer is upon us and it's time to review what the heat of the summer can do to you. When the pager goes off, we rush off to the mission. At base camp we rush to do our mission assignments. One problem that we often forget about is dehydration. It is just as easy in the winter months to become dehydrated, but the summer seems to effect us more. Dehydration is a condition that results when an excessive amount of water or fluid is lost from the body. Some causes of dehydration are: sweating, insufficient intake of water & salt, illness, fever, hot weather, high altitude and vigorous activity. Some warning signs or symptoms are: extreme thirst, dark yellow to brownish orange urine, headache, dizziness, dry cotton-mouth sensation, difficulty in speaking coherently, tired or lazy feeling, loss of appetite, nausea, drowsiness and fever. I'm sure none of us have ever had any of these symptoms. Okay, I get headaches on missions, but that's not dehydration, right? For me that's one of the symptoms that tells me I'm already dehydrated. What should you do? Here are some tips to prevent dehydration from starting; drink plenty of water and do not be shy to tell your team mates to drink more; nibble food with salt and sugar; be in good physical condition; slow down (rest 5-10 minutes every hour); wear proper clothing for the hot climate; avoid excessive perspiration; and carry a lighter load. These are just tips, everyone needs to adapt to what their body tells them. What method is best for me during a mission or even doing yard work may not be best for you.

Also, time to give a heads up. Three of the current officers are not running for office next year. If anyone has any interest, do not be shy, start asking questions, volunteer to do a training, join a committee, there are many tasks to be done. Speaking of being more involved: Cibola is only as good as the involvement

of it's membership. There many tasks that need to done besides going on missions. As volunteers I cannot make you be more involved in the team, but when you joined the team you have agreed to a certain level of commitment. Part of that commitment is particpating in trainings, meetings and PR events, helping with the gear, being a member of a committee, coordinating a hike of the month, becoming a leader on the team and giving financial help when needed. This is our team. How good this team is depends on you. Be involved.

See you out there.

Boots and Blisters

by Tom Russo

As this goes to press, the Sandia Mountain Wilderness is under complete closure, and most backcountry trails throughout our area are also closed because of the extreme fire danger we have right now. This makes it very difficult to go through with our normal training process. I was able to get us special permission to use the Oak Flat area for our search techinques eval on 3 June, but we're still working on the land navigation training scheduled for 11 June. Please check the voicemail regularly for final information about that training; the field component will almost certainly have to be moved. The information on the land navigation training below was written before the closure orders were announced.

I have commented several times in this column that it is really important to leave a voicemail message if you plan to attend an evaluation session. The evaluation sessions themselves are not particularly difficult to set up, but it is definitely a non-trivial task to make them run smoothly. One of the most important pieces of information I can have is a good estimate of how many people plan to show up. Armed with a reasonably accurate count, I can plan for multiple courses when there are large numbers, arrange evaluators to assist on those courses, and just as importantly, cancel evaluation sessions that aren't going to be attended by enough people to do the whole thing (litter requires a minimum of 6 attendees, search techniques requires at least 3 and is much smoother with 6-8 people).

Unfortunately for some involved, this last search techniques evaluation was saddled with more than just the burden of last-minute scrambling to deal with fire-related closures announced the day before. About five people left voicemail messages saying they'd be at the eval, but eleven showed up. Since we can run a maximum of nine people on a team for search techniques, this required us to split the group into a group of six and a group of five. But since I'd planned for only 5 showing, we laid out only one course and had to have two teams searching the same area for the same clues, with the associated problem of "who should pick up what clue?"

Please help me avoid such problems and get people run through these courses with a minimum of fuss by letting me know as early as possible --- a couple of weeks early would be best! --- that you plan to attend. I ask for the couple of weeks to allow me to give alternate evaluators a considerate amount of time to plan for it, rather than having to call them up the morning before to ask them to help.

Paul Donovan and **Gene Mortimer** have been certified as land navigation evaluators as of the 21 May evaluation session, and **Mickey Jojola** is a search techniques evaluator as of 3 June. Thanks, guys, for pitching in and helping this evaluation stuff run more smoothly. It's taken a couple of years to get here, but we are gradually building up our pool of folks who can run fellow members through our evaluation courses. Keep up the good work, Cibola.

As I've said before, **June's training** will be on **Land Navigation** and will be led by **Paul Donovan** on **11 June at 08:30 at the Sandia Ranger Station on South Highway 14**. The training comprises a classroom session and a field exercise. The field exercise begins shortly after the classroom session ends, and will involve a short drive down to the Pine Flat Picnic ground.

Paul will lecture on topographic map usage, the mechanics of resection (finding where you are using only map and compass), the UTM system, and other theoretical aspects of navigation. This should help you work through the resection and map-reading exercises in the field afterward, and those exercises should help you find your way through the navigation course that Paul will have set out the day before. The course will give you plenty of opportunity to practice using your map to get around with nothing to lean on but the Earth's magnetic field, the United States Geographical Survey, and your own brainpower. While GPS is a great tool, neither your map nor your compass will ever suffer from weak batteries. One hopes that *your* brain isn't like mine and that it won't run out of batteries, either.

On another note: for the last three years the team's policy has been that trainings will not count if you arrive more than fifteen minutes late. Unfortunately, since the Land Navigation training has two distinct parts some members have occasionally treated the field exercise as "optional" and left after the classroom session. The field exercise is in fact the main point of this training and the classroom stuff is just there to help folks who might need a little refresher to get through the exercises. Therefore, applying the same rationale as the 15-minute rule, ***I will not count June's training toward minimum participation requirements for anyone who doesn't attend both components.*** It makes little sense to tell someone they can't count the training if they miss the first 15 minutes of the classroom session but attend the rest of it while simultaneously giving someone attendance credit for showing up to an hour of show-and-tell and missing 5 hours of field work.

As you may recall, **Paul Donovan** and **James Newberry** have been helping me with training duties under the name of a "training committee" this year. The three of us kicked around a schedule a few times and came up with the following for the **August to December training schedule**:

Date	Event	Instructor/evaluator
Saturday, 5 Aug	Land Nav eval	TBA
Sat/Sun, 12-13 Aug	*Summer Bivy/Survival training	Donovan
Sat, 9 Sept	*Litter handling training	Russo
Sun, 17 Sept	Search Techniques eval	TBA
Sat, 7 Oct	Litter eval	TBA

Sun, 15 Oct	*Search Techniques training	Newberry/Rumschlag?
Sun, 5 Nov	Land Nav eval	TBA
Sat, 18 Nov	*Low Angle litter handling	Russo, others?
Sat, 9 Dec	Search Techniques Eval	TBA
Sat/Sun, 16-17 Dec	*Winter Bivy/Survival	Donovan

This year I learned from last year's mistakes and actually looked at a proper calendar before setting the dates, and there are no trainings or evaluations scheduled for any of the holiday weekends that people have asked me to avoid. You can take this schedule to the bank and plan accordingly. As always, only those trainings marked with an asterisk may be applied toward your "two trainings every six months" requirement for active membership.

And in the planning ahead department: It's never too early to start thinking about who you'd like to see doing the training officer's job next year. We've had a large number of people helping out with trainings this year, so think about who you've seen pitching in and whether you like them so little that you'd subject them to this job next year. Just in case you haven't been memorizing all of my sesquipedalian persiflage over these past few months, **Susan Corban, Curtis Crutcher, David Dixon, Paul Donovan, Mike Dugger, Larry Mervine James Newberry and Joyce Rumschlag** have all been very actively participating in the training program over the last two years by leading trainings. In addition, **James Newberry** and **Paul Donovan** have both been pitching in by taking responsibility for facilitating trainings in a rotation with me; in this way, each month's training and evaluation sessions are set up by a different person who is responsible for locating an instructor, getting permission to use whatever location is chosen, and all other logistical tasks for that month. That list of things to do is quite long and takes a lot of time, so I hope you all appreciate their efforts and dedication as much as I do.

Because of the closures of all backcountry areas in the Sandias and Manzanos, the Hike of the Month program has been placed on hold. We'll start printing up new ones when the fire danger is down and the forest is open again.

Business as Usual

by David Dixon

INTRODUCTIONS

In Larry's absence, Tom welcomed new people Casey Baldwin, Max Romanik, and John Tomlinson.

OLD BUSINESS

PR proposal addition to the member guide is voted on, unanimously for. See newsletter or full minutes for addition.

Training proposal addition to member guide is voted on, unanimously for. See newsletter or full minutes for addition.

Mickey discusses the Pager test results. Seemed to be no correlation to where or when pages were missed.

James and Susan discussed tracking. SW Assoc. of Trackers Training at McKinley Center in Gallup on May 20.

Officer reports

MEMBERSHIP

Jeff Phillips is our newest an active member. Tony Gaier, Ed Mighetto and Steve are now prospective members. There are now 42 members, 27 active and 15 prospectives.

Revised Mission sheets are available.

Melissa S volunteers to be Pager 1 for May.

All Pager callout procedures are now on our website.

The Phone tree is getting full. Another branch will be implemented if numbers go up. James and Mickey volunteer to be new tops.

There will be a going away party for Melissa S. immediately after the Land Nav Evaluation on Saturday. Melissa spent many years in Cibola and served as Treasurer.

SECRETARY

David did a check on Mission callout sheets for the last 7 months. There were 15 missions in that time and all sheets were returned. There very few problems other than some missed pages. People aren't using comments section.

TREASURER

Susan filled in for Mike. She went over finances for the month.

VP/TRAINING

At Escape, Chris Murray passed his Ham test, James N. and Art B. are new PACE evaluators and Steve

B., Tony G., Aaron H., Steve K., Jeff P., and Holly P. passed their PACE exams.

Land Nav Evaluation will be on May 21.

June Training will be on Land Nav. on the 11th, 8:30 am. Pine Flat.

July Training will be a Mock Search on the 15th. ICS callout will be used.

Comments made on April Training on Search Techniques.

Escape reimbursement forms are available. Fill out after Escape and send/give with receipts to Mike.

EQUIPMENT

We have some leftover donated boots and there is discussion as to what to do with them. Motion is made to donate to charity. Vote is unanimous for.

James put a list of supplies in the newsletter. There are also 4 smaller boxes of supplies given to highest mission goers. There are only 3 orange stickers left. Don has or can get more. Forest service will accept these on vehicles at trainings/evals.

PR

PR meeting will be last Thursday of the month, 25th.

There was a nice Albq. Journal article on the outdoors, outdoor preparedness and search and rescue. James and Susan were quoted.

ICS

Jeff reminds that there will be round table discussion on ICS before June's Business meeting.

Officers are requesting that Jeff and ICS committee give them a draft of the proposal to look at.

NEW BUSINESS

We probably won't be able to have a fire for Melissa's party. Someone says they will bring a gas grill.

Susan discusses the need for a CE (Continuing Education) Coordinator for medical policy. Vote will be next month.

We also need a medical director(s). 2 EMS doctors at UNM have agreed to do this. \$500 is proposed for yearly payment . Vote is unanimous for. Don discusses state team classification and comments on medical. Says he would not authorize medical treatment by anyone below Paramedic/EMT. Susan points out that WFRs must legally respond. Further clarification by state needed in this area.

Discussion on what to do with the \$500 check from REI Grant. It is proposed to use it to buy snowshoes. Discussion on this and other supplies. Motion made to buy Melissa's snowshoes but further discussion proposed postponing it until next meeting. Vote is unanimous for.

David announces that his mentee Ed Mighetto had all of his Cibola pack stolen. Anyone who has extra things to donate should call him.

Jeff P. says that state is looking for FCs and SCs to work as volunteers at crime scenes.

At Escape Rick G. convened a committee for accreditation standards for technical rescue teams. State solicited comments months ago and didn't get many comments. Needs further updating. Copies are available on AMRC website: www.abq.com/amrc.

Pinching Pennies

by Mike Dugger

Now that some major training events are behind us, I am anxious to reimburse team members for the part of the training subsidized by the team, and clear the books. For those who attended ESCAPE, please submit your receipts no later than the July meeting so that I may clear that expense from the accounts payable. Also, for those of you who attended the Wilderness First Responder training, I plan to reimburse a portion of that expense as soon as I get an attendance list from the EMS Academy and a copy of your registration with the state. That might not happen until the July meeting. Speaking of the July meeting, it is important to note that the state's fiscal year ends at the end of June. If we get a mission late in June and you wish to be reimbursed for fuel expenses, please send your gas voucher to me BEFORE the next meeting. Mail to the team PO box is fine, or you may mail it directly to me, or hand it to me at a training event or meeting. I will collect these and submit to the state the first week of July, before our July meeting. Vouchers recieved at the July meeting for missions in June will not be accepted. If we have a mission after July 1, you may submit these at the meeting as usual.

A final note to our pager holders. Due to several instances of problems when anyone at Contact Paging opens our file, please inform one of the officers if you go to Contact for any team-related service. For example, getting one of the pagers on the team account (top of trees and pagers #1 and #2) worked on, or setting up your own account with the team cap code added to your pager. We have experienced several problems with our service over the years, and in most cases this has been related to a change made incorrectly by Contact when someone went in for service. Just let an officer know so we can make sure that everything is working properly afterwards. Thanks.

Who's Who and New

by Susan Corban

Eric Jaramillo is now an active member. Welcome aboard and congratulations, Eric.

Doug Davenport and Dennis Barnhart have each had an orientation and are ready to go on missions. Welcome, Doug and Dennis.

As most of you know, I'm always harassing team members for member profiles. Many of you have not given me one as yet. If you are willing, please email me your life story for the newsletter. These help us get to know one another and are often the more interesting part of the newsletter. Thanks to those of you who have contributed in the past.

Gearing Up

by James Newberry

List of equipment available for Active and prospective members to use on SAR activities. (For SAR use only)

- Trail Tape
- AAA batteries
- AA batteries
- C batteries
- D batteries
- 4.5 Volt batteries
- Rubber Gloves
- Ear Plugs
- M.R.E.'s with heaters.
 - Spaghetti
 - Chicken and Pasta Shells
 - Chicken and Rice
 - Turkey and Potato
 - Beef and Mushroom
 - Vegetarian Pasta and Tomato

Paratus Et Vigilans

Public Relations

by David Dixon

Time to deviate from PR for some TR, Team Recognition.

We continue to have new people at every meeting. Enough like what they see to stay and become members. In terms of recruitment and team direction we must be doing something right. I certainly like

what I see. Since I joined Cibola three years ago we have become a better, more focused team. One area I have seen a marked improvement in has been trainings. We have gone from basic mini-trainings before meetings to excellent, well thought out learning sessions put on by many of our members. Because of this we continue to get inquiries from other teams about our trainings and evaluations. And even though all of us would like to get out on missions more we all see the benefit of these monthly trainings and yearly evaluations to stay mission ready. Oh well, another challenge in maintaining our reputation as the best ground-team in the state --- what the heck, let's not downplay ourselves --- best team in the state.

During trainings and evaluations I've heard members ask about specifics of search techniques, communication, equipment and other topics. So here's a reminder to all to not forget information available on our website and especially past Lost and Found newsletters for many good sar articles. Tom has worked hard to update and improve our website, maintaining it as one of the best in the state. And he and the other editors continue to put out a great newsletter every month. Make use of these resources.

Missions are the best part, but Cibola is much more. A big pat on the back to all who have worked to make Cibola the standard in state search and rescue teams.

Member Spotlights

I (**Jeff Phillips**) am the last of nine children born to Bea and Bob Phillips. I was born and raised in a small community in upstate New York between Rochester and Syracuse. I grew up playing in the lakes and rivers and on the hills and bluffs of the Finger lakes and Lake Ontario. I have always had a love for the outdoors and for adventure, and sometimes misadventure.



I was never a Boy Scout but I was an honorary Girl Scout, call it mascot, for three years when my mother was Scout Leader and I was at her hip. I actually see those years as developing early learning and appreciation for the outdoors. Who can forget learning CUM-BI-AH and making SIT-UPONS?

My whole life has been playing sports and I've tried most. I played competitive soccer through college and then in city leagues until 1997. Soccer led me to Adrian College in Southeast Michigan on the five year plan to get a Bachelors of Arts in Economics and Political Science.

My sense of adventure and strong desire to see if I could survive on my own led me to travel to Flagstaff, Arizona, sight-unseen, upon graduation in 1990. I had one months rent paid and no job when I arrived. My desire to eat led me to take a job working with people with developmental disabilities while I looked for something more permanent. I never expected it to turn into a career but I have been in that field for the past 10 years.

Flagstaff was a great place to live and I met the love of my life, Patty, there. We eeked out an existence for a couple of years but Flagstaff turned out to be a tough place to live without big money. In 1992 we

moved to central Texas and I did a 6 year sentence there. I succeeded in my field, got a good, inexpensive graduate education and explored the state but I found I did not belong there. As Patty and I completed our Masters degrees we looked around and chose Albuquerque to live. We have not been disappointed. This is the first place I've ever put down roots. A year ago we bought a house in the city's north valley and we intend to stay for awhile, at least as long as the water supply holds out.

My life's ambition for the past seven years has been to work in emergency management, especially disaster planning and mitigation. I geared my graduate work in Public Administration in this direction and have pursued certification and experience anywhere I could find it. That's how I found Search and Rescue. I like being part of the best and that's what brought me to Cibola SAR. Last year I became a Logistics Section Chief and since have been trying to keep a balance between pounding the ground and working in base camp. Lately that hasn't been hard since balancing nothing is pretty easy.

My career in services to people with disabilities ends Friday, 09 June, 2000. I begin my new career in Emergency Management on Monday, 12 June. I will be a Regional Emergency Management Coordinator for the State of New Mexico. I will work for the Department of Public Safety and be responsible for the Northeast part of the state. My job will be to make sure local jurisdictions do their planning, training and exercising per state and federal law and to act as liaison in the event of an emergency.

Now you know me. See you out there.

Web News

by Tom Russo

Susan Corban has generated a web-friendly version of the Cibola SAR Member Guide, and this is now available on the membersonly website. I've also added a copy of the CE Coordinator proposal as well, so we can all take a look at what it is we're expecting the CE coordinator to do once we have decided how to pick one.

The team website can be accessed at <http://www.swcp.com/csar/>

Special Notes

Next Wilderness First Responder Class

The EMS Academy will be offering the Wilderness Medicine course again next fall semester. The UNM catalog has various EMS courses listed for summer and fall.

Wilderness Survival is offered in the first 8-week session (August 21-October 14) on Saturdays from 8:00-5:00.

Wilderness Medicine is offered in the second 8-week session (October 16-December 16) on Saturdays

from 8:00-5:00.

Several EMT-Basic courses are offered also. If you'd like to contact the EMS Academy, call the office at 272-5757 between 8:00 and 5:00, Monday through Friday. -- *submitted by Susan Corban*

September PACE Exam

If you haven't taken the PACE exam for state field responder certification, get your calendar out. We're in the process of setting up a September 16th PACE exam. That's Saturday. The exam will be somewhere in the vicinity of Albuquerque. Expect to spend several hours getting through the process of the written exam, compass test and pack check. Once we have this exam officially scheduled, you will need to register by contacting Bob Lathrop (rlathrop@dfn.com). There is no fee for the exam. The only other exam scheduled this year will be in November and it will most likely be in the southern part of New Mexico. -- *submitted by Susan Corban*

For all you WFRs out there, try the following URL: <http://www.emedicine.com/> Check Wilderness Emergencies to find quick reviews of wilderness medicine topics and other interesting stuff. -- *submitted by Susan Corban*

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the Editors

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Volume 5, Issue 5
11 May 2000
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Top of the Hill

by Larry Mervine

[Ed. Note: Larry is out of town as we go to press, so his article isn't available. Larry's words of wisdom and encouragement will return in June.]

Boots and Blisters

by Tom Russo

As we discussed at the last meeting, it has become clear to some of us that a clear policy on trainings given by Cibola SAR to other teams is needed. This is primarily to protect ourselves from "renegade" members going off, teaching without our approval and inappropriately (mis)representing the team, but it is also to limit our own liability; we all signed liability waivers acknowledging that we understand the inherent risks involved in training to perform search and rescue duties, and we ought not to be in the business of providing trainings to others who have not similarly assumed liability for their own risks. At the May meeting the team tasked its officers to draft proposed member guide modifications. Here's what we propose, based on the discussions at that meeting.

TRAININGS PROPOSAL

Cibola Search and Rescue will not conduct training events solely for the benefit of other search and rescue teams. We may, however, invite members of other teams to our own training events for the purpose of enhancing our relationship with those teams and

improving our own ability to function with them on search and rescue missions. When members of other teams participate in trainings sponsored by Cibola SAR they must sign the same liability waiver required of Cibola members. Members of Cibola SAR who choose to present trainings to non-members outside of sanctioned Cibola SAR training events do so as private individuals, not as agents of Cibola SAR. They are not authorized to use equipment owned by Cibola SAR for this purpose nor are they authorized to speak on behalf of Cibola SAR, its members or policies.

Once again, I'm delighted to spend a chunk of my newsletter article thanking members for their help with training duties. March and April have been quite hectic, with so many of the team taking Wilderness First Responder. Several members have stepped forward to take up the training flag, and have provided training opportunities for those of us who are not sitting around watching slide shows of nasty wounds.

James Newberry and Joyce Rumschlag held a well-attended search techniques training at Pine Flat picnic ground on the 15th of April. I look forward to their debriefing at the May meeting.

James Newberry and Mickey Jojola joined me on April 30th to run a litter handling evaluation. This was the make-up evaluation to finish what Larry started on the 8th: as you may recall, Larry announced that he would hold a litter evaluation that day if and only if 6 people called to let him know they'd be there. Larry got his 6 to call, drove up from Los Lunas to hold the eval, but unfortunately only 4 showed and he couldn't do the whole thing. Mickey, James and I met 8 members for the make-up session, and those who had partially completed the one on the 8th got their evals finished up, and the rest of the crew got their evaluation out of the way for the year. Mickey and James are now certified to run litter evaluations, and I really do appreciate their effort and willingness to go the extra mile to help the team run smoothly.

On the subject of evaluators: Mike Dugger and Larry Mervine are currently evaluators on all subjects. Terry Hardin, Mickey Jojola, and James Newberry are additional evaluators for litter handling. Susan Corban is the only other land navigation evaluator. David Dixon is the only other evaluator for Search Techniques. May's evaluation on Sunday the 21st will be on Land Navigation, and Susan and I will do the evaluating. The evaluation will begin at 10am at Elena Gallegos Picnic Ground, before the potluck picnic (see "[Special Notes](#)"). If any among you wish to become evaluators for this subject, please contact me.

June's training will be Land Navigation, taught by Paul Donovan on Sunday, 11 June. Paul will use some of his copious spare time to lay out a navigation course in the Cedro Peak area on Saturday, and run a classroom session on navigation on Sunday at the Tijeras Ranger Station on south 14th. The navigation course will have its base at Chamisoso Canyon, and we'll head over there to run the course after the classroom session. As usual, you're expected to bring all appropriate gear, which should be easily recognized as code for your full SAR pack and plenty of food and water. Typical duration of the navigation course is 3-5 hours, so be prepared to spend some time hoofing it around in the woods.

Congratulations to Chris Murray, who passed his Technician class amateur radio license exam at ESCAPE. We look forward to hearing you on the air soon, Chris. Unfortunately, the FCC is so

backlogged since the restructuring of Amateur license classes that it is taking about 6 weeks to process new licensees. Chris's new callsign will appear in the phone tree as soon as it is available.

Congratulations to Steve Buckley, Tony Gaier, Steve Kolk, Jeff Phillips, and Holly Pickens, who all passed their PACE exams at ESCAPE.

Congratulations to Art Bisbee and James Newberry, who were certified as PACE evaluators at ESCAPE.

ESCAPE was terrific this year, as I'm sure you've heard by now. From first hand experience I can tell you that there were some excellent medical classes, taught by experts in wilderness medicine. Dr. Bill "Doc" Forgey was there talking about "Field Detection and Treatment of Hypothermia" and "Delayed Transport Protocols for Orthopedic Injuries," and Dr. Mike Nelson gave a talk on "High Altitude Sickness." I spent my Saturday being overwhelmed with information on these subjects, and it was a day well spent even though I now have symptoms of "high information density cerebral edema." Others attended classes on GPS, rope and climbing skills, Introduction to Amateur Radio for SAR, and a plethora of other interesting subjects. Larry Mervine and David Dixon taught two sessions of Search Techniques, Paul Donovan got a record crop of 48 attendees to his Map and Compass class, and Tim Manning of AMRC and I had 22 people show up to our litter handling class. In addition to having a great time working with folks in class, I spoke to a number of other training officers, and hope to be able to improve our relationships with other teams in New Mexico through more trainings and participation in our mock search.

Planning for our Mock Search is proceeding well. Contrary to what I had said at the last meeting, I've decided to run the pre-event planning under the Incident Command System. Jeff Phillips is our notoriously efficient Logistics Section chief, and I'll be serving as Planning Section chief for Operational Period Zero, which began earlier this week and will extend right up until the practice mission number is activated, beginning Operational Period One. I'm working on getting us a practice mission number and planning out task assignments for the mission, Paul Donovan is working on getting the approvals from Open Space and the Forest Service to use the trailhead parking lot, and Jeff is making phone calls, sending emails, and basically making sure that all the logistical hurdles are cleared by the time we get to the search. Then we'll give Jeff a break and let him hump a pack for a few hours, and Paul will get lost. Several team members are being tapped to be ICS section chiefs for Operational Period One. To remind you, the mock search will begin sometime in the early evening of July 15th, so clear your plate and be ready to hit the trail when the call comes. We have a number of other teams joining us, so please let's have a good showing of Cibola members. Santa Fe SAR, Bernalillo County Sheriff's Department Mounted SAR, Sandia Search Dogs and Bernalillo County ARES have already said they will be there, and several others such as San Miguel SAR, White Mountain SAR, Taos SAR and AMRC have expressed some interest, although with the travel time involved we might not see all of them.

As before, we will have a real, live subject hoofing it out early on Saturday morning, and the subject's family will notify the FC (Cliff Meier) that there's an overdue hiker sometime in the early evening. From there, everything will proceed as a real mission. Keep your fingers and toes crossed that no real mission

begins during the mock search this time.

As you might have heard by now, the Selective Availability scrambling of GPS signals was turned off at midnight, Eastern time on 2 May 2000. This means that GPS signals are no longer artificially limited to 100 meter accuracy. Watch this space for results of a quickie experiment I did that night to check out the difference.

Hike of the Month

Otero Canyon

0900, May 20, 2000

Trailhead: 3.8 miles south on Hwy 337 from the stoplight in Tijeras

R.T. Distance: 4 miles

Elevation Min/Max: 6800/7200

Hiking Time 6 hours

Hazards: Fast moving mountain bikers

Topo Maps: Sedillo 7.5' Quad.

Hike Coordinator: James Newberry



trailhead- 3.8 miles south on Hwy 337 from the stoplight in Tijeras. the UTM coordinate is 13s 0374650-3877757, for gps practice This hike is for everybody who's interested in tracking. We will spend the morning or as long as there is interest. We will practice tracking each other using the methods Susan corban and I learned from the Southwest Association of Trackers. It is good ole fashioned get-in-the dirt-on-your-hands-and-knees fun. By the way, bring your sar pack to wear for even more knee slappin' fun!

Business as Usual

by David Dixon

Highlights from the minutes of the April business meeting (full minutes available on the members-only web site):

President

Larry and the team welcome new people Tony Gaier, Jeff Wyatt, and Scott Gunn.

Membership

Holly Pickens and Aaron Hall are new prospective members. Welcome.

Some members would like to get together to practice tracking. See Susan.

People taking WFR and going to Escape need to bring a blank videotape for a copy of the missed class.

On sign in sheets at meetings and missions please write out Cibola SAR instead of CSAR.

Susan has revised (again) the mission callout script. New sheets are available and will also be placed in orange folders by the secretary.

Secretary

We have received a grant from REI of \$500. This was applied for last year by former member Ryan Jackson.

David has orange Pager callout folders available.

Treasurer

1999 reports have been sent to the IRS, United Way Federal Campaign and NM State Employees Campaign.

Mike goes over expenses and revenue for last 4 years. Our expenses are getting ahead of our income. There is discussion on how to increase income. Escape reimbursement is then discussed. The officers propose paying \$75 per person maximum and \$2000 team maximum. This applies to members or prospectives who have had orientation by Escape. Reimbursement proposal is made and seconded. Proposal is approved by unanimous vote.

Frances wants to know who is going on the Hike of Month.

VP/Training

Kudos to Susan for all of her work with the WFR course and to James for his work in setting up the recent Tracking Training.

Joyce and James will be doing Search Techniques Training on Saturday.

Paul Donovan suggests an August bivy at Williams Lake by Taos possibly including a Training. The weekend after August meeting is suggested. Larry mentions that it's good if you bring your usual pack with just a few overnight additions.

Equipment

James has purchased and filled 4 small containers with batteries and other essentials. They are given to the highest mission goers to put with their gear.

All gear cache bags now have id tags. James makes everyone pat themselves on the back for all of their great volunteer work.

PR

The issue is discussed about the need for team approval for anyone doing outside trainings or presentations that are sponsored by CSAR and the liability issues involved. It is decided that the officers will put together a proposal on this for vote at the next meeting.

ICS ICS will be used at the next training and the Mock Search in July. There will be a Mini-Lesson round table on ICS before the June 8 meeting. We have provided Rick Goodman with updated team Section Chief info.

State does provide them but Jeff still interested in ordering some vests.

NMESC

Mickey and Nancy are not running again for Escape board. There is discussion on having a Cibola on board.

PACE

PACE can be done anytime at Escape this year.

A few team members are planning on becoming PACE evaluators at Escape.

New Business

Recent Litter evaluation had only 4 people which was not enough to do the haul. There will be make-up eval on 30 April.

Mickey asks all to turn in last months pager test forms.

Pinching Pennies

by Mike Dugger

Reimbursement forms for ESCAPE will be available at the team meeting on 11 May. Remember to attach your receipts.

Who's Who and New

by Susan Corban

Jeff Phillips is now an active member of Cibola. Yeah, Jeff! We're glad you're aboard.

Tony Gaier, Ed Mighetto and Steve Buckley have had orientations and will soon be appearing at a mission near you.

At the moment we have 42 members on the team, 27 active, 15 prospective.

Gearing Up

by James Newberry

List of equipment available for Active and prospective members to use on SAR activities. (For SAR use only)

- Trail Tape
- AAA batteries
- AA batteries
- C batteries
- D batteries
- 4.5 Volt batteries
- Rubber Gloves
- Ear Plugs
- M.R.E.'s with heaters.
 - Spaghetti
 - Chicken & Pasta Shells
 - Chicken & Rice
 - Turkey & Potato
 - Beef & Mushroom
 - Vegetarian Pasta & Tomato

!!!!FREE!!! FREE!!!!

The Team still has aprox. 13 pairs of Merrell boots, mostly sizes 8,9 and 10 mens. some bigger and smaller. We also have 2 pairs of womens size 6 1/2 and 7.

Paratus Et Vigilans

Coming Attractions

by Tom Russo

Next month's newsletter will, among the usual crop of delightful articles, have the results of my pre- and post-Selective Availability Shutdown GPS experiment. I would have had it here, but wanted to be able to do the post-shutdown experiment with my new Garmin eTrex, too, and don't yet have the data cable.

Public Relations

by David Dixon

Last month I brought up issues pertaining to PR events and outside trainings. As promised, the officers developed the following separate proposals as additions to the member guide, to be introduced and voted on at this month's meeting.

PR EVENTS PROPOSAL

Any educational event or presentation sponsored by Cibola SAR must be approved by a majority of the officers in advance and be listed in the newsletter calendar. This process allows officers to review material for concerns covering safety, liability, appropriate team representation and equipment usage. This approval will be for PR events only and does not apply to trainings. All approved events should include the following disclaimer to cover team liability. This disclaimer should be read or printed on handouts.

Disclaimer text

Cibola Search and Rescue does not encourage you to attempt to conduct search and rescue activities or field exercises without adequate training and safety precautions. This presentation does not constitute adequate training to perform these activities or exercises safely and Cibola SAR assumes no responsibility in this matter.

Member Spotlights

Brian Lematta tell us about his life. I was born and raised in Eugene, Oregon, which helps explain my interest in outdoor activities like skiing and hiking. My family did a lot of camping on the coast and in the mountains, and I learned to cross-country ski with some boyhood friends. It was through this friendship that I was first exposed to the world of search and rescue--my friends' dad was active in Eugene's SAR. It seemed exotic and exciting, and I suppose memories of his missions were in the back of my mind when I joined Cibola SAR last year.



I went to college in Oregon, then to law school in New York City. I picked New York because I thought at the time I wanted to work in international relations. I lost interest in the subject when I realized I didn't like living in big cities, which would be required if I were to work in that area. So after graduating I returned to Eugene to work in a small business law firm. I moved to Albuquerque a couple of years later, primarily as a change of scenery and climate after living most of my life in rainy Oregon.

I began my New Mexico law career with the Rodey Law Firm, where I worked in a variety of areas before settling into an environmental and natural resources practice, representing companies needing help with permitting, compliance and other such issues. I ended up as Chairman of Rodey's Environment and Natural Resources Department until my retirement from the practice in 1998.

I left the law seeking greener pastures. I had set myself goals when I became a lawyer, and after meeting them I wanted to embark on a new path, with new goals, though I wasn't sure at the time what those goals would be. After a year or so of retirement, I decided to go back to school to earn an MBA, which I could use to pursue a career in some field of business. I've since enrolled in the Anderson School at UNM, where I just finished my first semester.

I'll be graduating in a year and a half, and at that time my wife Cindy and I will decide whether to stay here in New Mexico or to move to a more vibrant economy. In the meantime, I've been enjoying membership in CSAR, and look forward to many more missions with my fellow members.

Web News

by Watt's Gnu

I've added our callout procedure handouts to the list of things you can get on the members-only website. Feel free to refresh your supply of mission information sheets, voicemail instructions and so on.

The team website can be accessed at <http://www.swcp.com/csar/>

Statewide SAR Notes

by Tom Russo

PACE news

Gail Zimmerman informed me at ESCAPE that the contents of those pesky PACE packets can now be found on the web at <http://www.nmt.edu/sar>. Gail reports that the on-line version of the PACE study guide is not yet ready to put up on the web, but should be within the month. Sadly, all the documents are in Microsoft Word 97 format and not one of the more portable formats for web content, so you'll need to have access to that software to read the materials.

The new Garmin eTrex GPS receiver: A SAR geek's first impressions

by Tom Russo

[erratum added 7 March 2001: The article written here reviewed the eTrex with version 2.03 of the software, a few days after I got my eTrex. I have recently learned that Garmin has issued 7 software upgrades since then, and two of those upgrades added features the absence of which contributed to my overall negative first impression of this unit. As of revision 2.10 of the eTrex software, relative waypoints and an informative acquisition screen are available. I am not aware if there has been any change in the

user's manual included with the unit. My unit came with a very inadequate 13 page manual, and I had to rely on the down-loadable "advanced" manual from the [Garmin](#) website.] I recently got my hot little hands on one of Garmin's new eTrex handheld GPS units. After a weekend of playing with it, I thought I'd share some of my early impressions for those of you who might be considering its use in SAR.

At a street price of about \$120, the eTrex looks like a pretty good deal, especially since it's small and light. Powered by two AA cells, the eTrex is reportedly capable of about 22 hours of operation in "Battery Save" mode, which compares favorably to the 24 hours that the Garmin 12 is supposed to get out of four AA cells. In Battery Save mode the receiver is not on continuously, rather it cycles on and off. The eTrex is quite light, about five ounces with the batteries on board, and is considerably smaller than the other Garmin units. Like most new GPS handhelds, it has a 12-channel receiver, so the wait for an initial position fix is short --- 15 seconds was typical during the time I have played with mine.

Garmin's done a good job of positioning the controls on this unit. There are only five clearly labeled buttons on the side of the unit, right within reach of your fingers as you hold it. I can't say I ever objected to the front-panel controls of my Garmin 38, but I can see that I will quickly get the hang of this new layout.

Taking the bad with the good?

As I said, the eTrex has a nice feel, is quick to acquire, is light and doesn't cost a whole pile of cash. Geeky, curmudgeonly information slut that I am, however, I was instantly irritated by its "cutesiness." Whereas our workhorse Garmin 12s show a satellite acquisition page that reports on what satellites your unit is detecting, where they are relative to the horizon and how strong each satellite's signal is, the eTrex shows a little graphic of a hiker standing on the top of the world, four stationary graphics of satellites that look like Star Wars Tie Fighters, a single "signal" bar that merely tells you it's not done yet, and little blinking rays between the satellite icons and the hiker meant to suggest that it is working on acquiring signals from them. Of course, the information in the satellite page of the higher priced units is often (if not usually) superfluous, so this wasn't a showstopper, but to be frank I found this point-and-drool interface somewhat demeaning. This, however, wasn't enough to turn me off since the unit acquired its minimum of four satellites very quickly and I could get off this silly page and on to one with some useful information on it.

Unlike the other Garmin units I have used, there is no single "data" page that shows position, heading, altitude, speed, trip odometer and time at a single glance. There is a page, the "pointer" page, where you can obtain all of this information, but only one of those pieces of information is visible at a time and you have to cycle through them with the "up" and "down" buttons.

On to the "Map Page" --- all of the Garmin units will plot a map of your current position, a record of your travel ("tracklog") and the location of programmed waypoints, and will optionally rotate the map to keep it oriented with your direction of travel. The eTrex is no exception (although the cute little animated stick figure walking at the current location is unique to the eTrex), and unlike the other units, you can't disable

the tracklog (a very useful feature overlooked by many GPS users, who often leave it off all the time) but there is one important difference that took a bit of careful reading of the "advanced" user's guide to work around: there is no pan feature that lets you move the map around on the screen to view different parts at one scale. There is, however, an ability to plot a waypoint on the map if you go to the "Waypoints" page, select a waypoint and then select the "Map" option on the "review waypoints" screen. This will plot the waypoint on the map page and display that portion of your tracklog that fits at the current zoom level. I do think the Pan feature would be much easier to use when trying to get things done quickly in the field, but this somewhat obscure feature does the trick.

Moving on to the "Mark Waypoint" screen we get another cutesy feature: a little man holds a flag with a waypoint name on it, and a cartoon speech bubble holds the "OK" button. The UTM or LAT/LON of the current location appears at the bottom where you can edit it, and you can also select the waypoint name and edit it. Despite studying the simplistic, thirteen-page user's manual that came with the unit and the supposedly "advanced" (50 page) user's guide available for download at Garmin's website, I could not determine if it was possible to set "relative" waypoints on this unit, and it appears that this feature is unavailable. A relative waypoint, supported by all of the other Garmin units I have used, allows you set a waypoint based on a bearing and distance from another waypoint. This is a powerful feature that has a real place in search and rescue, and its omission from the eTrex software is a serious one for our purposes. I hope Garmin will eventually provide an update to correct this, even if it means they have to take out some cute graphics to make room for it in the program memory.

Fortunately, there is a way to the "Mark Waypoint" screen that doesn't involve navigating through a menu screen --- pressing and holding down the "Enter" button takes you there in one step.

The "Waypoint" screen allows you to select from your stored waypoints. This is one thing that is certainly improved over the older units. The eTrex provides a page with alphabetical tabs that list subsets of waypoints alphabetically, contrasting well against the inferior method used in the older units that only let you select from a single alphabetical list --- if you had lots of waypoints stored on one of these older rigs this was a real pain in the posterior aspect of the gluteus maximus. Highlighting a waypoint in the currently selected subset and pressing the "Enter" takes you to a "Review Waypoint" page that lets you delete, edit or map a specific waypoint. There is also an option on the "Waypoints" screen that allows you to call up a list of the waypoints nearest to your current location. All of these are useful and convenient features that won't take long to get used to.

On the "pointer" screen, you get a page that is similar to the pointer pages of other Garmin units: it indicates your current heading (as long as you are moving, of course), and the bearing to a selected waypoint, if "GOTO" has been activated. At the bottom of the page is a small box in which one piece of additional information can be displayed. By pressing the "up" and "down" buttons on the left side of the unit, you can page through important pieces of information like your current position, bearing to a selected waypoint, your current heading, and so forth. As I said before, I prefer the "one page fits all" version of the other Garmin units, but all this information is available here even though it takes a bit of button pressing. This is clearly just a matter of personal preference, and I'm sure others will disagree with me that this is an irritant. In fact, I might even change my mind after I spend enough time getting up

close and personal with this rig.

As is essential for all use of GPS with a map of any flavor, it is possible to select the map datum and position format from a wide variety of common choices. It was easy to go to the "System" menu and select UTM/UPS and NAD83 before I even opened the manual, and it will be simple enough to change it when I have to use an older USGS map.

Lastly, Garmin has chosen to use a different data and power connector for the eTrex than they use on all the other units. This may mean that if incident management ever goes to a system where they try to download GPS data from field teams as they return, the eTrex might be unusable for them until the new data cable becomes commonplace. It also means that the cheap (\$10) knock-off "pfranc" data connector that Mike Dugger described in his March feature article isn't an available option, and you'll have to fork out the \$38 that Garmin charges for its own proprietary cable. Like they say, the great thing about standards is there's so many to choose from.

All in all, I'll probably keep the eTrex and use it when it seems adequate, but I'm not quite ready to toss the old Garmin 38 just yet. While the older unit is slow and heavy by comparison, I can easily envision a situation where this new unit's emphasis on ease of use over maximum functionality will cripple it for use in the field. And I'm probably not *completely* alone that I run the risk of bursting a blood vessel every time I see a grinning cartoon hiker mixed in with my useful information. I would also recommend that if you were looking at the eTrex to replace an older unit or as a first unit primarily for SAR use, that you might want to keep looking for a better deal on one of the more fully-featured handheld units. On the other hand, the eTrex *is* light and easy to use, and is a 12 channel unit, so it seems to be a good buy if you're looking for something that provides basic GPS functionality without much complication.

Special Notes

As some of you may know, Melissa Smith will be leaving us for greener pastures (or at least more Easterly pastures) sometime in the not-too-distant future. Cibola will be holding a farewell potluck picnic at the Elena Gallegos Picnic Ground on 21 May 2000. The picnic will begin around noon, after the land nav evaluation that will also take place at Elena Gallegos. Because the picnic is associated with the training event, we have gotten word from Paula Montoya at Albuquerque Open Space that we will not have to pay the entrance fee to the picnic ground. Just tell the ranger at the booth that you're with Cibola SAR and head on in. The evaluation will begin at 10am and continue until the picnic. See you there. --

submitted by Tom Russo

I'm sure none of the hams on Cibola SAR would neglect the FCC regulation that requires licensees to keep a current mailing address on file with the FCC. Before August this used to require that you complete a paper form and mail it with a copy of your operator's license. Between August and now it required that you use a modem to dial directly in to the FCC Wide Area Network, and the process was a real pain. But the FCC has just made it a bit quicker to do this with the implementation of on-line filing

through the Universal Licensing System (ULS) on the Internet. If you received your licence after the ULS went on line (August 16th 1999), then you are already registered with ULS and should have received a licensee ID and password. To check if you're already registered, go to the ULS page and do a license search for your callsign. If it shows a licensee ID in the results, you're registered already. If not, you can go to the ULS web site at <http://www.fcc.gov/wtb/uls> and chose "ULS Registration."

Unfortunately, the FCC has gone the way of most federal agencies, and you'll be required to provide your social security number. Once you have your ID and password you can choose "Callsign registration" and associate your callsign with your ID. This process need only be done the first time you interact with ULS. Thereafter you can submit administrative updates (e.g. address changes) using the "Online Filing" button. Your new address will be on file with FCC immediately, and you should have a new copy of your updated license in the mail within the week. This process requires the "US security" version of Netscape that can be obtained for free from Netscape.

It should be noted that the FCC requires you to be registered with ULS to do any business with the FCC related to your ham license, so going on-line and registering with ULS now is in your best interest. Once you're registered you can provide the Volunteer Examiners with your ULS ID instead of your social security number if you take upgrade exams, and if you move in the future you'll have one less change-of-address form to mail. -- *submitted by Tom Russo*

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the Editors

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Volume 5, Issue 4
13 April 2000
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Larry Mervine

April is here. This is the time I review my pack for summer use. Winter clothing still stays in the back of my truck, but not necessarily in my search pack. Everyone is different, but out goes the expedition weight polypropylene and in goes the light weight. By the way, maybe you have not unpacked and packed your pack this month. A monthly routine that can help you to find items like; dead batties, partly eaten power bar, dirt, branches or smelly clothes.

I encourage you all to attend ESCAPE. It a good time get a lot of different training in one weekend.

See you out there.

Boots and Blisters

by Tom Russo

Thanks are due to Susan Corban for her hard work on the Wilderness First Responder class. Fourteen Cibola members were at the first class on 25 March. The class is intensive and full of information, but we all learned a great deal and are looking forward to the rest of it.

Further thanks to James Newberry for setting up the opportunity for Owen Couch, Emerson Toledo and Kitty Mason of the Southwest Association of Trackers to come talk to us about the art of tracking on March 11th. The workshop was fun and interesting, and some members of the team have been inspired to get involved in training to do this sort of thing. I know that at a minimum I learned just how difficult the tracker's art is, and how very time consuming it can be to find every single track on a subject's trail.

Thanks are also in order for Joyce Rumschlag and James Newberry, who have volunteered to lead this month's search techniques training. The training will take place on Saturday, 15 April, at 9 a.m. at Pine Flats picnic ground (the picnic ground is on the east side of South Hwy 14). I hope that those of you who are not taking Wilderness First Responder will participate in the training that Joyce and James have worked out. Searching is the core of our business, and it is not as easy as some would make it out to be. From the noises I'm hearing, this training will incorporate some of the features of our sound attraction/hasty search training in addition to the usual grid search techniques.

Still more thanks are due to our team members, who continue to show up at trainings in record numbers. There were 14 current and prospective members at the tracking training, and about 6 members who haven't had their orientations yet. I really, really like to see participation rates like this.

I picked up a piece of software the other day. It is called "GRASS," and is a full-featured Geographic Information System (GIS). With it, I can view and manipulate Digital Elevation Models (DEM), which are digitized files representing the elevation of terrain, and Digital Line Graphs (DLG), which are digitized files of roads, streams, rivers, lakes, man made features, etc. While I still haven't figured out how to use all of the 300+ commands that GRASS implements, I expect it will be a pretty good tool for generating training handouts and perhaps someday be useful on missions (for those frequent missions where I can bring along my UNIX PC --- hahaha). It is very interesting to be able to overlay roads and streams onto the digital elevation model, plot them in 2-d, overlay contour lines, then view the whole thing as a 3-d map. Seeing the contour lines drawn in over the 3-d view of the terrain is really cool, and I do hope to be able to use this thing for our next land nav training in June.

Hike of the Month

Tent Rocks

0800, Apr 16, 2000

Trailhead: Tent Rocks Trailhead

R.T. Distance: 11-13 miles

Elevation Min/Max: 5737/6700

Hiking Time tbd hours

Hazards: none

Topo Maps: Canada Quad

Hike Coordinator: Frances Robertson



Meet to carpool or caravan at 0800 at Bank of American, Academy and San Mateo. The drive to the trailhead will take an hour from there. Or, meet at the trailhead at 0900. There is a very small parking area at the trailhead. p> Directions to trailhead: Drive north on I-25 to exit 259 to Cochiti Dam. Proceed through Pena Blanca and drive alongside the dam about .75 miles. Turn left at the first road along the dam, as if heading to Cochiti Pueblo. Watch for a small brown sign on the right indicating the Tent Rocks area just before reaching Cochiti Pueblo. Turn right onto the washboard road. Follow washboard road to Tent Rocks parking area. This is a \$5.00 Fee Area so consider carpooling to save gas, money and the environment.

The hike is for adults who have children and want to know where to take them, for adults who are still children, and for adults who'd like to find their inner child. Spouses/significant others welcome, if they can hike. Hike offers opportunities for low-risk rock scrambling. Bring GPS to program waypoints if you are ever on a search in the Tent Rocks area. Our serious goal will be to get a mental map of Peralta Canyon, Colle Canyon, West Mesa, Cone Ridge, and the trails (which are not on the map) that connect these areas. Our overall purpose will be to explore the area and have some fun doing it.

Business as Usual

by David Dixon

PRESIDENT

Larry welcomed new people Erik Aspelin, Jason Bolles, Steve Buckley, Tony Carango, Don Heshley, Edward Mighetto, Ed Mims and Jennifer Mims.

We received a \$50 donation from a recent subject.

There is a need for more people to sign up for Pager 1.

MEMBERSHIP

Erick Wankel and Bill Grantham have gone through Orientation and are new Prospective Members.

The before meeting run at 5:30 has now moved to the end of Menaul.

The first WFR class starts at the EMS Academy on March 25.

SECRETARY

We have one more 40% off coupon from Brunton for those interested in ordering items.

TREASURER

Finances and balance for previous month are given.

VICE-PRESIDENT/TRAINING

Last month's GPS Training was very good. Had 27 attendees.

We will start to incorporate ICS into Trainings.

March Training is on Tracking.

EQUIPMENT

James asked for a list of Pager 2 Gear Handlers. Wants to know if anyone could be a backup for Pager 2 when someone can not do it.

He would like to buy some bins for small consumables and possibly topos of Sandias for individuals or team sets.

Wonders whether team wants to continue buying and supplying MREs to members. Discussion leans towards no.

PUBLIC RELATIONS

A tentative date has been set for an Open Space Outdoor Preparedness lecture and hike again this summer.

Frances Robertson is looking into orange balloons for kids at PR events.

PR Committee has added fund raising to its 2000 Goals.

ICS COMMITTEE

Committee meetings held after all trainings including coming Saturday.

ICS will now be used for Trainings. Don Gibson is working on a curriculum.

Jeff asks if anyone is interested in ordering orange Section Chief vests

Some discussion centering on Cibola having more Section Chiefs. Mike D. says that we are a ground pounding team and want to stay that way.

STATE

Escape will be the first weekend in May at Philmont. Reimbursement discussion at next meeting.

PACE

There will be ongoing Pace testing all weekend long at ESCAPE.

NEW BUSINESS

Paul might lead a hike of the month up the CCC trail.

Pager 1 Stuff. There is a need to review Pager 1 callout procedures with additions. (See full minutes for more info).

Because of some receiving problems there will be a 4 day pager check starting next week. Check sheets are due at next meeting.

Open Space has cleanup every Saturday in April. Call Open Space for info.

Pinching Pennies

by Mike Dugger

Most of our operating funds come from the United Way, Combined Federal Campaign, and the State Employees Charity Campaign. After the annual campaigns are done I get a statement from each of these funding agencies telling me how much in donations we can expect for the year. Further, in preparing our IRS documents I get a chance to review the financial history of the organization for the last year compared to previous years.

The message this year is sobering. The growth, training, and increase in professionalism exhibited by this team in the past five years has been phenomenal, but this success has not come for free. I'll present the actual data at the meeting, but suffice it to say that our operating expenses have outpaced our income for a few years running. Last year, by about a factor of two. We clearly cannot continue to operate this way forever. We have already voted on an operating budget for calendar year 2000 and there is no reason to abandon it at this point. However, I propose a slight shift in our operations toward greater financial conservatism until our income can be brought more into line with our operating expenses.

Who's Who and New

by Susan Corban

Holly Pickens and Aaron Hall have each had an orientation and will be attending missions. Please give them your sage advice in the field.

Membership Requirements Review

I want to remind **all members**, prospective and active, to be sure to attend *at least* two trainings in the six-month period from January through June, 2000. There are three opportunities remaining.

Active members who plan to go into the field on missions need to complete the three evaluations during 2000, of course. If you want to remain on the team, and work incident base, but not go into the field, you must attend at least two trainings each six-month period.

Prospective members must attend Cibola events on the 3-2-1 basis (three meetings, two trainings, one mission) each six-month period. Prospective members must also pass the State PACE exam and the three evaluations within one year from orientation to become active members.

If anyone has any question about their status, please check the web site database or talk to me.

I hope that members really like doing search and rescue and want to learn and maintain skills and work with their fellow team members and therefore come to more than the minimum required two training events. This is your team.

Gearing Up

by James Newberry

Equipment available for Active and prospective members to use on SAR activities. (For SAR use only)

- Trail Tape
- AAA batteries
- AA batteries
- C batteries
- D batteries
- 4.5 volt batteries
- Rubber gloves
- Ear plugs
- M.R.E's W/Heaters
 - Chick & Rice
 - Chick & Pasta Shells
 - Spaghetti
 - Turkey & Potato
 - Beef & Mushroom
 - Vegetarian Pasta & Tomato

Public Relations

by David Dixon

An important, and to me one of the most enjoyable, roles of the PR Committee is sharing our outdoor knowledge through Preventive SAR or PSAR. This includes presentations to the public covering outdoor preparedness and related topics. We may be talking to the general public, more knowledgeable groups such as the Mountain Club or youngsters. Frances Roberston is working on developing some of these presentations to kids at all levels. The PR Committee welcomes her ideas and enthusiasm and, as always, encourage other members to work with us.

When doing a presentation it is important to take into account the level of your audience and to know your topic. It is also important to understand team limitations. As teachers or presenters we have a

responsibility to put across factual, up-to-date information but also to understand that some things are not appropriate for the general public and kids. In addition there is a liability issue in working outdoors or with certain kinds of equipment. This is an important subject and was discussed at recent meetings of the PR and Officer Committees.

One of the initial steps in becoming a member of Cibola is signing a waiver of liability covering missions, trainings and other field work. The public has not signed one of our waivers. This limits what we can say and do with them. Some things, like basic map and compass skills conducted in a classroom or parking lot, are within our scope. Others are not. As a team and individuals, we have worked hard to become skilled in litter packing and hauling. Describing some litter experiences and showing our equipment is ok. Teaching and conducting hands-on litter skills is not. We cannot take on that public responsibility. This, in fact, applies to most outdoor activities we do with the public away from the classroom setting or involving use of equipment. Because of this, another role of the PR Committee should be to determine and approve appropriate Cibola-sponsored public presentations. All presentations should be approved in writing by the PR Chair. This specific procedure needs to be brought to the team and voted on for approval.

There are other times when this liability issue applies. We sometimes welcome other SAR teams to participate in one of our trainings or mock searches. If that training involves outside field work or use of our equipment I feel that those non-members should sign a liability waiver. This also needs need team approval.

I have been working for over two years on team PR and want to continue to have strong Cibola-sponsored public presentations. These issues have come up before and need addressing.

Member Spotlights

Chris Murray has written the following.

Well I thought that I'd help Susan out and write a short "bio" before she had to threaten me with great bodily harm or worse!



I was born and raised at Wrigley Field (well a 40 minute "el" ride north of there anyway). My love of the outdoors began on trips back east to Connecticut to my great-aunt's house. There we could fish, catch frogs, snakes, salamanders and wander the woods to our heart's content . I joined the Boy Scouts , which got me out camping about once a month, and later in high school joined the Hosteling Club. The mountains out west were calling so I went to College at Colorado State in Fort Collins. Just to prolong the agony, put off graduating or just to send my father into fits, I took some time off from school and worked for the Forest Service for a while in Vail. There I was introduced to search and rescue through the Vail Mountain Rescue. I wasn't going to be there long enough to join, but it planted a seed of curiosity.

My dad had gone to U.N.M. in the early '50s and had taken me to New Mexico on vacation and I really liked the wide open beauty right next to the mountains. So after graduation I headed down to Albuquerque. I joined a soccer team when I first got here, and that kept me busy, as well as the occasional hike or backpacking trip. A few years later I found a kindred spirit who loved the outdoors as much as I did (and who could kick my butt at racquetball), so I married her. Gina and I have an 11 year old son and a 5 year old daughter to help fill up our free time.

A few years back I had seen a booth for Cibola at an East Mountain Rendevous and remembered back to V.M.R. and thought that would be the thing to do. So when the Albuquerque Soccer League actually became the Santa Ana Soccer League, I thought that search and rescue would be a good way to keep in shape, get out and about in the outdoors, and provide a service to the community.

Sorry, my dog Kelly isn't as talented as Jake but she says WOOF to all of you Cibola folk. See you out there!

"Paratus et Vigilans"

Web News

by Tom Russo

I haven't spent much time working on the website this year, but there are a few new links added to our "other interesting web sites" page, and I've tried to keep our list of training handouts current. We continue to get lots of positive comments and our page is widely read. As always, if you have something you think would make a useful addition to our site, please let me know.

The team website can be accessed at <http://www.swcp.com/csar/>

Special Notes

James Newberry and I drove all the way out to Gallup to follow some McKinley County law enforcement guys around the woods for a day. We decided we like tracking and trailing but not long \$1.59/gallon road trips. James, Chris Murray, and I would like to get a group of interested Cibola members out to practice. If you are interested, please give your name to me so I can put together a contact list. We'll schedule some days and locations in the Albuquerque area. And, next month our hike of the month will include tracking. - *submitted by Susan Corban*

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the Editors

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Volume 5, Issue 3
9 March 2000
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Larry Mervine

On a recent mission in El Malpais lava field our team found ourselves discussing if we were lost. Like most missions we were given a task assignment, which included instruction from the local Forest Ranger. One item we were not given was a map of the area. This can happen. The Forest Ranger did say that the rock cairns (a pile of lava rocks) can be hard to see, specially at night. So we started out and the trail seemed to be easy to follow. Then after about hiking for three miles and three hours we could not find the next cairn. Looking back, we could not see the last cairn we had just come from. This could not have been more than five minutes from the previous cairn. So we area searched for about half an hour. We still could not find the trail. To top it off, base camp was requesting a location update.

The question is 'when does a team admit it is lost?' In our case, we had two choices. Since we had GPS coordinates for the other end of the trail, we could get a bearing and continue for another four miles to the end of the trail. The other choice was to get a bearing to our last point and return to base camp. We chose the second choice, because our legs began to feel weak and we wanted to leave at 6:00 a.m. And, we also figured we knew the trail we just came from rather than an unknown trail. On the way back we left one person on a cairn until the next cairn was located. Even using this method, a couple of times we had to look for the next cairn.

But, lets go back to the question of when or whether to admit you're lost. We discussed and decided that we would look for our last GPS coordinate for about half an hour. If we still could not find the trail, we would call base camp for help. We were told that you cannot trust compass bearings in the lava fields. But we found for general direction the compass worked fine, or at least we were able to find the trail again using the compass bearing. Each mission terrain is different. The resources each team has with them and the team's search experience all factor into the decision to admit they are lost. It is hard for a

search team to say they are lost. But what is the alternative, dead. I rather be alive than be dead. Besides, your safety comes before the subject and the task assignment.

See you out there.

Boots and Blisters

by Tom Russo

Susan Corban led a great GPS training on 12 February. We practiced setting routes in our GPS units, marking points on maps using UTM coordinates, calculating distances to waypoints, and navigating a course through the forest using only GPS. Susan did a great job of illustrating the limitations of the GPS system --- members were asked to walk toward a waypoint using only the "compass page" of their GPS. In addition, Susan set out markers so that we could observe what a 100 meter radius circle looked like: remember that GPS units are limited in their accuracy by Selective Availability, and a location given by a GPS unit could be off by as much as 100 meters.

In addition to sending teams into the field, we started practicing ICS at this training. Expect ICS section chiefs will be working at "training base" at most future trainings.

On the subject of ICS, we have a large number of ICS Section Chiefs on the team now. While Cibola remains a ground team, we do also need to make sure our section chiefs keep going over their training if they plan to attend missions and serve in ICS roles. If you have had ICS Section Chief training and would like to be a section chief at any upcoming training, please let me know.

Our training in March will be on Saturday, 11 March at the Tijeras ranger station on South Highway 14 at 9am. The subject will be Tracking, taught by Owen Couch. Thanks to James Newberry for volunteering to handle the arrangements for this month.

The Wilderness First Responder class at UNM begins on Saturday, 25 March. This class will count as three Cibola trainings, one for each month attended. Remember also that members who are active at the time they complete the class are eligible for reimbursement for up to \$150 for this class.

A note on "Search Techniques:" We've had a few search techniques evaluations where the teams have achieved only 65% POD, unlike the first few we offered in which 90% was the norm. Since it is pretty clear that this stuff isn't just "fire and forget," we'll have another Search Techniques training in April. Joyce Rumschlag and James Newberry have generously offered to lead this training, and Larry will serve as a technical advisor. I encourage our members to join them to practice this very important aspect of Search and Rescue.

Happy Trails.

Business as Usual

by David Dixon

PRESIDENT Larry welcomed new people Dennis Barnhart, Bill Campos, Aaron Hall, Vasily Lewis, Teddy Martinez.

MEMBERSHIP Paul Dressendorfer and Brian Lematta are the newest active members.

Michael Bridges, Steve Kulk and Art Fischer are new Prospective Members.

TREASURER Finances and balance for previous month are given. Financial statements for new year are available to those interested.

VICE-PRESIDENT/TRAINING The March 12th Training on Tracking has been moved to Sat. the 11th, Tijeras Ranger Station. Trainer is Owen Couch

February's Training is Saturday on GPS.

There will be a speaker on Dealing with the Mentally Disabled before the March Meeting, 6:30.

A 15 minute film on the Evacu-litter will be shown before the April meeting at 6:30.

EQUIPMENT James reminds everyone that CSAR has tape, batteries, MREs, rubber gloves available to members.

PR David brought Cibola posters, pamphlets and bookmarks for those interested in having a few on hand for PR purposes.

ICS COMMITTEE Jeff has started a new committee for Section Chiefs and others interested in ICS aspects of SAR. ICS forms can be downloaded from the N.M. Tech website.

STATE There will be a Wilderness Skills Training on Feb. 25-27 at Philmont. It will be an overnight bivy, cost of \$20 which includes food, use of skis or snowshoes.

PACE There will be a ICS 200 and 300 course in March.

The WFR class is still open for those interested.

BUDGET COMMITTEE Budget Committee has the Budget for 2000. A motion is made by Mickey J. and seconded by Melinda R. to vote on it. Vote is unanimous for approval.

OLD BUSINESS Cibola finally got our FCC license for the old team frequency of 155.265. The call sign

is WPPU605. A big kudo to Tom R. for his hard work in this matter.

Susan would like to start a "running group" before each meeting at 5:30. Meet at the end of Montgomery.

Mickey talks about possible Texas legislation that would ban radio/cell phones in vehicles. 17 states have passed similar laws.

Larry passes around a letter from the mother of 2 lost boys from a recent mission praising Cibola and others that took part in the search.

NEW BUSINESS Hike of the Month will be off the Windsor Trail in the Pecos. Check the newsletter for information.

Who's Who and New

by Susan Corban

Erick Wankel and Bill Grantham have had orientations and you will be seeing them on missions. Welcome, guys.

Gearing Up

by James Newberry

Cibola Gear Committee Wish List:

- 1 or more Team members to volunteer to wash and Dry 2 sleeping bags and 4 blankets.

List of equipment available for Active and prospective members to use on SAR activities. (For SAR use only)

- Trail Tape
- AAA batteries
- AA batteries
- C batteries
- D batteries
- 4.5 Volt batteries
- Rubber Gloves
- Ear Plugs
- M.R.E.s (various flavors) with heaters

Mini Lesson

by Mike Dugger

GPS Do-It-Yourselfer

Welcome to the first edition of the "GPS Do-It-Yourselfer!" Today we'll learn how useful it can be to move data back and forth between your computer and your GPS, discuss how to establish communications between two GPSs, and between a GPS and a computer. First, we'll call up our GPS manufacturer and purchase every cable that they make....

OK, let's hold it right there. This is starting to sound like one of those woodworking shows that tell you how easy it is to make a beautiful dining room set out of old planks from a weathered barn. Yeah, sure. If I had all that equipment I would be making furniture for a living, too. Show me how to do it with a chipped chisel and a dull hand saw! But enough ranting already.

Santa brought me a cable to connect my GPS to my PC for Christmas, and after our last GPS training I got motivated to try it out. Since I know there are some free programs out there to upload and download data to the GPS, and since I am fundamentally a tightwad, I decided to check out a few and share my observations with you. So, below I will discuss how to get cabled, and then the results of my playing with four different software packages that you can download for free.

GPS Cables

Let me say at the outset that the information in this section applies most directly to Garmin GPS receivers, models 12, 12XL, 38, 40, 45, 48, 89, 90, 92, GPS II, II+, III, and Street Pilots. This is because I have a 12XL, and because some very clever and motivated people made a mold for the proprietary 4-pin connector that Garmin decided to put on the back of the above units. Why did Garmin use a non-standard connector? Beats me. Maybe of the thousands of connectors commercially available, this was the only way they could meet the tight constraints on space, weather resistance, and durability required by the GPS. Or perhaps it is the same reason that they sell three different cables with this whizbang connector on it (PC to GPS, GPS to GPS, and power) at \$30 to \$40 each, when it could all be done with one cable. You do the math. But I digress. Lucky for us, a guy named Larry with access to a numerically-controlled milling machine and an injection molder decided to make some. This has now turned into a "Purple Open Project," and his worldwide network of "pfrancs" will send you a kit from which you can make your own cable. Go to http://pfranc.com/projects/g45contr/g45_idx.htm to find your closest pfranc, and you're on your way. It should be possible to integrate the power, PC transfer, and GPS-to-GPS transfer functions into a single cable. I plan to try this with the connector kit I just requested. You'll need a few extra parts to make something like this, such as a piece of 4-conductor cable, a connector for the computer, a soldering iron and ohm meter. If you don't have access to this stuff, or just don't want to bother, some pfrancs will sell you a GPS-to-PC cable ready to go, for a lot less than you would spend with our friends at Garmin. Nothing against Garmin, but perhaps they will continue to do just fine

without your money for cables.

Although I have very little experience with other models of GPS receivers, I have played with Magellan and Eagle Explorers and I know they have data ports on them too. I don't know if these manufacturers use standard connectors or something custom. But once you have the cable, the transfer of data to the PC and manipulation there will be the same.

GPS Software

At this stage, you might be thinking, "What's the big deal? Why would I want to share data between my GPS and my computer anyway?" I assure you that I'm not just another geek with too much time on my hands. I'm actually quite busy. But using the GPS and computer together can be really powerful. Let's say you are going to be hiking in the Pecos, and want to enter some coordinates of trailheads, trail junctions, peaks, water sources, or whatever in your GPS. You could sit with your GPS for an hour and enter a dozen waypoints by hand. It is fairly easy and intuitive to enter waypoints directly on the GPS, but let's face it, this is going to take a while. Alternatively, you could create a file on your computer containing dozens (or hundreds) of waypoints and download it to your GPS in a few seconds. The data must be entered in any case, but it is much faster to do this with your keyboard than directly on the GPS. You could have separate files for places we are frequently called to search, like the Sandias, Manzanos, Santa Fe ski basin, Mount Taylor, Rio Puerco, etc. Then when you are out there bushwhacking or four-wheeling, you'll know how far it is to the nearest trail. Another useful feature of data sharing is the creation and modification of routes. Consider that file containing waypoints for trailheads, junctions, and prominent places in the Sandia mountains. If you want to hike to a subset of these places in a particular sequence, you can use the PC software to create a route with the waypoints of interest. When downloaded to the GPS, the receiver will recognize this sequence of waypoints as a route and let you navigate to them, one after the other. Route creation with software is probably not very useful in preparation for an actual mission, since we never know exactly where we will be asked to go on a given assignment. However, the ability to download a file full of waypoints in the general area of a search could be very handy. This can be done so quickly that downloading waypoints in a target search area before heading out to a mission is quite feasible.

While the focus here is on software that can be obtained for free via the internet, I mention for completeness that very full-featured mapping software can be obtained at reasonable prices. If you want to plot waypoints directly onto digital maps, look at them in 3D, etc., this is the way to go. For example, see DeLorme's 3-D TopoQuads for around \$99 (www.delorme.com). All of the programs below permit the basic transfer of data back and forth between the GPS and the computer. Note that while all these packages work with the Garmin GPS, not all of them work with other major brands. Check the ability of the software to work with your GPS before downloading and installing the software. I'll focus on differences in the programs here, particularly the ability to plot points on screen, and create and modify routes. I ran all of these on a Pentium II, 266 MHz with 64 MB of RAM, running Windows 95.

PCX5 (ver. 2.09)

This is an MS-DOS application developed by Garmin to transfer data between their GPS and computers. It is a bit inconvenient to use in that takes over your system until you exit, making it impossible to do anything else like copy data out of a text file, while this application is running. It has a plot window to show the spatial relationship between waypoints, but offers no ability to include a grid or coordinate system on the plot. There may be a way to edit a route on screen to insert or delete points, but I could not discover how to do it in my short trial. Another bothersome detail is that if you prefer to use a particular coordinate system (like UTM/UPS) and a particular datum (like NAD83), then you have to load a custom configuration file with this information every time you start the program. All the files provided occupy 2.84 MB of disk space, but only 6 of the 20 files provided are required to run the application, and they occupy 757 kB of disk space. Several data files are provided, such as a world map and map of U.S. states defined in waypoints, which I did not find very useful. Contact Garmin technical support at <http://www.garmin.com/support/>, or mail to techsupp@garmin.com if interested in this program.

Waypoint+ (ver. 1.7.17)

This application was developed by Brent Hildebrand, and is a Windows application. Separate command, plot, and waypoint editing windows open as needed, depending on what you are trying to do. The plot window can be configured with a grid, and zooming is very easy to do by simply drawing a box around the area you wish to enlarge. Route editing is also fairly easy. Waypoints can be added, deleted, and moved around in pop-up windows that are created when you list the waypoints in a specific route. The main problem I had with this application is that the map grid is set to lat/long, and there is no way to change it. The coordinate of the mouse is shown at the top of the window in the selected coordinate system (like UTM/UPS), but the map grid is lat/long and that's it. The downloaded file is 1.06 MB, which extracts to 2.17 MB. I'm not sure what subset of these are required. Visit <http://www.tapr.org/~kh2z/Waypoint/> to download this program.

G7ToWin (ver. A.00.02)

This program was authored by Ron Henderson, and is designed to work best with StreetAtlas (by DeLorme). On the plus side, it has a very intuitive (probably the best I evaluated) route editing tool, in which you can select waypoints from a list and insert in an existing route, create a new waypoint for an existing route, and create new routes. However, the most serious drawback is that it lacks any plotting capability, relying on use with StreetAtlas to take care of this. This removed it from further consideration for me, but you can visit <http://www.proaxis.com/~crh/gps/g7towin/g7towin.htm> to find out more about the program or download it. The zipped file is just 230 kB, and unzips to 661 kB, making it one of the smallest programs I evaluated.

GPS Utility (ver. 3.39.6)

I saved what I think is the best for last. I found and downloaded this program a couple of weeks after playing with the others, so I have not had as much time to evaluate it. However, I'm already impressed with its capabilities. Written by Alan Murphy, this program includes a descent route editor, as well as a

plot window. The plot window uses grid lines in the selected coordinate system, so you can print a map of your points with a UTM grid on it. So, with this program you can create a route from waypoints downloaded from your GPS or typed in, modify it, see how the route looks on a map with UTM grids, and print it. This provides all the basic functionality I was looking for in a free GPS program. However, GPS Utility does not stop there. In addition to plotting points on a white background with a UTM grid, this program can work with digitized maps. Although I have not tested this with my own scanned map, it seems to be possible to import a map image as a bitmap, register the image to a coordinate system, and then plot your points on that map. Sweet! Visit <http://homepages.enterprise.net/murphy/gpsu/index.html> to find out more. The zipped file is 649 kB, and extracts to 1.78 MB. Some additional features may be activated for \$30 by converting the unregistered copy of this shareware to a registered copy. Registering also lets you get technical support from the author. Not a bad deal!

Summary

Transferring data between your GPS and your computer can dramatically increase the usefulness of your GPS. You can make your own cable to supply auxilliary power and share data between your GPS and computer, or your GPS and another GPS, for under \$15 plus some very easy assembly. There are many programs available for download via the internet for transferring data between the GPS and computer. One of the most full-featured is GPS Utility, by Alan Murphy. This program allows waypoint and route editing, plotting on a map with a grid in the desired coordinate system, and even the ability to plot points onto digitized maps.

I've gotta run now, and start entering all of those waypoints...Hey, if anyone is interested, perhaps we could make a team project out of putting waypoint files together for areas where we search!

Member Spotlights

Mickey Jojola's Biorhythms Authored by Mickey's evil twin, Mikey

My story starts 500 years ago with the Mayflower. Wait, that's probably farther back than you want to hear. OK, I was born in Farmington, NM 35 years... What?? Too much information? Ok, ok, ok, I'll move up the time frame, but you're missing some pretty interesting stuff.



While I was living in Oklahoma getting my graduate degree I began to train dogs. I worked with a friend of mine who was on the police department in OKC. While working with trailing dogs I became interested in SAR. Shortly after I moved to Albuquerque I got in contact with Cibola SAR (arrived in December and joined the team in February). Naturally, I fell in love with this 'hobby'. I've been with Cibola for about five years now. I still train and work search dogs. Many of you already know Jake, my buddy and search dog. I am currently training a German Shepard for trailing. I love incorporating the dogs into the

ground search, it's very challenging. I also love the ground pounding aspect of SAR as well as the detective work involved. Currently I am the chairman of the NMESC (New Mexico Emergency Services Council), about to finish my term. I have enjoyed working with the teams around the state but I am ready to just do some searching. I hope to work with everyone soon either on a mission or on a training. Anyone interested in hiding for Jake just let me know, we're always 'looking for new people.' Ha!

Too bad you wouldn't let me start earlier. You missed some really good (and juicy) stories. Maybe another time.

JaKes artIcl by **JaKe JoJoLa**

hI my NaMe sI JakE. mY dAd is On yur TeEm aaand I wPOrk wITh Hem. I LikE tOO LoOk fOr PeePIE wITh my KnOse Itt eS fOn? mY Dad Letss mne GO wITh hem WeN hee HiKes AnD I GeT tO sMEll fOr lOst PeEpl.

mY fAvORiTe ThInGs ArE tO bE ScRAchEd On My tUmMy aNd mY nEk. I ReEIY lIkE fod. I gEt tO PLAy tUg wHen I fInD A LoSt pEepl. ThAt mAkes mE HapPy!!! NeXt tIme yOu ?SeE mE pLeAse PeT my, I LiKE tHat?

ThAnK yOu 4 LeatIng Me TeIL YoU aBot Me.

jAke

David Dixon tells us the following about his life in and out of SAR. Although not a true New Mexico native, I'm pretty close. I arrived here in 1958 as an eight year old, wide-eyed kid from Michigan when Eubank was recently paved and Old Town was not so old. Ten years and three public schools later my family moved to St. Louis and I stayed to get married, attend UNM and graduate in geology. After working as a geologist and a variety of other jobs I found myself with two kids, unsettled and with the desire to find a real career. I was teaching La Maze childbirth classes as a volunteer instructor at the time and that experience led me to teaching. So I went back to school for a year, gained a career and lost a wife. Twenty three teaching years later I guess I'd found my profession. And 18 years into my second marriage I know I found the right wife. Our blended family of five children, all of whom moved on to spouses and careers, has grown to include three grandchildren with one more on the way.

Teaching has been an enjoyable if non-profiting career. I have been at Eldorado High School for 22 years and taught most of the sciences including physics, geology, astronomy, Biology and even a class I designed called Energy, Economics and the environment. Like all of us in CSAR, I'm also Mr. Volunteer at school as I sponsor Science Fair, Science Bowl, many classes and too much else. The last few years I have found a new calling in technology and am now Eldorado's Technology Coordinator with only one class of physics. What is a Tech Coordinator, you say? I am in charge of all hardware, software and the network and do a lot of troubleshooting and 'ups' (setting up, following up and patching up!).

Education also runs in the family as my wife Rose is the principal at Hodgin Elementary and two of my daughters, a sister-in-law and brother-in-law are teachers.

I've spent a lot of time outdoors in and around New Mexico backpacking and camping. After many years of flailing away I think I've also become a pretty decent fly fisherman. You've got to love the outdoors to do what we do. I became involved in Cibola when my son-in-law, Scott Pierce, went to a meeting and talked me into coming the next month. And, although he and my daughter (and first grandson) took off for higher ground in Steamboat Springs in 1998, I stayed around. Scott was a very active member in his year or so with Cibola and SAR is obviously in his blood. He even had a short stint as Cibola secretary before he left. He has become a 'prospective' with Routt County SAR and is enjoying the avalanche and snow experience.

Cibola has been a rewarding experience and I've gained lots more outdoor knowledge, humbleness and friendships. I guess I've dug at least a small trench and am here for a while (or after my last mission until my old body gives out!).

Web News

by Watt Gnus

The team website can be accessed at <http://www.swcp.com/csar/>

Statewide SAR Notes

by Nancy O'Neill

ESCAPE 2000! It's almost here and here is a sneak preview of the events we have planned*.

- All day available VE's so you can get your ham license or upgrade.
- Saturday night Buffalo BBQ and a hosted dance in town with designated drivers.
- Saturday night speaker: Dr. William Forgey, Author
- For the non-sar significant other: tours of historic sights all day Saturday.....Free!
- T-shirts free upon early registration.
- Lots of Nifty Vendors(right now we have 8) including Radcom who will be there for the whole event and well stocked too!

List of classes:

- Intro to Amateur Radio and it's use in SAR
- GPS/Basics
- Canine Field First Aid
- Disaster SAR Intro
- ELT
- FC Update
- Sar in Native Lands

- Fatigue and Rehab
- Personal First Aid/Diseases
- Scene Preservation
- Intro into Mapping Software
- 4WD /field
- Backcountry Emergency Repairs for 4WD
- ATV/Snowmobiles
- Knots
- Safety in the Vertical Environment
- Climbing for Ground Pounders
- Litter Packaging
- Map & Compass
- Clothing /Gear
- Mantracking by Border Patrol
- Desert Survival
- Major Trauma by Dr. Forgey
- High Altitude Sickness - Dr. Nelson who has new research on this
- CISM
- SAR Liability (Medical)
- Weather Safety
- Search Techniques

Plus, If you have never been to the Philmount Boy Scout Ranch, that alone is worth coming to Escape. This place is located in Northern NM and has a nice facility and the most organized system for tracking the thousands of Boy Scouts that come through there every year. The meals should be good and we really are, finally, going to have a vegetarian meals for those who are vegies.

I hope to see you all out there and both Mickey and I are not running for the NMESC Board again. If you would like to participate as a representative, please let Mickey or me know. There can be two members of one team on the Board and it is good to have a representative of us ground pounders on the Board. You also get the chance to improve ESCAPE! I promised to have ESCAPE not on Mother's Day and at different locations, I'm happy to say that I did accomplish this!

**"Planned"* means acts of God and human acts that cause the class to not happen are not to be whined about.

When The Subject Is Developmentally Disabled *by Jeff Phillips*

As I was considering the question, "What is important for searchers to know when the subject is developmentally disabled?" I relied on my experiences of ten years in services to persons with developmental disabilities (DD) as well as my one year with Cibola Search and Rescue and three years of training and education in the Incident Command System (ICS). Many issues and items must be taken into consideration when the subject is DD. These are presented within the ICS framework below.

However, it is incumbent upon me first to dispel what I believe is an unproductive (perhaps even counterproductive) piece of information that is consistently given on searches involving persons with DD.

Mental Age Equivalents Add Little Value - Do Not Rely On Them, Ask For More Information

What images are conjured up when an Incident Commander (IC) says "the subject is a 28 year old mentally retarded girl with a mental age of 3?" I believe it is only natural for lay-people to focus on the "mental age of three" rather than the more tangible 28 year old female part. Everyone can picture a 28 year female. The description "mental age of 3", on the other hand, is much more difficult to picture. I submit that a description of this sort is no more valuable than if the IC was to say "the subject is a 45 year old male hunter who reads at the 5th grade level." It is hard to imagine what that information adds to the subject description.

Understand that the mental age equivalent is information we obtain and use in the DD field but only within a much larger context. Psychologists give age equivalents when conducting intelligence and adaptive skills testing which are used for classification purposes. These are combined with a variety of other pieces of information for the purpose of eligibility determination and placement within service sectors. Unfortunately, these labels are simple to use and easy to repeat regardless of their worth in dealing with the person being labeled. Unless the person providing the information is reading directly from the Psychologist's report it is probably an erroneous figure anyway; the best guess of the person providing the information. It would be a mistake for anyone to leave the IC (or Operations Section Chief) with the notion that the 28 year old woman in the example above has anything in common with a toddler.

The 28 year old female subject is a person first. She, like any other subject, has distinct personal characteristics which need to be taken into consideration by the Incident Command staff and the searchers. As the SAR Questionnaire (Parts A & B) is being completed all of the characteristics of the developmentally disabled person should come up. This information can then be transmitted to the searchers during briefing.

What You Should Know As A Searcher When The Subject Is Developmentally Disabled

The information gathered on the SAR Questionnaire is extensive. It is also categorized for quick reference.

SUBJECT INFORMATION. In this category you will learn a person's living situation. Do they live independently in their own home? With parents/family? In a group home or in a large facility? Information about the amount of support they need to live will surface. How much time are they left on their own? Do they have support staff or family members with them 24 hours per day? How much of the so-called Activities of Daily Living (ADLs) do they do for themselves and how much is done for them?

PHYSICAL DESCRIPTION. After the identification and clothing/style/color portions is the health information. In this category you will get to information specific to persons with developmental disabilities which should add value in both the planning and implementation of a search.

1. **PHYSICAL CONDITION** - Are they active/inactive? Do they walk/run well? Are they physically fit/heavy/obese? What is their stamina like during simple/strenuous activity?

2. **MEDICAL CONDITION** - Mental retardation is known as the person's "Primary Diagnosis." You need to ask if the person has a significant medical condition, or "Secondary Diagnosis?" Examples include cerebral palsy, seizure disorders, diabetes and heart ailments/high blood pressure. In many cases it is the existence of these secondary maladies (in conjunction with the mental retardation) that requires a person to have significant supports. Anecdotally, it seems that persons with DD are more likely to have significant secondary medical issues than the population as a whole. Information about Secondary Diagnoses will most likely have the greatest impact on a search.

3. **PSYCHOLOGICAL** - A person's developmental disability is generally determined in the psychological realm. It is a person's IQ score combined with functional, adaptive and behavioral assessments which determines how they are classified. People are classified as Learning Disabled, Mildly Mentally Retarded, Moderately Mentally Retarded, Severely Mentally Retarded, and Profoundly Mentally Retarded as their IQs are more standard deviations from the norm. Knowing a person's level of mental retardation should be more informative on the surface than hearing their alleged age equivalent. The operative words should conjure broadly similar ideas in searchers minds. In the profound range people have the lowest IQs and functional skills. They most often live in group homes or large facilities with 24 hour care and supervision. They generally need assistance with most aspects of living. In the severe range people have slightly higher IQs and skills but would normally have the same type of living situation and level of assistance as those in the profound range. [Aside: Be advised that if someone with severe or profound mental retardation is lost in a setting where SAR is called then there is reason to suspect abuse or neglect or some other unusual circumstances. In these cases there are outside investigative entities (DHI, APS, Law Enforcement) which should be involved. The reliability of the informants may be called into question as well.] People in the moderate and mild ranges of mental retardation and those that are learning disabled have progressively higher IQs and more developed functional skills. Many work and live semi-independently or independently with only periodic supports. With people in these ranges, especially, it will be important to learn as much as possible about the level of assistance they require, their physical and medical conditions and their psychiatric diagnoses and behavioral tendencies. Searchers will want to know if the person is verbal and how they might react when someone approaches them or calls out their name.

Psychiatric diagnoses are also considered "Secondary Diagnoses" to mental retardation. While persons with DD have psychiatric diagnoses just slightly more often than the population at large these illnesses are more acutely diagnosed in the DD population due to the fact that they are often exacerbated by the mental retardation and because persons with DD are usually in Long Term Care situations. Examples include clinical depression, bipolar disorder, schizophrenia, ADHD, and ACD. Many people have behaviors which are directly related to their psychiatric diagnosis. These range from self-abuse, hitting,

spitting, property destruction, stealing and elopement (running away). Care givers should be able to tell the most disruptive behaviors, the frequency, intensity and behavior management techniques and crisis intervention plans. Searches will want to know how a person is likely to act when approached and how they react to strangers. Also, they will want to know if something like this has happened before and how the person handles times of stress.

4. **MEDICATION** - Persons with developmental disabilities are prescribed a wide variety of medications from routine medicines for allergies, high blood pressure and hypothyroidism to insulin for diabetics. Some are on significant amounts of "psychoactive" medications for control of seizures and mood alteration. Some common names are Tegretol, Mellaril, Neurontin, Depakote, Ritalin, and Prozac. Searchers will want to know: 1) When they last took medications, 2) when they are next due and 3) what might happen if medications are missed for 4, 8, 12, or 24 hours. In some cases it may be no problem in others it could be life or death such as for someone with a severe seizure disorder or with diabetes.

5. **WHAT MIGHT SUBJECT DO IF LOST** - The care giver might be able to provide significant insight in this area, especially if the person has a history of eloping or becoming lost for any reason.

The preceding discussion only touches on the host of issues that one confronts when providing services to people with developmental disabilities but it should provide a strong basis for searchers and Incident Command staff to take into consideration when the subject of a search is developmentally disabled. I cannot stress enough that the far too often used "mental age" is unreliable, misleading and confusing and should not be relied upon. Instead, a thorough description of the person using only the SAR Questionnaire (Parts A & B) should help obtain the necessary information to conduct the search. Keep in mind that people with developmental disabilities are people first. They can be described by identifying characteristics such as height, weight, gender, age, race, hair color, build, etc. They wear clothes of certain styles and colors and they will leave clues because they wear shoes and boots (sometimes they use prosthetics) and they eat and drink and smoke like other people. They might have medical and/or psychiatric diagnoses that put them into the High Urgency column on the priority chart. These situations will come to light and information should be forthcoming from the informant that is specific to the person. Taken as a whole it should be quite natural for the Incident Command staff to obtain details, make good plans, and pass good information on to the searchers during briefing without expending any more mental energy than usual and without oversimplifying and perhaps misleading searchers.

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the Editors

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Volume 5, Issue 1
10 February 2000
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Larry Mervine

The following are words taken from a letter written by a parent of the subjects of a recent mission.

What a wonderful selfless gesture to leave your families and homes and stay up all night and half the following day and risk your lives to rescue two people you did not even know.

It was such a terrible feeling for me as a parent to imagine my sons missing overnight, not knowing if they were hurt or even alive. I felt such relief as I watched the professionalism and knowledge each of you showed in performing your jobs. You are very special people to volunteer in this way.

We do not receive many thank you letters. I especially like this one because it says she felt relieved by the professionalism and knowledge shown during the mission. This tells us that people do observe our actions. And demonstrates the importance of acting in a professional manner in base camp and on the radio.

Professionalism is the result of learning and practicing our search and rescue skills. Each evaluation and training we attend, the closer we get to mastering these skills.

See you out there.

Boots and Blisters

by Tom Russo

January was a quiet month. I like quiet months.

We had a low-key --- but by all accounts successful --- low-angle litter hauling training this month. 17 current and soon-to-be members of the team showed up and we practiced setting anchors, rigging 3:1 Z systems, setting up belay systems, using the brake tubes, and otherwise just getting our hands all over our cache of low-angle gear. It was nice to be able to devote a whole training session to this topic, instead of tacking it on at the end of a regular litter packaging training --- this way everyone was able to practice with the gear *before* we exhausted ourselves doing a regular litter haul. I must say, turnout to trainings was terrific last year and continues to be gratifyingly high. Thank you all for making it worthwhile to set up these things!

We've had to move the date of March's training to Saturday the 11th instead of Sunday the 12th. James has arranged to get us an instructor for a tracking class, but the instructor wasn't available on the 12th.

Susan has been busily planning out what looks like an interesting GPS training. Please join us on Saturday, February 12th at 9am. Once again, please show up *before* the training starts, and make sure you're signed in by 9am. The sign-in sheet will be taken up promptly at 9. So where is this wonderful training? Glad you asked. Here's Susan's answer:

Navigate to 0365031 E, 3904747 N (NAD 83).

What? You want directions? OK, drive north on I-25 to the second Bernalillo exit (Exit 242), 0360622 E, 3909173 N. From the exit, drive east 3.1 miles to 0365280 E, 3907552 N, the second Forest Service Fee Area turn-off on your right. You will turn just before the road passes between hills that rise close on either side of the road. This is a fee area, but DO NOT PAY the fee if you have a SAR sticker on your car. I've arranged with the Forest Service for Special Use for February 12. Continue on the dirt road until you mile 5.4 (from the exit), 0365031 E, 3904747 N. There are several trailheads you will pass, including the first Piedra Lisa trailhead. Some of us may need to park in the first Piedra Lisa parking area, but if there are too many vehicles for the small parking areas, members are requested to carpool from the shopping center in Placitas.

As always, I would love to have more evaluators to help spread the load of our evaluation requirements. Any member who has passed an evaluation can volunteer to help me run future evals. To be an evaluator, you need to be familiar with the requirements of the evaluation (<http://www.swcp.com/csar/TrainingPolicy.shtml>), and then set up an evaluation course under the supervision of the training officer. Once the course is set, you need to run other people through the course. When we set up this process, it was expected that evaluators would be coming out of the woodwork, and we stipulated that you would run other evaluators-to-be through the course, but if there's just one of you we'll do it by having you run the regular evaluatees through your course. If your

evaluation of the other folks agrees with mine, you get to be an evaluator. Each evaluation doesn't take that much out of your schedule, but doing one every month can be a time consuming thing --- let's spread the load around as much as we can. Mike, Larry and I have done most of the evaluations for the last two years --- Terry Hardin and Susan Corban are the only other evaluators so far --- and it would be nice to let other folks in on the fun.

March's evaluation will be on Search Techniques, on Sunday 5 March. The more the merrier, so please try to join us.

Happy trails.

Hike of the Month

Santa Fe Ski Basin

0700, Feb 19, 2000

Trailhead: Santa Fe Ski Basin

R.T. Distance: var miles

Elevation Min/Max: 10300/11182

Hiking Time var hours

Hazards: Reckless snowboarders

Topo Maps: Aspen Basin 7.5 minute quad

Hike Coordinator: Paul Donovan, Susan Corban



This will be a nordic free for all. We'll meet at the Smiths at Menaul and Carlisle at 0700 on Saturday, 19 February. From there we'll carpool to the Santa Fe Ski Basin. The cost of a lift ticket is probably around \$40 bucks. If you need equipment you may want to rent it the nite prior at one of the Albuquerque ski shops--this will save you alot of time and aggravation Saturday morning. If downhill skiing isn't your thing, the Windsor trailhead is also located in the ski basin parking lot, providing hiking, snowshoeing, and crosscountry skiing opportunities.

Business as Usual

by David Dixon

PRESIDENT

New people welcomed are Michael Bridges, Davenport, Carl Lange, Pat Maas, Holly Pickens, Patrick Vigil.

The Officers feel they have succeeded in their goals for 1999: trainings with other teams, 5 new Ham licenses, and (close) to a 50% increase in membership.

Larry discusses membership and commitment. All of the necessary time to keep yearly member status is just 3 hours per month. It should be understood that being on the team is not a given, you must continue to "make" the team every year. Everyone is expected to maintain a good level of physical fitness.

Some highlights of the year and team as a whole: 22 took the Wilderness 1st Aid course, 13 the ISC 200 class; 16 became new Section Chiefs; team has 2 members on NMESC board and 2 Pace Evaluators; there were a number of instructors at Escape and statewide Cibola has a great reputation. Good job everyone!

MEMBERSHIP

Art Bisbee and Brian Murray are new active members. Congratulations to them.

Updated member data sheets are given out.

SECRETARY

Complete minutes are posted monthly on our website as well as this short version in the newsletter.

TREASURER

92% of the projected budget was spent in 1999.

There will be a budget meeting for 2000 on Jan. 31. Everyone welcome.

Mike announces that 2000 will be his last year as Treasurer and anyone interested in the position is welcome to work with him.

Previous months finances and balance are given.

VICE-PRESIDENT/TRAINING OFFICER

SAR Support Training last month was very well attended by Cibola.

Training schedule through July is set and posted.

The WFR Class has already gotten its minimum number of students, and so it will be offered. People can still sign up.

Late arrival at Trainings needs to be clarified. From now on the sign in sheet will be picked up at the start

time (usually 9 a.m.) and late arrivers must see the instructor. You must still arrive within 15 minutes of start time to get credit.

Cibola will have a Mock Search on July 15th.

Paul McClendon of Santa Fe SAR has requested a training collaboration with us. Possibly the mock search in July.

January Training will be Low Angle Rope on Saturday.

February Training on GPS on Feb. 12.

The Wilderness First Responder course will be 8 Saturdays from March 25 - May 13. Escape weekend Saturday will probably be rescheduled.

EQUIPMENT

James Newberry is the new Equipment Chair for 2000. See him for batteries and other supplies.

PUBLIC RELATIONS

PR Committee will continue to meet the last Thursdays of most months. Look for postings in the newsletter.

NMESC

2000 will be Mickey Jojola and Nancy O'Neill's last year on Escape Board. CSAR could have up to 2 people again next year. Board terms are 2 years with meetings held every 6 weeks. Nominations are made or taken from the floor and vote is held at Escape conference.

NMESC will have an overnight Winter Skills Training on Feb. 25-27 at Philmont.

PACE

The next Pace Exam will be at Escape in May. This year instead of a specific time for exams people can take it anytime during the Escape weekend. Mike reminds future Pace takers that a special session can be held at anytime if at least 10 people signup.

The ICS 200 classes (and up) are also administered by the Fire Academy and Cibola SAR members could go to those in addition to the State sponsored by the State.

The next Section Chief classes will be October 20-21 in Santa Fe.

NEW ISSUES

A motion is made and seconded that the team pay up to 1/2 the cost of the WFR course with a team maximum of \$2000. To qualify you must pass the course and be an active member by the end. The motion passes unanimously.

Susan reminds everyone to sign in at all functions.

Pinching Pennies

by Mike Dugger

Budget Planning

Mike Dugger and James Newberry met on January 31 to develop a budget proposal for the team for the coming year. Alignment of our chart of accounts with our actual spending categories enabled us to easily determine what we had spent in a specific category in the past year. Based on the actual data, we were able to reduce budget estimates in many categories so that our projection should be very close to actual spending. The budget will be presented to the team at the February meeting for approval by the active members.

Who's Who and New

by Susan Corban

Paul Dressendorfer and Brian Lematta are active members this month. Congratulations, guys, and welcome to Cibola.

Michael Bridges, Steve Kolk, and Art Fischer have now each had a Cibola orientation and will be attending missions. Please introduce yourself and help Michael, Steve, and Art out on missions.

Public Relations

by David Dixon

Even though recruitment continues to be our major focus, other venues can be more fun. Francis Robertson knows this. As a new member of the PR Committee (and teacher) she would like to do more with educating the younger community in outdoor preparedness and survival skills. Lots of eager kids are waiting to share our love of the outdoors but need to learn more about how to do it safely so they don't

show up on our mission list. If you would like to help Francis find those kids she is eager to talk to you. Way to go Francis - we welcome your enthusiasm.

At the February meeting I made available some of our PR brochures, bookmarks and posters so that we can all be closet recruiters. See me if you weren't there or would like more.

Member Spotlights

Steve Meserole writes: Susan used her usual tact and charm in order to coerce me into writing my story. My story all starts back in rural Pennsylvania about three hours north of Pittsburgh along the border with New York state. I am the oldest of four children, and was raised in a small town where I did the normal things for the area, hunting, fishing, hiking, etc.



When I graduated from high school, I attended the Univ. of Pittsburgh (Bradford campus), and earned my B.S. in chemistry. I was able to finish college without any debt thanks in part to a national scholarship supported by Pennzoil, as well as working in a QC lab for a chemical supplier, and working in grocery store where I met my future ex-wife. After graduating from UPB in the spring of 1991, I was married a few months later. In August of 1991, I moved to Albuquerque to attend graduate school at the University of New Mexico.

While working on my Ph. D. in the chemistry department, a continuing series of personal and family problems and tragedies, as well as problems within the department itself, caused delays in earning my degree. After a few years of trying to salvage my career and life, everything, finally, came to a head. I was divorced in the summer of 1996, and in December my son was born. I also decided that it might be prudent to escape the crumbling chemistry program with a M.S. and start living for awhile.

In the summer of 1997, I started teaching at SIPI where I met Mickey. After about a year of hearing his SAR related tales, I decided that I would become involved in SAR. It gave me a good excuse to get some exercise, get out and meet people, and give back to the community. Since I joined CSAR in 1998, I have met and befriended many people. Most of which have increased my knowledge and interest in SAR, as well as in other things. People like Mickey and Mary Berry have increased my knowledge and interest in how dogs can be effectively used in SAR. For a long time, I had been interested in horses and riding, and Nancy O'Neill helped me realize how much I was missing.

As many of you know, I am also involved in a second SAR team, the Bernalillo County Sheriff's Department Mounted SAR. In May of 1999, I purchased my first horse (PV) and have been slowly increasing my knowledge of both riding and horses thanks to people like Kitty Montano, Jimmy Robertson, and Mike West. For those of you who have not been around horses, there is no other experience like riding a horse, especially when you are in tune with the horse, and most days you'll find me doing something with them.

In June of 1998, I started working in the College of Pharmacy at UNM as a Sr. Research Tech. This has allowed me to pay the bills and support my hobbies. I am currently living on South 14 with some friends and with my horses near by. I have plans to build a home in the future. (Actually, the barn will come first.) That is the nickel tour through my life and how I ended up here in NM and on CSAR.

Hi, I am **Terry Hardin**. I was born in Albuquerque, New Mexico. My wife, Melissa, is also a native of Albuquerque, New Mexico. Melissa's Grandfather moved down from Chama, NM and started the small town of Cline's Corner with the Chevron gas station, restaurant, and wrecker service back in the 1940s.

My father and mother enjoyed the outdoor so I spent many weekends tromping through the woods in Northern New Mexico near the continental divide around Cuba, NM and in South Central Colorado. Since then, I have always had a heart for the mountains and the wilderness. I started tracking animals there as a kid which has helped my human tracking later in life.

I started rafting as a young kid in the late 1960s up on the Canejos River in Southern Colorado. In 1985 I joined the rafting company 'White Water Adventures'. This company is very unique; it is a Christian Rafting Ministry. We have a lot of fun taking people down the river while teaching them things that you learn on the river that you can apply to every day life. I quickly became a guide and later was certified by Rescue 3 as a 'Swift Water Rescue Technician I & II'. White Water Adventures grew over the years to become the second largest rafting company in New Mexico. After a "staff only" run of "The Box" at the peak run off of the season in 1995 (a very-very high water run off year), my wife stopped being a fan of very high water rafting. We estimated the standing waves in the lower end of "The Box" to be some where from 15 to 20 feet high. It was like a big roller coaster ride, but very dangerous! I have also enjoyed many other rivers in Colorado (such as the Royal Gorge on the Arkansas River), in Oregon, and in Washington State.

I have always enjoyed the mountains. Over the years I have done a lot of hiking and backpacking. I have either hiked or backpacked into most of New Mexico's wildernesses. At one time, I lead small Christian singles' groups in backpacking adventures into the Jemez and the Pecos backcountry. I also enjoy mountain climbing and have been to the top of most of New Mexico's higher peaks, as well as a few in Colorado.

A friend of mine, Allyn Anderson, has been involved with NM SAR Support for many years and over the years he would tell me about his SAR work. Since I had a heart for the outdoors and a heart to help people, I would tell him that I wanted to get involved with SAR as soon as things slow down in my life. It happened. Things slowed down in the spring of 1991 when I tore out my knee. After having the knee rebuilt through surgery (with screws and all), I attended the State SAR Conference in Philmont. I meet Bruce Berry there and soon after that I became a member of Cibola Search and Rescue. I am currently the "oldest" (but not by age) member of Cibola.

Be careful, Search and Rescue is CONTAGIOUS!!! My wife and my dog are now doing Search and

Rescue work with the "Sandia Search Dogs".

Just like most of you, I seem to keep too busy all of the time. There is never enough time in the day for work and my multiple hobbies. My hobbies range from hiking and camping, to high performance sports cars and bikes, to computers, to some unique research. I have found it interesting researching the history, beliefs, and doctrines of different religious groups, cult groups, and the occult. Also because of my science background, I have enjoyed researching the scientific aspects of Evolutionism vs Creation Science. After seeing the enormous amount of scientific information (astronomy, geology, the fossil record, biology, missing-links, radiometric dating, etc.) it is difficult for me to understand how people can still believe in evolutionism in this age of scientific enlightenment.

I hope that this information about me helps you get to know me a little better. Hopefully on the trail I will get to know each of you better too. See you on the trail!

Web News

by Knotnews Worthy

The team website can be accessed at <http://www.swcp.com/csar/>

Statewide SAR Notes

by Mike Dugger

PACE NEWS: ICS 200/300

Training on ICS (the Incident Command System), modules 200 and 300, will be offered in March in Los Lunas. ICS is used to manage all search and rescue operations in New Mexico, and at least one person with module 200 training is required for a field team to be considered "Type 1." The dates of this training are:

I-200: March 20,21

I-300: March 22,23,24

The course is being offered for the state forestry department, and is filling up quickly. Field Coordinators will be given preference on remaining space in the classes, but Section Chiefs will be accepted as space permits. To register, please contact Rick Goodman at 827-9228.

Special Notes

Invitation to Run

Everyone is invited to join me for a run before the business meetings. I'll be at the east end of Spain about 5:30 (traffic permitting) to go for a run on the Thursdays we have business meetings. If this catches on we can expand to other Thursdays in the foothills. Beginners and out-of-shapers welcome. --

submitted by Susan Corban

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the Editors

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Volume 5, Issue 1
13 Jan. 2000
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Larry Mervine

Happy New Year. I hope everyone survived the Y2K rollover. The team has been talking about what level of medical service we want to provide on Search and Rescue missions, and we are encouraging members to sign up for the WFR (wilderness first responder) class at the EMS academy at UNM. Do not think this class can be useful only for search and rescue missions. Over the holidays, an incident happened to a family member of mine. We were at the airport waiting for departure when I was asked my brother for assistance. He felt like vomiting. As he arose from the chair his leg began to buckle and he then blacked out. My brother in-law and I were able to break his fall. Then I rolled him on his side (the C position) in case he needed to vomit. Luckily, once on the floor he felt better and then we waited for EMTs to arrive. I was thinking about starting my assessment, but a medical person at the gate began to ask questions of my brother and I backed off. But looking back, I should have taken the pulse, respiration, written down mechanism of injury and other information. It is important to know what to do in a medical emergency. The first few minutes can be critical to the subject's recoverability. This is not just for search and rescue, but possibly for a family member. This is a true story, not a paid advertisement. But please consider taking the WFR course.

See you out there.

Boots and Blisters

by Tom Russo

Paul Donovan, James Newberry and I met on 27 December 1999 to set the training schedule for the year. We mapped out the following training and evaluation schedule for the first seven months of the year:

Month	Training	Evaluation
January	Low Angle Litter Handling, Saturday 15 January	Litter handling, Sunday 9 January
February	GPS Practice, Saturday 12 February	Land Nav, Saturday 5 February
March	Tracking awareness, Sunday 12 March	Search techniques, Sunday 5 March
April	Subject TBD, Saturday 15 April	Litter, Saturday 8 April
May	ESCAPE, Friday-Sunday, 5-7 May	Land Nav, Sunday 21 May
June	Land Nav, Sunday 11 June	Search Techniques, Saturday 3 June
July	Mock Search, Saturday 15 July	Litter, Sunday 9 July

Note also that the UNM EMS Academy Wilderness First Responder class begins on March 25th and occupies consecutive Saturdays through May. We will be counting the WFR class as Cibola training, and will credit any member completing the class with three trainings, one for March, one for April and one for May. As this went to press we learned that there are already enough people signed up for the class to guarantee that it will happen, and there is still room for more. You can still sign up even after the January 12th "deadline" --- that date was the cutoff for the decision on whether to hold the class or not --- so if you haven't signed up yet you can contact Karen at the EMS Academy at 272-5757 to register. The course cost is \$300.

Once again I ask that if you plan to attend any evaluation that you make sure you have indicated in a voicemail message that you are interested in showing. Most evaluations require a minimum number of attendees to be run at all, and if there are more than a certain number they require multiple evaluators if they are to take a reasonable amount of time. Please help us to schedule things well by letting us know what we have to work with.

It has been the policy of the team for the last two years that trainings attendance only counts for purposes of determining field eligibility if you arrive less than 15 minutes after the training starts. This has seldom been a problem, but in the few instances where it has there have been problems documenting it to the satisfaction of all involved. To avoid unpleasant surprises in the future, please note that **the sign-in sheets for trainings will be taken up at the designated start time of a training**. If you arrive late, you must request the sign in sheet from the instructor when you get there; yes, **this means you have to interrupt the training to sign in after the training has started**. No sign-ins will be allowed after 15 minutes, and members not signing in will not receive credit towards minimum training requirements. Please help us minimize disruptions of trainings by arriving well before the advertised start time.

As it was last year, the Mock Search in July will begin with a team callout through the phone tree. Once again, I expect to issue the page in the evening (somewhere between 5 and 7) of the 15th, so please use the six months between now and then to mark your calendars and clear your plates so that you are available for the callout if you wish to participate in the mock search.

I encourage everyone to attend as many trainings as possible, not just the bare minimum of two every six months. The purpose of our holding team trainings is not merely to familiarize people with the basics of

search and rescue --- most of us seem to get that under our belts in the first year or so of being a member -- but to get everyone used to working together as a team, to make sure all of us can have confidence in each others' abilities, and to share our individual perspectives with our teammates.

Hike of the Month

TWA Canyon

0900, Jan 22, 2000

Trailhead: Elena Gallegos/Pino Trail

R.T. Distance: 6 miles

Elevation Min/Max: 6450/9000

Hiking Time 5 hours

Hazards: Steep Terrain

Topo Maps: Sandia Crest 7.5' Quad

Hike Coordinator: Paul Donovan



We'll start from the northernmost parking area at Elena Gallegos (trail 140). We will head north out of the parking area on several open space trails eventually working our way to the Wilderness boundary. From here we'll follow the Domingo Baca trail/drainage to the crash site. I'll work up some NAD-83 UTM's so we can practice GPS/map/compass navigation. In addition to the Sandia Crest quad, the "Hikers and Climbers Guide to the Sandias" map and the USFS "Sandia Mountain Wilderness" Map would be useful. There will be some bushwhacking so dress appropriately.

Business as Usual

by David Dixson

PRESIDENT

Larry welcomed new people Jeff Fleming, Rick Wenner, Steve Kulk, James Latica and Patty Phillips.

Cy Stockhoff is introduced as the instructor for the WFR course this spring. He gives a talk on the course and answers questions. The course gives dual certification of Wilderness and First Responder, is 76 hours long, 9 Saturdays from March 25-May 13 not including May 2 (which is Escape), cost is \$300, sign up by Jan. 11. We need enough signed up for the course to be offered.

Ballots for 2000 officers are collected and tabulated. Officers elected same as 1999: President Larry Mervine, Vice-President/Training Officer Tom Russo, Membership Officer Susan Corban, Secretary David Dixon, Treasurer Mike Dugger.

MEMBERSHIP

Susan congratulates Chris Murray as the newest active member. Chris gets a patch and applause.

TREASURER

Previous months finances and balance are given.

V-P/TRAINING OFFICER

December Training is Litter on the 12th.

SAR Support Training on Dec. 10-11 also counts as CSAR Training.

PACE exam is Sat. Dec. 11 in Santa Fe.

Wilderness First Responder course at the Santa Fe Institute is from Jan. 4-12.

Discussion/comments on November Sound Support Training. All agree that it was useful and very good.

STATE

Wilderness Skills Training on Feb. 23-24 will be an overnight bivy. Cost is \$40.

OLD BUSINESS

Susan talks about the WFR course and team commitment to state First Responder status. There is some discussion then a motion is made by Melinda with a revision by Susan for team support to pursue Emergency First Responder status. Yes-13, No-0.

Pinching Pennies

by Mike Dugger

As your Treasurer for the new year, I look forward to staying ahead of the reporting tasks to the state and our funding sources that snuck up on me last year. The calendar of what to do when that I created last year in this position should help me do just that.

In review of our budget for last year, I find that we spent within our targets in each of the budget categories. Administrative expenses were about 92% of projections, while equipment expenses were just 52% of expenses. I'll be refining these numbers a bit as I complete the books for calendar year 1999, but it looks like our projections can be modified a little for 2000. The detailed spending history I've been able to maintain with our accounting software has made this possible.

While on the subject, I am looking for a few people to help me out with the Treasurer's job this year, and

by doing so get familiar with the task. It is really not that difficult or time consuming (about 4 hours), and this is one of the officer's jobs that can be done on your own schedule. The only requirements are to be a member and have access to a computer. Please see me if you are interested.

Finally, we will have a budget committee meeting late in January to decide on spending limits in major budget categories. This is your chance to have input on how the team spends money. The budget meeting will take place on Monday evening, January 31. Time and place will be announced at the meeting, or feel free to call me for details.

Who's Who and New

by Susan Corban

Please give a hand to Art Bisbee and Brian Murray. They are now active Cibola members.

Gearing Up

by Mike Dugger

Many thanks to James Newberry for accepting the job of new Equipment Committee chairperson. He will be taking care of our rescue gear in the cache (litter, ropes, technical hardware, etc.) plus providing expendable items to replace things we use routinely on missions (trail tape, batteries, etc.). It is my pleasure to hand this job over to James. I'm sure he will do an outstanding job.

Public Relations

by David Dixon

Recruitment will continue to be the primary focus of the P.R. Committee in 2000 although we won't turn down an occasional outdoor presentation if they beg the Fireside crew. Committee meetings will again be the last Thursday of most months and everyone is always welcome. Look for a posting in the newsletter. It's a good excuse to try the new lower-fat (?) cinnamon roll at the Frontier.

Hope all of you have a great search year.

Member Spotlights

Frances Robertson holds a Bachelor of Music from North Texas State University and a Masters in Liberal Studies (Humanities) degree from Wesleyan University in Connecticut. She began her career, when young and foolish, teaching music, but while she still had her wits about her, switched to English. She has taught Kindergarten through high school and English at Albuquerque Academy for the past 19 years. No one was more surprised than she was when she received the Slevin Award for her work at Albuquerque Academy.



From 1965-1990 she performed extensively (alto soloist) with the New Mexico Symphony, the Orchestra of Santa Fe, The Southwest Opera Company, and the Fourcorners Opera Company. If you are old enough, you could have heard her "canyon wall-breaking voice" (better than the sharpest whistle) in

Santa Fe at the Bach Marathon, in performances of Beethoven's 9th, Mahler's #2 and #9 in Albuquerque and on tour, in Messiahs all over the state, in numerous comic roles from Gilbert and Sullivan productions (Buttercup, Iolanthe, Ruth, Katisha, to name a few), Carmen in Bizet's Carmen (twice), Suzuki in Puccini's Madame Butterfly (twice), Regina in Blitzstein's Regina, Anna in the King and I, and so on.

In 1990 she was a victim of an outdoor virus that keeps her out of the practice room and in the great outdoors. She has served as president of the New Mexico Mountain Club, and regularly leads hikes for that group. Her passion is learning and experiencing the outdoors which includes hiking the Grand Canyon, the Utah canyons, climbing Colorado 14rs (she has bagged 36 out of the 54, but they're getting harder), becoming competent with map and compass, improving her search techniques and climbing skills. She spent Y2K in the Grand Canyon on her eighth backpack there, fearing only that an electrical short would break the dam. In March she returns to Grand Canyon to explore the Clear Creek area. At present she is lining up a GC rim to rim, sleep, rim to rim hike for May 28-31. She has no idea if she can actually do this hike, but she is ever the optimist. In her second life she intends to become a NOLS instructor right out of college, climb Everest and Kilimanjaro and qualify for an Eco-Challenge before she is 30. Until then she continues to work-out at the gym in order to maintain the limited fitness she has.

Web News

by Know Gnus

The team website can be accessed at <http://www.swcp.com/csar/>

Statewide SAR Notes

by Mike Dugger

I attended a PACE committee meeting on Saturday, January 8 in Santa Fe. This committee is appointed by the state search and rescue resource officer, and is responsible for scheduling SAR management training and basic field certification sessions around the state. The latter is required of Cibola SAR prospectives to become active members. The next scheduled evaluation session will be at the annual SAR conference in May. Our plan is to have a "drop in" evaluation session there, where volunteers can stop by on Saturday or Sunday and take the tests. Of course, if there are a sufficient number of members needing evaluation before May, a special session may be scheduled. We would need about a dozen people taking the evaluation to schedule a special session.

As for other training opportunities, the PACE committee is trying to search out details on Incident Command training that is offered by other organizations around the state, and publicize these on the SAR web forum. Another Section Chief class is planned for this October 21-22, at the Emergency Operations Center in Santa Fe. I will provide details on other events as I hear about them.

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the Editors

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Volume 4, Issue 12
9 December 1999
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Top of the Hill

by Larry Mervine

For some of us another year has passed as Cibola Search & Rescue members. And for some --- or should I say most? --- this was their first year. I would like to thank our current officers for the work they have done. My job as president is a lot easier when officers do their jobs well. We reached our goal for new Ham operators, but still lag behind on increasing membership by 50%. Missions are down again this year, which makes other team activities even more important. Our turnouts for trainings have been good, but we still need to do better.

See you out there.

Boots and Blisters

by Tom Russo

We had a slightly different style of training on Saturday, 13 November. Members who had to miss it, but wish to look at the handout we passed out may get a copy on the members only website, under "Training Handouts." The debriefing web page --- accessible from the training record in the database --- has a little bit about the results of the "experiment" we did on hasty search.

It was a very nice day, and we spent just a little time going over some of the incredibly obvious fine points of active searching in the hasty mode. Afterward, I ran everyone through an abbreviated version of the "Pot Test" that was run down at ESCAPE '99: I laid out 20 medium-sized green flowerpots in an area 100 feet on either side of a trail 200 feet long, and asked team members to walk down the path and conduct a hasty search of the area. As they walked, I marked the point at which they saw each pot on graph paper that I had prepared for the exercise, and by doing so could keep a record of what direction they were looking when they found it.

Here's a quick summary of how each person performed on this (names withheld to protect the innocent):

Searcher	Start	End	time	# found	% found (POD)	rate found	left found	right found
1	9:45	9:50	5 min	12	60%	2.4 per min	4/9=44%	8/11=73%
2	9:53	9:58	5 min	16	80%	3.2 per min	7/9=78%	9/11=81%
3	10:00	10:07	7 min	17	85%	2.4 per min	7/9=78%	10/11=91%
4	10:11	10:15	4 min	15	75%	3.75 per min	5/9=56%	10/11=91%
5	10:18	10:24	6 min	16	80%	2.7 per min	8/9=89%	8/11=73%
6	10:28	10:32	4 min	11	55%	2.8 per min	3/9=33%	8/11=73%
7	10:39	10:42	3 min	13	60%	4.3 per min	4/9=44%	9/11=82%
8	10:47	10:49	2 min	9	45%	4.5 per min	2/9=22%	7/11=64%
9	10:55	10:58	3 min	12	60%	4 per min	4/9=44%	8/11=73%
10	11:31	11:35	4 min	13	65%	3.25 per min	5/9=56%	8/11=73%
11	11:40	11:45	5 min	17	85%	3.4 per min	8/9=89%	9/11=82%
12	11:48	11:52	4 min	15	75%	3.8 per min	7/9=78%	8/11=73%
13	11:55	11:59	4 min	9	45%	2.25 per min	3/9=33%	6/11=54%
14	12:02	12:05	3 min	15	75%	5 per min	5/9=56%	10/11=91%
15	12:07	12:10	3 min	11	55%	3.7 per min	3/9=33%	8/11=73%
16	12:34	12:37	3 min	13	65%	4.3 per min	4/9=44%	9/11=82%

While I have done next to nothing with this data, one thing can be seen: most of the searchers seemed to find more clues on their right than their left. I did, in fact, notice that people tended to walk down the trail looking to their right most of the time, although I have not correlated this with right- or left-handedness. Note also that the people who found the largest number of clues (bold) tended to take longer, and that the person with the best rate of clue detection (5 per minute) was not the one who found the most clues. Another thing not clear from this table, but very clear from the sheets of graph paper, was that people tend not to look behind themselves very often. Some of the pots I laid out could only be seen after the searcher had passed them, and those who tended not to look back missed them. Here's a table of how many searchers found how many clues by looking back:

Clues found behind	Number of searchers
0	2
1	5
2	2
3	4
4	1
5	2

So it is pretty clear that we need to be a little more conscious of whether we're really looking at the whole "searcher cube" around us: up, down, left, right, backward and forward. If we only look ahead while searching, we're not doing all of our job.

Hats off to the two people who found the one clue that was farthest from the trail: this clue was about 80 feet away from the trail and down trail about 40 feet. One searcher found the clue by looking back after walking 100 feet down the trail, the second found it after walking 140 feet down the trail.

Susan Corban ran an exercise that imitated a situation she encountered during the mock search back in April. For those who don't remember the mock search, I went off early in the morning and pretended to get lost, the team got called at around 7pm. Sometime around 9pm we had a real mission, and in fact thought there was someone really lost right around the area in which the mock search was being held. While the mock subject and the teams were returning to Training Incident base, we were all supposed to be looking for a teenaged girl who had had an argument with her dad and was last seen at our trailhead. While I was hoofing it out of a wash that brought me from the Whitewash trail to the Embudo trail, Susan's team was standing on Embudo Trail watching my headlamp bouncing toward them. Susan and her team, thinking I might be the lost kid, began calling to me, blowing whistles, and generally trying to get my attention, and were distressed that the apparent subject of the search wasn't responsive. On my end, I wondered why there was a search team standing way off in the distance and apparently not doing anything at all. The point? I heard nothing at all, and the sound of those whistles wasn't carrying anywhere near as far as they had been assuming.

At this training, Susan positioned teammembers at the scene of the crime on Embudo Trail, and had other teammembers start moving toward the trail from far down the wash. All the while, the member at the trail would blow a whistle periodically, and the person in the wash would continue walking until hearing the whistle. Thereafter, the "subject" would continue walking toward the trail while calling back to the searcher. The idea was to hammer home how close one has to be to hear, and how easy it is for little noises like the rustling of the hood of your jacket, a radio transmission, or even just the sound of your own footfalls to completely wash out the small sound of a distant person calling for help. We really do need to stop, stay still, be quiet and *listen* when we're trying to perform sound attraction.

Curtis Crutcher blindfolded people and tried to get them to point at sounds. His point was that it is surprisingly difficult to pinpoint sounds when deprived of visual references, which is something to be aware of when on those nighttime searches.

For those who can't make the proposed UNM WFR class in January As you all know by now, we've been looking into a Wilderness First Responder class in Albuquerque. If you find that you might not be able to attend that class, here's a possible alternative.

Beginning January 4 the Santa Fe Mountain Center will sponsor a 72-hour Wilderness First Responder course. The course will be held daily at the Center and will finish up on January 12.

Instructors will be provided by Wilderness Medical Associates. Cost per person for this program will be

approximately \$400.00. Class size will be limited to 30 participants.

If interested, please contact the Santa Fe Mountain Center as soon as possible. The phone number is: 983-6158. The Center is located on the back road to Tesuque almost next door to Shidoni Foundry and Gallery.

For those who are interested in the NM SAR Support practice exercise on Friday, 10 Dec: here are the particulars. The event will begin when everyone meets at the intersction of North Navajo Road and NM 47 by 1900 on Friday, 10 December. See below for directions. The actual exercise will be based at the JFK Campground area on the West side of the Manzanos, East of Belen.

NOTE: Because of widespread interest in attending this training, it *will* be counted toward Cibola training requirements; if you were looking for one extra opportunity to fulfill your minimum yearly dosage of CSAR training, you got it in this one. This training has been issued a SAR Practice Mission number of 990006.

The training will run from 1900 on the 10th until early in the morning of 11 Dec. According to the SAR Support flyer, they will "commence termination" at about 0415 with the intention of departing the practice area by 0615. **Expect winter conditions and come prepared as for a search!** This is not a mock search, but a navigation/communication exercise. Members with radios and licenses to use them should monitor the 146.960 (Albuquerque Metro) repeater en route.

If you have a Capilla Peak USGS Quad it is strongly recommended that you bring it, and it has been suggested that the Tome NE Quad would come in handy as a reference if you have it.

Directions to rendezvous point: Go south on I-25 to Belen, exit 195. Go east on I-25 By-Pass to NM 314 (old HW 85). Go south on 314 to NM 309 (Reinken Rd. -- downtown Belen). Go east 2.3 miles on NM 309 (lots of construction, go past Dodge dealer on left, Blakes Lotaburger on right, over the river) to NM 47. Go south on NM 47 for 2 miles to North Navajo Road -- just past Country Club Estates. There are two large stone (adobe blocks) pillars on the east side of NM 47. This is North Navajo road. This is where we will meet all the participants for sign in and briefing. Then we will go east on North Navajo Road (dirt, rough) for 8.3 miles to Trigo Springs Road (north / south road). Turn north on Trigo Springs road and go 3.1 miles then take a sharp right turn to the east. Go 6.7 miles east to campground. Rendevous: N Navajo & HW 47, 34degrees 37.68' x 106degrees 42.88'. Campground: 34degrees 40.45' x 106degrees 28.12'

Hike of the Month

Cabazon Peak

0800, Dec 19, 1999

Trailhead: Cabazon Parking Area

R.T. Distance: 4 miles

Elevation Min/Max: 6400/7785

Hiking Time 3 hours

Hazards: exposure, loose rock

Topo Maps: Cabazon Peak 7.5 Quad

Hike Leader: Susan Corban



Meet at 0800 at the parking lot of Smith's at Carlisle and Menaul. If the weather is questionable (the roads may be impassable, not that we can't handle bad weather) call me. To get to the trailhead, drive west on NM 44 from Bernalillo. About 19 miles past San Ysidro turn left onto NM 279. There will be a sign for "San Luis, Cabezon." Continue 12 miles to the southwest, past the village of San Luis. Turn to Cabezon at BLM road 1114. If we get precipitation, travel on these roads is ill-advised. If road conditions are in doubt, check with the BLM. There is one walk-up route to the top of Cabezon. All other routes require technical climbing equipment. The trail starts at the parking lot south of Cabezon, and, after an initial scramble up very loose talus, winds counterclockwise to the top. One must crawl over several exposed areas with vertical walls falling away to the side. A view of the Rio Puerco valley from the top reveals numerous other basalt columns or volcano lava plugs in the area.

Business as Usual

by David Dixon

President

Larry welcomed new faces Damian Arguello, Nick Karnaze, Willow Foster, Bill Grantham, and Eric Wonkel.

Nominations for Officers for 2000 will close at the end of tonight's meeting.

James Newberry is the new Gear Committee Chair.

There will be a Potluck after the December Business Meeting.

Pager sign ups are needed after February.

Rick Goodman of State SAR is asking for Section Chiefs and other volunteers for emergency needs during Y2K.

Membership

Amber Pickel is an active member.

There is a standing invite for everyone to go eat/socialize after all events. There will also be an organized social time from now on at Escape.

Susan and all officers request feedback from all about team and how things are going for them.

ARES 500 # has changed. Everyone should be aware. Revised sheets are available for orange callout folders.

Inquiry has been made to Albuq. Ambulance Service about ride-alongs. Anyone interested needs the following: over 18; schedule at least a week in advance; shifts are 10-13 hrs; basic clothing of white shirt and blue pants; health insurance coverage. Contact Sherry Shane at 761-8211.

Susan passes out above information on sheets.

Hike of the month is not in this months newsletter. See the handout or leader, Frances Robertson.

Treasurer

Previous months finances and balance are given.

VP/Training

November 13 Training will be on Sound Attraction/Hasty Search.

Last Evaluation of 1999 will be Search Techniques on December 4.

December's training on the 12th will be Litter Handling at Piedra Lisa.

SAR Support is having an Overnight Training at JFK Campground on December 10-11. This will count as a Cibola Training.

Tom would like next year's Training to be run by a Training Team of 2 or more people plus himself. He would also like more evaluators.

WFA class was great. Thanks to the Crutchers and Dixons.

Cibola is interested in a 2-person Wilderness Version CPR course sometime next year.

Equipment

Team has 2 donated pagers available to a member for a \$20 donation.

PR

The PR committee will put out/replenish our supply of posters at various locations around the area.

Remember that there is much more to this team than missions and when there aren't many think about donating your time to committees and other team needs.

State SAR

Mike gives a brief updated overview of PACE and the exam. In the past few year(s) there has been some problems getting material mailed out. There will be only 2 sessions/year, 1 at Escape and another at end of the year and other end of state. To become a PACE evaluator requires 1-2 hours of training. This can be done at Escape. Mike and Larry are certified and can do Cibola people on written but not the pack check. They could also certify a large enough group of CSAR (10-12) to become evaluators.

State SAR Resource Directory by Rick Goodman that lists SAR teams, FCs, SCs is not out yet. May take awhile.

OLD BUSINESS

Gene Mortimer has discount catalogs available for those interested in ordering.

Susan Corban gave an outline of her ongoing pursuit of WFR training and Medical Protocol for the team. She distributed a handout which is verbatim on the website minutes.

Who's Who and New

by Susan Corban

Chris Murray is active this month. Welcome, Chris, we're glad you're on the team.

Mini Lesson

by Susan Corban

Wind and Search & Rescue

What's the Windchill Factor?

Wind can contribute to loss of body heat, especially when combined with moisture and lower air temperature. We all know hypothermia can be deadly. You might leave Albuquerque feeling warm and toasty only to find that the wind in the mountains makes you (or a subject) extremely cold. The windchill factor is clearly illustrated in the table below. For example, at 10 degrees F, a 25 mile per hour wind produces a -30 degree F chill temperature. The temperature zone at which flesh may freeze within a minute is easily found in the mountains of New Mexico in the winter. The table is based on dry, exposed flesh.

Wind Speed Cooling Power of Wind Expressed as Equivalent Chill Temperature

mph	Temperature (F)														
	Calm	40	30	20	10	5	0	-10	-20	-30	-40	-50	-60		
	Equivalent Chill Temperature														
5	35	25	-5	5	0	-5	-15	-25	-35	45	-55	-70			
10	30	15	5	-10	15	-20	-35	-45	-60	70	80	-95			
15	25	10	-5	-20	25	-30	-45	-60	-70	-85	-100	-110			
20	20	5	-10	-25	30	-35	-50	-65	-80	-95	-110	-120			
25	15	0	-15	-30	35	-45	-60	-75	-90	-105	-120	-135			
30	10	0	-20	-30	40	-50	-65	-80	-95	110	-125	-140			
35	10	5	-20	-35	40	50	-65	-80	100	-115	-130	-145			
40	10	-5	-20	-35	45	55	-70	-85	100	115	130	-150			
Danger				Increasing Danger (Flesh may freeze within 1 min.)				Great Danger (Flesh may freeze within 30 seconds)							

Table courtesy of the US Forest Service.

How to Estimate Wind Speed & Direction

Estimating wind characteristics can be important in search and rescue. Air stability, speed, and direction are important to search dogs as well as helicopters. Air stability involves wind speed, estimations of cloud cover, and solar insolation. Air stability classifications range from A (poor) to F (excellent). If you have the opportunity to accompany an air scenting dog, you will learn how easily a scent can be blown by the wind or dissipated, especially in windy, dry New Mexico conditions. Air stability is a factor in determining the probability of detection (POD) of a dog team. If you are in the field and must call in a potential helicopter landing zone (LZ) to Incident Base, you will need to estimate wind speed and direction. To determine wind direction, toss a little New Mexico dust into the air with the toe of your boot or drop it from your hand. If the ground is snow-covered or frozen, bits of crushed, dry leaf will serve the same purpose. Wind speed can be gauged using the following guidelines provided by the National Association for Search and Rescue (NASAR) publication, *Managing the Lost Person Incident*.

Less than 4 mph Direction of wind (if any) shown by smoke but not by wind vane.

4 to 7 mph Wind felt on face; leaves rustle; wind vane moves.

8 to 10 mph Leaves and small twigs in motion; wind extends trail tape

11 to 14 mph Wind raises dust and loose paper.

15 to 25 mph Small branches and small trees in leaf begin to sway; crested wavelets form on inland waters.

Public Relations

by David Dixon

I would like to end the year by thanking Susan, Larry and Don for their work on the PR Committee this year. Through the hard work of all I think we satisfied our '99 recruitment goals. We welcome Frances Robertson on our committee and any others interested in helping. We'll give her lots to do next year.

I hope everyone's Public and Private Relations are great over the holidays and through the coming year.

Member Spotlights

Gene Mortimer sends this month's Member Spotlight.

Susan threatened to reverse the needle on my compass if I didn't give her my life's story for the next *Lost... and Found* newsletter. I told her that if she did that I might pass the next land nav evaluation in record time! Well here goes! My life adventure may not put me in the category of Sir Ernest Shackleton, but I have been to Antarctica and am entitled to eat with one foot up on the table since I have been around Cape Horn. Had I been around the Cape of Good Hope, I could eat with both feet on the table, but that might look funny if not downright dangerous if I were to drop a bowl of hot soup in my lap! That would be very easy to do crossing the Drake Passage on a round-bottomed ice breaker in twenty five foot seas. Believe it or not, that is an average sea there. Oh well, so much for levity.



I was born in Las Vegas, NM, in 1943 and went to high school there through my sophomore year. That summer, at the tender age of 15, I boarded a banana boat in New York and sailed through the Panama Canal to Chile with a friend and his family. Many stops along the way afforded me my first look at how others in foreign lands lived. That was probably my first big adventure in life if I don't count smoking cigarettes behind the clubhouse with my first grade girlfriend, Ruth Keith. I finished my last two high school years at New Mexico Military Institute in Roswell where I had the distinction of playing football with Roger Staubach (well, almost since he was a college freshman and I was high school). For those of you who may not know, Roger played one year for NMMI before he went to the US Naval Academy and on to Dallas Cowboy fame. That is the year NMMI won the Junior College Rose Bowl championship.

Life after NMMI took me to college, I don't remember how many, but I soon grew restless and decided that it was up to me to punish Fidel Castro for his pinko commie attitude so I joined the Marine Corps. Surprise, surprise, I didn't end up in Cuba, but at Marble Mountain in South Vietnam in 1965. Spending my career in helicopter outfits made me a prime candidate wanted by Uncle Sam. Thanks Lyndon, I will always think of you, too! Actually, I was quite pleased to go because this was going to be my second big adventure in life right up there with smoking cigarettes with ol' what's her name. I will never forget her. I got out of Vietnam ('nam' was after my time) with all of my body parts, a Bronze Star with combat "V" and some magazine and newspaper headlines and a chapter in General Walt's book. Sounds like I am a drinking member of the VFW, but I am not.

After the Marine Corps, I got married, had two kids, and went back to college to earn an MS in entomology at the Aggie college down south. My major work was in wildlife disease. After graduating, I managed to

hold down a job for 25+ years and decided to retire before I got too old to do anything. Sometime between then and now I skied up Denali and wintered (part of it, anyway) in the Brooks Range when -30 degrees was still considered cold. I called this fun?

In 1993, my wife of 26 years died of pancreatic cancer. She was diagnosed at Christmas time and died at home in late April. She taught English, math and other assorted classes over 25 years in several different communities in New Mexico.

In late 1994, I married my present wife, Mary, whom many of you have met. She retired from US West in 1990 after her husband died of complications from diabetes. She worked there for 28 years and worked several years at BDM and United Way. She does volunteer work for the American Cancer Society and is a nine-year breast cancer survivor.

Both Mary and I are active outdoor enthusiasts of hiking, biking, canoeing and especially skiing. We have recently finished building a home up in Taos Ski Valley and intend to enjoy much of our retirement there. We also love to travel off of the beaten paths and have spent time camping in Alaska, Canada, the Bahamas (we want to go back and travel by mail boat), Argentina and Antarctica. Our three children often have trouble finding us! This is really great, huh!

I am interested in Cibola Search and Rescue basically for three reasons. Primarily, I like to help people who need it, but I also like to be outdoors and to challenge myself and my abilities. That's about it in a nutshell, folks!

Larry Mervine has given us his story.

My life started in Akron, Ohio. As a kid, I played in the woods behind our house and helped my dad build the house we grew up in. Through junior and high school I did a lot of running and hiking in wooded parks around the Akron area. I spent the summer between junior and senior high school in Europe, visiting Germany, France, England and Spain.

In college I started toward a major in sociology, then changed to anthropology, but dropped out after two years. I spent the next ten years wandering from one warehouse job to another in different states. One of those stops was Colorado, where I worked maintenance at Keystone Ski Resort. In Colorado I learned a lot about mountain wilderness, hiking seven 14,000 foot peaks one summer. Then I attended my first search and rescue meeting, but moved before getting really involved.

Time to get my life in order. Although traveling and working at many different sites was exciting and interesting, it did not pay well, so I went back to school. At this time photography was my favorite hobby and I was able to work part time in a camera store while attending school, majoring in Data Processing. Now with degree in hand, what to do now? Move to New Mexico. My parents had retired to Deming, New Mexico. What a great place to start a job search. Surprisingly, there was a computer software company (the only one) in Deming looking for computer programmers. I was hired on the spot. You may or may not know that Deming is in the middle of nowhere. After four years it was time for a change. Triadic Enterprises was

my former employer, which had Valencia County as a client. When a position opened, I applied for a computer programmer position. After two years I was promoted to Data Processing Manager. Eight years later I'm still working at Valencia County.

Actually, before coming to Cibola, I belonged to Manzano Search & Rescue. Remembering my Colorado days, I asked the County Fire Marshall if there was a search & rescue team for the Manzanos. He said no. But a year later told me that a new team was forming. Manzano SAR team had been meeting for about a year when two strange characters named Don (Gibson) and Jerry (Wheat) attended a business meeting. Over the course of the next few months Jerry and I became the team's training officers. Don told us if we wanted to go on missions we needed to join Cibola Search and Rescue. We did.

There have been times on a mission, when the body aches, it's dark and the subject is nowhere to be found, when you wonder 'why am I here?' But, after a good night's sleep, you know you have done a good deed and that feels good.

Web News

by Tom Russo

Again, there was not much effort expended this month in expanding the website, although I did tweak a few of the programs to make them run smoother, fix a couple of broken links, and tinker with some database reports that the officers run every now and then. Our hit rate has exceeded 15,000 per month for several months running, now, attracting visitors from all over the world. There have even been a few people from other states asking for information on how to join us, and we had to suggest, very gently, that perhaps the state SAR resource officer wouldn't reimburse gas and oil for a commute from San Fransisco to the Jemez. Larry Mervine's sister has checked in and thanked us for giving her somewhere to come to check out what her brother's been doing lately. In short, the web site continues to get our message out there, and we hope it is as beneficial to our own members as it appears to be to the rest of the world.

The team website can be accessed at <http://www.swcp.com/csar/>

Statewide SAR Notes

by Tom Russo

As reported at the meeting, there are only going to be two regularly scheduled PACE exams from now on, and it is said that they won't be cancelled no matter what. The next PACE exam is on Saturday, 11 Dec. in Santa Fe. Gail Zimmerman emailed the following information on Tuesday:

Time: 1200 - 1600

Location: Santa Fe, St. John's College, Evans Science Lab, room 111, between the "Bell Tower" and "Parking ", immediately north of the "Bell Tower" Admin building on the map at the following website:

<http://www.sjcsf.edu/info/mapto.htm>

For registration (we need to know how many are coming), if you haven't already done so:

PACE hotline 505-625-1307 or e-mail rlathrop@dfn.com

If you do not have your study packet, you may not get it in time if you call today or later. If you are in Santa Fe, you may be able to pick one up from Rick Goodman (call ahead first, 827-9228).

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the Editors

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Volume 4, Issue 11
11 November 1999
Editors: Tom Russo, Mike
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and Susan Corban

LOST ... and FOUND

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search and rescue



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Top of the Hill

by Larry Mervine

November is here. Nominations for Officers are closed at the end of this business meeting. Susan will be giving us a report on her fact finding mission on team medical protocol. At the December team business meeting we will conduct team elections, and right after we'll have a potluck dinner at the church. And for those of you who did not attend the 6:30 clue awareness discussion here are the notes:

Clue awareness is part of search techniques, but is usually over looked in trainings because we think this skill is too simple or not important. But every search you go on, you are looking for clues. Searchers must search for clues, not the lost subject. This is because there are more clues than subjects. The detection of clues reduces the search areas and the information gained from the detection of certain clues approaches that of the subject.

Four categories of clues:

1. physical - footprints, cigarette butts, clothing
2. recorded - summit logs book, trail register
3. people - witness, family, friends, people in the search area
4. events - flashing lights, whistle, yelling

Good clue seeking is learned. Clue seeking must be practiced frequently to develop and maintain a skill level because experience is necessary to develop a sense of what information is important to the search (clues) and what is not (trash).

Virtually every person that passes through an area leaves evidence of their passing. A common problem

is not a lack of clues, but often too many clues and determining which are important. A detailed subject profile enables searches to relate a particular clue to the subject or discount it altogether.

For the best possible results when a clue has been detected, searchers should notify base camp, evaluate and interpret the clue in the field (as a team), and act upon the interpretation of the clue within the guidelines set forth by the Incident Commander or Operations Section Chief. When base camp direct us to mark the clue we should include: date, time, team number on the trail tape. And place the trail tape so that it is easily seen by other teams. On the ground is not a good place, but possibly on a nearby tree or bush. Base camp might also request GPS coordinates.

During the 6:30 session team members will then be ask to describe clues to other team member using their radios. Team members will divided into two groups, one as searcher and other as base camp person. Instruction to them include:

- Describe the item as clearly has possible and have the base camp person repeat your clue description.
- Talk slowly, the person on the end of the radio is writing your information down, be patient.
- Remember to release the transmit button on your radio!

Boots and Blisters

by Tom Russo

October's training was our Wilderness First Aid class, taught by Deb Gore and Ken Thompson of the Wilderness Medical Institute. I know I had a great time and learned a lot, and I hope all the others did, too. We had 28 people show up to class, and 6 of them were not Cibola members: we had one person from Las Cruces and three from Socorro come all the way up here for the class. I hope they found it worth their while.

David Dixon came up with an excellent location for the class at Hodgin Elementary School, where his wife, Rose, is principal. The class was held in the cafeteria, and there was a great courtyard just outside where Ken and Deb held some interesting scenarios for us to practice. Parking facilities were right outside the room, and along with the somewhat central location of the facility, this made for a very convenient class.

Thanks, too, to **Susan Crutcher** for arranging food. When I first realized we were under budget for the class I considered having Subway sandwiches in bagged lunches for everyone, and when I solicited help organizing food Susan stepped up and suggested that we actually have *good* food delivered for the same price. This kept us all in the general vicinity of the class during lunch, gave us opportunity to mill about and socialize, and it was the perfect addition to the class.

By the time you read this, our last Land Nav evaluation of the year will be over. At this time, all active, field certified members who needed Land Nav this year to stay field certified have had it, and most of our

prospective members who need it have taken it, too. Thank you all for helping make the evaluation process go so smoothly this year.

We have one remaining evaluation session this year, on Search Techniques, on Saturday, 4 December. If you need Search Techniques, please be sure to mark your calendar.

November's training will be on Sound Attraction and Hasty Search. Susan Corban, Curtis Crutcher and I have come up with a handful of interesting exercises that we think will sharpen our understanding of how we can search using sound beyond the vague notion that blowing a whistle is a good idea. We hope also to do a few telling exercises to show how well we can attain reasonably high POD on hasty searches, and what "high POD" would really mean in this setting. This being the first time we'll ever have attempted such a training, it will be highly experimental, and we don't know exactly how each of the exercises will go, but it should be fun and at least a little educational. Hope you can join us.

Finally, a light has appeared at the end of the tunnel in our quest to obtain a license to use 155.265 as the team frequency. After many phone calls and a few irate letters, the incorrect frequency coordinators to whom the application had originally been sent finally returned the application and the fees associated with it, and I resubmitted the application to the right place. They "coordinated" the application in about 24 hours, and passed it on to the FCC with a recommendation that it be approved. The application currently appears in the FCC's pending database at <http://gullfoss.fcc.gov:8080/cgi-bin/ws.exe/beta/genmen/index.hts>. Until we have a confirmed approval of this application, we are not yet licensed to use 155.265! Watch this space.

The hike of the month was not available at press time. We hope to distribute it separately at the team meeting, and will also put it on the voicemail if possible.

Business as Usual

by David Dixon

Attendees: Art Bisbee, Susan Corban, Curtis Crutcher, David Dixon, Paul Donovan, Paul Dressendorfer, Mike Dugger, Art Fischer, Don Gibson, Ben Gorelick, Eric Jaramillo, Mickey Jojola, Brian Lematta, Larry Mervine, Stephen Meserole, Brian Murray, James Newberry, Nancy O'Neill, Jeff Phillips, Amber Pickel, Melinda Ricker, Frances Robertson, Ellie Robinson, Joyce Rumschlag, Tom Russo

President: Larry welcomed new faces Art Fischer and Ben Gorelick.

Communications Clue Training will be before the November Business meeting at 6:30.

All present officers are nominated for same positions.

There will be a Section Chiefs meeting on November 6 at 5 p.m. at Larry's house.

Membership: Curtis Crutcher and Frances Robertson are now active members.

Treasurer: Previous months finances and balance are given.

VP/Training: Money saved on Wilderness 1st Aid Training will be used for lunches for everyone on both days.

November Training will be a Sound Attraction Hasty Search on the 13th.

Equipment: A request is made for members to sign up to be Pager 2.

PR: Our PR table was staffed on Sandia Family on September 24th and the next day at UNM for Kids Outdoors. We had a few interested stop by at Sandia but Kids Day was almost kidless.

A brief presentation was made on October 13 to the IRS for the United Way campaign.

PR and other Committees are seeking members and/or Committee heads for next year.

CSAR posters will again be placed at various businesses and other locations around the area in the coming month.

Escape: A Mock Search is still planned for February probably at Philmont.

New Business: Garmin 12s can be purchased for \$100 if we order 25 or more. See Mickey Jojola if interested.

Don G. discusses POS and has some handouts.

Curtis Crutcher's wife, Susan, and daughter, Annie, hand out a Annie's Creations price list for clothing with team and name embroidery.

Who's Who and New

by Susan Corban

Amber Pickel is now an active member. Welcome aboard, Amber.

Otherwise, membership has been quiet this month. There have been no orientations.

To review the year, there have been 19 orientations so far this year. We currently have 21 active members and 12 prospective members. A total of eight members have become active during this year, to date. We will probably have more active members before the year is over.

New Members

It has become very apparent to me this year that there are lots of people who like search and rescue, would like to be part of search and rescue, but can't commit the time. I've seen a lot of enthusiasm from prospective members, but in the end, only a very few follow through to the point of attending missions and joining the team. We all know why because it's hard for us, too. We all have to make time.

This means that we have to solicit recruits constantly and make them feel welcome while we get the chance. I've learned that it's also important not to overwhelm newcomers with too much information. I know we each have a different motivation for our participation. For some it's honing skills, for some it's the company of others with a common interest. When, occasionally it works out that way, we are all motivated by helping to save someone's life. Service, skills, socializing, adrenaline-addiction, whatever your motive, communicating your enthusiasm to potential members is the best recruitment tool I know of. Please spread the word when you get the chance.

Feedback, Please

Since there are so many new members on the team this year, I invite you to give me your perspective on your first year. If you have suggestions for improving the experience, please tell me. If any members have membership issues, please give me your feedback. If I continue in the job another year, I'd like to make it better for everyone, new and continuing.

Group Dynamics

One thing we can do to increase camaraderie is to go eat and chat after missions, meetings, and trainings. Everyone has a standing invitation. No one has planned these events, but they've happened spontaneously. Ask around after events to see who wants to go or pick a place and let other members know you're going. Or just hang out after events and visit. As membership officer, I will make a point of organizing a time at ESCAPE when all Cibola members get together to eat, meet or play. And don't miss the party in December. You'll hear about it at the next meeting.

I think the team is in good shape right now. It does take a lot of work to keep us strong. So, while I'm at it, thanks to all of you for sticking with this, for your dedication and loyalty, your skills and efforts.

Public Relations

by David Dixon

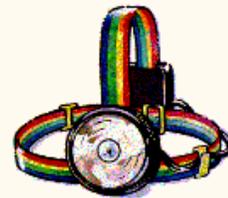
For over a year now the PR Committee has been focusing on team recruitment. We have spoken to groups, put up posters, promoted ourselves in the newspaper, and continue to attract through our excellent website. Our primary goal for 1999 is a 50% increase in membership and with our numbers up we're certainly close to reaching that objective. We continue to have good attendance at business meetings. In fact in the last 12 months there were 70 new attendees. (See additional info about

membership in Who's Who and New Column). But for every person who stays with us many more do not. Less than 25% of those new people have become members. PR and recruitment is thus important but so is TR or Team Relations. If we're working to get people to meetings we need to make them feel welcome. If someone continues through orientation they're obviously interested in us and may go on to become active. That's what we want. They certainly need to feel like they are a part of the team. Everyone joins to go on missions and new people need that expertise of active members. Members in turn should get to know those prospectives that may be with them on a search. People that don't come back after a meeting do so for various reasons. They are less of a concern for us than those that go through orientation but choose not to become active. The reason these people did not stay with us is important. We don't want it to be because the team did not make them feel welcome. When I first started almost 3 years ago there were times when I felt like the team door was not very open to me. And even though I want to feel like things have changed I know that some new people, at times, still feel that way. We do need to know that people are serious about SAR and Cibola. But their actions and attendance should speak for them. They shouldn't have to prove themselves before we deal with them. We are a team of volunteers who always need others. Let's get to know everyone on the team and work to keep our door wide open.

There are no scheduled PR events this month so the Committee will end the year by replenishing our posters around town at businesses and other organizations. If you know of a place where one might attract a potential see me.

Member Spotlights

The following came from **Brian Murray**. I was born and raised in Lakewood, OH, a suburb of Cleveland. I graduated from Xavier University in Cincinnati, OH in 1995. I lived in Cleveland until November of 1996, and decided that I had lived in Ohio long enough. At that point I moved to Albuquerque. It was an easy choice because I had been visiting the city since I was born and my uncles, aunt, grandparents, cousins, and mother live here as well. Soon after I arrived I became employed by American Modern Insurance Group in Cincinnati as a local Staff Adjuster. I live with my Chihuahua, Max, and my Boa Constrictor, Slithers. When I am not working here in Albuquerque or at the site of the latest hurricane or other natural disaster, I hike, ride my road bicycle, snowboard, and workout. It was at the gym that I saw the Cibola poster and thought that SAR would be a good way to help people and be more involved in the outdoors.



Tom Russo, KM5VY, was born in Brooklyn, NY a few years ago, and has tried to forget the fact ever since. Born to a family of hardheads, he blundered his way through more school than normal humans should ever bother with, and wallpapered his den during the time it took to marry, move, move again, visit Europe, spawn the perfect child, move again, graduate, move again, separate from his first wife, move again, divorce his first wife, and finally get hired to play with computers all day, to pretend to work on solid state physics, and to simulate semiconductor devices at Sandia National Laboratories. Rumor has it he may not be moving quite so often in the future.

A certified (possibly certifiable) curmudgeon, Tom somehow got the idea that community service was missing from his life and joined Cibola SAR in the fall of 1996. One fine day he criticized how the leadership of the team was approaching a particular subject, and found that by doing so he had "been volunteered" to try it himself or shut up. He has been unsuccessfully trying to shut up ever since, but they keep coming up with more stuff to do. Tom often wonders how he found things to do with all the spare time he is finding he doesn't have now that he has incorporated Cibola into his life.

Web News

by The Wayside

There is no Web news, but as always, the team website can be accessed at <http://www.swcp.com/csar/>

Statewide SAR Notes

by Mike Dugger

PACE NEWS

The last PACE field evaluation session for the year will be held Saturday, Dec. 11 in Santa Fe. Contact Bob Lathrop at rlathrop@dfn.com or leave a message at (505) 625-1307 to register and request study materials.

The PACE committee met on October 23 to address some of the problems we've had with the field evaluation process this year. The three main problems have been getting study guides to registrants, cancellation of sessions, and having a majority of no-shows at sessions. Despite the perception created by these problems, the Department of Public Safety MOST DEFINITELY still cares about PACE field certification. This certification is one way for the SAR Resource Officer to document that volunteers have the basic skills to stay safe as well as contribute to finding the missing person. We expect to see an increased emphasis on PACE in the coming year. This will probably mean that more challenging assignments will be reserved for PACE-certified searchers, and they will be the preferred field team leaders.

From the registrant's perspective, not getting study materials and having sessions cancelled are major frustrations. Contrary to popular belief (including my own until October 23), the PACE chairman (Bob Lathrop) with whom people register has not been in control of sending study materials out. The state SAR office has been responsible for this. The PACE committee will try to fix this problem in two ways. First, PACE is assuming responsibility for getting the study materials out. Second, we will be making all the documentation for the evaluation available via download from the Internet. Not everyone has a computer at home, but at least individuals can take charge and get the materials on their own if they don't want to wait for the mail.

Cancelled sessions were usually due to only a few people signing up, and in one case due to lack of

evaluators. To address these problems, beginning next year PACE will hold just two scheduled evaluation sessions per year - one at the state SAR conference in the spring and one in November far from where the SAR conference was held that year. These will not be cancelled, even if only one person signs up. We are also trying to increase the number of evaluators. The goal is to have a larger pool to draw from so that existing evaluators don't burn out. Groups can still arrange a special evaluation session with an evaluator, and having more evaluators from all over the state will make this easier.

From the evaluator's perspective, it can be extremely frustrating to get materials and personnel together expecting 20 people to take the tests, and then have only four show up. We are guessing that this means that people want the information in the study guide, but they see no real reason to follow through with the evaluation process. As mentioned, expect to see an increased emphasis on PACE field certification at missions in the coming year.

PACE committee members want to regain your confidence. We have taken control of the process as much as possible, and I am optimistic that these changes will result in an improvement. Remember, the PACE committee is made up of hard working volunteers just like you. We all believe that making sure each volunteer knows the basic skills and has the basic gear is in the best interests of everyone - SAR members and the missing subjects included!

Finally, if anyone reading this (CSAR member or otherwise) is interested in becoming a PACE evaluator, please contact me. An increased population of evaluators throughout the state will make it easy to ensure all our volunteers are PACE-certified.

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the Editors

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Volume 4, Issue 9
9 September 1999
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Top of the Hill

by Larry Mervine

In performing the tasks of a search and rescue team, we are bound to have disagreements as to how these tasks are done. When disagreements do occur, some may be addressed by a long-time member who knows how the team policies were decided. Our team policies cannot possibly cover every situation we encounter on a search and rescue mission. So, do not hold back questions on the policies the team has chosen. We are always open to new ways to make our jobs easier, safer, and more efficient. The officers ask that you follow the *Member Guide* when you have a suggestion or a disagreement. Below is what the *Member Guide* says about bringing an issue to the team.

An issue may be brought by any member before the team at a monthly business meeting, or it may be brought to the attention of an officer of the team at any time. The latter is preferred, since the issue may have been addressed at an earlier meeting. In addition, discussing the issue with an officer before a general meeting will permit some research to be done and will allow discussion at an officer's meeting, if necessary. The issue may then be summarized for the team at a business meeting, discussion may be delayed, an *ad hoc* committee may be formed to gather additional information or the issue may be voted on. While the opinions of all active and prospective members of the team are welcome, when deciding an issue, only an active members shall have a vote.

Here's a little history on the *Member Guide* and *Training Policy and Standards*. The *Member Guide* was revised in 1998 when the team grew to 45 members and we wanted a clearer explanation of how Cibola Search and Rescue operated. Also, in 1997 we developed the *Training Policy and Standards*. A committee of team members with a lot of mission experience came together to identify the basic skills

team members needed to be effective on searches. We feel the Training Standard has achieved this purpose.

See you out there.

Boots and Blisters

by Tom Russo

We had an interesting time on Saturday, 14 August, when members of the New Mexico Four Wheelers met 8 of us at Montessa Park to show us how to get more out of our four wheel drive vehicles. We learned a little bit about the limitations of each of our rigs, assessed our equipment, and learned a few tricks of the trade to help us get through an off-road experience a little more safely and a little more surely. I'm toying with some ideas about how we can get together to practice some of these things more often, and am open to some suggestions. One suggestion was a four-wheel drive bivy up in the Jemez, which sounds like a fun time.

Contrary to what I stated at our last meeting, the information that the frequency coordinator gave me was incorrect. Turns out that PCIA, the company that the FCC information told us to submit our 155.265 application to, was *NOT* the company responsible for doing public safety coordination. This sets back our license application to square one. When we receive our returned coordination fee I will resubmit the application to the correct place. In the mean time, please disregard the information I provided to you previously on the use of 155.265 and a temporary callsign. We apologize for the inconvenience. Had the FCC provided correct information on their website this would not have happened.

Speaking of station identification, congratulations to **Joyce, KD5IAI** and **Terry, (callsign pending)** on their new Technician-class ham tickets. We look forward to hearing you on the air. This brings our number of licensed hams to 15. Now please allow me to succumb to philoprogenitiveness long enough to brag a little --- congratulations also to Katarina Russo, age 8, on passing the written exam for the Novice license. Was there anyone left on the team who was thinking they wouldn't bother to study for the exam because they thought it might be too hard? To obtain a Technician-class license you need to pass both the Novice and Technician tests. Several members have gotten their Technician license in two steps, first studying for and passing the Novice test ("element 2") and then finishing up the next month by taking the Technician test ("element 3a"). Most, though, take both exam elements in one session, as element 3a isn't all that much more involved than element 2. Come on, hop in, the water's great.

Our next training will be on land navigation on Saturday, 11 September, a replay of the training Mike and I led at Cedro Peak in January. This is essentially an introduction to navigation with map and compass, but with an intermediate level field exercise to go with it. The class is designed to give new and old members alike something to take away with them, and everyone a lot of practice. To recap, we have a two-hour classroom presentation on topo maps, coordinate systems, magnetic declination, route selection, navigation strategy and resection. We then run right outside the classroom and practice terrain identification and how to use the compass to find bearings to landmarks. All of that is then put together to practice resection. Finally, we proceed to another location where we have a navigation course set out.

Members are grouped into teams and shown a map on which several marks have been made. Teams then use their navigational skills to find the places in the real world that correspond to the marks on the map, and ring back a token from the marker we place in the field. To participate, you'll need a good compass, your SAR pack (especially the food and water from it!) and a map of the area.

The classroom location will be announced, and the training area will be at the Bear Canyon trailhead (east end of Spain). The Sandia Crest USGS 7.5 minute Quad map is the best one to use, but you could get by with the USFS map of the Sandia Mountain Wilderness. The past two times we ran this training the navigation course took at least three hours and often as much as five hours to run, and was physically (and navigationally) challenging. We think it is a fun training, and well worth spending the better part of a day on since it is good practice for the type of problems you might face as a SAR volunteer on a field assignment.

Hike of the Month

La Luz to La Cueva Overlook

0900, Sep 25, 1999

Trailhead: La Luz

R.T. Distance: 5-7 miles

Elevation Min/Max: 1200 ft gain

Hiking Time about 4.5 hours

Hazards:

Topo Maps: Sandia Crest Quad

Hike Leader: James Newberry



I've never seen the view from the La Cueva Overlook during the day, so I want to do this hike before it gets too late in the season. We'll meet at the trailhead at 0900. I'd like to get back to the cars by 1330. Children and dogs (SAR and otherwise) are welcome.

Business as Usual

by David Dixon

As your new secretary I am going to resume this column as highlights from the previous month's business meeting. Please let me know if, after a few months, you think it's too much, not enough or juuuust right.

President:

Larry introduced some new faces: Michael McDonald, Michael Read, Vince Garcia, Steven Schray, Refugio Rochin, Matthew Burke.

Membership

James Newberry and Paul Donovan are now active members. Jeff Phillips has had his orientation and is now a prospective member.

Treasurer

Mike reported on the current balance and circulated a copy of the expense report.

VP/Training

Tom reported that Joyce R., Susan C. and Paul D passed their ham exams in the past month. Tom also updated the team on the status of our FCC application to use 155.265.

Wilderness 1st Aid set for Oct. 30-31. The price was set at \$100 per student, and a team subsidy was decided on for members.

3 people passed Land Nav. evaluation during last weekend's Summer Bivy. 13 Cibola members attended and passed last months ICS 200 class.

Equipment

It was proposed and decided to stop giving carabiners out to prospective members, and to continue to give out lengths of webbing. We will continue to give out carabiners to new active members until the current supply runs out.

PR

Fireside Chat on Outdoor Preparedness given on July 24th by David D., Larry M. and Don G. and next morning Hike at Elena Gallegos. UNM Day is on the 27th.

ESCAPE

Next years Escape will be at Philmont Scout Ranch. NMESC would like to see more instructors from outside the New Mexico SAR community give trainings. Mike D. said that 5 Cibola members passed the recent Pace exam.

NEW BUSINESS

Gene Mortimer reported on gear donations we received.

Susan reminded everyone that prospective members can go into field only with an active field ready member.

Susan C. proposed, explained and read changes to the Member Guide including additions to Treasurer, Secretary and Membership Officer duties and specific changes to wording of Membership Section concerning standards and procedures for removal of member from the team. The proposal passed after some discussion.

Who's Who and New

by Susan Corban

This month's membership news includes two orientations. Katie Avery and Stephen Thrasher are geared up and ready to go on missions. Please help them out in the field.

Public Relations

by David Dixon

On August 24th it was time for our favorite recruitment event, UNM Day, when we try to stir the interest of some future members, young college kids ready to pop on a 40 pounder and go at it. And who better to stir than seasoned veteran Don G., loaded with SAR tales, and our newest active member James N. ready to relate some early excitement. Thanks especially to those two and Mike Dugger for putting up with the hot dogs, heat and coeds all day. One of those previous college guys, Jason M. also took time out from classes to help, Susan C. of course was right there with cookies for the troops and I showed up to take away all our stuff. I know we'll see a few fruits of our labors at an upcoming meeting.

In September we have Sandia Labs Family Day on Saturday the 25th where we'll set up our table and do some P.R./Recruitment work. Cibola probably owes its existence to the many past and present Sandia Lab members so like UNM Day this should also be a valuable event for us. See me if you'd like to share in the exciting world of Cibola Public Relations.

There were six new faces at our August meeting, a positive sign for our continuing efforts at recruitment. Hopefully more newbies are reading this right now at the September meeting. We welcome everyone and encourage those interested to stay with us.

Member Spotlights

A native of Albuquerque, **Eric Jaramillo** is right at home in this little corner of the southwest. After graduating from Valley High School in 1988 (to let you know how old he really is), Eric joined the United States Navy and spent approximately nine years serving our country. Eric specialized in chemistry and radiological controls for the operation and maintenance of nuclear reactors. Sounds pretty interesting, but the most interesting part of the job was where it was performed, a submarine. Eric participated in many emergency response teams while in the Navy, and continues this today for Sandia National Laboratories. A health nut, Eric has been successful in many physical events. He won the New Mexico state wrestling championship, as well as qualifying as a Naval Scuba Diver. Currently, Eric is employed as a Radiological Controls Technician at Sandia National Laboratories, and participates in Sandia's Hazardous Materials Response team. Joining Cibola Search and Rescue is not only a way for Eric to give something back to the community, but is also a natural progression of the type of "emergency response" work Eric has performed for the Navy, and now Sandia National Laboratories.



Web News

by Tom Russo

No news is good news.

The team website can be accessed at <http://www.swcp.com/csar/>

Cibola medical policy

by Tom Russo and Susan Corban

Since we're sponsoring a Wilderness First Aid course in October, it is important for all members, new and old, to reiterate our medical policy.

It has long been Cibola's policy that since we have no "doctor's protocols" under which to operate, we perform only those duties that do not require such protocols and qualifications. Cibola medical policy is in our Member Guide and is stated at each litter training. The Cibola Member Guide, which every member, old and new, should have, states:

Policy on rendering Medical Aid

The basic duties of Cibola SAR members are limited to the tasks associated with the location and evacuation of lost or injured persons. Cibola SAR team members do not provide medical aid. Individual team members who are certified by a State of New Mexico regulating authority (such as the EMS Board) may provide medical care consistent with the standard of care authorized by their certification. At such time, the individual would be acting under the authority of the certifying organization. When such an individual renders medical aid, he or she is operating under his or her own certification and is not acting as a member of Cibola SAR.

When we train and "certify" on litter handling we take great pains to make sure that members understand that what they are doing is training to follow the instructions of properly trained and certified medical providers. In fact, the handout that went along with each litter training in 1998 and 1999 has stated:

On medical decisions

Assessment of a subject is always performed by a qualified, trained medical provider (e.g. EMT). Ask the medical provider for guidance on special precautions that must be taken on account of any injuries the subject might have. When you have decided on how you will move the subject, explain your plan to the medical provider and make sure it is approved.

In short, defer all medical decisions to a qualified person, and follow any instructions they might give.

In case I'm being too abstruse, let me be clearer: the purpose of our training and certification process is, and has always been, most emphatically *NOT* to train you to make medical decisions, but to be competent to carry out the instructions of whatever properly trained *and State certified* medical provider incident management has placed on scene. That is to say, if an EMT in charge of the subject has assessed the subject's injuries and determined it is safe to move the subject, that EMT should be able to feel confident that each member of Cibola SAR understands what to do when told to get the subject loaded

and secured into the litter, and that the subject will have a safe ride home when the litter is tended by Cibola SAR members; we'd like to imagine that they can also have confidence that the subject will have as comfortable a ride as possible, too. But at no time should any member of Cibola SAR who has not received a higher level of certification than any other EMT, nurse, or medical doctor on the scene attempt to provide medical care in contradiction with the instructions of that higher authority.

Our litter training and certification standard concentrates on the mechanics of litter handling, efficient transport, and making sure a subject actually stays in the litter once we put him or her there. Note that our litter training standard even stipulates that each member know how to tie a subject into the litter "[s]tarting with a subject laying in an appropriately padded litter on the ground." We would only get an injured subject into a litter after having been instructed by a qualified person, and we do not train on these methods short of describing methods that we have frequently been asked to use by EMTs and paramedics.

Will the WFA class change anything?

So, we're sponsoring a Wilderness First Aid (WFA) class. Does this mean we will start providing medical care? No. The WFA class will *NOT* change the Cibola medical policy in any way. A 16-hour class will only touch on the absolute basics of first aid. That means you'll only learn just enough get a subject out of immediate danger, things like stopping bleeding and minimizing the effects of shock. Again, you will never exceed the limits of your certification, and a 16-hour WFA class will indeed be very limited. Even a Wilderness First Responder, who attends an 80-hour class, has an extremely limited capacity to perform any sort of assessment on a subject, and, in any case, on all missions we'll attend there will be a more qualified person in charge of the scene (usually a Wilderness EMT or paramedic).

As always, if you have a question about Cibola training and certification policy that is not crystal clear from our Member Guide, contact any team officer for a definitive answer. If you are still not satisfied, simply bring it up at a meeting for discussion by the membership as a whole. Nobody has been bitten for asking a question at a meeting in years.

Classified Ads

(20 words maximum, no services)

ATLAS Hiker snowshoes, model 1033 (roughly 9" by 30"), used once. \$175. Contact Rose Marie Renn at 291-6419 (home) or 844-9144 (work).

The following communications equipment and maps are available from John Mindock, former team member and President. He would like to make a single shipment of items wanted by present Cibola members, so please let Mike Dugger know if you are interested in something by October 30. This is the first day of our WFA class.

Maps

- 7.5 minute quads - 70 from all over New Mexico, particularly where missions occur
- 30x60 minute - 23, again where missions occur
- plus - 16 forest service maps and 4 other maps from around the state
- purchase price >\$500, sell the package for \$200

Midland mobile radio, model 70-336B

- 35 or 50 watts, with mic, mic holder, mounting bracket, magnetic mount antenna and wire
- 8 channels, all 155.xxx, including all commonly used SAR frequencies
- no scan capability, and is not field programmable
- purchased for \$500, sell for \$200

Uniden handheld radio, model SPH516D

- channel/function LCD, channel monitor switch, battery low indicator, TX-Busy LED
- channel scan, scan pause, scan dropout delay, talk around, battery save
- PL-capable, 1 or 5 watts selectable, not field programmable
- 8 channels, all 155.xxx, including all commonly used SAR frequencies
- mobile antenna, charger, extra battery, mounting bracket, mic holder
- same radio as CSAR team equipment
- purchased for \$572, sell for \$200

Yaesu 2m mobile, model FT-2500M

- back-lit DTMF mic
- 9600 BPS compatible (minor modification required)
- 31 channels, each stores alpha tag, CTCSS, repeater offset, power level and odd-split info
- frequency coverage 140~174 MHz RX, 144~148 MHz TX
- power output 50/25/5 watts.
- flip-up front control panel hides seldom used buttons for simple operation
- purchased for \$350, sell for \$200

Vehicle-mounted Radio Stacking System

- can hold 4 radios
- mounts on the transmission hump
- purchase price \$160, sell for \$80

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the Editors

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Volume 4, Issue 8
12 August 1999
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Larry Mervine

This weekend a number of our team members went on the summer bivy but I went to see the movie "The Blair Witch Project." The movie is about three young film makers who go to a place in the woods and never return. What does Search & Rescue have to do with this? It is how the movie portrays the behavior of the lost movie makers. They first start accusing the leader for not knowing where they are going. And at night they hear strange noises. After seeing some strange objects during the day, their attacks on each other increase. The night noises seem closer and more intense. As the situation gets more desperate, their emotions take over. One of the film makers disappears or runs off. The other two are weak and emotionally drained. That night, they hear their friend's voice and run into the dark to an abandoned house. You can hear the panic in their voices as they go through the house. Then the movie ends.

While living in Colorado I did what you should not do: a solo over night in the Rocky Mountains. I parked my vehicle at a trailhead and walked about three miles up a dirt road, then 40' off the road pitched a tent. The night seems to be the scariest time. What to do until morning? This is the time your mind wanders. You start remembering stories about animals and crazy people. And now you begin to hear the sounds of the forest. The heart pounds faster, sleep is not an option.

On missions we do not want members to go into the field alone. We talk about this as a safety issue, if we get injured, but have not talked about this as an emotional issue. Most of the time our searches are at night and we easily get separated from other team members. For short periods this is not a problem. There have been times in the field when individual team members have been separated for almost an hour. All people are different, but even after 10 minutes I have experienced a little heart pounding. What can we do? Always keep teams members within voice or headlamp distance. The terrain features may make this an

inefficient search technique, but your team members may feel better. If team members become too argumentative, maybe they are frightened and do not want to admit it.

Keep this in mind when approaching lost subjects. They may have been out there for a long time and be frightened of you. Or they may be very excited to see you, but then collapse minutes later.

We also, need to remember that a subject should never be the last person when returning from the field. Even a team member may become too exhausted and lag behind or stop to sit without telling anyone. Look out for each other.

See you out there.

Boots and Blisters

by Tom Russo

I just want to take a few lines to thank everyone who has been showing up regularly to trainings. We've been having very nice turnout on the last few trainings, and it is profoundly rewarding to see that folks are coming out, participating in trainings and working to build the trust we all need to have in order to work together on missions. Missions have been few and far between this year, so it's really easy to get slack about technique, gear, and physical fitness. I've been getting into the habit of pulling my gear out and sorting through it every month just to make sure I know where everything is, and I recommend that you do the same.

Susan Corban set up a wonderful summer bivy which was very well attended. After what some would call a pleasant 6 mile hike (and others might call a grueling, muddy, oxygen-free 6 mile forced march) 12 Cibola members plus a few children, dogs and a pony convened at Pecos Baldy Lake for some crystal clear night skies, fresh (albeit thin) air, and a bit of camaraderie around a nice warm campfire. Three of our members passed their land nav evaluation up there, and several prospective members gave it a practice shot. As of this trip, Susan Corban is an alternate land nav evaluator. Thank you, Susan, both for the bivy idea and volunteering to help evaluate.

Congratulations to Susan, KD5HTW and Paul, KD5HUA, our newest licensed Hams. This brings the tally this year to seven new licensees since January, a little above our stated goal of five, and our total number of licensed Hams to 15. That means 44% of our current membership have Ham tickets! Look forward to a lot more communications training opportunities in the coming months. This will probably be done outside of our regular training events, perhaps during our now-weekly radio yak sessions.

Five new members passed the PACE exam on Sunday, 18 July: Eric Jaramillo, Brian Lematta, Richard Lloyd, Brian Murray and Chris Murray. Good show, folks!

We had a *great* turnout to the ICS-200 class in Albuquerque. 13 Cibola members and prospective members attended: Art Bisbee, Susan Corban, Curtis Crutcher, David Dixon, Terry Hardin, Eric Jaramillo, Mickey Jojola, Steve Meserole, Nancy O'Neill, Jeff Phillips, Melinda Ricker, Ella May Robinson and Tom

Russo. In fact, during the introductions Rick Goodman paused to ask "Is anyone here *NOT* from Cibola?" As a correction to information previously stated in these pages, a Type-I team requires that one member have been through ICS-200; it had been previously stated that *every* member needed this, but the Resource Directory (and the Resource Officer, for that matter) says otherwise. Having 13 more members with ICS-200 training definitely increases our ability to field Type-I teams, but we'll still need some Wilderness First Responders and/or EMTs before we can do so on our own; the requirements for a Type-I team are that one member have WFR training or higher, one member have ICS-200, all members be equipped to stay in the field for up to 24 hours, and all members have a solid grasp of search techniques and navigation. That is to say, take two Cibola members who've passed our field certification, one of whom has ICS-200, add a WFR and you have a Type-I team.

We have signed the contract with Wilderness Medical Institute and paid the deposit as voted on in July. It's official: we will be sponsoring a Wilderness First Aid course on Saturday-Sunday, 30-31 October 1999. Members will need to pay \$40 each, the team covering the rest; you need to pay in advance to reserve your space. Members spouses may also put \$40 down to hold a place, but they will need to pay the remainder before the class. Non-members are welcome and must pay a \$50 deposit in advance and the remainder of the \$100 cost by the day of the class; this is a few dollars cheaper than the going rate for this same course. We will be inviting the members of other NM SAR teams to participate. The class is limited to 30 participants and I would expect that there will be considerable interest outside the team, so put your deposit down as soon as possible. We're still working on the question of where we can hold the course; if you work for someplace that has a large conference room, preferably with a large nearby patio (for doing the hands-on work), please let me know. We're working on getting a classroom at Kirtland AFB, but if that falls through it will be great to have a fallback position.

By the way, the composition of a Type-II field team requires one WFA trained person and one ICS-100 trained person. All members of a Type-II team must be equipped to stay in the field up to 12 hours, and have familiarity with search techniques and map and compass skills. Thus we will be able to field quite a few Type-II teams immediately upon completion of the WFA class, since Cibola's training standards meet or exceed all the other Type-II requirements -- in fact, they almost but not quite meet the Type-I requirements.

On the training schedule: For your reference, here is the complete training and evaluation schedule for the rest of the year:

Saturday 7 August	Summer Bivy and Land Nav Eval
Saturday 14 August	4WD training, 8am-noon(*)
Saturday 11 September	Land Nav training, 8am-2pm(*)
Sunday 19 September	Search techniques eval
Saturday 9 October	Litter eval
Sat-Sun 30-31 October	Wilderness First Aid (two 8-hour days)(*)
Sunday 7 November	Land nav eval

Saturday 13 November Training subject TBD(*)

Saturday 4 December Search Techniques eval

Sunday 12 December Training subject TBD (*)

The schedule is also available on the web at <http://www.swcp.com/csar/tsched.shtml>

Each month there is at least one person who contacts me asking me to move a training to accommodate his or her personal schedule, and I can guarantee that if more than one ask they're all asking for conflicting changes. Sadly, I cannot accommodate every request, I am unlikely to give much weight to individual requests, and I cannot possibly hope to make everyone happy with the schedule. The best I can do is lay it all out before you and let you pick and choose the trainings that fit your schedule and your interests, and fix the schedule far enough in advance so that if you need to set aside time to attend that the training will in fact go down as planned --- I know only too well how irritating it is to make room in a schedule for something only to have it moved without warning.

It is up to you to make sure that you attend two trainings every six months and all three evaluations each year. I believe I have structured the schedule and put it out there well enough in advance so that everyone should be able to meet the requirements of active membership and field readiness. If, given 5-8 months advanced notice of scheduled trainings and evaluations, you still cannot fit two trainings out of 6 and 3 evaluations out of 12 into your schedule, perhaps you should reconsider whether you can give search and rescue the priority it deserves.

Susan maintains a book of training and evaluation data for every member. Please consult with her if you cannot check your own records on the website. There is ample opportunity to get your requirements fulfilled if you plan ahead now.

Hike of the Month

Tree Springs to South Crest Trail 0800, Aug 28, 1999

Trailhead: Tree Springs

R.T. Distance: 8 / or as far as you want miles **Elevation Min/Max:** 8450/9800

Hiking Time 4 hours

Hazards: none

Topo Maps: Sandia Crest



To get to the trailhead from Albuquerque, go east on I-40 to the Cedar Crest exit (175). Stay to the left on the exit ramp. Drive north on Hwy 14. Turn left on Rt 536 (Road to Sandia Peak Ski Area and Sandia Crest). The Tree Spring Trailhead is about 4.5-5 miles up the road and 1.5 miles before the ski area. There will be a parking lot adjacent to the trailhead. Forest Service fee of \$3 or annual pass applies.

Business as Usual

[highlights from July minutes]

[Ed. Note: This month we begin a return to the use of this column to report highlights from the previous month's business meeting minutes. The minutes are always available on the members only website.]

President

David Dixon was the only nominee for Secretary, and was elected by a landslide.

Membership

Susan reported that Contact Paging has once again changed the procedure by which they want us to contact them for establishing service and has information for those who want pagers. She also distributed laminated ID cards, but needs to reprint the business cards. Contact Susan if you want some.

Treasurer

Mike reported that he is restructuring our records to make it easier to track classes expenditures and committee budgets. He is using this to make our annual financial statement.

Training

It was decided that we would hold our Wilderness First Aid class on the weekend of 30-31 October. The team will pay the WMI deposit and will begin collecting team member deposits next month (August). Larry gave details about the upcoming Search Techniques training. Tom announced the July ICS-200 and September Section chief classes. Tom explained that while he does give a start and end time for trainings, the end time is just a guess.

Equipment

Mike made new prussics for our low-angle gear. The old ones were too short, were made of 9mm cord and didn't bite the 11mm rope. Mike asked for volunteers to take over researching team vest purchases.

Standards

Larry Golden has finished editing the "base camp standards" and will present them next month.

Old Issues

Ryan and Gene have received some equipment donations, and a few offers of discounted gear. Gene will keep a list of the discounts and coordinate purchases.

Who's Who and New

by Susan Corban

Congratulations to **James Newberry** and **Paul Donovan**, now active Cibola members. Welcome, guys. Jeff Phillips has had his orientation and is ready to go on missions. Welcome, Jeff. We've got 14 prospective members on the team roster of 35 members right now.

Mini Lesson

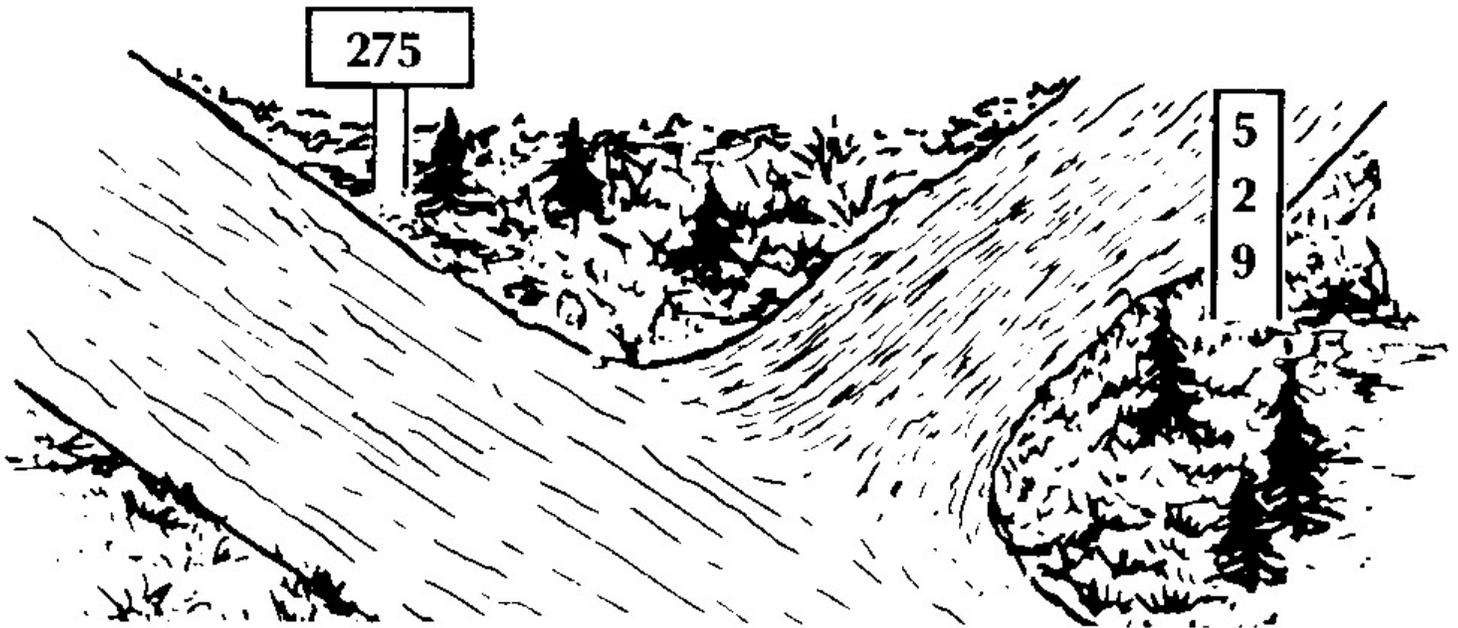
by Susan Corban

Did You Know?

National Forest roads are usually rough, tear up your vehicle, and slow you down. Some just about suck the tires off your vehicle. Most Forest Service roads are unsurfaced or have gravel surfaces. Gravel makes steering and stopping more difficult, and unsurfaced roads are often slippery when wet. Most roads are not snowplowed or maintained for winter travel. There may or may not be turn-outs to avoid on-coming traffic. We've all experienced the "excitement" of this type of driving.

But, did you know that the Forest Service has a system to let you know just how bad the road is? To get a better idea of the state of the road you are about to drive, notice the signs posted along the roadside. The

horizontal marker is used on forest service roads recommended for passenger cars. The vertical route marker is placed on unimproved roads that are maintained for high-clearance vehicles such as pickups and 4-wheel drive vehicles. Many of these roads can also be safely driven with a passenger car, however, considerable caution should be exercised. Another indicator of roads unsuitable for passenger cars is a painted road edge line on a paved road across a dirt road entrance. Obvious obstructions or cross-ditches also indicate unimproved roads.



Coming Attractions

by Tom Russo

As you might have noticed, the newsletter has been devoid of feature articles and minilessons in the last few months. This is mainly because those of us who used to write them have been overwhelmed with other things to do. But those parts of the newsletter are still available for members to fill, and if you would like to pen a minilesson on any SAR related topic, or a feature article that you feel might benefit the team and the wider SAR audience that our newsletter reaches, please feel free to contact any of the editors.

Public Relations

by David Dixon

On July 24th Larry, Don and I gave our Outdoor Preparedness Fireside Chat to almost 100 people at Elena G. (We were told it was an attendance record for a Fireside Chat!) Other than the wind and some rowdy folks at an adjacent site things went well. We had one VIP (very interested person) linger well after the talk. He turned out to be another one of my students. We hope to see him at the next meeting. All of us are gettin to be real public speakers.

The next morning I played host to 25-30 hikers of all ages for a leisurely stroll up the canyon. I brought my box of compasses and after an hour of hiking we did some basic compass skills. Most people on the hike did not appear compass literate so they seemed to appreciate the short session. Both groups thanked us for our efforts. We even got some nice certificates from the city to add to Cibola's P.R. files.

Our P.R. event for August is UNM Day on the 27th. The university is a good source of future members and this has proven to be a real positive event for us. See me or Susan if you would like to help staff our table.

Member Spotlights

Paul Dressendorfer is the manager of the Advanced Microelectronic Packaging Department at Sandia National Laboratories (after having bounced around in other areas of microelectronics over the last 20 years). Outside of that endeavor, which tends to be far too sedentary, he pursues backpacking, skiing (all flavors), running, biking, whitewater rafting, and other sundry forms of locomotion. In previous years (lives?), he's been into rock climbing, mountaineering (cramponing up Mt. Rainier a couple of times), kayaking, flying, ... (perhaps a hidden death wish somewhere?). In his spare time he still plays in softball and flag football leagues. His wonderful wife Barbara thinks he hasn't outgrown his adolescent years, but she somehow manages to put up with all the potential (and sometimes realized) disasters - it's a good thing she's a doctor!! However, at least their two "kids" (Labrador mixes) do seem to enjoy all this brouhaha.



Art Bisbee is an Instructor Flight Engineer in the Air Force, teaching Special Operations and Combat Search & Rescue. He's been doing Combat SAR for a total of five years. Prior to his Albuquerque assignment, Art's been assigned in North Carolina, Florida, and ten years in Germany (a real 'hardship' assignment). He grew up on the beaches of Florida (ah, that explains his mountain skills). Art left home for the Air Force at 17 and was assigned to Germany five months later. (Add it up, he was drinking German beer legally prior to age 18.) He enjoys playing soccer and hockey. Art is married to Sylvia, his only souvenir, he says, from Germany. They have one son, Kyle, and two Samoyeds, Tundra and Coke. Art's also going to school for a degree in computer science, in his 'spare' time.

Web News

by Tom Russo

No news is good news.

The team website can be accessed at <http://www.swcp.com/csar/>

Statewide SAR Notes

Mike Dugger and Nancy O'Neill

PACE News

ICS-200 classes will be offered on:

- August 5-6 in Santa Fe
- August 14-15 in Las Vegas
- August 21 in Las Cruces

In addition, a section chief class will be held on September 18th-19th in Alamogordo. To register for PACE classes or field evaluations, contact Bob Lathrop at rlathrop@dfn.com, or call the *NEW PACE* hotline at (505) 625-1307 for up-to-date schedule information.

NMECS Notes

The new NMESC board had its first meeting on August 1, 1999 here in Albuquerque. Mickey Jojola is the Chair, Gail Zimmerman is the vice-Chair, I am still the Chair for ESCAPE, Jim Koehler is Treasurer, David Ruetz is the Chair for Training. The list of board members and how to contact them will be in the next NMESC newsletter.

Topics discussed for the upcoming year are as follows:

Training: We plan on holding a winter skills training this winter, but a bit differently. We are planning on having the classroom sections scheduled in different places around the state on different dates, then, tentatively, hold one bivvy section. We hope to have the February bivvy in Chama, where there is almost always snow.

Philmont SAR wants to put on a mock search this fall up at the Boy Scout Ranch. NMESC will sponsor this.

We would like to get the "Hometown Trainings" going again. These are when NMESC helps bring trainings needed by the teams. We like to recruit instructors who specialize in the area needed and connect them to the teams.

ESCAPE: We are looking really hard at Philmont for next year. That will make a nice rotation of sites for ESCAPE and hopefully make it accessible and exciting enough to keep members interested in attending. Also, we are looking at recruiting instructors from out of state to do the advanced classes next year. Please let me know what you want for this coming year before the middle of September. This new board is out to revitalize ESCAPE and we are here to serve the teams.

The board is also looking into different frequencies to get FCC approval to reprogram all those 800 MHz radios that we had collected.

The next NMESC meeting is scheduled for October 15, 1999. The location is yet to be announced, but the times are always the same. The board meeting is at 0900 hrs. Anyone is allowed to attend to listen. The general meeting is at 1300 hours. At the general meeting anyone has a voice on what we discussed earlier that morning at the board meeting.

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the Editors

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Volume 4, Issue 7
8 July 1999
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

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Top of the Hill

by Larry Mervine

It is hard to believe that the year is half over. Remember to complete your evaluation requirements. As your president, I like to think about the direction the team is going. We have reached our HAM goal and hope to see a 50% increase in active members. Thanks, Tom, for the HAM classes. We still have some work to do? The team needs to continually look for prospective members. The SAR volunteer is on the average active only two to four years. When I look at the members during the business meetings, only three have been active longer than I. This is not a big concern as long as we continue to recruit new members. The Training Standard and training sessions have provided the team with better-trained members in a short period of time. So thanks to the current officers and the other team members for working toward making Cibola a better team.

See you out there.

Boots and Blisters

by Tom Russo

Thanks to everyone who came out to June's litter handling training. We had 27 attendees, which is the the best attendance of any litter training I can remember. I wish I could say it was the best litter training I could remember, but we can't have everything. We did get to practice tie-ins, but during the litter transport the weather decided to get wet on us and we had to bug out. We also didn't get to do the low-angle practice we'd planned, although a few of us stayed on after the rain left and rigged a Z system and belay. Since we missed the opportunity to practice this skill as a group, I'll make sure that we have the litter, wheel, ropes and pulleys available at the 6:30 pre-meeting time in July so we can practice setting up low-angle raises and lowers in the parking lot.

Kudos to Mike Dugger, Don O. Gibson, Ryan Jackson, Larry Mervine and Nancy O'Neill for being the only members to have attended every single training that was offered this year.

On 21-22 August there will be a "hamfest" at the Rio Rancho National Guard Armory. There will be a testing session at the hamfest on 21 August at 1 p.m., so those interested in taking their first Ham exam or upgrading their current ticket will have the opportunity. Contact me if you wish to start studying or need a nudge or two on some of the material. I'm studying for an upgrade right now, and most of the material is becoming fresh enough in my mind that I might be able to help.

For those who have been asleep for the last month or so: I am still working on arranging a Wilderness First Aid class for the later part of this year. Wilderness Medical Institute has gotten back to me regarding the dates when their New Mexico staff are available to teach. I've announced it on the voicemail and email and through the phone tree, and announce this at the meeting, but it bears repeating once more: the available dates are 2-3 October, 30-31 October, and 4-5 November. So far the people who have expressed a preference for 30-31 plus the people expressing "anytime in October" and the people saying "anytime at all" outweigh those expressing preference for the other dates. But I've only heard from ten people, so that's still up in the air. **Please let me know what your preference is immediately**, as we will need 15 people firmly committed to showing up on the chosen dates. I want to reserve the date within a week of our July meeting. We have discussed in meetings how to share the cost of this training between members and the team, but not voted on anything. To host the training costs \$80 per person plus food, travel and lodging for two instructors. I'm expecting that each member will need to kick in at least \$30, possibly more, in order to keep the team's share within a reasonable budget. The class can be opened up to nonmembers (who would, of course, have to pay the full \$80 plus a share of the other expenses) if we have fewer than the maximum of 30 people signed up.

Hike of the Month**Three Gun Spring Trail**

0800, Jul 31, 1999

Trailhead: Three Gun Spring at Monticello Estates Subdivision**R.T. Distance:** 8 miles**Elevation Min/Max:** 6000/8000**Hiking Time** 4+ hours**Hazards:** heat**Topo Maps:** Tijeras & Sandia Crest Quadrangles



Leaving Albuquerque, take I-40 east to the Carnuel exit (170). Turn left at the stop sign; then follow the overpass onto old Highway 66. Turn north into the Monticello Estates subdivision. Follow Monticello Road north and straight up through the development to Alegre Road. Take Alegre to Tres Pistolas Road. Follow Tres Pistolas north until you see signs into the parking area at the trailhead. We will hike as long as the group would like.

Pinching Pennies

by Mike Dugger

As I've mentioned in the last couple of newsletters, the state's fiscal year ended on June 30, and this affects the way I process gas vouchers. Vouchers for missions that occurred before June 30 must be separated from those that occur after July 1. Please keep gas receipts for the two fiscal years separate when you submit your gas vouchers this month. Some people have already sent me gas vouchers for missions in the past month - thanks!

READ THIS....Now that I've got your attention, please read on. The forms you submit to me for fuel and oil reimbursement have really improved, but I still get some that are filled out wrong. Next time you look at an invoice form, notice each piece of information you are asked for on the form. I need that same information written *on the front of your receipt*. As I've said before, I must separate all of these and reassemble them on the form I submit to the state. The state checks every receipt for name, mission date, mission number, etc. If you don't write it on there, I have to do it. I've never made a point of asking for the amount of fuel on the receipt, but please include that too. The state's form asks for the quantity of fuel and oil. If you don't tell me, I have to estimate, which takes time. If I spend too much time on this, I might get tired. If I get tired, I might lose your receipt. That would be a shame.

Who's Who and New

by Susan Corban

Welcome to Brian Lematta and Chris Murray. These new members have had orientations, so you'll be seeing them on missions.

Gearing Up

by Mike Dugger

At our last litter training, a (very) few of us took the opportunity to play with some of the low-angle gear we keep in our cache. Even though we didn't spend a lot of time at it, we learned a couple of important

lessons.

First, the prussics that have been in our cache for the past two years did not grab the 11 mm ropes very well when on a belay or a Z-system. Upon some experimentation at home, I discovered that this was because the prussic rope we've been using was 9 mm. This does not flex as easily as 8 mm, and hence does not tighten up well under load. Relative prussic length is also very important in a system that should set automatically. I made a bunch of prussics from 8 mm cord that we can try out at our next low-angle practice.

Second, the 11 mm rope we carry for haul lines was intended to do double duty as anchors when needed. We found that none of our lines were long enough to construct a proper "wrap 3 pull 2" anchor around a large but not unreasonable BFR (immobile attachment point). So...I retired one of our 200 foot ropes that had seen some heavy use and cut it into some anchors of various length. We can try these at our next practice, too. We can keep using the fuzzy old ropes of unknown age for haul and brake lines on the litter, since it will always be under close control by the litter tenders anyway.

Public Relations

by David Dixon

We are half way through the year and our 1999 Recruitment drive is moving along very well. There are always a number of new faces at meetings. Has someone shown an interest in Cibola to you and you'd like to be able to give them something? Members should all have orange business cards you could use. The PR Committee also has orange bookmarks giving our website and meeting time and place, with the 10 essentials on the other side. This is perfect to give to an interested prospective member. I even have some laminated if you ask me nicely. I hope to also have our revamped brochure ready soon. See me for PR items at meetings (except this month!).

I did an Outdoor Presentation to a group of "kids" from five to eighty years old at the South Valley Library recently. Although none left having perfected map and compass, maybe we won't be looking for any of them in the future.

On July 24-25 we are giving a Fireside Chat on Outdoor Preparedness in the evening and hosting the weekly Hike the next morning for Albuquerque Open Space. Maybe we'll demonstrate some map and compass skills that we covered in the chat the night before. Both the Fireside Chat and Hike are at Elena Gallegos picnic ground. We certainly are being heard from around town.

PR Committee is meeting this month on the 3rd Thursday (July 22) instead of the usual last, same place and time. Check the newsletter calendar for this and other PR events.



Melissa Smith is in the spotlight this month. Melissa's been a member of Cibola since the end of 1994 and an officer for three of those almost five years. She joined Cibola Search and Rescue immediately upon arriving in NM after beginning the process of joining in Los Angeles where it required a written test, an oral test, a physical test, a lie detector test, and then 14 weeks in the sheriff's academy before becoming eligible, but not guaranteed, to be picked up as a volunteer in the search and rescue unit. Luckily, they moved before completing the entire process.

Melissa's a CPA and currently the mother of two boys, the oldest (almost 4) of whom you may have occassionally seen at a training. He believes that he too is in search and rescue. Before children, Melissa was an avid cyclist, hiker (and rock climber whenever possible), ran a couple of marathons and was very active in triathlon. Since becoming a Mom, she's done a couple of triathlons, been part of a team for the Grants quadrathlon, and, of course, hike whenever possible. Melissa loves being active in the outdoors and plans to raise her kids to be the same.

Paul Donovan is 35 years old and is an instructor navigator and program manager at the 58th Special Operations Wing at Kirtland AFB. He's happily married to a wonderful woman, Molly, and has two boys. Brian and Matt are five and three years old. He's anxiously awaiting the day the boys are big enough to go on longer hikes with Dad. Paul is a member of the New Mexico Mountain Club and enjoys climbing, hiking, skiing, and mountain biking. Paul is originally from Massachusetts. Back where there's ice in winter, Paul was a hockey player. Also in Paul's past life (before the military) he was a civil engineer and land surveyor.

Web News

by Tom Russo

Only one new thing at the website this month: you can now check your 6-month training history at a glance on the training database page.

The team website can be accessed at <http://www.swcp.com/csar/>

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the Editors

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Volume 4, Issue 6
10 June 1999
Editors: Tom Russo, Mike
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Top of the Hill

by Larry Mervine

I hope everyone who attended ESCAPE had a great learning experience.

When we get the call for help, we never know what to expect. Missions can be strange. We think it's going to be an easy search and it turns out to be a difficult one that we will always remember. The subject may have gotten themselves into a stupid situation and we think this is not worth the time. But then the subject gives the greatest thank you we ever hear. And again a serious life saving job gets nothing. It's all part of being in Search & Rescue. Praise is not why we do this.

See you out there.

Boots and Blisters

by Tom Russo

I would like to applaud the efforts of those members who have been setting up Hikes of the Month. They are Gene Mortimer, James Newberry, David Dixon, Susan Corban and Joyce Rumschlag. Thanks for all your work, gang!

Congratulations to Jan, KD5HFJ, on her new callsign. Hope to year you on the radio real soon now.

Speaking of hearing on the radio: I'm toying with the idea of starting up a Cibola SAR "net" on a simplex frequency. The purpose would be for the hams on the team to be able to practice using their gear for 15 minutes a week in less-than-ideal conditions. Using a simplex frequency eliminates the need to get permission from a club to use their repeater, but makes communications that much more difficult when

the members are far apart. In that sense, it would be nearly like using 155.160 on a mission. It would be a somewhat formalized net rather than just a chat session, with net control calling for check-ins and members relaying messages from stations that they can hear but net control cannot --- this would give us practice in the valuable skill of relaying messages verbatim. We had our first trial run on Thursday, 27 May at 21:00, and it was a great success: almost everyone involved learned something new about their radios and antennas. I expect that there will be problems establishing communications between Albuquerque and East Mountain residents, but it will be interesting (and for the geekier among us, fun) to see if there is any way we can work that out without involving a repeater.

A plea: I would like to ask that if you plan to come to any month's evaluation session that you please respond to the request on the voicemail to leave a message to that effect. I was somewhat taken aback by the number of people who showed up to this month's land nav session. I was expecting 6 from the messages on the voicemail, and 10 showed up. This might not seem like a big deal, but the logistics got rather messy. Had I known that this many were going to show up I'd have gotten there two hours early instead of one hour early, set up two compass courses and gotten a helper to make sure everyone could have gotten through faster and less painfully. As it was there was a glitch that caused a hangup in the compass course, and that happened while I was getting the other half of the group fixed up at their resection spot. So while you might have heard me say that I only need the prior notification so I know whether to bother holding the evaluation session (which has been the main problem before now), I also need it to make sure I have the resources to get this stuff done in a timely and smooth fashion.

What was the glitch? Well, when I lay out these compass courses I want to make very, very sure that I've walked the right bearing and have not taken any jogs or curves that would put the endpoint in the wrong spot. So what I do is start from one point, choose a bearing to walk and leave a helper there (Katarina was very patient with me). Then I walk the bearing to a likely spot and shoot a back bearing to make sure that it agrees with the bearing I thought I was walking. Unfortunately at the second-to-last waypoint I was starting to get rushed (people were starting to show up to run the course) and wrote down the back bearing instead of the forward bearing. I apologize to those who wasted time trying to figure it all out.

Another lesson learned: during the resection portion of this month's land nav evaluation we discovered that several of the people were making consistent errors in finding the current position. At first I thought the problem was that they were having trouble identifying features and were off for that reason, but it became apparent later on that the errors were being introduced by the way that they were using a straight edge and the compass. It is difficult enough to draw straight lines at the right angles when it's windy and you don't have a flat surface, but if you try to use a small compass as the straight edge, sliding the compass along the line to extend it, you'll wind up making big errors by the time you extend the line from a distant feature to the current point. Folks with longer rulers had a slightly better time of it, but by far the people who borrowed my aviation "plotter" had the easiest time getting it right. The aviation plotter is designed as a resection tool: the aviator is frequently called upon to find a position by using the bearings to certain radio beacons, and this tool has a built-in compass and straight edge. Holmann's sells them in both the full-sized and pocket-sized versions.

And another thing: one person with an unadorned USFS map tried to use section lines in lieu of true-

north lines. The section lines are not always aligned with true north, and a careful inspection of the map showed that several of the lines were off from true north by a few degrees. It pays to draw either True North, UTM, or magnetic North lines on your maps --- using the edge of the map as the only aid to finding True North will hamper your ability to resection at points deep in the interior of the map, regardless of what tool you use. I always draw UTM and magnetic North lines on my maps prior to weatherproofing them with clear Contact paper. At a minimum, it is a good idea to draw in the UTM grid, but be aware that UTM "grid" North is not identical to True North... on the Sandia Crest quadrangle, for example, UTM north is 50 minutes west of True North. Take this into account when doing map-to-field/field-to-map computations.

Point to ponder: It has been argued time and again that our Search Techniques evaluation should be dropped, especially since no team has ever achieved less than 80% POD. This has changed. In our evaluation this past weekend at Bear Canyon we had one team find only 50% of the clues (too few to pass), and had another team find 66% of the clues (65% is passing) but take just about the maximum amount of time they were allotted. Contributing to this were more realistic search areas: Saturday's search areas were set by base camp personnel and communicated to the team by pointing at a map rather the way we did it before (pick an area between obvious geographic features so there's no choice but to stay within your area and search all of it), a pronounced tendency for the teams to get too close together (increasing the odds they'll see any clue they walk near, but decreasing the chance they have of covering their entire search area in the time allotted), and having a hard time keeping the line moving straight. I have not scheduled any search techniques trainings in the past six months, but there's one coming up in July. Please consider coming out to practice these essential skills.

Hike of the Month

Piedra Lisa Trail/Sandia Geology

0800, Jun 26, 1999

Trailhead: Piedra Lisa at Juan Tabo (end of road past La Luz turnoff)

R.T. Distance: 9 miles

Elevation Min/Max: 7000/8000

Hiking Time 3+ hours

Hazards: not really

Topo Maps: Sandia Crest Quad



Let's call this part two of Susan's May hike up La Luz Trail where members identified rock formations. In this hike, we'll continue our Sandia geology with a lesson on history, rock types and layers, including that "special" granite. Find out why people come to climb and sometimes take a tumble.

Pinching Pennies

by Mike Dugger

I gave you a heads-up last month, and here's my second reminder as promised. The state's fiscal year ends at the end of June, and all vouchers for fuel reimbursement **MUST** be submitted to the state at the end of the fiscal year. There are two important aspects of this. First, I absolutely, positively, **MUST** have any fuel vouchers that you intend to get reimbursed for by the next business meeting after the mission - no exceptions. Not just because the fiscal year ends in June, but because the state will now not accept

vouchers more than 30 days old. Second, since July 1 begins a new state fiscal year, any receipts for missions on or after July must be kept separate from any that occurred in June. All clear? No? See me and I'll draw you a diagram.

Two hardy souls met on May 18 to hammer out the budget for our team for the next year. Their proposal will be presented for discussion and a vote at the June meeting. If you don't like it, you can't say we didn't ask.

Who's Who and New

by Susan Corban

New Members

Nancy O'Neill has moved over to active member status. Congratulations and we're glad you did!

It's been a busy month for new members. David Aube, Jason Metzger, Eric Jaramillo, Richard Lloyd and Chuck Girven have each had an orientation. Please help them out when you go on missions. Welcome to the team, guys, and welcome back, Jason and Chuck.

Calling All Mentors

I'd like to remind mentors to please check in with your mentee. Please ask if they have any questions or need a little help or explanation with their training and evaluations, the PACE exam or whatever else might be on their minds.

Your Member Records

I'll give everyone a copy of their datasheet at the monthly meeting. Please verify that the phone numbers, email addresses, etc. are current and give me an update if appropriate. If you ever have a question about your attendance at trainings or meetings, feel free to contact me for a current copy of your record *[Ed./Webmaster note: or just look up your own record under "Member Information" in the members only website]*. It's up to each of us to be sure we're meeting the three meetings, two trainings, one mission each six month period and finishing our evaluations each calendar year.

Public Relations

by David Dixon

On June 2nd Susan and I gave a short recruitment presentation to another group of prospectives - Volunteers for the Outdoors (VFO). We hope to draw some future Cibola members from VFO since they have two words in their name that are near and dear to our hearts, volunteers and outdoors.

Last Saturday was National Trails Day and a few of us manned (I guess it should be personned) *[Ed.*

note: try "staffed"] the Cibola table at Elena Gallegos for what was expected to be a large group of trail cleaners. Larry and I set up our table/banner/stuff for the 125 people who showed up for National Trails Day last Saturday at Elena G. Had only 1 interested person but if he comes to a meeting and stays with us then the 2 hours was worth it.

I have also volunteered us to do some outdoor skills to a group of elementary school kids as part of a summer library program on the afternoon of June 24th. If you are interested in braving the choppy waters of Lake Eight Year Old let me know. We could use some help on this one.

It's halfway through the year and our recruitment efforts continue to pay off as we have new faces at every meeting. We're on our way to meeting our membership goals. Thanks to those of you who have helped in this task.

Member Spotlights

James Newberry is 39 years old and happily married to a wonderful lady, Starla. He's a registered member of the Citizen Potawatomi Nation in Oklahoma. James proudly belongs to the Potawatomi Black Leg Warrior Society, & the Warshield Gourd Dance Society here in Albuquerque. When he's not hanging out with search and rescue folks, he likes to spend his time hanging out at the Pow-wows, eatin' fry bread. James is a self-employed cabinet & furniture maker and all around handyman. His small wood shop will be listed on the internet when his web site is finished, hopefully in July. Then watch out world, the James is on the loose.



Chuck Girven (KC5ZYH) was born and raised in Illinois, where he convinced his high school girlfriend, Mary, to marry him upon graduating. They will be celebrating their 27th wedding anniversary in November. They have two children, Ben and Jessica, both married and one tremendous grandchild named Matthew Caige.

Chuck has always enjoyed backpacking and having everything you could ever need in your pockets or hanging off your belt. Hence his nickname of Pockets which he earned during his and Mary's brief sojourn to Vienna, Austria. When they originally moved to Albuquerque, joining a search and rescue team seemed a natural thing to do. Chuck and his wife were members of Cibola SAR until about two years ago when Mary got a job offer in Austria for the United Nations. Off they went. They've been back since May and they have finally managed to put their lives back into some semblance of order and can now devote more time to the team. Mary is not so fortunate. She is now back in Vienna for the month of June to install more software to the web site she developed there.

Web News

by Tom Russo

You might have noticed that a new "security" feature has been added to the website recently: you now need to have a "session id" in order to access the parts of the website that access the databases; this closes a rather obscure security hole that has worried me for over a year now. The session ID is good for about

an hour, and to get one you need to give your userid and password.

The team website can be accessed at <http://www.swcp.com/csar/>

Statewide SAR Notes

by Mike Dugger and Nancy O'Neill

PACE News

Upcoming PACE Field Certification Sessions

- July 18, Albuquerque
- September ??, Philmont Scout Ranch
- September 12, Las Cruces
- October 2, St. John's College, Santa Fe

Upcoming Classes

Contact Mary Nelson at kmmnelson@zianet.com in order to enroll for classes or field certification sessions.

Section Chiefs

- September 18-19, Alamogordo

ICS 200 (prerequisite for Section Chiefs):

- June 19, Santa Fe (Emergency Operations Center)
- July 17, Albuquerque
- August 21, Las Cruces

* Note that ICS200 is primarily for those intending to become Section Chiefs, but others will be accepted on the basis of availability. Note further that with the exception of the June 19 class, at least 20 students must be registered two weeks prior to the date of the class for the class to be held.

IMT (Incident Management Team)

- August 7-8, location TBD

Resource and Situation Unit Leader

- August 28, Santa Fe (Emergency Operations Center)

Other Important Points

For a team to respond as a Type I team for field assignments, *each member* of the team must have had ICS200. This has been a requirement for 3 years.

NMESC Notes:

ESCAPE '99 is done and here are a few thoughts about it.

On the positive side: The people at New Mexico Tech were a pleasure to work with and bent over backwards for our many special requests. Toni Ortiz said that his staff thought we were a fun bunch and enjoyed attending some of our classes. The weather cooperated for a wonderful star party; Wheezer said he'd never looked into a telescope before and he stayed quite late. Three of us stayed after everyone left and had the big scope to ourselves. (this rates up there with chocolate, folks!) No one got hurt on the dreaded "razor wire" that the we were warned about and no one fell off the balconies at the dorms after socializing with their preferred beverages. I personally learned that I *really* appreciate the way that we, as a team, tie subjects into litters. Some of us took a high angle litter evacuation class, and when you are at an angle that gives you a great view of the ground 70feet down, you appreciate a good tie in! (For your information: yes, Ryan Jackson does swear.) We had no problem with classroom lighting but we did not do a good enough job of selecting rooms for the classes that had big attendances. Cibola had the largest number of attendees for a team. We voted in a good board and we hope that next year's ESCAPE will be even better than this year's.

On the negative side: The AC's in the dorm weren't functioning. The schedule format would have made a cryptologist happy - that won't happen next year, folks. I didn't get all the new classes I had hoped to have - submit your ideas now, so we can find instructors. There weren't enough vendors, and this definitely won't happen next year. And the radio guys didn't stay long enough, so I didn't get my battery recharger. The change in classrooms/sites weren't posted adequately. The dogs who attended classes that weren't dog oriented were noisy.

Rick's "pot test" results are still being tallied. Since the folks who found the largest numbers of pots also took about twice as long as everyone else, Rick will be choosing the winner using a "pots found/time taken" ratio. I'll keep you posted on the outcome, and I hope that will be before the REI gift certificates expire.

The few critiques that were handed in (I apologize for the user-unfriendly formatting of the forms, again, this won't happen next year) showed that people want the ESCAPE to alternate sites and to be held either on the first or third weekend in May. Steve Meserole has a few plans as Planning, as which he volunteered to serve next year. He helped a great deal this year and I thank him.

All in all, it was a good ESCAPE. Next year, with the experience under my belt, it will be even better. Thank you all for attending.

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the Editors

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Volume 4, Issue 5

13 May 1999

Editors: Tom Russo, Mike Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Larry Mervine

There are three common practices when team members pack their packs. Some pre-pack at home without the stress of a mission. If you pre-pack, then it is a good idea to repack monthly, to check batteries and what gear is in your pack. This has the advantage of spending less time in base camp. The other group like to pack on site depending on the type of search and weather conditions. One draw back to this method, is the chance of forgetting to pack important gear. And a third method is to pre-pack gear and then the clothing on site. I've seen and tried all techniques, each work effectively. You need to decide which method works best for you. Another point to be made here is to always have your pack with you. Your pack is your safety net. A search that sound like it's going to be short, can turn out to takes hours. And we know that the temperature can change 30 to 40 degrees within hours.

During this slow time for missions, It's a good time to attend trainings, meetings and evaluations. Even if you have already have been evaluated come for the practice. I encourage everyone to attend ESCAPE.

See you out there.

Boots and Blisters

by Tom Russo

Congratulations to **Mickey, KD5GYI**, who passed the Technician class Ham exam and **Curtis, KD5GOL**, who passed his 5 word per minute Morse code test to become a Technician Plus on 13 April. Good work! Speaking of good work, as this was going to press I was informed that **Jan Fell** took and passed her Technician class license exam over the past weekend; should be another week or so before she has her call sign. Congratulations, Jan!

Please note that I have moved this month's Land Nav evaluation to the Saturday after our monthly business meeting -- 15 May --- instead of the Sunday prior. This is because I realized only a few weeks prior to the

scheduled date that it was scheduled for Mother's day, and far more people expressed interest in moving the event than were interested in keeping it at the scheduled date.

I'm sure you all know by now that the mock search on 10 April was cancelled after a few hours because mission 990503 started up. But the training was still successful in a few ways and some of us learned at least something. For instance, Don Gibson now understands what Tom Russo hears when someone says "keep it simple, stupid" and my definition of "easy terrain, good comm" is apparently one with which he was previously unfamiliar.

The scenario was one that seemed familiar to me: hiker goes out mostly unprepared one morning for an ambitious hike, and doesn't come home on time. Naturally, when I took *my* hike I had my full SAR pack, so I didn't go overboard on the realism. I left at 10:30 from Embudo canyon trailhead with the intention of getting at least partway to Deer Pass, all the while looking for a likely place for someone to make a wrong turn. That opportunity presented itself a few times, mostly in the form of washes that a hiker might try to use as a shortcut back to the parking lot. When I got to Oso Pass I decided to end the outbound part of my hike, as if my hypothetical subject had reached the intersection of Tree Gun Trail and Embudito trail at Oso Pass, hiked up toward Deer Pass, and then returned to this spot in the dark and missing his turn back onto Three Gun.

If one *had* missed the turn at that intersection, one would wind up on the Whitewash Trail. This is a very gentle trail at this point with very little elevation change: one gets *down* in a hurry towards the end of the trail. About a mile out from Oso Pass there is a wash that takes you right down into the flat canyon bottom in which we have had many, many Search Techniques trainings. So I decided to hike down this wash towards the bottom and find a likely spot to pretend to be injured while you folks looked for me. That wasn't too difficult: within a half a mile I began to encounter some steep drops, and when the sun went down it got that much harder to find ways around them, even with a headlamp. I could easily see how someone could be injured taking this route down, and how we would have had trouble getting me out by litter.

Back at base camp there was a problem: one team had been sent out with only a ham radio and not a 155.265 MHz capable radio, but the people operating the ham set back at base hadn't checked it recently. Team 3 repeatedly attempted to do a radio check, and eventually had to stay put and join up with team 4 before ever making contact with base. They were, however, making contact with me through the repeater, so there was clearly something wrong at base. It was discovered later that the volume control on the ham set was turned way down, and the squelch was set wrong. To review, if you are having trouble getting a response from someone on a radio, your first sanity check should be to turn your squelch knob until the background static is audible. If you *don't* hear any static, then your volume is set wrong and you should adjust it. Once you can hear the static at a comfortable volume, adjust the squelch again just until the static doesn't come through anymore. Proper attention to this would have prevented one of our teams from having to cancel their original assignment due to perceived lack of comm.

One very, very important point came up here, too. If you're a ham operator using ham frequencies during missions, you *are* encouraged to use "tactical call signs" such as "team three," "litter team," or "incident base," but remember that these **tactical call signs are not adequate for complying with the FCC mandated identification**. If you are using ham frequencies, at a minimum you *must* state your FCC call sign every ten minutes during an extended contact and at the end of the contact. It doesn't hurt to combine your tactical and FCC call signs, but the call sign is needed regardless:

A: KC5SFX, training base, this is KC5ZYC, subject 1.
B: This is training base, go ahead subject.
A: I've met up with team 3 and am returning to base with them.
B: Understood. KC5SFX.
A: KC5ZYC

Last point about the mock search: as I pointed out before I'm going to be using official-looking Form 211 check-in sheets at trainings. I am doing this to provide practice in using the form and filling it out properly. Remember that *once you check in you must also check out before you leave!* This applies to trainings as well as missions, and the purpose is so that staff can be sure that everyone who showed up has acknowledged that they're no longer in the field. In fact, very few team members remembered to check out of the mock search. We caught some of them before they drove away, but at least six people left without signing out at all and we were left to reconstruct whether we'd seen them come from the field or not. In some sense this was understandable: those people were on their way to mission 990503, but we did have a problem for a while when we thought some folks were still in the field but in fact they had left already. Bottom line: unlike the song, *you can check in, but you must check out.*

One thing about mission 990503 that bears emphasis for the sake of new people: the Incident Commander asked for volunteers to hike down trail without their packs in order to retrieve the subject's backpacks. In this particular case, some Cibola members with field experience weighed the risk, decided it was acceptable and accepted the assignment. But it needs to be emphasized that this is very, very unusual, and in general it is an extraordinarily bad idea to be separated from your pack on a mission, even if instructed to by those who occupy positions of authority: the gear in your pack is what will get you out of trouble should you become stranded, injured, or the plans change and you're left to fend for yourself for a few hours. So in almost all cases you should make sure that if you are going out into the field that your pack is with you, and accept an assignment to do otherwise only if you have sufficient search and rescue field experience to know for sure that you are doing the right thing!

Hike of the Month

La Luz Rock Identification Hike 0800, May 29, 1999

Trailhead: La Luz

R.T. Distance: At least a few-it's up to you- miles **Elevation Min/Max:** TBD/7036

Hiking Time 4+/- hours

Hazards:

Topo Maps: Sandia Crest Quadrangle



We'll hike up La Luz for a little spring work out. Along the way we'll try to identify as many of the named rocks as we can see. We've all heard of "the needle," maybe "the Prow" or "the Shield." Where, though, is "the Fin" or "the Big Pig?" Search or subject locations are often identified as "just below the Pulpit," or some such phrasing. Let's figure out where all this famous granite is.

Pinching Pennies

by Mike Dugger

Just a brief reminder about gas vouchers at what's different about this time of year. The state's fiscal year ends at the end of June, and all vouchers for fuel reimbursement **MUST** be submitted to the state at the end of the fiscal year. You have all been great about getting your vouchers to me at the business meeting following the mission. This is particularly important at the July meeting. I'm telling you now (and again in June) that I will mail the final vouchers for this fiscal year to the state the day after our July meeting.

We now have all the information on our team's expected income for the next year from United Way, the Combined Federal Campaign, and the New Mexico State Employees' Charity Campaign. We need to develop our budget for the next year considering our expected income. There will be a budget committee meeting on Tuesday, May 18 at 6:30 PM at the Frontier Restaurant. All members are welcome to attend to help develop a budget proposal for presentation to the team at the June business meeting.

Who's Who and New

by Susan Corban

Joyce Rumschlag is a full-fledged, active member of Cibola now. Welcome aboard, Joyce.

Art Bisbee had his orientation last month so you'll see him on missions now.

Doing this SAR stuff that we do does take time, commitment, gear, and your heart has to be in it to persist. Here are some numbers, for those of you who like to measure our recruitment progress numerically.

I have record of 34 first timers who have come to Cibola meetings since January, 1999. I've given eight orientations so far in 1999. At the moment, we have ten prospective members working toward active membership. There have also been numerous contacts via the Cibola website and email inquiries, as well as several telephone inquiries.

All this means that recruitment is a big job. For all the people who see our poster, our website, or show up at a meeting, only a few make the commitment to pursue search and rescue to the point of attending missions.

Gearing Up

by Mike Dugger

The tubular webbing and carabiners that we voted to supply to members for mission use have arrived. A 25 foot section of webbing and an aluminum locking carabiner will be provided to each member eligible for field duty. If you miss the next meeting, evaluation, or training, be sure to see me to claim yours. Of course if you already have this gear, you may elect to use your own so that we will have more for new members that come on board.

Public Relations

by David Dixon

Susan Corban and I did a short recruitment presentation with AMRC to the Mt. Club on April 25. There were a number of other search and rescue people present so we had lots of help answering questions and relating experiences. It was nice to work with Jim Koehler of AMRC and of course Mt. Club continues to be one of our primary sources for new members.

On May 5 Susan and I were joined by Don Gibson and Larry Mervine for our Outdoor Preparedness presentation at REI. The initial audience numbered the same as the presenters but we picked up a few more as it progressed and I think we did a good job in the informal setting. We were even able to control ourselves and keep it to the 2 hours as planned. The attendees asked lots of questions and I think we enlightened the mostly novice outdoorspeople. With a little more fine-tuning our Outdoor Preparedness talk will be even better.

Upcoming summer events include recruiting (and promoting) on National Trails Day and again to Volunteers for the Outdoors in June and a Fireside Chat on Wilderness Survival (we'll do a variation on Outdoor Preparedness again) in July for Open Space. We also may host a short hike to coincide with the Open Space talk.

PR Committee continues to meet most months, the last Thursday at Frontier Restaurant, 6:30 p.m. All are welcome.

Member Spotlights



[Ed. Note: beginning with this issue, Susan Corban will be using this space for the new member bios that she had previously included as part of her membership article]

Ryan Jackson

Ryan Jackson joined CSAR in January of 1998 just after returning from a year as an exchange student in Australia. After watching the 6-day rescue of a man buried in a landslide on Australia TV (18 perished, 1 survived), Ryan decided he needed to join a volunteer organization immediately upon his return to the US. Ryan just graduated this past December from UNM with a BS in Civil Engineering and will be attending the University of Illinois starting this fall to obtain his MS and Ph.D. in Environmental Fluid Mechanics and Hydraulics. Ryan is a life-long resident of Albuquerque who enjoys midnight strolls up the La Luz, reflective clothing and the color orange (the color of the conscious mind, don't ya know). Currently Ryan is working at Sandia National Laboratories where he sits quietly at his computer waiting for his pager to go off. In Illinois, Ryan plans on expanding the CSAR family by beginning the Illinois chapter of CSAR with a small capital investment in a stepladder and a pair of binoculars.

Amber Pickle tells us the following about herself.

I was born and raised here, did my undergraduate at Colorado College- majored in psychology with a minor in Mexico Today. Spent a semester in Ecuador and a semester in Mexico, so if there's ever a lost person who only speaks Spanish- I can help translate. Have chosen a career of being an eternal student. In other words, I want to be a doctor. My dream is to work as a high-altitude doc on Himalayan expeditions (of course only going as far as base camp). This summer I'll be spending two months in Nigeria, Africa doing biomedical

research. I have two fat cats Aix and Kara who some call my "little dogs" and two turtles named after my grandparents, Tom and Marion. As for search and rescue, I've wanted to be involved for awhile, but didn't know how to get in contact until I saw Susan at the volunteer fair at UNM. I've been exposed to the outdoors since I was a wee one when my grandparents would take me mushroom hunting in Vallecitos and Greer, AZ. I'm always looking to learn more about wilderness sports and survival and am quickly becoming a climbing fanatic.

Web News

by Tom Russo

Since several people have commented that they had trouble finding our website through web search engines, I submitted our site to a whole bunch of search engines for indexing. As of today, Altavista, Excite, Google, Hotbot, Infind, Infoseek, Metacrawler, Netscape and Northernlight all return our page when queried with "Cibola Search and Rescue." Yahoo, being entirely edited by humans instead of automatic indexing programs, might take a while; as of today Yahoo can only find our page through a few other sites that link to it. Curiously, our "other interesting sites" page shows up in a Yahoo search, but not our home page. Go figure.

Some people are having trouble subscribing to the new mailing list and in at least one case I was able to track the problem down to wierd settings in the person's email program. As a general rule, you should turn off "HTML formatting" in your email program --- it's great if the recipient is a human using the same program that you're using, but for recipients who are using normal email programs the mail looks like gibberish, and it really confuses automated programs that are trying to read and process your email; the new mailing list is handled by just such a program, and having your mail editing program insert wierd formatting commands without your knowing it isn't the way to go. Contact me if you cannot figure out how to turn that braindamage off.

I've modified the program that generates the phone tree to reflect the details of our training policy and procedures more correctly than had been done before. When we implemented our evaluation process, the member database had only one way of indicating anything different about a member: an asterisk which had up to then meant that a member had not been to two trainings in six months and therefore was "not available for missions," or had notified the team that he or she would not be available for personal reasons. During the time between implementation of the team evaluation process and my changes in the structure of the website, we started to use the asterisk to mark people who hadn't had all three evaluations plus PACE. This has caused considerable confusion, since it has muddled together those who are ineligible for any missions (no training or not available) and those who may attend missions as base camp support but not take field assignments (had two trainings in six months, but not taken all three evaluations in the current or previous calendar year plus PACE). It was pointed out at the previous team meeting that this was not a proper way to indicate evaluation status, and that I should explore a better way of doing it.

With our new database it is possible to distinguish these people more easily, and I have appropriately changed the format of the phone tree. Starting this month, members who have the "Unavailable for missions" flag set in their membership record will appear in the phone tree with "Do not call," which is what the asterisk used to mean. The membership officer sets the "Unavailable for missions" flag either when you ask to be placed on this status *or* the officers' semi-annual review comes around and you haven't taken two trainings in the previous six months. Members who are prospective will appear with (P) indicating that they may go into the

field only with an active, field certified team member; this symbol shows up on the phone tree if the member was flagged as a prospective member in the database on the day the tree was printed. And active members who have not had all three evaluations plus PACE in the current or last calendar year will appear with (NFC) (for Not Field Certified) indicating that they may not take field assignments; the program queries the certification database to determine whether to print this one, but it is not printed for prospective members since they are allowed to take field assignments along with an active member regardless of their certification status.

The training database has not existed long enough to have the "do not call" flag be created automatically by querying the database; the data only go back to January, so the program merely looks at the "unavailable for missions" flag, which needs to be set in the member database by hand. Thus, if you have a "do not call" next to your name and you know you *have* been to two trainings since January, it's because your member record was not updated. Let Susan and me know and between us we'll check our records and make sure your call status is corrected.

The team website can be accessed at <http://www.swcp.com/csar/>

Your Technician Accent ... And What to Do about It!

by James 'Jay' Craswell, WOVNE

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[Ed. Note: Since we have five new hams on the team, and hopes for many more, I thought it appropriate to trot out this gem from the April 1998 issue of QST, the official magazine of the American Radio Relay League. If you listen to local repeaters, you might hear many of the things WOVNE is talking about. Those of you who are hams should consider joining the ARRL: check out their website <http://www.arrl.org/> for details.]

To quote from "Your Novice Accent," the classic November 1956 *QST* article by W6DTY, "People speak a language with the same accent as those with whom they live and work. New hams pick up habits and operating procedures of the gang they chew the fat with." How true this still is. I feel that the large influx of Technician licensees has created some of the same problems experienced by Novice operators of the '50s. I hope that people won't see me as finding fault with my fellow hams. Please take it in the spirit it was intended. It was prompted by my wife's (N0KJH) honest question: "Tell me what you think is correct procedure?"

FM and Repeater Procedure

"KD9XYZ KD9XYZ KD9XYZ this is KE9ABC calling and listening, bye."

"KD9XYZ KD9XYZ KD9XYZ here is KE9ABC are you around Fred?"

"Negative contact. KE9ABC clear."

On FM a single call is all you need. I suppose in some rare cases the person being called is operating their receiver in the scan mode and won't catch the more acceptable "KD9XYZ, KE9ABC." And there is no reason to throw in "negative contact," "clear" and so on. Everyone who can hear the repeater knows quite well that you have had "negative contact." I think habit arises from people who spend too much time listening to police

scanners and not enough time listening to proper Amateur Radio procedures. Being "clear" on the police band is a signal that you are free for the next assignment. On Amateur Radio if you are not in contact with a station it is assumed you are "clear." Let's ditch the Highway Patrol procedures and extra yakking. It sounds silly.

Endless Calling

You will often hear the same long calls repeated over and over. This is unnecessary. On FM your signal is copiable, or it isn't. As my friend Tom says, "If you weren't there you didn't miss anything." If you call and no one responds they will rarely change their minds two seconds later. Most of the time a general call should be as simple as "KD0YXZ listening." Once in a while I'll say, "CQ 2 W0VNE." This gives some people the giggles, but everyone immediately understands that I am calling any station.

Listen!

One rude practice is turning to a new frequency (or flipping on the power switch) and talking without listening. *Listen first!* Before you pick up the microphone for the first time, spend hours, even days, listening. Learn the proper procedures on your local repeater before jumping in.

Q Codes, Spelling, RST and The Weight of Correct Operating

```
"QSL your hamster died, QSL on the good old days, Bob. Yeah, QSL on your new antenna. You're eight pounds now, Bob. I suppose you could get a linear for that FM rig and push me 9 or 10 pounds, huh? The handle here is Frank. F-R-A-N-K."
```

The dreaded Q codes are making another stab at polluting the phone bands. Q codes are meant for CW. This habit of "QSLing" everything is a little like the idle character on a teletype circuit. Please assume that everything is received unless otherwise specified. It sure makes for tedious listening when every single thing said is repeated. If you must acknowledge a transmission, you don't need to repeat yourself over and over. "Good copy, Bob" is short and to the point.

When words must be spelled, they should only be spelled phonetically. For example V, B, E, G, D and C all sound pretty much the same. That's why phonetics were created. Spelling your name on an FM repeater (even phonetically) is questionable at best. The exception might be if your name is truly unusual, or if your signal is marginal into the system.

Your *handle*? When I heard this for the first time, I thought, what the heck is this goofball talking about? Sorry, I have *knobs* on my radio, but no *handles*. The most important lesson is to speak plainly, just as you would in person. When you meet some-one new at the radio club you don't ask them for their handle. You ask for their *name*.

Signal reports should follow the RST (Readability, Signal Strength and Tone) system. Not in "pounds," "feet," or "shoe leather." You will hear old-timers saying "Q5" once in a while (historical note: The readability or

intelligibility scale goes from 1 to 5-see QRK in any list of signals). But for most voice operations, RST works best. Of course, you drop the Tone figure unless you hear some unusual noise on their signal (such as alternator whine). Some stations just give the signal strength in S units. "Bob, you're S8 now." Others provide the readability and signal strength by saying, "You were 5 by 8 on your last transmission." If someone specifically asks for a report, it is important that you give an accurate report. My minority opinion is that DXers and contesters who give 59 for everything (while asking for several repetitions of "all after crackkkle-spffft") is a waste of time. If you give a signal report, give a real one.

Phonetics

Cute nonstandard phonetics are questionable at best. My wife sometimes tells people her call is November Zero Keep Jay Hopping. Kind of silly, but it might help some folks remember her call sign. The line is crossed when you become vulgar.

IDing

"KD9XYZ this is KE9ABC for ID. Yeah, Bob, we got our ticket back when you had to memorize the license manual. Our transmitter is a GadZooks 1001. We like to operate with our feet hanging out the window."

"For ID?" Isn't it understood that you are identifying? And the royal "we" is heard so often that "we" have to comment. Who is this other half of the "we" / "our" in your transmissions? When I was a young squirt and picked up this bit of silliness I was asked by one of the old-timers who was this "we"? Me and the mouse in my pocket?

Endless Signoffs

"Well, Bob, may the good Lord take a liking to you and yours. Have a good day today and a better day tomorrow. We will be clear on your final and I wish you 73s and a goodnight. This is KD0XYZ clear and QRT."

Nice sentiments (I do hope the good Lord takes a liking to me), but let's lose the canned "CB" jazz. The point is that these sign-off benedictions drag out an otherwise nice conversation. 73s? Best Regardses? Is this a form of stuttering? I won't belabor the fact that 73 is CW shorthand since everyone (even me) uses it, but let's use it correctly.

If you avoid some of the operating pit-falls we've just discussed, I guarantee you more contacts. Best of all, you'll rapidly earn the respect of your fellow amateurs.

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the Editors

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Volume 4, Issue 4
8 April 1999
Editors: Tom Russo, Mike
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Top of the Hill

by Larry Mervine

In March we have not had any missions, but do not be discouraged. Take this time to be more involved with team trainings, meetings and PR events. Also, you might want to check your pack. Every month I repack my pack. Washing clothing and checking batteries are included in this monthly task. April is also my month to take out winter clothing. Refresh your map reading skills. Ask a team member to go on a hike or actually do the hike of the month. I want to stress the importance of April's mock search. This is a perfect time to observe and participate in how Cibola does ground searching.

See you out there.

Boots and Blisters

by Tom Russo

Our Ham exam prep class concluded at the beginning of March, and while I pointed this out at our last meeting it bears repetition: Congratulations to Curtis, KD5GOL, Gene, KD5GOI and James, KD5GOJ on passing the technician class Ham exam.

Since we had to cancel the tracking class at the last minute in March, we put together a quick-and-dirty GPS usage and SAR Communications training instead. Most of the training was classroom stuff, sitting around and going over features of radios and GPS receivers, but we also got to hike out from Chamisoso road and try out our GPS units in a little field exercise. It was a pretty day, and I think we all got a little something out of the training.

For our fourth scheduled training of the year, April's training will be a Mock Search. The date will be

Saturday, April 10th, the location and time will be announced via the phone tree system. Please have your gear ready to go, and try to keep yourselves available in the later part of the day (e.g. late afternoon, early evening). I would really like to see as close to 100% participation as we can get. **Please make sure your radio batteries are charged! We want to have as many functioning radios available as possible so we can have a radio for each team sent into the field.** Expect the callout to occur at a typical time for a weekend search. All members are encouraged to participate, including those who have not yet had orientations: while we will not send you out into the field without having had a gear check, you can certainly learn a lot about searches by observing and helping with base camp duties. Furthermore, it is likely that Incident Command will need people to shuttle teams from base to their assignments, and you can help out that way, too. So if you were hoping to use this training as your third "you bet I'm interested" activity, you are welcome to attend, just don't expect to be assigned to hike up trail without having had a gear check.

I regret to report I had to cancel this month's litter handling evaluation session because an insufficient number of people signed up to come to it, and we wouldn't have been able to hold the eval. It was unfair to those who *did* sign up to do so, but unfortunately it takes at least six people to run a litter, and we just can't swing it with four. My apologies to those who were unable to get their evaluations out of the way because of this. As a reminder: I have been asking people via the voicemail and an emailed transcript of the voicemail message to **please leave a message on the voicemail at least a week in advance of an evaluation if you are planning to attend.** Contrary to popular and occasionally expressed opinion, I have a life, too, and will not hold an evaluation time open indefinitely if nobody plans to attend it.

There are only two remaining scheduled chances this year for you to get litter handling evaluations done, so please keep track of what evaluations you still need to get done this year and plan to attend one of the scheduled sessions. My plan is to have a **land navigation evaluation on Sun, 9 May**, a **search techniques evaluation on Sat, 5 June**, a **litter evaluation on a Sunday in July** (we'll have to pick something other than the day that my normal algorithm would select: 4 July), a **Land navigation evaluation on Sat, 7 August**, a **search techniques evaluation on a Sunday in September** (again, my algorithm would have selected Labor day for this, so we'll have to come up with a better day), **litter evaluation on Sat, 9 Oct**, **land navigation on Sun, 7 November** and finally **search techniques on Sat, 4 December**. Given how very difficult it was to manage a three-evals-in-one-day session last December, I will definitely not try to do it again this year, so please don't wait until December to realize you need all three evaluations before the end of the year!

As always, if there are enough members who need a particular evaluation, and there is an evaluator willing to take a few hours to set up an evaluation session in addition to mine, then additional sessions can be held.

Oh, yeah, one other thing. I would like to remind you all that you will not get credit for having attended a training if you arrive more than 15 minutes after the announced starting time. An exception was made at this past training because there were really two separate trainings combined into one and the people who showed up late were still early enough to get the whole of the second one, but in the future the sign-in sheet will be taken up after 15 minutes.

A last comment: on occasion certain folks who bother themselves with such things have commented on how we sign in at base camp when attending missions. Where you are asked to fill in what team you belong to, please do not sign in as "CSAR" but rather as "Cibola SAR." Apparently "CSAR" is ambiguous enough to cause confusion, especially in out-of-district missions. So that we all get practice filling out sign-in sheets in this mission-free dry spell, I'll be using copies of official sign in sheets as the sign-ins for meetings and trainings.

Hike of the Month

South Crest Trail

1830, Apr 30, 1999

Trailhead: I-40 east to exit 175 (Cedar Crest/Tijeras)

R.T. Distance: 5+ miles

Elevation Min/Max: 6600/8200

Hiking Time 3+ hours

Hazards: Loose rock, darkness

Topo Maps: Tijeras



To get to the trailhead, take exit 175, stay to the right on the exit ramp. At the stop sign, turn left and go under the bridge, turn right to the paved road, take this road .6 mile to the end which is the trailhead. We will meet at the pay station. We will take South Crest Trail as far as time allows. Good opportunity to check out new packs, headlamps and backup flashlights.

Who's Who and New

by Susan Corban

Jan Fell and **Paul Dressendorfer** are the newest Cibola SAR members. They've just had their orientations and are ready for missions.

To help everyone learn who all the other members are, short member profiles will appear in this section for those who will volunteer the details of their lives. You will all get your turn!

Curtis Crutcher has lived all over the world, but he's actually a real, live native of Albuquerque. Curtis was career-military and wanted to stay that way. The end of the "Cold War," however, brought the end of his job. Curtis speaks Russian and was a special forces expert in jungle and severe cold weather operations. Now he's giving civilian life a try. Having done lots of outdoor operations (New Mexico, Texas, California, North Carolina, Australia, Japan, Germany, Philippines, Thailand, Panama, etc), Curtis wanted to continue to use his training and love of the outdoors, hence, his interest in Cibola SAR. When he's not working at Zangara Dodge, Curtis spends time with his wife, Susan, and three daughters. The girls are ages six, eight, and thirteen.

Nancy E. O'Neill (aka neon) is from all over the planet. Nancy was born in Okinawa and followed the family army assignments around the globe. In a position recently created for her, Nancy works at IBM. (Congratulations on the new position.) Her other job is M.O.M. (Manager of Mayhem) to her three girls. The girls are thirteen, eleven and nine. The remainder of Nancy's immediate circle includes horses, dogs, cats, and one rat. A very nice rat, I'm sure. Ever since the last ice age Nancy has been a "horse person."

She's managed horse shows and barns and taught dressage. She got involved in Bernalillo County Sheriff's Department Mounted SAR and was then voted onto the NM Emergency Services Council. Not having enough to keep her busy, Nancy joined Cibola SAR. Next to being outdoors, her favorite thing is chocolate, dark, rich chocolate.

Susan Corban has lived in New Mexico since 1977, but was originally from Connecticut. She's worked at UNM for 20 years. She's a publications designer and editor and advises students. She has 14 kids and is expecting about 28 more before the end of May. You may have seen their moms at the dairy barn at the State Fairgrounds. Anyone who wants to bring their children, grandchildren, friends and neighbors to visit the goats, mule, horses, dogs, (no rats, but mice included, free) just give a call. She likes to paint and draw, ski, run, hike, backpack, chase after wildflowers, and just about anything else outdoors. While sitting at the East Mountain Rendezvous for the NM Mountain Club, Susan spotted the Cibola display and decided Cibola would be a great way to volunteer.

Mini Lesson: Insect Bites

by Joyce Rumschlag

It's getting to be that time of year again when all the dormant insects come out to do the things that they do and to be annoying to the rest of us. If you've ever been bitten, you already know whether or not and to what extent you are allergic to these bites. Some people are allergic and do not know it because they have never been bitten. Commonly seen signs and symptoms include pain, irritation, swelling, heat, redness and itching. Hives or welts may occur. These are the least severe of the allergic reactions that commonly occur from insect bites and stings. They are usually dangerous only if they affect the air passages (mouth, throat, nose, etc.), which could interfere with breathing. You may want to check that open can of coke before you slam down the last swallow. Bees love the sugar. The bites and stings of bees, wasps, ants, mosquitoes, fleas and ticks are usually not serious and normally produce mild and localize symptoms. Keep in mind, flea and tick bites are how we become introduced to lyme disease, hantavirus and Rocky Mountain Spotted Fever.

Emergency allergic or hypersensitive reactions sometimes result from the stings of bees, wasps and ants. Many people are allergic to the venom of these particular insects. Bites or stings from these insects may produce more serious reactions, to include generalized itching and hives, weakness, anxiety, headache, breathing difficulties, nausea, vomiting and diarrhea. Very serious allergic reactions (called *anaphylactic shock*) can lead to complete collapse, shock and even death.

First Aid

If there is a stinger present, remove it by scraping the skin's surface with a fingernail or knife. **Do not squeeze the sac attached to the stinger** because it may inject more venom.

Wash the area of the bite or sting with soap and water.

Remove jewelry from bitten extremities because swelling is common.

In most cases of insect bites the reaction will be mild and localized; use ice or cold compresses on the side of the bite or sting. This will help reduce swelling, ease the pain, and slow the absorption of venom. Meat tenderizer or calamine lotion may be applied locally. I have tried both and neither had any significant effect on itching or swelling. I have also found that a decrease in activity and elevation of the affected area reduces "down time."

If the reaction or symptoms appear serious, seek medical aid immediately. Swelling can be dangerous when it begins to restrict circulation.

Prevention

Apply insect repellent, reapply every 2 hours or after stream crossings. Be on the watch for insects swarming around. Never swat at or try to fan away insects. This seems to have a reverse effect on them.

Wear long pants especially when sitting directly on the ground. Long sleeved shirts can save on insect bites as well as provide protection from the sun.

Avoid wilderness critters and their nesting or bedding areas!

References

Virtual Naval Hospital

[Disclaimer: The editors remind you that written descriptions of first aid are not a substitute for proper first aid training, and that Cibola SAR's policy is that medical decisions are properly deferred to trained medical personnel!]

Coming Attractions

by Tom Russo

Susan Corban tells me that she will be getting our new members to write something about themselves in future issues of Who's Who and New. We're still looking for people to write some of the articles we talked about last October. Still to be written are articles about clothing choices, altitude effects, weather, gear reviews, "wild food for wilderness survival," and anything else our members care to share with us.

Public Relations

by David Dixon

Later this month Susan C. and I will be giving a short Recruitment Presentation with Albuquerque Mountain Rescue at the April Mountain Club Meeting. (It will be nice to work together with AMRC on some PR). We would include some slides of Cibola in action but have none in the PR boxes. If you have any we could use let us know ASAP. We have gotten quite a few new people from the Mt. Club ranks so hopefully this will rouse a few more.

On May 5 Susan, Larry, Don G. and I will be giving a 2 hour presentation on Outdoor Preparedness as an

REI Workshop. We have been working on this for awhile and it's something we could give to other groups.

We continue to see new faces at every meeting so we have to be doing something right. Keep up the good work, everyone. (Now we just need some missions).

Web News

by Tom Russo

As many of you know, I have been maintaining a mechanism for mail sent to the team mailbox, csar@swcp.com, to be redistributed to team members automatically using a primitive address expander that I wrote. The method I chose many months ago has proven to be unwieldy for me, so I have gotten hold of some good mailing list management software and I am going to turn the old clumsiness off. I have been sending instructions how to subscribe to the new mailing list to team members for about a week now, and if you don't check your email often, you might want to look and see what I sent out. I will be shutting off the old members email list within a few weeks, so please subscribe to the new one soon. To reiterate: if you want to be on the mailing list, send email to *[an address that has been deleted from this newsletter due to SPAM email harvesting. Eat death, evil email spammers]* like this:

```
To: the.correct.address.can.be.had@by.asking.the.membership.officer  
  
subscribe  
end
```

The "end" is there to prevent the software from reading any signature file that your mail program might attach to your mail. Note that the commands go in the *body* of the message, not in the header. You'll receive a reply with some instructions in it, and you'll need to follow those instructions to finish the process. When the process is complete you'll receive any informational mailings we send out, and you will also be able to send messages to the other team members who are subscribed.

The team website can be accessed at <http://www.swcp.com/csar/>

Statewide SAR Notes

by Mike Dugger

PACE NEWS

There was an error in the last newsletter concerning the new aircraft owned by the state and available for search and rescue. The 8-passenger King Air is an airplane, not a helicopter. The author begs forgiveness.

Disclaimer and Copyright notice

the Editors

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Volume 4, Issue 3
11 March 1999
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

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Top of the Hill

by Larry Mervine

These are just some thoughts I had while reflecting on the last month.

Search & Rescue in New Mexico is made up of all volunteers. Our goal and primary job is to help a person in need. When we respond our thoughts should be on how our skills best can be used to help. And when assigned a task, do the best you can, no matter the type of task.

Team rivalry may be good to motivate a football team to play a better game, but in Search & Rescue a person life depends on how will we cooperate together. Be professional.

If you feel that the actions of a person or persons is causing harm to the subject or impacting your safety, then let the appropriate ICS staff (logstics) know. Before calling Base camp, talk it over with the team leader or the most experienced Cibola team member in the field. Be professional.

In cases of injury, the person with the highest level of medical certification is in charge. That person is responsible for the care being given to the subject, not you.

On missions we do not always know the skill level and capabilities of the members of other teams. Team up with Cibola members first. Do not be discouraged if other teams members underestimate your skills. We all trust people we know.

See you out there.

Boots and Blisters

by Tom Russo

By now you all know that February's training was cancelled because an insufficient number of team members signed up to attend it. I hope that this sad state of affairs is temporary and that we have a good show at the next few trainings.

We held a Search Techniques evaluation on Saturday, March 6th. Five members passed; David Dixon, Paul Donovan, Paul Husler, Melinda Ricker and Tom Russo.

There was a PACE exam on Sunday, March 7th, and four Cibola members passed: Paul Donovan, Ryan Jackson, James Newberry and Joyce Rumschlag. Congratulations!

March's training will be on Tracking and will be taught by Jon Holmes of the US Border Patrol. It will begin at 8:30am on Sunday, 14 March at the Tijeras Ranger Station on South 14. The original instructor, J.D. Martin of New Mexico SAR Support was called out of town at the last minute. I believe that Jon will be a very capable substitute, and hope for a good turnout. One suggestion that J.D. had was for each member to bring a "tracking stick" with them. This could even be a 3-4 foot length of dowel rod. Jon says it is not strictly necessary for his class, but if you have 'em or are interested in getting hold of something that fits the bill, bring 'em.

I will arrange a mock search as our training in April. I hope to make it a full-blown imitation mission, and as such I'll need to ask for maximum participation. Sometime in the late afternoon/early evening of Saturday April 10th the pagers will go off with a -611 suffix. Respond as for a mission. I hope to invite a couple of other teams to join us in this one. We'll need a good turnout of ICS people, too.

April's evaluation session will occur on Saturday, April 3 and will be on litter handling. As always, members interested in becoming evaluators should contact me at least a week in advance to arrange an evaluator training to occur on the same day as the evaluation. If you are not yet ready to take the litter evaluation the next one will be in July, and there will be a litter training in June.

NMESC is hosting a helicopter training on March 27. This is a good training to attend, and is only offered once every two years. Unless a significant fraction of active members attend it (say 10 or more), however, it will not count as one of our team's trainings, and will therefore not count toward the two trainings you need to attend in a six month period.

Speaking of the two trainings per six month period, two of the six opportunities have passed. Remember that you will not be allowed to participate in field assignments as a Cibola member if July comes around without your having taken two trainings. The remaining four trainings are March's tracking, April's mock search, May's Escape and June's litter handling. I hope to see you at them.

I have contacted the New Mexico Four-Wheelers regarding the possibility of them leading another four-wheel-drive training for us, possibly in August. They will be bringing the subject up at their next meeting on March 12th, and I hope to hear from them soon afterwards. Watch this space.

Hike of the Month

Piedra Lisa Spring Trail

0800, Mar 21, 1999

Trailhead: I-25 north to SR 44, Placitas Exit. Follow the highway east about 4 miles to FR 445.

R.T. Distance: 5+ miles

Elevation Min/Max: 6000/8000

Hiking Time 4+ hours

Hazards: Primitive trail, heat

Topo Maps: Placitas & Sandia Crest



We will start at the Bernalillo side of the trail. To get there, take I-25 north to the SR-44 Placitas exit. Follow the highway east to the FR 445 turnoff just past the three mile marker, which makes a loop through the watershed. Take the second junction of SR 44 and FR 445, since it's closer to the trailhead. Follow this dirt road several miles back toward the mountain until you come to the sign marking the left turn onto FR 445. This short road takes you to the trailhead. We will meet at the pay station. We will hike as far as the group cares to go and as time allows.

Pinching Pennies

by Mike Dugger

We have not yet recieved a list of expected contributions from United Way and the Combined Federal Campaign for the coming year. The budget committee meeting will take place as soon as we have this information. Check the team hotline for information about the meeting.

Who's Who and New

by Susan Corban

Ryan Jackson is an active member of Cibola SAR as of March 1999. We're glad you're on the team, Ryan.

Please welcome Frances Robertson and Brian Murray. Both have gone through orientation and are anxious to learn about what happens on missions and in trainings.

We currently have nine prospective members who have had orientations and are working toward active membership. Four more members passed the PACE exam on March 7th. Congratulations. Everyone can check the mentor list in the newsletter for the names of this new wave of members. Please make the attempt to learn the new folks' names and get acquainted. Thanks to all who have agreed to be mentors and to everyone for helping the new folks get started. And rumor has it that the Girvens are back from

Austria and looking forward to rejoining Cibola. Welcome home!

Gearing Up

by Mike Dugger

At the last meeting the team voted to provide 25 feet of 1 inch tubular webbing and a locking carabiner to each member eligible for missions. I have contacted our supplier for this equipment and will make it available as soon as it arrives. This equipment will not be provided to people who are ineligible for missions or who elect to help out in base camp.

Coming Attractions

by Tom Russo

Joyce Rumschlag has written an interesting article on insect bites, and this will appear as April's minilesson.

Public Relations

by David Dixon

We are all here for the volunteer experience but when missions are less frequent think about giving some of that time to something else that would benefit the team. Attend a hike of the month, take in a SAR Support Workshop, volunteer a Saturday of outdoor clean up or trail maintenance or just get outdoors and work on those map and compass skills you struggled with at the last evaluation. And while you're out there keep recruiting those new members.

I am in the process of redoing our team brochure (single page foldout). We also have bookmarks and posters. If you know of a source that would display or hand these items out let me know. They have been very positive for recruitment.

Upcoming PR events are always posted on the newsletter calendar. The PR Committee meeting is on for March.

Web News

by Tom Russo

There was a question raised this month regarding the "membersonly" website. We had thought it self-evident from the name of the site, but the files that are password protected really are meant for distribution to members only. This is a privacy issue (we don't all like to have our addresses and phone numbers publicly available), and also so that we can distribute information to team members without concerning ourselves with copyright issues: distributing training information can be "fair use" when we do it amongst ourselves, but illegal re-distribution if we make it generally available. Similarly, having the password-protected site enables us to provide training handouts to team members without worrying about liability issues which might arise from someone from outside the team using our training information, causing harm, and then just saying "well, I just did what Cibola SAR recommends..."

If you're a new member of the team and want access to this part of our website, please contact me for the team password you need to activate your personal account.

The team website can be accessed at <http://www.swcp.com/csar/>

Statewide SAR Notes

by Mike Dugger

PACE News

The last PACE meeting took place on February 13 in Santa Fe. Below are highlights of the meeting.

Rick's office is no longer in the Emergency Management Center. His office is back at SP Headquarters on Cerrillos Road, second floor. His phone numbers are now: voice 827-9228, fax 827-3395, pager 939-4661.

The state police just acquired a used King Air C-12 chopper. They expect it to be operational in 3-6 months. It can airlift 8 people to remote assignments. Read - make sure your pack is in order...

The last PACE evaluation was at Blackrock near Zuni on March 7. Remaining PACE sessions for the year are tentatively scheduled for: ESCAPE (on Sunday afternoon), in Albuquerque late in July, in Las Cruces Sept. 12, and in Santa Fe at St. John's college Oct. 2.

New gear requirements on the PACE exam are for heavy work gloves, 10 feet of 1 inch tubular webbing, and a practical compass test. The gloves and webbing are for hauling litters. The practical compass test has participants take a bearing on a landmark, and report magnetic and true bearings. Participants will fail if they don't properly handle declination.

Some new forms are coming for use in ICS. One will be a "dispatch" form, containing all information that resources will want to know from the logistics person calling them out. Stuff like weather, directions to base, subject details, repeater and mission frequencies, etc. Teams will be given an identical form to record this info on. This is to make sure that critical information is not forgotten. The other new form will be a team tracking form, to record team responses to callouts. For example, when Cibola tells logistics we are sending 8 people, how many actually showed up? This will insure that all responding are accounted for in base camp, and track what kind of response they typically get from the teams.

The idea of "Base Camp Orientation" was presented. This will be a document with general information on the functions at base camp, and what goes on in each. Anyone working in an ICS position must pass a written test on this material. Those who pass will get some sort of recognition that they have been "oriented." The state will not require this of others tapped to help out in base, but individual teams could always make it a requirement.

Speaking of base camp and ICS, some FCs on the committee expressed frustration with ICS section chiefs who report to base without the tools needed to do thier job. If you are a section chief and respond to a mission as part of ICS, make sure you have all the forms, pens, transparent overlays, etc. needed to do the job. This can be assembled in an "ICS kit" that you grab just as you would your pack.

NMESC News

ESCAPE registration forms will be available at the March team meeting, and will be enclosed with mailed copies of this newsletter.

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 4, Issue 2
11 February 1999
Editors: Tom Russo, Mike
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Top of the Hill

by Larry Mervine

When we respond to a call, our thoughts are that the lost or injured subject is alive. Sometimes our search or rescue subject ends as a fatality. Even the most hardened, tough professional and experienced EMTs, Officers, Nurses, Firefighters, Physicans, or Dispatchers or anyone who responds to emergencies will discover that sometimes: "This one got to me!" Mission 992003 may be one of those missions for you. Each individual responds differently. Many teams members who responded to this mission attended a CISD session. For the rest of us, I would like to list warning signs and helpful tips to help us return to normal behavior. The information is taken from the New Mexico Critical Incident Stress Debriefing Team brochure.

Physical Reactions:

- changes in sleep patterns,
- changes in appetite,
- stomach trouble,
- shakes/chills,
- diarrhea or constipation,
- headache,
- shortness of breath,
- rapid or irregular heartbeats,

Mental/ Emotional Reactions:

- depression / confusion,
- self criticism,
- blaming self& others,

anger/ guilt,
dreams or flashbacks,
identification with victims,
noticing similarities between victims,
and own family members,

Behavioral Reactions:

withdrawing/excessive talking,
irritability,
hyperactivity or excessive fatigue,

Some useful things to accelerate your return to normal:

exercise intensely,
share your feelings with others, family or team members,
allow your emotions to come out, safely with or without help,
write it down,
connect with your spiritual strength,
eat a healthy diet,
avoid extra sugar, caffeine alcohol and tobacco,
postpone major decisions

Only you know how you feel, but you are not alone nor the only one with similar reactions. These reactions are the result of an abnormal event. You are experiencing the stress from a critical incident. So watch fellow team members. Do not be critical, but rather be understanding. One day you might be the one feeling bad. If you are experiencing a problem call the hot line or talk to other team members.

Boots and Blisters

by Tom Russo

First things first: the PACE committee has added a few things since most of us passed the test. For one thing, they added a field test of your ability to perform map-to-field and field-to-map computations. And they added a requirement that you carry a ten-foot length of one-inch tubular webbing. The webbing is a useful enough item that many team members have been carrying it anyway: it adds to your ability to "adapt and improvise" as a certain FC of our acquaintance is fond of saying (followed by a wheeze or two). You might also consider carrying a locking carabiner along with the webbing, because you can then make a very simple "diaper sling"-type climbing harness; it's uncomfortable as anything, but it'll probably hold you for those pucker-inducing unplanned descents.

On reporting UTM coordinates from your GPS: Next, remember how clearly I explained why it was useless to read GPS displays to all digits of precision? My doctor has prescribed one large crow to be

taken orally each day: there's a good reason for reading the display exactly as it appears. Yes, the unit is only *accurate* to the nearest 100 meters, but if you perform the truncation in your head you add one more thing that can go wrong in your communication with base camp. So *this* is why you might be asked for all the digits, not because someone in base camp thinks they are useful, but because someone in base camp wants to make absolutely certain that you read it correctly. This point was made crystal clear during our January land navigation training.

At one point during the course one of our team members who had a new GPS unit decided to use it to report a position. The transmission, which was attempted in kilometers with truncation, was:

Ok... we're at 376.09 Easting and 38804.67 North

There were two things wrong with that. For starters, if you're going to report kilometers with one digit past the decimal point, only put one digit past the decimal point. And then make sure you put the decimal point in the right place. Properly truncated and converted from meters to kilometers, the team member's position would have been 376.1 Easting and 3880.5 Northing. The people at "incident base" were left to re-interpret this transmission and make assumptions about what went wrong. The assumption was "Oh, the last digit of easting was dropped, and the decimal place in the northing is shifted one over" but this was not necessarily what had happened. In fact, *any* of the easting digits could have been dropped and we wouldn't have known which one it was. A follow-up transmission from Training Incident Base cleared it up:

Um... did you mean "376.1 easting and 3880.5 northing?"

But then again, since the whole reason for truncating would have been to shorten transmissions, we clearly accomplished nothing and actually accomplished even worse than nothing.

So to make a long story just one more paragraph longer, you shouldn't do interpretation of your GPS screen yourself --- just pass along information and let the incident management team do the interpretation and truncation. **BUT** it would still be correct to read coordinates off your *map* to be precise only to the 100 or 10 meter digit, and in this case it would be OK to read in kilometers with a decimal point, because the position of the decimal point would be obvious to you from the labeling of the UTM grid on the map. **But whatever you do:** if you're asked to do differently by incident command, **do as you are asked!**

January's Nav training

This was a phenomenal success. It was well attended, and those who attended said they learned a lot. There was one major complaint, and that was regarding the time we allotted for it: we'd figured on fewer people coming out, and figured on most of them running the course quicker. Only the first team out ran the course in exactly the time we'd guessed (three hours), most of the others took four or five hours. Next

time we offer it we'll be more conservative in setting the times. Nobody seemed to think that we should have left things out in order to get the class done in the time we'd stated, not even the person who was late getting home for an anniversary dinner with his wife (although she might have something different to say on the matter).

I won't write up any more about this training here, but I have written up a "debriefing" page on the website --- it includes maps of the training area, and when I get some in writing, it will include feedback from participants. There was sufficient positive feedback given that I'm thinking I might do this one again in September, if folks would like it.

February's Winter Skills training

This will be taught by Larry Mervine and Don O. Gibson and will be at the site of the Mount Taylor Quadrathlon. If there is insufficient snow to build snow shelters, we will just have to learn what to do on a real mission where it was cold but not snowy. Remember, the purpose of our winter skills bivy is to see how the gear we carry with us on every search could be used to make sure we can get up in the morning and not have to view the bivy sight from above while plucking a harp. It's great practice, it's fun, and I encourage you all to participate.

NMSARST training

New Mexico SAR Support Team is holding a training at the Juan Tabo/Comanche branch of the Sandia Laboratories Federal Credit Union at 8a.m.-11a.m. on Saturday, 20 February. The topic will be on weather, its effects on subjects and searchers, and its dangers. Speakers will include Keith Hayes from the National Weather Service (NWS) who will speak about New Mexico weather and how New Mexico SAR interfaces with the NWS, Adair Peterson who will talk about a heat-related fatality in the Grand Canyon, and Jen Semon from AMRC who will discuss the latest treatment for heat and cold related injuries.

Evaluations

I will continue to hold evaluations on one topic per month. The evaluation date will always be the weekend prior to the month's training and on the opposite day: if a training's on Saturday, that month's eval will be on Sunday. January's was litter, February's was Land Nav, and March's will be Search Techniques. I'll cycle through these in this order.

Please note that nothing prevents evaluators from arranging evaluation sessions at other times, too. So far, we have Mike Dugger and Terry Hardin certified as litter evaluators, and Larry Mervine and Mike Dugger are certified as search techniques and land nav evaluators. *ANYONE* may ask to be certified as an evaluator, and having asked may be certified if the following conditions are met:

- You have already passed the given evaluation



Drive to Tijeras, go south on Hwy 337 3.8 miles from the 4-way stop, past the Sandia Ranger Station. When you get to the trailhead you will see James Newberry's blue & white Toyota Landcruiser. There is plenty of parking. So, come one and all! This trail is heavily used by mountain bikers and motorcycles. Sounds like the site of a future litter evacuation! We will hike south on the trail approximately 1.75 miles to the boundary of Kirtland AFB where there is an old fire tower. We will turn around at that point and return to the cars or explore more, depending on the wishes of the group.

Pinching Pennies

by Mike Dugger

I'm starting to get a handle on how the team finances work, but I expect to lean on Melissa for a while yet. I am in the process of evaluating trial copies of commercial accounting software to make this job easier for the non-accountant. By next month I expect to have selected a software package, and moved the team finances over to that format. This should make the job easier for future treasurers.

The budget committee will meet as soon as possible after we receive our annual statement of contributions from United Way and the Combined Federal Campaign. This usually takes place late in February, so check the team hotline weekly for information on this meeting. We will plan the team's budget for the year based on anticipated expenditures and income. Everyone is invited to participate in drafting a budget for approval by the team. Committee chairmen and officers should submit their budget requests to me as soon as possible, but no later than the budget meeting.

Who's Who and New

by Susan Corban

Amber Pickel, Curtis Crutcher and Paul Donovan have now had their Cibola orientation and have started attending missions. Please welcome them and help them out on missions and trainings. Welcome, we're glad to have you with the team.

Steve Meserole is now an active member. Welcome aboard.

Gearing Up

by Mike Dugger

All the 800 MHz radios on loan to CSAR were returned to the NM Emergency Services Council on January 15.

I have established a rotation of people who volunteered to haul our gear to missions and act as pager #2

point of contact, and these are now part of our phone list. I hope we can now just rotate through this list each month to determine the pager #2/gear-hauler, and all people performing that job have a quick reference for others who know how to do it. If you have a vehicle with a large cargo capacity, and would be willing to haul our gear to missions one month out of every 6 or so, please let me know.

Mini Lesson

by Mike Dugger

Low-Hassle Hot Food and Drinks on SAR Assignments

Why Carry a Stove?

Some think the luxury of hot meals and beverages in the outdoors should be reserved for the casual backpacking trip, where the responsibility for carrying a stove and fuel can be divided up among participants. Few would argue that a multiple-course hot meal, prepared fresh and accompanied by coffee, tea or hot chocolate adds a refined air to a backcountry experience. But is such luxury really necessary, or even appropriate, during the high anxiety and urgency of a search and rescue assignment? Consider the following. Dry wood and kindling is not always readily available from which to start a fire. You may be asked to bivvy in a remote location until dawn, in cold weather. Sure, you can survive on energy bars and water, but you would probably be more fit to carry out a physically challenging assignment after a hot meal and a good night's rest. Also think of the subject. Warm drinks offer an excellent means of slow core warming and providing necessary fuel to mildly hypothermic subjects. Warm, sweetened gelatin is one of the best drinks to offer for its protein and carbohydrates. Even if you can warm your MRE with a chemical heater (or in your armpit or other unmentionable places), a stove comes in handy for hot beverages that can really make a difference when temperatures drop.

Types of Stoves

OK, so maybe you SHOULD carry a stove. But what kind? For the kind of use a stove in your SAR pack is likely to get, the most important factors are reliability, ease of use, compactness, and low weight. Kerosene stoves have come a long way in recent years, and very compact models are available. Carrying liquid fuel can be a hassle for a couple of reasons, though. If you have ever spilled, or had a friend who spilled liquid fuel inside their pack, you have an appreciation for one of the reasons. It is oily and evaporates slowly. They can also be hard to start in extremely cold weather, because the generator must be heated sufficiently to vaporize the fuel before it reaches the burner for optimum performance, and this takes longer the colder it is. Another hassle is that the highly refined kerosene for these stoves can be tough to find between Carrizozo and Capitan at 2 o'clock in the morning. Some can burn gasoline in a

pinch, but this tends to clog the generator if you're not careful, and then you are without a stove again. Finally, compact kerosene stoves can be expensive. Stoves that burn compressed gas such as butane get around the liquid fuel problems, but the gas canisters can be hard to find, and you have to carry the empty canisters until you can dispose of them properly. Aside from all of these considerations, SAR packs and the gear inside take a beating during bushwhacking and getting hauled around in vehicles with other packs and people piled on top. Most kerosene and compressed gas stoves have rather delicate structures that don't stand up well to someone sitting on them over a four-wheel drive road. Below I'll describe good fuel sources for SAR emergency stoves, and provide instructions on how to build a pot stand for little more than the price of a campfire song.

Types of Fuel

There are obviously many ways to apply heat to the bottom of a pot, but for a serviceable emergency stove you want a fuel that burns hot enough and long enough to boil water within a few minutes, as well as one that is rugged and not messy. The two most effective and convenient fuels I have seen used are solid fuel tablets or bars and sterno cans. The most popular solid fuels for backcountry cooking are hexamine (hexamethylene tetramine, $(\text{CH}_2)_6\text{N}_4$) tablets and trioxane (1,3,5-trioxane, $\text{C}_3\text{H}_6\text{O}_3$) bars. Both burn with a smokeless flame, and much hotter than wood. Trioxane melts at 61 degrees C, and hexamine melts at 280 degrees C, so either would be OK to carry in your pack. Fuel tablets and bars are solid and hence quite rugged, without the mess of liquid fuel. They can be hard to find, but are cheap so you can buy a case and keep a supply stashed in your pack. They are totally consumed during the combustion process, so there is no trash left to be hauled out. The tablets get charred and messy once used, so it is not very practical to extinguish and reuse the fuel.

Some sources for these solid fuels are: Armed Forces Merchandise Outlet (www.afmo.com/scategory/scat-32.html, (800) 282-3327), 18 bars trioxane for \$4.50, or 6 hexamine tablets for \$1.49. IMS Plus (www.imsplus.com/ims28.html, (618) 655-0383), 3 bars trioxane for \$1.00, case of 250 boxes for \$150, or 5 hexamine tablets for \$1.75, case of 500 tablets for \$145.

Sterno cans are the same kind of heaters used under those big dishes of food at a buffet. It consists of a little sealed can of wax, which is solid when not in use so it stores easily. These are cheap but can be hard to find, so buying in quantity is probably the answer here too. For heating, simply open the can, light the top of the wax, and place it under your pot. When you are done cooking, they can be blown out to allow the wax to solidify, then closed up and stuffed back in your pack. These are also quite rugged and convenient since they are solid except when in use. I suppose on a really hot day, if the lid were to come off you could end up with a mess inside your pack. But a sealed bag around the can would solve this potential problem. When all the fuel is gone, you have just a small can left to haul out to the trash.

Alcohol has been used as fuel in emergency stoves for decades. It does have the difficulties of transportation and potential mess of other liquid fuels, but it is not as oily or smelly as kerosene, and evaporates quickly if spilled. I found instructions to build a simple alcohol stove by M.M. Brown, *American Survival Guide*, Vol. 21 (1999) pp. 70-73. The basic idea for the burner is to cut off the bottom

of two aluminum soda cans about 1.25 to 1.5 inches from the bottom. In one of the bottoms, drill 4 or 5 holes in the center with a 1/16 inch bit, and then 16 to 32 holes around the outer edge where the can would rest on the table. Cut 4 to 6 slits in the side of this piece so it will fit down inside the other piece when inverted. The other bottom becomes the lower half of the stove, which is filled about 1/2 full with a porous material (ideally perlite) and denatured alcohol. The top is put on, and the stove can be lit by passing a match over the top. It apparently burns for about 20 minutes. The author says that in a pinch, a rolled up piece of cotton can be used as the porous media, and rubbing alcohol as the fuel. I tried to build the stove this way, figuring that if I have to hunt up perlite and denatured alcohol this was no more convenient than the solid fuels. When I built the stove this way, I could not even get it lit. Perhaps I did something wrong, and I invite the interested person with a little time on their hands to give this a try, but my rationale was that if the stove was this touchy in my kitchen, it was not reliable enough for SAR use.

Stands

Stands can be purchased individually from outdoor equipment providers and military surplus stores, typically for a few bucks. These all consist of some sort of metal plate and/or wire frame that can hold a pot off the ground, and a space to put a heat source under it. I purchased a simple stamped-and-riveted metal frame a few years ago at a local discount store that folds into a thin box (about 1" x 3" x 4") for storage of my solid fuel, and folds open to provide a pot stand in use. I have seen other metal frames which fold completely flat for storage, and then similarly open up to provide a pot stand. Either of these types of stands will work fine, or you can make one easily. Find a coffee can or other large can that is 1-2 inches larger in diameter than the pot you plan to carry for heating water. Cut off the top of the can so you are left with a short cylinder about an inch taller than your burner (solid fuel, canned fuel, or whatever). Bend over about 1/8 inch of the edge all the way around to get rid of sharp points. Drill some holes near the top of the cylinder just large enough for a coat hanger wire to go through. The holes should be drilled so that you can put several parallel wires across the top of the can close enough together to hold your pot. Cut lengths of wire about 1/4 inch longer than required to go across the can, put through the holes and bend the ends over to hold the wire in place. It is also a good idea to cut some notches in the bottom of the cylinder so air can get to the fuel. Now you can get your fuel going, set this cylinder over the top of your fuel, and cook away! Good luck, and bon appetit.

Public Relations

by David Dixon

Kudos again to Susan Corban for her team dedication and commitment in '98 to Public Relations and recruitment. Her efforts have produced many of the new faces we've seen at recent meetings. Her organization certainly made my transition easier and to her I say "thank you." To new people we say "welcome" and we hope to see you in the future at trainings, missions and other SAR functions.

The PR Committee continues on with our goals for 1999. Our primary goal is a 50% increase in membership. We can all help with that. Do you know someone who would be a candidate for this busy, crazy and selfless world of search and rescue? Get them involved. It takes a special person like yourself. Maybe you know another one.

We are continuing to work on getting sources for presentations, especially recruitment. This month we're giving a short talk to Trailwatch Volunteers on their Trails Day, Saturday, Feb. 20 from 1:00-1:15p.m., and we could use a few members to help out with this one. On March 18 we'll be giving a presentation on Outdoor Preparedness at REI. Let me know if you're interested in these or anything in the future or if you know of a presentation source. PR events will be posted on the newsletter and hotline.

I will hold Committee meetings on the last Thursday of the month at 6:30 p.m. at Frontier Restaurant. But there will not be a meeting *every* month so look for them in the newsletter, hotline or email (to committee members). Everyone is welcome. If you want to become a permanent member let me know.

Web News

by Tom Russo

Once again, most of this month's web action has been on behind-the-scenes stuff, with one little exception: training records are now on-line. At present all you can do with the database is look up a given training's record, and at the bottom of the information page produced by the "lookup members" function you'll see the trainings you have gone to. The purpose of this, of course, is to lighten the load on those of us who have to sift through those records every six months to make sure everyone's been to two trainings; [takes off editor's visor and puts on training officer's hat] please remember that you need to come to two trainings every six months[replaces ratty green visor]. But to keep this from being just another boring recordkeeping device, I've added a few features: for every training that has a handout saved on the web --- and I hope that will be most of them --- there will be a link from the training record page directly to the handout that was used for that particular training. And I've also set up a way of linking from the training record page to a web page which I'm calling a "debriefing page," where the instructors and attendees can write up a summary of what happened at the training; folks that missed the training can therefore get a little benefit from the experiences of those who attended[again removing visor] but not all the benefit[replaces visor]. Unlike newsletter submissions and normal database entry, the production of debriefing pages is not automated on the web at all, and involves me taking information and creating a web page for it. If it turns out to be a popular thing I'll work on making it easier for folks to put information onto those debriefing pages.

The training information database is accessible from the "database functions" section of the membersonly web page.

If you're a new member and haven't gotten on to the membersonly pages, please see me for the password.

Late Breaking News:Rumor has it that someone has actually logged in to the website with a user id of "wheezer." Film at 11.

The team website can be accessed at <http://www.swcp.com/csar/>

NMESC Notes

by Nancy O'Neill

The Helicopter School is scheduled for March 27 at the CAP Bldg. on Kirtland Air Force Base. Details should appear in the next NMESC newsletter, as should the registration form for ESCAPE. The other item worth bringing up is that the board would like to have names of active NMESC SAR people who would like to be nominated to the NMESC board. Remember, this board is only as good as it's elected members. So, if you would like to submit a name, contact Mickey Jojola, Kaye Sinclair or me with your nomination.

Regarding Suicidal SAR Subjects

by Susan Corban and David Dixon

Most live subjects are relieved to be found. They want to return with searchers. But what do you say to the suicidal subject who is reluctant to leave? What reactions might this subject produce in you?

Suicide is the number one killer of people between 15 and 19 years of age in the U.S. and third highest killer in those 19-25. While not all suicidal people travel to the wilderness, SAR volunteers will encounter suicidal subjects. What follows is written to help the search process and the encounter with a suicidal individual.

Behaviors that Impact Search Strategy

The behavior of a suicidal subject is likely to differ from that of a person who is lost. Suicidal subjects are more likely to climb up to a pinnacle or higher ground. The lost person tends to travel downward. The lost person, if conscious, will respond to searchers calling his or her name. The suicidal subject may not. You may be dealing with someone who is conscious and physically fine, but mentally unresponsive.

There are factors known to increase the risk of lethality. If the subject went out with a plan or specific intent the risk is higher. If any notes were left behind, that reflects planning and intent. Lethality also differs for male and female subjects. Females are more likely to attempt suicide, while male subjects are more likely to complete the suicide. Individuals who have attempted suicide repeatedly have the highest completion rate. Weapons or alcohol and drugs also increase lethality of an incident. Males are more likely to use firearms and weapons than females. An intoxicated or drugged person is more unpredictable. Know whether the subject entered the wilderness with a weapon. If they carried a gun, the search focus should be on tracking. Sound attraction will not work in this case since the subject is probably trying to avoid searchers.

On the other hand, if a subject was just depressed, the risk of lethality is lower. Someone who just lost a spouse or was recently divorced may be at a higher risk, but a person who is depressed is not necessarily suicidal.

These factors will provide strategy for incident command staff, but searchers can also ask questions about these factors to help when encountering the subject out in the wilderness. In a regular search it is

always important to know some things about the subject. This is especially important with the suicidal person. Knowing some aspects of the person may make a difference when you confront that person. You may have to quickly assess the situation and respond accordingly.

A SAR Volunteer's Choices Regarding the Suicidal Subject

The search for a suicidal subject is viewed as a law-enforcement situation by some Field Coordinators. Some take the view that this is not an appropriate situation for SAR volunteers and will not involve SAR volunteers. There is the potential for the presence of weapons and a volatile situation. There may be the need for a professional counselor or psychiatrist in the situation. SAR volunteers must be cognizant of the possibilities and the differences from searching for a person who is lost. There are risks for the SAR volunteer beyond the usual wilderness survival risks which we have all knowingly taken. If you learn that weapons are involved, you should decline the mission, or if you hear of a weapon over the radio, immediately leave the area and the mission. From the view of the FC, the subject may be alive in the first time period after the mission is initiated. In later time periods, the search may turn to a body recovery. This situation is safer for SAR volunteers. So, as a volunteer, be aware of the possibilities and make choices on the basis of these possibilities. Don't just respond, assuming this is like any other mission.

As in any SAR situation, your personal safety and well-being should be priority. If an FC accepts a mission, and you do choose to search for a live but suicidal subject, and it becomes apparent that a weapon is involved, leave the area immediately. Once you are safe, call for law enforcement from the Forest Service or State Police. If other dangers are part of the situation (bad weather, subject on a cliff) your safety is still priority. You may not save this person's life. You may not prevent a suicide and you certainly don't want the subject to take you with them. If you encounter the subject, even without a weapon, stay at a distance of six feet or more.

Guidelines for Interacting With the Suicidal Subject

The SAR volunteer's objective is to locate a subject and bring that individual back to incident base. We aren't trained counselors, but in the case of suicidal subjects, practicing skills of listening and acceptance may help negotiate the return of the subject safely to base. In the encounter, your objective is to buy time until the subject can get help with his or her problems at another time and place.

Expect that it may take some time before the subject is ready to depart. For the subject, talking to a stranger about painful or personal information is not easy. The SAR volunteer can decrease the subject's stress by being relaxed, patient and accepting. Being a good listener is the most important thing. This means silencing your own judgements and values in order to provide a non-threatening situation for the subject. But remember that you cannot play God.

The following information reflects the approach taken by counselors and crisis centers. You might benefit from understanding the approach, but as SAR volunteers this is beyond the scope of our practice. If you are not willing or able to take the crisis counseling approach, at least remember to keep your voice

even. Don't raise or lower your voice. Be singular in your purpose by letting the subject know, repeatedly, that you both need to "leave this ledge and return to base camp." Whatever the subject has to do, he or she must not do on your time in this place. And, very importantly, don't become entrapped in the subject's problems.

The Crisis Counseling Approach

First, define the situation. Explain your identity. Sit down, get comfortable. This is part of "patient and relaxed." It indicates that you are willing to spend time and listen. It also keeps you from standing over the person. It's ok to ask the subject if he or she is considering suicide. Don't be afraid to talk about it, you won't be giving them any new ideas. The subject may want to tell you their story. Allow them to do so. Be prepared to stay with the person while hearing what has happened to them and what they are feeling. Being patient and accepting the time this takes may be difficult. You can ask the subject to let you know when he or she is ready to go, but try not to make them feel hurried.

The subject may express feelings of depression, hopelessness, guilt, anger, betrayal, self-criticism and blame, and embarrassment. The subject may talk about their plan for suicide. Take all suicidal comments seriously. "All or nothing" thinking on the part of the subject reduces his or her sense of alternatives to "life or death." Developing a sense of other options is crucial to releasing the notion that suicide is the only alternative. Staying with that person until a sense of alternatives to what he or she is thinking or feeling develops may turn the situation.

If you can assess whether the person is just down and out or really wants to die, you will know just how lethal the suicide attempt may be. "I don't want to live" is very different from "I want to die." Is there fearfulness or looking forward to suicide? If there is immediate urgency, your need to buy time is greater. Tomorrow the person can commit suicide, but not while you have them in your contact. Remember, you're buying time, not fixing the problems.

After the person has had a chance to talk about his or her bad feelings for a while, gently turn the conversation to more positive things. Offer support and encouragement. Reinterpret in a positive manner. Talk about the person's courage in sharing with you. Discuss alternatives to the all or nothing thinking pattern. Remind the subject that hope exists. What support system can the person build? Remind the subject of resources for help. Encourage the person to take things one step at a time. Be genuine and direct. It's ok to let them know if you are uncomfortable. Avoid arguments, problem solving, advice giving or making the person feel the need to justify his or her feelings. Of course, don't tell the person that he or she is crazy.

It's usually good to get the person to talk. Often, the more the person talks, the more that he or she will come around. It may be necessary to be authoritative and take charge. Most people contemplating suicide do not want to die. Most do it as a cry for help or to end the pain they feel. Ask if it's ok to contact others to let them know the person is ok, that others care about them.

Try to terminate the situation with the person's agreement not to hurt him or herself before speaking to a professional or someone for help. Buy more time if this doesn't happen. If all else fails, deterring the person with guilt may buy time. Only use these if you are sure nothing else will work. (You don't want to make the person feel worse or add to the self-criticism.) Things like "how will your children (friends, family) feel? You'll leave them with guilt and pain. Who will take care of them?" or "You're copping out; you're taking the easy way out," or "I know you could kill yourself. But give yourself one last chance. It's your life!"

Searchers will also need to deal with their own feelings. A searcher's stress, discomfort, anxiety, impatience, judgements, and so forth need to be withheld in order to establish a rapport with the subject. This is a very stressful situation. Letting yourself go into the person's worst feelings with them will allow the person to find out that those feelings aren't as scary as they might have feared. But it's very demanding for the listener. After the encounter, talk to someone you trust about it.

Thanks to the UNM Agora Crisis Center, Carol Wagner-Adams, and Don Gibson for the information in this article.

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 4, Issue 1
14 January 1999
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Larry Mervine

Happy New Year.

Taking an active role in Search & Rescue means we have less free time each month. A member who accepts an officer's position commits even more free time. So I would like to thank last year's officers for taking the extra time to help Cibola to become a better team.

The newly elected officers for 1999 met December 22, 1998 at Dion's Pizza. We reviewed officer's responsibilities, talked about reorganizing the phone tree, possible changes to team standards, and set goals for the coming year. Here are the goals we can achieve this year:

1. To increase the number of Ham operators by five members. Ham classes start January 20th 1999.
2. To increase team membership by 50%. This is an aggressive goal that we think can be accomplished. In October and November we saw 24 new faces as a result of the PR committees recruitment drive.
3. To invite more teams to our trainings and to encourage more joint trainings.

See you out there.

Boots and Blisters

by Tom Russo

Some holiday traditions I can do without: eating big meals and rich desserts, belting out off-key Christmas carols, and drinking to excess while watching a lighted globe drop from a tower back east are a

few Things Best Left To Others. But I'm willing to make a few New Year's resolutions: to provide interesting, varied, and fun trainings; to schedule them conveniently; and to keep you posted with timely information about them. I've already started making up a web site for training information, and it can be reached at <http://www.swcp.com/csar/tsched.shtml>. I also stuck a "Mindit" button on the page so you can register to receive email every time it changes, if you care to. Time-critical training information will be left on the team hotline, and we'll do -411 callouts to make sure everyone gets it. Tops of trees are asked to call their branches for every -411 page, but members should try to get in the habit of calling the voicemail every week or so, or at a minimum the Monday prior to a training event. For our part, we'll try to keep the voicemail updated so that this weekly task will not be wasted effort on your part.

For the benefit of those who have not yet been dragged into the 20th century and aren't ready to be dragged into the 21st, I'll reproduce the contents of the training web page piecemeal in this space every month --- I'll only include information about the current month's events, but I'll try to be detailed about it. The page itself will have all upcoming events and descriptions of them as such information becomes available.

Here's what I've planned for the first few months of the year:

- There will be pre-meeting presentations as often as we can come up with topics and speakers. For January's meeting I'll give a brief presentation on map coordinate systems and GPS usage. On months where there is no presentation I will try to have the litter and gear available so we can practice our technique.
- January's training will be an updated version of the land nav training that Mike and I gave a few months ago. It will be a 2-hour classroom presentation on maps, compasses and their use together, followed by some exercises in map reading and compass use in the parking lot. After that we'll go over to a trailhead on the east side of the Sandias, practice resection, and then navigate through a course we'll lay out for you. Expect the course to take a few hours to run, and come prepared with snacks, water and appropriate clothing. The training will take place on Sunday, 17 January, and the location will be at the Tijeras Ranger Station on S. Hwy. 14 (State road 337) at 9am.
- Beginning on 20 Jan we will have a ham exam prep class every Wednesday night at 18:30-20:30. There will be a mock exam opportunity on 3 March, and there will be a real test session at Eubank Elementary school on the following Tuesday, 9 March. However the classroom at St. Chad's is unavailable on Wednesday, 17 February, so we'll need to reschedule that class; we'll discuss this among class participants on the first night. Besides, it's also the night of the New Mexico Mountain Club meeting at which they will have sign-up for their annual climbing school, and some of you might want to attend that; I certainly do.
- I will hold evaluator trainings for one topic a month in the first three months of the year, and we will have evaluation sessions immediately following. Some of you might have heard me say that I was considering holding quarterly, all-day/all-topic sessions instead, but the problems which surfaced in the last attempt at this has convinced me that such a thing would be courting disaster, and would not be in the best interests of our members. Instead I will continue holding one evaluation per month, and allow evaluators to schedule other sessions as they see fit and as need arises. The January evaluator training/evaluation session will be on Litter Handling, and will be on

Saturday, 9 January at 0900. In general, the month's evaluation will occur on the weekend prior to the month's training. If a training is on Sunday then the month's evaluation session will be on the previous Saturday, and vice versa.

- We'll have a winter bivy/winter skills training in February. It will be on Friday-Saturday, 12-13 Feb, which is the weekend of the Mt. Taylor Quad; this year I don't want our winter skills training to keep folks from attending the Quad. Watch this space for more info.
- March's training will probably be on tracking, or more properly, track awareness. J.D. Martin of NMSARST has tentatively agreed to do it, and the date would be Sunday, 14 March.
- April's trainings has not yet been selected, but will be on 10 April. I've been thinking of a mock search, 4WD training, low angle litter handling, or an orienteering race for this month, and am open to suggestions. I will have the topic selected and instructor scheduled at least a month in advance. My current thinking is that we'll have a tracking training in March, and a mock search in April.
- There will be at least one nighttime training this year, probably in search techniques and/or navigation, and at least one nighttime mock search/operational readiness drill (i.e., full test of the callout system included in the mock search preparation).
- NMESC's ESCAPE will be held in Socorro from 21 May-23 May, and this will substitute for Cibola's training that month.
- The officers are committed to increasing the level of ICS training integrated with our regular team trainings. To this end, I'll be trying to use ICS staff at the bigger trainings; while January's training is too soon to get that set up, I'd like to have an Ops, Plans and Logistics person on deck for February's winter skills training. Naturally, the mock search will involve a full ICS setup at base camp, and I'll be inviting NM Sar Support to that. Larry Golden has volunteered his time to help organize Cibola's base camp support folk for more intensive ICS training than we have engaged in to date, and Don "Wheezer" Gibson has offered to help this effort. Any team members who are ICS section chiefs are encouraged to get in touch with Larry and help me use your talents in trainings as much as possible.
- I have not yet planned out any of the trainings after ESCAPE; I will be soliciting input regarding topics and instructors throughout the course of the year. The training dates will be fixed well in advance, and I will promise you that they will be scheduled at least in time for me to report at a meeting what *next* month's training will be and who will be teaching it. I'll also try to alternate trainings between Saturdays and Sundays.
- If you believe you are qualified to teach a subject that needs to be taught to the team, please contact me. Before I tap you to instruct in a given month, I'll need you to get me a rough syllabus and class description, but I'd like to try to get as many other members of the team involved in the training process as I can. I am certainly not expert enough to do all this teaching myself, and will be filling most of the training slots with other instructors anyway.

Just as we established this past year, members are expected to arrive at the training within 15 minutes of the start time in order to receive credit for having attended. Only the weekend trainings will count as "trainings" for the purpose of determining active-membership status, but the pre-meeting presentations and trainings hosted by other teams may appear in the training schedule and all are encouraged to participate.

While I'm encouraging people to participate, I'd really, really like to see more people showing up to the various trainings that we hold this year. For my part, I'll try not to get into a rut where every training is just like the last one you attended, but it's hard to be inspired in planning trainings when only 3 people show up. Let's see as close to 100% participation as we can get, OK?

I've begun to get in touch with other team's training officers in the hopes that they might welcome us to their trainings, and to invite them to ours. If this pans out, I will list other team's training opportunities in our calendar and on the training website. While I encourage you to obtain the broadest range of training you can and will work towards facilitating that, only Cibola weekend trainings will count for the purposes of mission-participation status; I remind you that Cibola requires that you attend two trainings every six months in order to take field assignments at missions under our auspices.

I look forward to a good year with you all, and hope I fill this position well enough for you to be happy with having been stuck with me.

Oh, one other thing. Susan Corban's been setting up these hikes of the month. Let's thank her by going on a few of them.

Hike of the Month **Bear Canyon Hike and Map & Compass Practice** 0800, Jan 31, 1999

Trailhead: East End of Spain NE

R.T. Distance: 4 miles **Elevation Min/Max:** 6200/7200

Hiking Time 2.5 hours **Hazards:**

Topo Maps: Sandia Crest Quadrangle



Drive to the far east of Spain NE until you reach the Open Space parking lot at the end of the dirt road. As is true anywhere in the foothills, this area is heavily used by mountain bikers, hikers, dog-walkers, runners, and some horses. Take the trail that runs east from the parking lot to the National Forest Boundary fence line. From the fence, travel east again until the junction with trail 503. Follow 503 east to its easternmost segment. At the bottom of the arroyo is an east-bound trail blocked with cholla debris, indicating probited access. Follow 503 a short distance to the top of the next rise to the north. Trail 503 meets a fence along private property. A few buildings are visible in the next arroyo from the ridge top. Follow the trail that goes east along the fence line and up in elevation. Climb as high as the large rock point in view above you, or into the forest

just above for great views of the surrounding area. Mountain lions, deer and fewer earthlings have been sighted from this point. This trail reaches a wide, flat area at 7040' in elevation. We'll stop there to practice map and compass and GPS skills. I will bring photocopies of this portion of the Sandia Crest Quadrangle 7.5 minute series for members to use. I want to match the UTM's on my map with the reading on my GPS, practice resection, etc. This is NOT a test! You can compare with your neighbor.

Pinching Pennies

by Mike Dugger

Although you were pretty much stuck with me as Treasurer for the coming year, I hope to do the job as well as Melissa did for the past three years. I'm grateful that she hung in there that long, and she has earned a break. Not before she brings me up to speed, though! This will take a little time, but there is already one initiative I am certain of. The collection of fuel receipts and disbursement of payments was a big part of this job, and the source of a fair amount of frustration. I intend to change that.

In order to relieve some of the burden on yours truly, I will not accept fuel vouchers that are not filled out completely and correctly. Come on, it is not rocket science. I expect present members to know this stuff. The Membership Officer and I will make sure that the correct procedure is communicated to new members during their orientation. Here's the basic process:

1. Note how much fuel you have, or your mileage, at the start of a mission. My personal method is to jot down the odometer reading along with my other mission information when I get into my truck to go to the mission.
2. When the mission is over, note how much fuel you **ACTUALLY USED** on the mission. Perhaps you started with a full tank, and then refilled immediately after the mission. My personal method is to jot down my mileage when I get back to home or work from the mission. I know the gas mileage of my truck, and can calculate how much fuel I used for a given mission from the miles driven.
3. On the form supplied by Cibola, write your name, mission date, mission number, and how many gallons and cost of the fuel you used. If you have a leaky vehicle, indicate how much and the cost of any oil you used as well. Indicate whether you want to be reimbursed personally for the fuel charges, or you want this to go into the team coffers. My personal recommendation is to take the cash - you spent it, after all, and probably much more to participate. Don't forget to **SIGN THE FORM**.
4. Write the mission number and date on your receipt, and attach it to the form. No reimbursement will be made without a receipt. Also indicate on the receipt how much of the fuel was used on the indicated mission. If you wait to fill up until the next time you need gas like I do, this amount may be less than the full amount of the receipt. If you went to multiple missions on one tank of gas, I need a separate form for each mission, but you may give me one receipt with the gallons and cost of fuel broken out for each mission written on the receipt.

It is important that the gas vouchers be filled out this way because I have to take all the individual vouchers and combine them into a single bill I submit to the state. I must have a receipt for all the gas I request payment for. When we get paid, I then write a team check to individuals for their gas expenses.

If the vouchers are not filled out as described above, I will give it back to you. You may fill out your own tax identification information with the state and submit your gas vouchers directly to the state if you wish, or take the 0.12 per mile as an itemized deduction for community service on your annual tax return. Cibola's handling of payment of gas by the state of New Mexico is a service to our members, intended to

make it easier for you to get paid for your fuel expenses. Please help me to help you by filling out the forms correctly.

One final note. This may be obvious, but I want to make sure it is clear. The state fuel reimbursement budget is intended to pay you for getting from home or work to the mission, and back. If you respond to a mission from vacation in California, don't try to voucher gas to get you back to New Mexico! Vouchers that are out of line with others responding to a given mission will invite a request from your Treasurer to justify the expense. A nasty business that is best avoided.

Who's Who and New

by Susan Corban

Regarding new members:

Congratulations to Gene Mortimer, our newest active member. Gene, we're glad to have you with us. As new membership officer, I'd like to ask any new members to please contact me when ready for orientation. Anyone who's not ready for their orientation, but has questions is also welcome to contact me. I think I've figured it all out and I'm ready to roll.

For continuing members:

Mentors will be in demand soon. If you're willing to share your experience and knowledge with up-and-coming Cibola members, please let me know. Also, remember to update your address, phone number, email, or anything else that might have changed in your life that we keep on record.

Gearing Up

by Mike Dugger

I have collected all of the existing 800 MHz radios that Cibola is responsible for except three, and I hope to have those rounded up before the January business meeting. Thanks to everyone who got me their radio promptly - that made this process a lot less painful. I also hope to have unloaded all of these to the NM Emergency Services Council before the January meeting. I have no information on when these radios might be coming back to us, but a guaranteed route to mission communication is to become an amateur radio operator and purchase a radio. An obvious plug for our upcoming HAM class, sure. Saving for a radio might take some time, but in addition to being one of the largest single purchases for our "hobby," it is also one of the most important.

After reviewing the mission attendance data for the past six months, some changes in assignment of team-owned GPS will probably be made. I expect these reassignments to be made within the next couple of weeks. As always, the goal is to put this equipment in the hands of people who are the most active in missions, and don't yet own one.

Coming Attractions

by Tom Russo

We'll have a feature article on "The Suicidal Subject" next month, and with luck we'll have a speaker on the same subject for the pre-meeting presentation.

Public Relations

by Susan Corban

David Dixon will be taking on the duties of PR Chairman for the new year. Please lend your support to David as he pursues the team recruitment goal in 1999. Larry M. is urging us to shoot for a fifty percent increase in team membership. There are numerous programs scheduled throughout the year where members will need to pitch in to sit at information tables, make presentations to volunteer organizations, solicit newspaper coverage, etc. If you can help with just one of these, it will make a difference!

Thanks to everyone who has helped get recruitment activities up and running. I've had fun working with all of you on PR activities.

Web News

by Tom Russo

Most of this month's web development is invisible, as it involves the maintenance of the scripts that control database entry. One thing that *did* get fixed was the guestbook script which broke when I migrated to the MySQL server last month. Thank you to all the members who called in the bugs and were patient while I fixed them.

The team website can be accessed at <http://www.swcp.com/csar/>

NMESC Notes

by Nancy O'Neill

The ESCAPE committee met this past Sunday to solidify the tracks and classes for this year's Escape. We have six tracks (as opposed to last year's 11 tracks) and more practical field work in some of these classes. A "mostly solid" list is as follows: Search techniques, Map and compass, Land navigation with field exercise, "Climbing skills for ground pounders," Scene preservation (taught by someone from OMI), "How to pick a SAR puppy," First aid for dogs, "Airscent Basics," "Problem solving/weather problems for Airscent," "Air OPs in SAR," "Practical Air Ops" (actual load 'em up - dogs and humans), ATV/Maintenance, ATV field with useage of High lifts combined, FC update, "Critters in SAR," "Mission: start to finish," Fatigue, Stress Management, "Critical Incident Stress Debriefing," APRS field exercise, Low and High Angle hands on, Celestial navigation (i.e. if nothing else works, where am I?), Desert survival, and "Safety in the Vertical Environment." We have combined the "Family Night" with the "Wild and Wooly night": we will be having a Star Party with a noted amateur astronomer and the chance to view the beautiful celestial sights over at the observatory and through volunteer astronomer's telescopes. So when I say "Wild and Wooly" I mean you will need wool and not cotton! The wetbar became too much of a safety/security issue to pursue. The pool, which will be open for use during the day, was too expensive to have open at night, but I think you will enjoy the Saturday night presentation by a meteorologist that will tie into the Star Party. If you care to imbibe, you have the nightlife of Socorro establishments and your own room in which to enjoy that. There will be registration info in the next issue of the NMESC newsletter. I hope to see all of you there at ESCAPE! '99.

Using Dogs in Search and Rescue: An Introduction for the Ground Pounder

by Mary Berry

Historically, dogs have been used in Europe for SAR work since the 1800s. Monks at Mount St. Bernard Hospice (in the Alps) were known to use dogs to search for travelers lost in snowstorms. The classic notion of the St. Bernard dog, wearing a small cask of Brandy under his chin, came from this historical beginning. Dogs have also been used in wars to search for wounded soldiers, as well as to search for the enemy. Today, dogs are used extensively in Europe for SAR work, and in America they are being used more and more. In New Mexico, there are five dog teams, Cibola SAR's canine unit being one of them.

For most ground pounders, the idea of using a dog to help search is a cool idea, but how a dog can do this job is a complete mystery to them. And the question always comes to mind, are they really any help? The answer is yes. However, sometimes it is more obvious than others.

To understand how a dog can "sniff out" the subject lost in the woods, a person must have some understanding of the characteristics of scent (human scent in this case). It is generally accepted that human scent is a combination of dead skin cells, gases, and oils that are produced by our bodies. This scent is then mixed with things we put on our bodies like perfumes, lotions, and soaps. As a result, each and every one of us has our own individual scent which begins with our DNA, and is added to by how we live, what we eat, drink and smoke, which laundry detergents we use, and whether our emotional state is calm and relaxed or panic-stricken. This scent mixture emanates from our bodies constantly (just like Pig Pen in the Charlie Brown comic strip). Once scent has fallen from our



bodies, it is at the mercy of air currents, temperature and humidity. After leaving the body, some scent will fall to the ground and stick to nearby vegetation. Air currents will pick up the rest and deposit it on trees or other vegetation, or fences or buildings, or whatever else is around. If the wind is strong, there may actually be more scent deposited farther away than the spot where the subject is actually standing. Temperature and humidity affect scent in different ways. High temperatures and dryness will cause the scent to desiccate quickly. High humidity and cool or moderate temperatures will help scent to stay around longer. A light drizzling rain can help rehydrate scent and stick it to the ground, but a hard rain will dilute it and wash it all away. In our climate, we are most often dealing with low humidity and scent just drying up!

Now, let's consider the dog's nose. It is well known that dogs have a keen sense of smell. But what does that really mean anyway? One way to put it into perspective is to compare the dog's sense of smell to the

human sense of sight. We recognize many shapes, colors, and textures and have developed a vast vocabulary to describe them. Not only do we see the front of our house, we also see the shape of the roof and the color of the stucco. We see the walkway to the front door; curtains dangling in the windows, a small doorbell by the door, the large picture window, and even whether the window is dirty or clean. Dogs categorize scent in a similarly detailed way. They can recognize a particular odor in a human scent mixture that enables them to find a certain family member at the summer family reunion. There have even been studies that claimed a dog could use his sense of smell to tell identical twins apart! Some dogs have a better sense of smell than others do. This is due mostly to differences in nose length. The longer the nose, the more nerve cells the dog has that are responsible for smelling (olfactory neurons). So in general, a German Shepherd dog will have a keener sense of smell than an English Bulldog. However, many dogs have an equal sense of smell. It is through training that the SAR dog becomes more proficient at what comes naturally to him.

There are two basic methods that are taught to dogs for SAR work. Understanding the similarities and the differences between the two types enables the dogs to be used more effectively on a SAR mission. Whether a dog is taught one method or the other is dependent upon what the handler is interested in teaching him, and which method the dog is more naturally suited for. Whichever method is taught, a dog should not be used on a mission if he (and his handler) has not taken a mission-ready evaluation. (Ugh, standards again.) Most dogs require a minimum of two years of training before they are ready to be evaluated. Passing such an evaluation is the only way to prove that the dog is worthy of being in the field.

The first method of SAR dog training is called Area Airscent. These dogs are usually worked off leash and the search team is assigned a search area. The team covers the search area in somewhat of a grid pattern, using the wind direction to dictate how the actual searching is done. The dog runs out in front and from side to side of the handler, checking the wind and vegetation for any evidence of human scent. If scent is found, the dog begins to follow the scent (somewhat like how we follow the wafting scent of grilling steaks to our neighbor's backyard). The handler will note a change in the dog's body language at this time. When the dog successfully follows the scent and finds the subject, he will perform a trained alert. The most common alert taught for wilderness Airscent dogs is for the dog to run back to the handler and bark or jump up at him, and then lead him to the subject (called a re-call, re-find alert). The alert will vary from dog to dog, and is limited only by the handler's imagination and personality of the dog. A smart handler will teach the dog an alert that comes naturally to the dog. Area Airscent dogs are used most effectively when they are assigned to areas that do not have other searchers in it, because they will alert on anyone. (The dog doesn't know for whom he is searching.) So, the dog may alert on other searchers, hikers, or mountain bikers in the area. This is OK. In training, the dog has become used to finding more than one subject in the area, and will continue to search even after finding one person. These dogs are well suited for use in areas of heavy vegetation and downfall, and work well at night. Because the dogs run around "casting" for the scent, they will cover a lot more ground than a person can, and will provide a higher POD of the area than a groundpound team with an equal number of searchers. Breeds of dogs that are best suited for this method of training are the working breeds, such as Retrievers, German Shepherd dogs, and herding dogs such as Border Collies and Cattle Dogs. Many mixed breed dogs work well too. They need to be very energetic and eager to learn things for a reward such as food or a game of Tug-of-War, for example. Because they work off leash, this method also requires that the dog be well obedience

trained.

The second method of SAR dog training is called Tracking/Trailing. These dogs are usually worked in a harness and on a long leash and are assigned to begin searching at the Place Last Seen (PLS). A scent article from the subject is given to the dog to smell, and when given the search command, the dog follows the general trail of scent that the subject made as he left the PLS. These dogs check the vegetation and air currents to detect the scent of the subject, and follow where it leads. The handler follows along behind, and goes where the dog takes him (the dog is in charge basically). Eventually, the dog catches up with the subject. Most Tracking/Trailing dogs used for wilderness SAR exclusively are not trained to do a particular find alert because the handler is right there with the dog when he makes the find (remember, the dog is on leash the whole time). These dogs are most effectively used to establish the direction of travel the subject made from the PLS, and can be used while there are other searchers in the area because the dog knows who he is looking for and should ignore everyone else (this is called scent discrimination). These dogs must have a starting place where the scent of the subject is known to be (a PLS), and there also must be a scent article available. Getting the scent article can sometimes be a nuisance and delay getting into the field. Usually, the Mission Initiator or Field Coordinator will collect the scent article from family members, but occasionally the dog handler will be asked to do it. Freshly worn clothing or other articles that are handled only by the subject (e.g. purse, hairbrush, or toy) make the best scent articles. However, a footprint can also be used. In addition, scent articles can be made by wiping the subject's car steering wheel or seat with a sterile gauze pad, for example. The likelihood of finding pertinent clues is increased in the area where the Tracking/Trailing dog goes. Breeds of dogs that are best suited for this method of training are primarily hounds used for hunting. The Bloodhound has a long history of being used for hunting people. However, many other breeds are very successful at Tracking/Trailing, including the working breeds mentioned above. In general, the best Tracking/Trailing dog is independent by nature, and is not particularly concerned about pleasing anyone but himself. This is actually an advantage because the dog needs to be single-minded in his determination that "the scent is THIS WAY you stupid human!" Fortunately, these dogs do not need to be as highly obedience trained as Area Airscent dogs since they are on leash for their search work.

This summary of how wilderness SAR dogs are trained and used covers only the most common methods. There are many permutations of these methods, so you may see a few things done differently if you are given a field support assignment. Of course, we have not discussed less common uses of SAR dogs, such as Cadaver search, Disaster search, and Avalanche search. These are equally interesting ways to use a dog for SAR, and some dogs are cross-trained to one of these specialties after they have become proficient at one of the wilderness methods. Those of us who train dogs for SAR do it because we think dog training is fun, and discovering how a dog uses his nose to "sniff it out" is fascinating. We must love it because no other resource in SAR trains four hours a week, month after month, year after year.

As you have probably surmised by now, there is a multitude of things that can make using a dog as a resource on a mission successful, or not. The weather, and how it has affected scent, is a major factor. Add in the "dark of the night", difficult topography, an inaccurate PLS, and the subject wandering around in circles for hours, and you have a complex problem for the dog and handler to figure out. Dog handlers can get pretty frustrated. Having good field support is essential at this point. Here are a few suggestions

for field support ground pounders:

1. Keep your eyes on the ground, looking for clues such as footprints, candy wrappers, etc. There is a natural tendency to want to watch the dog. Be assured that the handler is already doing that. Your first duty is to be clue aware.
2. Be a good navigator. The dog handler may lose his sense of direction because the dog is circling around due to scent conditions. This is especially a problem at night.
3. Be prepared to be the communications person. If the dog is working fast, it is difficult for the handler to talk on the radio and watch their dog at the same time.
4. Stay behind the dog. Having a person immediately in front of a dog may distract him. If you find yourself in front, just stand still and wait for the dog to pass you.
5. Don't get frustrated! This can be difficult when the dog seems to be circling around a lot, zigzagging, and apparently getting nowhere. Understand that the dog is problem solving, and that working the scent can be tricky.
6. Don't pet or praise the dog except by permission of the handler. The dog is searching for a subject who he thinks will be the only one to praise and reward him. Praise from bystanders can be confusing.
7. Idle chitchat with the dog handler may be welcomed or discouraged. At times, the handler may need to concentrate on their dog to such an extent that it is difficult to carry on much of a conversation at the same time.
8. If working with a Tracking/Trailing dog, you may be asked to retain the scent article for future use. This article will most likely be in a plastic bag. After the dog has taken scent, pick up the bag without touching the article inside, close it, and stick it in your backpack.
9. Lighten your load. Working with a dog team can sometimes be at a quick pace. Be prepared to "move out," especially at the beginning of the search.
10. If in doubt about what to do, or not do, ask the dog handler. Everyone's style is slightly different.

Hopefully, this introduction has helped the reader gain insight into the thought processes of the dog unit when on a search. It is all about solving a huge scent puzzle, something which the handler knows a lot about, but cannot smell, see, or touch. The handler depends on the dog to be true to his job (search!), and the dog depends on the handler to have faith in him ("I SAID, the scent is THIS WAY!") As an observer of this dynamic, a field support ground pounder can have an experience different than the usual hasty trail search or line search. It can be interesting and fun, and hopefully result in a find!

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 3, Issue 12
10 December 1998
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Larry Mervine

The holiday season is upon us. For Cibola team members it is the time of year to review the past 12 months. We started 1998 with electing five new officers. Unfortunately in April we lost three officers to out of state jobs. And then we lost three more active members. In June the three vacant positions were filled. Three goals were set for remaining portion of the year. First, complete implementation of team standards; second, to vote on the remaining portion of the member guide and; third, to focus on team recruitment. We have accomplished all three goals.

I would also like to take some time here and talk about attitudes on responding to a mission. Our main focus should always be on the subject. We should not have preconceived notions about the mission, from what we are told on voice mail or heard on TV. Nor should we respond based on rumors or propaganda. For example, I've heard members say they won't respond to lost hunter missions out of district five. Instead, we should base our response on the answer to the question "are my skills needed to find the lost subject?" Most out-of-district missions need all the searchers they can get. We have heard people say we are one of the state's top search teams. What good is our training if we do not respond because we are mowing the lawn, watching movie, or attend a party? We are called to missions because bad decisions were made by the subject. We all have at sometime made a bad decision. When we joined search and rescue, were we then saying we were willing to help? I hope next year we see an increase in out-of-district mission attendance.

See you out there.

Boots and Blisters

by Tom Russo

November's training was an old standard, litter packaging. Kudos go to all the newcomers who attended along with the active members. We got a late start, but covered the basics until the search down in Capitan started up and we had to break apart the gear, toss it into Mike's truck and get it down to the mission.

Applause to Susan Corban and Gene Mortimer, who passed their land navigation evaluation that morning. Each time we hold one of these evaluations we not only verify that our members have the very basic skills we test for, but also improve the process and refine the techniques we use to set the courses out. I would like to thank all those members who have endured a less-than-perfect evaluation course during this first year. I hope that with the information we've gathered this year with your help we can have a smooth evaluation process next year.

Hike of the Month

Oak Flat/Juan Tomas Loop

0800, Dec 27, 1998\01998

Trailhead: Oak Flat Parking Lot

R.T. Distance: 5-8 miles

Elevation Min/Max: 7300/7768

Hiking Time 3-4 hours

Hazards:

Topo Maps: Escabosa & Sedillo



From Abq., travel east on I-40 to exit 175. Exit to the south-bound ramp to the Tijeras 4-way stop. Go south on 337 (south 14) 9 miles to Oak Flat Road. Turn left. At approximately one mile turn left into the Oak Flat Picnic Area parking lot. Gates are closed for the winter, but the area is well used by x-c skiers, horseback riders, hikers, bikers, etc. From the Oak Flat Picnic Area there are numerous interconnecting trails that go to the Pine Flat Picnic Area, Juan Tomas Road, Cedro Group Campground, Cedro Peak, and private land in the Sedillo area. Depending on the time members have to explore, we'll try a route from the parking area north to the western branch of the Mahogany Trail through Cedro Canyon, across Juan Tomas Rd, north on the Poker Chip Trail and return on the southern segmen of Juan's Trail, back across Juan Tomas Rd. then up and over the

ridgeline on the eastern branch of the Mahogany Trail. If there's enough snow, this will be a snowshoe hike.

Who's Who and New

by Mickey Jojola

We have two new members ready for the field as of this month. Lets all welcome Joyce Rumschlag and James Newberry to the roster. Both are eligible for missions when accompanied by an active member. Welcome. It has been a good year for the team and the next year looks even better. I hope that everyone has a Merry Christmas and a very happy and safe New Year.

Gearing Up

by Mike Dugger

We knew it was coming...

...and now the time is here. You've probably heard through other channels by now, but the 800 MHz radios lent to us for use on SAR missions have been recalled.

In January 1995, CSAR began receiving radios from a "coordinator" at the state SAR office, who was Jim Coberly at the time. The radios were on loan from OneComm for use in search and rescue missions, training, etc. We received a total of 55 radios over the course of several months. The basic deal was that OneComm was setting up infrastructure to provide 800 MHz radio service to regional organizations, and needed to keep the frequencies in use in order to maintain permission to use them from the FCC. I'm not sure what happened to OneComm, but the frequencies have been turned over to another service and we are no longer authorized to use them. The radios will be returned to the state coordinator, now Jim Schwiner, and held until they can be reconfigured and redistributed. If it sounds like this could take a while, you're probably right.

Looking back over the time we have had the radios, they were actually most useful to CSAR for communication during training, and during long drives to and from missions out of district. The 800 MHz radios were never really relied upon during missions. We continue to use the state SAR frequency of 155.160 MHz, and occasionally 2 meter ham repeaters when communication on 155.160 MHz is problematic. It is still useful to have an alternate frequency for training, car caravans, and for missions to avoid clutter on 155.160 MHz. We can be very proud of adhering to our philosophy regarding communication on missions. We generally stay off of 155.160 MHz with tactical details that base camp and other teams don't need to hear. All this does is make it hard to get through with the really important stuff, and wastes everyone's batteries. I'm trying to ensure that we will continue to have an alternate frequency to use for this type of traffic. We have been sharing 155.265 MHz with ACRA under an informal arrangement for a couple of years now. I intend to formalize this arrangement so that we can rely on this frequency for years to come. Communication is one of the most important aspects of a SAR mission, and I encourage all of our members to increase the priority of purchasing a radio if you don't already have one. This is a major gear purchase, but no more so than a good pack, or snowshoes, or a GPS. While you are at it, you might as well get a 2 meter ham-capable radio and become an amateur radio operator. The technician class exam is not terribly difficult, and you have to pass it only once to be a "HAM" for life as long as you keep your license up to date. We'll be offering a class early next calendar year to prepare members to pass the exam.

Mini Lesson

by Tom Russo and Mike Dugger

Introduction

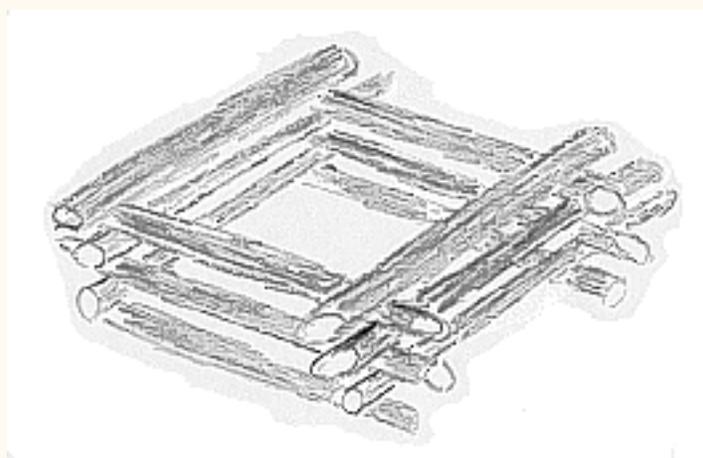
Cibola SAR requires every member to carry some sort of fire making materials in his or her pack, and we

don't specify what type. Sure, most of us carry some matches, maybe some kind of tinder, and probably one of those magnesium blocks with a flint-and-steel. But when was the last time you tried *using* your fire starting tools other than matches?

Aware that few of us would be able to start a fire with a couple of sticks and whatever we could scrounge up in a moment of need, we decided to test out some of the techniques we've heard about, seen people attempt, or just thought might work. In addition, we've tried to pull together some thoughts on techniques we've seen people try with no success and which we'd be better off forgetting. Since using matches to start a fire is *almost* a no-brainer, we'll discuss those techniques last and concentrate for most of this article on what you might do should your matches become unusable (you *do* store your matches in a waterproof container, don't you?).

The basics

At the risk of belaboring the obvious, there are three requirements for fire: fuel, oxygen and heat. Remove any one of them, or provide it in inadequate quantities, and the fire dies. This balance is most critical when the fire is just starting; the heat generated by your initial fire is small, so your fuel needs to be small and the airflow to it must be good. For all of our test fires we chose a common configuration: we built a small square box out of dry twigs, and built our starter fire inside this (see figure). By constructing the box in this way we put a large quantity of small, easily ignited fuel near the starting fire, and the large gaps between the sticks provided excellent air flow. All that remained was to get the starter fire hot enough to ignite the kindling box.



The Attempts

The first fire we attempted to kindle was meant to be the type of fire you'd make if all you had was a flint, steel and some magnesium shavings, a good sharp knife, and an abundance of dry fuel.

Taking a dry twig, we made a quantity of tiny wood shavings. The intent was that these would be so small that they would catch a spark from the striker and burn well enough to get some more shavings burning, and by building the fire up from this humble beginning we'd get a comfortable blaze. It took a lot of work to get this anywhere, and in fact we probably would have been in trouble had we tried this when we really needed a fire.

For starters, the small pile of shavings *didn't* catch the spark and start burning; the shavings were too thick and would have needed more heat than a small, hot sliver of magnesium could provide. What was needed was some other tinder to catch the spark and hold it while the wood shavings were slowly added. In short, in trying this we learned that wood shavings make lousy tinder, but with some good tinder the shavings would have been a good step up to larger fuel.

Since time was rapidly slipping away from us, we abandoned the attempt to create a fire with no packed-in gear other than the striker.

As an attempt to salvage the wood shaving idea, we tried using steel wool as tinder. Steel wool makes excellent tinder, as it turns out, catching the spark quickly and burning very hot, very quickly. Unfortunately, our wood shavings were hopelessly scattered in the earlier attempts, and we didn't have enough in one pile to put on top of the hot steel wool before it was consumed. Lesson learned: make sure that you have all of your fire building materials on hand in copious quantities before you start trying to build it! The hot steel wool easily ignited the small amount of wood shavings we had left. Had we made a good pile of wood shavings **before** striking a spark into the steel wool, the steel wool would have been hot enough to kindle a fire in them, and that would have been a good starting point for kindling larger fuel such as dry twigs. Again, had we been in desperate need of a fire we'd have been in trouble using this technique without having learned that lesson first.

The next attempt was to fill the starter box with dried grass and use a cotton ball to catch the spark from the striker. Initial attempts without the magnesium shavings were unsuccessful, as the cotton did not ignite, but once magnesium shavings were put on the cotton all it took was a few strikes and the cotton caught fire, ignited the grass, and within a minute or two the entire starter box was on fire. The starter box burned hot and would have provided an excellent starting point for larger fuel.

Some of our members carry cotton strips soaked with wax which they intend to use as fire starters. To verify that this works, we modified the last starting arrangements by replacing the plain cotton ball with a strip of wax-coated cotton cloth. We were unable to get the cotton strip to ignite, even with the magnesium shavings; that's probably because you've got to melt the wax before it can ignite, and there wasn't enough heat generated by the spark alone. When the wax-coated strip was replaced with an identical strip of cloth without wax, the fire started easily with magnesium shavings.

The next type of kindling we tried was taken from the lint screen of a clothes drier. The lint caught a spark and ignited even without magnesium, but we found that it was pretty important to tease it apart to get good internal airflow or it would snuff out quickly. But with well-teased fluff, a spark, and a starter box we had a starter fire going in a minute or so (and this, of course, is why one is cautioned to clean the lint screen every time you do the wash!). One thing we noticed was that since the particular batch of fluff we were using was from a load of laundry with mixed cottons and synthetics, there was a tendency for the fluff to melt as it burned, and some of the melting synthetics formed a shell that could have snuffed out the embryonic fire. We concluded that it would probably be best to stick to fluff from all-cotton loads of laundry.

In our final flint-and-steel attempt we used a cotton ball soaked in petroleum jelly. This was placed on a loose pile of dry twigs inside the starter box, and a few magnesium shavings were added. The cotton ball ignited easily with a few sparks, and the starter box caught fire quickly.

Moisture considerations

These fires were all made in dry, clear conditions and clearly some consideration must be given to damp conditions. With even slightly damp fuel the need for a hot, sustained starter fire is even more pronounced, and the methods with accelerants such as petroleum jelly or wax are probably favored. While we were unable to get the wax-coated cloth lit with just a flint and steel, such a cloth would probably be a good thing to add to the initial fire once it is kindled to keep it burning hot for a long enough time to ignite your larger kindling.

Other methods

Most of us carry matches in some sort of waterproof container, but with a little work you can make waterproof matches with built-in accelerant!

Melt a quantity of parafin wax in a double boiler (I [T.R.] use an old spaghetti sauce jar for the inner part of the double boiler). Pour a small amount of this into the empty bottom of a cardboard matchbox. Allow it to cool slightly, but while it is still workable press a row of wooden kitchen matches into the wax. Space them out so that each pair of matches has almost a match-width of wax in between. Pour more wax over this row, and allow to cool some more. Continue this process, making layer upon layer of matches, and what will result is a block of matches sealed in a watertight package of wax. If you've left room in between the matches you can carve out one at a time, along with the wax around it, as you need. The match basically becomes a self-lighting candle.

With matches prepared by this technique, we were able to get our starter box ablaze with just a small pile of dry twigs and one of these matches; the wax on the match melts onto the twigs and burns hot for a much longer time than an ordinary match would. One thing I've noticed, though, is that the matches are somewhat harder to strike than usual --- I used "strike anywhere" matches, but found that "anywhere" pretty much had to be "anywhere on the striker that came on the box," as the strike-anywhere tip of the match just abraded away whenever I tried to strike it on a rock. Now I include a strip of striker in the waterproof container that holds my matches.

A method favored by some Cibola members is to fill spent shotgun shells with wax and a wick; this could be used to ignite the starter box as with the wax-covered matches or petroleum jelly soaked cotton. We did not test this method.

One method we've seen attempted often, but never seen work, is to douse a pile of dry wood with lantern fuel (kerosene). Sure, if there are some small dry twigs in there that the fuel can get going, it is possible

to get larger logs burning this way. However, not only is this unsafe, but incredibly lacking in finesse. The reason it never works with logs is that the kerosene burns rapidly, but not hot enough or long enough to ignite the wood.

Summary

If you have been carrying around fire starting materials that you have not tried out, it would pay to see if you could actually make a fire that way. We had a few surprises, and it was better to have learned what didn't work *this* way than on a cold night in the field.

Public Relations

by Susan Corban

Our recruitment efforts seem to be working. Sixteen new members attended our last business meeting and several have attended trainings. I'd like to ask every team member to extend a welcome to the new folks and help answer their questions.

On January 12th, from 5:30 to 6:30 Cibola will hold a workshop as part of the Sandia Employee Recreation Program. This will be a general information session to recruit members.

On January 23 Cibola will have the opportunity to speak to the Trailwatch Volunteers at the Open Space volunteer training day. Later in the year we'll also provide a Fireside Chat for the Department of Open Space.

In mid-winter we will present a workshop on Outdoor Preparedness for REI. This workshop will be open to the public.

In June we'll be the featured speakers at the Volunteers for the Outdoors meeting. This is their best-attended meeting of the year.

In addition to these presentations, Steve Meserole is arranging some newspaper articles. We're going to be listed in newsletters for all the organizations mentioned above, as well as the Albuquerque Journal. Mickey Jojola is helping us track what's working. He'll ask newcomers where they heard about Cibola. So far everything we've done seems to have generated some newcomers. Now if we could just find an extra large net

On the Right Track

by Mary Berry

The canine unit has been continuing to meet every Tuesday evening and every other weekend. The Boy Scouts have been helping us out for the last month, and, typically, this means we are blessed with three 12 year olds once a week. The boys have all been great, and they are generally eager and willing to listen to instructions on how to help us. Jacob, the main scout who brought this project together, has to fill out a

training log for each training on each dog. The log covers lots of details about the training, including the weather conditions, terrain, time of day, goals of that day's training, drawing a map of what happened, and rating of the dog's performance. This amounts to quite a bit of homework, since we are usually training four or five dogs each time.

A few weeks ago, I attended a training of the Albuquerque Police Department's canine unit. It was very interesting and was a good way to get to know some other dog handlers in the local area. Their canine unit is comprised of about seven dogs (and handlers). The dogs are all Malinois imported from Belgium and cost the department between \$5000 and \$10,000 each. These dogs were all very friendly, but were absolute fireballs when it came to going to work (called "high drive"). Some of the dogs are trained strictly for narcotics detection, and others are trained for both narcotics detection and search and apprehension. (I imagine it does cause a lot of apprehension.) The training occurred at a warehouse in downtown ABQ, which was filled with shelves of cardboard boxes. The officers demonstrated a drug detection dog, and then showed me some "search" dogs. Almost all of their search work occurs in buildings - looking for the bad guy. Afterward, all the officers were showing me their dog's canine teeth, asking "Anything you can do about this?" Knowing that I was a vet, they were all quick to point out that the tips of the dog's teeth were broken off. This occurs when the dog bites into the protection suit the "helper" has to wear when they are training the dog to apprehend the suspect. The dogs begin such a rigorous tug-of-war with the "helper's" protected arm or leg, that the tips of the teeth break off in the suit! YOWZA! Anyway, my answer to the question was "root canal."

I think it pays to network with dog handlers in the local area. About two years ago, an APD officer called me in the middle of the night to see if I had a trailing dog that could find some kids last seen at a city park. I was walking out the door to respond when the 10-22 call came. That has been the only instance, but maybe the dogs can get a little more action if we are better known. At the very least, the more people you know, the more exchange of dog training information will occur. This can only make a person a better dog trainer.

Web News

by Tom Russo

The new database server is in place. Please report broken database pages to me if you find any.

If your email account is going to be cancelled, please let us know before that happens. We had a rash of bouncing emails this month which caused great inconvenience to the people to whom CSAR's email is forwarded. The team website can be accessed at <http://www.swcp.com/csar/>

NMESC Notes

by Nancy O'Neill

Update from our last exciting meeting, November 21st, in the "picturesque" locale of Moriarity: We approved Jim Koehler (AMRC) to fill the vacancy on the board that Brian Holcomb left and Nancy O'Neill to take over the secretary position that Brian held. Kaye Sinclair is the now acting editor of the

newsletter, so teams, yes, you *will* get the newsletter in a timely fashion now. As you all know by now, the 800mhz have been recalled. Helicopter training will take place this March over at KAFB, details to be determined at the next meeting. ESCAPE is shaping up with a committee meeting to take place on January 10, 1999 at the Tijeras BCSD substation; all are welcome to attend (and if you didn't give me any input, I don't want to hear any griping). We had a briefing from John Maio on the SAR Review Board happenings with highlights on APRS (Amateur Packet Reporting System) and who got upgraded in ICS (Alana Rushton is now a Type 2 and Mary Frietas is a new area commander). The next SAR Review Board meeting is February 19, 1999.

Our next meeting is in sunny Alamogordo at the White Sands Regional Airport on January 16, 1999. Committee meetings start at 0900 and the general membership meeting starts at 1300hrs.

Snake Bites

by Joyce Rumschlag

Prevention: Except for a few species, snakes tend to be shy or passive. Unless they are injured, trapped, or disturbed, snakes usually avoid contact with humans. The harmless species are often more prone to attack. All species of snakes are usually aggressive during their breeding season.

Avoidance: Many snakes are active during the period from twilight to daylight. Avoid walking as much as possible during this time. Since SAR members often search at night, remember to be alert for the sound of rattlesnakes and be aware that they are also active at night.

- Keep your hands off rock ledges where snakes are likely to be sunning.
- Look around carefully before sitting down, particularly if in deep grass among rocks.
- Attempt to camp on clean, level ground. Avoid camping near piles of brush, rocks or other debris.
- Sleep on camping cots or anything that will keep you off the ground. Avoid sleeping directly on the ground if at all possible.
- Check the other side of a large rock before stepping over it. When looking under any rock, pull it toward you as you turn it over so that it will shield you in case a snake is beneath it.
- Try to walk only in open areas. Avoid walking close to rock walls or similar areas where snakes may be hiding.
- Determine, when possible, what species of snakes are likely to be found in an area which you are about to enter.
- Hike with another person. Avoid hiking alone in a snake-infested area. If bitten, it is important to have at least one companion to perform lifesaving first aid measures and to kill the snake. Providing the snake to medical personnel will facilitate both identification and treatment.
- Handle freshly killed venomous snakes with a long tool or stick. Snakes can inflict fatal bites by reflex action even after death.
- Wear heavy boots and clothing for some protection from snakebite. Keep this in mind when exposed to hazardous conditions.
- Eliminate conditions under which snakes thrive: brush, piles of trash, rocks, or logs and dense undergrowth. Controlling their food (rodents, small animals) as much as possible is also good

prevention.

First Aid

If a person should accidentally step on or otherwise disturb a snake, it will attempt to strike. Poisonous snakes *do not* always inject venom when they bite or strike a person. However, all snakes may carry tetanus (lockjaw); anyone bitten by a snake, whether poisonous or non-poisonous, should immediately seek medical attention.

Get the subject to a medical treatment facility as soon as possible and with minimum movement. Until evacuation or treatment is possible, have the subject lie quietly and not move any more than necessary. The subject should not smoke, eat, or drink any fluids. If the subject has been bitten on an extremity, *do not* elevate the limb; keep the extremity level with the body. Keep the subject comfortable and be reassuring. If alone when bitten, the subject should go to a medical facility alone rather than waiting to be found. Unless the snake has been positively identified, attempt to kill it and send it with the subject. Be sure that retrieving the snake does not endanger anyone or delay transporting the subject.

If the bite is on an arm or leg the *pressure immobilization method* can be used. Correctly applied, this technique can virtually stop venom movement into the circulation until removed, up to hours later. This method poses no threat to limb tissue oxygenation, which is just one of the major problems with tourniquets. It must be remembered, however, that this method is only first aid. It is not definitive medical treatment for envenoming. Once in a hospital equipped to treat the bite with antivenin, if necessary, then all first aid will be removed after initial precautions and testing.

In summary, the pressure immobilization method of first aid is:

- Apply a firm, broad bandage or similar (even strips of clothing or pantyhose will do in an emergency) over the bite site, at the same pressure as for a sprain. Do not occlude the circulation. The object is to compress the lymphatic vessels.
- Apply further bandage over as much of the rest of the bitten limb as practical. It is often easiest to go over the top of clothing such as jeans, rather than move the limb to remove clothing.
- Ensure the bitten limb is kept motionless by applying a splint and instructing the patient to cease all use of the limb and any general activity.

[Disclaimer: The editors remind you that written descriptions of first aid are not a substitute for proper first aid training, and that Cibola SAR's policy is that medical decisions are properly deferred to trained medical personnel, and any member rendering first aid does so as a private citizen, not as a member of Cibola SAR!]

References

CSL Antivenom Handbook
Virtual Naval Hospital

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 3, Issue 11
12 November 1998
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Larry Mervine

This month I would like to discuss the need for team recruitment. The PR committee is focusing on and has made great progress in team recruitment. Committee members have placed team posters, spoken at meetings and sat at information booths. There are two reasons why we need to continually recruit new members. First, the average team member is active for about three years. Active is defined as attending three or more meetings, two or more trainings, and one or more missions every six months, in addition to meeting the certification requirements every year. If we do nothing, the team will eventually disappear. We now have PACE and Cibola Standards. New members can be trained with the basics (land nav, litter, search techniques) in a short period of time.

The other reason is more of a goal than a reason. We purchased litter gear when the team had 48 members and was fielding nine to twelve members on each mission. The last six months we averaged only six members per mission. That is, an average of 23% of the 26 members attend each mission. A goal of mine is to see the team increase mission attendance to 30 - 35% for 48 members, mostly for selfish reasons: on the last couple of litter evacs I attended the litter was not balanced and people on the litter were not working as a team. Since we train three to four times a year on the litter, the work for an old fart like me would be less.

The PR committee has found a few misconceptions people have about joining a search and rescue team: that one must be medically trained; that each member is on call for a set period of time; that everyone must respond; that they cannot join if they have no prior training; and that they cannot join if they do not have all the gear. I encourage everyone to be active in promoting new membership.

See you out there.

Boots and Blisters

by Larry Mervine

Let's back up two months and review September's Training. The Search Techniques training started with a description of our subjects, two unprepared hikers named Johnny and Darla (names given by the creative instructor). Johnny and Darla slept in late one Saturday morning. While eating breakfast at 11:00 a.m they agreed it was a beautiful day and thought a hike in the mountains would be a good Saturday activity. Without any preplanning, the couple left home without extra water, food, clothing or proper footwear. Nor did they think to tell anyone where they were going or for how long. On the way to the mountains they stopped at a convenience store. The couple reached the trail head about 2:30 p.m. Not realizing that it was very late in the day for the trail they decided to hike, our couple started hiking down the trail.

Johnny, being more physically fit, decided Darla was walking too slowly. He sped up until, in no time, they were now separated. Darla sprained an ankle and moved off the trail to find a rock to sit on. Johnny, now missing his Darla, turned and started back down the trail. By this time it was dark and Johnny's attempts to find Darla are actually taking him away from Darla. Luckily a passing hiker told Johnny he would call for help.

This may or may not sound like searches we have been on, but it gives us some idea what clues to look for in our training search area.

The instructor also briefly described how we get calls for a search. When a reporting party calls for help a State Police officer is dispatched to the site to gather information. If a search is warranted, a Field Coordinator (FC) is called. The FC is now called Incident Commander (IC). The IC requests for team resources. We are paged to respond. The IC is already gathering information about the subjects.

As teams show up, they are given assignments to search an area. There are three types of searches: point, line and area (grid). A point search is sending teams to points like lakes, campgrounds, mines and other places a person might be. This type of search might have been done by law enforcement or family members. The next technique is line. Line is sending teams on a trail, down a draw or along a stream. Teams performing line searches are called "hasty teams." Hasty teams are able to respond within an hour of being called. Also, hasty teams on the trail travel fast, must be clue aware, and use sound attraction (calling name or whistle). They may use blowing a vehicle horn or visual attraction, turning on flashing lights. If these two techniques have not been successful, then the area search type is used. Area or grid searching is used last because of the manpower needed and the destructiveness to clues. Teams are assigned an area. The area is searched by using critical or visual separation. Visual separation is keeping other team members in site as well as the area between them. Critical separation is when two team members are able to see the area between them, but not necessarily the other team member. Cibola prefers to use visual separation. The goal of an area search is 50% POD (probability of detection). If ten items were in the area, how many would you have found? Fifty percent means you would have found

five of the ten items.

After the lecture, members were divided into two teams. Teams decided on a search pattern for the area, assigned a person to trail tape their direction of travel and used visual separation. Both teams achieved greater than 80% POD. Thanks to those who attended.

Hike of the Month **Manzano Loop: Trail Canyon Trail to Bosque Trail** 0830, Nov 29, 1998

Trailhead: Trail Canyon Trail (176)

R.T. Distance: 7.2 miles **Elevation Min/Max:** 7440/9400

Hiking Time 4 hours **Hazards:**

Topo Maps: Capilla Peak & Bosque Peak Quadrangles



Meet to carpool at the fire station on South 14 (about 10 miles south of the 4-way stop at Tijeras) at 7:45 a.m. or meet at trailhead at 8:30 a.m.

From I-40 take exit 175 (Cedar Crest/Tijeras). From the 4-way stop at Tijeras drive south on 337 (south 14) until you reach NM 55. Turn right to Tajique. At Tajique take Forest Road 55 (gravel road) for 11 miles to the trailhead. You will pass Fourth of July Campground and the Bosque trailhead enroute. Or, from Belen, take NM 47 and US 60 to Mountainair. From Mountainair take NM 55 to Torreon. From Torreon take FR 55 to the trailhead.

Note: If there's snow we'll go on snowshoes in the vicinity, depending on road & trail conditions. Call Susan at home if in doubt about location due to weather.

Trail Canyon Trail #176 begins at a stream in a lush valley complete with waterfalls. It follows Canyon de la Vereda two miles up to a narrow saddle where it meets the Manzano Crest Trail and the Comanche Trail which rises from the west side of the mountain. Go north on the crest trail for 3 miles. This section of the crest trail scrambles up a rocky ridge then levels off. Several sections are over areas where the trail disappears because there is solid rock under foot and no trees. Cairns are visible in some places. As the trail approaches Bosque Peak it enters private land. The remains of an old homestead are visible just past the junction with the Bosque Trail, including headstones, cast-iron stove parts and the remains of cabins. Also, part of the fuselage and wing of a plane wreck are hidden in an aspen forest at the top of the ridge. If I can locate these I want to take a GPS reading for future reference. Cow trails can be confused with the "real" trail here. At the junction of the Crest and Bosque Trails go right (east) in a few yards take the fork to the left. This trail drops into the canyon immediately. In a small meadow you will see an arrow made of stones pointing across the meadow. Follow this and the trail becomes evident again at the far side of the meadow. Continue down the Bosque Trail for 2.2 miles to parking area. In the top third of the trail along an exposed ridge is a small side trail that leads uphill to a 40-foot long cave. Beware the

nesting rodents in the cave wall. Expect to walk south on the road two miles or leave a vehicle at both trailheads.

Mini Lesson

by Mike Dugger

Hypothermia

This information has been compiled from several sources, and the summary below represents a non-professional's interpretation of what he has learned. In particular, I made use of a document compiled and presented by Reed Burnett, one of our former members who is a physician's assistant, during a winter bivy on Mount Taylor. The Search and Rescue Society of British Columbia has one of the best compilations on the subject I have ever seen at <http://www.sarbc.org/hypo.html>. Hey, I'm no doctor. As always, the reader should consult a professional for an expert opinion.

Introduction

We require a body core temperature of 96 to 101 degrees F to sustain life. Maintaining body temperature in this narrow range is a balance between heat production and heat loss. Our ability to survive in cold temperatures is due to behavior, not biology. We've used everything from animal skins to wool to fancy, high-tech waterproof and breathable fabrics to keep warm. The body's thermostat is sensitive to less than 1 degree F change in core temperature, and the body responds to this cooling in a variety of ways, depending upon the temperature and rate of cooling. Hypothermia is defined as a body core temperature less than 95 degrees F. Hypothermia can most definitely be fatal if untreated.

Heat Production

We generate heat by burning fuel. For our bodies, this means metabolizing food. In order to generate this heat by metabolism, we need food for fuel, air for oxygen, and water for the chemical processes of digestion. Here are some interesting numbers on the effect of activity the body's rate of energy consumption. Just sitting around, we burn an average of 100 calories per hour. While shivering, we may burn 500 cal/hour, and hiking uphill with a 40 pound pack burns about 1000 cal/hour! All these calories can come from metabolizing food, or burning stored energy in the form of fat.

Even if we have plenty of food and water available, there are limits to how much heat our bodies can produce. Our ability to generate heat by physical processes is limited by our level of fitness. Fit people can supply oxygen to the bloodstream much more efficiently than unfit people, and oxygen is critical for our bodies to metabolize food. Availability of oxygen can also be affected by altitude. Oxygen depletion in the blood and tissues (hypoxia) will also limit heat production. Depletion of glycogen, a starchy substance converted easily to sugar by the body, can reduce the body's ability to generate heat through shivering and aerobic exercise.

Heat Loss Factors

There are several basic methods by which energy may be transmitted from one body to another. All of these apply to the human body to some degree, but some more than others.

Conduction is the flow of energy (or heat) from a warm surface to a cold surface by direct contact. Hold a metal rod at one end and put the other end in cold water, and the end you're holding eventually gets cold. This occurs by conduction of heat down the rod away from your hand. The same thing happens when you hold a glass of iced tea, or sit on a cold rock.

Convection occurs when heat is transferred by a moving fluid, such as air flowing over your skin or clothing. This is why there is such a thing as "wind chill." Water can also be the heat transfer medium, and heat can be carried away much faster by cold water flowing over the body than by air. The faster the fluid is moving, the faster the heat loss will be. The rate of heat loss also depends upon the surface area exposed to the fluid. In this case, the surface is the skin, and the surface area of our skin is about 2 square meters. Convective heat loss can be reduced by wearing wind-proof garments and a hat.

Radiation is the method by which the sun heats the earth. In this case, energy is transmitted as electromagnetic waves, without any direct contact of the surfaces or exposure to any heat transfer fluid. Thermal energy is radiated primarily at infrared wavelengths. You can experience radiative heat transfer by holding your hand facing a bright light bulb. Without contacting the bulb, and even if there is a slight breeze blowing from your hand to the light, you can feel the heat on your hand. This is also why the side of a house sitting in the sun all day feels warm, even if you don't touch it. Again, clothing can help minimize heat losses by radiation.

Energy can also be transferred by a phase change in a material. For example, it takes energy to boil water on the stove. As long as the water is boiling, the temperature of the water does not change. We are simply using energy to change the phase of the water from liquid to gas. On the body, this method of heat transfer manifests itself as evaporation. It takes energy to evaporate water, just like it takes energy to boil water on the stove. The energy to evaporate sweat comes from our bodies. The rate of energy loss by evaporative cooling depends on the wind (carries moist air away), humidity (how much additional moisture the air can hold), and temperature. About 2/3 of energy lost by evaporation is from the skin, and 1/3 from the lung during respiration. Energy loss through the lungs by evaporation during breathing obviously increases as the respiratory rate increases.

Risk Factors

The risk of heat loss is increased by the use of drugs and alcohol, which affect circulation and blood flow. Impaired consciousness also increases risk, since the affected person may not feel cold or take precautions to prevent heat loss. Exhaustion also leads to increased heat loss because of decreased metabolism and cardiac output. Hunger obviously signals the lack of food to burn for energy, and anemia

interferes with the metabolism and delivery of oxygen to burn fuel.

Infants and elderly people are most susceptible to hypothermia [1-3]. Infants have a larger body surface area to mass ratio than adults, allowing greater heat loss. Infants also cannot produce as much heat as adults through muscle activity. Metabolism decreases as we age, so elderly people have more difficulty maintaining body temperature through metabolism in cold climates.

Responses to Decreased Body Core Temperature

Arteries, veins and blood vessels in the extremities contract to keep warm blood in the core (trunk) and head, where the organs critical to sustaining life are located. The body does not waste energy heating the arms and legs. Metabolism increases as the body tries to burn fuel faster to generate heat. This also leads to dehydration due to increased water use. Shivering begins. The body attempts to generate heat by doing work. Rapid muscle contraction generates heat through friction.

As body temperature drops, brain function slows down. Higher functions like logic, reasoning, and the ability to solve problems are the first to go, and decline as the core temperature drops below 95 degrees F. Cerebral metabolism decreases by 3.5% for every 1 degree F drop in core temperature. This explains why hypothermic people may appear to be drunk or incoherent, not making sense. The EEG is flat (no brain activity) at 70 degrees F.

The heart rate initially increases as the core temperature drops, in an attempt to deliver more oxygenated blood to the tissues and fuel the increase in metabolism. Below 92 degrees F the heart rate decreases, and abnormal heart rhythms, or arrhythmia, may occur below 90 degrees F. Cardiac output decreases rapidly with decreasing core temperature, and is about 50% of normal at 77 degrees F. The body's ability to assimilate oxygen decreases due to reduced lung capacity by muscle constriction in the chest, resulting in decreased oxygen consumption.

What to Look for in the Stages of Hypothermia

In mild hypothermia, 95 to 92 degrees F, the subject will shiver in an attempt to generate heat. Muscle tone increases. When shivering ceases the body can no longer keep up with the rate of heat loss and core temperature falls rapidly. Moderate hypothermia, between about 92 and 86 degrees F, is signaled by the subject ceasing to shiver. The body is beginning to shut down. A MAJOR MEDICAL EMERGENCY IS IMMINENT!! The subject will exhibit lethargic behavior, characterized by apathy. The subject may also exhibit dysarthria (slurred, slow or effortful speech, perhaps accompanied by changes in pitch, loudness or rhythm due to paralysis or weakness of the muscles used in speech) or ataxia (inability to coordinate voluntary muscle movements). Arrhythmia and unconsciousness may follow.

In severe hypothermia, 86 to 82 degrees F, the subject will appear to be in a stupor, and may have fixed, dilated pupils and no reflexes. Respiratory arrest may follow.

Death occurs at a core temperature of about 70 degrees F, when brain activity stops. Be aware that even though a hypothermia victim may appear dead, full resuscitation and recovery is possible, although unusual [1]. Always act on the premise that "no one is dead until warm and dead" [4]. Now what about cold water drownings, you ask? Subjects exposed to very cold water cool off so fast that the brain's need for oxygen is dramatically reduced before damage occurs. With proper treatment, cold water drowning victims have been resuscitated after an hour in the water.

Differential Diagnosis

There are several medical and behavioral conditions that may have symptoms similar to those seen in the stages of hypothermia. A qualified medical professional should assess the subject to distinguish between these conditions and hypothermia. Some of these conditions are altitude illness, exhaustion, dehydration, fright, loss of will, carbon monoxide poisoning, and the influence of alcohol or drugs.

Treatment

If assessment of the subject indicates hypothermia, ABC's (airway, breathing, circulation) are still the first order of business. For a conscious subject, warm by any means and proceed with evacuation. An unconscious subject with a pulse should be transported to emergency care as rapidly as possible, again while attempting to warm by any means. If the subject has no pulse, CPR should obviously be started immediately while providing external heat.

To fight hypothermia, continued heat loss must be prevented, and steps taken to increase heat production by the subject. Heat loss can be prevented by interrupting the heat flow away from the subject by the pathways discussed above. To stop conduction, insulate the subject from the ground or other cold surfaces. Stop convective heat loss by providing shielding from the wind. Prevent radiative heat loss by making sure that all exposed areas of the body are covered with insulation. Finally, stop heat loss by evaporation by making sure the subject is dressed in dry clothing.

In mild hypothermia, the subject's own heat production rate can be boosted by increased physical activity and oxygen use. Provide the subject with water and food, to increase metabolism. Hot chocolate or other warm, sweetened liquids (no caffeine) can be offered to a conscious subject. At high altitude, administering oxygen can help the subject's body generate heat. If field evacuation is not imminent, external heat should also be provided. This may be as simple as building a fire or getting the subject into a heated (and properly ventilated) tent. Chemical heat packs or hot water bottles may be applied to armpits, groin, and neck to heat the body, but be careful. These can get hot enough to cause burns. Direct body to body contact with the subject is a very effective method of warming. Make sure to replace fluids in order to prevent dehydration.

Rewarming must be done carefully for subjects having moderate-to-severe hypothermia which developed over a prolonged period of time. For example, rewarming by application of external heat may be hazardous because it is likely to cause sudden dilation of blood vessels close to the skin (vasodilation),

allowing cold, lactic acid-rich blood to return to the core. This cold blood flowing into the core will reduce the core temperature even further (convective afterdrop), and change the blood pH [5-7]. Cold blood returning to the heart may be enough to put the patient into ventricular fibrillation. To prevent vasodilation, it is important that the patient's core be rewarmed before the extremities. For the same reason, even a conscious patient having moderate hypothermia must be handled very gently and not be allowed to exercise, as muscular action can pump cold blood to the heart.

Equipment for proper core rewarming of a severely hypothermic subject may not be readily available in the field. In this case, the best course of action may be to insulate the subject to prevent further heat loss, and transport them as quickly as possible to facilities with proper equipment.

If CPR is necessary, it is important to be aware that it may be more difficult on a hypothermic subject. Decreased core temperature and muscle constriction may make the heart and thorax stiff. Blood flow may be poor due to vasoconstriction, and will exhibit increased resistance to flow through the body. A cold heart muscle may not return to a normal rhythm as easily as one at normal temperature. There will also probably be additional challenges to effective CPR technique, such as the need to transport, and environmental factors such as wind and snow. Also be aware that the pulse may be very slow and difficult to detect in a subject suffering from severe hypothermia.

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Coming Attractions

by Tom Russo

Next month's minilesson will be on fire starting techniques; we'd planned to have that lesson in this issue, but the hands-on experiments aren't finished and the photographs aren't processed yet. We have a new member, Joyce, who is working on an article on snakebites, and this one might be in the next issue as well.

Public Relations

by Susan Corban

This little committee is a movin' and a shakin'. That is, movin' to REI to do a recruitment presentation and shakin' down the town for volunteers with packs and compasses. Since David Dixon (thanks, David) created the outline for our recruitment presentation, we're ready to take our show on the road. We expect to schedule recruitment presentations until St. Chad's isn't big enough for meetings and mission attendance is excessive.

Cibola was represented at the fourth annual *Dia del Rio*, Saturday, October 17. This program is geared to environmental education and preservation of the Rio Grande bosque. We provided educational information and recruited new members from the outdoor-oriented crowd. Thanks to Don Gibson, Larry Mervine, and Joyce Rumschlag for staffing the table.

If you read the *Albuquerque Journal* look in the Thursday Recreation Calendar for Cibola listings. Our meetings and recruitment messages will appear regularly.

On the Right Track

by Mary Berry

The canine unit has been training regularly on Tuesdays and every other weekend, and we seem to be growing some. In addition to me and Mickey J., Terri Prichtel and Melissa Hardin (Terry Hardin's wife) have been attending.

Terri has a young Border Collie by the name of "Sunny," and she is busy playing fun and short hide-and-seek games with him. This dog is crazy for tennis balls, and so has been really easy to convince that the game is a blast. Right now, she is training him to be an area search air-scent dog.

Melissa has a young Rottweiler, "Cindy," that she is teaching man-trailing. "Cindy" is a bundle of energy and Melissa is finding that it is indeed a challenge to run behind her, long leash and all.

Both new dogs are doing really well. Mickey and "Jake" are putting the finishing touches on long search problems, and "JC" and I have been practicing more aged trails (12 hr or more old) in anticipation of taking the Advanced certification soon.

We have had some non-dog handlers help us out a lot recently too. Steve Meserole has been coming often to hide for us. Thanks, Steve! In addition, Jacob, our new Boy Scout helper, has also been attending. Usually he brings his brother or a friend along. He is turning out to be a lot of help, and as soon as this project is approved by his District leader, we will have three boys attending each training.

Our decision to change the air-scent standards has been stalled somewhat. NASAR is coming out with some standards which are suggested for use by teams around the country. They are suggested, not

mandatory, for teams belonging to NASAR. (CSAR is not a member of NASAR.) We will definitely be looking at those standards when they come out, but this will likely not be until next year. In the meantime, we plan to continue re-evaluating our standards and make the necessary changes by the end of the year.

As always, please contact me or Mickey if you would like to participate in any of our trainings, or would just like to watch and learn.

Web News

by Tom Russo

Once again web development this month centered around technical aspects of the database system, when it centered around anything at all. Turns out that the database server I was using, mSQL, isn't very good at handling complicated queries such as the ones needed to answer questions like "who has all their certifications already?" (In SQL that takes quite a lot more words than it does in English.) So I've copied the entire website onto my home machine and have begun porting the database to a different SQL server, MySQL. Where mSQL took 2 minutes and 40 seconds to check whether one person was fully certified, it took MySQL .05 seconds. I think it'll be worth the change. Fortunately very little programming will need to be done, but rather than break things that already work, I'll just change the programs on my home machine and one day they'll magically work on the official site.

I have also set up the [What's New](#) page with a link to "Netminder" --- you can ask to be emailed whenever the What's New page changes. The What's New page only includes the public documents, but it gets updated whenever a newsletter's published, a link is added to the "other interesting sites" page, and so forth. You might consider checking that link out rather than periodically checking to see if there's anything new on the site.

NMESC Notes

by Nancy O'Neill

This month's board meeting had to be cancelled. We have rescheduled it for November 21st at the Albuquerque State Police HQ; committee meetings start at 0900 and the general meeting starts at 1300. Any SAR member is welcome to attend and even put in two cents during the general meeting. In my capacity as ESCAPE coordinator, I would really like to hear from you what you want as far as classes for next year's ESCAPE. One potential class on tap is a High Angle Litter Evac class taught by Jon Holmes of the Border Patrol SAR. He says it'd be a 1/2 day class with hands on experience. How does this sound?

Interview with Rick Goodman

by Mike Dugger

After visiting our team during our last business meeting, Rick Goodman, the New Mexico state SAR Resource Officer, agreed to be interviewed by editors of the Lost & Found, team newsletter of Cibola Search and Rescue. On Saturday, October 17, 1998, Rick responded to some questions about SAR

management, and his perspective on the evolution of our "hobby" in New Mexico.

L&F: How did Search and Rescue as we know it get started in New Mexico?

Rick: Up until the late '60s or early '70s, there was no state policy regarding who was responsible for search and rescue. County sheriffs, Forest Service employees, essentially anybody who wanted to be in charge of a mission, could be. At about the same time, there were several highly publicized fatalities in the wilderness. A small plane crashed near Cimarron, in which two of the four passengers were killed. A hang glider pilot was also killed after launching off of Sandia Crest. In both cases, the missions did not run as smoothly as they should have. Many people in the search and rescue community started to wonder if there wasn't a better way of doing things. The Bernalillo Emergency Services Council was formed, and I became the leader of ARES [*Editor's note - this was the start of the same organization that we use today to furnish communications and call teams*], an ARRL (American Radio Relay League) affiliate. The SAR volunteers wanted to become better organized. For example, we got a Forest Service employee to be in charge of all missions in the Sandias. A team called ACRA was the one usually called for Sandia missions, and we wanted to make sure that ALL teams that could help were called when needed.

At that time, teams were much more territorial than today. Albuquerque teams were never called to a mission north of Algodones, and northern teams never were called for Sandia missions. Several volunteers started talking to people in state government about search and rescue liability. We went first to the Governor, and he sent us to see the Attorney General. The basic question we asked was, "If a hunter was lost somewhere in New Mexico and died as a result, who would be liable?" Up until this time, the state was believed to be protected by sovereign immunity, which said that the state was like the king of a sovereign nation and could not be sued. At about this time, however, the state lost a law suit after several children were killed in a bus/semi accident, and had to pay damages because the accident took place on a state highway. This demonstrated that the state could be held liable for damages.

The Governor formed a SAR task force consisting of about 20 members, of which three were volunteers from the SAR community, and the rest were bureaucrats. The task force was chaired by Bob White of the state aeronautics division, and reported to the state planning office. After some frustration with the bureaucracy involved, I resigned from the task force. A few other SAR volunteers and I continued to meet separately, and we put together our own ideas of what the state policy should look like. Contributors to this plan, in addition to myself, were John Golf, Gary Williams, and Don Mattox. We were asked by Dr. Oliveras, director of the state planning office, to draft a minority report from the SAR volunteers. In the plan developed by the task force, something like nine phone calls would be required to activate a volunteer team for a mission. In the minority report's plan, only three phone calls were required in a worst- case situation. Our plan was preferred by the state government, and put into executive order form in about 1973 or 1974. The order was made into law in 1978, and it was a couple of years before the SAR office really got funded at the state level.

L&F: How long have you been involved in SAR?

Rick: I was active in the outdoors long before I got involved with search and rescue. As a kid in the 1950s, I spent a few years in the Boy Scouts, where I did a lot of hiking. In high school I was hired by a couple of local TV stations (KOB ch-4 & KGGM ch-13) to help build a trail up Chimney Canyon as a route for getting power up to the towers on Sandia Crest. I started in SAR in about 1970 working with ACRA and going on missions in the Sandias, utilizing my skills as an amateur radio operator (W5ALR). I was also in the military in Alaska, where I did some hiking and climbing - I climbed at about the 5.5 level, and have hiked several 14K peaks. A lot of my hiking experience has been relatively recent, and I still get out on the trails regularly. I would say that most of my direct SAR experience has been in base camp, but I have been in the field enough to understand SAR from the field person's perspective, too. In fact, the last time I was in the field on a mission was last month.

L&F: What is the role of the SAR Resource Officer in New Mexico?

Rick: I am the primary point of contact for SAR in New Mexico, between the volunteers and the state and from any outside agencies or organizations. I communicate from the volunteer teams, committees, etc. up to the state offices, and from the state offices down to the teams. There are two facets to my job. Administratively, I work for the Emergency Management Center in the Department of Public Safety. Operationally, I report to the Chief of the State Police.

L&F: How did you get the job as Resource Officer, and why did you want it?

Rick: I had been teaching SAR topics as a consultant for about eight years before I got the job. Bill Vargas, the former SAR Resource Officer, was about to retire. I was asked by several people in the community to apply for the job. I had been a volunteer for about 20 years, so I thought I had some unique perspective to bring to the job, and I decided to apply. There were something like 50 applicants, which were filtered down to six, of which three were interviewed, and I got the job.

L&F: What would you say have been the three most significant changes in SAR during your watch as Resource Officer?

Rick: First, I would say that formation of the PACE committee and implementation of basic Field Certification for volunteers has provided a way for us to ensure that participants have some basic SAR skills.

Next, the creation of Incident Management Teams, which are volunteers with a lot of experience in SAR management, has improved the level of care we are able to provide to the missing subject on longer missions. The idea came about after I saw some statistics on how long into a mission the subjects were found. A large number are found within the first six or so hours after a mission begins. The number of subjects found between six and 12 hours after the start of a mission then drops off, and there is another peak at longer times, say out to 18 hours. Now think about who responds to most missions. In the initial attack, that first six hours, you get all the gung-ho volunteers who go on every mission they can, and have lots of experience. The same holds true of the incident management staff, from the Incident

Commander to all the section chiefs. Toward the end of the first operational period, all those experienced resources are getting burned out, and other resources must be called in. Chances were good that these later resources were less experienced than those in the first operational period. So later in the mission, when the subject actually needed a higher standard of care, they were getting a lower standard of care due to the less experienced people involved. Now we have identified a select group of field coordinators and section chiefs as our Overhead Team. These are some of our most experienced ICS managers to start with, and have the time and motivation to attend additional training on a regular basis. Now, if a mission lasts into a second operational period, this Overhead Team is called in to manage it. We can now ensure that as the needs of the subject go up by being missing longer, the level of expertise and training applied to the search also goes up.

Finally, we have made some significant changes to the SAR plan. It was re-written about three years ago to reflect the way we really do business. In particular, the way we handle possible drowning victims and air missions was dramatically improved.

L&F: How would you like to see SAR evolve in New Mexico?

Rick: I think that the use of new electronic tools will greatly improve our efficiency and effectiveness. Saving lives in SAR is most directly related to time. That is, to be more effective, we need to find the subject faster. If we can use technology to shorten the time it takes to get resources to an assignment and cover an area, we can increase our effectiveness. I'm particularly excited about the use of GPS and APRS (Automatic Position Reporting System) *[Editor's note: check out <http://www.aprs.net> or links on the CSAR home page, <http://www.swcp.com/csar>, for more information]* to increase our effectiveness. Before this technology was available, we could send a team into the field and never really know what area they covered, or how well they covered it, beyond their best guess. This is not a reflection on the abilities of the team, but rather an inherent limitation in trying to assign a search area by looking at a map in base camp. Finding that area in the field and searching it can be difficult, perhaps with the constraint of features or hazards that were unknown at base camp. Now we can outfit a team with a GPS and transceiver, and program their search area into the GPS. This way they will know when they are in the area we want them to search, and we can evaluate the effectiveness of their search to determine if we need to send additional resources into that area. Again, this is not about policing teams to make sure they searched their area to 100% probability of detection, but about having some hard data on exactly what areas were covered to determine where to put additional resources.

In the more distant future, I can see a trend toward asking more of our SAR volunteers, but giving more in return for that effort. I think we can look at the EMS bureau for an indication of where SAR is headed. The public expects a high level of effort and skill from search and rescue. I expect that we will continue to specialize, and get more and more training. At some point, we will probably have a system where SAR personnel are paid for the time they spend on a mission. When SAR personnel are paid, this increases their responsibility for providing a certain standard of care, but also gives the state the authority to require certain types of training.

L&F: What can the SAR volunteers do to help it evolve that way?

Rick: I would like to be more in tune with what teams in the field really want. Volunteers can help our system evolve by providing me with input on better ways to use new tools, such as GPS and APRS, to make us more effective. This technology is becoming more and more affordable all the time, and we should take advantage of it.

L&F: Let's go back to New Mexico Field Certification for a minute. Do you envision a time when certification with the state will be required to participate in SAR?

Rick: I hope not. This would interfere with the Incident Commander's ability to make use of local resources. For example, we should always use whatever expertise about the local terrain is available, such as from ranchers, people who live there, etc. I can imagine a scenario where the Incident Commander is faced with people from the area who want to help, along with several state certified volunteers. The IC should make the certified volunteers team leaders, or reserve assignments for them where proper gear, clothing, and navigation skills would be critical, such as in the Pecos high country in February.

L&F: You always seem to be struggling with a budget that is insufficient to do what you want to do. Is there any attempt to bolster the budget for SAR in New Mexico through user fees, extra taxes on hunting licenses, or any other method?

Rick: It's really not that bad. Other than salaries and administrative expenses, the major item in the budget is for reimbursement of fuel and oil expenses for our volunteers. There is adequate budget to cover this. Even in years when these expenditures exceed funds, the department (of Public Safety) has made up the difference so that we have never had a problem reimbursing volunteers. The service provided by SAR volunteers is highly valued by those in state government, and they feel that reimbursing gas and oil expenses is the least they can do in return. Regarding funds for other things, what would we use it for? We could consider assigning radios to volunteers for use on missions. But then someone has to administer the program, and we have to worry about loss and damage, and getting them back when people quit doing SAR. Any equipment assigned by the state would require a lot of overhead to manage. One thing I have considered is providing batteries at base camp when volunteers come back in from the field. This would be in return for providing base camp with some electronic data in the form of GPS coordinates. For example, we might have a laptop computer and GPS data cables at base camp, and then set up teams with APRS tracking, and download the coordinates of their assignment directly into their GPS. When they return from their assignment, they would be given a fresh set of batteries for their GPS. It's an incentive to have volunteers participate in making more use of APRS to help us manage the search.

L&F: It seems as though SAR in New Mexico is evolving and becoming rapidly more sophisticated. You've visited many other states and countries to talk about SAR. How would you compare SAR in New Mexico to that in other states, as well as abroad?

Rick: There are a couple of factors that combine to make SAR in New Mexico unique, and make our system one of the top ones in the nation, and perhaps the world. First, we have an incredible diversity of terrain and weather conditions here. We have desert plains where volunteers may have to spend the entire day searching in temperatures over 100 F with no shade. We also have mountainous regions over 13,000 feet where searchers may have to spend the night on snowshoes in a whiteout with danger of avalanche and sub-zero temperatures. Add to this the caves, canyons, rivers and lakes, and a SAR volunteer has the possibility of encountering conditions right in New Mexico about as challenging as anywhere on the planet. I expect that there are teams elsewhere that are more specialized in certain aspects of SAR than some of our local teams. However, I doubt that the breadth of skills we have developed here is rivaled anywhere. An additional feature of our state is the low population density, 13 people per square mile, where people can get lost in hundreds of square mile areas where nobody would be expected to tread for months or even years. The second factor that makes SAR in New Mexico special is the system we have adopted for managing it. All SAR in the entire state is managed by the state police, which have jurisdiction everywhere. We therefore have a single system with centralized management and a well-defined chain of command. This makes it much easier to implement changes than, for example, a state where each county is responsible for SAR and may do things slightly different from neighboring counties. This system allows us to respond rapidly to changes in techniques or technology that can help us do our jobs better.

That concludes our interview. The editors would like to thank Rick for sharing his perspectives with us, and with our readers. We've learned a lot about what SAR may look like in the future.

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 3, Issue 10
8 October 1998
Editors: Tom Russo, Mike
Dugger,
and Susan Corban

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Larry Mervine

Team officer elections are just around the corner. Start talking to members you would like to see as officers. The nominations end at close of business at the November business meeting, and elections will take place at the December business meeting. Let any current officer know who your nominees are. All nominees will be contacted prior to elections to confirm their willingness to serve.

We are also having a CTF (chew the fat) at Elena Gallegos Park, Friday, October 9th at 6:00 p.m. This is your opportunity to express your opinions about team certification standard.

Don't forget there are only three months left to certify. Members not certified will not be eligible for missions.

Tip: Cut toe nails before going on a search. It will save some pain and a bloody sock.

See you out there.

Boots and Blisters

Hike of the Month

CCC to South Peak

0800, Oct 31, 1998

Trailhead: Canyon Estates

R.T. Distance: 8 miles

Hiking Time 4 hours

Topo Maps: Tijeras

Elevation Min/Max: 6600/9782

Hazards: rattlesnakes



Directions to trailhead: From I-40 take exit 175 at Tijeras. If you were traveling east on I-40, take the right fork of the exit ramp toward Tijeras. Turn left under the highway overpass and bear right to Canyon Estates Subdivision. If you were traveling west on I-40 turn left from the exit ramp. Continue until you reach the 4-way stop at Tijeras. Turn right and drive under the highway overpass and bear right to Canyon Estates Subdivision. Follow the road through the subdivision until you reach the parking lot at the end. There is a \$3 USDA fee.

From Trailhead: Follow the South Crest Trail until you reach the waterfall. Cross the stream and wind up to the top of the waterfall. Continue on switchbacks, passing the Lower Faulty Trail on your right.

After about 1 1/2 miles from the start you will reach a fork. The South Crest Trail goes off to the left. Continue right for a few yards to another fork. The unmarked trail to the left is the CCC Trail. Upper Faulty is on the right. Take the left. CCC is steep and crosses a few rocky areas where you need to look for rock cairns. In about 2 miles CCC reaches the South Crest Trail along the crest. Continue to the right when you reach the Crest Trail. At the back of a large meadow to the left there is a trail to the top of South Peak. Return via CCC or, for a longer hike with views of Albuquerque and Tijeras, and some springs, take the South Crest Trail all the way back to Canyon Estates.

Business as Usual

by Mary Berry

I thought I'd give everyone an update on what I've been doing since taking on the job a few months ago. There really isn't an awful lot to say but that I've had to get acquainted with how things are done with the team, and had to get "on board." I think I've had the usual early-on frustrations with any job, especially when you start in mid-stride. Mostly what I've been doing is keeping things status quo as much as possible, including writing minutes of the meetings, and keeping track of attendance. Also, I have organized the files in two new file boxes, one for the current year's papers, and one for previous year's. It seemed the least confusing to me.

I would like to remind everyone on the team that it is really impossible to keep track of details without help. In my case, I cannot archive papers that I do not know need archiving. Also, there are a lot of papers that I know need to be in the archives. However, I do not like to, nor want to, hunt them down. If anyone has papers they know (or think) should be archived, please see to it that you get them to me!

Basically, of course, it all boils down to communicating. Along that line, I would like anyone who reads the minutes of the meetings on the web to please let me know if there are any corrections to be made. We do not "read and approve" the minutes of the meeting, and I have very little feedback. Please let me know! (Please read the minutes!)

Gearing Up

by Mike Dugger

I have completed a detailed inventory of our 800 MHz radios, which were loaned to the state of New Mexico for use in SAR. Cibola is responsible for 55 of these radios. Members are assigned one of these radios after their orientation, as a means of communication while on a mission. These have been very valuable for communication between vehicles while traveling to a mission, and between teams in the field when trying to keep 155.160 MHz clear of unnecessary traffic. They have not, however, seen widespread use as a means of communication between teams in the field and base camp.

There are 5 radios we found to be bad after using them for a while. In addition, We have 7 radios still checked out to members who have left the team, which I am trying to get back. I don't anticipate any problems in most cases. There is one former member who had two radios assigned to him, and lost them both while using them for a non-SAR function. This is clearly unacceptable. These radios were lent to us for use on missions and SAR-related training events. Using these for any sort of personal activity constitutes an abuse of this privilege. **DON'T DO IT!**

I would also like to encourage our members to obtain other forms of radio communication as soon as possible. A hand-held radio is a big investment, and may take time to save for, but it is critical. We simply can't rely on being able to talk to base camp on our 800 MHz radios. Even if ICS began using these as a means of communication, the future use of these radios is uncertain. I have heard rumors that the frequencies used by these radios will soon be used in law enforcement, and we may no longer be able to use them. Many members have hand-held radios capable of 155.160 MHz, and some are licensed amateur radio operators. The latter option is the most flexible since, in addition to using 155.160 MHz while on a mission, one may use scores of repeaters throughout the state. This capability is very useful in remote mountain areas where a repeater may be more accessible than a base camp radio. We are considering holding another team class to prepare people for the amateur radio licensing exam, and I encourage everyone without a license to participate.

Finally, if you are not using your 800 MHz radio, you may turn it in to me so that you are no longer responsible for it. Since they are rarely used on missions, I would like to see our team eventually return them all to the state. There are other frequencies that can be used for communication while on the way to a mission, or for communication between teams in the field.

Mini Lesson: The SAR Pack

by David Dixon

Your search and rescue pack is your life support system. What it contains, how it fits, and how much it weighs are all important pack factors. Consider also convenience, efficiency and necessity when choosing and equipping your pack. The following covers various aspects of the SAR pack and is based on the requirement of equipment and clothing necessary for 12 hours in the field. And, even though this may rarely be the case, the time period may include staying and possibly sleeping overnight. If you are serious about search and rescue (as all of us are), this must also be a consideration. I conclude with some helpful tips gathered over the years.

I stress that these are my thoughts relative to many backpacking and outdoor experiences and a year and a half of SAR under my padded belt. Hopefully you know much of what is here but can otherwise glean some knowledge from this overview.

Choosing a Pack

There are two types of packs, internal and external frame. An internal rides closer to you and is better for mountain climbing, varying terrain and off-trail travel. An external is better for long hikes on open, gradual terrain. An internal moves less due to a snug fit but thus does not allow air circulation around your back. An external is cooler but may move and even squeak. A good internal has compression straps which makes the pack more compact. An external's design makes it easier to tie gear onto but make sure it is secure and doesn't move around. Small to medium internals often have side pockets that work well for water bottles but lack other external storage. Most external packs have side and back pockets that are nice for storing small, readily accessed gear. Most people start with an external but find need for an internal for specific activities. I like an external for general backpacking and an internal for search and rescue.

Make sure your pack fits well and is padded in the waist, back and shoulders. Good packs have torso length and shoulder strap adjustments. Try it on loaded with weight before you buy. All of us have some experience with a pack. When buying a new one consider what has worked for you and what you want in a pack. Remember, it is your most important item in terms of comfort so don't buy a cheap one.

A pack with a volume of 2000 to 4000 cu. in. will work best. The pack I carry most of the time has 2900 which may be large for some and too small for a few who really like to carry a lot. I have a larger internal that is 5500 cu. in. but weighs more and is really too large except for winter overnights or carrying other equipment. A pack weight of 25-30 pounds is comfortably possible for most of us. Carry 10 or 20 lbs. more and it becomes harder to move well during searches and you'll be more physically stressed (unless you're in great shape). If you haven't done any backpacking or carried 45 or more lbs. on a search you should do so on some short hikes before buying a big pack and loading it up. Borrow a larger pack from someone before buying one and realizing you really can't or don't want to ever carry 50 lbs. A pack loaded with lots of gear for any situation does no good if you can't carry it very far. Most sources advise carrying no more than 30% of your weight and that is relative to longer excursions with lots of

equipment. Knowing you can carry more sometimes could be helpful, though. Having a larger pack available may be a benefit if a subject has been found and large or heavy gear is requested.

Seasonal Packs

You should develop two different pack contents relative to seasonal needs which I will call Moderate and Winter. (I'll use the term moderate instead of summer as it is more weather-realistic). The six-month ranges for these given below are variable and what you carry may be adjusted accordingly. You'll have transitional needs during fall and spring, warm summer searches at lower elevations, cold snowshoe searches, etc. Most of the differences in the two are clothes, so I have included clothing requirements here.

- **Moderate**

Moderate is from April to September. Daytime temperatures may be hot or cool and nights range from warm to cold but above freezing at higher elevations. Rain is always a consideration. Freak snow may be encountered in early spring. Your Moderate Pack would include all essentials plus clothes. This would be a non-cotton inner top and bottom. (Throw in a few T-shirts in warm weather). The middle layer is an insulating top such as fleece, polypro or wool and bottoms of BDUs or fleece. Outer layer is waterproof/breathable rain gear top and bottom. You could include a light down jacket or vest for maximum protection if you get cold even in moderate temperatures. Also have a hat and light gloves.

- **Winter**

This is approximately October to March. Winter conditions expected anytime including cold days and below freezing nights. Snow may be falling or on the ground. Remember that you can hike during a winter day some places in New Mexico wearing spring clothing. During the night, though, the temperature will drop while you probably are not on the move, and conditions and necessary clothing dramatically change. Clothing for cold includes all moderate items above plus another first layer preferably heavy or expedition weight, a heavier middle layer and a stocking cap and warm gloves. The down jacket is also now a necessity.

Pack Contents

We've all seen gear lists. [*Editor's note - CSAR has a minimum gear list in the Member Guide and [on the website](#)*] I have tried to further revise and include some specific items I think are important. Clothing is listed separately.

List 1: Essential Gear

a quality headlamp plus a second light source
preferably another headlamp
batteries for both light sources for 12 hours

pack cover
ruler or straight edge
spare bulbs

- | | |
|---|---|
| a quality orienteering compass plus a decent second whistle | trail tape |
| signaling mirror | gaiters |
| rain gear (breathable top and bottom is best) or poncho | sunscreen |
| knife or multi-tool | toilet paper (in ziploc of course) |
| first aid kit | general fixit kit (see Tips section) |
| matches/fire starter/candle | sunglasses |
| map | garbage bags |
| small rope | bandana |
| watch | hat |
| leather gloves | binocular or monocular |
| tarp or space blanket | chapstick |
| pencil/small notebook | personal items: toiletries, medications, glasses |
| GPS (including manual) | water for 12 hours, usually 3 liters and water purification tablets |
| | food for 12 hours |

Food Ideas MREs work well, especially when Cibola will buy some for you. Some other suggestions if you're not into those are jerky, dried fruit, nuts, tortillas, peanut butter, cheese, packaged sausage, power bars, hard candy, canned chicken or tuna, and if you have a stove, noodle mixes, instant rice, many hot possibilities.

List 2: Other recommended gear

These are seasonal or other items available to take in the field when necessary or to have when returning. Prioritize items you still need to purchase (GPS, climbing helmet, radio) over what you'll rarely use (bivy, water purifier).

- | | |
|--------------------------------|--|
| additional food and water | water purifier |
| radio, spare battery | small plastic trowel |
| sleeping pad: foam, thermarest | crampons |
| sleeping bag: light, heavy | small stove |
| bivy or small tent | cook kit |
| small plastic trowel | climbing helmet |
| signal flares | carabiners |
| strobe light | climbing harness |
| small saw (for clearing trail) | snowshoes |
| spare pair of shoes | warm food: soups, coffee (if a stove is available) |

additional maps

List 3: Clothing. Listed by season and layer, and including what is worn.

Moderate

Inner: Non-cotton top and bottom. T-shirts in summer

Middle: Insulating top of fleece, polypro or wool. Long sleeve cotton shirt.

Outer: Rain gear, additional layer of fleece or down if needed for cold temperatures.

Miscellaneous: 2 pair of inner and outer socks, leather gloves, light insulating gloves, brimmed hat, belt.

Winter

Inner: Non-cotton top and bottom preferably heavy weight plus an additional light top.

Middle: Insulating top of fleece, polypro or wool.

Outer: Rain gear, additional layer of heavy fleece or wool or, preferably, a down jacket.

Miscellaneous: 2 pair of inner and outer socks, leather gloves, heavy insulating gloves, brimmed hat, stocking hat, belt.

Boots

Boots are the last contact between you and the ground. All leather, Gore-tex lined or waterproofed hiking boots are best for our purposes. Boots with some nylon may breathe well but are not as waterproof nor as protective from cactus and other penetrables as all-leather. These can be worn year-round. Even in winter snow this type of boot is usually best. Stay away from heavy winter hunting boots or low-cut, heavy-soled running shoes that don't offer support. If you are using snowshoes pac-boots may seem better, but your regular boots often work just as well and offer more support. Always wear a light pair of non-cotton socks in addition to your heavy outer wool or blend socks. The combination will help control blisters.

Overnight Packs

You must make the decision whether you want to pack more for an expected overnight. The later you go out on a search, the higher the possibility that you'll be out overnight. You probably won't spend more than one night out on a search, but anything can happen. If you are not searching you're probably with a subject or have decided to bed down. The gear you carry for this is relative to the time of year, location and elevation. In New Mexico at higher elevations, you need, at a minimum, something under you, something around you and sufficient clothing to be comfortable overnight. There are various combinations to consider for the two seasons that you would add to your basic pack.

- **Moderate**

The minimum under you should be a tarp or space blanket, with a light pad or thermarest being even better. It would be best to include a sleeping bag with your pad. In rainy conditions a tent or bivy would keep you comfortable. (There are also specialized space blankets or plastic tubes that function as tents.) Whatever you use should be waterproof and able to protect you from runoff and leaks. Remember, though, that weight goes up as things get more comfortable. You have to carry

your comfort. A waterproof tarp under and over you, plus the lightest pad and all or most of your clothing should allow you a decent night's sleep in moderate temperatures, especially if you are exhausted. Use your pack or stuff a bag for a pillow and don't wear sweat-soaked clothes to bed. Remember that sufficient clothing for the season's nighttime temperatures is standard for search and rescue.

- **Cold**

For temperatures at or below freezing and possibly snow on the ground, you need a pad and a warm sleeping bag. A bivy is recommended for a good night's sleep, although without rain that isn't as much of a necessity. A good pad, bag and bivy is heavy. And, a stove and warm food would be great to have on a cold night. Obviously, a winter overnight makes weight more of a consideration.

Loading and Wearing your Pack

If your pack has outside pockets or a large pocket in the top, use those for water and smaller essentials. Vertical pockets on the side will keep your bottles from leaking. In the main compartment, pack heavier gear near your back with least used items like a first aid kit or tarp at the bottom with food, rain gear and other readily needed items at the top. Your pack should ride high on your hips to help support the weight. Make adjustments if necessary. If your pack has compression straps, cinch them down to confine the contents to a smaller bundle. Keep your pack fairly tight to your back but not too constrictive at your arms or shoulders. When carrying your pack, periodically lift it off your shoulders at the bottom with your hands. It will briefly help relieve the pressure.

Helpful Additions

During a search you can't stop constantly to retrieve needed items out of your pack. A small chest or waist pocket that can hold your notebook, pencil, compass, mirror, whistle and other essentials is very helpful. A radio holster is also convenient since a radio needs to be accessible but is too heavy for your pants and you can't carry it in your hand. You can also get a remote clip-on microphone that will make operation even easier.

Water may be your most important provision, and the state requirement of 2 quarts is probably not enough for 12 hours of walking. Hydrating while on the go is very efficient. A small water bottle holder on your pack or belt works well, or try the new collapsible water bottles with a hose and bite valve. Attach the hose to the top of your pack and you can search and suck! You may find yourself going through your water faster, but you will be more likely to stay well hydrated -- sort of a positive problem. So if you can carry a little more weight, water should be your first consideration. Plan on taking at least 3 quarts, and don't forget purification tablets or a water purifier.(although each requires a water source to filter).

Organizing Your Stuff

You should always have your Essential Seasonal Pack ready to go and clothes you wear ready to put on. In addition, have another medium or large duffel bag that holds everything else. That would include extra food and water, boots or spare shoes, spare clothes and gear. At base camp you'll have time to quickly get your pack ready before a search and that will be easy with everything readily available.

Pack and Track Tips

1. Pack everything possible into ziploc bags. They're waterproof, strong (use freezer bags) and stay together even if stuffed. Gear is visible and easier to find and pack.
2. Even with ziplocs it won't take long to realize you also need a pack cover for added protection in heavy rain. A garbage bag works but a cover designed for your size pack is quicker and easier.
3. Always wear something orange and visible during a search. A hat or shirt is the obvious but you could also bring a light, cheap orange hunter's vest to put on over your top. Your ability to be seen is crucial and wearing natural colors is, well, unnatural for us.
4. When was the last time you replenished your first aid kit? Think about adding any of the following: moleskin, snake bite kit, eye care kit, second skin, razor blades, chapstick, small soap, sanitary napkins (make great absorbent bandages).
5. If you don't already, think about carrying a small pair of binoculars or even lighter monocular. Weight is always a factor but they could be valuable during a search.
6. Speaking of carrying too much, take time to go through everything in your pack and toss some items you have never used, or replace with something lighter or smaller. If you want further help in reducing your pack weight check out www.backpacking.net on the web.
7. If you wear reading glasses make sure you always carry a pair (or 2). Not being able to read maps or your GPS would be a problem.
8. If you want or need to take a stove, go for the lighter models with a small gas mix canister. This is the lightest option when you only need a day of use. Check Coleman and Gaz, they both make great models that boil fast.
9. Decent climbing helmets are not expensive and could save your life. They should always be worn when working around heights. When buying used climbing equipment make sure you know its previous use and inspect it well.
10. Always keep a few bandanas stuffed into your pack. They are great for wiping away sweat, cooling off and lots more. Choose a bright color and it can be used for marking or signaling.
11. If you don't have breathable rain gear at some point you'll find yourself soaked inside as well as out. Gore-tex is considered the best but there are many decent clones on the market now that work well and cost less. Check Cabela's or other outdoor sources for sets as cheap as \$100. If you're used to a clammy plastic poncho you'll be amazed at the difference.
12. Always carry an extra first-layer shirt. T-shirts in the heat and polypro in the winter will both get sweat-soaked after a good hike and changing into a dry one will help prevent hypothermia, as well as feel better. In the winter, hike in your lighter top and put on the heavy one when you stop. Always change out of a sweaty top when the sun goes down, even in the summer.
13. A small piece of thin, closed-cell foam could provide just enough comfort and insulation for a decent night's sleep. A rectangle as small as 15"x30" weighs just a few ounces and pads the important upper body from hips to shoulders. A small square also works great as a butt protector

while sitting.

14. Remember to give a quick look around before leaving your break spot, especially if you took your pack off and opened it. You don't want to go back for something left behind, and you probably wouldn't find it anyway. This is especially true at night.
15. Always carry an extra compass. It is one of your most valuable essentials.
16. Whistles also are necessary, cheap and light. Carry 2.
17. Look back periodically especially when you are traveling off trail. It will help familiarize you to the terrain in all directions and keep you on track if you come back the same way.
18. On a night search remember to bring items you'll need if you're out until morning: sunglasses, hat, sunscreen, T-shirt, etc.
19. Dryer lint makes great fire tinder. A handful stuffed into a film canister weighs nothing.
20. No matter how many times you go through and organize your pack, do you find yourself at base camp ready to go in the field and realize you forgot extra water or that new pair of gloves? Keep a list of items that you want to take always handy so that before you drive away you can quickly go through it and make sure you have everything. Keep another list of To Do and To Buy.
21. Use the folded edge of a map as a straight edge to draw a straight line.
22. Put together a general fixit kit of rubber bands, few meters of duct tape, some strong wire, safety pins, razor blade, needle and fishing line, aluminum foil, etc.
23. Gaiters may be hot, especially in summer, but they keep nature out of your boots and protect your legs from cactus and other irritables.
24. Keep a grease pencil with your note pad. They write on anything and always work.
25. Make sure you have at least 4 extra batteries in addition to other minimum battery needs. You might be a light saver to a battery-less searcher.
26. Carry a small sack or pouch that can hold all the extra small stuff: lighter, candle, extra whistle and mirror, batteries, fixit kit, etc.
27. Don't forget to throw in some straps of various lengths to tie things onto your pack.
28. Keep a pair of tennis or other shoes in your duffel bag to change into after a search. Your feet will appreciate the comfort on the ride home.

Coming Attractions

by Tom Russo

The editors have met and exchanged email a few times since the last issue and have decided on a better plan for filling the newsletter with interesting information than just saying "Hey folks, write something and give it to us, then we'll print it." We've drafted up a list of topics, and will be soliciting writers for those topics for specified issues of the newsletter. Here's what we've got planned so far:

Month	Feature article	Minilesson	Spotlight
October	Tips for Parents	The SAR Pack	Susan Corban
November	Hypothermia	Fire Starting Techniques	Rick Goodman
December		Winter Skills	

Other topics we've discussed having articles written about are:

- Wild food for wilderness survival
- Seasonal weather, altitude effects, and clothing choices
- Gear reviews
- Snakes and snakebites
- Insects and insect bites
- Assorted self-help first aid techniques

We've already got the authors lined up for October and November, and will be filling in the table for December and January very soon. If you have interest in writing on any of the other topics, let us know and we'll ask you to do it for a specific issue of the newsletter. We'll try to give you a couple of months lead time on it so we don't have to send out our Enforcer, "Sarge," to collect the finished product the day it's due.

Web News

by Tom Russo

Most of the changes in the website have been invisible this month; the software underlying all of the database functions has been subtly changing for a few reasons, most notably because the old software didn't always take care of dates in a Y2K compliant manner. But there are a few visible changes in the database access pages. The Member Database now keeps track of who is a prospective member, and these people appear with a "(P)" before their names in the callout list. If you're a phone tree top, or have another reason to call a member with a "(P)" before his or her name for a mission, please remember that that person is required to attend missions with an active member, and try to help them hook up with such a member if they need it. Another change is in the "New Mission Logs Database," where it is now possible to keep track of who attended what mission at the same time that a mission log is generated. This data can be used in a variety of reports that I haven't written yet, but there is one such report: a table of mission attendance over the last 6 months.

I'm also planning to implement a training log database along the same lines as the mission log database. In this way the Membership officer will be able to keep on top of the 2-training-per-6-month requirements for mission status. In the same vein, I'm planning a certification database to help the MO and TO (and of course the Secretary) keep those records in an easily retrieved, quickly summarized format. This stuff takes time and effort, of course, and might not be ready to be deployed before the end of the year.

NMESC Notes

by Nancy O'Neill

ESCAPE '99 will be held at New Mexico Tech in Socorro, NM, on 21-23 May. The people down there have gone to great lengths to woo us to their humble dwelling. I really think everyone will like this site, from the air-conditioned classrooms to the animal-friendly environment. So, mark your calendars now for this event. (I am now looking for instructors, so if you are an "expert" in an area then let me know!)

Helicopter Training: We still do not have a firm date on this, the "fuzzy" date for this event is "sometime in November"; Mickey is coordinating this training.

Winter Skills Training: We are not holding a winter skills training this year due to the lack of interest last year. We are planning to hold this training every other year, unless the membership wants it otherwise.

Secretary of NMESC: We will be saying "goodbye" to Brian Holcomb November 1st. Brian is moving back to Oregon. He took over as secretary, very graciously, I might add, when the slot became vacant right after ESCAPE '98. We in the SAR community will miss him, but we wish him well in Oregon.

Thank you to everyone who attended the "Mock-Search-That-Wasn't-a-Mock-Search." The unofficial quote of the number of people in the field is 106. More information on that when it becomes solid facts.

Tips for Parents in the Outdoors

by Susan Corban

As a parent, your best strategy to protect your child in the wilds is to set a good example. The clothes you wear, your planning and preparation, awareness of your environment, safety precautions, and respect for limits (yours and others'), all will demonstrate appropriate choices to your child. It is also important to discuss behaviors with your child and then practice to reinforce their knowledge. Your child will gain confidence, be better prepared for an emergency, and can try some problem-solving in a safe environment.

RULES IN THE OUTDOORS

Define Boundaries

Parents tend to tell their kids "don't go too far." While the intent is clear, the message isn't functional. Defining boundaries for children with concrete landmarks will work better. Try telling children that it's ok to explore between "that big rock, this tree, and the edge of the parking lot," or similar clearly identifiable objects. Take a walk with the child along the boundary of the approved area to make the area "real." This strategy works well for camping and picnics where your attention may be away from the children periodically. Also, be sure to clarify who's watching the kids at any given time.

Stay With Others

Teach children to be aware of where they are in relation to others. Set the rule that children must stay

with the group, not wander off or run ahead. They should know to stay where they can always see someone else, an adult specifically. And remember to model this behavior yourself, especially when children are present.

Stay on the Trail

Hiking should always be ON the trail for children. While hiking, children should hike between two adults, never up ahead and never at the end of a group. If the children run up ahead they might miss a turn in the trail and end up in the wrong place while those behind them assume they're still just up ahead.

GEAR TO PACK

Clothing

Clothing isn't always purchased with the wilderness in mind. When you buy children's jackets, buy brightly colored jackets with hoods and many pockets. Children should always have a jacket packed, even in summer. When it rains, a child falls in a stream, or after nightfall, children will get cold. Hypothermia (lowered body temperature) occurs easily in the summer. It's easy to forget that the mountains are cooler when the city is hot. A jacket can easily be belted around a child or stuffed into a fanny pack or backpack. Again, model this behavior yourself.

Emergency Pack

Every child should carry their own emergency pack. A small pouch or plastic bag should contain all of the following items. Teach children what to do with their gear.

- **Jacket** Carry one even in the summer with pockets and hood for warmth and to stuff food and the other gear.
- **Food** is essential. Pack snack bars that are sealed. Sealed snacks don't emit odors that attract bears.
- **Whistle** (can be attached to clothing) Yelling is exhausting and can't be heard at a distance. Train a child to blow 3 short bursts.
- **Reflector** Use foil or an old CD, not a breakable mirror. This will keep a child occupied in one place and can be used to signal.
- **Colored Strips of Plastic** - Markers tied to branches alert searchers to the child's location. Use orange garbage bags, kite plastic in strips, anything bright. Colored tape is readily available.
- **Large Garbage Bag** This can serve as a small tent in bad weather with a face slit. Use an orange bag if possible. Protection from rain can be a lifesaver.

WHAT TO DO IF ...

Stop!

The first thing a child should know -even if they forget everything else-- is to **STOP** and **STAY** in one place as soon as they realize they are alone, lost or separated. Their chances of being located right away are much better the sooner they stop. You would hardly believe how far they've been known to wander.

Fear of Strangers

Let children know that if they are lost, strangers will be looking for them. Hiding from strangers or dogs is not a good idea in this special circumstance. Search dogs will always wear special vests. Searchers may or may not be in uniform. You can tell a child that if strangers know a lost child's name it's because Mommy or Daddy asked them to help.

Stay Warm

If nightfall arrives and a child is still lost, warmth becomes essential. Teach children to make a bed of branches, leaves and brush to stay off the cold ground. Keep warm by putting on all clothing, hats, and gloves. Staying dry is crucial. So staying away from water is a good guideline. If children are together they should cuddle for warmth. It is important to make a bed as close to the place where the child stopped as possible. Practice making a bed of natural materials while camping.

Children can drink water from the leaves of plants if they get thirsty. It's better than falling into a stream and getting wet and cold.

EXTRA PRECAUTIONS

Footprinting

Make a footprint of your child's shoe. This could help searchers if your child ever became lost. Take a piece of aluminum foil on a soft spot. Have the child stand on one leg to weight the imprint of their shoe in the foil. Label with the child's name and date. Put this in your car's glove box or visor. Remember to make a new print with new shoes. Even if the child has on different shoes, the size of the print will provide information to searchers.

WHO DO YOU CONTACT?

If you practice with your children, follow these guidelines and model good behavior, your children will most likely be safe. If you ever find that your child has become lost, don't panic. Contact New Mexico State Police immediately at 505-841-9256. Report who is lost, the last known location, the clothing and supplies the child had, age, any medical information, a secret word for a child, and shoe type and size. And stay available for the Field Coordinator to contact you.

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 3, Issue 9
10 September 1998
Editors: Tom Russo, Mike
Dugger,
and Mickey Jojola

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Larry Mervine

Have you looked at the calendar lately? Winter is just around the corner. It's time to add extra clothing to our packs. Inexperienced hikers will dress for the warm day's temperature, not realizing that the days are shorter and the temperature can drop 30 to 40 degrees once the sun has set. Personally for September and October my light weight polypropylene bottoms and tops are replaced with expedition weight. Also add polartec pants to balance with polartec jacket already in my pack. For colder months of November, December, January and February a down jacket, wool balaclava, and mittens are added. Might also check your battery supply. The days are getting shorter and the nights longer.

It was reported at last business meeting that the PR committee has elected to promote recruitment as their main focus. We lost a number of active members to other states. And some members left because their job commitment would not allow them the needed time to be active as Cibola members. We also have team members who are active in SAR activities outside of Cibola Search and Rescue. We have a member who was appointed to the SAR review board. One member is the chair-person for NMESC (New Mexico Emergency Services Council). We have two members who are PACE evaluators. The state certifications we all have taken. We also have one FC (field coordinator) and a few section chiefs. These last two activities are part of ICS (incident command system); all searches in New Mexico are run by ICS.

To maintain our active SAR role in New Mexico search and Rescue and to increase mission attendance we need to recruit new members. If you see someone you do not know, introduce yourself and welcome them to our team.

See you out there.

Boots and Blisters

by Mike Dugger

Our last training and evaluation took place on Sunday, August 16, at Three-Gun trailhead. We started with an evaluation on land navigation, and then had a litter packaging training immediately afterward.

The land navigation evaluation was attended by Mary B., Jason M., and Don E. Gibson. Steve M. attended as an observer (always welcome), and Larry M. and Mike D. set up and conducted the evaluation. Unlike our last training on this topic where almost everyone had trouble identifying terrain features, the participants in this month's evaluation had no trouble with resectioning to locate their position on a map. This time, maps were provided that had the immediate vicinity of the target location blocked out, so that it was difficult to use roads, trails, etc. to help locate position. Despite this, all the participants located their position to within 100 meters of the location determined by the evaluators. This "actual" position was determined by resectioning with many points, as well as verification by GPS with a long averaging cycle to help minimize selective availability errors. Participants also had no trouble following bearings between six points in the field. The one area that people had difficulty with this time was estimating distance between the points. This was included in the standard as an important skill, however, we rarely need to accurately estimate such short distances on a real mission. A couple of the participants had to repeat this part of the exercise to determine the distances to within 25% of the actual distance (measured with a rolling tape), per our standard. Their being such good sports about repeating this part of the exercise is greatly appreciated! They all passed, and their evaluation documentation has been entered in the team archive. The fact that the standard has caused us to think more carefully about distances when we are in the field is a good thing. The present requirement is a bit artificial, though, compared to needs on a mission. We should probably have another look at this part of the standard, to see if we can come up with a better way of doing it that looks more like the real thing. This is all part of the fine tuning we knew would be required when we decided to implement the standard. If you have any suggestions, please speak up!

Since I have heard a few questions about it, I thought I would remind everyone that all the documentation pertaining to standards is available on the team web page (and, by the way, they have been since the first time we conducted each evaluation). This includes instructions for evaluators to use in conducting the evaluation, and the checklists used during the evaluation to document the demonstration of skills. Many training handouts and additional resources are available too, to help members master our minimum skill set. And yes, it is obvious that not everyone has access to the web. Everyone DOES get a newsletter, though, and will be assured by reading this article that one of the editors or evaluators would be delighted to provide them with a hard copy of any documents they wish to have from the team web site.

The litter training began right after the evaluation. Several more members came out for this training, and everyone got a chance to practise all parts of the packaging and hauling techniques. Practise makes perfect, and our general level of proficiency on ALL the skills in the standard has increased dramatically from just one year ago.

by Larry Mervine

Starting this month we will reinstate the tradition of having a presentation of some sort at 6:30 before the regular business meeting. None of these presentations will count as a "training" with respect to the two-trainings-per-six-months requirement, but all are encouraged to attend.

Sept 10th Clothing

Oct 9th Rick Goodman (standards, insurance, Liability and questions)

Nov. 12 Hypothermia

Dec. 10 Clue Awareness

Who's Who and New

by Mickey Jojola

I would like to take the opportunity to welcome out newest prospective member Steve Meserole to the team. Steve has shown a lot of interest and will be a valuable member to our team. Welcome, Steve. For those prospective members who have yet to take the PACE Certification here is your chance. On September 19 at the Philmont Scout Ranch starting at approximately 0900 there will be another of many PACE exams for state certification (as well as CSAR). Anyone interested will need to call the PACE hotline ((505) 388-5493) to reserve a spot. Everyone should already have all the necessary materials to pass this exam as well as the equipment (as it is also required by CSAR!). If anyone is in need of the test materials please give me a call (before 2200).

Gearing Up

by Mike Dugger

OK kids. I know you have been waiting for this...and now they're here! For your dining pleasure (on missions), direct from the Long Life Food Depot in Richmond, Indiana, MRE entrees and sides. Or, as I like to call them, MRE-lets. This turned out to be a much more practical approach to emergency mission food than buying entire MREs, which are more expensive and contain a lot of stuff we carry anyway, like matches, spoon, and T-P. I've tried to obtain enough variety to appeal to many appetites. For example, we have spinach raviolletti, beef stew, chicken with rice, buttered noodles, peas, corn, and pound cake, to name a few. All with 5+ years of storage life at ambient temperature. Yum, yum. I also bought some heaters so you don't have to use the Wheezer method (don't ask) to have a warm meal on a cold night.

I already keep in supply things like trail tape and AA batteries. If you have any other suggestions for SAR-specific "consummable" gear that the team should provide to its members, please let me know.

Coming Attractions

by Tom Russo

David Dixon has been assembling a feature article on the SAR Pack for our edification and enlightenment. Way to go, David! That's the spirit: find a topic near and dear to your heart, write about it, and share the wisdom with your colleagues. I expect that David's article will be in next month's newsletter,

and I encourage you all to follow his example. I know that there are some dormant pens out there with pent-up words of wisdom screaming to be released. We can use feature articles, minilessons and hikes-of-the-month. Contact me if you have ideas for one and are willing to write it. By the way, as our regular contributors are no doubt aware by now (*ahem*) the deadline for newsletter submissions is 9pm on the Thursday prior to the regular team meeting, but I prefer to receive them earlier to give me time to do those niggling little things that editors tend to do.

Public Relations

by Susan Corban

The PR committee has launched a recruitment drive to bring new members to Cibola. We'll be conducting presentations anywhere we can squeeze in the door. We'll target outdoor organizations, Open Space and Forest Service programs, and businesses that cater to people who are active in the outdoors. We've also printed copies of a poster promoting Cibola and ordered a banner with the team name for use at presentations and display tables.

While recruitment is our priority, we've been contacted to give educational presentations at several schools and community organizations. Mary Berry was the guest speaker at the Kiwanis Club breakfast meeting on September 3rd. We will actively pursue more educational programs once our recruitment task has succeeded in building the team roster. Thanks to David Dixon, Don Gibson, Larry Mervine, Tom Russo and Melissa Smith, for pitching in with PR committee work.

On the Right Track

by Mary Berry

Recently, the canine unit has been re-evaluating our air-scent mission ready standards. The original standards were put together by the canine committee, comprised of Mickey Jojola, Jim Calahan, Catherine Wambach, and myself as dog handlers. Standards used by other teams around the country were evaluated, and as you can imagine, they varied tremendously. We developed some standards that were definitely on the high end of those we were comparing. Well, it's been a little over a year now, and we have decided that our air-scent dog standard needs some work.

One of the primary problems is that the search area is 160 acres, with a time limit of 4 hours. The canine unit has found that, in our typical terrain, it is not possible to cover the area in that amount of time without having significant "holes". Also, if the dog indicates scent in an area, but then loses it, there is not enough time to thoroughly re-cover that area.

Another problem has been that it is IMPOSSIBLE to find a 160-acre area that is uncontaminated with other human scent, ie. Innocent bystanders such as hikers, mountain bikers, etc. For an air-scent dog, the search area really needs to be free of all human scent except for the subject.

So, as a result, rather than increasing the testing time, we decided to try decreasing the search area. On Sunday, August 30, we tried a "mock" test for Mickey and "Jake", using a 40 acre testing area. We drove down David Canyon all the way to the Isleta Indian Reservation boundary line to hopefully be far enough

away from any other people. Mickey and "Jake" did fantastic, finding the subject in only 15 minutes. In some ways, this was a bad thing, as it didn't give "Jake" the long training problem we had planned. "Jake" was partly able to do such a fast job because of the search plan that Mickey used (good search plan!) After the find was made, we decided to continue searching the area as if the dog were still working. The search area was very dense in some areas with Scrub Oak, and a moderately steep hill was in the center of the area. We found that we covered the area pretty well, with a few small "holes" in 2 hours.

To further evaluate, we plan to do the same exercise in a few other areas before changing the standard. For now, it looks like we will not only be reducing the search area, but also the search time from 4 hours to 3 (?)

After the search problem exercise, we went out to breakfast at the Ponderosa restaurant. Special thanks to new prospective members Steve Meserole, for hiding for Mickey and "Jake", and Terri Prichtel for joining us. Anyone is always welcome to come with us on trainings!!!

Mickey and I are still tentatively planning to have our annual fall retreat. A date has not yet been set. We would like to do it, but won't if it's just the two of us. Anyone interested???

Web News

by Tom Russo

I would like to remind everyone that training resources exist on the website; there are handouts for some past trainings, links to resources provided by other organizations, and as Mike pointed out above, evaluation checklists that are used during evaluations for our certification program. Members are encouraged to download these items to assist in preparing for certification. Now I am aware that not every Cibola member has entered the 1990's yet, and some folks can't get at the Web. If there is anyone in that set who needs to get at the website, many of us who *do* have access would be delighted to help you get the information you seek.

Instructors: if you wish to develop a training handout for trainings you wish to lead, I can help you turn it into a web resource. This has the advantages of making the handout available before you go out and Xerox it, possibly decreasing the number of copies you have to make, makes it part of the team's training archive, and it looks neat, too.

Remember to check out our "Other Interesting Web Sites" page now and then. There are some great links to other teams, especially those with training resources. David Dixon has been looking around for some more sites, so look for this page to grow soon.

NMESC Notes

by Nancy O'Neill

The '99 ESCAPE is shaping-up with Soccoro in the lead position. They have offered us the best facilities and prices, so far. If you would like to help me in anyway, shape, or form (i.e. instructors), please let me

know.

The Mock Search at Philmont on September 19th and 20th is still on. There will also be a PACE Evaluation happening on Saturday; for more information on this, call the PACE hotline at 505-388-5493. Kay Sinclair is still taking reservations for the Mock Search, so if you'd like to see Northern NM at its best, call her between the hours of 9am-9pm; contact me or Mickey if you need her phone number.

Special Notes

Remember that CSAR requires PACE certification for field responders. There are two evaluation sessions coming up. You must call the PACE hotline at (505) 388-5493 to register and receive your study materials. -- *submitted by Tom Russo*

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 3, Issue 8
13 August 1998
Editors: Tom Russo, Mike
Dugger,
and Mickey Jojola

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Larry Mervine

Mission 980513 started as most missions do, with the pager beeping early in the morning. Do I really want to get up? Besides too many things to do and someone else will go. Well, I guess I'll go and spend about four hours and then go home. Besides they said it was attempted suicide and the subject does not want to live, why should I care? The base camp was at the turnout just before Sandia Ski Area. It had rained heavily the day before and the sky was still cloudy and the temperature was cool. We were told at base camp the subject was having personal problems. Also was shown a note book with pages of a person looking for answers. The last page clearly stated the subject had decided that ending her life was the best solution.

At base camp we were sent out looking for areas from which a person might jump. Three teams were sent out into the field. The terrain was very steep and wet from the rain, making footing hazardous. After about 45 minutes Team 2 spotted a rocky cliff area and was traveling in that direction. I was on Team 3, I could see Team 2 search around the rocky cliff area. Team 1 was also approaching the area Team 2 was searching. Both teams had been calling the subject, but were getting no response. Then suddenly just a few feet from Team 2 a response was heard. The subject later said she had come to this spot to end her life. What made the subject finally respond? The subject could not answer that question. Team 2 spend 45 minutes with the subject and listened her problems. Then Team 2 members said it was time to go, and the subject agreed to come with them. Who were these compassionate Cibola team members? Ryan, Jason and Mike. The Incident Commander, Gary Williams said we could be proud that we saved a life today. So when we see Ryan, Jason and Mike, let's tip our hats and say thanks for a job well done. We never know what to expect when we respond to a call, maybe we'll save a life.

See you out there.

Boots and Blisters

Hike of the Month

David Canyon

0730, Aug 29, 1998

Trailhead: Starts on private land-see description for meeting place

R.T. Distance: 7.5 miles

Elevation Min/Max: 6860/7640

Hiking Time 4 hours

Hazards:

Topo Maps: Escabosa Quadrangle



Since this hike starts on private land and crosses over a portion of the Isleta Reservation, Cibola SAR members must join us on Saturday, August 29 in order to access the route. Meet at 7:30 a.m., Saturday, August 29 at the fire station on South 14 (not the fire station on rt. 66). From I-40 take exit 175 (Tijeras/Cedar Crest), bear right on the exit ramp until you come to the four-way stop at Tijeras. Continue straight on 337 (south 14), for about ten miles. The fire station will be on your left. I'll meet you there and drive another two miles to where we will begin the hike. I'll wait until about 7:45 to leave the fire station. Climb the top of the ridge to the boundary of the Isleta Reservation behind the Apple Valley neighborhood then drop down into Lujan Canyon, pass the end of Carolino Canyon, then drop into Largo Canyon. Through Lujan and Largo

Canyons the route follows the old dirt road that eventually drops all the way to the Pueblo of Isleta in the valley to the west. From Largo Canyon travel north into David Canyon, crossing back onto National Forest land. Follow David Canyon to one of the trails leading out of the canyon up to Raven Road or the Mars Court parking area.

Mini Lesson -- Topo Map Reading

by Tom Russo

This minilesson is mostly a re-working of the training handout that Mike Dugger and I used for our land navigation training in July; while the by-line above shows only my name, I would like to acknowledge Mike's role in preparing that handout. The training went well, at least from the point of view of the instructors, but pointed out to us that there is a strong need in the team for intensified practice in topographic map reading.

A quick overview of the training might be helpful here. We met for a little more than an hour and had a classroom presentation of basic information about map and compass use, and then we drove over to Bear Canyon trailhead to do a field exercise. The field exercise began with participants dividing up into teams and using *resection* to find their initial location. Once this was done teams were shown a map of the area on which we had marked certain locations. The teams had to use their knowledge of where they were,

their maps and their compasses to navigate to the marked locations and find markers we had placed there.

Surprisingly, the most difficult part of this course appeared to be the resection exercise. Specifically, most of the problem seemed to stem from members having trouble associating the terrain features in front of them with the squiggly lines on the map --- without being certain that a given squiggle is a given hill, it is rather difficult to pinpoint your exact location.

The purpose of this article, then, is to highlight some aspects of topographic map reading to help you think about the problems inherent in using these maps in the field.

Map Skills

Map symbols

I have not yet obtained publisher's permission to reprint the table of map symbols which I used in our training handout, so I'm not including it here. But better than that figure is the US Geological Survey pamphlet "Topographic Map Symbols," which may be obtained for free wherever USGS maps are sold. I highly recommend getting a copy for your map kit.

Topographic Maps, contours, and feature recognition

Elevation features are described on maps by use of contour lines. A contour line on a map is the line you would trace out on the terrain if you were to walk along a path of constant elevation. Making the mental translation from contour lines on a map to the terrain around you takes practice, and this article cannot possibly be a substitute for that practice.

Put simply, here's how some commonly observed terrain features translate into contour lines:

- Hills - closed curves of decreasing size. Inner curves are at higher elevation than outer curves, and the peak is within the innermost curve.
- Valleys - these appear as a series of "V" shaped curves. The point of the "V" always points toward the head of the valley, and when there are streams in the valleys the "V" points upstream.
- Saddles - The space between peaks can be recognized by its hourglass shaped contour lines.
- Gentle slopes - slow rises in elevation over a long horizontal distance are represented by widely-spaced contour lines.
- Cliffs - since they represent dramatic changes in elevation over a short horizontal distance, cliffs are represented by closely-spaced contour lines.

Here are some examples of how terrain features are translated into contours, taken from a USMC training manual:



Fig. 35(1)



Fig. 36(1)



Fig. 37(1)



Fig. 35(2)

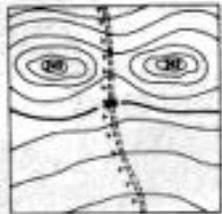


Fig. 36(2)

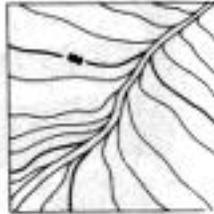


Fig. 37(2)

Common Pitfalls

Now that we touched on the easy stuff, it's time to consider the things that we didn't cover in the classroom portion of our training, and which were obviously a problem for team members participating in the training.

One tendency we observed --- and not just in the participants, mind you --- was an eagerness to identify little crosses and elevation markings on the map with prominent pointy things in the field. By doing so, some of our teams managed to "pinpoint" their initial location in a triangle with an area of about a square kilometer, the nearest corner of which was as much as a kilometer away from the true initial location. One might reasonably consider that to be insufficient accuracy. The problem here is in trying to identify a single point on the map to a single point in the world, without considering all the additional shape information that the topo map is providing. In one particular instance, team members were claiming that a particular elevation marking on the map was the highest nearby hill, without noticing that the elevation marking in question was clearly surrounded by contours of higher elevation, meaning that the marked point was really just a knoll on a spur on the side of a much larger hill --- in fact the hill they were trying to identify with that point was a good 200 feet higher in elevation.

Another pitfall caught some of the participants: sometimes a big, prominent hill makes a lousy landmark for a resection exercise. How can that be? Well, if the hill in question is close, relatively flat at the top, and pretty tall then the "peak" you're looking at might not actually be the spot marked with an X on the map. This is because the true peak might be obscured from view, or might be too subtle a "peak" to be detectable (e.g. a 40 foot high knoll in the middle of a 1000 foot circle of relatively flat, tree covered hill). The problem in this case can be avoided by comparing the shape of what you're actually looking at with the contour lines on the map --- seeing that the terrain surrounding what you're calling the "peak" does not have the same shape that the map says it should would be a good indication that you're looking at a different part of the hill than you might have guessed.

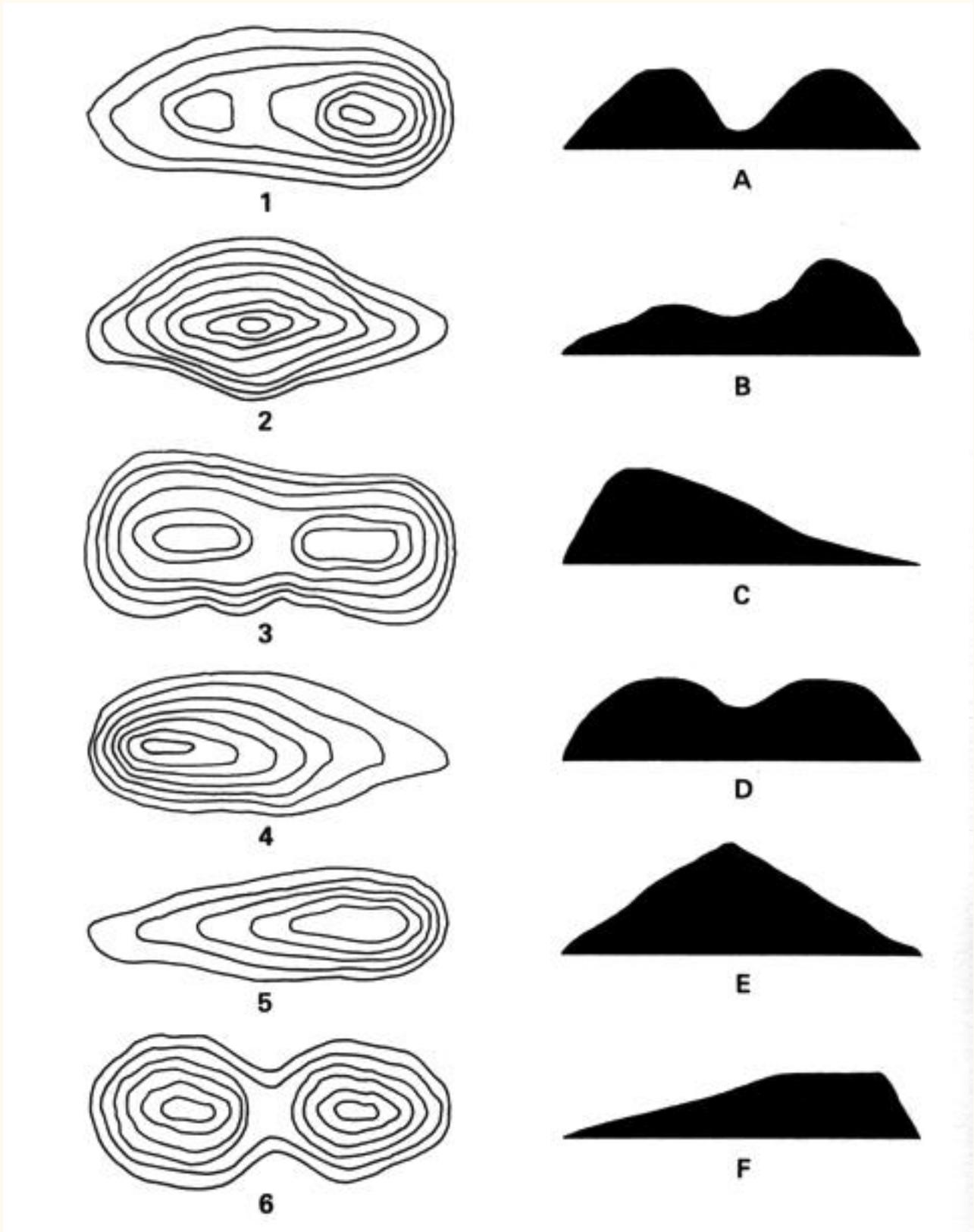
A further error we observed was in attempting to identify really neat curvy bits of contour lines with terrain features --- the base of a spur, or the mouth of a draw would be good examples. The problem here is that it's rather difficult to pinpoint such an indistinct terrain feature: they tend to be at points where the mountain is flattening out, and so are more "area features" than "point features" and what looks like a nice sharp "V" on the map may not be so distinct at the base of the hill. Remember that it's hard to see contour lines in the real world --- perhaps others have better eyesight, but as far as I can tell God drew them in in disappearing ink.

When reading a topo map, try not to look at the terrain around you and make quick identifications of peaks. Rather, look at the map and try to reconstruct the vertical shape of the terrain and match *that* to the things around you.

In a future minilesson, possibly in an alternate universe where there are 27 hours in a day, I would like to print up photographs of some of our training areas and corresponding sections of USGS quadrangles. But in the meantime, try to get in the habit of bringing a good topo map along with you when you stroll around familiar areas of the Sandias. Practice reading the shape of terrain from the contour lines in addition to trying to pick out familiar peaks. It's harder than it sounds, and sadly a written, sparsely illustrated lesson cannot do the subject justice.

Self Test on Topo Map Reading

Now that you've seen how contours relate to terrain features, try this self-test. Match the contours on the left with the terrain on the right.



Public Relations

by Susan Corban

You can get tied up in a litter, make little children squeal, gather statistics or go to camp--all in the name

of CSAR PR.

The PR committee is getting off to a new start. By the time this goes to press we'll have met and assessed our resources, set some goals, brainstormed community contacts, and discussed new member recruitment. We can use everyone's input, however. If you know of a corporate program or a special event in the community where Cibola could make a presentation or staff an information table, let us know. Or, if you have a school or scout contact, we'd be happy to pursue the lead. We'll also be developing some new materials such as outdoor tips for parents and a presentation for adults.

On the afternoons of Saturday and Sunday, August 22 and 23, Cibola will staff an information table and present canine search demonstrations at the East Mountain Rendezvous. Mary Berry, David Dixon, Terry Hardin, Mickey Jojola and Ellie Robinson have all volunteered. Thanks! Look for the "orange-wear" section in the outdoor displays next to the Mounted SAR folks. There's room for more, if you can give us a couple of hours.

In an effort to attract UNM students, staff and faculty to search and rescue work, we'll staff a table at the University's Community Service Day. Friday, August 28 from about 10:00 a.m. to 2:00 p.m. we'll join the University's Welcome Back Days. Let's see if Ryan, Jason and Don E. have any colleagues with the same enthusiasm and dedication.

Bronze Boot

by Mike Dugger

I would like to nominate Ryan Jackson for a bronze boot award. Ryan's cool composure and excellent communication skills during the mission where we found the potential suicide subject contributed directly to the successful outcome of that mission.

Web News

by Tom Russo

At long last I've got the new database for mission logs on-line. If you're a member, you can check them out under "Experimental Mission Logs Database," and soon the old "Mission Logs" link will turn into an "Old Mission Logs" link. The new setup keeps track of who attended missions, so when you call up a member's record you also see the missions they've attended, and when you call up a mission you see who went on it.

Classified Ads

(20 words maximum, no services)

Tubbs snowshoes, \$80; Atlas snowshoes with case, \$80; 2 pair Smith goggles, \$30 each; REI Bivy, Ex. Cond.; \$50, REI bivy, Good Cond., \$30; 2 Petzl rock helmets, \$30 each; Petzl headlamp with 3 batt., \$30; Mil. Surp. Backpack, 6900 cu. in., \$100; 1/2 size Thermarest pad, \$20; All prices firm. Contact John Mindock, 520-663-6086 or mindock@theriver.com

Radios: Motorola portable, 5 watt, 2 batteries, charger, \$300; Uniden portable, 2/5 watt, 2 batt., charger,

\$300; Midland mobile, 35 watt, antenna, mike, \$300; Johnson mobile, 50 watt, antenna, mike, \$350. All prices firm. Contact John Mindock, 520-663-6086, or mindock@theriver.com.

Garmin 38 GPS with case. \$60 firm. Contact John Mindock, 520-663-6086, or mindock@theriver.com.

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the Editors

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Volume 3, Issue 7
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LOST ... and FOUND

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"That Others May Live..."

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Top of the Hill

by Larry Mervine

While browsing the Internet, I found A Search and Rescue book by Chris Weddle. I selected some statements that are important to us as a team. Whatever your personal values, reasons or goals as a Search & Rescue Volunteer, one thing is of paramount importance. Human life is at risk. The subject's life, the lives of other team members, and your own life all hang in the balance of collective performances, and pure dumb luck. Regardless of what drives you, you must temper your personal concerns with the sole benefit of the subject's. Individual egos must be kept in check, and at times sacrificed to the absolute necessity of the team effort.

We each manage the risks we face by our actions to them. Our mistakes add to the dangers. Our collective expertise in different areas serves to control the danger we face as individuals.

Your level of commitment will determine not only how well you perform in the field, but also how long you will last in the business.

You do need to engage in a continual course of development in wilderness skills.

Search & Rescue requires team work, plain and simple.

Supporting your team: No volunteer is ever required to respond to a given call. But every volunteer is expected to respond as frequently as they are able. Defining what "able" means can get tricky. You must

find a balance between your commitment to Search & Rescue and the rest of your life. Missing a great many calls outs because you're busy with other hobbies is a good signal that Search & Rescue is not where your interest lay. On the other hand becoming a stranger to family & friends because you're always off doing good deeds can be very damaging to interpersonal relationships. Neither extreme is acceptable.

I hope these words get you thinking about your level of commitment to Cibola Search & Rescue.

Boots and Blisters

by Mike Dugger

The last training was a mock search and area search techniques training at Cedro Peak on Sunday, June 14, 1998. Nine members participated in the training. Mike Dugger laid out the clues and acted as Operations Section Chief, and Don Gibson acted as our Incident Commander. The scenario was an Alzheimer's patient who had wandered away from a group at the Cedro Peak campgrounds. He had water and some snacks (pretzels), and was last seen going out for a short hike on the area trails. Two teams were formed and sent to first search for clues in hasty mode on trails in the area. One team found footprints matching the subject's boot, and followed them on a trail for about three-quarters of a mile to a location where a water bottle had been dropped. Near this area, the trail of footprints (and pretzels) continued off trail for about a quarter of a mile. The team followed the trail of clues to the "subject," which was a T-shirt and shorts laying in a group of trees. Both teams got some practice looking for clues along the trails and areas just to the sides of the trails, as well as following tracks. In summary, the tracking portion of this training was too easy for our members. We'll make it tougher next time!

The next training will be on land navigation, and we're planning an exercise that should be a lot of fun. This training will be conducted similar to the way orienteering competitions are run. There will be markers placed in the wilderness, and participants will be given maps showing the location of the markers on the map. Participants will have to navigate to each of the markers, and then do something at the marker that will prove that they found it. This training will make use of many land navigation skills, such as using declination to calculate headings, following bearings, performing a resection (to determine position) and terrain visualization. It's not as easy as it sounds! We'll start with some classroom time to help everyone brush up on these skills before we do the field exercise.

The hike of the month dates would have coincided with the planned date of the Summer Bivy. The hike of the month will return in August.

Who's Who and New

by Mickey Jojola

Well this month has been rather slow on the search side of things but busy on the administrative side. We have two new members who have received their orientations this month: Ryan Snyder, who is also a member of Socorro SAR, and Gene Mortimer. Let's welcome these new prospective members and help them out in trainings and in the field. If efforts to recruit new members are successful this summer I will

look forward to many more orientations. Good luck in the field!

Gearing Up

by Mike Dugger

I have some "consumable" items available for distribution to members. Currently, this is just trail tape, AA batteries and earplugs. I'm working on flares, latex gloves, and other types of batteries used by our members. I am also acquiring MRE entrees and sides for use by our members while on missions.

The case for our Evac-U-Splint came from the manufacturer with only a simple handle at one end for carrying, much like you would carry a brief case. This arrangement is very awkward, and it is tiring to carry the Evac-U-Splint on trail by this handle for any length of time. During the basic litter-handling course that Scott Pierce and I conducted at the last ESCAPE, Larry Richardson offered to modify our Evac-U-Splint case so that it could be carried more easily. Larry has sewn some straps and buckles to the bag so that it can be worn like a backpack, or strapped onto a backpack. This should make it much easier to deploy the Evac-U-Splint when someone must carry it to the subject. I want to thank to Larry Richardson for donating his time and some materials to improve this piece of equipment.

Coming Attractions

by Tom Russo

Look for new hikes of the month starting in the August newsletter. If you'd like to write up a hike of the month, please let me know at least two months in advance. We will also be needing new authors for minilessons. Please contact me a month in advance if you have an idea for one. The deadline for newsletter submissions is the first of the month in which the newsletter is to be published.

On the Right Track

by Mickey Jojola

As the weather gets warmer and warmer this summer it will be very necessary to keep plenty of water handy for the SAR dog. Don't forget the household pets either. The heat can be very hazardous to all animals if there isn't adequate water available. Both Mary and I have been working diligently at training the dogs despite the warm weather. In general we work on Wednesday evenings and try to do two weekends a month. We are both looking forward to getting into the field with the dogs so we can really make a difference. Anyone interested just give either me or Mary a call. Happy searching.

Web News

by Tom Russo

The web pages have been somewhat stable for the last few months. We continue to get positive comments from visitors. As always, I am open to suggestions for new information to include on the site, and I am still looking for someone to help out with the design of the mission record and training record parts of the database. These two features should definitely be added to the web-based database, so that there is a platform independent, centralized cite for this information.

Pager Codes and Procedures

by Susan Corban

This article will explain what numbers and codes appear on our personal pagers and basic related mission call out procedure. For those without pagers, the Contact Paging office at 10820 Central SE (between Eubank and Juan Tabo) in Albuquerque will program team members' pagers to receive search and rescue group pages.

The Basic Call-Out Procedure

There are two Cibola SAR-owned pagers. At all times two team members carry these pagers in anticipation of call out for missions. These members are referred to as Pager #1 and Pager #2, and are scheduled on a monthly basis. Any active team member may sign up for pager #1, but pager #2 is selected from a group of designated gear handlers who will be responsible for getting all of Cibola's gear to the mission.

To initiate a search, incident command staff will designate a logistics contact person (usually ARES), who then performs team call out by paging the team group pager number; this page shows up on all team members' pagers, but it is not intended for everyone to return the call! One of the Cibola members operating the team pagers will send a group page indicating that the page from logistics is being handled. The member handling the call will talk with logistics to obtain mission information, including type of mission and directions to base. This person will record the relevant information on the Cibola Hotline for members to access.

What appears on your pager when a mission is called

When a mission is initiated, several pages in a row usually appear on Cibola members' pagers. The first is possibly a page from logistics indicating that a mission is being called. The next page will be from the Cibola Pager #1 or #2 giving notification that someone is handling the call for a mission. This should appear as the phone number of the person taking the call, followed by -111 or -222, indicating whether it's Pager # 1 or 2 taking the call. If another team member is handling the call out for some reason, that person's phone number should appear, followed by -333. This notification prevents duplication of efforts.

Next, after the Cibola member taking pager duty has time to obtain the mission information, the Cibola group page will be activated, telling everyone that there is a message on the Hotline for a mission. This will show on your pager as the Cibola Hotline number followed by -911. The phone tree is also thereby activated for those without pagers. There should be a delay of no more than about fifteen minutes before the Cibola group page and Hotline are activated if a search is initiated. At this time, members should leave a message that they're on their way and continue to check for updates on the Hotline. Those at the top of the telephone tree also respond to the Hotline, indicating activation of their branch. The person handling the call-out monitors the Hotline messages to determine the number of volunteers, that equipment is being transported as needed, and to ensure that all phone tree branches are activated. This information is relayed back to logistics by the person with pager duties. If a branch of the phone tree isn't

activated, the pager handler will contact that branch or make arrangements for contact.

Other things that appear on your pager

Updates frequently occur after a mission has been initiated. Examples are changes in incident base or directions, or a call for more volunteers. A group page may or may not occur for updates. Information changes are indicated by the Hotline number plus -411. If a mission is imminent, but tentative or not yet official, a group page with the Hotline number plus -321 will appear. The Hotline may indicate a time frame within which a mission will possibly be called. Access the Hotline for more information. When a mission is concluded, a group page will appear as 1022 and the Hotline will be updated.

Occasionally, someone will conduct a test on the Cibola group page. This should appear as a series of ones, such as 1111 or 111-1111.

All group pages show on your pager as "1 page," then "group 1," followed by the numeric message keyed in by the caller. And, of course, mistakes are made and occasionally things may not fall into the pattern prescribed by pager procedures. However, members should always be able to determine the mission information needed, and that's what counts.

In summary, the following codes should be familiar to all members.

Hotline - 911	Yellow alert or mission, an official call out from incident command
Hotline - 321	Mission being started, no official call out yet
Hotline - 411	Information or administrative message
phone no - 111	pager no. 1 is handling call from logistics
phone no - 222	pager no. 2 is handling call from logistics
phone no - 333	other team member taking call from logistics
1022	mission finished
1111,111-1111,etc. (all ones)	test page

Classified Ads

(20 words maximum, no services)

FOR SALE 1992 Jeep Cherokee Laredo, 4-door, LOADED: 4.0 L., 6-cyl. engine, AT, Selec-Trac xfer case, AC, PS, PB, CC, AM-FM radio/cassette, pwr windows and door locks, fog lamps, fact. alarm sys, skid plates, Class 3 trailer tow pkg., hvy-duty rad, alt, and bat, frt tow hooks. Ant. mounts and cables for four radios. 103 k miles. Meticulously maintained. Runs like a new Jeep. Call Larry at 275-1201. Asking \$7,500.

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 3, Issue 6
11 June 1998
Editors: Tom Russo, Mike
Dugger,
and Mickey Jojola

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Larry Mervine

Search and Rescue is not the place for egotists or those weak in character, nor it is the place for those seeking popularity and fame. Rather, Search and Rescue is for those who have a unique desire to help others in need regardless of personal gain. With this in mind I thank you for giving me the opportunity to lead Cibola Search and Rescue. I hope to live up to the above philosophy. Below I listed the goals for the next six months. With your help we can achieve them.

I am committed to increasing our level of professionalism. To be a professional SAR person, we must be proficient and competent in what we do. To this end we will continue the implementation and improvement of our certification program.

To help new members who join our team and to remind us old members how we operate, the membership guide will be complete and passed out by the end of this summer.

During the last four years many people have attended team meetings. Some have joined and now are gone. We need to focus on a continuous recruitment program of serious professional members. I ask for your support when recruitment activities are planned.

Last and so far this year there has been a decrease in missions. It is important that each member has their own physical fitness program. Maintaining a regular program of physical conditioning will give you a head start toward coping with stressful emergencies in hostile environments. Rare is the search done in perfect conditions. Also, worse than being in poor physical condition during a search and rescue mission or survival situation is not realizing that you are unfit. Maintaining a regular physical program you will know the limits of your physical condition.

See you out there.

Boots and Blisters

by Mike Dugger

The training event for June will be a mock search. The event will begin at 8 am on June 14, at the Cedro Peak campgrounds. Directions to training base are: from the 4-way stop in Tijeras at old US 66 and NM 14, go south on old NM 14 to Juan Tomas road. Turn left on Juan Tomas, and then another left at the "y" in the road to the campground. We will begin at the parking area just beyond the campground.

Our scheduled training topic for June is search techniques, so this will be factored into the search scenario. Please bring your usual search pack, and be prepared for anything, including hasty search and litter evacuation. Please arrive 15 minutes before the training so that you can get your gear ready and we can begin the training on time. Please note that those who arrive more than 15 minutes late for the training will not receive credit for the training.

Hike of the Month **Tunnel Springs and North Crest Trail** 0730, Jun 27/28, 1998\01998

Trailhead: Tunnel Springs near Placitas

R.T. Distance: 10 miles **Elevation Min/Max:** 6200/8600

Hiking Time 5 hours **Hazards:** The Usual

Topo Maps: USFS map of the Sandias



Ed Note: This is a rerun of the September 1997 HOM, as there was nobody available to write a new one for us this month. Members willing to write one of these for future hikes of the month are encouraged to contact the newsletter editors. On the way to the trailhead, you'll pass Quail Meadow Road. FYI - this is an alternate route to the Strip-mine Trail (not a part of this hike). You'll also pass the Agua Sarca trailhead, which is also not part of this hike, but a likely search route for missions in this area. Start by going south from the parking lot. A few feet out, there will be a gray wilderness sign. This is the bottom of the Del Orno route, which meets the North Crest trail. This route is very steep and rugged, and has some unsafe conditions. I have excluded it from this hike, but it would be a likely assignment for a search. Proceed east along the well-defined

North Crest trail. Along the way be sure to pause and enjoy the scenic vistas to the west, north, and east. About 1.5 hours out, at (369.6, 3905.1) you should see the top of the Del Orno route as it drops into the arroyo on your right. An hour later you'll be at the junction with the Penasco Blanca trail (368.9, 3902.8). If you wish, go down that trail a few minutes and you'll see the white cliff formation that gives this its name. (It's also called the 'Great Wall of China'). Then return the way you came. Incidentally, many people drink the spring water near the parking lot. Still it would be advisable to treat it first, as you should treat any water in the Sandias.

Mini Lesson

by John Mindock and Mike Dugger

ORIENTEERING - PART 3

This lesson will describe an orienteering compass and its use in the field.

Compasses In General

The earth has a magnetic field surrounding it. In the Northern Hemisphere, a magnetized needle will point to the Magnetic North Pole, which is somewhere in Canada above the Great Lakes. A compass uses that phenomenon to help us determine our direction of travel (heading), as well as directions to visible landmarks (bearings). There are many types of compass, ranging from the prizes in cereal boxes to scientific gyroscopic devices. The orienteering compass is recognizable because it has a rotatable bezel, which alleviates the need to have the map facing the exact direction as the land it portrays.

The Base Of An Orienteering Compass

The base of an orienteering compass is a rectangular piece of transparent plastic. On the ends and sides, there are often scales of inches, miles, etc. that relate to the common scales on maps. A certain distance on the map is equivalent to an actual distance on land as determined by the scales. On the base is an arrow, called the *direction of travel* arrow or DOT. The DOT is used to depict where you are going or where you are pointing the compass.

The Bezel (Dial)

This is a raised circular transparent mechanism having marks on the edge representing the number of degrees. Inside its perimeter is a set of parallel lines. The middle line among these has some sort of arrow, pointing to the north mark on the edge. Let's call the middle arrow the *northward* arrow. Inside the bezel is the magnetic needle, with one end which will point to Magnetic North. It is suspended at the center and is usually balanced so it doesn't rub against the bezel. The bezel is also usually filled with a liquid to damp the motion of the needle, so that it settles quickly after some disturbance.

Holding A Compass

The proper technique for holding a compass depends upon what type of compass you have. For an orienteering compass without fold-up mirror or any other sort of sighting mechanism, the best method is to place your elbows comfortably at your sides, and keep them against your sides. Raise your forearms to the horizontal position, and lay the compass in one hand, supporting that hand with the other. Make sure to hold the compass squarely, so that the DOT points directly away from you. In order to get consistent readings from the compass, it is important to re-create this position faithfully. Turn your whole body to

modify the direction you are pointing, rather than moving your hands or arms. For obvious reasons, you need to keep metal objects such as belt buckles, knives, and pens away from the compass. This may require that you extend your arms to hold the compass (I guess you could take your belt off, but that has some disadvantages).

A sighting compass must be held up to your eye so that you may look through it. Some of these have a folding cover with a mirror on the inside. When used, the cover is opened to tilt above the bezel, and there is a notch on the cover for sighting. The idea is to look at your target through the sighting notch, and use the mirror to see when the magnetic needle is properly in place. Make sure to hold it as level as possible so the needle doesn't drag, and that any alignment marks such as lines on the mirror or notches on the bezel are properly lined up.

Calculating A Heading Or A Bearing

Point the DOT arrow in the direction you are travelling. Twist the bezel until the red portion of the magnetic needle is lined up with the northward arrow of the bezel. Your heading is the reading of degrees on the bezel's edge that lines up with the DOT arrow, or a tic mark on the bezel's edge. The word *bearing* is used to describe the direction to a landmark, which may not be the same as your heading, which is the direction you are actually travelling.

Calculating A Back Bearing

Since a bearing is the direction from you to some landmark, a *back bearing* is the direction from the landmark back to you. It is easily determined from your bearing by simply adding or subtracting 180 degrees. Depending on what's comfortable for you, an alternative way to determine back bearing is to simply use the bezel. Twist the bezel until the southward-pointing end of the magnetic needle (usually black or white) is line up with the northward arrow of the bezel. The reading which is now indicated by the arrow or tic mark on the bezel is the back bearing.

Accuracy

Deviation in readings can come from multiple sources, even in the absence of error-inducing metals in the environment. The act of pointing the DOT arrow at the landmark, the slight variation of the magnetic needle when lining it up with the northward arrow, and the actual reading of the small numbers on the bezel are the most obvious factors. It is not uncommon to notice differences of five degrees between individuals who are comparing readings. The combination of a quality compass, careful technique, and some practice can improve the accuracy of readings.

EXERCISES - ORIENTEERING PART 3

1. What sorts of markings are found on the base of an orienteering compass?
2. What sorts of markings are found on/in the bezel of an orienteering compass?

3. What is the meaning of the phrase back bearing?
4. What are some causes of variations in readings?

FIELD EXERCISES - ORIENTEERING PART 3

1. Use your orienteering compass to take bearings and back bearings on various landmarks. Try to look in all quadrants (0 - 90, 91 - 180, etc.). Do each set three times and note any variations in readings.
2. Here's a simple test to get a feel for the combination of inaccuracies in your compass, your ability to read it, and how accurately you can pace off distances. The basic idea is to walk an equilateral triangle. This triangle has all sides of equal length, and 60 degree internal angles. In an open area, mark your starting point with something, like a piece of trail tape. Take a bearing on a distant landmark and walk that bearing, while counting paces. After some distance, say 100 steps, stop and take another bearing 120 degrees from your initial bearing (this is the external angle on the equilateral triangle). Walk the new bearing for the same number of steps you did the first time. Then, take a final bearing 120 degrees from the one you were just walking. Walk along this final bearing for the same number of steps as in the first two legs. Make sure to turn the same direction that you did the first time, or you will be walking away from your starting point. After you have paced off the proper number of steps, how far do you end up from your starting point?

Who's Who and New

by Mickey Jojola

Well it may be a little late but give Don E. Gibson a big hand, since he has made the cut (so to speak). Don E. is our newest active member. Congrats Don E. And now on to other business...

We are at the end of another 6 month period. If you haven't completed your 2 trainings yet then you have one last chance on June 14th. Letters will be going out (you should have received them before the meeting) informing people of their call-out status. If you have any questions please feel free to give me a call.

At this time there are no new prospective members ready for orientation. If there is anyone ready for orientation give me a call and I will be glad to get on it.

Public Relations

by Susan Corban

Don Gibson, Mickey Jojola, Jake and Susan Corban met with third, fourth and fifth graders on Thursday, April 30 at the Edmund Ross Elementary School in northeast Albuquerque. These kids had a great time and so did the presenters. In two separate presentations, they learned what to do to keep from getting lost in the first place. Staying where they can see others, hiking between grown-ups, and playing within

parent-designated boundaries (this big rock, those trees) were the main points of staying found. The next message to the kids was to stay put if they find themselves lost or alone. They learned what cool gear to carry in their packs each and every time they go out camping or hiking.

While we entertained them with stories, Jake was their favorite presenter. He barked, wagged, and modeled his orange-wear for the kids. They know that dogs and people in uniform are searchers and "safe strangers." We fielded questions from the predictable to the weird. What do you do when you wake up and there are five snakes in your sleeping bag? Personally, I'd freak out and go find a bear to hug Seriously, we did find that many of the kids had been given misinformation and it was good to set the record straight. Now that we've tried this, we all said it would be fun to do again.

If you have a school connection or some scouts or other kids in your social network, let's arrange another visit. If anyone is interested in joining these efforts, the presentation outline is all on paper.

NMESC Notes

by Mickey Jojola

Just a quick update on upcoming events with the ESC. There will be a mock search up at Philmont in October, so this is your chance to see if they will make the grade as far as future ESCAPEs. There will also be a helicopter school in either October or November. We look forward to seeing you at these functions. We are having an ESCAPE debrief on June 20 at the Tijeras Sheriff's office. If you have any suggestions or comments please feel free to contact me and I will relay the information.

Classified Ads

(20 words maximum, no services)

1992 Ford Explorer XL, 5-speed, cruise, 4WD, AC, seat covers, good condition, ~85K miles. Original owner. \$9800. Contact John Stephens, 323-9523.

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 3, Issue 5
14 May 1998
Editors: Tom Russo, Mike
Dugger,
and Mickey Jojola

LOST ... and FOUND

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"That Others May Live..."

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Boots and Blisters

Hike of the Month

Bosque Peak via Bosque Trail and Trail Canyon Trail Loop

0800, May 23/24, 1998

Trailhead: Exit 175 from I-40, south on 337 (south 14) to SH 55 south to Tajique. From Tajique take FR 55 9 miles to trailhead. (see below for carpool info)

R.T. Distance: 6 miles

Elevation Min/Max: 7440/9610

Hiking Time 3.5 hours

Hazards: area laced with unmarked man-made and cow trails that can be confusing.

Topo Maps: USGS Bosque Peak, Capilla Peak or Forest Service Manzano Mountain Wilderness Map & Guide



Meet *at 0800* to carpool at Fire Station on So. 14 (marked route 337). The fire station is 9.7 miles south on route 337 (south 14) from I-40 exit 175. Bosque Trail is 2.2 miles from trailhead to Manzano Crest Trail (170). The trail begins as a wide, rocky path and quickly becomes steep. About 3/4 of a mile up, a switchback momentarily levels the trail. Then trail ascends up the north side of the canyon. Cave spring, a cattle watering spot, can be seen in the canyon bottom. A short distance from the spring a spur trail to the north lead to a cave in the canyon wall. Farther up the trail, large stands of oak and New Mexico locust divide the canyon into small meadows. The trail emerges into a larger meadow just below the Manzano Crest Trail (170) and continues southwest through the clearing. Turning south, it comes along the ridgeline. At this junction with the

Manzano Crest Trail is a half-section of private land that originally belonged to the Rea-Formwalt family. The old homestead cabin ruins are visible. Bosque Peak is to the east of the trail junction and can be accessed from either side in this open area. Continue south along the Manzano Crest Trail for about 2.5 miles to junction with trail 176 (Trail Canyon Trail) which descends through Canyon de la Vereda. Trail 176 is 2 miles long. Return on the gravel road to Bosque Trail parking area.

Mini Lesson

by John Mindock and Mike Dugger

ORIENTEERING - PART 2

This lesson will concentrate on declination and its role in land navigation.

True North

The north which applies to roads, section lines, and other topographic map features is based on lines that run between the geographic north and south poles (i.e., the ends of the line which represents the rotational axis of the earth). These are known as lines of longitude, and actually are "great circles" that all intersect at the poles. This so-called "true north" is depicted on the bottom of a topographic map as a line segment with a star atop it, representing the North Star's apparent location above the North Pole. For you nit-pickers Polaris, the North Star, does not lie *exactly* on the rotational axis of the earth but is off by perhaps a degree. It is possible to look up tables of the precession of Polaris around the Pole axis, and determine the correction to apply at any given hour, on any day of the year.

Magnetic North

The poles of earth's magnetic field do not coincide with the geographic poles - the northern magnetic pole is somewhere in Canada above the U.S. Great Lakes region. Thus, the magnetic north to which a compass needle points is not the same as true north. In addition, the magnetic field lines are not always straight between the magnetic poles, like the projection of a great circle of longitude is on the surface of

the earth. Magnetic field lines curve. The difference between where the compass points and true north is depicted on the bottom of a topographic map as a line segment with a half-arrowhead, displaced from the true north line segment by the appropriate degrees "declination," as described below. The earth's magnetic field is not particularly strong, and other objects which generate a magnetic field can affect compass readings, such as knives, belt buckles, radio batteries, watches, pens, railroad tracks, electrical lines, and so forth. There are also geological features that are magnetic, such as the Malpais volcanic deposits south of Grants and northwest of Ruidoso, New Mexico.

Declination

The difference between true north and magnetic north is called the declination. Technically, this is the angle between the geographic meridian and the local magnetic meridian. Since a compass points about 10.5 degrees eastward of true north in central New Mexico (as of today), it is labeled "east" declination. Said another way, our declination is 10.5 degrees east. The amount of declination has been decreasing slightly for the last few decades, so the declination listed on older topographic maps is larger (by as much as two degrees) than its current value. Trivia buffs may be interested to know that the earth's magnetic field can actually reverse over time, but this occurs at geologic time scales. Hopefully, none of our searches will last *that* long! For the rest of this document, we'll assume 10 degrees east declination to keep the math simple.

Translating Compass To Map Bearings

The following situation is typical. Searchers in the field determine compass readings to landmarks, relative to magnetic north, by sighting on them with their compasses. These readings need to be transferred onto maps, which have lines and borders parallel to true north. Imagine that you are walking along a fence or road that marks a section line, and points toward true north. What would your compass say? Since the compass needle will be pointing 10 degrees off to the east, you would conclude that you are walking a bearing of 350 degrees. But on the map, this direction is 0 degrees, or true north. Therefore, to translate the magnetic bearing determined from the compass to a map bearing, you would add 10 degrees to get 360 or 0 degrees, true north. The MAGnetic reading, PLUS DEClination, equals the TRUE or map reading. So, when working with east declinations, we add magnetic plus declination to get the map bearing. Equivalently, if given a bearing determined on a map with respect to true north, we would subtract the declination to determine what our compass should read relative to magnetic north.

A variety of algorithms, mnemonic devices, and formulas have been devised to help people remember whether to add or subtract declination. It is best to understand the concept, then pick any convenient contrivance solely as a double-check. You could visualize the lines of magnetic field pointing off to the east of true north (again, a function of our position on the earth), and imagine what your compass would read if you were following a section line, as in the above example. Those inclined to remember formulas could memorize $MAG+DEC=TRUE$. Yet another is "east is least, and west is best," indicating that one should subtract declination from map bearings to get magnetic bearings for east declinations, and add for west declinations. There are many others. Use whatever works for you.

Translating Map To Compass Bearings

In this case, you are asked to follow a heading of X degrees true north. You need to derive the heading relative to magnetic north so you can use your compass to follow it. Since in our part of the country $MAG+DEC=TRUE$ and $MAG=TRUE-DEC$, the proper heading to set on your compass is $X-10$. Of course you may need to make an adjustment (add 360) if $X-10$ is a negative number.

Grid North

There is one more direction reference at the bottom of a topographic map, depicted as a line segment with "GN" atop it. This is related to the UTM grid mentioned in the previous mini-lesson. The difference between grid north and true north depends upon which latitude you are at, and is less than one degree throughout New Mexico. GN is generally not referenced in SAR work (even when UTM's are used).

Exercises - Orienteering Part 2

1. What imaginary lines is True North based upon?
2. Where is the Magnetic North Pole located?
3. What is the meaning of "declination"?
4. 78 degrees magnetic is what number of degrees relative to true north, in central New Mexico?
5. 8 degrees relative to true north is how many degrees magnetic, in central New Mexico?

Coming Attractions

by Tom Russo

It's been a fairly hectic month here at Newsletter Central, and we apologize for this skimpy newsletter. I also apologize to those who didn't receive their April newsletters in the mail. I have these newsletters for you, and will be mailing them along with the May issue. I hope to have sufficient contributors lined up by June to make that issue a touch weightier than this one.

Public Relations

by Tom Russo

Susan Corban, Mickey Jojola (and, of course, "Jake") and Don O. Gibson gave a PSAR presentation to a group of third, fourth and fifth graders at Edmund G. Ross Elementary school. By all accounts it was a successful event, and we look forward to more of these in the near future.

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 3, Issue 4

9 April 1998

Editors: Tom Russo, Mike Dugger,
and Mickey Jojola

LOST ... and FOUND

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"That Others May Live..."

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Top of the Hill

by John Mindock

Training attendance

Typical mission: Your team walks up a trail for 2 hours. Some other team finds the subject. Your team goes home. No big deal. So why learn Orienteering, Litter Skills, and Search Techniques? And the skills in the PACE Field Certification? And why purchase and lug around so much clothing/gear?

Consider:

- Ladrones: no trails, thunderstorms in progress.
- Pecos: 16 hours in deep snow. Trails obliterated. Hypothermia-inducing temperatures.
- Rio Puerco: 3 days in hasty and area search modes over vast territory.
- Sandias: Overnight in snow and cold with hypothermic subject.
- Sandias: Litter evac of climber with severed artery.

On missions like those, YOU could be the critical resource. The 'hero' who saves the subject. The one whose skills decide the happy outcome.

On the other hand, maybe YOU are the one who didn't find the subject because you didn't understand how to perform the proper search techniques. Or YOU didn't feel like carrying the proper gear/clothing so your team cut short their assignment when the weather went sour. Or YOU couldn't remember how to attach a haul line to the litter, so time was wasted while the subject's condition worsened. Or YOU did not cover your assigned search area because you couldn't read the map properly.

Via a lot of time/effort from the instructors, the team presents monthly trainings covering the gamut of SAR topics. They are offered so you can perform competently during the missions where real SAR skills are needed. It is up to you, per your claim to be a SAR para-professional, to learn and practice those skills. It's the time to struggle with the concepts, learn by doing, perhaps failing, subsequently improving, re-trying, etc.

But our training attendance always consists of a core group of 'the same old' individuals plus a small subset of other members of the team. It's time to change that - let's see YOU out there at the majority of the monthly trainings. If you think this is too much to expect of a volunteer, or your lifestyle prevents you from giving the time commitment, maybe SAR is not an appropriate activity for you.

Boots and Blisters

Hike of the Month

Manzano Peak via Red Canyon & Ox Canyon Loop

0800, Apr 25/26, 1998

Trailhead: Red Canyon Campground. Exit 175 (Tijeras, Cedar Crest) from I-40, south on 337 (south 14) to SH 55, right (west) on 55 to the town of Manzano, Forest Road 253 6 miles to Red Canyon Campground. Trailhead at the far end of the campground.

R.T. Distance: 9 miles

Elevation Min/Max: 8000/10,098

Hiking Time 4 hours

Hazards: I hiked this in a blizzard with lightning a couple of years ago in May when it had been 95 degrees in Abq the preceding two weeks.

Topo Maps: USGS Capilla Peak, Manzano Peak, or Forest Service Manzano Mountain Wilderness Map



Meet to carpool at Fire Station on So. 14 (marked route 337). The fire station is 9.7 miles south on route 337 (south 14) from I-40 exit 175. Leave a car at the Ox Canyon Trailhead along the dirt road, then drive in second car back to Red Canyon Campground--if you choose, to save time walking back on the dirt road. This is the only way to make a loop hike in the area. Saves half an hour. Start up Red Canyon Trail from far end of campground (trail 89). Trail is called Canon Colorado on some maps. First 1.75 mi follow riparian canyon bottom, a few small waterfalls. After 1.75 mi trail crosses out of drainage onto ridge in ponderosa and fir forest. Opens from forest to meadow and aspen glades near crest trail. Views to east and west are spectacular. South on Manzano Crest Trail (170) 2 miles to Manzano Peak takes you past Ox Canyon Trail (190) and Kayser Mill Trail (80) where they meet the crest trail. Keep going to short side trail taking you to the top of Manzano Peak (10,098). Return to Crest Trail and backtrack north to Ox Canyon trail and descend 3 miles to Ox Canyon Trailhead. Walk back on the road or drive back to the Red Canyon Campground.

Business as Usual

by Terri Mindock

Prior to 1995, one person - the Secretary/Treasurer - handled the duties of both positions. Since Cibola was a small team at that time, there was little need for organization of team documents. If a member became involved with a project, they created and maintained their own paperwork.

A drawback to this was that it sometimes proved difficult to track down particular paperwork, or even have it at all if a member quit the team. Also, members were quite often unaware of what paperwork did exist, so they were not able to utilize the information contained in it. There were many times the wheel was reinvented.

During 1994 Cibola began to experience a lot of changes and its business became more complex. It was apparent that the amount of duties for this Secretary/Treasurer would increase, so the team voted at the end of 1994 to split the position into two separate positions.

Another need that quickly became apparent was for all team documents to be maintained in one central location. Not only did it make it easier to track down paperwork, but it was important to retain team documents for current and future members to refer to and learn from. Thus, the new Secretary purchased a hanging-file box and folders, and this has become Cibola's Archive.

Since then, this system has been working very well. In order to maintain the integrity of this system it's important that team members submit their paperwork to me for archiving. Also, if a member has a need to look at a particular document, please let me know and I will be glad to send you a copy.

Mini Lesson: Basic Knots -- Part 2

by Tom Russo

Introduction

In the last thrilling chapter I presented the basic overhand, double overhand and figure 8 knots. In this part we'll combine those simple

knots to join two ropes together, make loops in lines, and attach ropes to posts or other ropes.

The Double Overhand Bend

This bend is one you'll encounter often. It is used to join the ends of a prussic loop, for example. To join two ropes with a double overhand bend, tie an double overhand knot in one line (line "A") around the standing part of the other line (line "B"):



Now tie an overhand knot in the line "B" around the standing part of line "A":



Dress up each knot and pull on both standing parts. When you're done the two "X"s should mesh together, and on the other side the four loops will look like a barrel:



The double overhand bend is also known as a "double fisherman's knot." Some people appear to be in the habit of abbreviating its name to "fisherman's knot," but this usage is not standard except among climbers, and should be avoided. Although it is a bend, it is not correct to call this knot a "fisherman's bend" because unfortunately the nomenclature of knots is rooted in maritime use, and the name "fisherman's bend" is already used for another knot which is not even a bend, but rather a hitch used for attaching a rope to an anchor ring. You will probably never encounter it.

The Overhand Bend

This bend is not widely used in SAR, but is a useful way to join two ropes which may or may not be of the same diameter and you should be familiar with it. It is also known as a "fisherman's knot" --- you could use it to join fly line to a leader, for example.

To tie the overhand bend, follow the directions as for the double overhand bend, but use an overhand knot instead of a double overhand knot.



The Sheet Bend

Not often used by the SAR folk we'll deal with, the sheet bend can also be used to join two ropes; there are some teams on the web that advertise this as their preferred bend, but AMRC uses the figure 8 bend and the double overhand bend, so that's what we do. When tied with one piece of rope and a line with an eye sewn in it it is sometimes called a "Becket bend."

Here is a simple sheet bend:



This is the double sheet bend, which is somewhat stronger:



The Water Knot

The water knot is used to join two pieces of webbing. It is best described as a rewoven overhand knot:
Tie an overhand knot in the first rope or piece webbing:



Weave the second piece along the path of the first, so that the bitter end of each ends next to the standing part of the other:



Dress it up tight, and remember to back it up. Use an overhand knot as backup; what you will have is a water knot backed up with a split

overhand bend.

The overhand loop (overhand on a bight)

A simple way of forming a loop in a line is to form an overhand on a bight. Grasp a bight and treat it as if the entire collection of rope were a single line. Tie an overhand knot in this:



A disadvantage of the overhand loop is that it is difficult to untie after a load has been applied to the loop.

The figure 8 loop (Figure 8 on a bight)

A better knot to use for forming a loop in a line is the figure 8 on a bight. Grasp a bight and treat it as if the entire collection of rope were a single line. Tie a figure 8 knot in this:



And don't forget to back it up:



The Prussic 3-wrap

This is used to fasten a length of 8mm cord to an 11mm rope. It can be used as part of a belay system, a Z system, or just a tie-in point to attach your harness to a safety rope. The hitch is quite simple to form, but be careful to dress it up properly or it will not perform as required. It is best not to let the double overhand bend which joins the ends of the loop be at the center of the loop when you're done.







Who's Who and New

by Mickey Jojola

I would like to take this opportunity to congratulate both Ryan Jackson and Jason Metzger on completing their orientation this month. Both look like they will be strong additions to the CSAR organization. I look forward to seeing these two in the field in the future. Lets make sure that they are well taken care of in the field.

Public Relations

by Tom Russo

It's time to start planning for springtime PSAR demonstrations and speaking engagements. Starting with the April team meeting, the PR/PSAR committee will be meeting briefly each month at St. Chad's at 6pm, during the pre-meeting time that has been set aside. We'll go over the "canned" PSAR presentation, and discuss any speaking engagements we've been asked to give at the April committee meeting.

On the Right Track

by Mary Berry

In our constant quest for finding new helpers to help us train our search dogs, we have contacted the regional office of the Boy Scouts of America. Many dog units around the country use Explorer Scouts to help them train, which offers them community service hours as well as an introduction to SAR personnel. The initial response from their office was positive, but we are waiting to hear the final word.

The Unit continues to train every week and alternate weekends. The scheduled trainings for April and May are as follows:

Apr 8, 5:30pm Building skills, Snow Park

Apr 15, 5:30pm	Building skills, Snow Park
Apr 19, 10am	Search skills, Tunnel Canyon
Apr 22, 5:30pm	Building skills, Lynnwood Park
Apr 26, 10am	Search skills, Pine Flats
Apr 29, 5:30pm	Building skills, Lynnwood Park
May 6, 5:30 pm	Building skills, Hoffman Park
May 9,10	ESCAPE, Ruidoso
May 13, 5:30 pm	Building skills, Hoffman Park
May 20, 5:30 pm	Building skills, Montgomery Park
May 24, 10 am	Search skills, Placitas area

Looking ahead: Weekend retreat, September

If you have interest in attending any of these trainings, please contact either myself or Mickey Jojola for further details.

Web News

by Tom Russo

It's been a quiet month for web additions. I'm still hoping to get the mission logs and training logs database functions operational soon, but could use a hand. Please contact me if you can spare the time and have some database experience.

NMESC Notes

by Mickey Jojola

Just a quick reminder to send in your registration forms for the ESCAPE before the deadline to insure you get the reduced rate. The NMESC looks forward to seeing you at the 1998 ESCAPE!

Local and Regional Teams

by John Mindock

Here's some information on teams we are most likely to meet on a mission.

Albuquerque Mountain Rescue Council (AMRC)

These are the people who perform technical rescue (mountain-climbing techniques). They also have many medical personnel and a medical protocol to work under. In addition, they provide ground searchers and 4-WD capability. Many of them are Ham radio operators.

Amateur Radio Emergency Services (ARES)

This team works from home, providing logistics support and off-site communications. They are all Ham radio operators, and are usually contacted by the Incident Command staff to perform team callouts. They also monitor the mission frequencies for communicating with personnel enroute. They also perform other logistical assignments, such as calling the Red Cross.

New Mexico SAR Support (NMSARS)

This team specializes in on-site communications for missions. They also are the ones who use sophisticated electronic equipment to search for the Electronic Locator Transmitters (ELTs) of downed aircraft. Some of their member perform ground search and many do 4-WD search. They also have a few snowmobiles and ATV's. Many of the local Field Coordinators belong to this team, as does Rick Goodman, the State SAR resource Officer.

St. John's College (Santa Fe)

This team has many college students and some older members. They provide technical rescue, ground search, communications, ICS support, in-field medical personnel, and 4-WD search capability. They are particularly adept at handling missions in the Pecos in extreme winter conditions.

United World College (Las Vegas)

Another group of mostly college-age members. They specialize in ground search techniques.

Socorro SAR

This is a team of mostly college-age members, specializing in ground search techniques.

Bernalillo County Sheriff's Mounted SAR

This is a group of SAR horse owners. They are called for missions in terrain that fits that capability.

Manzano SAR

This group is most often called for horses, but they also have an ATV, 4-WD's, and some Incident Base support.

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 3, Issue 3
12 March 1998
Editors: Tom Russo, Mike
Dugger,
and Mickey Jojola

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by John Mindock

If anyone is interested in the tracking course (\$125) offered by Universal Tracking Systems in Gallup, May 1-2-3, please leave a message on the hotline prior to the April meeting. We will vote on reimbursement, if there are any potential attendees, at that meeting.

Please send in your registration forms for the ESCAPE as soon as possible. This helps those NMESC Board members who are handling the paperwork, because it doesn't flood them at the last minute. The ESCAPE is an excellent opportunity to learn about SAR topics from experienced and qualified instructors.

With our busy season approaching, it's time to work on physical fitness. The new PACE Study Guide includes a sentence indicating that the SAR field volunteer is expected to be able to walk up to ten miles and spend up to twelve hours on assignment.

One way to get a workout is the Hike of the Month. You are encouraged to make those treks, both for the trail knowledge and the exercise. Wear your search pack and clothing, so you can make adjustments and discover any problems. Of course, exercising only once a month is probably a little short of the requirements for a healthy life, let alone SAR.

Boots and Blisters

by Paul Husler

I would like to congratulate the five members of CSAR who passed the litter evaluation this month: Scott Pierce, Jason Metzger, Susan Corban, Melinda Ricker and Ryan Jackson.

Hike of the Month

Whitewash Trail area

0800, Mar 28/29, 1998\01998

Trailhead: East end of Menaul

R.T. Distance: 4.0 miles

Elevation Min/Max: 6000/8100

Hiking Time 3.5 hours

Hazards: The usual

Topo Maps: USFS map of the Sandias



The Whitewash Trail is named after the smooth waterfall rockface which is at the bottom of Whitewash Canyon, at the end of Candelaria. This is also known as the Piedra Lisa Canyon, offering a bit of confusion with the altogether-different Piedra Lisa Trail, which is in the north portion of the Sandias.

At the beginning of this hike, there are many intersecting trails from which to choose. Eventually, they all wend their way along the south rim of Whitewash Canyon, and then up one 'master trail' which leads to the top via steep switchbacks.

The first goal is to reach the top of the ridge east of the parking area.

Begin on the obvious wide trail at the southeast end of the parking area, which will turn eastward and wind around the south edge of the ridge. Although there are many routes up the ridge, for this hike, use an arroyo which has metal fence embedded in the ground acting as prevention for soil erosion. Follow this up and keep going north until, about 1/2 hour into the trek, you see a meadow with two prominent trails heading North/NNE. Either of these trails will eventually lead to the south rim of Waterfall Canyon.

Off to the east, you'll see a high tree-lined ridge, which is the eventual goal of this hike. (Actually the trail continues beyond that ridge, across two more ridges, finally ending at the Oso Pass junction, but that's not part of this hike.)

It will take less than 2.0 hours to get to a knoll on top of the tree-lined ridge at the 8130 foot mark. This knoll is conveniently known as 'the 8130', and it provides a view into Three-Gun Canyon and even the cement plant in Tijeras. Its UTM's are approximately 366.5 and 3886.8. From here, turn around and head back, noticing the various arroyos and ridges which might serve as opportunities to head south into the west end of Embudo Canyon.

Mini Lesson

by John Mindock

Orienteering - Part 1

This series of mini-lessons will focus on orienteering - the skills associated with map and compass. The goal of the series is to detail the aspects that are required to accurately use map/compass in the field. In addition, the student will be informed of common terminology associated with orienteering.

Many books have been written about orienteering - this series cannot cover every facet of the subject. The emphasis will be on those aspects that SAR personnel would most likely utilize on missions.

Finally, there is no substitute for field work. The best usage for this series is to attempt to comprehend the subject matter, then perform the suggested field exercises.

This first lesson describes salient features of topographical maps.

Topographical Maps

The word 'topography' refers to the 'layout' of the land (hills, valleys, cliffs, etc.). A topographical map (topo, for short) depicts those aspects of the land's surface by using contour lines, colors, and other devices. The common topo is known as a 7.5 minute map, because it depicts 7.5 minutes of latitude and 7.5 minutes of longitude. The scale on a 7.5 minute map is 1:24000, roughly equating to 0.1 miles of terrain per 1/4 inch on the map. Another name used often is a 'quad', referring to the quadrangular shape of the map. Topos are named after a significant feature which they encompass (I.e., the Sandia Crest quad).

Most topos were developed in the 1950 - 1960 timeframe, and revised in the mid-1970's. This often results in mis-representation of current features.

Contour Lines

Picture a set of imaginary flat vertical surfaces ('planes') that are parallel to one another, twenty feet apart, and slicing through the land. The contour lines shown on the topo are the intersection of the land with any of those planes, so that the outlines scribed by the lines provide a bird's-eye representation of the terrain.

The distance between adjacent contour lines is called the contour interval. Some maps use forty-foot contour intervals, while others use twenty. There is a phrase on the bottom margin of the map which states 'contour interval xx feet'. For the remainder of this series, we'll assume a contour interval of twenty feet.

If an area has many contour lines, the land rises upward more steeply compared to a place where there are few. With practice on a topo, one can become accomplished at envisioning the type of terrain depicted, recognizing features such as cliffs, ridges, valleys, arroyos, and saddles.

Colors

- Brown - contour lines
- Blue - places where water might occur (dashed if water is intermittent)
- Red - surveyor's markings (primarily land 'sections')
- Green - areas where tree-like vegetation existed when the map was made
- White - areas where the vegetation is smaller than trees (but not necessarily barren)
- Purple - modifications to the original map as a result of subsequent surveys
-
- Black - man-made things (trails, buildings, minor roads, fences, power lines, etc.) Black is also used for county lines, labels on map features, and other items.

Typical Land Features

Contour lines for typical land features appear as follows:

- Hill - a series of misshapen concentric ovals, progressively smaller as altitude increases.
- Ridge - similar to a hill, except the 'ovals' are more elongated in two directions, like cigars.
- Cliff - a number of lines very close together on one side, with fewer lines on the other.
- Spur - a set of misshapen concentric triangles, progressively smaller as altitude increases.
- Canyon - a succession of 'V-shaped' lines progressing upwards towards the points of the 'V's.
- Saddle - a set of lower-altitude lines with hills/ridges on either side.
- Valley - a large area with few contour lines and higher features on either side.
- Peak - the top of a Hill, often with the uppermost point depicted as an 'X' , and that point's altitude nearby.

Grids

Grids are man-made schema devised to provide reference lines/points for map features. The most interesting to SAR is the UTM (Universal Transverse Mercator). For this document, suffice it to say that UTM's are a set of numbers representing meters from the equator and meters from one of a group of 'North/South' lines. Although Latitude and Longitude are depicted on the map, their scale is usually too large for field personnel to use accurately.

Exercises - Orienteering Part 1

1. Why are topos also called 7.5 minute maps?
2. About how far (on land) is a distance represented by 3.75 inches on a topo?
3. What are two differentials in altitude that contour lines often represent?
4. How can one recognize steep areas by looking at a topo?
5. What features are represented by the various colors on the topo?

Field Exercise

Go to a valley for which you have a topo. Locate nearby peaks, hills, saddles, etc. and compare what you see to the contour lines on the map. Then go to a high point and notice the appearance of the same features from the new perspective.

Who's Who and New

by Mickey Jojola

Well another month has gone by and spring is almost upon us. I would like to take this opportunity to congratulate Susan Corban on becoming our newest active member. Currently we have 4 prospective members awaiting orientation. Or should I say I am waiting for them to let me know when they are ready for orientation. As stated earlier, it is up to the new recruits to inform the membership officer that they are ready for their orientation and subsequent field deployment. I look forward to getting together with these and future recruits for orientations which will enable them to get into the field.

Coming Attractions

by Tom Russo

Next month's minilesson will be the second part of the knots lesson which was promised for this issue. Unforeseen delays in photo processing required putting it off.

Web News

by Tom Russo

In revamping the web-based database functions I find I've bitten off a touch more than I can chew given the time I have to spare at the moment --- I've got all the basic functions and information that were in the original system in place, but there are a few projects that I've been asked to implement which will take a bit of careful consideration before plunging into the implementation. If you have any experience with SQL-based database application design I could use any help you can offer. I'll still do the programming, but haven't the time right now to plan the details of the database design as carefully as they need to be planned. Call me if you've got the time and experience to help out on this.

NMESC Notes

by Mickey Jojola

Well the NMESC successfully hosted another WFA (Wilderness First Aid) course in Rio Rancho the weekend of Feb. 28 through March 1. Both I and Randall Wahlert were there from Cibola. To be honest I was very impressed with the class. I learned things that I had no idea could be done. The most important

being the patient assessment. I now feel confident that in the event that I may become injured in the field (and am still coherent) I will be able to assist myself. I highly recommend this course to those who are interested in increasing their first aid skills and relating them to the wilderness.

Safety During Off-trail Searching

by John Mindock

Safety Measurement

The measurement of "danger" of an activity is not simply a function of the intrinsic aspects of that activity. Rather, it is depicted by the severity of its unmitigated risks. For example, a skilled climber rappelling down a 900-ft cliff may actually be considered *safer* than a roping novice simply peering over the top. Why? Because much of the rappelling risk is mitigated by the climbing expert due to equipment, training, and experience. The key to safety is mitigation of risks. Specific to this article, there are a number of ways to mitigate the risks of off-trail searching. First, the hazards:

- **Rocks** can be loose, slippery, jagged, and tilted. They can cause loss of footing and subsequent injury. Leaping from rock-to-ground or rock-to-rock is always a bad idea.
- **Cactus** and **yucca** needles can cause serious injury and infection. Cholla can be taller than head-high, and prickly-pear spines can work their way into any boot. It makes no sense to crash through cactus if the subject couldn't do so. An ordinary comb is a good tool to remove cholla, while tweezers/pliers are the best for other cacti.
- **Foliage** such as thorn bushes, trees, and weeds can cause puncture wounds, scratches, and irritation. In addition, sometimes they can break loose when used as a handhold.
- **Slopes** can cause you to lose your balance, especially when carrying your search pack. Well-traveled off-trail slopes are often characterized by rolling pebbles and loose dirt, which tend to slide out underfoot. Going downhill is more risky than uphill.
- **Animals** such as snakes, coyotes, and larger predators can be lurking off-trail. When scrambling over boulders, be certain you can see where your hands and feet are being placed.
- **Route diversion** to get around obstacles can cause inability to remember the return route. In addition, it's common to encounter a steep boulder-face with no easy way up. One must shun the temptation to try extraordinary climbing feats in order to save a few minutes or to avoid the disgrace of retracing previous steps.
- **Fatigue** builds up quickly when struggling off-trail. The trek is more grueling than a trail, and more mental attention is also required.

Mitigation Techniques

To mitigate the risks of off-trail searching, wear proper clothing (such as sturdy boots, gaiters, long-legged pants, long-sleeved shirt, gloves, eye protection, and a hat). Additional facets include physical fitness, selective choice of handholds, prudent decisions about the next step, judicious choice of routes, and practicing off-trail hiking.

Classified Ads

(20 words maximum, no services)

Backpacking stove: "OLICAMP SCORPION" - very compact and lightweight; including fuel = \$30.00.
Contact Andrew Parker @ H: 842-9502/W: 239-3938

Disclaimer

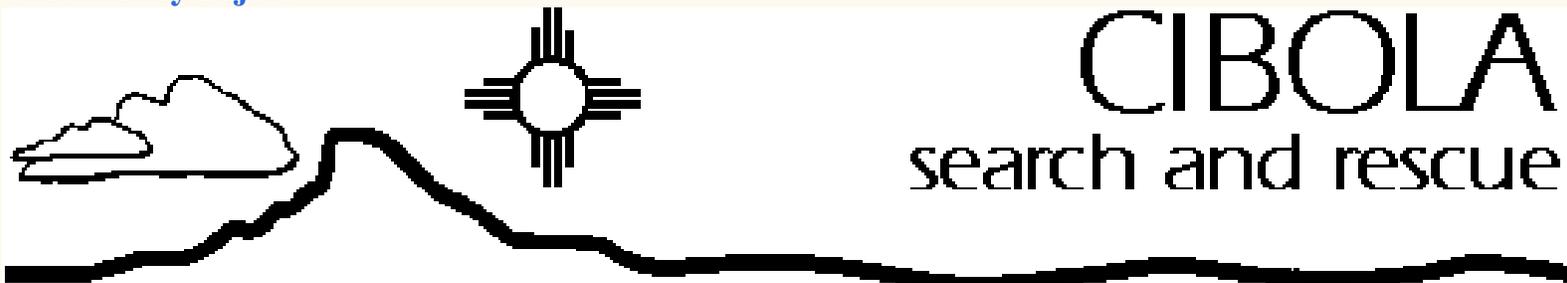
the Editors

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Volume 3, Issue 2
12 February 1998
Editors: Tom Russo, Mike
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Top of the Hill

by John Mindock

Here's how the mail is handled this year. I go to the PO Box twice a week. If the mail is addressed to a particular team member, it is forwarded to that person. If addressed simply to the team, the Secretary reads it and forwards it to a particular person (usually an officer or committee chair who handles the duty associated with the mailing). Various methods of forwarding are used, depending on the urgency of the mailing and the options available for the recipient.

Please listen to the hotline at least once a week. Between meetings, it is not unusual for the Officers to receive updates to events. I'll get those updates onto the hotline as soon as I know about them. I also check the hotline every day for messages.

Thanks for the attention and patience during the votes on reimbursements at the last meeting. Be assured there will be more votes of that nature when spending is requested. I.e., not simply Y/N, but rather a choice on how much the majority thinks the team should spend on an event.

Boots and Blisters

by Paul Husler

I wanted to let everyone know as early as possible about a change in the 1998 training schedule. Because of the Easter holiday, the Sunday, April 12th training has been changed to Saturday, April 11th.

March Winter Skills Training

by Mike Dugger

We will meet in the early afternoon for a short hike out to the training location. Snowshoes will probably be required to get to the training location. After a discussion of different types of shelters, how to select a location, and some construction tips, participants will construct emergency shelters. The goal of this training is for participants to learn how to construct shelters from materials in their packs and what is available in the wilderness, in order to gain confidence that they can safely spend the night outdoors in winter.

Shelter construction should be complete by approximately 4:30 pm. We will then have a discussion of other winter skills topics, such as recognizing and preventing hypothermia, appropriate clothing, maintaining energy in cold weather, etc. The daytime phase of the training should be complete by approximately 6:00 pm. Participants may then depart, but are encouraged to spend the night in the shelter they constructed to fully appreciate the importance of these skills. Those spending the night should be back at their vehicles by 8:00 am.

Participants should bring water-resistant outerwear to prevent getting soaked during shelter construction. Some high energy snacks are a good idea, as well as additional food for those planning to spend the night. A 4' by 8' tarp or two are good for ground cover and as elements of a winter shelter. A space blanket, sleeping pad, sleeping bag, and bivy or extra space blanket should be included for those planning to spend the night. Warm clothing (anticipate temperatures well below freezing) and water are obviously required.

Hike of the Month

Embudo Canyon

0800, Feb 28 - Mar 1, 1998\01998

Trailhead: East end of Indian School Road

R.T. Distance: 6.0 miles **Elevation Min/Max:** 6200/7800

Hiking Time 3.0 hours **Hazards:** Unleashed dogs

Topo Maps: USFS Map of the Sandias



Follow the obvious road east into the National Forest, where it changes to a sandy trail. As you pass through the boulder portion near the waterfall, you may lose sight of the trail. To find it, always look to the north side of the canyon.

After the boulder portion, the trail will cross the sandy wash and run parallel above it on the south side. As you cross, notice a trail that heads south up the hill straight ahead - this is a 'horse bypass' trail around the waterfall, and is a recommended option for your return route.

Later the trail will cross the wash heading north, and you'll begin a series of long switchbacks. At the top there is a signpost, hence the name 'Post Pass' for this area. You can turn back here or you can add another 1.5 hours to the trek by heading further north to Oso Pass, but there might be too much snow to do it without snowshoes.

Throughout the hike, take note of old trails and washes. Search assignments in this area probably would include such 'hasty' routes.

Business as Usual

by Terri Mindock

Because I am the editor of the NMESC newsletter, I occasionally receive publications from other teams and SAR organizations, and thought Cibola members would be interested in looking at them. So I decided to consolidate them into a display binder, and will bring it to every General Meeting. If you would like to borrow one of the publications or get a copy, let me know. Also, if you know of another team in NM that publishes a newsletter and would like to see an issue, I'd be happy to try and track one down.

For a couple of years I've been making team business cards for Cibola's members, and would just like to let the newer people aware of this, as well as reiterate to the oldies. The cards are free of charge and available to any member. They are orange, have the team logo on them, and can include your name, address, phones, ham call-sign, email address, and whatever else you'd like printed. To order your set, send me the information you would like printed, and the quantity of cards (multiples of 10).

Mini Lesson

by Tom Russo

Basic Knots - Part 1

Introduction

Count on it: sometime while on a mission you'll need to handle a rope or piece of webbing. Knowing how to tie the correct knot is essential, and not just because you'll have to demonstrate it as part of your litter-handling evaluation. In this brief piece I'll present the basic knots you're expected to be able to tie, and provide photos of each one being tied. Practice these knots until they're second nature! You should be reading this article with a piece of rope in your hand. PRACTICE as you read. I am including here the standard terminology of the knots presented. Avoid colloquial usages, as they are easily confused for each other, but be familiar with all the names so you can recognize them should others use them.

Rope Terminology

There are some common terms used in the knot literature, and you should be familiar with them.

(Source: the Essential Knot Book by Colin Jarman)

- **Bend:** a method of joining two ropes. Examples: overhand bend figure 8 bend, double overhand

bend.

- **Bight:** the middle of a line, or a loop made well away from the end of a line.
- **Bitter End:** The end of a rope. Many of the knots described here involve passing the bitter end through loops.
- **Standing Part:** the main, non-working part of a line.

On Knot Names

Before we start, I need to clear up one little point. There are at least three names for every knot I give here: a strictly-correct technical name (e.g. "Double Overhand Bend"), a colloquial name (e.g. "Double Fisherman's Knot") and at least one slang usage. I will strictly avoid slang usages and only present the technical and correct colloquial names of each knot. If you see a knot here which you believe is called something else, or if you see me calling a knot something that you believe is the name reserved to a different knot, you are encountering a difference between technical correctness and slang usage. The clearest example of this is the "Double Overhand Bend" which is colloquially named "Double Fisherman's Knot". This knot is so univervally used as a bend in the sport climbing community, to the exclusion of the knot which is really called the "Fisherman's Knot" that many climbers appear to have dropped the "double" from the name as a matter of conversational convenience. I will avoid such conveniences and stick completely to the accepted terms which appear in books on knots such as the definitive "Ashley's Book of Knots," or manuals such as the NASAR SAR Technician course textbook.

The Overhand Knot

Perhaps the most basic of all, the overhand knot is the basis for several other knots you will need to tie, so learn to recognize its shape. To tie it, simply make a single loop in the rope and pass the bitter end through.



You should always back up any knot you tie, to give redundancy should the line slip. The overhand is a good knot to use as backup, although the double overhand is even better. When you back up a knot, tie the backup knot right next to the primary knot, not

a few inches away.

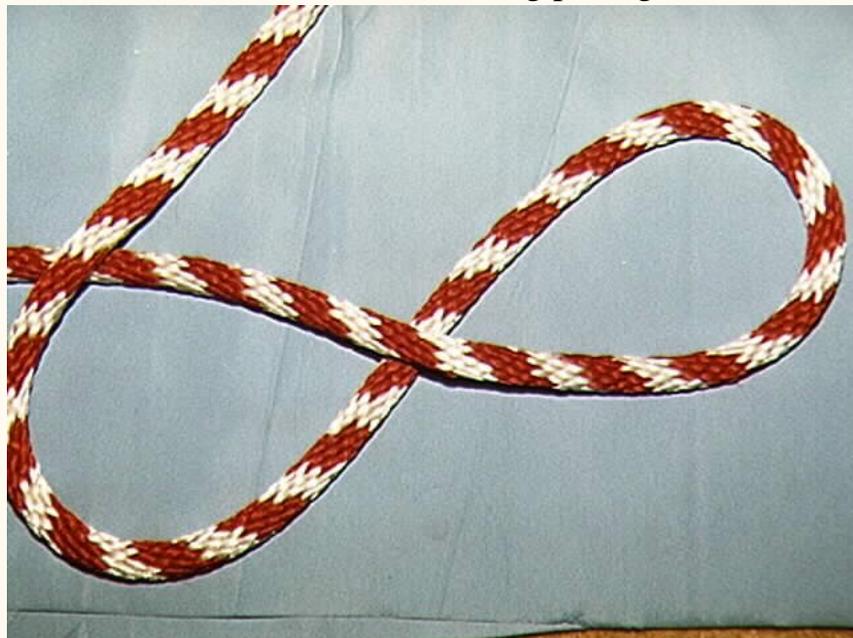
The Figure 8 knot

The easiest way to describe making a figure 8 knot is to say that one makes a loop in the line, then wraps the bitter end around, passing it through the first loop at the second opportunity (passing it through on the first opportunity leads to an overhand knot). This is, of course, not the easiest way to picture it. Examine the pictures below.

Here's the first loop:



Pass the bitter end over the standing part again:



Now insert the bitter end through the back side of the original loop:



Pull the knot tighter and dress it up:



The Figure 8 knot is used as the basis of several other knots, but is often used by itself at the end of a line to keep the end from "unlaying" (fraying).

The double overhand knot ("grapevine")

This knot is similar to the overhand knot, but stronger. It is the basis of the double overhand bend ("double fisherman's knot" or "grapevine bend"), and can be used as a backup knot instead of the simple overhand knot.

Form a loop in the line, then pass the bitter end around the standing part:



Finally, pass the bitter end through both loops:



The Figure 8 Bend

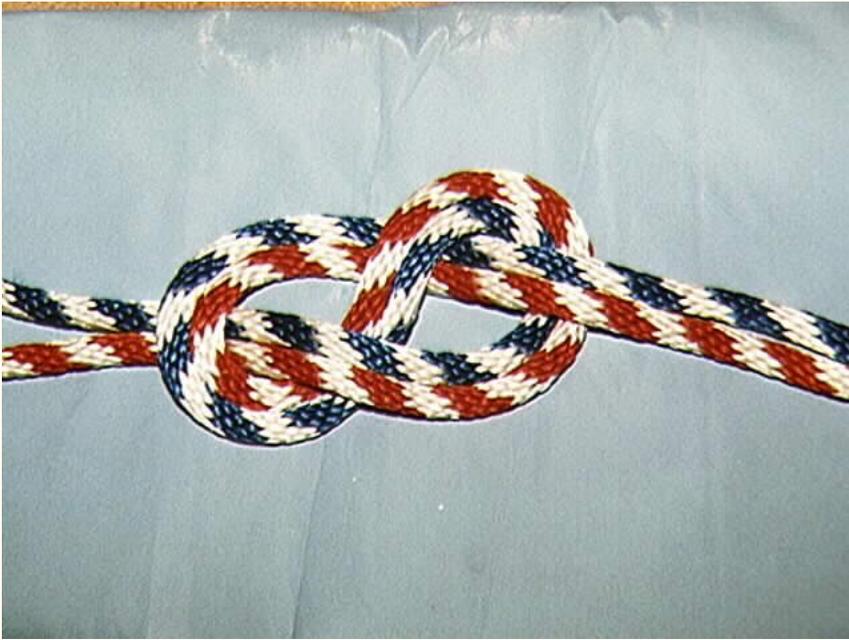
To join two lines, begin with a Figure 8 knot in the first line, leaving a sizable tail. Feed the bitter end of the second line (shown below in blue) through the first figure 8 knot. Note that the bitter end of the blue rope is being fed in through the end of the knot from which the bitter end of the red rope emerges. When the knot is done the bitter end of each rope will lie along the standing part of the other.



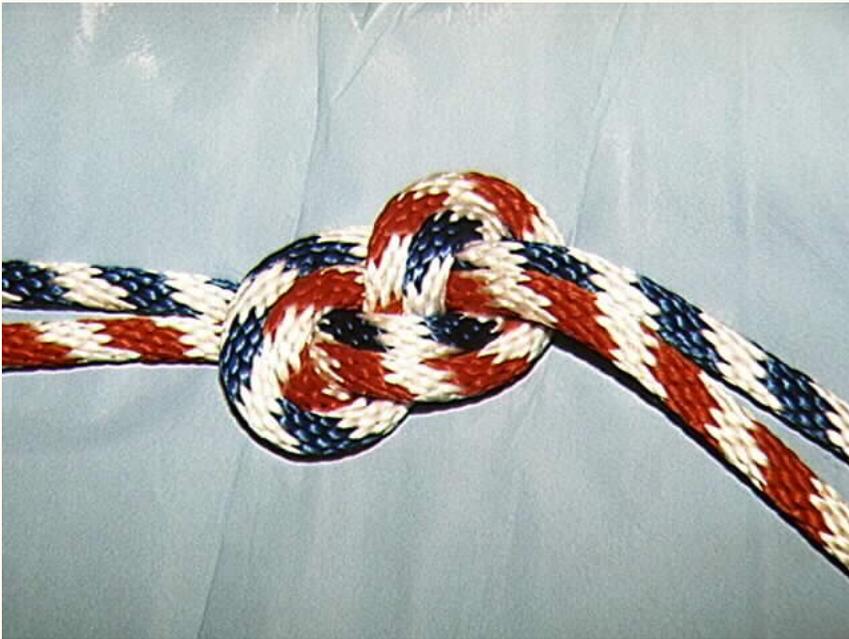
Snake the second line through the original figure 8, following each curve exactly.



Nearly complete:



Now dress it up so that it lays properly **THE KNOT IN THIS PHOTOGRAPH IS NOT CORRECTLY DRESSED, SORRY!.**



and remember to back it up! (here it is, backed up on each end with overhand knots):



Figure 8 Rewoven

Nope, no pictures here, because tying it looks exactly like tying the figure 8 bend. The difference is that you tie it on one rope: tie a figure 8 well away from the bitter end, pass the bitter end around a tree, rock or other anchor, then treat the bitter end exactly as if it were the bitter end of a second rope --- the result will look exactly like a figure 8 bend, but you'll have tied the rope securely to the anchor. Of course you will still need to back it up.

Coming Attractions

In the next exciting episode I'll have pictures of how one combines these basic knots to form bends (note the colloquial names --- they're all properly called "bends", but colloquially they're named "knots"):

- the "fisherman's knot" or "overhand bend"
- the "double fisherman's knot" or "double overhand bend"
- the "water knot" (rewoven overhand knot)

and a few more important knots and hitches:

- figure 8 on a bight
- prussic hitch

Self-Quiz on Basic Knots

Ten questions? Don't be silly. Just tie the things and compare them with the pictures until you can do it in your sleep.

Who's Who and New

by Mickey Jojola

Well another month has passed in this wonderful world of SAR. Congratulations go out to Don E. Gibson (not Wheezer) for completing the PACE certification test. Way to go! And now for a little of what is happening with Membership. We have 3 new people who, after this meeting, will be ready for an orientation. It will be their responsibility to get a hold of me for their information packets and for their orientation times. This insures that all interested persons are indeed just that, interested. I look forward to hearing from them and welcoming them to the team.

Mentors are needed for these and future new members. Anyone wishing to become a mentor please contact me ASAP. We are in need of willing mentors.

Have a safe and productive month!

Coming Attractions

by Tom Russo

March's newsletter will have part 2 of the knots lesson, a feature article by John Mindock, and a special surprise member spotlight. That last one means "whoever I can convince to write one by March First." Line forms to the right.

Public Relations

by Tom Russo

The public relations committee did not meet in January, but we plan to hold a meeting in mid-February. Please contact me or Mickey Jojola if you're interested in participating in assembling yearbooks and going over our "canned" PSAR presentation. And feel free to contact us if you have ideas for PR or PSAR activities.

On the Right Track

by Mary Berry

The K-9 Unit has recently finished a final draft of our new Training Log. A log is used to keep track of each dog's training and progression, and often is helpful in retrospect when specific training problems arise. (My dog's never done that before....Oh yes he has!!). It is a one page form (front and back), that is designed to be fast to fill out so it won't require quite so much self-discipline to do. Mickey has a contact that has agreed to print them up in a tablet for us, and we will begin using them this month.

The Unit continues to train every Wednesday night after work. These trainings are pretty short (about 1 1/2 hrs), and are held at various places around Albuquerque, usually in a neighborhood park. Typically, we work on building (up) skills, and this consists of obedience, socialization, short motivational exercises (fun, fast hide and seek games), and exercises intended to improve the Find Alert. Then on weekends, we work on search skills and techniques. These trainings take a few hours, depending on how complicated the search exercises are, and are held in various National Forest areas. These trainings

include finding a person hiding for us, and we are always looking for volunteers (hint,hint). We have had a few new people on the team interested in training a dog, or just helping, so we decided to print a schedule to facilitate them. The scheduled trainings for Feb. and March are as follows:

- Feb 1, 10am Search skills, Placitas
- Feb 4, 5:30pm Building skills, Snow Park
- Feb 8, 10am Mickey J. & "Jake" : Mission-ready Evaluation
- Feb 11, 5:30pm Building skills, Snow Park
- Feb 18, 5:30pm Building skills, Taylor Ranch
- Feb 22, 10am Search skills, Tunnel Canyon
- Mar 4, 5:30pm Building skills, Lynnwood Park
- Mar 8, 10am Search skills, Pine Flats
- Mar 11, 5:30pm Building skills, Lynnwood Park
- Mar 18, 5:30 pm Building skills, Hoffman Park
- Mar 25, 5:30 pm Building skills, Hoffman Park
- Mar 29, 10am Search skills, West Mesa

For specific details on meeting areas, contact me or Mickey Jojola.

Member Spotlight: Terri Mindock



I was born and raised in the Minneapolis, Minnesota area. At around age 20 my interest turned to computers, where it's been ever since. At one point I worked for B. Dalton Booksellers in their main office in Bloomington, MN, where I did data entry, occasionally using an IBM keypunching machine to punch holes in cards for programs written by John Mindock. We started dating and three years later got married.

In 1987 the lure of the southwest became overwhelming and we found ourselves living outside of Phoenix, in a house we finished off ourselves. A couple of years later we got to a point in our financial status when we decided that I didn't need to continue working, so I found myself 'retired.' At this time, with a lot of crime happening in fast-growing Phoenix, I became interested in self-defense and took a community college course in self-defense for women. It was taught by a martial arts school owner and after the course was finished I was 'hooked'. So I decided to pursue a further education in Taekwondo. It turned out to be enormous fun - advancing through the belt colors, competing in tournaments, making lots of friends, and striving towards a black belt (I hold a first-degree black belt). I found I had a 'knack' for martial arts and was soon winning tournaments, including the Regional Tournament in Las Vegas, NV and the World Championship Tournament in Little Rock, AR. My pride and joy is a first place trophy I won as a brown belt from the World's in 1990!

I no longer take formal education in martial arts, but continue to practice on my own. Physical fitness has always been fundamental in my life and I maintain a long-time regimen of lifting weights and running. I

also enjoy hiking in nature and getting out to explore New Mexico's wilderness. I started in search and rescue in the summer of 1993 and have found myself 'exploring' areas of the state I probably wouldn't have otherwise discovered! SAR has been a lot of fun for me, and I plan to continue to grow and learn and improve my proficiency in this 'hobby' that has become a big part of my life.

Web News

by Tom Russo

Web development activity this month has centered around changing the structure of the database in the membersonly section. All of the database programs have been rewritten to use a powerful relational database query language instead of a simple flat database, so the functions that are available to us will be expanding Real Soon Now. Training data, evaluation data, mission data and so forth will be stored and used to automate some tasks which were heretofore done manually.

There are a handful of new training photos in the photo gallery. We will also be placing training handouts and evaluation forms into the membersonly area as they are created. If you can grab copies before trainings you'll save a little expense for the team. Each month the training handout for that month will be accessible directly from the membersonly home page. I have yet to decide where to put old handouts, but whatever I do with them it will be pretty clear where they are when you look at the membersonly home page.

New Mexico SAR Entities

by John Mindock

Here are abridged descriptions of entities that relate to NM SAR statewide.

New Mexico Search and Rescue Resource Officer

This is a paid position within the NM State Police, created as a result of the State SAR Law of 1978. This person coordinates all SAR efforts in NM. In addition to missions, he provides trainings for Field Coordinators, ICS Section Chiefs, and Mission Initiators (e.g., most State Police Officers). He also maintains a list of SAR teams in a document called the SAR Resource Directory. This Directory is used by Field Coordinators to locate appropriate SAR Resources for missions. This person also is required, per the SAR Law, to certify SAR personnel. The current SAR RO is Rick Goodman, and his office is in the Emergency Management Center in Santa FE.

Policy and Advisory Committee for Education (PACE)

This is a committee of appointed volunteers who assist the SAR RO with education and certification. Their current responsibilities are State Field Certification and Section Chief classes.

New Mexico Emergency Services Council (NMESC)

This is a group to which most NM SAR teams belong. The member teams elect a Board each year. The Board's main duty is to arrange trainings in SAR topics, with emphasis on those that may be too costly or complicated for individual teams to handle. Each year, they sponsor a training event (lasting a full weekend) called the ESCAPE, where many SAR topics are offered. They also occasionally offer other trainings during the year.

New Mexico State Search and Rescue Review Board

This is a group of people from various professional backgrounds, appointed by the Governor. Their main duties are to formally 'recognize' SAR teams (thus allowing them to be listed in the SAR Resource Directory), review SAR missions (usually only those where there has been some controversy), and make recommendations to the SAR RO on SAR topics.

Classified Ads

(20 words maximum, no services)

One new Long-sleeved Orange Shirt - Size Medium. \$13. This is the type most of us wear to missions. Contact John Mindock.

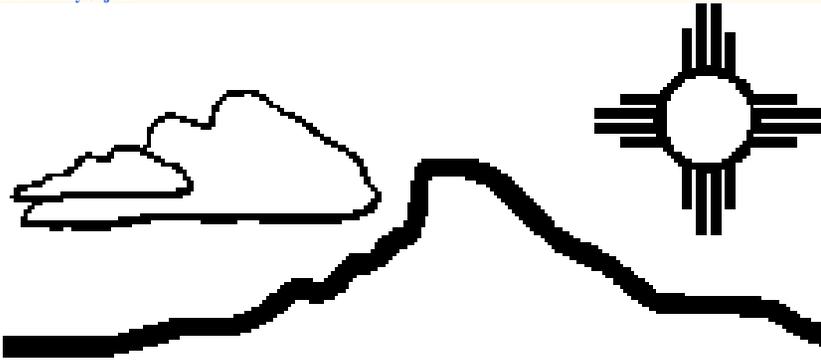
Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by John Mindock

Welcome to 1998. I'm looking forward to a safe and busy year for CSAR. Here are my priorities, based on my perception of the majority's desires about the administrative aspects of the team.

1. Ensure that all tasks which the team has decided to undertake are executed in the manner the team expects, and that they are done on time. 2. Ensure that all members have the opportunity to be informed about all business pertaining to the team. 3. Ensure that team-desired tasks can be accomplished with a reasonable effort by those responsible for them.

My CSAR 'office hours' are 5 P.M. to 7 P.M. every night. Please do not call me for administrative matters any other time unless it is an emergency.

Recently, I have contacted the Committee chairs. All will remain in their 1997 roles except Melinda, who has asked to be replaced on the Equipment Committee. Mike will be her replacement, effective already.

I will be opening the doors to the meeting area at 5:30 on meeting nights. This time can be used for Committee meetings, Orientations, discussion of team matters, and practice on SAR topics. I will be arranging for the litter, ropes, etc. to be there. In addition, there may be lectures in this time slot on SAR topics. The general idea is that this one night can be used for multiple SAR activities instead of having them occur on many different occasions. This is related to my priority #3 above.

Thank you for the opportunity to be President of CSAR. I'll do what I can to help the business end of the team run smoothly. Your support for all the efforts by those who work on the team tasks is appreciated.

On February 14, we will once again be providing rescue support at the Mt. Taylor Quadrathlon. If you would like to participate, please sign up at the January meeting or leave a message on the hotline. Indicate if you will be staying overnight (outside in the cold) on Friday or solely working the race on Saturday. Larry M. will be coordinating the event and our teammate Andrew P. will be a contestant.

Boots and Blisters

by Paul Husler

Below is the training schedule for 1998. As you will notice, I have posted dates and times for each official CSAR training that will be held this year. I have done so to give everyone ample time to plan ahead so they will be able to attend these scheduled trainings. Our first training of 1998 will be on January 10th, 9:00am at Cedro Peak Campground. The subject will be Litter Evacuation and Litter Packaging (directions are posted on the voice-mail system). This training will start promptly at 9:00am, so please make every attempt to be at the training 15 minutes prior to start time. If you arrive at a training more than 15 minutes after the start time the training will not count towards the "two trainings every 6 months" requirement. There will be no evaluation offered at this training, however I anticipate that there will be a Litter Evacuation and Litter packaging evaluation after the February training.

1998 Training Schedule

- Saturday, January 10; Litter Pkg/Handling.
- Sunday, February 15; Search Techniques.
- Saturday, March 14; Land Navigation.
- Sunday, April 12; a training appropriate for Cibola's other specialties*.
- Sunday, June 14; Litter Pkg/Handling.
- Saturday, July 11; Land Navigation.
- Sunday, August 16; Search Techniques.
- Saturday, September 12; Litter Pkg/Handling
- Sunday, October 11; Land Navigation.
- Saturday, November 14; Search Techniques.
- Sunday, December 13; a training appropriate for Cibola's other specialties*.

* Other specialties, as listed in the State SAR Resource Directory, but not included in Cibola's "Training Policy and Standard" nor "State Field Certification."

Hike of the Month**Trailhead:** Ellis trailhead, 12 miles up Highway 536 to Sandia Crest**R.T. Distance:** 1 - 4 miles**Hiking Time** 2 - 4 hours**Topo Maps:** USFS map of the Sandias**Elevation Min/Max:** 10000/10000**Hazards:** Exhaustion, cold, sunburn, frostnip

This hike is for snowshoes. Go as far as you want then turn around. Four hours on snowshoes is very physically demanding, especially at this altitude. It helps to rotate so that different people are breaking trail.

There is a parking area (\$3 fee required) with two lots on the left side of the road. For the hike, cross the road, then go uphill in the open area until you see the sign about the 'controlled burn'. From there go north as far as you feel comfortable, considering the return trip. Don't follow the power lines - they go the wrong way. Snowshoes can be rented from REI, the New Mexico Mountain Club, and from SERP (for Sandians).

I will register this hike with the USFS, so your SAR orange sticker should apply. However, if you go on dates other than the above, you will need to pay the fee if you do not have an annual USFS decal for 1998.



Business as Usual

by Terri Mindock

I wish to thank all of you who voted for me for Secretary for the coming year - your confidence means a great deal to me and I intend to continue to do my best for the team. It is important to me for Cibola to continue to operate with a high level of quality, in both administrative and operational aspects. I'm enthusiastic to be able to maintain and enhance the solid foundation on which the previous administration has worked so hard to cultivate and refine.

Your ideas and suggestions regarding the Secretary position are welcome and I look forward to working with everyone. See you on the trail!

Mini Lesson

by Mike Dugger

Basic Radio Communications

Overview

What is the most important piece of gear for a SAR team in the field? Many SAR volunteers would answer "a radio." A radio is the team's vital link to base camp, permitting communication of located clues, progress on an assignment, changes in strategy, or location of the subject. While searching without a radio is certainly possible, the ability to communicate with teams in the field is a great source of comfort for both the searcher and the incident command staff at base camp. This mini-lesson is intended to provide a few basic guidelines to promote effective communications.

Hardware

Since this lesson is geared toward searchers in the field, hand-held or "handy talkies" are stressed, but many of these issues apply to vehicle mounted radios or base stations as well. There are two basic kinds of handy talkies: crystal or programmable (AKA "synthesized"). For each frequency on which the radio operates, crystal radios have one crystal for the transmitter and one for the receiver. Since SAR operations frequently make use of multiple frequencies, and these may change from mission to mission, programmable radios are popular. A selectable "high" or "low" power setting is a good idea, to help conserve precious battery life when high power is not needed. Always carry a backup battery. Some users prefer to carry a couple of long life batteries (1200 mA.hrs, for example), and others prefer battery pack adapters that can accept AA size alkaline batteries.

"PL tone," or CTCSS (continuous tone coded squelch system) programmability is a useful option. Some repeaters are closed and require a special sub-audible tone to get access, or to access special features such as a patch into the telephone system. Repeaters used in SAR missions are usually put in emergency operating mode, in which the PL tone is disabled. The PL tone may still be required to access the phone patch. Alternatively, the communications specialist or other member of the command staff is usually willing to make an emergency telephone call for you from base camp if necessary. If you are interested in accessing a repeater's phone patch, you will also need a DTMF keypad on your radio. This keypad provides the 12 standard tones (0-9, * and #) used by the telephone system to dial phone numbers.

A radio capable of storing several operating frequencies is a good idea. You can then change from one frequency to another by simply turning a knob or pressing a button. Opinions vary on how many channels are necessary. On any mission (even a large one) it is unlikely that more than six separate frequencies will be needed for field personnel (main mission frequency, your team plus two other team frequencies, weather, and a repeater). The communications specialist at base camp may use several more. Some people find it convenient to program their radio with a larger number of SAR and repeater frequencies and then not have to program their radio as often. This is a matter of personal preference. If you have a field programmable radio and are comfortable doing so, you can buy a radio with fewer channels.

Radio Operation

You should be very familiar with the basic functions of the radio BEFORE heading out into the field. A few additional pointers follow, acquired from mission experience.

Use of a speaker microphone allows the radio to be kept warm (improved battery life), dry, and protected while only the microphone is exposed to the elements. When using a speaker microphone, it is a good idea to lock the radio keyboard. Buttons accidentally pressed won't mess up your radio settings while your radio is riding in your pack or harness. If you can't hear or be heard, check your antenna - this connection frequently makes for poor signal transmission and is another important reason to do a radio check when you are about 1/2 mile from base camp. If your radio is not working properly, you may therefore return to base to get things fixed without wasting too much time. In addition to the initial radio check, teams should check in periodically with base camp to inform them of progress and that the teams are still in communication range. Unless instructed by Incident Base to check in at some other interval, it is good practice to check in about every hour. Even if monitoring other frequencies in addition to the mission frequency, NEVER go off the mission frequency or turn off your radio without informing Incident Base.

It is a good idea to scan mission frequencies, particularly while en route to base camp, so you don't miss any important traffic such as a find or change of base camp location. Remember to turn up the volume on your handy talkie when you use it inside a vehicle, so you can hear it over vehicle noise. The squelch control can be used to set the radio volume by turning down the squelch until you hear background static, then set the volume. If you do not hear static with the squelch all the way down and the volume up, this is an indication that something is wrong with the radio.

Always wait a second or two after keying the microphone before you begin speaking. This will give your transmitter (or the repeater) a chance to turn on before your information is transmitted. Failure to do this results in the first word or two in of the sentence being clipped off, and can be confusing for those listening to you. Also avoid yelling into the microphone or having it too close to your mouth, as this will distort your voice. Radios work best if you speak with the microphone a few inches from your mouth and at a volume used in normal conversation. If your transmission is broken or weak, yelling into the microphone is a normal reaction but will only make matters worse.

Signal Transmission

Radio signals are a form of electromagnetic radiation like light, and generally travel in a straight line. However, they can be bent by the atmosphere or layers of charged particles, and can reflect off of surfaces. For this reason, signal quality between two radios will be improved if these radios are on

high points, with no ridges, trees or buildings between them. Although "directional" antennas can be used to preferentially transmit radio waves in a certain direction, radio waves are generally transmitted in all directions. Since radio waves can reflect, the signal arriving at your radio may be composed of two or more signals coming from the same source, but taking slightly different paths. One may travel directly to you from the transmitter's antenna, and another may reflect off of a cliff face before reaching you, for example. These two waves can interfere with one another and cause "dead spots" (nodes and anti-nodes created by interference of electromagnetic waves at the same or slightly different frequencies are beyond the scope of this lesson). A good strategy to improve signal clarity between two stations therefore includes moving to a local high spot, or if at a high spot, simply moving a few feet to cancel destructive interference if a reflected wave is disrupting communications. A higher power setting on your radio may improve the ability of another station to hear you, but will not improve how well you receive another station.

One trick that has been used when low battery power or extremely poor signal conditions prevent communication is to key the transmitter to produce a click. When someone's battery is going dead and they do not have a backup, or when there is too much interference to understand what someone is saying, the communications specialist may say something like "Is your battery low? Click once for yes and twice for no." The transmitter will usually have enough power to momentarily turn on and produce an audible click on the transmit frequency for a while after power is too low to transmit voice. In this way, the party in the field can pass information to base in the form of answers to simple questions. Remember - the goal is to convey information. If communications can be maintained for a while longer at a critical time with this method, it may be used. Of course you should always have a spare power source. If you lose all ability to communicate with base, you should immediately proceed to base or the nearest staging area that has communication with base.

Conveying Information

The purpose of any communication is to convey information. When on a SAR mission, WHAT to say is at least as important as HOW to say it. Any information worth transmitting by radio should be relevant to the mission and understood by the recipient. Speak slowly and in plain English, without "Q-codes," "10-codes," or jargon. Speaking slowly not only facilitates understanding of your message, but will be appreciated by anyone who may be keeping a written record of mission communications in base camp. This is particularly important when describing a clue or transmitting your coordinates in UTM or latitude-longitude. To make sure you are understood, it is entirely acceptable to ask, "Do you understand?" after transmitting your message. When initializing or responding to any communication on the radio, it is important to indicate who is calling whom. Use the words "this is" or "to." For example, the phrase "Team four to search base" might be answered with "This is search base. Go ahead team four."

The only exception to avoiding coded transmissions occurs in the case of fatality of the subject. It is important to remember that radio transmissions can be heard by ANYONE, and that there are usually other people listening to SAR radio communications than those participating in the mission. We want to let the Incident Commander (IC) or communications specialist know what is going on, without telling the rest of the world. We do not want family or friends of the missing person hear about their death first on the evening news. To prevent this, the IC will sometimes give a "death code" or "condition code," which is a special phrase to secretly let base camp know the condition of the subject. The death code may be a phrase such as "I found the lake," or "I found a red sneaker." In the excitement of initial attack, command staff may forget to issue a death code. It is good practice to ask for one before leaving base camp if you are not given one during briefing.

Since transmitter power and terrain features limit the range of radios, information will sometimes be relayed from one station to another until it reaches the intended party. For example, the Civil Air Patrol may relay information back and forth between a team in a remote canyon and incident base. Whenever relaying information, it is important that it be done word-for-word, exactly as transmitted by the sender. Any information added by the relaying station should be identified as such. This procedure is necessary to make sure the message maintains its original meaning from sender to recipient. Small changes in a relayed message may, after a few iterations, end up totally changing the meaning of the message.

Protocol & Radio Etiquette

The FCC (Federal Communications Commission) controls access to and use of radio frequencies throughout the United States. Similar agencies control radio transmissions in other countries. All radio frequency users must have a license to transmit on that frequency, issued by the FCC or appropriate governing agency. The only exception to this rule under FCC regulations is in a "life or death" emergency, when any frequency may be used to call for help. A search itself is generally not considered to be a life or death emergency, and frequencies used by incident command are used under an FCC-issued license. As a non-licensed SAR person, it is OK for you to use the frequencies designated by incident command for search information only, and only during the duration of the mission. Only licensed amateur radio operators may use frequencies other than the mission frequency, unless a life or death emergency exists. The FCC requires that frequency users identify themselves using their FCC-issued call sign at least every 30 minutes. Base camp usually takes care of this for frequencies in use on a SAR mission.

NEVER use a mission frequency to hold a non-mission related conversation, or to pass on "cute" remarks. The mission frequency must remain open as much as possible to permit the transfer of important mission-related information. For the same reason, keep mission-related communications to the minimum amount necessary. Consider whether the information you are about to transmit, such as that Pepsi can you just found, is really important before using up battery power to tell base camp (and everyone else on the mission) about it. It is interesting to note that compared to just being on, a radio consumes about 6 times as much power to receive and about 50 times as much power to transmit. [1] For the same reason, it is a good idea to use a frequency other than the main mission frequency to convey "tactical" information. For example, when two teams are trying to meet up in the field, or when a member needs directions to base camp, use a separate team frequency rather than the mission frequency. The key is to avoid unnecessary transmissions. When you do find yourself involved in a lengthy dialog on the mission frequency, it is good practice to pause momentarily after every few sentences. This allows someone with really important information to break in. There have been situations where teams have waited 15 minutes to report tracks or a clue while some conversation in process finished up. This new information might render the conversation in progress moot. If you need to break in with extremely urgent information, say "break, break, break" and identify yourself. Likewise, you should stop talking when you hear three rapid breaks. The only thing on the frequency after three breaks should be silence, awaiting transmission of the urgent information.

Turn your radio off or the volume low enough for only you to hear, while in the vicinity of base camp. Having dozens of radios blaring in base camp can be distracting for command staff, and also wastes battery power. Another consideration may be members of the media or the subject's family at base camp. The media should get their information from the Incident Commander or their Information Officer, and mission details may be upsetting to the subject's family.

Some SAR members become licensed amateur radio operators so that they can have access to other frequencies and repeaters to convey information. Repeater extend the range of mobile radios by receiving and re-transmitting information at higher power, and licensed amateur radio operators usually have access to many repeaters in their area. A "technician" class license issued by the FCC is not too difficult to get, and permits access to several amateur radio frequency bands.

In the Incident Command System structure, the communications specialist reports to the Logistics Section Chief. Their job is to relay and record information, not to make tactical decisions. On larger missions that may use a communications specialist, realize that command decisions will require consulting with the incident commander. Be patient.

The use of profanity in a radio transmission is never acceptable. The FCC prohibits this behavior, and may impose a large fine. Amateur radio operators self-police their privilege to use amateur bands designated by the FCC, and will generally report anyone heard using profanity on the radio frequencies.

References

1. Bob Cowan, "Communications Guide for the New SAR Person," in the 1997 New Mexico Field Certification Study Guide.

Self-Quiz on Basic Radio Communications

1. What are two basic types of hand held radios?
2. What may happen if you begin speaking immediately after you press the transmit button?
3. What are some strategies to improve communications if signals are weak or broken?
4. Why is a "death code" used?
5. Under what section does the communications function occur in the ICS system?
6. Is a license required to use a specific radio frequency for communications during a mission?
7. Under what conditions may a person transmit on a radio frequency without an FCC-license?
8. How often should teams check in with base camp, and why?
9. What should you do if you permanently lose communication with base camp?
10. What are two main reasons to avoid unnecessary transmissions on the mission frequency?

Cibola Lost & Found Newsletter

Hi, my name is Lori Brockway and I am now officially the new Treasurer. Melissa Smith has shown me how she keeps the books and I think she has done a wonderful job. I hope I can do half as well as she has done.

At this point I don't plan on making any changes in the way Melissa has run things in the past. This means that Gas voucher forms must be submitted each month at the business meeting. Any reimbursements for other SAR related purchases need the approval of the committee chair or the president.

You may have to be patient until I get the hang of things, so bear with me! Thanks

Who's Who and New

by Mickey Jajola

Happy New Year! I hope that everyone has had a great holiday and that the new year is prosperous. This is the first full month as membership officer and things have been busy. I have no plans to change the system. I think that since it ain't broke I won't need to fix it. If anyone has any suggestions I am open to receive them; just give me a call and we can talk. I look forward to serving the team in the upcoming year! Thanks.

Coming Attractions

by Tom Russo

There will be a minilesson on knots in the next issue, and we'll be publishing more spotlights on our new board of officers. As always, remember that you may share feature articles or minilessons with the team by getting in touch with the editors and letting us know you're interested in doing so.

Public Relations

by Tom Russo

The public relations committee asks that you let us know if you have any CSAR related photos or videotapes. We're a bit behind schedule on making up our 1997 yearbook, and part of the problem is a lack of source material for the period between September and December.

On the Right Track

by Mickey Jajola

Well, well, another year gone by. One dog tested and one to go. I hope to see all in the field for trainings as well as for searches. This year should be a productive one for the K-9 group. Getting Jake field ready is my first priority with continued training and education the second. I would like to thank all that have been involved in the past and hope that this year is as successful as the last.

Member Spotlight: Lori Brockway

The story of my life begins in Morristown NJ, March 8, 1965. Shortly after I was born our family moved to Urbana, Illinois and we finally moved to Los Alamos, New Mexico when I was in kindergarten. I lived in Los Alamos until I graduated from high school. I had a normal fun childhood; Los Alamos is a good place to grow up. I went to college at NMSU for one year and decided I didn't like it, so I moved up to Durango, CO. A much better choice. I finished my bachelors degree in Marketing at Fort Lewis College.



I thought I had a burning desire to work in the Hotel Management arena, so I got a job at the Red Lion Inn in Durango shortly after it opened. I worked there for 3 years doing just about every job there was so I could get the experience to move up the "corporate ladder". I moved up, but I hit burn-out and decided at Hotel Management was not for me. So what do you do when you don't know what you want to do with your life? You go back to school. So that is what I did.

I moved to Tucson, Arizona and got my masters degree in Management Information Systems from the University of Arizona. I then hired on at Sandia National Laboratory as a programmer. I have been there for almost 5 years. So where does Search and Rescue fit into all of that? When I turned 30 I realized what I was missing by being an overweight couch potato. After that, I really got into hiking, camping, riding my bike and being outdoors. It wasn't until I had to call Search and Rescue to search for a missing friend that I really became aware of SAR and all that SAR does. That experience led me to join Cibola SAR. I have been on the team about 1 1/2 years. I have learned a lot since I joined and I'm glad to be part of a group of dedicated people who really want to make a difference.

Web News

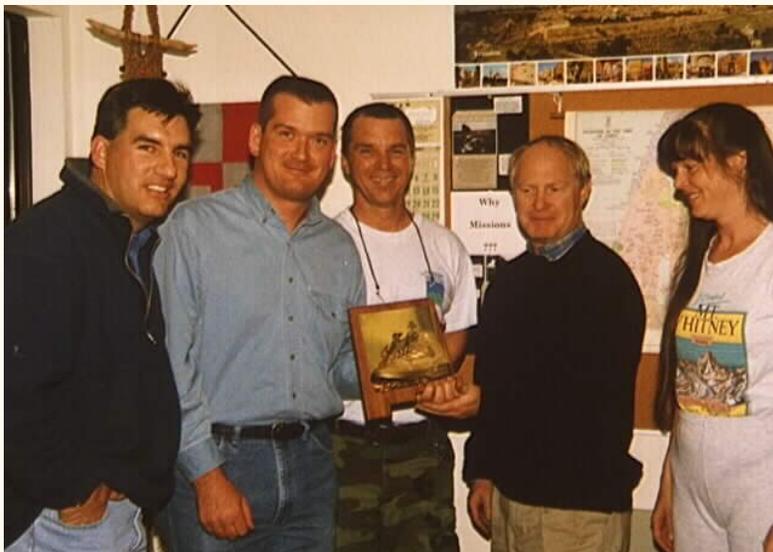
by Tom Russo

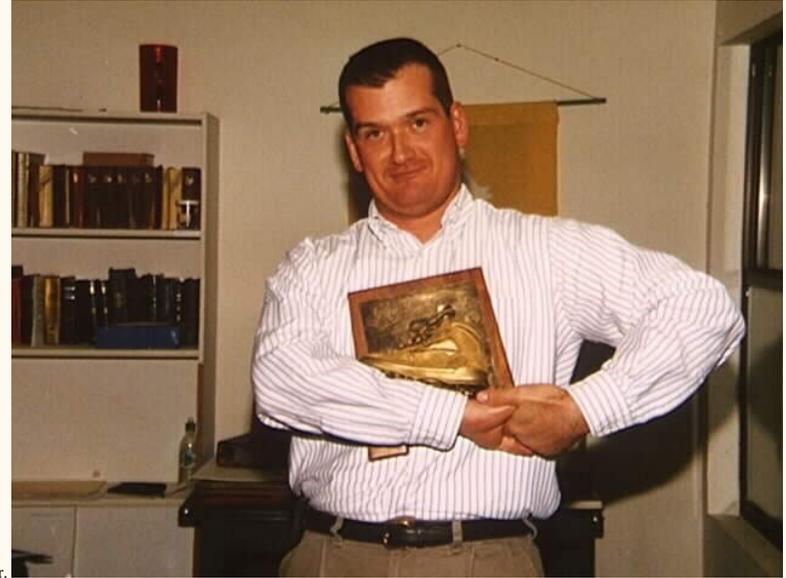
We've been getting some very nice feedback on our website from people around the state and the country. I'll be compiling it all and including it in my monthly spiel at the meetings, and it will be included in the hardcopy of the website which I'll continue to bring to every meeting.

I've been working on a set of training resources pages, and as of now I've got a set of instructions and a checklist for the litter handling evaluation and a page of photographs of various knots. The former will come in handy for preparing for the litter handling evaluation, and I hope that the latter will come in handy for those of us who haven't been around ropes all that much lately. When the knot pages are finished I'll have a bit more to say about them.

Bronze Boot

by Tom Russo





Chuck Girven, as his parting act as Public Relations Chair, nominated the board of officers for the Bronze Boot in recognition of their hard work throughout the year.

Mike Dugger, December 1997

Scott Pierce nominated Mike Dugger in December, in recognition of his efforts in hiking up La Luz at 4AM to bring a pair of boots to a hypothermic subject.

NMESC Notes

by Mickey Jajola

With the ESCAPE just around the corner the ESC is working frantically to complete its tasks. There will be a couple of very worthwhile training events coming up in the near future. One is the Wilderness First Aid class which will be held in Rio Rancho and the other is the Winter Skills class to be held near Los Alamos. If you get a chance to attend, either or both would be a good training opportunity. We all look forward to seeing you all at the ESCAPE and future trainings.

Disclaimer

the Editors

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Volume 2, Issue 12
11 December 1997
Editors: Tom Russo, Mike
Dugger,
and Mickey Jojola

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Top of the Hill

by Mike Dugger

Thanks for the memories!

When I took this job in December of 1995, I knew that one day I would have to deliver something in the way of a farewell from my post as President. At the time, I wondered exactly how I would reflect upon my time at the helm. Now I know.

We've come a long way in the past two years, due in large part to the efforts of many dedicated people on this team. CSAR hardly seems like the same team as we were back then. This is not because of some carefully executed master plan for evolution, but because of the desires of a majority of our members to belong to the kind of organization we have become, and an administration eager to realize this vision. This is exactly as it should be.

During my time in office, I gained a real appreciation for the inner workings of the team, both formal and informal, having a hand in developing the former and being "developed" by the latter. I've had an opportunity to get to know members of other teams with diverse specialties, as well as incident command staff at all levels. While I certainly did not do everything right, I did my best. This experience has done wonders to improve my management skills! The best part of serving as President was getting to know our members a little better than I did before becoming an officer. I really value the relationships I've developed in this position, and hope I can maintain them in the years to come. I encourage all members of CSAR to consider serving as an officer. Serving the team this way is undeniably a lot of work, but at the same time extremely rewarding.

Allow me to offer the following observation as something for us all to consider as we move into the future. I'm sure we have all been frustrated at one time or another about the amount of disagreement during discussion of major issues. However, I know that we are much more closely-knit than other organizations of this type. Our "majority rules" structure of team government, while cumbersome at times with so many type-A personalities, is one of the reasons we have been so successful. We all feel ownership for the direction of our organization. Of course this can be a source of disagreement, but it is also gratifying to know that people feel so passionate about CSAR. A bit of disagreement is infinitely preferable to apathy. Once the team has ruled on an issue, we must all contribute to make CSAR thrive in the direction we have decided to head as a team.

In closing, this has been an experience that I will value for the rest of my life. We've shared some easy laughs, as well as some character-building challenges. These kinds of shared experiences develop the sense of family that I have come to feel with CSAR. Thanks for the memories. It is time for some fresh new ideas, and I'm convinced that there is nothing that we can't accomplish if we set our sights on it as a team.

Boots and Blisters

by Larry Mervine

The November training was on tracking and was led by J.D. Martin. Those who attended rated it excellent. Just like last November's training the weather was accompanied by a snow storm and the field practice was cancelled; J.D. said he could do one later. The road from Los Lunas was icy and I arrived just as the training ended. Top speed was 10 miles an hour. Thanks to the eight brave soles who were able to attend.

Departing as your training officer I would like to list conditions and situations that keep us in business. Factors that contribute to SAR missions are:

1. Improper clothing and/or foot gear.
2. Lack of rest.
3. Lack of adequate water.
4. Hypothermia (cold) or hyperthermia (heat).
5. Too ambitious an undertaking for skills or proficiency.
6. Poor physical condition and/or lack of motivation.
7. Inadequate or improper food.
8. Little or no planning.
9. Inadequate group for the goal and lack of leadership.
10. Plan confusing or not known to others.
11. Individuals could not recognize a physical, mental or environmental threat.
12. No Preparation for adverse weather.
13. Unfamiliar with terrain and no map or compass.
14. "It can't happen to me " philosophy.

Also, would like to thank the team for allowing me the opportunity to be your training officer. I enjoyed putting these trainings together. This does not mean I will no longer be active, but I will be more hidden in the background.

Hike of the Month

Armijo Canyon and vicinity

0800, Dec 27/28, 1997\01997

Trailhead: Doc Long Picnic Area, 2 miles up Hwy. 536 from N. 14

R.T. Distance: 8 miles **Elevation Min/Max:** 7200/7800

Hiking Time 4.0 hours **Hazards:** The usual

Topo Maps: USFS Map of the Sandias



Start on the Bill Spring trail, which begins at the Southeast end of the Doc Long area. Follow it west to the Faulty trail, and go south on the Faulty. You'll pass the junctions with the Oso Corredor trail, the Sulphur Springs trail, the Cienega Horse Bypass trail, and the Cienega trail. About one hour and forty-five minutes out, you'll go down a steep hill with a similar steep uphill on the other side. There is a large dead standing "snag" tree on the right. (I got a reading on top of the downhill - 373.3, 3891.2). This is the upper portion of Armijo Canyon. The Armijo trail is on the left, north of the arroyo. Within fifty meters, it passes by some pools of water that exist year-round. The trail stays near the arroyo for about twenty-five minutes, where it takes a turn left, uphill. (374.7, 3891.4). If you miss this, you can follow the arroyo as it turns left. Or you can eventually meet the

Forest fence, and then turn left. Fifteen minutes after the left turn, you'll come to a gravel road-like portion of the trail, near the big "Private Property" signs. Follow this to the left (West) and you'll soon be on the blacktop. Follow the blacktop to the Stop sign, then turn right, following the blacktop up the hill. Six minutes past the stop sign, there will be a dirt road on the right. Here you can decide if you want the hike to continue for one-half hour or for one-and-one-half hours. For the short return, follow the blacktop back to Hwy. 536 and walk up it to Doc Long. For the longer adventure, take the Cienega Horse Bypass trail that is across from the dirt road. This will lead to the Faulty trail and you can return via that and Bill Springs.

Business as Usual

by John Mindock

This will be my final article after two years as Secretary of CSAR. As far as the actual tasks performed in the role of Secretary, I can say it has been remarkably unremarkable. I didn't invent any new tasks nor scramble to figure out how to do the ones that came with the job - the job description was well-defined and the associated tasks were smoothly operational when I took it over. The other part of the role has been much more challenging and time-consuming - working with the other officers to interpret, define and implement the projects/tasks/rules per the team's directives. The support of the majority of members

provided a huge positive motivation in those efforts. What I will remember most about the 1996/1997 administration is the number of hours they spent on SAR. Not just going to missions, trainings, and meetings, but also toiling relentlessly in the background, keeping the administrative portion of the team running quietly so the operational parts could get the attention that is required. The 'bronze boot' they got at the last meeting was richly deserved. Hopefully, my part of that effort has helped CSAR's business run along as required. Thanks to all who helped, advised and supported me during my tenure.

Mini Lesson

by John Mindock

Clothing for SAR - Part 2

Overview

This mini-lesson delves into the important aspect of using clothing for temperature control.

The Danger and the Killer

All year long, mountain weather can change from benign to life-threatening in a very short time. While most missions do not challenge the searcher's choice of apparel, it is imperative to carry proper clothing for the worst-case scenario.

As SAR personnel, we have two antithetical situations to handle. In one case, we are moving along the trail, creating warmth and perspiration. We need to avoid overheating and also release our perspiration to the air. The opposing situation is when we are stopped for an extended time (e.g., waiting for a litter or for a rendezvous with another team). Now our perspiration-wet clothing is no longer heated by our exertion, and the evaporation can rob our bodies of life-preserving warmth. Failure to account for this via proper attire makes us prime candidates for the killer of the mountain - hypothermia.

An in-depth description of hypothermia is beyond the scope of this lesson. Let's just define it as a condition where the body loses heat faster than it can be regenerated, possibly ending in death.

The Three-tiered Clothing System

This system is the proven solution to wilderness clothing problems. The standard definition depicts an inner layer which wicks moisture, a middle layer which provides insulation even when wet, and an outer breathable layer. The outer layer keeps wind and rain from penetrating to the insulating layer, while allowing water vapor from perspiration to escape. Representative fabrics for these layers are polypro, wool/fleece, and Gore-Tex, respectively.

Rainwear

Typically, clothing designed solely to repel rain is not breathable, so it does not allow perspiration to escape into the air. This can cause a situation where clothing under the rainwear is almost as wet as if it had been rained upon. One must keep this in mind when opting for standard rainwear over the three-tiered system.

Footwear

In cold weather, avoid the temptation to add more socks while hiking, because they can cut off circulation required to keep your feet warm. A system that works well for most conditions is a thin liner sock covered by a heavier insulating sock. Extra socks should be reserved for replacing soaked ones. In addition, there are various outer sock coverings designed to keep hike-generated heat near your feet.

For boots in cold weather, choose the Sorel-type if you are going to be snowshoeing, in deep snow, or in severe cold weather. However, for most missions, leather hiking boots (properly treated for water-resistance) handle the job well, weigh less, and provide more support.

Legwear

Shorts are not the best selection for SAR because they fail to provide protection from hazards. CSAR veterans opt for a pair of cotton/poly blend BDUs, which are quite comfortable in warm weather. If it's raining or you're going through wet flora, slip a breathable outer layer over the BDUs.

There are two situations in cold weather which are best handled by distinct legwear strategies.

When you are hiking, you'll generate a tremendous amount of heat and perspiration. Except in extreme cold weather, there is almost never a need to wear the three tiers of pants while moving. In fact, it is a prudent strategy to keep the insulating and windproofing bottoms inside your pack. For the minimum temperatures we generally encounter, polypro underwear covered by BDUs do the job quite well.

When you stop, add the wool/fleece insulating layer and the outer windproof layer early in the rest period, so you don't begin to shiver.

Torsowear

In general, the same concept about moving/stopping applies to torsowear. However, because the vital organs require it, you need to be more vigilant that the torso area is kept warm. Thus you'll want to don the insulating layers for your torso in conditions where your legs can be comfortable with less.

Headwear

A large portion of body heat escapes through your head. A hat can therefore be used to regulate the temperature of your entire body. In warm weather, baseball-type caps with mesh sidepanels or the longer-brimmed outdoorsman equivalent are the apparel of choice. In cold weather, you should don/doff your winter hat (many varieties exist) as required to avoid perspiration but conserve desired heat.

Cotton and Down

During exertion in cold weather, 100% cotton garments get dangerously cold when wet. Many deaths have occurred because of hypothermia which cotton failed to prevent. The common portrait of the rugged outdoorsman in his cotton long-underwear undershirt, flannel lumberjack shirt, and cotton hooded sweatshirt is a picture of impending disaster.

Conversely, in hot weather, cotton is quite comfortable because it cools you as perspiration evaporates.

Garments containing down are excellent insulators per pound of material, but they lose most of their insulating value when wet. If you choose garments containing down, it's best to keep them safely dry in plastic inside your pack, and always prevent them from getting wet from perspiration or the elements.

Self-Quiz on Clothing - Part 2

1. What medical condition can lead to death because of improper clothing?
2. What are the layers of the three-tiered clothing system?
3. Why is common rainwear not part of the standard three-tiered system?
4. What is one problem with wearing extra socks in cold weather?
5. Why should you wear a hat in the summertime?
6. What is a drawback of using down for an insulating layer?

Who's Who and New

by Bob Ulibarri

To start with, let me be the first to welcome Don E. Gibson (not WHEEZER) to the team. He has had his orientation and has all of the gear to go on missions (with an active member of CSAR), so please help him if you see him on a mission.

Dave Dixon has completed his perspective period and now able to vote on team policy. So lets all welcome Dave to the ranks of "voting member".

As the end of my term closes in I would like to thank the membership for a great and productive year. We have made a great deal of progress in the membership process. We now have in place a quantifiable measurement for new members to obtain "voting" status. We have passed a set of standards that will only make this team more professional and will continue to increase the amount of respect we get from other SAR teams throughout the state. We have maintained an active core of new members throughout the year that has maintained our membership level in the middle to upper 30s. We are currently updating the Member Guide to reflect current team policy and this document should be completed early next year. You, as a member of Cibola SAR, should be proud of the progress that this team has made. You have played an active role in creating a team that is now one of the most respected teams in the New Mexico SAR community. Every one of you has made CSAR what it is today and you should be very proud!

Coming Attractions

by Tom Russo

This issue is the last for Volume 2. In closing the year I want once again to thank Mary Girven for setting up all of the web-based tools which make the editing and preparation of the newsletter so much easier.

In the coming volume I hope we can continue to provide an informative resource for our teammates and the wider audience we've attracted through our website. Again, the newsletter is open to contributors of all interests; if you'd like to cast your pearls of wisdom before the team please let me know and I can hound you mercilessly to get your contributions in before the deadline at the first of the month.

The member spotlights for the coming months will be on the newly elected officers, whoever they may be. Some of these will be reruns, but I hope we can get some new prose written, too.

Public Relations

by Mickey Jojola

Well, after going through all of the great stuff that Chuck left us, Tom and I have a plan of attack. With the end of the year coming up and the holidays here, we will get the yearbooks updated and get a running start on the next year. We never realized the sheer amount of photos, information, and newspaper articles Chuck collected to accomplish this task. Once again my hat is off to Chuck for such a fine job. If all goes well we will be adding another feature: Tom and I are compiling a video montage of all of our missions which have been in the news, along with any training which has been video taped. We hope to have something to preview for the Christmas party. I look forward to the upcoming year with new PSAR opportunities. Happy Holidays!

On the Right Track

by Mickey Jojola

Well, one down and one to go! A big, hearty congratulations goes out to Mary and JC, who passed their field readiness evaluation test on November 22. It was a hair-raising experience but they passed with flying colors. The amount of training which is involved is great, but so is the amount to be involved in SAR. The new Cibola Training Standard is a good example. Through our actions we have achieved a great amount of respect in the search and rescue community. These training standards will help us to maintain that respect. By holding ourselves to a higher standard, we show that we are willing to advance in our chosen "hobby." By asking more of ourselves in our training, we are able to give more to the community which we serve so "that others may live." Congrats Mary and JC for a job well done.

Web News

by Tom Russo

There are a couple of new photographs on the web site, taken by Terri Mindock at our low-angle litter training.

I would like to remind everyone that if you are *able* to access the newsletter through the web, please do so instead of taking paper copies at the meeting. If you've "been meaning to check out the web site" and just can't remember where it is, it's at <http://www.swcp.com/csar/>.

If you have no web access, but have a computer and a modem, come talk to me. I'll get you railroaded to an Internet Service Provider and get you into the 21st century right away.

Classified Ads

(20 words maximum, no services)

1977 Chevy Blazer. 4WD, AT, winch, 1" steel bumpers. Completely restored paint, interior. New engine. \$6900. Contact Paul Husler.

Disclaimer

the Editors

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Volume 2, Issue 11
13 November 1997
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Top of the Hill

by Mike Dugger

As the year draws to a close, I will describe where we are with respect to the goals we identified at the beginning of the year, and summarize the accomplishments of the current administration.

At the start of 1997, the New Mexico search and rescue field certification process was just getting ramped up, and I had hoped to have 90% of our active members certified by the end of the year. We made this certification a requirement for field assignment for active members effective December 31, 1997. I am happy to report that 94% of our active members are now certified. We also wanted to increase the number of licensed amateur radio operators on the team, and we almost doubled it, from 8 to 15. I had hoped to replace our outdated system of qualification codes this year too. Qualification codes have not been revisited as of this writing, but we have put in place a new training standard based on field qualification in skills that we use frequently on missions. This standard should allow us to greatly simplify the qualification code system, to identify people with special skills. We have trained on the use of our low angle gear, and I feel that the dozen or so members who participated in this training have a good grasp of how this equipment is used. We have a way to go before I would say that the team is generally proficient with the gear. However, we have worked on our litter packaging and hauling techniques several times, and I think we are all more proficient in this area than when we started the year. Finally, another goal was to create modules for SAR education as part of our preventative SAR, or "PSAR" program. A flexible presentation format has been created, targeting young adults, middle school kids, and people unfamiliar with SAR. This has been used in several presentations already, and appears to be very effective.

Although not explicitly stated as goals in January, there have been several other significant accomplishments during the year. We developed a list of minimum required gear and clothing, based on the state certification requirements, so that new members to CSAR know what minimum equipment they need and can prioritize those extra items that come in handy. Speaking of gear, our public relations officer lead a thorough analysis of some popular GPS receivers, documented their findings in a report, and negotiated a deal for us to acquire GPS receivers at a discount. Where they were once uncommon, there are now many GPS receivers on the team, allowing us to give coordinates of clues or our teams to incident command staff when requested. As mentioned above, we have adopted a training standard, which describes what skills we expect all field responders to possess, and how we determine that they have those skills. We have established a gear cache on the east side of the Sandia Mountains, and a gear deployment procedure to make sure the gear gets to every mission that CSAR is called for. The introduction and evaluation process for new members has been greatly improved by our membership officer, so that all candidates know exactly what is expected of them and their progress toward voting member status is made measurable. Finally, we have detailed the responsibilities of all officers and committee chairpeople required to keep the team running at its present level. This has yet to be accepted as policy, but at least the candidates for next year's administration have some idea of what is required to do the job.

These accomplishments were the product of a lot of hard work by many of our members, in addition to the team's elected representatives. I firmly believe that these actions will continue to improve our team by allowing us to field more skilled volunteers, provide a higher level of service to Incident Command, and directly benefit the subject. Everyone who helped make these accomplishments possible deserves a pat on the back. You have made a significant contribution to the continued success of CSAR.

Boots and Blisters

by Larry Mervine

On Saturday, October 11, Adam Slavin and Jeff Dohner led our low angle training to help us get familiar with our new gear. About 12 CSAR members attended, and got hands-on experience setting up and using anchors and both 1:1 and 3:1 raising/lowering systems. We are grateful to Adam and Jeff for taking time out of their Saturday to show us how this equipment is intended to be used. We intend to train regularly on low angle techniques in the future. This training will allow us to support technical rescues more efficiently in the future.

Our next training will be provided by Jim "J.D." Martin on Saturday, November 15, at 9:00 am at St. Chad's, on the topic of tracking. We will have a classroom session, followed by some practical experience identifying tracks.

Hike of the Month

**Three-Gun Springs to South Sandia
Peak**

0800, Nov 29/30, 1997

Trailhead: Three-Gun Springs. Old 66 East to Monticello Rd., north to Alegre, west to Siempre Verde, north to Tres Pistolas, north to trailhead.

R.T. Distance: 12 miles

Elevation Min/Max: 6400/9700

Hiking Time 6.0 hours

Hazards: The Usual

Topo Maps: USFS map of the Sandias



The first two hours are on the 3-Gun Springs trail to the junction with the Embudito (this is called Oso Pass). Here, take the Embudito trail east for about 40 minutes to the unnamed trail on your left, marked by a rock cairn, that leads up to the peak. (369.79, 3986.42). 20 minutes later you will be on the peak, enjoying the 360-degree views. (369.72, 3987.15) Return the way you came. Note: weather and temperature conditions can be quite different at the peak compared to the trailhead - carry proper clothing.

Business as Usual

by John Mindock

A few weeks prior to the December meeting, each active member will receive a ballot for 1998 Officers via U.S. Mail. The nominees who have agreed to run for the Offices will be listed. If you cannot attend the December meeting, you can mail this as an absentee ballot to PO BOX 11756, ABQ 87192. Please write 'ballot' on the envelope so it won't be opened until the meeting. If you attend the meeting, bring the ballot. There will be extra ballots for those who forget theirs. If you don't vote, others will be choosing your team management for you.

Mini Lesson

by John Mindock

Clothing for SAR - PART 1

Overview

SAR personnel are expected to perform their duties in a variety of weather conditions and terrain/flora situations. The clothing they bring with them can enhance their safety and comfort, permitting them to remain in the elements for extended periods of time. With a proper choice of clothing for the situation, the SAR person can concentrate on his primary duties for the mission. This mini-lesson details some of the underlying concepts behind the choice of apparel.

Note - many missions do not challenge the SAR person's clothing choices, so it's not unusual for

individuals to come through unscathed while wearing shorts, T-shirts, lightweight shoes, etc. This article is written with the tougher missions in mind.

Purposes of SAR Clothing

One duty of the clothing is to protect the SAR person from injury caused by external conditions. A second, and arguably the most important, is the ability to control body temperature. This paper will detail the first aspect, and a subsequent lesson will delve into the second.

Footwear

Steep, rough, rocky trails require rugged footwear. Ankle sprains, abrasion injuries, and foot fatigue are consequences of less-than-adequate boots. Neither standard tennis shoes nor the popular canvas-sided high-top hiking shoes are up to the job. Sturdy leather boots are the only variety of footwear that can handle the rigors of SAR. Strong support for the ankle and a steel shank for the inner sole are proven assets in the field. In addition, leather upper panels help protect ankles from hazards that are encountered along the trail.

Inside the boots, it is imperative to avoid blisters, particularly near the back of the heel. The proven method is to wear two pair of socks. The inner pair is thin and slippery, usually polypro or a related synthetic, while the outer pair is a thick synthetic material specifically designed for hiking. These two layers slide on each other, mitigating friction between the boot and the skin of the foot. The outer layer also provides some padding for the pounding that occurs on the long hikes under heavy pack.

Wool socks are a popular choice as the outer layer, but they have a tendency to bunch up when wet, causing friction that may lead to blisters. Pre-hike application of coach's tape or moleskin to the heel area is an excellent idea.

Legwear

Thorns, branches, cacti, abrasive rocks, and itchy weeds are common in SAR environments. Sturdy outer pants are essential to get through these hazards unharmed. The de facto choice of CSAR veterans are the mid-weight cotton/poly blend military BDU's. Cotton blue jeans would also serve the purpose, but they have temperature-control disadvantages that exclude them from the SAR wardrobe.

Gaiters not only protect from dew, etc., but can help alleviate damage from trail hazards. In addition, they can keep sand, dirt, and stickers from working their way into your boots or clogging up your laces.

Although many mountaineers wear shorts, they are not suitable for the rigors we might face, such as bushwhacking off-trail through heavy growth. In addition to the hazards mentioned above, you can add sunburn and insect stings in association with shorts.

Torsowear

The same sorts of things that assault your legs also attack your torso. A durable long-sleeved shirt is the only solution that is not an invitation to battle scars. Many CSAR members choose the orange cotton/poly

blend work shirts for this purpose.

For reasons similar to those mentioned in the above sentences about shorts, a short-sleeved shirt is not recommended for SAR clothing. In warm weather, the long-sleeved cotton/poly blend shirt is often more comfortable than a cotton T-shirt because it tends not to be quite as clammy or clingy.

Headwear

A standard baseball cap can help keep branches, needles, dirt, etc. off your head, as well as protect your face from sunburn. But a rock-climbing helmet is prudent whenever there is danger of falling rock, slapping branches, or head-high cholla. A bandanna covering the back of the neck will protect that exposed flesh from sunburn or chilling winds.

Handwear

Leather gloves are requisite when handling the litter or ropes. In addition, you should wear them in areas that have substantial amounts of lava rock, thorns, cacti, etc.

Always wear rubber gloves anytime there is a chance of contacting pathogens. Although the flimsy ones used in hospitals sometimes suffice, they are prone to getting torn in the wilderness. It is acceptable to wear two pair of those, but a better choice is the hardy type used for dishwashing.

Facewear

UV-blocking sunglasses with side protectors are the safest for your eyes in most conditions, both for glare and windblown dust/pollen. In blizzard conditions, ski goggles (anti-fog variety) can allow you to continue the mission where ordinary sunglasses fail. Sunglasses with dark lenses can do a lot to protect from snow blindness on bright winter days. A neckstrap to ensure that the glasses remain with you is a sound idea.

Observability

The orange shirts worn by CSAR serve more than the safety provisions detailed above. They also make the searcher more visible in forested situations. On a number of occasions, personnel from Incident Command and air resources have complimented the team on this increased visibility.

Self-Quiz on SAR Clothing - PART 1

1. What are two major duties of SAR clothing?
2. What benefits does sturdy footwear provide?
3. Name some disadvantages that might arise from wearing shorts for SAR.
4. What are some positive aspects of wearing a long-sleeved shirt, even in the summer?
5. Under what conditions should a rock helmet be worn?
6. When are rubber gloves imperative?
7. Why would someone wear sunglasses in the winter?

Who's Who and New

by Bob Ulibarri

As Membership Officer, I have the responsibility to review the phone tree periodically. I will be reviewing the current phone tree for consolidation and adjustment in the next month. If you have suggestions or ideas, please let me know. Also let me know if you would like to be considered for a position at the top of the phone tree.

The officers will be reviewing members' statistics as we come upon the end of the year. We only have one training left for 1997. Those of you who are unsure or know that you have not attended two trainings in the last six months consider this as your notice that we are coming up on our review period. Please make every effort to get your trainings done as soon as possible. If you have not attended two trainings in the past six months you will not be called for missions until you complete two trainings.



Coming Attractions

by Tom Russo

Nobody's on deck for next month's Member Spotlight. Anyone interested? Remember, too, that we have room for a feature article in every issue, and if you'd like to write one just let me know. Newsletter contributions are due on the first of the month.

Public Relations

by Mickey Jojola

Nothing submitted this month.

On the Right Track

by The Wayside

Nothing submitted this month.

Member Spotlight: Terry Hardin



My name is Terry Hardin. I was born in Albuquerque, New Mexico. My wife, Melissa, is also a native of Albuquerque, New Mexico. Melissa's Grandfather started the town of Cline's Corner with the Chevron gas station, restaurant, and wrecker service back in the 1940's.

My father and mother (originally from the Ozark hills of Southern Missouri) were outdoors people so I spent many weekends tromping through the woods in Northern New Mexico next to the continental divide near Cuba and in South Central Colorado. Since then, I have always had a heart for the mountains

and the wilderness.

I started rafting as a young kid in the late 1960's up on the Canjos River in Southern Colorado. In 1986 I joined the rafting company 'White Water Adventures'. This company is very unique; it is a Christian Rafting Ministry. We have a lot of fun taking people down the river while teaching them things that you learn from the river that you can apply to every day life. I quickly became a guide and later was certified by Rescue 3 as a 'Swift Water Rescue Technician I & II'. White Water Adventures grew over the years to become the second largest rafting company in New Mexico. After a 'staff only' run of 'The Box' at the peak run off of the season in 1995 (a very high water run off year), my wife is not as big of a fan of dangerous high water rafting as I am. We estimated the waves in the lower end of The Box to be somewhere from 15 to 20 feet high. I have also enjoyed many other rivers in Colorado (such as the Royal Gorge on the Arkansas River), rivers in Oregon, and rivers in Washington state.

I have always enjoyed the mountains. Over the years I have done a lot of hiking and backpacking. I have either hiked or backpacked into most of New Mexico's wildernesses. At one time, I lead small Christian singles' groups in backpacking adventures into the Jemez and the Pecos backcountry. I also enjoy mountain climbing and have been to the top of most of New Mexico's higher peaks, as well as a few in Colorado.

A friend of mine by the name of Allyn Anderson has been involved with SAR for many years. He would tell me about his work in SAR. Since I had a heart for the outdoors and a heart to help people (due to my Christian background), I would tell him that I wanted to get involved with SAR as soon as things slow down in my life. It happened. Things slowed down in the spring of 1991 when I tore out my knee. After having the knee rebuilt in surgery (with screws and all), I attended the State SAR Conference in Philmont. I meet Bruce Berry there and soon after that I became a member of Cibola Search and Rescue. Later in the summer of 1993 I married Melissa and then I took one year off from SAR work. In the summer of 1994 I was back again hiking down the trails for Cibola SAR.

I seem to keep too busy all of the time. There is never enough time in the day for work and hobbies. I have too many hobbies that I like to get involved with besides SAR. The hobbies range from high performance sports cars, to computers, to some unique but interesting ones such as researching the history, beliefs, and doctrines of different religious and cult groups and researching the scientific aspects of Evolutionism vs Creation Science.

I hope that this information about me helps you get to know me a little better and hopefully in the future I will get to know each of you better while on a training exercise or on a search. See you on the trail!

Web News

by Tom Russo

Our website continues to get hits from all over the world. But it's been a slow month as far as web

development has been concerned. I would still like to extend the photo gallery, and am open to suggestions for new content. Get in touch with me if you have SAR pictures you'd like to share or content you'd like to see.

I have also developed a rudimentary mailing list facility for the csar@swcp.com mailing address which I plan to make available soon. It will forward any mail coded with a special keyword in the subject line to all CSAR members if and only if the sender is also a CSAR member --- nobody outside the team could use it. If you do not want your email address to be included in this list let me know.

NMESC Notes

by Mickey Jojola

Nothing submitted this month.

Feature Articles

by John Mindock

Feature Article 1: Mission Numbers

A Mission Number is more than an accounting mechanism - other mission-related processes are linked to it. When we attend a SAR event which has been assigned a Mission Number, we are protected by certain liability/injury insurance and laws. Reimbursement for fuel and use of the 155.160 radio frequency are other aspects.

Mission numbers are composed of three two-digit numbers (year, district, and sequence). The `district' portion can be one of the thirteen State Police (SP) Districts, or can be "00" or "20". An example of a mission number is "97-05-23", the 23rd mission in SP District 05 during calendar year 1997. Common districts for CSAR are "05 - Albuquerque area", "01 - Santa Fe area", "11 - Socorro and west", and "06 - Grants/Gallup area".

The three basic categories of events for which a state mission number may be assigned are as follows.

1. State-approved training missions. (District = "00")

There is an SOP in the State SAR Resource Office detailing the criteria which the training must meet. In general: it must be a realistic scenario, multiple SAR teams must be involved, there must be a Field Coordinator and an Area Commander. Reimbursement for fuel might not be included for this category.

2. Missions with an aircraft as the subject. (District = "20")

If an aircraft is known to be missing, or signals from an Electronic Location Transmitter (ELT) are heard, the mission is assigned a number with "20" as the `district'. Per current policy, an incident with a Personal Locator Beacon (PLB) would also fall into this category. This mission number

remains in effect even when the aircraft (or PLB, for that matter) is found (i.e., the number is not changed to represent the SP District of the find.)

3. Standard SAR missions.

A mission is started per the instructions an SP Officer who is qualified to be a Mission Initiator (MI). This designation is a result of specialized education he attended in addition to his law-enforcement duties. Each SP District has an MI on duty (or on call) at all times. When an event fits the circumstances where a SAR mission may be required, the MI for the appropriate District is contacted. Except in very unusual instances, the chosen District is the one that includes the subject's last known location. If the mission moves into another District as it progresses, the original mission number is still in effect.

Thanks to Rick Goodman, State SAR Resource Officer, for information used in this article.

Feature Article 2: Missions in Remote Areas -- October Through April

In the Sandias, we are seldom more than three hours from some sort of safe place where we can get out of the weather. Thus we can get by with a minimum of survival gear. This is often not the case in the western or northern NM mountains (including the Pecos area near Santa Fe). For missions in those areas, you must have enough clothing/gear/food/water to survive for at least 24 hours in the field, handling near-zero temperatures, deep snow, and high winds. You cannot count on lighting a fire and you may not be able to find the trail. Batteries need to be in prime condition, and backup equipment/clothing is a necessity.

Because you may get marooned in a blizzard where driving conditions deteriorate to impassable, your vehicle should contain enough of everything for 48 hours of confinement. As always, it is best to travel in a car caravan to remote missions. We generally meet at the Flying J on nine-mile hill (exit 153) for Grants/Gallup missions, the Los Lunas Diamond Shamrock (exit 203) for missions where we travel US 60 out of Socorro, and at the Bernallilo exit and/or the Triangle on north 14 for missions going north on I-25.

Classified Ads

(20 words maximum, no services)

- 1977 Chevy Blazer. 4WD, AT, winch, 1" steel bumpers. Completely restored paint, interior. New engine. \$6900. Contact Paul Husler.
 - 1983 Chevy S-10 Blazer, 5SPD, 2WD, runs great, "Cibola Ready :-)", 168K miles, \$2400. Contact Melinda Ricker.
-

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 2, Issue 10
9 October 1997
Editors: Tom Russo,
Mike Dugger,
and Mickey Jojola

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Mike Dugger

I want to thank all our members who put so much work into developing a training standard for our team, providing input for implementation, and for supporting the idea in the first place. We have been a well-trained bunch for years, and have been moving toward formalizing this process. Now at last we have a minimum skill set we can point to and know that all our field responders have the same foundation of skills (and then some!).

Our phone tree is the primary mechanism by which we activate the team for a mission, as well as disseminate information between general meetings. It is critical that the people at the top of the phone tree are diligent in carrying out their duties. Within about 10 minutes of our group page to call voicemail for mission details, our point of contact for the mission is collecting responses from the voice mailbox. By about 20 minutes after the page, the primary contact is back in touch with whoever paged us with a count of resources we are deploying, and those resources are rolling. It is expected that the top of the phone tree will have called their phone list within about 10 minutes of the page. If they do not indicate via voicemail that they are calling their list, the primary contact must make sure it gets done. Since the teams purchases pager airtime for those at the top of the phone tree, we have a right to expect that this job will be done consistently. Of course if the top of the phone tree will be unavailable for a time, they should arrange for someone else to call their list until they can resume that duty. Anyone interested in being at the top of a phone tree should contact me. We are considering restructuring the phone tree to take maximum advantage of the number of pagers now on the team, and we are looking for new people for the top of the phone tree.

Finally, I want to pass along a comment that I heard recently from one of our District 5 Field Coordinators. During a conversation with John Maio last week, he said that he appreciates Cibola SAR for "always being there when we need you." Invoking the customer-supplier model, the FC's are our customers, to whom we supply resources to complete task assignments. There is no better testament to how our customers view our level of response. Thanks John, and thanks to all our members who have helped establish this reputation.

Boots and Blisters

by Larry Mervine

I know we have been to the 3 Gun Springs area many times. I know Search Techniques is a boring topic. But 3 Gun Springs offers moderate terrain, easy access for West & East team members and free parking. So why the low turn out? Cibola is a ground searching team, so logically we need to do & practice Search Techniques. Don, Mike and John set clues into a search area while the training officer gave a 15 minute talk about search techniques. We then divided into two search teams. Once at our search area we assigned duties: 1) the navigator, 2) trail tape marker, 3) team leader, and 4) communications person. Before departing into the field we selected a search pattern. After 1 1/2 hours we completed the task. How did we do? We did better than the proposed 65% in the Standard Search Techniques evaluations. The teams were composed mostly of veteran searchers, but the new members said they learned a lot.

Hike of the Month

Embudito Trail

0800, Oct 25/26, 1997\01997

Trailhead: East on Montgomery to Glenwood Hills. North to Trailhead road. East to Open Space parking lot.

R.T. Distance: 8 miles

Elevation Min/Max: 6300/8400

Hiking Time 4.5 hours

Hazards: The Usual

Topo Maps: USFS Map of the Sandias



The access from the parking lot has been relocated to the northern end, bypassing the old route with the RR-tie steps. Stay on the prescribed USFS route, noting the many user trails heading into the chamisa towards the watercourse. About 1.5 hours out, you'll cross a wide sandy wash. The wash is a popular route for hunters - they follow it upwards into the Bear Canyon area. In winter, the trail beyond this wash is often dangerously covered with ice. This hike continues to the intersection with the Three-Gun Springs trail (Oso Pass), then returns on the same route.

Business as Usual

by John Mindock

All team members will get forms to be used for nominations for the 1998 officer's positions. Those who don't get them in the meeting will get them in the U.S. mail. All persons who are nominated will be contacted by the President to ensure they are interested in the office.

Mini Lesson

by John Mindock

Probability of Detection (POD) - PART 2

Overview

The previous mini-lesson (POD - PART 1) discussed the concept of POD and some of the factors involved in calculating it. This mini-lesson will continue with that discussion.

Probability of Area (POA)

This is an estimate of the probability that the subject is within a specific area. The total of the POA's of all areas being considered for searching must equal 100%. In order to cover all possibilities, a search segment known as 'Rest of the World' (ROW) is also declared. This makes allowance for the situation where he might not be in the areas being considered (home, in the bar, at his girlfriend's, out of the historically-indicated search range, etc.) The POA of an area is estimated by the Incident Management, and an area's POA can change as a result of POD's reported by returning field teams.

As a simplified example, a fisherman is more likely to be near the stream than on top of the hill, so the POA's of areas near the stream would be higher than the ones near the top of the hill. However, after the areas adjoining the stream have been searched to high Unresponsive POD's, their POA's may be lowered and the top of the hill area's POA increased.

In theory, teams assignments correspond to the POA of the areas, with highest POA areas covered first. In reality, Incident Management does not have enough time to chit-chat about POA's in the 'initial attack' phase of a mission, so those assignments are made on intuition and history rather than a formal POA strategy. Later assignments might be more explicitly based on POA considerations.

Probability of Coverage (POC)

This is a predetermined set of values for Unresponsive POD, based on the factors that influence POD. It attempts to constrain the incoming POD's from field teams within the realm of reality. A simple illustration: a team of two searchers covering a six-square mile 'difficult terrain' area in two hours in snowy nighttime weather should equate to a low POD.

If the team returns with a much higher POD, Incident Management can supersede their POD estimate with that prescribed by the POC tables. Another application of POC would be to tell a team of four people to search an area of four square miles, and do it for six hours. Using the POC tables, this would theoretically ensure that the team got a POD of 'y' %, which might be more legally defensible than any subjective estimate the team might provide on their own.

Separation Types

When team members are in the area search mode, they spread out from each other. There are two formal designations for the type of separation - 'visual' and 'critical'. Visual separation means that the team members generally can see the person on either side of them. Critical separation means that they can generally see some midpoint between them, but do not attempt to stay in visual contact with each other.

Unless Incident Management specifies otherwise, visual separation is the tactic expected of teams in an area search mode. POD for visual separation would usually be larger than that for critical separation.

Terrain Types (easy, moderate, difficult)

One of the factors in POD is the type of terrain. In Hiking Guides, this usually is a function of the steepness and altitude. But in the context of POD, it refers to the difficulty of seeing every place where a person could be concealed. So 'easy' terrain might be a grassy field, 'moderate' a pinon/juniper foothills area, and 'difficult' a canyon filled with downed timber, boulders, etc. But a grassy, albeit steep, slope could also be 'easy' in the context of POD.

Rate of Progress

Another factor in POD is rate of progress. Although there are no mandatory guidelines, one could generally expect a hasty team to progress at least two miles per hour, while an area search team should be no faster than one MPH (even less on difficult terrain).

Estimating Responsive POD

There are many subjective factors in estimating responsive POD. The following are some general characteristics that may be used as parameters to devise that estimate.

Low (0 - 25%):

- not able to use standard attraction techniques (whistles, yells, etc.);
- high winds, blizzard, etc.;
- noisy running water;
- densely vegetated/treed areas;
- large areas;
- daylight search (sound doesn't carry as well).

Medium (30% - 65%):

- standard attraction techniques used somewhat often;
- moderate winds, rain, moderate snow;
- not much noisy running water;
- somewhat dense vegetation/trees;
- small canyons, small flat areas so searchers attraction noises carry somewhat well;

- evening search (sound carries better).

High (70% - 90%)

- standard attraction techniques used very often;
- little wind, rain, snow;
- no running water;
- non-dense vegetation/trees;
- large canyons, tops of ridges, places where sound carries well;
- night search (sound carries well at night).

Estimating Unresponsive POD

There are many more factors in this estimate (See previous mini-lesson).

Low (0 - 25%)

- rate of progress greater than two mph;
- few searchers in a large area;
- difficult terrain;
- darkness;
- subject wearing camo/green, etc.;
- bad weather;
- efficient (as opposed to thorough) search tactics.

Medium (30 - 65%)

- rate of progress between one mph and two mph;
- adequate number of searchers to cover the area;
- moderate terrain;
- adequate light;
- subject wearing easily-seen clothing;
- decent weather;
- somewhat thorough search tactics.

High (70 - 90%)

- rate of progress less than one mph;
- more than enough searchers to cover the area;
- easy terrain;
- bright daylight;
- subject wearing bright clothing,;
- very nice weather;

- very thorough search tactics.

Field Exercise

This exercise is intended to give one a 'feeling' for the rate of progress that 20% POD and 80% POD searches entail. Find an area where there are many boulders, trees, and/or bushes. Search the area looking behind only every fifth obstacle. Record your time for this, a 20% POD search. Now return the other way, looking behind four-out-of-five obstacles. Record the time for this, an 80% POD search. In theory, it should take @4 times as long as the 20% approach. (Actually, since parts of your search area are visible without looking behind an obstacle, the POD's would be somewhat higher than 20% and 80%.)

Self-quiz on POD - PART 2

1. What is POA?
2. How can an area's POA change during a mission?
3. How might POA be used in determining team assignments?
4. What is POC?
5. How might POC be used to predict POD?
6. Compare visual vs. critical separation.
7. Give examples of easy, moderate, and difficult 'terrain type' in the context of POD?
8. What rate of progress is generally expected from a hasty team?
9. What are some situations that might lead to a low Responsive POD?
10. What are some factors that might lead to a high Unresponsive POD?

Who's Who and New

by Bob Ulibarri

Scott Pierce and Terri Mindock are active as of this month, so please welcome them as active members. Susan Corban will have her orientation before the October meeting. She has told me that she has all of the required gear and will be ready for missions after her orientation. So if you see her at a mission after October 9, please help her out.

Coming Attractions

by Tom Russo

Next month's member spotlight will be Terry Hardin.

A reminder to contributors: I try to have the newsletter finished by the first of the month to allow me time to format, print and copy the newsletter by the night of the business meeting. It is somewhat difficult to do that if I don't get your articles before the 7th. Too, the preferred method for newsletter submissions is through the web-based submission form. Second choice would be to email your article *in*

plain text to csar@swcp.com. If you are a computational Luddite, you may fax or post your article to the editors. Email directly to the editors' personal addresses is discouraged --- mail to csar@swcp.com is distributed to all editors, whereas if you mail it to one of us then it has to be manually redistributed. Thank you for your support.

Public Relations

by Chuck Girven

As most of you probably know by now, Mary has been offered an appointment as Webmaster for the Comprehensive Nuclear-Test-Ban Treaty Organization (CTBTO) which is headquartered in Vienna, Austria. We recently traveled to Vienna to scope out the area and Mary launched their web site (<http://www.ctbto.org/>). We decided to "go for it" and will be moving on November 3rd, so we are resigning from the team as of October 9th.

Being members of Cibola Search and Rescue is like being members of a family. There might be disagreements, but we are still a team with strong bonds. Mary and I have enjoyed the friendships that have developed and the hard work we did getting the web site and monthly newsletter up and running. I've really enjoyed being the Public Relations chairman, starting and maintaining the yearbook to chronicle the history of our team, and being one of the editors of the newsletter.

Cibola has come a long way since I joined a little over two years ago (seems much longer) and Mary started the web site last fall. We've learned a lot through all of the many trainings, missions, and activities. And we've enjoyed ourselves so much that we'd like to encourage other members (new and old) to get involved beyond the basic trainings and missions by running for office, recruiting and mentoring new members, or helping out on one or more of the various committees. Mary and I are very proud to have been active members of Cibola SAR. Thank you for your friendship and support through the good times and especially through the few bad ones. It's through these that we grow as human beings. We hope to see you again in a few years.

On the Right Track

by Mary Berry

I would like to commend Mickey Jojola and his dog "Jake" on a REALLY great Mission-ready Evaluation, on September 14th. Unfortunately, they didn't pass, although they came extremely close (ran out of time). I know that they have been training very hard, and "Jake" showed a tremendous amount of improvement since his first try last spring (so did Mickey). As dog handlers, we are coming to a huge realization of how important a good search strategy is, and how the strategy is not the same as being a "ground-pounder". The test was held at the end of Via Sedillo again, and still proved to be a good spot, except for the cross traffic of mountain bikers, horseback riders, and ATV drivers. In the end, we decided that the test is fair and that our standards are high. Please give Mickey a pat on the back.

The K-9 unit meets regularly to train informally together on Wednesday nights. These trainings vary a lot in their content, anywhere from obedience and socialization training, to short search problems. On

October 1, we did something new by trying table-top search scenarios. This made us develop search strategies which, of course, always ended up changing. It was a good way to make us think. Typically on weekends we also train together and usually do more involved and difficult search problems. Anyone interested is welcome to attend, just please talk to me, Mickey Jojola, or David Mahoney.

On September 20th, a joint training was held with the Bernalillo County Sheriff's Posse (mounted SAR). A helicopter was brought in, despite the rain, and the horses and dogs got a good opportunity to be exposed to the sights, sounds, and downwash. A lecture was also given on booby traps typically found in mountainous areas where marijuana fields are grown. A mock search was scheduled for the 21st, but it was pre-empted by a real search near Bernardo.

The next scheduled Mission-Ready Evaluation is for me and "JC" on October 19th. Anyone interested in helping out should contact Mickey. Thanks.

Member Spotlight: Tom Rice



I was born at Whiteman Air Force Base, Missouri in 1963. I was the youngest of four boys. Two months after I was born we moved to a small town outside Santa Barbara, California while my father was stationed at Van Den Berg Air Force Base. We did move again while in California but I can't recall the long boring details. I am very long winded so hang on!

When I was six my father retired from the Air Force and we moved to Hershey, Pennsylvania, where he was born and raised with his 8 brothers and sisters. My father taught history at the local high school and was a tennis pro in the summer. My mother worked at the same high school as the home economics teacher. After seven years of teaching high school my father gave up that profession to continue teaching tennis all year around, indoors in the winter, outdoors in the summer.

Having a father who did nothing but live and breathe tennis, I naturally picked up a thing or two along the way. I started playing tennis at age seven and hockey at eight. Hershey is a big hockey town with their own AHL hockey team and was the farm club for the Philadelphia Flyers and the Pittsburgh Penguins, at different times of course. So I played hockey because all my friends played. The All Star team I was on in 1976 won the International Tournament in Quebec, Canada and we placed 8th at the U.S. National Tournament. I played tennis during all my years of hockey, sometimes having hockey practice in the mornings before school and tennis after school. My tennis career really took off at age sixteen. I played in so many tournaments that I can't even count them. When I was seventeen I qualified for a national tournament where I lost in the round of 16. My senior year I was even captain of the soccer team. I suck at soccer and so did our team, it was the first year our high school had a team, so the first guy who could kick a ball was named the captain. This is fun bragging about all the stuff you did as a kid, my head is getting bigger just remembering all this!!

The reason I came to New Mexico was due to a tennis scholarship at New Mexico State University. I played for NMSU for two years and was close to flunking out of school! It was time to make a decision! I quit tennis for good and started using all that extra time to study and work to pay the bills. I did extremely well over the next couple of years and landed a two year degree in just four "short" years, in Mechanical Engineering Technology. During that time I was president of Theta Chi Fraternity where I had to deal with all the "BS" that goes with any large organization. Very similar to the thankless job that Mike is doing for Cibola.

Sandia National Laboratories hired me to work as a designer and continue my education at the wonderful home of the Lobos. This is where I met Bob Ulibarri and became friends. I actually lived with the guy, can you believe that? While attending UNM the engineering college only accepted 27 out of the 96 credits that were obtained at NMSU, which meant years of night school. After three years of working full time and occasionally attending night classes, I took an educational leave of absence from Sandia to finish my BS degree at NMSU. It took only a year and a half to finish and return to Sandia. While at NMSU I met my best friend Karen. I had to pay her, but we finally got married in August of 1991.

I left Sandia in June of 1996 to start a business called Sunwest CAD. Basically what I do in the state of New Mexico and El Paso is sell solid modeling (CAD) software, as well as analysis, simulation and animation software. I also provide technical support and training classes. This new life has kept me very busy and unfortunately away from many SAR activities.

Bob Ulibarri and I became interested in Urban SAR after attending some dog training classes held by Jim Calahan. During this time we heard a great deal about Cibola SAR from Jim, Bruce, Mary and Norman so we gave it a try. I quit Urban SAR after joining Cibola. This was a good thing since shortly after quitting my dog Derby started showing signs of Progressive Retinal Atrophy which basically means she was going blind. She is totally blind now, which was my sign to stay out of the SAR dog business.

I have enjoyed close to four years as a member of Cibola SAR. This team has grown in many ways during that time. I want to thank all those who have devoted a good portion of their lives in making this happen. Without this dedication I don't Cibola SAR would be where they are today!

Web News

by Tom Russo

Our new training policy, complete with the standards we adopted at the last meeting, are now accessible from the Frequently Asked Questions list, under "What other skills are required," and from the membersonly page.

Some Webmaster with more dollars than sense bought himself a flatbed scanner this month, so we do have the capability of adding more pictures to the team web site; we've plenty more disk space available out of the chunk that Southwest Cyberport allocated for us. If you have pictures of events or people that

would be appropriate for display on the web, please get in touch with me. Note that I will not put any pictures of individuals on the web site without their permission, so if the picture you give me is not of your own face get permission from the subject of the photo first.

NMESC Notes

by The Wayside

Nothing submitted this month.

Out-Of-State Missions

by John Mindock

The following aspects apply to missions where we are called out-of-state. This call may come via the NM State SAR office, but such is considered to solely be a courtesy from that office, and does not imply that the State of NM is involved in the mission. The most important concept is: whereas the responsibility for SAR in New Mexico lies with the State Police, such is not the case in neighboring states. In general, the County Sheriff is responsible, but sometimes other agencies such as the Bureau of Land Management, National Park Service, United States Forest Service, etc. may handle SAR in their landholdings. Consequently, we are not covered by any New Mexico laws (particularly the liability laws). Instead, we are covered by those of the agency which called for us, and/or perhaps their state laws (depending on the legal set-up). Likewise, we are not insured by New Mexico for injury during the mission or while traveling. In this case, we probably are covered under the insurance of the agency who called us. We are not reimbursed for gas by the State of New Mexico, but the calling agency may allow for that.

We will most likely be under the direction of the local agency. The local agency may ask an NM Field Coordinator to assist them, in the mode known as `unified command' under ICS. In that case, the FC's position will be subordinate to the local agency's Incident Commander. Don't assume that the ICS system will be used - each agency may use whatever system they have adopted.

For missions that start within New Mexico but end up in neighboring states, we usually are covered under the NM mission rules. Generally speaking, the coverage situation would depend on decisions made at the time by NM Incident Management and the New Mexico SAR Resource Office. The key indicator: if the incident is being handled under a NM mission number, we are covered as per all missions. Otherwise, we are not. Just FYI, it's common for some eastern Arizona teams to deploy on western New Mexico missions. But most of these teams have been formally `recognized' by the NM SAR Review Board, so are viewed in the same category as any recognized NM team.

We have never been called for an out-of-state mission, but it's not uncommon for teams near our borders. Liability questions will need to be determined at the time of such a call.

Thanks to Rick Goodman (NM SAR Resource Officer) and Bob Lathrop (FC, Roswell) for information used in this article.

Classified Ads

(20 words maximum, no services)

Cabela's Summit sleeping bag (-20 deg. F): \$95.00
Outdoor Research GORE-TEX Deluxe Bivy: \$150.00
Black Diamond climbing harness (size: M) with Gibbs ascender: \$60.00.
Contact Andrew Parker: 842-9502

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 2, Issue 9
September 11, 1997
Editors: Chuck and Mary
Girven,
and Mickey Jojola

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Mike Dugger

It has been a slow year for missions so far in District 5, with calls down to less than half of what they have been in recent years. This is great for the potential subjects. Being lost or having someone who is close to you lost is a traumatic experience. I doubt that a single root cause can be identified for the lack of missions, but I have heard several theories. A relatively dry winter and spring may have reduced the amount of people participating in winter sports like cross country skiing. The wet summer we've had probably kept a lot of campers and day-hikers at home, too. The new fee areas in the Sandias probably also contributed to fewer people on the trails. Based on numbers I've seen for other districts, things seem to be a little slow all over the state. In the absence of mission experience we, as SAR volunteers, must rely more on training to get familiar with working together and maintaining the spirit of camaraderie and teamwork that makes our organization work so well. We still have hunting season ahead, and this year's El Nino is forecast to bring more snow our way this winter. Our newer members should have the opportunity to get their fill of missions as we head into fall.

Fall is also the time of year to start thinking about selection of officers for next year. As a preview of the process, I will ask for nominations at the October business meeting. Nominations will be accepted through the close of business at the November meeting. Those nominated will be contacted to verify that they are willing to serve. The election will take place at our December meeting, immediately after which the new officers assume their duties. We are publishing a list of officers' duties below, so everyone can get an idea of what is done today to manage this team, and those thinking about running for office can get a sense of the scope of responsibilities. We will devote some space in the newsletter and time at the November business meeting to allow the candidates to tell us their plans for their term in office. During this process, we should ask what the candidate has done in the past to serve CSAR. CSAR's reason for

existence is to provide search and rescue services, so it is also appropriate to ask about the mission experience of the candidate. We want the most experienced people possible to lead our team.

I encourage everyone to check out our training officer's report. The land navigation training held last month was a real eye-opener. Just goes to show that answering multiple choice questions about it and actually performing orienteering are two different things. The way the training was performed forced people to be more self-reliant than most of our past trainings, and really demonstrated the need to practice land navigation at an individual level. True that we frequently search on trails, but for our own safety as well as that of our teammates, and the good of the subject, we need to be able to navigate in the wilderness without relying on GPS. The same philosophy applies to search techniques and litter operations. I can't think of a better argument in support of adopting standards for the duties we perform on missions.

Finally, I made a serendipitous discovery in a colleague's office today that I just had to share with you. Advice for creating an enthusiastic team from an expert on team building: Look for ways to make new ideas work, not for reasons they won't.

Boots and Blisters

by Larry Mervine

Map and Compass training for August

Fourteen team members participated in this month's training. At five o'clock five team members rushed to set up the compass course at Elena Gallegos Park. We started the training at 8:00 pm. Five teams with two members each were given a true bearing. They had to calculate the magnetic bearing, and then follow the bearing to a point placed earlier. Once the point was found each team radioed base camp, described the clue at the point and were given another true bearing. The distance was also given.

Arriving at Elena Gallegos Park, I figured all we only had to do was walk the bearing and set the points. But as teams were reporting back to base camp there seemed to be a problem with teams finding their points. At 10:00 pm teams were called to return to base camp.

What was the problem? Most teams had a problem with calculating declination and judging distances. Western states have an easterly declination, so the following is true:

Map to field	True minus declination equals magnetic bearing.
Field to map	Magnetic plus declination equals true bearing.

The other problem was distances. Teams were given a .4 km distance, but walked 2 km before calling in. What does this mean? It means we need to practice our map and compass skills. So in September I will be

offering another map and compass training. Below is an outline of the next map and compass training, which I estimate will take 4 hours:

1. calculate declination
2. follow a bearing
3. learning to judge distances, by walking a timed measured distance
4. watch and walk a three point course planned by the training officer
5. teams of two will plan and setup a course and exchange courses with another team, then walk course

Hike of the Month

Tunnel Springs and North Crest Trail

0730, Sep 27/28, 1997

Trailhead: Tunnel Springs near Placitas - see member guide

R.T. Distance: 10 miles **Elevation Min/Max:** 6200/8600

Hiking Time 5 hours **Hazards:** The Usual

Topo Maps: USFS map of the Sandias



On the way to the trailhead, you'll pass Quail Meadow Road. FYI - this is an alternate route to the Strip-mine Trail (not a part of this hike). You'll also pass the Agua Sarca trailhead, which is also not part of this hike, but a likely search route for missions in this area. Start by going south from the parking lot. A few feet out, there will be a gray wilderness sign. This is the bottom of the Del Orno route, which meets the North Crest trail. This route is very steep and rugged, and has some unsafe conditions. I have excluded it from this hike, but it would be a likely assignment for a search. Proceed east along the well-defined North Crest trail. Along the way be sure to pause and enjoy the scenic vistas to the west, north, and east. About 1.5 hours out, at (369.6, 3905.1) you should see the top of the Del Orno route as it drops into the arroyo on your right. An hour later you'll be at the

junction with the Penasco Blanca trail (368.9, 3902.8). If you wish, go down that trail a few minutes and you'll see the white cliff formation that gives this its name. (It's also called the 'Great Wall of China'). Then return the way you came. Incidentally, many people drink the spring water near the parking lot. Still it would be advisable to treat it first, as you should treat any water in the Sandias.

Business as Usual

by John Mindock

Please note the Mindock's new unlisted home phone number in the phone list. This number can be given to any SAR person or anyone with SAR questions or business.

I spent a month (off and on) developing the FAQs for the website, designed to complement the Introduction page. I tried to make them as specific as possible so a person considering SAR would have detailed answers to common questions. Suggestions for modification were reviewed at the last officer's meeting, and some were incorporated.

For the record, here's the process for distributing or changing any information about Cibola that is intended for public release: Since it is not appropriate for any non-elected member to represent the team in an "official" sense, any publication that could be construed to represent the team must be approved by the officers (or at least the president, if time is a factor). Send suggestions to any of the officers so that they can be discussed and approved. If there is an urgent need for action (due to timeliness of the information or inaccuracy), make that known so the issue can be expedited.

Mini Lesson

by John Mindock

Probability of Detection (POD) - Part 1

Informal Definition

The probability that your team noticed the subject in the area you searched. Also can be depicted as the percentage of the assignment area (big enough for a person to hide in) that you actually looked at while searching. It is NOT a measure of the quality of a team's effort, nor of their proficiency as searchers.

Overview

During a debriefing after an assignment, field teams are commonly requested to report their 'Probability of Detection'. Often this is divided into two types - Responsive and Unresponsive. Often, the POD is formulated by using 'gut feeling' based on experience, wishful thinking, and some idea of what was expected in the first place. Note - POD's higher than 80% are defacto counted as 80%, perhaps due to legal concerns.

Unresponsive POD

Unresponsive POD is simple to fathom - if the subject was lying within your search area, but unable to respond to you, what's the chance that you saw him? This usually is a function of the size of the area, the number of searchers, the rate of travel, the terrain/flora, the subject's clothing, and the thoroughness of the search tactics. Weather and darkness also can figure into the calculation. A subject may be unresponsive because of death, unconsciousness, weakness, fear of searchers, or evasion.

Responsive POD

Assuming that the standard attraction techniques (yelling, whistles) are used, what is the probability that the person was in the area you searched, and yet you did not hear him responding to you? This measurement is a function of the size of the search area and the number of searchers. Rate of travel, terrain/flora, and thoroughness are not really factors one way or another. Weather (such as high winds) may figure in, but darkness has no bearing. Responsive POD is never less than unresponsive POD, for obvious reasons.

Significance of POD to the Mission Management

Subsequent to the 'initial attack' portion of a mission, the territory being searched is subdivided into portions called 'search segments'. After a certain amount of effort over several operational periods, mission management develops a strategy where they start eliminating search segments. This is often used to justify a decision to suspend the mission. The criteria for suspending a mission are somewhat subjective, but for this paper let's say that much of that decision is based upon reaching 75% POD in all segments within the subject's probable range of travel. This range is determined by statistical analysis of many missions nationwide with similar subjects, as described in documents used by Incident Management for planning the search. At this point, the teams being deployed notice a change in assignment directives, hearing instructions like 'search this segment to a 80% POD' instead of 'go up such and such trail'. The nature of POD has shifted to a pre-deployment specification, as opposed to an assessment of the results upon return.

The decision to suspend a mission will occur after a number of operational periods, and the subject will have been in the elements for a significant time. The assumption at that time will be that the subject is no longer able to respond. During this phase of a mission, the assignment to search a segment at 'x' POD really means an unresponsive POD. This normally goes unsaid during the team briefings, but it is the only sensible interpretation, i.e., if the person is still highly likely to be responsive, we wouldn't dare consider suspending the search yet.

Management Usage for Responsive POD

There are scant few scenarios where this is used to make management decisions. Perhaps if a team had not used common attraction techniques (whistles, etc.), or if there had been a howling wind, a low responsive POD might instigate a re-search of the area. Another scenario would be where searchers spread out too far to hear each other and the subject might be in-between. If your team returned with a very high responsive POD in the early stages of a mission (when the subject might still be likely to be responsive), mission management might decide to send teams into other high-potential areas instead of re-searching your area in an 'area search' mode.

Management Usage for Unresponsive POD

From a practical standpoint, unresponsive POD is more likely to have an influence on management decisions than responsive POD does. A search segment can be eliminated from further searching if the area has been covered to a high unresponsive POD. There is a somewhat rigorous set of cascading mathematical calculations that depict the actual cumulative POD's and the prescription for elimination. As mentioned above, the nature of the assignments change to where a high unresponsive POD is requested prior to deployment. This dictates the search tactics, and the thoroughness to be applied.

"Efficiency" vs. "Thoroughness"

In previous paragraphs, it was mentioned that thoroughness is a factor in POD. Lack of thoroughness in this sense does not imply sloppiness, laziness, or some other less-than-desirable behavior. Thoroughness and efficiency are different aspects of the search spectrum, and neither is right (or wrong) by itself. Efficiency refers to searching the largest territory in a minimal amount of time, using limited personnel resources. Thoroughness means ignoring time/personnel constraints and looking 'everywhere'. In general, efficiency implies rather swift passage while thoroughness denotes a slower pace. Hasty teams are

intended to perform `efficient' searches as opposed to `thorough' ones. Looking behind every bush, rock, and log (in an effort to be extremely thorough) is contradictory to the theory of using hasty teams, and represents improper execution for their assignment. Since hasty teams are responsible for 80% of all finds, it is important to perform the proper techniques during such an assignment.

A corollary to this is that a low POD is acceptable (indeed, often expected) of hasty teams. On the other hand, `area search' teams are expected to be thorough, and generally are counted upon to return with a very high POD. Failure to return with a high POD may require the segment to be re-searched.

Self-Quiz on POD - Part 1

1. When do teams report POD to Incident Management?
2. What is `Responsive POD'?
3. What are some factors that determine Responsive POD?
4. What is `Unresponsive POD'?
5. What are some factors that determine Unresponsive POD?
6. What does Incident Management use POD for?
7. Which type of POD is the most pertinent to a decision to suspend a mission?
8. At what stage of a mission is POD likely to be a pre-assigned criteria?
9. When is it desirable to be less-than-thorough on a search assignment?
10. What is the relationship between the POD and the quality of a team's efforts?

Coming Attractions

by Tom Russo

Tom Rice will be the focus of October's Member Spotlight. If you're interested in penning the story of your life for publication here in future months, please get in touch with us.

Public Relations

by Chuck Girven

Another East Mountain Rendezvous has come and gone. This year's event was at Roosevelt Middle School in Tijeras on August 23-24. The event had a big turnout and a lot of people stopped by our booth to talk with us. The Forest Rangers had a contest where the kids had to go to each booth and get answers for a questionnaire. Our questions involved the ten essentials. They had to list at least three items to take with them when they went into the wilderness. Many parents and kids stopped by and learned about what they should do if someone is lost and what items they should always carry when they go into woods. Our dog demo on Saturday was a great success and helped attract people to our booth too. We had several people express interest in the team and possibly might attend our next meeting. Many thanks to the twelve members who took time out of their weekend to make our presentation a success.

On August 19, Mike Dugger and Terri Mindock represented Cibola at the kickoff for the fiscal year 1998 Combined Federal Campaign for United Way. Pete Dominici was the guest speaker. This meeting is where representatives from federal employers around the state learn about campaign objectives to

communicate back to their workplaces. Mike and Terri met with campaign organizers and offered Cibola's services as guest speakers. We also got to see Lynn Green (Bill's wife) dressed as the statue of liberty! What a photo op!

On the Right Track

by Mickey Jojola

August has come and gone and the fall is about to be ushered in. I look forward to the cool days, and hopefully some searches! Things have been kinda dry lately but that hasn't stopped us from being busy. On the weekend of the 23rd Cibola was invited to participate in the East Mountain Rendezvous. On Saturday Jake and myself along with Chuck (who did a great job with the display) and Bruce held down the fort. Jake did a demonstration that day, which went very well. Thanks Jake. After the rendezvous the K-9 group headed for the hills. We spent the night in the Jemez where, after setting up camp, we had a CTF. Unfortunately Mother Nature did not cooperate. With large amounts of rain, at times rivaling Capilla Peak last year, we were forced to take shelter. Thanks to Mary's camper shell we were able to continue the planning into our future. We also had the opportunity, since it was raining and there was nowhere else to go, and discussed the philosophy of what we are about. In our discussion the recurring theme was that we were members of Cibola SAR that chose to use our dogs to help with the cause of search and rescue. Our main goal is to enhance the teams abilities and not to detract from them. Our goal is to work with the team in achieving these goals. The following day, after drying out, we trained hard. Once again I find myself learning about the art of dog handling. J.C. nailed his tracking exercise and Caveman, Dave Mahoney's partner, is progressing quite well. All in all it was a very productive weekend and month for us. We look forward to future trainings with the Bernilillo County Mounted SAR and getting more dogs in the field.

Web News

by Tom Russo

As was mentioned before, [Southwest Cyberport](#) has generously donated an account to Cibola SAR. Most of it seems to be working right now, and the new web site, <http://www.swcp.com/csar/>, is now the sole functioning CSAR web site. If you find things that don't work well, don't look right, or are just plain wrong, please send email to csar@swcp.com, and we'll try to fix it. If you are interested and able to participate in maintaining the excellent web site that Mary has developed for us, please drop an email to csar@swcp.com and let us know.

NMESC Notes

by Mickey Jojola

NMESC is hosting the first of hopefully many WFA classes the weekend of September 20th. If there is enough interest there will be many more to follow. If you have any comments or suggestions for the board feel free to contact me any time. We are planning a winter skills class once again for this winter; we hope there will be better notification and therefore easier to plan for. Another upcoming event will be an orienteering course held throughout the state to supplement the state certification.

Member Spotlight: Ken Johnston



Hi, my name is Ken Johnston and I'm proud to be a member of Cibola Search and Rescue. Most of you know me but because of the enormous growth in membership and my relative inactivity over the last year there are some of you who must be wondering who I am. well, I was first introduced to CSAR in March 1991 when I met Bruce Berry, then president, Mary Berry, and some original members by the names of Fergie, Joel and Chip. There they were at REI manning a CSAR booth with a small can of donations. Obviously our charitable coffers and a lot of other things have come a long way since then.

I became a member because I have always been fascinated by survival techniques and improvising my way in the woods especially after hearing that a friend of mine had died of hypothermia while hunting less than a mile from his cabin.

Being a member of CSAR has taught me a lot and I've had an excellent time on missions and trainings. I don't have any personal "finds" although I've been on a lot of missions. I'll never forget wheezing with Don Gibson on Bart's Trail or getting pulled off a cliff face with the help of John Mindock's boot hanging over the ledge above me, or me and Bob Ulibarri jammin' thru that last mud puddle in El Rito with my Ford F150. The bivys have been outrageous too. One of my most memorable missions was the one up the Windsor Trail to Puerto Nambe and then across Lake Peak, Penitente Peak, and finally down from the top of the Santa Fe Ski Basin. I also had a really good time showcamping on top of the Sandias with huge bonfires and summer bivys sharing various concoctions with names like SPF15. The Chama train trip with Jerry Wheat's midnight "recon" mission was unforgettable.

During my six years with CSAR, I've also had the pleasure of being president of this fine group. I was given the oath of office by campfire light during the Mount Taylor Quadrathlon in 1994 by then outgoing president John Goorley. Before handing over the administration to Mike Dugger at Melissa Smith's Christmas/Election party in 1995, our team had about doubled in size, instituted some key team procedures and become very well respected in the NM SAR community. I had invaluable help during my tenure from many team members on numerous projects and committees and I think that spirit of volunteerism still holds true today. I look forward to more good times with CSAR in the future.

Oh yeah, in my other spare time I have lived in Albuquerque for 18 years, been married to Cyndy for 16 years, worked in uptown as an Investment Consultant (currently with Everen Securities) for 15 years and have fun raising my son Jeff who is 12. Life is good.

Feature Article: Officer's Duties

by Mike Dugger

Team members who have been around for more than a couple of years have witnessed an evolution in how Cibola is managed. The present management process was implemented to accomodate continued growth of this organization. Given the number of people on this team, many of the capabilities we now possess would not be possible with a "looser" organizational structure. In an earlier article, I alluded to a

lot of work that presently goes on, mostly behind the scenes, that keep this team running the way it is run today. The purpose of this article is to inform team members how your officers are working for the team today.

All Officers

- Provide reports at monthly business meetings
- Provide written input for team periodical newsletter, if one exists
- Attend team events when possible
- Review/approve the training schedule
- Attend Officer's meetings when possible
- Review minutes of meetings prior to accepting for official recording
- Review past 6-months attendance prior to July and January meetings
- Decide on necessity to contact those with low attendance
- Approve phone tree layout
- Handle immediate problems if necessary prior to team voting on them
- Review/approve State Resource Directory listing
- Review/approve Member Guide and any other team policy documents
- Consider personnel matters as detailed in the Member Guide

President

- Develops agenda for monthly business meeting
- Runs monthly business meeting in an efficient manner
- Monitors hotline for messages
- Creates messages for hotline between meetings
- Handles problems with pagers or hotline
- Ensures that all committees are manned and have a chairperson
- Ensures that committees are performing their function
- Represents team with State SAR Resource Office, NMESC, PACE, etc
- Oversees cellular phone contract and pager contract
- Has key to monthly meeting location
- Reviews all team information for public release prior to publication
- Sends State Resource Directory updates to SAR Resource Office
- Has election duties as enumerated in member guide

Vice President

- Performs President's role when designated or during unplanned absence of President
- Ensures that yearly training schedule is created in January
- Ensures that the Forest Service knows of our training schedule
- Ensures that trainings occur per the schedule
- Sets up training events that occur prior to meetings
- Ensures that training attendance waiver documents are properly signed
- Distributes orange decals for FS fee area usage

Treasurer

- Handles gasoline receipts and reimbursement from State
- Pays bills for expenses the team has approved (may be pre-approved)
- Keeps checkbook and balances monthly
- Keeps cash on hand as appropriate
- Provides monthly report on financial status
- Deposits funds such as United Way, etc
- Maintains Officer's signatures for the checking account
- Distributes team patches, maps, other items
- Distributes gas and training reimbursements to team members

Secretary

- Retrieve mail from PO Box and distribute to proper person
- Type and send letters from team
- Maintain an archive of paper documents
- Maintain various documents and forms on disk
- Create database backups and store off-site
- Maintain records of attendance at missions, trainings, meetings
- Provide attendance reports for 6-month reviews
- Create Annual Report (required by United Way)
- Calculate and publish annual statistics
- Create nomination forms and ballots
- Acquire volunteer's names for pager sign-up
- Meeting minutes: Take, write up, publish (WWW), archive
- Create a number of documents for each monthly meeting and training
- Make copies of documents as required for meetings, etc

Membership Officer

- Provides informational documents to new attendees
- Performs Orientation sessions in a timely manner
- Acquires mentors for new members after their orientation
- Verifies that required gear and clothing are owned by new person
- Declares when a new person is ready for missions
- Declares the mission eligibility status of all persons, as approved by officers
- Ensures that new persons are added to appropriate phone list after orientation
- Maintains membership name, address, phone, etc. data
- Maintains list of phone tree assignments
- Ensures that each mission-eligible person has an 800 MHz radio
- Repossesses 800 MHz radios when appropriate
- Keeps inventory of 800 MHz radios

Classified Ads

(20 words maximum, no services)

FREE: Motorola Bag Phone. Will cost \$5.00 to activate. Contact Randall Wahlert at 296-7709 if interested.

Disclaimer

the Editors

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Top of the Hill

by Mike Dugger

I would like to clarify a couple of topics, based on questions by several members about recent missions. One has to do with chain of command during a mission, and the other with medical issues during subject evacuation. Here's how it is supposed to work:

When you are given an assignment by Incident Command staff, it becomes your job to complete that assignment to the best of your ability, within the bounds of what is safe for you and your team. By all means offer any additional information to the command staff that might help them better formulate their strategy, or protect future teams from hazards in the field. If you encounter conditions that prevent you from completing your assignment safely, communicate this to base camp and request further instructions. The command staff will be grateful to hear any information that will help them execute the mission in a safe and effective manner. In the worst case, if you are still instructed to do something that you feel is not safe you should respectfully decline, return to base camp, and offer to take a different assignment or sign out of the mission. Never, under any circumstances, deliberately disobey instructions from Incident Command staff. The IC is in charge, and assuming that you know what should be done better than the IC undermines the entire premise of how SAR is conducted in New Mexico. Become a Field Coordinator if you want to be in charge. I don't want to be a heavy, but to make sure CSAR's position on this is perfectly clear: any "freelancing" will be investigated by a panel of our peers, and result in swift and absolute action in the form of removal from the team.

On the topic of medical issues, we may sometimes be uncomfortable with how a located subject is treated by medical responders on a mission. If a medical provider on scene chooses a course of action that you feel is not in the subject's best interests, you have the right to communicate your concerns. The preferred

approach is to mention your concerns directly to the medical provider first, in as private and non-confrontational a manner as possible. If they maintain that their chosen course of action is appropriate, DON'T ARGUE - an evacuation is neither the time nor place for an argument. The Incident Commander is ultimately responsible for the subject, and the IC will rely on the medical provider on scene to act in the subject's best interests. You may communicate your concerns privately to the IC as soon as you are able, via cellular phone or in person after you return to base, if you wish.

I am very proud of how our members handle themselves in the face of difficult situations. Given many options on how to behave, our members consistently conduct themselves in an appropriate and professional manner, per CSAR's culture. I congratulate each of you for reinforcing our reputation for professionalism. Your conduct shows that we are a team in the purest sense of the word, rather than a group of individuals with a common organizational name. Our training has prepared us well to be effective search and rescue volunteers. Keep up the great work!

Boots and Blisters

by Larry Mervine

It was a hot Sunday afternoon. We met in Los Lunas at McDonalds and then drove to the base camp. Don Gibson, acting as Incident Command (IC), briefed us on the lost subject. We were given search areas with maps. After an hour of searching the search was 10-22 (canceled), but team three reported one of the searchers was bitten by a snake (a surprise planned by the training officer). Three teams had to return to base camp to retrieve the litter and gear, then transport the gear to the subject. The subject was professionally evacuated out. Why did we litter a snakebite victim? Below is some information about snakebites taken from *Commonsense Outdoor Medicine and Emergency Companion* by Newell D. Breyfogle.

Snakebites

- Children, the elderly and individuals with hypertension are most vulnerable.
- Most reported snakebites occur on hands, arms and legs.
- To avoid a snakebite, stay on the trails, use a stick to beat the ground, place your hands carefully while climbing (especially in crevices and holes), and maintain alertness around streams and areas of poor visibility.
- Snakes are most noticeable between 9 am and 9 pm, but are most active between 3 pm and 6 pm.
- Snakes prefer temperatures between 60°F and 90°F. They cannot not tolerate temperatures over 110°F. Although considered fairly inactive when cold, snakes may strike in temperatures below 40°F.

How to tell, if person has been bitten:

- People usually know when they have been bitten, but sometimes a snake is hidden in a crack or

under a rock, and the person crashing through brush does not hear the warning buzz and may not realize the source of the sudden pain.

- There will be distinct fang marks, usually two.

Symptoms:

- Subject will feel immediate sharp burning pain.
- Swelling at the site will occur within 5 to 10 minutes, spreading rapidly.
- Subject will feel numbness and tingling of the lips, face, and scalp 30 to 60 minutes after the bite.
- From 30 to 90 minutes after the bite, the subject may experience twitching of the mouth and eye muscles and a rubbery or metallic taste in the mouth.
- After about an hour there may be weakness, sweating, vomiting and fainting.
- In about 2 or 3 hours there will be bruising at the site and later, large blood blisters.
- In serious bites, the subject will have breathing difficulties and may collapse after 6 to 12 hours.

What to do:

- Calm and reassure the subject to slow circulation and reduce shock.
- Place subject at rest and keep him from moving to slow the spread of the venom.
- Wash the bite area gently with soap and water.
- Splint the limb to prevent movement, but watch the advance of swelling.
- Keep the limb level with the heart.
- Transport urgently to medical aid, by air medevac if possible.

The main objective as a first-aider is to slow the spread of the venom and get the subject to medical aid. Specific antivenoms have been developed for most snakes, but they are not normally recommended outside of the hospital.

What NOT to do:

- Do **not** give alcohol.
- Do **not** cut the fang marks.
- Do **not** try to suck out venom.
- Do **not** apply a tourniquet.
- Do **not** apply cold to the site.

Most medical experts no longer recommend the incision and the suction procedure for treating snakebite injuries. They recommend the Extractor suction device. It is estimated that 20% to 35% of the venom can be extracted if treatment is started within the first 3 minutes.

***** Cibola is not a medical team. If a snakebite is reported or happens notify base camp. Apply treatment if so directed by a medical person.**

Hike of the Month**Otero Canyon area**

0730, Aug 23-24, 1997/1997

Trailhead: Otero Canyon - see member guide**R.T. Distance:** @7 miles **Elevation Min/Max:** 6900/7400**Hiking Time** @3.5 hours **Hazards:** Speeding mountain bikers.**Topo Maps:** Mount Washington, Escabosa topos

Parts of the trails on this hike were built recently, so are not on the topos. Unfortunately, vandals have destroyed the new signage that the Forest Service put up. From the parking area, follow trail #56 down across the arroyo. About 8 minutes out, there is a trail that splits off from the main trail, going uphill. (374.6, 3877.2). Follow this trail about 12 more minutes to a flat spot where there is a 4-way trail intersection (374.2, 3877.2). The right branch is blocked by rocks and trees. Straight ahead leads into the Tunnel Canyon area. We want to go left, up the hill to the ridge, generally heading towards the south. About an hour after this junction (374.7, 3873.7), there will be a `T' intersection. A few feet along the right branch of the `T", there will be a 10-in diameter tree leaning across the trail. Take the branch of the `T' that goes under the tree. Twenty minutes later (374.5,

3873.0), there will be a circle of stones at another `T'. Go left a few feet, then take the stone-filled downhill path into Otero Canyon. There is also a dirt path on the left, which would return you to the `leaning tree' intersection. You are now on the return portion of the hike -simply follow the trail that is near the bottom of Otero Canyon. Along the way, there are a number of trails that lead off to the right, up out of the canyon - ignore them for this hike.

Business as Usual*by John Mindock*

The team owns two 155.160 radios, two GPS's, and two map kits. In an attempt to ensure that those items are used at missions, they are provided to people who are most likely to attend. This likelihood is based on the past six months mission attendance, and is reviewed after June and December each year. The equipment goes to people who do not have similar equipment of their own. The map kits go with the GPS's, and we try to spread the radios and GPS's to different persons. The past six month review showed the following as the top ten mission attenders. John M., Mike D., Chuck G., Paul H., Larry M., Terry D., Mickey J., Terri M., Bob S., Bob U. Based on these statistics, the team-owned equipment will remain with the people who have had it for the past review period (Terry, Mickey, Paul, Bob).

Mini Lesson: Ground Search Techniques*by John Mindock***Overview**

There are a number of standard search techniques. The choice of technique differs by the situation.

Sometimes the Incident Command staff will dictate the preferred technique, but more often it is expected that the trained SAR volunteer would know which is appropriate.

Ground search modes can basically be divided into two types - hasty team searches and area searches.

One important concept in searching is the POD (Probability of Detection), defined as the probability that the subject was noticed if he was in the search area. `Responsive' POD is that for which the person is able to respond if he notices the SAR team. `Unresponsive' POD is that where the SAR team would find the subject but he could not respond to them (dead, unconscious, fatigued). Responsive POD's are generally high because our attraction techniques would alert the subject to our presence. Unresponsive POD's vary by the type of search mode we are using.

The primary duty of a hasty team is to rapidly cover their assigned area, which is often a trail or other well-traveled area. Their unresponsive POD is usually high in the immediate vicinity of their trek, but much less a short distance from it. The unresponsive POD of other modes tends to be very high throughout their assigned area. Studies show that hasty teams are the ones who most often find the subject.

In any mode, the team is looking for clues as well as the subject. Clues might include footprints, clothing, fire remains, and other things which may be associated with the subject. It is important that the teams recognize the likelihood that a clue is relevant to the search. If the clue is obviously too old, or not related to the subject (e.g., a cigarette butt and a non-smoking subject), the team should not waste radio time on it. If there is any possibility that it might be related to the subject, the team should mark it and describe it to the Incident Command staff. Experience is often the best teacher in this respect.

`Attraction' is a standard approach that should be used during most any mode of searching. Methods of attraction include blowing whistles, calling the subject's name, using flashlights, etc. Caution in residential or camping areas should be used so as not to awaken someone who would take offense to the noise.

Hasty techniques generally involve searching on routes where a person most likely would travel, such as trails, canyons, arroyos, ridgetops, etc. A hasty team is not performing their search correctly if they stop to look behind every bush, divert long distances off their assigned route, etc. The expectation for unresponsive POD in the hasty mode is high on the route, but low in the surrounding area. The desire for speed is high, with 2 mph being a common expectation. Provided that speed can be kept up, it is OK for a hasty team to spread out parallel to the designated route, instead of all walking in each other's footprints.

If the hasty mode is not being used, the search basically becomes an `area search' of one type or another. The searchers may be in small groups or a large line, but the underlying idea is to spread out a certain distance and search an area. The expectation for unresponsive POD in this mode is high, and the expectation for speed is low. Many times, the directive is to cover at a 65% or better unresponsive POD, thus potentially eliminating that area from further searches. An area search team is performing poorly if

they rush through the area and return with a low unresponsive POD. This applies even at night - it just takes more time.

If it is a large line search, there will be leaders who coordinate the line's advancement. But even in a small group, the advancement needs to be controlled and methodical so that the area is thoroughly covered. If one person speeds ahead of the group, the area may not be covered to the assigned standard. In this mode, the searchers should strive to investigate every bush, rock formation, downed tree, etc. Often GPS coordinates are used to delimit the area, but it is better if geographical features are the boundaries - the search team can recognize them more easily.

Tracking is a sub-technique of either the hasty team or the area search mode. Tracking footprint-by-footprint is inherently a slow process, so is somewhat improper in a hasty mode. However, this can be mitigated by using the leapfrogging method of tracking. In this case, some members of the hasty team move ahead parallel to the direction of travel, attempting to 'cut sign'. Other team members continue the footprint-by-footprint trailing, but re-deploy if tracks are found further ahead. If tracks are found while in an area search mode, it is proper for some (or all, if the tracks are positively identified as belonging to the subject) members of that team to begin tracking and leapfrogging. Of course, any change in strategy should be approved by Incident Management.

Finally, in any search mode, the members of a team should try to remain in either voice or visual contact. If the assignment causes them to split around obstacles, they should plan to rejoin each other beyond the obstacle. Failure to remain in contact can significantly lower the POD, and also waste time (and radio batteries) while the team tries to find its members.

Self-Quiz on Ground Search Techniques

1. What are the two basic modes of ground search techniques?
2. Under what circumstances might one choose not to use 'attraction' techniques?
3. What are the characteristics of unresponsive POD's that are generally expected of a hasty team?
4. What sort of unresponsive POD is expected of a team doing an area search?
5. What is an example of an improper technique for a hasty team?
6. What is one consequence of a person rushing ahead of his teammates during a line search?
7. What is an example of an improper technique for an area search team?
8. What is the chief drawback of footprint-by-footprint tracking?
9. What should happen if a line search detects tracks that are positively identified as the subject's?
10. How often should team members re-establish contact (visual or voice) with each other?

Who's Who and New

by Bob Ulibarri

First off, let me state my sincere apologies to David Dixon for not getting my article in the newsletter in time last month. So let me take care of this first: As Membership Officer of Cibola SAR let me be the first

to say WELCOME to David Dixon.

David Mahoney and Sarah Leedale are ready for an orientation and may have it completed by the time the August newsletter is published, so please welcome them on board when you see them.

Now on a sad note, Reed Burnett and Bill Winter have resigned from the team. Both have stated that other commitments have caused them to reevaluate their priorities and sadly CSAR was on the low end of the list. Reed and Bill have told me that when things settle down in other areas of their lives they would like to come back.

Coming Attractions

by Chuck Girven

- The next Member Spotlight will be on Ken Johnston. Anyone interested in doing a spotlight should either submit one via the web or send email or a fax to one of the editors.
-

Public Relations

by Chuck Girven

Cibola Search and Rescue is invited to participate in the annual East Mountain Rendezvous on August 23-24. The location has been moved from the Ski area to Roosevelt School in Tijeras by the cement plant. We will be setting up at 10:00 am -- the event starts at 11:00 am and runs thru to 6:00 pm each day. We will need several people to man our displays and help in our various presentations. This event usually attracts a good crowd and gives us a chance to let the public become aware of what we do and possibly get some new prospective members. There will be a PSAR meeting at the IHOP on Central and Tramway on Monday, August 18th at 6:30 pm. If you are planning to help at the Rendezvous, please come to this meeting. We will be discussing what presentations we will be doing and other related topics. We could really use your help!

On the Right Track

by Mickey Jojola

Well it's time again for our yearly K-9 retreat which will be held August 23 and 24. This year we will be holding it in the Jemez about 3 miles past Fenton Lake. We will be leaving Albuquerque at around 1400. All are welcome and encouraged to attend. That evening we will be having a pot luck dinner followed by a CTF around a campfire.

In the morning we will be attending the East Mountain Rendezvous where we will give a demonstration in the morning. For those not able to leave at 1400 or want to leave earlier, the directions are as follows: Take I-25 North to the Bernalillo exit (highway 44). Go West on Highway 44 to San Ysidro. At San Ysidro go North toward the Jemez Pueblo. Just past Jemez Springs (about 3 miles) there is an intersection to the left with a sign to Fenton Lake (Jct 126). Follow that road to the lake (close to the lake the road turns to dirt). Go about 7 miles past the lake and look for the trail tape. We will be monitoring 800 MHz

and the team frequency 155.265. If you have any questions please feel free to give either Mickey or Mary a call. We hope to see ya there!

Member Spotlight: Mickey Jojola



I was born in Farmington, NM in 1964. In a way you might say that I am a native of New Mexico. I actually grew up in Denver, Colorado where my parents worked. I spent my summers down on the Isleta reservation with my grandparents. See I am a NM "native". During those summers here, I spent my time fishing and camping with my grandparents. My father taught me to love the outdoors. With many fishing and hunting trips I was able to gain an appreciation for the outdoors, especially the mountains.

After I graduated from high school, I spent a year working odd jobs and generally bumming around (as I was way too smart for college). When I realized that I wasn't going anywhere, I decided to go back to school. I attended Northeastern Junior College in Sterling, Colorado. At this time I was married and shortly after my first year I was blessed(?) with my daughter Tiffany. After obtaining my degree in Soil Science, my family and I moved to the panhandle of Oklahoma so I could attend school for my BS. I really missed the mountains and hiking of home but at the time my education came first. Shortly after graduating from Panhandle State University, I got divorced (sort of a graduation present). I won custody of Tiffany and we moved to Stillwater, OK to get my MS in Soil Chemistry/Fertility. School was very hectic, raising Tiffany, studying, and doing research. While living in Stillwater I became very interested in dog training. A good friend whom I met while employed at OSU introduced me to obedience training. Her husband was a police officer who trained streed dogs. Actually he is the one who got me interested in tracking and trailing dogs. I was able to work with him training both bomb and drug dogs for various police departments. After training my first dog, a black and tan German shephard named Thudashun, I became interested in search and rescue. Oklahoma didn't really have a SAR team but I was determined to someday join one. With all of that going something was missing. During my breaks form work (I ran a research lab) and school, I found myself wandering back to NM and its beauty. Once I graduated, I decided to look for work here. It seemed an eternity but I finally landed a job and moved to Albuquerque in December of '94.

By February '95 I was introduced to Cibola SAR. I felt welcome from the begining. It was like a big family, well sort of. Anyway I found my haven. I was hooked from the begining and still am. I am currently training my partner and buddy Jake (the SAR dog) for wilderness air sent search. I hope to have him in the field this summer. I am also k-9 training officer for the Cibola k-9 resource. My big goal in the future is to have an effective k-9 presence on the team. It may be a long haul but I think that it will be worth it. SAR and Cibola are a big part of who I am today. I appreciate all who are involved in search and rescue and look forward to working with everyone in the future. See 'ya in the field.

Web News *by Mary Girven*

As many of you know, Southwest Cyberport recently donated space on their web server to CSAR. Since their Unix platform and configuration more closely matches that of the development site at Sandia (and my experience), much less effort is necessary to develop and maintain this site than the website donated to us almost a year ago by Albuquerque ROS which runs on a Windows NT machine. I'd like to thank all three companies for their generous donations and excellent support. Because of ABQ-ROS, CSAR has had an early presence on the World Wide Web; Sandia's donation of a development server made it possible to develop advanced tools and features such as user authentication and the web-based newsletter; and SWCP will make it possible to move forward with a system several of us have access to and experience with (so development and maintenance responsibilities can be shared rather than dependent on one person).

I'd like to thank Tom Russo for doing the lion's share of the work modifying the CSAR website for our new host while I've been recovering from another wrist surgery. There's still some work to do before we officially switch over, but any of you who are interested in previewing it may do so by connecting to <http://www.swcp.com/csar>. CSAR members should activate their password-protected account in order to be able to access the Members Only section. Click on the Guestbook link from the Home Page, state that you're a Member (vs. a Guest), enter the TEAM password (same as on the Sandia website -- ask Mike, Tom, Chuck, or me and we'll tell you if you've forgotten), then enter your name, a username you'd like to login with, and a private password (it's not all that private so don't use one you use elsewhere). If you're not a CSAR member, please sign the Guestbook (as a Guest) so we know who you are and how to contact you.

Bronze Boot

presented to Marnie Boren on March 13, 1997

Marnie Boren received the Bronze Boot last March for her participation in the Mt. Taylor Quad on February 15th. The team volunteered to help with the race, but Marnie competed in it.

Unfortunately, I (Mary) misplaced the photo that was taken at the March business meeting. Well, I cleaned my desk and found the photo (I knew it was there somewhere), so here it is.

Sorry, Marnie, that it's so late!

There have been no nominations this month.

Feature Article #1: Pathogens in SAR, continued

by Mickey Jojola

Last month I discussed the possible consequences of contracting various pathogens relevant to the SAR community. I would like to take the opportunity this time to discuss prevention and treatment of said pathogens if exposed. Unfortunately there are some nasties out there that don't have a "cure". In general the likelihood of contracting these diseases is rare, but the possibility does exist. Care must be taken at ALL times when anyone is being treated for injuries which involve open wounds or other bodily fluids.

- **Giardia:** If diagnosed early the treatment is relatively simple. Large quantity of antibiotics. Generally, three different antibiotics are employed at the same time. These kill most all of the flora (bacteria), good and bad, in the gut lining. It is then recommended that you take a bacterial supplement (beneficial bacteria) to replace what was destroyed by the treatment.
- **Cryptosporidiosis:** This is one of those little nasties that doesn't have a treatment. In general, if the

infected person is healthy, the disease will pass on its own. While the subject may feel uncomfortable for a while, the body's immune system will take care of it. Drinking plenty of fluids or an oral rehydration therapy mix will help. It has been reported that the use of anti-diarrheal medication provides some relief. An infected person should take precautions to insure that the disease is not transferred to other people. This is done by washing hands, not sharing food or drink, and avoiding public bathing areas (swimming pools included). Prevention is the best medicine. Avoid contaminated water sources and wash after handling injured persons.

- **Hantavirus:** The best way to treat this monster is to try and stay away from situations, which would cause the disease. The key is to stay away from areas (caves and rodent nests) which may have rodent urine, saliva, or droppings. At this time there is no known cure for Hantavirus. The sooner after infection the better your chance of recovery. This disease can result in death even if treatment is sought.
- **Lyme Disease:** An Insect repellent employed in areas where there is an infestation of ticks is the best preventative measure. Antibiotics are used to treat Lyme disease. Unfortunately Lyme disease is difficult to diagnose. Always check for ticks after returning from the field.
- **And last but not least is the Plague:** Generally the plague is not a threat to humans any more. There are still cases of the plague being reported every summer but when treated promptly there are rarely any complications. To prevent exposure to this disease it is best to stay away from rodents, especially dead flea infested ones. Once the rodents die the fleas will look for a new host, which can be humans if they pick up the animal, but more commonly dogs. Any K-9 handler, or pet owner, should dust or otherwise treat their animals for any sign of fleas. Preventative measures, such as flea collars or sprays, are best.

The other side of these pathogens lies with in the blood and tissues of those infected. In the field it is not only possible but probable that a SAR volunteer will come in contact with a subject, or other person, who has been injured. Injury does not imply that the person is infected with a contagious and deadly disease but precautions should be taken nonetheless.

- **Hepatitis A, B, C, and G:** Prevention is the only key to this disease. At the present time there is no known cure for any of the hepatitis strains. Hepatitis A may last as long as six months and doesn't develop into chronic disease. B and C on the other hand can and generally does develop into chronic illness. Persons at risk, such as those in the health care professions (EMT's included), should take gamaglobulin injections, which will prevent the disease. Others should stay away from known infected persons, which may be injured.
- **Acquired Immunodeficiency Syndrome:** There is no cure for HIV or the AIDS virus. Prevention is the only way to stay safe. It is best, as with most of the diseases listed, to stay away from blood or other body fluids. People with the virus do not get better. While some may stay relatively healthy for long periods of time, the disease is always with them.
- **Streptococcus A:** Cleanliness is the best medicine. If a person washes cuts and abrasions they are unlikely to contract this disease. If one suspects infection they should, as with all suspected illnesses, contact their doctor. Unfortunately Streptococcus A is highly resistant to many antibiotics, therefore a number of different treatments may be necessary.
- **Influenza:** Plenty of fluids and rest will help to keep this nuisance at bay. Infected persons should

just stay home and rest. There is no vaccine for the Flue, although there is preventative vaccines that will cure it. Rest and rehydration are the only choices.

I hope that this mini series has enlightened you as to some to the problems we as SAR volunteers face in the field. These diseases are not just related to search and rescue though. We face these problems in our everyday lives as well. If precautions are taken all the time then we have a chance to lead a happy and healthy life.

Feature Article #2: The "S" in GPS

by John Mindock

On the Garmin GPS display for UTM's, the letter `S' appears near the first coordinate. This does not mean we are in South America or that our GPS is set up incorrectly. Rather, it is simply a letter assigned to a zone of latitudes. Each zone is eight degrees high, beginning at -80 (near the South Pole) and ending at +84 (near the North Pole). The zones are labeled with a letter, beginning with `C' and progressing upwards through `X'. Since `I' and `O' are not used, the `S' zone contains North Latitudes 32 through 40, which encompasses all but the very Southwestern portion of New Mexico. Incidentally, the numeric zones with which we are more familiar are each six degrees of longitude, and we are in zone 13 except for a portion of western NM, which is in zone 12.

See <http://www.utexas.edu/depts/grg/gcrafts/notes/coordsys/coordsys.html> for much more on map coordinate systems.

Classified Ads

(40 words maximum, no services)

FOR SALE: Pair of Outdoor Research Gore-tex "Crocodile" Gaiters in size small--worn once. They are not the right size for me. \$40.00 or OBO, contact Tom Russo at 823-4554 if you're interested.

FOR SALE: Motorola HT220 two channel hand held radio with charger and two batteries. Already has CSAR and NM STATE SAR crystals installed. Doesn't need HAM license to operate. \$150.00 - Contact Chuck Girven at 899-8573 if interested.

Special Notes

We will be performing a pager test to determine the viability of our pager system. This test will take place starting Friday, August 15th through Wednesday, August 20th. We will skip Sunday. Please fill out the forms as accurately as possible. We will be using this information to determine the accuracy of the paging system. -- *submitted by Mickey Jojola*

There will be an Equipment Committee meeting on Wednesday August 20th at St. Chads Church. The meeting will start at 6:30 and will run to 8:00 pm. If you have any questions or suggestions please plan to attend. -- *submitted by Chuck Girven*

Special thanks to Don Gibson and ACCUTRAK, Inc. for donating time and material to help make our new PSAR display stand.

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 2, Issue 7
July 10, 1997
Editors: Chuck and Mary Girven,
and Mickey Jojola

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Mike Dugger

During the past few months, many of my articles and discussions at meetings have been on the subject of training standards. Why am I so caught up on the idea of training standards, anyway? Do we really need them? Let me start by describing what I think such a system might look like. Very simply, a description in our bylaws about what minimum set of skills every person on this team needs to have, plus a requirement that each member have the training annually, or every six months, or whatever interval is appropriate. Many of these would be covered by the existing state certification system, so we need do nothing more. Those not covered by state certification would require that we adopt an existing standard for that skill (few exist other than NASAR, which is very comprehensive), or write our own. Training events would be organized to provide training in all the skills we decide are needed as a minimum. In addition to taking attendance, we would document that each member participated and demonstrated the skill(s) being taught.

In addition to protection against liability in the unlikely event that we are called upon to justify what we claim to be able to do, standards are a good idea anyway. One argument against standards I have heard is that our present system is good enough. Right now we require our members to attend two training events every six months. Are you satisfied that your teammate has all the training needed to handle the situation? Suppose they met our requirement by attending training on search techniques and litter packaging within six months. Now you are in unfamiliar country and must rely on your land navigation skills to get back to base camp. Was that add or subtract magnetic declination? If you're lucky, you or someone else on your team attended map and compass training and can get you home. Of course, to be sure you can handle the situation, you could go to all the training events and not worry about what anyone else can do. I think this attitude undermines a fundamental premise on our team - that we rely on one another. Our cooperative spirit and teamwork is one of the things that sets us apart from many other teams in the state. I would personally want a second opinion out there, or the opportunity to offer an informed recommendation, not everyone blindly following one person. Are we going to be a team of peers, or do we want a few "experts" that are always the team leaders on field assignments?

Changing the subject...remember that it is the responsibility of the person who holds team pager #1 (or pager #2 if

pager #1 does not answer the page) to call the person who pages our team. If more than one member calls the person paging us, it makes us look unprofessional as well as taking time away from getting our team deployed. We have a deployment system in place that has proven to be effective. If you think it is not working, bring it to the attention of the officers and we'll address the problem as a team. Don't take it upon yourself to modify our system on the spot.

Boots and Blisters

by Larry Mervine

Summer Bivy '97, June 14-15, 1997 *(by Chuck Girven)*

On June 14th 1997 Cibola Search and Rescue had their annual summer bivy. This year Larry Mervine, our training officer decided to incorporate the use of GPSs in the training. We were given the UTM coordinates to the camp site and the CSAR members had to choose the best way there by using a topo map (Aspen quad). Our objective was to arrive by 1800, but as usual, things do not go as planned. The last of the eight members and two guests arrived at camp around 2030.

We arrived at the Santa Fe Ski Resort parking lot at around 1300 and proceeded up the Windsor Trail to the Nambe Lake Trail turnoff, from which point it was all uphill until we reached Nambe Lake. Two members had gone up earlier that morning to try some fishing. With this in mind, the rest of us forged on with hopes of fried fish awaiting us. The weather was clear for most of the day but as night came on a thunderstorm started to roll in. As we hiked to our camp we all admired the scenery that surrounded us. We went from summer type weather to six feet of snow in just a matter of hours. Yes, that's right, snow. The lake we were hoping for fish from was still mostly frozen over from winter. After everyone set up their night's bivy we had supper. Mike Dugger was scheduled to give a talk on summer clothing, but decided to let our experiences with diverse weather conditions on our day's hike suffice. We all knew what to do when we are out on a mission and bad weather rolls in. After supper most of us retired to try and get some sleep. With all the snoring that was going on there was no fear of any wild animal paying us a visit. It probably sounded like a crew of lumberjacks were cutting down the forest and the animals stayed away for fear of their lives.

Morning came and was crisp and clear. After a brief breakfast we struck camp and departed on the hike back to the cars. On the way back a few members encountered a couple of lost hikers and helped get them turned around and headed towards their right destination. We stopped and talked with several other hikers about conditions by Nambe Lake, and the need to drink more water.

The GPSs CSAR members recently purchased proved their usefulness on this hike. Because more and more of our missions are occurring out of district in areas where we are not familiar, a map and a GPS will help us to know where we are and locate basecamp too.

Trainings

The training for our pre-business meeting training is litter packing by Mike and Bob.

The following weekend the training is a mock search on the West side of the Manzanos. We will be using the litter training from the pre-business meeting training. The directions will be passed out at the business meeting. This training will be like a real search with teams being deployed in search areas. The time is set for 1:00 pm, Sunday, July 13th. This is mid-day, so be prepared for hot desert conditions. Some ecommendations for hot desert

conditions: Lots of water, sun screen, sun glasses, hat, long pants and shirt. Also, this area will be flat and featureless, so think about how you will navigate. Meet at 12:30 pm at the McDonalds in Los Lunas. Directions: Take I-25 South, exit at #203 (Los Lunas), go east 4 stop lights. You will see the McDonalds on the left-hand side. Further directions will be distributed. Don't be late.

Upcoming training in August: Low angle litter evac.

Hike of the Month **Cienega, South Crest, Canoncito, Faulty trails** 0730, Jul 26/27, 19971997

Trailhead: Cienega trailhead - west end of Cienega picnic ground (Crest road)

R.T. Distance: @8 miles **Elevation Min/Max:** 7400/9400

Hiking Time: @4.0 hours **Hazards:** Unleashed dogs, poison ivy.

Topo Maps: FS map of the Sandias

This is a loop route. Go west up the Cienega trail to the S. Crest trail. Go south to the Canoncito trail. Go east to the Faultytrail. Return North to the Cienega. The Cienega picnic ground is a place where the Forest Service charges a fee. If you go on the dates above, and have the orange SAR decal on your vehicle, you are exempt from the fee because I have registered these dates as SAR training with the FS. If you go on any other dates, the orange decal is not recognized.

Business as Usual

by John Mindock

A new phone list has been created. The branches are fundamentally based on ZIP code. This is to make collaboration on car caravans, etc. more simple. If you have any concerns about your branch, please contact me. We modify the phone list occasionally because it gets spread out geographically as new persone get added to their mentors list.

Web News

by Mary Girven

I recently added **Search Techniques** and **Frequently Asked Questions** pages to the Home Page, and soon will be linking a **Gear/Clothing List** to the FAQs.

We're working on switching our "real" website from Albuquerque ROS (<http://www.abq.com/csar>) to Southwest Cyberport which has a UNIX based system more closely resembling our development server, but because my wrist is acting up again, the going is slower than I'd like. Look for some nice improvements soon though.

Who's Who and New

NOTHING SUBMITTED

Coming Attractions

by Chuck Girven

Look for more of Mickey's Pathogen articles. Also, we just received permission to reprint some really nice articles by John Krist of the Ventura County Star.

Public Relations

by Chuck Girven

We had a PSAR meeting on June 23, 1997 at the IHOP on Tramway and Central. Three CSAR members were in attendance. We reviewed the NASAR coloring book that I recently ordered. We discussed the CSAR coloring book we have in the works. The next PSAR meeting will be at Chuck Girven's house at 1830 on July 14. There will be a BBQ grill going so bring a hamburger patty or two (or anything else you'd like to grill and/or share) and join in on the fun. We will be looking at pictures and plan on arranging a new display for presentations.

On the Right Track

by Mickey Jojola

The K-9 standards guild is finished and out for review. After months of writing and rewriting, thanks to Mary, we can look forward to moving on. Our next "adventure" is to come up with training forms which will be somewhat universal (between airscent and trailing). These forms will aid us in further training and trouble shooting, if needed. These forms will be available in the near future.

Well it's that time of year again and the K-9 resource unit is planning its second annual overnigher. The purpose of this event is to give the dogs and their handlers a chance to intensively train for the weekend. It also gives us handlers, and others who are interested, a chance to get together and brainstorm for future events. It also serves as a CTF (Chew The Fat) around a campfire in the wilderness. I expect that this year's will be as fun as last year's. All are welcome and encouraged to attend and participate. This year we will hold it in the Jemez Mountains past Fenton Lake between Jemez Springs and Cuba. Details of the location will be available on the voice mail or contact Mickey or Mary Berry.

Some trainings coming in the future include another working weekend with the Bernalillo County Mounted SAR, this may include another helochopter; and water search techniques, which involve the subject near a body of water. And many many more.

Member Spotlight: Tom Russo



Mary and Chuck said they wanted some of the new blood to write a spotlight, and as long as we've got so few missions now I guess I have the time...

I am an immigrant from the Eastern Bloc, where I was born and where I lived for the first 23 years of my life. I benefitted greatly from the education available through the New York City Public School System, and eventually received my B.A and M.A. in physics from Hunter College, where I met my daughter Katarina's mom, Elyse. We married in January 1986 and in June 1986 we fled to the United States, specifically Texas, where I attended gradual school at the University of Texas at Austin for four years. After mucking around as an experimental physicist for those years I decided I was much more a theoretical sort of a guy and switched advisors; my new advisor promptly defected to New York's Columbia University, and I was repatriated for two years while I finished my degree in Chemical Physics there. Katarina was born there, and was pretty much the only good thing I can remember about the Rotten Apple during those two years.

During my stay at the University of Texas at Austin I'd spent the summer of 1988 at the Santa Fe Institute's first annual Complex System Summer School at St. John's College. Thus began what Edward Abbey would have called my "lifelong love affair with a pile of rocks." I returned to Santa Fe with Elyse for a vacation in Santa Fe National Forest the next year, and from then on looked for ways I could get to live out this way. After my two-year stint at

Columbia that opportunity arose when I managed to fool the folks at Los Alamos National Laboratory into hiring me to do computational chemistry for three years, during which time I became the half-time single dad you see before you today. And after that the Los Alamosians were still fooled thoroughly enough to recommend me to someone down here at Sandia to do more of the same. I learned about CSAR from the article in the Sandia newsletter, and I called Bruce Berry about joining the team within minutes of reading it. I haven't been on very many missions yet --- daddyhood takes precedence, and people seem to like to get lost most often when I've got that hat strapped on --- but I'm looking forward to a long and happy relationship with this great group of people.

Bronze Boot



Andrew Parker, April 1997

There weren't any nominations this month, but these pictures represent previous Bronze Boot recipients receiving the award.



Chuck Girven and Bob Schwartz, May 1997

NMESC Notes

by Mickey Jojola

The new board met on June 21st at the State Police Office on Carlisle. The meeting went well with the main focus being on the ESCAPE. If all goes as planned, we will try and meet next year at a new establishment up north (maybe?). As soon as details come in I will let you know about the WFA classes to be held this fall.

Feature Articles:

- [Pathogens in SAR](#)
- [Caution Near Civilization](#)
- [Frequently Asked Questions](#)

Pathogens in SAR

by Mickey Jojola

As members of the search and rescue community we have a lot to be worried about. With hiking in the middle of the night to the constant danger of falling rocks or falling off cliffs. One thing of great concern, but rarely addressed is the danger of pathogens. These can exist either in the natural environment such as giardia, hanta virus,

and tetanus or in the form of blood born pathogens such as hepatitis (A - G), AIDS, or even influenza. The purpose of this first article is to try and inform you of the possible hazards that could exist in the field for SAR volunteers. The next article will focus on the location, prevention and the possible treatments of such pathogens. First on the list of "Wee Beasties" are those that we in the field are likely to encounter. Those are the viruses and bacteria associated with environmental factors such as water, rodents, or animal fecal matter. These consist of Giardia, Cryptosporidiosis, Hantavirus, Lyme disease, and the Plague.

- **Giardia:** This particular nasty is caused by the protozoan Giardia lamblia and is characterized by diarrhea, abdominal cramps, bloating, weight loss, or malabsorption (not able to absorb nutrients from food). Giardia is difficult to diagnose and treat since it acts very similar to the flu.
- **Cryptosporidiosis:** This is caused by a one-cell animal known as Cryptosporidium parvum or "crypto". This particular little critter is way to small to be seen without a microscope. The symptoms include watery diarrhea, stomach cramps and upset stomach, and/or a slight fever. In general symptoms first appear between 2 and 10 days of infection and may last for as long as 2 weeks. If the person has a healthy immune system the infection may not last long. One major problem with crypto is that even after a person "recovers" from the infection they may pass the disease to others for months. It only takes a very small amount of cryptosporidia to become infected.
- **Hantavirus:** This monster was made famous a few years ago when many people in the Navajo Nation where infected by this mysterious illness. It is not exactly known what causes the virus other than the fact it is carried by rodents and passed through their urine and feces. Symptoms are very similar to the flu that is what makes it so difficult to diagnose. It starts with assorted aches and pains followed by fever. A few days later the lungs are attacked which then become filled with fluid from leaking capillaries. The symptoms rapidly worsen. Death is quite common among those stricken with the virus.
- **Lyme Disease:** Lyme disease is caused by a bacterium, Borrelia burgdorferi, which inhabits deer ticks. Not all deer ticks carry this disease but the number of cases are increasing. Symptoms include a mild rash, joint pain, and fatigue. If left untreated the long-term condition could lead to arthritis, carditis and neurologic disorders.
- **And last but not least is the Plague:** There are 3 forms of the plague; Bubonic, Septicemic, and Pneumonic plagues. Bubonic plague is characterized by enlarged, tender lymph nodes, fever, chills and prostration. Septicemic plague symptoms include fever, chills, prostration, abdominal pain, shock and bleeding into the skin and other organs. Pneumonic plague has fever, chills, cough and difficulty breathing; rapid shock and death could result if not treated early.

The plague is caused by the bacteria Yersinia Pestis and is transferred from fleas from infected animals, direct contact with infected tissues or fluids, or respiratory droplets from those infected with the plague.

The other side of these pathogens lies within the blood and tissues of those infected. In the field it is not only possible but probable that a SAR volunteer will come in contact with a subject, or other person, who has been injured. Injury does not imply that the person is infected with a contagious and deadly disease but precautions should be taken nonetheless. Of the many nasties out there this article will focus on Hepatitis (A - G), AIDS, Streptococcus A, and Influenza.

- **Hepatitis A:** This bug is accompanied by jaundice, fatigue, abdominal pain, loss of appetite, diarrhea and intermittent nausea. The virus is caused by the Hepatitis A virus and is transferred by fecal-oral or food/waterborne sources. In general there is no chronic infection.
- **Hepatitis B:** Caused by the hepatitis B virus, it is somewhat worse than Hepatitis A. Symptoms include jaundice, fatigue, abdominal pain, loss of appetite, and vomiting. About 10% of infections lead to chronic

liver disease including primary liver cancer. This virus can be passed a number of ways including the blood and other bodily fluids.

- **Hepatitis C:** Still worse in the series, this virus' symptoms include jaundice, fatigue, abdominal pain, loss of appetite, and vomiting. Caused by the hepatitis C virus. Of the people infected 85% will develop chronic liver disease and of those 70% will die from chronic liver disease. This disease is passed through bodily fluids such as blood.
- **Hepatitis G:** This relatively newcomer has little information as of yet. It is transmitted through the blood and in general 90%-100% of infected persons develop chronic infections.
- **Acquired Immunodeficiency Syndrome (AIDS):** This disease is transmitted by contact with any bodily fluids. Symptoms may be delayed for up to several years from infection. Symptoms include constant illness and being easily infected with other diseases and death. AIDS is a very complicated and deadly disease. Needless to say precautions should be taken to avoid contact with bodily fluids.
- **Streptococcus A:** While this is not a contagious disease, it is becoming more and more common. Otherwise known as "flesh eating bacteria", it is caused by the streptococcus virus (the same virus which causes strep throat). This disease can start from just a small cut on the skin. It is characterized by necrotizing fasciitis, which is a severe infection of the soft, connective tissues underneath the skin. Streptococcus grows quickly and can lead to gangrene.
- **Influenza:** While not an exotic, disease influenza can be deadly. While there is no known cure, except rest, it is advisable to seek medical attention. Influenza is passed through bodily fluids and air mists from the lungs.

This list is by far not complete. As you can see from those listed, these little nasties are not to be taken lightly. In the next article we will discuss sources of infection and prevention/treatment.

Caution Near Civilization

by John Mindock

Occasionally we are searching in the vicinity of campers, cabins, or homes on the 'urban interface' to the Forest. Sometimes we are mistakenly presumed to be law enforcement officers, and certain individuals might react to that presumption in a manner that could endanger us.

Some cautions need to be taken, especially late at night:

- Unless someone on the property or campsite is awake and outside, don't enter. The presence of a light is not insurance that someone is awake.
- In the event you do encounter someone at the site, identify yourself as 'Search and Rescue', tell them what you're doing, and ask permission to look in the area. Describe the subject and ask the people you've met to call the SP if they see him. If you are suspicious that the people are hiding something, leave the site and radio your information to Incident Management.
- When you're in the vicinity of homes, cabins, or campsites, it is prudent that you refrain from using the so-called 'active' attraction techniques (yelling the subject's name, blowing whistles, and shining headlamps into the site).
- There are patches of private property in the Forest, and they are often sparsely signed. In the unlikely event that you encounter an owner, simply leave the property.
- Although land that is leased for grazing is 'public', ranchers may not look kindly on your presence (nor may the dominant bull, for that matter).
- If there is any doubt, call Incident Base, explain the situation, and ask for instructions.

- On a slightly different but related note: Never go near wild 'tomato' plants, especially if they are growing in pots.

Areas of this nature where we might be sent are: The Cedro peak region, Evergreen Estates near the south Piedra Lisa trailhead, the Tramway trail, the Tunnel Springs area, lower trails on the East side of the Sandias, and the various campgrounds of the Manzanos. During hunting season, any hunting camp should be treated as a potential safety hazard.

Frequently Asked Questions

by John Mindock

- **Who provides wilderness Search and Rescue (SAR) services in New Mexico?**

SAR missions are conducted by non-paid volunteers under the authority of the State Police. There is a State statute known as the 'SAR law' that sanctions the system, and a document called the 'SAR Plan' that details it. The Incident Command System (ICS) is mandated for running SAR missions.

- **How does a SAR mission get started?**

Specially-trained State Police officers decide if the circumstances are appropriate for a SAR mission. If so, trained volunteers (labeled Field Coordinators) are called to manage the mission. They choose the management and field resources for the mission, and ensure that Planning, Logistics, and Operations are performed as required.

- **Do you need to know how to rappel or climb mountains?**

No - in fact, the majority of assignments at missions are for 'groundpounding' - i.e., searching on foot. However, some teams do specialize in 'technical rescue', which requires mountain climbing skills. Individuals on other teams also are capable of technical rescue and perform those duties occasionally.

- **Do you need to be an EMT or a paramedic?**

No - but some SAR personnel have such credentials. Searchers who are not medically trained are expected to request trained personnel to the scene if the situation dictates. Most SAR personnel know the basics of Wilderness First Aid.

- **Do you need to be a volunteer fireman or an ambulance worker?**

No - people from a variety of occupations volunteer for SAR.

- **Do you need to be an Amateur Radio Operator (HAM)?**

No - but many SAR personnel obtain at least a technician's license. Communications by HAM radio are often the only way to talk to incident management personnel from remote locations. On missions, we also are temporarily licensed to use the State SAR frequency (155.160).

- **Do you need to be certified by any agency?**

It is not a requirement in general for SAR teams in New Mexico, but CSAR requires its members to be certified according to the latest NM State SAR standard, within one year after joining the team.

- **How much do you get paid?**

Nothing for your time - but you can get reimbursed by the state for the cost of fuel used to travel to/from missions and certain specially-designated trainings. The personal satisfaction of working with others for a common humanitarian purpose is substantial.

- **How often do you train?**

Cibola SAR normally has one or more trainings per month, generally on a weekend morning. We also have a speaker or training prior to our monthly business meetings.

- **What gear and clothing do you need?**

You need items that will allow you to spend 24 hours safely in the wilderness, in whatever weather that might occur. Check the required [Gear and Clothing List](#) and talk to other members to get an idea of costs. Expect to spend at least \$500 for the basics.

- **What level of physical fitness is required?**

At this time, there are no set criteria for CSAR. But an "average" mission scenario would be the ability to hike for at least 4 hours at a 2 mph rate, in terrain above 8000 feet, carrying a 30-lb. pack.

- **Do you need to buy a radio?**

No - but every search team (usually 3 people) is required to have at least one in order to deploy into the field

- **Do you need wilderness survival training?**

All field personnel are expected to be able to perform SAR duties safely in the wilderness. Inclement weather is one of the realities, and we provide information on how to handle it safely. In addition, our Gear and Clothing requirements go a long way towards aiding in survival. We do not learn how to eat grubs, make fire with two sticks, or things of that nature.

- **How long do you stay in the wilderness?**

SAR field personnel are expected to be able to be self-sufficient for 24 hours, but usually you're in the field less than 8 hours at a time. The time can lengthen considerably if the subject is found injured deep in the forest, or for certain assignments that can't be completed more quickly.

- **What other skills are required?**

None are required when you start. We provide training in Orienteering, Communications, Safety, Gear/Clothing concepts, Litter Evacuation techniques, and other topics.

- **What insurance coverage is provided?**

The State provides coverage for travel to/from the missions. It also provides liability and accident insurance for mission activities. No other type of insurance coverage is provided.

- **How much does it cost to join a team?**

It varies by team. Cibola SAR has a one-time \$10 application fee, to cover the cost of documents that are provided. Of course, the gear and clothing can get expensive, and radios are the most costly item.

- **What types of teams are there in the Albuquerque area?**

CSAR primarily specializes in groundpounding (searching on foot) - there are others that specialize in technical rescue (mountain climbing skills), field communications, home-based communications and logistics, horse search, and dog search. Most teams have members who possess skills in more than just the team specialty. Two of the teams (including CSAR) have extensive gear for litter evacuations.

- **What are CSAR's specialties?**

Our primary specialty is groundpounding - searching on foot. Our secondary specialty is litter evacuation. Since more than half the team members own 4-WD vehicles, we also provide search capabilities using those vehicles. Certain individuals on the team have other SAR skills, such as technical rescue (mountain-climbing) and dog handling. All CSAR members are required to be capable of groundpounding.

- **Are there any age limits for participants?**

CSAR limits participants to age 18 or over. There are no maximum age limits.

- **Can you join even though you're not capable of hiking for long distances?**

CSAR requires groundpounding as a skill, so you would be more comfortable on a different type of team, such as a communications team.

- **Can my dog be useful for SAR?**

There is a local team that specializes in SAR dogs, and there are other similar teams around the state. CSAR also has some individuals who train SAR dogs. Dog handlers train quite often (generally once a week or more). In the past three years, dog resources were used on about ten percent of CSAR missions.

- **What level of participation would be expected of me?**

CSAR expects you to attend 3 business meetings, 2 trainings, and 1 mission per 6 months. However, members are encouraged to participate much more than this minimum guideline. Experience and training are very important - the subjects of our searches deserve more than just minimal attendance by our members.

- **What is the procedure for team callout?**

The appropriate mission management person calls our team page number. Two team members volunteer to carry the pagers for a month. One of these pager-holders contacts the caller and updates our hotline with the mission information. Then certain team members, who are branch leaders on our phone tree, call the people assigned to their branch. Members who can deploy leave a message on the hotline, and a few minutes later the pager-holder reviews the messages and provides a headcount to the mission management. Generally the callout is completed within 1/2 hour of the page.

- **How soon after joining can I go on missions?**

CSAR requires an Orientation, generally less than an hour, which is offered to candidates after they have attended three CSAR functions. The Orientation focuses on basic SAR concepts, callout procedures, Gear/Clothing requirements, and team rules. After that, you can ask for a Gear/Clothing check vs. our required list. Upon passing the G/C check, you will be assigned a mentor who will call you for missions. For the first six months, you must always be partnered with a CSAR member on any field assignment. This is not because we don't trust you, it's so you learn how CSAR members conduct themselves on missions.

- **How often do you get called?**

We averaged 45 missions in 1995 and 1996. Most missions occur on weekend nights. Attendance is optional, but team members are expected to give SAR activities a high priority.

- **How far away do you respond?**

CSAR responds statewide. Each individual can decide whether to respond to any particular mission. Usually about half our missions are in the Albuquerque area. Generally a search is conducted using local teams for the first 12 hours and then more-distant teams are called.

- **Do you handle dead bodies?**

Unfortunately, sometimes people die before we find them. We treat them with dignity and retrieve their remains for the benefit of their loved ones. Individuals who are sensitive to this aspect of SAR need to evaluate whether they can deal with such a situation. Of course, any mission can turn out to be a body recovery, and participation may be unavoidable once you're in the field on an assignment.

- **How do I join a team?**

Generally you go to one of their meetings - all teams have some process for acquiring new members. For CSAR, you can call our hotline (ask a member), or send an e-mail to John Mindock. We'll give you a call (or e-mail) and tell you more about CSAR or SAR in general. We can also provide contacts on other teams in Albuquerque or other parts of New Mexico.

Classified Ads

(20 words maximum, no services)

NO SUBMISSIONS

Special Notes

Happy Birthday to Terry Hardin (6/10) -- *submitted by Chuck Girven*

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 2, Issue 6
June 12, 1997
Editors: Chuck and Mary
Girven,
and Mickey Jojola

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Mike Dugger

While our standards and Member Guide committees work on defining our training policy and documenting all of our policies and procedures, allow me to briefly share my perspective on the responsibilities of active members.

Like most of you, my reason for getting involved with search and rescue in the first place was the field work. After all, Cibola's reputation is built on action - showing up and getting the job done when we are called to do so. Initially, my motivation was simply to do something to help someone else. After training and searching with many of you for several years now, I enjoy spending time with my team members as much as I enjoy the satisfaction of contributing to a find. I truly value the friendships I have made as part of this team. But I have come to realize that being a member of this team means more than just showing up in the middle of the night to help someone you have never met before. I call this the "fun stuff." To keep this team running smoothly so we can continue to do the fun stuff, there is a lot of "other stuff" that must be done. For instance, reports to our funding sources and the state corporation commission, taxes, coordinating with the state SAR office, organizing training, bringing in new members, organizing our participation in events, etc. Cibola has developed a reputation for our dedication to the community, performing our duties in as professional a manner as possible, and being on the cutting edge of methods to improve the level of service we provide. A lot of time and work has been invested to get us where we are, and much work still goes on behind the scenes to maintain our reputation for excellence.

Our primary motivation will always be to provide search and rescue services to the community. This means training for and responding to missions. As active members, however, I think we all have a duty

to contribute to the running of the team as well. Why should all the "other stuff" be done by a handful of people, while the rest of the team gets to do only the "fun stuff?" At the end of this calendar year, many of the current officers and committee members who have served this team well for the past year or two will be taking a break from administrative duties. I encourage all members to consider other ways they can serve our team, and volunteer for administrative assignments. Let others know what position you are interested in. Ask someone to nominate you for an office. We should share the tasks that keep this team running well, in addition to the rewards of participating in missions.

Boots and Blisters

by Larry Mervine

- **ESCAPE**

I would like to thank the 28 CSAR members who participated in this year's ESCAPE. I know Melissa and I had 42 people attending our Search Techniques class. We had a number positive comments.

- **June 12th 6:30 PM**

The pre-meeting training this week is peak identification. With the use of your Topos and a compass, we will locate popular peaks (Sandia Crest quad topo).

- **June 14th Summer Bivy Santa Fe**

The location is 0429.8 E and 3961.9 N (Aspen quad topo). Be at this location by 6:00 PM. Find the best way there and record the trail you chose identifying points along the way. Mike will be giving a summer clothing talk and the rest of the night is up to you.

- **July Training**

We will have a mock search so be ready and expect the unexpected.

Hike of the Month **Canyon Estates, South Crest, and CCC trails** 0730, Jun 28/29, 1997

Trailhead: Canyon Estates parking lot - see member guide for directions.

R.T. Distance: @8 miles **Elevation Min/Max:** 6600/9400

Hiking Time: @4.5 hours **Hazards:** Unleashed dogs.

Topo Maps: FS map of the Sandias



The first portion of this hike takes you on the South Crest trail, past a waterfall which usually has some water. Cross the creek below the waterfall, and take the trail to the left up the hill. After that, it is a steady uphill westerly trek, with some great views of the Manzanitas. Two hours later, the trail turns to the north, and you'll soon see South Sandia spring. This spring is a reliable water source year-round, except for drought years like 1996. After 2.5 hours, you'll arrive at 'Deer Pass', the junction of the South Crest trail and the Embudito. (370.2, 3886.5). This is one of three places where one can cross the Sandias from East to West. There will be a signpost here, if it is not removed by vandals. Less than one minute further, on the right, there should be three rock cairns marking the top of the CCC trail. (If you miss this, you'll have to go down Bart's trail, adding

at least three hours to the hike.) The CCC trail was constructed in the 1930's by CCC personnel for a shorter route to their work locations. In the past year, many rock cairns have been placed along the trail, so you should be able to follow it as it winds down the hill. It ends at the Upper Faulty trail, a few yards east of the South Crest trail, via which you'll return.

Business as Usual

by John Mindock

Here's how you get credit for attendance at missions:

1. I see/hear you on the missions itself, or
2. I see/hear you on the road to/from the mission, or
3. Someone else on the mission tells me that you have deployed, or
4. The person handling the hotline tells me that you deployed. If a mission ends prior to your deployment, you do not get credit. As was mentioned in a previous newsletter, it's important to leave a deployment message on the hotline for a number of reasons - getting credit for attendance is only one of them.

Pinching Pennies

by Melissa Smith

Due to the state's fiscal year end on June 30th, all of your June gas vouchers must be in my hands by the July business meeting. If you can't attend the meeting, mail them to MY HOUSE before then!!! If I don't have them by July 10th I will not be able to submit them. Thank-you for your help.

Who's Who and New

by Bob Ulibarri

Catherine Wambach and Colin Montoya-Lewis have left Cibola due to increasing demands from their jobs. Catherine plans to get back in contact with us at the conclusion of her new project, sometime next year.

The Member Guide committee met on May 27 to discuss final modification of our totally revamped

Member Guide. A lot has changed since the revamped version was issued last October. The committee decided to move a lot of background information intended only for new members to a separate document, and keep the Member Guide specific to our policies and procedures. Writing assignments were made, and the new document will reflect our current procedures. Final issue will await decision on required standards and training, supplied by the Standards Committee, which is operating in parallel. The next meeting of the Member Guide Committee will be Monday, June 30 at 6:00 pm at the Dion's in Four Hills plaza, Central and Tramway.

□ Coming Attractions

by Chuck Girven

- July's member spotlight will feature Tom Russo.
 - July's and August's feature article will be a two part series by Mickey Jojola on the danger of pathogens related to SAR and precautions we need to take when we are in the field.
 - We are looking for good web sites that you have discovered pertaining to SAR topics. Please send us e-mail with any URLs that you'd like to share with the team and we will publish them in the newsletter.
-

Public Relations

by Chuck Girven

We had two more PSAR presentations on May 17th at the Gateway 66 Celebration and at Oak Flats for the Independent Order of Forrester's. We had great weather and a good turn out at the Oak Flat location. Attendance was down at the Gateway Celebration this year, but we still had some people come by to ask questions and look at our displays. Many THANKS to the Cibola members who gave up their Saturday to help out. It would not have been possible to do two presentations at the same time without their support.

On the Right Track

by Mary Berry

Bruce and I experienced a great trip to Europe April 25 through May 11. The premise for the trip was to attend the Internationales Rettungshunde symposium (International Rescue Dog Symposium) in Vienna, Austria. Of course, we also made a vacation out of it! The symposium itself was a bit of a disappointment to us, as well as most other dog handlers we spoke to. Dog handlers from all over the world were present, including Austria, Germany, Switzerland, Finland, Iceland, Italy, Spain, USA, New Zealand, Canada, and Sweden, to name a few. The lectures were mostly about how the different countries structure and organize their search and rescue activities, and not much about dog training techniques. It made for very dry listening. However, there was a terrific demonstration given on the second day, which was held at an old WWII ammunitions production site. This area was donated to the Austrian SAR team, and is theirs to play on. This site had many old buildings which were purposefully blown up to produce pancaked buildings and rubble sites to practice urban search and rescue techniques. We were VERY envious. I have several really good pictures if any one would like to see them.

Back at home, the canine unit has finished the K-9 mission-ready evaluation standards. The Canine Resource Committee will have a meeting on Thursday, June 19, at 6:30 pm at the IHOP at Central and Tramway. Anyone interested can attend. We are also planning a weekend training (Sat. overnight) for this summer, probably in July in the Jemez. Mickey Jojola is putting it together, so see him for details. As always, anyone interested in helping us train, please just let us know!

Member Spotlight: Bob Schwartz



I was born in Dover, Delaware in 1955; at least that's what they tell me. Dover is a small but fairly urban community, and growing up I really didn't do too much in the great outdoors. My older brother and only sibling was probably the biggest influence on me; whatever he did, I wanted to do too, which probably explains how I wound up in a technical field. Most of my family still resides on the east coast; my folks are still in Delaware, my brother is in New Jersey (it's not as bad as you've heard) and my aunts and uncles are in Pennsylvania.

Since graduating from high school, I lived in several different states depending upon where I was attending school or working. I spent seven years in North Carolina, while completing my BS and MS degrees, five years working in Ohio, five years completing my doctorate in Illinois and now almost eight in Albuquerque while working at Sandia. I became interested in the outdoors while in Illinois when I took a motorcycle trip to Yellowstone, a place I'd always wanted to visit. Spending more time in the outdoors, and doing more than just car camping has only started since I've come to New Mexico, and it occurred kind of by accident. One of my friends from work who had backpacked almost 1000 miles in the Grand Canyon had planned a trip to the north rim of the Grand Canyon and his partner had to cancel at the last minute. Although I had never done any backpacking I figured, heck, how many chances do I have to get a guided tour of the Grand Canyon. We did two back-to-back trips, one for four days (30 miles) and one for three days (22 miles), and the rest as they say is history. Since that first trip to the GC, I've returned for many others and have now hiked about 250 miles within the Canyon. I have way too many pictures of the place, but could probably tell you where and when each of them was taken. I've also been fortunate to visit many of the other national parks out here, including Yosemite and Glacier, which to say the least, are spectacular.

I became interested in Cibola Search and Rescue as a result of one of my Canyon trips. Mike Dugger, myself, and another friend of mine were hiking on a trail out near the eastern end of the Canyon known as the Beamer, which heads up to the confluence of the Colorado and Little Colorado rivers. It was probably about 1060F (in early May) and after lunch, about two miles from the nearest water source, my friend sits down on the trail and says "I can't take another step". Needless to say, this caused more than a bit of concern to Mike and myself. The heat and her consumption of purified water had conspired to screw up her electrolyte balance. By getting her to drink some Gatorade and with Mike and I carrying all her gear (with Mike getting more than his share) we were able to make it to the river and the camping spot. For me, this was the second most harrowing experience (if you don't count rattlesnake encounters) I've ever had backpacking. On the hike out Mike and I somehow got to discussing Cibola, which eventually led me to joining the team, which I have thoroughly enjoyed. It's been a great way for me to

give something back to the community and I also feel I've become much more knowledgeable about surviving in the great outdoors.

As many of you know, I have recently decided to leave Albuquerque for employment in South Carolina at Clemson University. In leaving, I can honestly say I've enjoyed knowing and spending time with each of you in the field. I will long remember the dedication and professionalism of our team, as well as the expertise and caring (toward subjects and other team members) that you all have demonstrated. I also won't soon forget the summer monsoon on Capilla Peak (I no longer believe that Gortex is water-proof), seeing parts of New Mexico at 3 am, hiking through waist-deep snow, the humor and camaraderie we shared on many training exercises, and spending a night in a snow cave on Mt. Taylor. You have my best wishes for the continued success of CSAR and my admiration for its commendable contribution to the citizens of New Mexico. Keep up the great work!

Bronze Boot

I'd like to nominate Bob Ulibarri for the Bronze Boot award. I think he has done an outstanding job in the Membership Officer position: he tries to maintain the integrity of the team, makes sure new members start with a good basis and understanding of the team and it's goals, and basically shows that he cares.

NMESC Notes

by Mickey Jojola

This year's ESCAPE went quite well. We had great attendance with some of our own members teaching classes. I would like to thank all of the Cibola members who helped make this another successful ESCAPE. After the elections, the new board is in place. We have a few new faces (since John has left the board to pursue the PACE committee). Those currently on the board include:

Jon McCorcle, AMRC, Chair
Mickey Jojola, Cibola, Vice Chair
Ray Rogers, Mountain Canine Corps, Secretary
Kaye Sinclair, BCARES, Treasurer, Funds and Goals Chair
Charlie Hosford, Los Alamos FD, La Cueva FD, Training Chair
Bob Lathrop, Chaves County Off Road, Membership Chair
Alana Rushton, St. Johns, ESCAPE Chair
Jason Flesher, Zuni SAR
Jim Schwiner, CAP
Brian Holcomb, AMRC
Steve Andrus, Taos

We look forward to the new year in SAR. We should have some good training opportunities in the future and look forward to your input. If you have any questions or comments please feel free to give me a call.

Feature Article: Close Encounters

by Chuck Girven

We've all heard stories about hikers or hunters being attacked by bears or mountain lions. Recently I was visiting a local sporting goods store and heard about one of their employees having such an encounter. The employee was out hiking with his dog when he came to a stream crossing about the same time a mountain lion arrived for a drink. I asked what the employee did and was told it was simple: he ran for his life one way and the mountain lion ran the other way. While the employee was not hurt by the mountain lion, the subsequent fall during the harried escape produced a seriously damaged leg as well as cuts and bruises. I decided then and there to do some research on what the recommended course of action is during such an encounter. I turned to books and the World Wide Web where I found quite a bit of information.

Mountain Lions

Mountain lions are usually calm, quiet, and very elusive animals. They are usually found near adequate cover and an ample food supply. These conditions can often be found in mountain subdivisions near large open areas. With ever encroaching housing and more and more people using the open areas, it's only natural that these "close encounters" will happen. The following are some suggestions I found that you may wish to tuck away in case you ever find yourself in such a predicament with a mountain lion:

- Don't hike alone; go in groups and make plenty of noise.
- Do not run from a mountain lion. Instead, stand up and face it and make eye contact. Running could activate its natural instinct to chase.
- Keep children close to you. Studies of captured wild lions show that they are especially attracted to children. If you have children with you, pick them up to keep them from panicking and running. Though it would be difficult, pick them up without bending down or turning your back to the mountain lion.
- Don't bend over or crouch down. Humans are not usually the shape of their usual prey, but if you bend down, you might resemble something that is.
- Make yourself look **BIG**. The idea is to make the mountain lion think you could be a danger to him. If you have a coat on, open it up. Raise your arms over your head and slowly wave them. Speak firmly and loudly.
- Do not approach a mountain lion especially if it's feeding or with young. You're inviting trouble if you do.
- If attacked, fight back. Stay on your feet and face the cat. Use your coat, rocks, sticks, even your bare hands to defend yourself. Mountain lions usually kill their prey by biting the back of the neck or head and breaking the neck. Keep standing and you have a better chance!

Bears

In our area the most likely bear you might encounter would be a Black bear. It is important to note that the tips I gathered deal with Black bears, NOT Grizzly bears who behave very differently (if you're going into areas where Grizzly bears are known to be, study up on their behaviors and get advice on what to do and what not to do for that particular species). If you encounter a Black bear you can often chase it off if

your actions overcome his desire for your food. **Do not attempt aggression with a Grizzly or a mother with cubs, or if you don't know the species of the bear.** If you see a bear in the distance and it does not seem to be aware of you, move away from it and don't make any sudden moves or loud noises. Try to be aware of the bear's direction of travel. If it's a mother with cubs, go in the opposite direction and get as far away as possible! Here's more advice for dealing with Black bears:

- Hike in groups and make noise. Be aware of what's going on around you. Loud noise will help decrease the chance of a surprise encounter.
- Don't run, remain calm, talk to the bear in a firm, monotone voice. Don't scream at it. Avoid sudden movements that could startle it. Leave a way out for the bear - don't let it feel cornered!
- Back away and give the bear space. If backing away seems to agitate it, stop and wait for it to calm down, and then start backing away again. If you back away and get out of sight, don't run but walk rapidly away from the bear. Try to pick the most open route with good views of the surrounding area.
- Bears will sometimes bluff charge to get you to drop your pack or throw food at it for a diversion. Don't reward the bear for this behavior.
- Look for climbable trees. Be aware that Black bears are excellent climbers. You will need to be at least 10 feet up the tree before the bear reaches it. Bears have been known to pull people from trees because they didn't climb up far enough. If you climb a tree, stay in it until you're sure the bear has lost interest (maybe hours). Be patient and smart!
- Try to be mildly aggressive to a black bear if it looks interested (not a mother with cubs). Throw rocks and/or sticks, blow whistles, bang on cooking equipment. Throw a hat, coat, camera, or anything but food down as a diversion. If you give it food, it won't lose interest.
- Don't make eye contact or mimic the bear's behavior or noises.
- Don't ever turn your back on a bear.
- Surprise encounters with a bear may result in a charge. If the bear approaches on all four legs with its ears laid back or is making woofing, barking, or moaning noises, or is clanking its teeth and jaws, it is demonstrating that it's nervous and agitated. Obviously by this time so are you but try to remain calm. In an actual attack, play dead but protect your vital areas (abdomen and neck). Keep your pack on for extra protection, drop to the ground, bring your legs up to your chest, bend forward so your forehead touches your knees. Protect your face with your forearms. Bring your arms close to your body and your elbows on the outside of your legs. Interlock your fingers behind your neck. Do not fight or struggle, but try to remain motionless and quiet. With a bear pawing and biting you, this would be extremely difficult advice to follow, but it could make the difference between whether or not you survive the attack. If the bear stops, don't move but wait for at least 20 minutes, then carefully peek through your arms, but stay in your fetal position. Listen very carefully for any noise. The bear could have simply moved away but still be watching you. Any movement could renew the attack. Be patient, a bear has been known to stay in the area for over an hour. In the worst case scenario, if the attack persists and you believe the bear is not going to stop, fight back using everything you've got. Bite, kick, hit all you can. This is where traveling in a group comes in handy. Other people can attack with rocks, sticks, noise, anything that can provide a distraction. Fighting has been known to turn away black bears.

These tips are meant to give you ideas on what MIGHT help if you accidentally encounter a wild mountain lion or bear in your travels. But like most things in life, they are not guaranteed to work. Using your common sense and being aware of your environment are the first lines of defense. If a person is hurt, from whatever cause, don't forget in your hurry to get help to watch out for trouble yourself. More than one rescuer has stumbled into the same predicament as the person he or she is trying to rescue. Be alert and pay close attention to your surroundings such as heavy vegetation or outcroppings of rocks. You might find something other than what you were searching for. But keep the risk in perspective too. You stand a better chance of being struck by lightning than of being attacked by a mountain lion or bear.

Classified Ads

(20 words maximum, no services)

FOR SALE: Standard 24 channel programmable radio w/ charger, \$250; 10 speed Maruishi road bike with 17" frame, \$300; lightweight bivy sack, \$80. Contact Larry Mervine at 865-4335 if interested.

Special Notes

The team would like to express our appreciation to GARMIN INTERNATIONAL for their assistance in helping our team acquire several of their new 12XL GPSs. Thanks for all your time and help. --
submitted by Chuck Girven

Happy Birthday to Bob Ulibarri (6/20), Mickey Jojola (6/29), and Marnie Boren (7/7). -- *submitted by Chuck Girven*

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 2, Issue 5
May 8, 1997
Editors: Chuck and Mary
Girven,
and Mickey Jojola

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Mike Dugger

In an effort to keep our members thinking about standards and liability, I'm going to continue the discussion of this issue outside of our general meeting, via this article.

I proposed at the last meeting that we adopt standards with measurable criteria to which we would then train. Specifically, I proposed that we require our members to periodically demonstrate their physical fitness, orienteering ability, and litter packing and hauling ability. We decided at a previous meeting to require state certification of all our active members by 12/97, and all new prospectives within one year of joining. The state certification process provides documentation that we have sufficient knowledge in basic skills (gear & clothing, safety, search techniques, communications, map and compass) to perform search and rescue. My argument for requiring our own standard for fitness, orienteering and litter operations was that these skills are needed for the service we claim we can provide, but are not covered by basic certification (fitness, litter ops) or should be covered in greater detail and more frequently than in state certification (orienteering).

After our recent mission at the Santa Fe ski area (970105), I believe more strongly than ever that this is the way we should operate. Our assignment involved continuous walking for 16 hours, mostly in snowshoes, in snow over three feet deep at times, and at elevations between 9,000 and 11,000 feet. Since the mission was outside our district, we were not as familiar with off-trail areas as the local teams. This assignment required every ounce of energy, every bit of gear, and everything we knew about map and compass to get out safely. I have trained and searched with enough of our members to know that very

few members of our team could have completed this assignment without requiring another mission to rescue the searchers. Most importantly, the demands of this assignment were not evident until we were committed to a course of action. I was concerned for my own safety and that of the team. Fortunately the weather was cooperative, we had no injuries, and found the "easiest" route using our orienteering skills. This mission could easily have turned out differently. In short, this was serious and were fortunate we knew this certification stuff!

Recent experience demonstrates the need for fitness and orienteering, but what about litter packing and hauling? Imagine the following scenario: An active member on the team for over a year responds to a mission where a litter evacuation is required. It has been raining, and the trail is narrow forcing litter tenders to walk on the sides of the trail. The member above slips on a wet rock and falls, taking his side of the litter down with him. The subject with a broken leg suffers additional pain and nerve damage from his injuries. Although the subject is grateful for the rescue, his insurance company elects to sue the state, CSAR, and the members participating in the litter evacuation. The state has the deepest pockets here, but when asked why CSAR was sent to do the litter evacuation, the field coordinator will say that we have done them before, we have a litter, and we advertise that we can do litter evacuations. CSAR will be asked to show how we train members to package and haul a litter. We have sign in sheets, but no documentation of what was taught or how we knew the attendees had learned anything. By recreating our training, and by testimony of many of our members, we convince the jury that we have a good training program and did the best we could to prepare members for litter operations. But guess what - we only require attending 2 trainings in six months, not any specific trainings. The member who fell was busy when we had litter training, and did not attend. Although his slip was purely accidental, we did not require that he know how to haul a litter, and this can be viewed as negligent. We're all responsible. Ask yourself if this scenario sounds plausible. I think you'll agree that it is. While it is true that we all accept more risk for liability by participating in SAR than by sitting at home on the couch, it is foolish to do nothing to minimize that risk. As a member of the litter team above, are you willing to jeopardize your house, car, and earning potential because one of your team mates did not attend a litter training? That is more risk than any of us should have to bear.

Boots and Blisters

by Larry Mervine

Search Techniques April 20, 1997

Only ten members showed for the Search Techniques training. Maybe the state certification on Saturday burned everyone out. Search Techniques is an important skill for ground pounders to have. Melissa gave a 30 minute talk and Larry set up the teams to do a field practice. Below is a summary of the items we went over:

1. **Searcher's Attitude** - People involved in search and rescue must be focused, dedicated and confident. Searchers must be disciplined because of the conditions that often prevail when

effective searching is so important. Bad weather, cold, heat, fatigue, lack of success and other conditions eat away at one's senses. Have a positive attitude about finding clues or the subject.

2. Two types of search techniques:

A. **Passive**

- a. **Attraction** - Sound or visual.
 - b. **Confinement** - Driving the roads, people at trailheads.
 - c. **Fact finding** - Clues, tracking, interviewing family.
- * Passive techniques are usually done before ground teams arrive.

B. **Active**

- a. **Hasty** - Teams are sent to cover trails, roads, natural boundaries, and drainages. Hasty teams are fast to respond and are looking for clues and tracks in the most likely places the subject would be.
- b. **Efficient** - This is when critical separation is used. Critical separation is the distance that should be between individual grid searchers in order for the team to be searching most efficiently. It is the distance at which there is no visible overlap between searchers, yet there is no visibility gap that remains unsearched. Probability of Detection (POD) is the likelihood that searchers would have found the subject expressed in percent. A grid search conducted at critical separation spacing is predicted to have a POD of 50%.
- c. **Thorough** - A slow thorough grid search is used as a last resort. Searchers are visually in site of each other (or closer). They have a very high POD, but are labor intensive and destructive to clues and tracks.

Clue awareness and mantracking are also very important to a ground team, but will be taught at other trainings.

Search techniques are very important and we will train on this again sometime this year.



Hike of the Month **Domingo Baca and TWA Canyon** 0900, May 31/June 1, 1997

Trailhead: Elena Gallegos parking lot

R.T. Distance: @7.0 miles **Elevation Min/Max:** 6400/9000

Hiking Time @4.0 hours **Hazards:** Thorns, stickers, cactus

Topos: Forest Service map of the Sandias



This hike goes through one of the few riparian areas with year-round water. Make your stay short and stay on the trails where possible. The Forest Service does not maintain trails in this area, partly to discourage the average hiker. There is no way to describe this hike in a few sentences. A long sleeve shirt and long pants are **STRONGLY** recommended. I chose the route that most tourists would take. There are many other paths that could be used to get to the plane crash site. Also, this route is the one you could most easily follow on a search, especially at night, because it basically follows a watercourse most of the way. Start from the northernmost parking area, on trail 140 (Pino Trail). After about six minutes, you'll go through a pass-through fence. Take trail #342 to the left. In another twelve minutes, you end up on trail #230. This is at the

place where the old North Pino trail is blocked by cactus bones. Two minutes later, go into the Wilderness area via another pass-through on the right. (366.5, 3892.8) Twelve minutes later, you'll come to a sign indicating that the Domingo Baca trail goes left across a wash. (366.5, 3893.4) The trail soon begins to go more easterly. The next junction is **CRUCIAL** to the hike. Less than an hour from your departure time, you need to be alert for a dripping waterfall on your right. On the left is obvious fallen dirt from people scrambling up the wall. Go up the waterfall and then to your left. Then go to the right, crossing over some big flat rocks. You'll pick up the sandy trail going through bushes. I was not able to get a waypoint at the bottom, but the flat rocks are at (367.2, 3894.0). If you miss this, you'll end up in Echo Canyon after a hour of strenuous hiking. You should **NOT** be below cliffs, walking up flat tilted rock shelves in an arroyo. Rather you should be on top, on a sandy trail, and in a few minutes, you'll notice a watercourse below you on your right. From now on, whenever there seems to be a choice of trails with similar usage, take the one on the left. But you should never be more than 30 yards from the watercourse. 25 minutes later, you'll come to a 12" diameter log laying across some flat rocks, with water flowing across the rocks. The upper bark is all worn off from people sitting on the log. Here the trail goes uphill to the left. 30 minutes beyond that, you'll come to a rock/log jam that must have been the result of some major flood. Ten minutes later, you reach a place where most TWA-seekers take the wrong arroyo. This is **CRUCIAL** junction #2. There is an inviting arroyo to the right, but the proper trail is to the left. Sometimes there are rock cairns marking the proper arroyo, but don't count on it. I was unable to acquire 3 satellites here. In about 5 minutes, you'll come to a box canyon, which you'll need to climb out of. The end of the canyon has a rather easy rock shelf that you can go up. We'll pass around this canyon on the way back. Finally, about 2.5 hours from departure, you will come to a portion of the wreckage, almost directly below the tram wires. (386.6, 3895.4) If you go another 200 yards left up the draw from the first wreckage, you'll find the rest of the plane. Allow an extra 1.5 hours for exploration and lunch. On the way back, skirt the box canyon by going uphill to the right of it. After you 'top out', you'll see an old rock fire ring on your left. There are many choices of paths here, and all seem to head back the proper way. For this hike, just past the fire ring, drop back down to the watercourse. There will be some zigzagging required. You can investigate the other choices on another occasion.

Business as Usual

by John Mindock

In order to ensure that team records are not solely kept in one place: Each month, after I get the updates

done to the membership roster and attendance, I make a disk backup of all computer files associated with CSAR. The files and the set of backups cover roughly the past three years. The current backup goes offsite (to my desk at work).

We also make regularly-scheduled more or less backups of all our computer files to an Iomega ZIP megadisk.

Bronze Boot

I nominate Chuck Girven and Bob Schwartz for this month's Bronze Boot, for their coordination of the GPS evaluation. Their work will make sorting out the technology and finding the right GPS unit a lot easier for people ready to make that investment. -- *submitted by Mike Dugger*

Who's Who and New

by Bob Ulibarri

Scott Pierce and Terri Mindock received their orientation on Saturday, May 3. I'd like to be the first to welcome them to Cibola Search and Rescue. Please review your copy of the Member Guide as the Member Guide Committee has been reestablished. If you have any comments, suggestions, or concerns, please contact Mike Dugger or myself to talk about them. This guide contains Cibola's operational procedures and as such you should understand and support it's contents. As always, if you have comments or concerns please call me at home.

Coming Attractions

by Chuck Girven

May 17th from 10:00 AM to 4:00 pm Gateway 66 Celebration

May 17th at Oak Flat PSAR presentation to Independent Order of Foresters 2:00 PM to 5:00 PM

Bob Schwartz will be the member spotlight for the June newsletter.

Public Relations

by Chuck Girven

The Preventative SAR presented two programs on April 24th. The first was for Honeywell's Kids Day (there were 314 youngsters registered). Three CSAR members talked about what to do if someone was lost, K-9 SAR, pack break downs, and what people should carry when they go into the wilderness. This was the first time we used our new PSAR crossword puzzles as handouts. The organizers enjoyed it so much that they are thinking about having us come back and do another program for families some evening after work. Our second presentation on the 24th was to a Girl Scout troop on the West side. We showed them what we carry in our packs and explained about the three-layer system for clothing. We went through what they should carry with them when going into the woods or mountains. On Saturday, May 17th, we have two more presentations scheduled: one at the Gateway 66 Celebration on Central and

Eubank from 10 am - 4 pm, and the second one that day will be for the Independent Order of Foresters from 2 - 5 pm at the Oak Flat campground. On Thursday, June 5, we are invited to participate in the New Mexico Forestry Camp Day. La Cueva Fire Department will be putting on a six hour demonstration on search and rescue. We are getting more and more invitations all the time to give presentations and could really use your help. These activities are fun and educational too (for the presenters as well as the audience). If any CSAR members would like to help out with these events, please contact me or Marnie Boren!

On the Right Track

by Mary Berry

The K-9 unit has lost a little momentum the last few months, but plan to get back into the groove in May. The final (hopefully) version of the canine testing standards should be approved this month. Mickey plans to re-test "Jake" in the next month or two, according to the final standards. One of the problems we found with the previous test was a lack of field support (another groundsearcher to help with comm, navigation, etc.), so this is being added to the new test. We are also discussing having a weekend retreat in the early summer (June?) for social and brainstorming purposes. The K-9 unit continues to informally gather weekly to train dogs, and anyone interested in watching or helping should contact me or Mickey.

Member Spotlight: Mary Berry



There seems to be few "natives" of Albuquerque around these days, but I "are" one. Born and raised here, I attended Highland High School in the '70's when streaking was the craze. I met Bruce at a party when I was a Junior, although we attended different schools. I later attended New Mexico State University, mostly to get away from my parents but not make them broke. While there, I decided that veterinary medicine sounded good, as I had always enjoyed cats and was fascinated by my dad's horse and few head of cattle he raised in Los Lunas. (Being an Ag school, I learned more than I cared to know about feed concentrates and birth to slaughter weight ratios.) This city girl graduated with a BS in Animal Science and zero prospects of a job, sweating it big in hopes of getting into vet school. Bruce was also at NMSU, and we dated off and on, driving each other crazy.

In 1980, I was lucky enough to be accepted to vet school at Colorado State University in Ft. Collins. I have MANY fond memories and a few recollections of nightmares during my 4 years there. I learned a few things about llamas (the only way to spit bigger than them is to use a garden hose on full force), and Big Horned Owls (it sure is nice to release them in the wild when their fracture is healed). During school, Bruce and I managed to keep our long distance relationship going, and in my senior year, we got married.

Bruce and I got a Bluetick Coonhound, "Beauregard", as our first pet and soon met up with Bill Bailey, a local Bloodhound SAR "character". He got me hooked on dog training. Bill was generally hard to get along with, rest his soul, and Bruce and I decided to leave his team. We had met with a few others who were wanting to start a SAR team, so Cibola SAR was born. Getting started with 6 people was tough and I served as every officer of the team several times before we got big enough to spread the responsibility around.

When "Beau" died, I got "J.C." who has great man-trailing bloodlines. I certified him mission-ready in 1993, in accordance with a simple man-trailing test that the team used. He is overdue for a re-certification, with the new team test standard. Not yet having my full plate running over, I joined the Urban SAR team in 1993, and started training another dog for disaster search. I have been through 2 dogs that turned out to be unsuitable for that type of work, and now have high hopes that "Dusty", my yellow Lab pup, will be up to the challenge. We should know by this Christmas.

When I joined Urban SAR, I came to realize how much Cibola SAR has taught me. I've been lucky to be associated with such a great group of people, and am proud to be one of it's co-founders.

NMESC Notes

by Mickey Jojola

The ESCAPE is this weekend, May 9-11. I look forward to seeing everyone there!

PACE Committee Report

by John Mindock

20 members of CSAR passed the Field Certification tests. Congratulations and thank you for your support in this effort. If there are any comments, suggestions, etc. about the Evaluation Session, please let me know.

So You Want to Buy a Radio?

by Mike Dugger

A handheld radio is one of the largest investments that a search and rescue volunteer is likely to make in pursuit of this "hobby." Aside from personal gear to provide for your own well being in the wilderness, it is also one of the most important. A radio is your vital communications link to base camp while you are in the field, and will be used to update field assignments, get new assignments, report clues or if you are fortunate, report the location of the missing subject. The number of available accessories and options for handheld radios can be bewildering, not to mention the choice of which radio to buy in the first place. This article will describe some of the types of handheld radios and features available that are useful for search and rescue volunteers.

Let's start with types of radios. There are two basic kinds of handy talkies: crystal or synthesized. As the name implies, crystal radios contain a piece crystalline quartz that is tuned to vibrate at a specific frequency when excited with a voltage (quartz is piezoelectric, i.e. it changes shape very slightly when a voltage is applied to it, so it can be made to vibrate at its resonant frequency by applying a time-varying voltage). For each frequency on which the radio operates, crystal radios have one crystal for the transmitter and one for the receiver. Multiple frequencies are commonly used on search and rescue missions. When many teams are in the field, it is good practice to keep tactical inter-team communications off of the state SAR frequency (155.160 MHz). Therefore, even if you have a crystal radio you will want to have the capability to communicate on several frequencies, such as 155.160 MHz, the CSAR team frequency, and possibly the team frequencies for a few other teams that we work with

regularly. Team SAR frequencies are also generally in the range of 155-156 MHz. If all you ever want to do is communicate on the state SAR frequency and several SAR team frequencies, a crystal radio is a cheap and very durable solution to the communications problem.

The primary disadvantage of crystal radios is that it is not trivial to change the frequencies on which the radio operates. The operating frequencies can certainly be changed, but a new pair of receive and transmit crystals must be installed in the radio (about \$50 for the pair). This is certainly not a field operation, and should usually be done by a qualified technician. Synthesized radios get around the need to insert crystals to change a radio's operating frequency. They contain a variable frequency oscillator, which is really nothing more than a tuned circuit of inductors and capacitors whose resonant frequency can be changed by changing the values of inductance and capacitance for components of the circuit. Depending on the type of radio, synthesized radios may be fully field programmable via front keypad, via special software and a cable to connect the radio to a personal computer, or via direct modification of internal circuitry by a qualified technician. The cost of a synthesized radio usually goes up as the ease of programming increases. If you ever plan to become a licensed amateur radio operator and use your handy talkie on the amateur radio bands, a synthesized radio is a must. Amateur radio frequencies are becoming more popular on search and rescue missions because repeaters allow the range of handy talkies to be greatly extended, and provide better coverage in canyons, across mountains, etc. It is of course possible to use a crystal radio for communication via repeater, but there are so many different repeaters around the state that may be used on a SAR mission, it becomes economically impractical to use a crystal radio when all these frequencies are accessible with a synthesized radio.

What type of synthesized radio is best? Sorry, you're on your own there. But it is a good idea to talk to people, particularly licensed HAMs, about their experience with different types of radios and general information about the reputation of various brands. Let's discuss frequency range. The circuitry in handy talkies is designed to operate best over a particular range of frequencies. Therefore a radio designed for operation on the 2 meter (144-148 MHz) amateur radio band cannot receive or transmit on the 70 centimeter (420-450 MHz) band, unless it is a dual band radio. Since SAR frequencies are in the range of 155-156 MHz, radios designed to operate on the 2 meter amateur band may be able to operate at search and rescue frequencies. Look for a radio that will transmit on 144-148 MHz, receive on 140-174 MHz, and is "FCC type accepted." The "type accepted" statement means that the quality of circuit components and design of the circuit is such that the radio operates at a narrow bandwidth. This means that when the radio is set to transmit on a particular frequency, it transmits in an acceptably (to the FCC) narrow band, and its transmission does not splatter over into other frequencies and cause interference. The FCC type accepted criterion is critical if you are considering modifying a 2 meter HAM radio to operate at 155-156 MHz. It is important to note that commercial radios, by virtue of their design, can operate legally at 144-148 MHz as well as 155-156 MHz without modification. However, these radios can be quite expensive (~\$800 new) and the practice of modifying 2 meter type accepted radios to operate at 155-156 MHz is common. My queries to the regulations section of the ARRL (American Radio Relay League) on whether it is legal to operate a modified FCC type accepted radio at 155-156 MHz have come back with answers from different people at both extremes - "clearly illegal," and "no problem." At best, one can therefore say the practice is questionable. You should do some research on this topic and make your own decision about what type of radio to purchase.

Now that we have sorted out what kinds of radios are available, let's discuss options. Some of these options are available for crystal radios as well, but I will focus on programmable (synthesized) radios here, assuming that the user may be operating on amateur radio frequencies as well. There are dozens of bells and whistles that can be purchased for almost any brand of radio, but only a few of these are worth the extra expense for SAR operations.

A couple of different operating power settings is a good idea, to help conserve precious battery life. The radio should be left in the low power setting (which may be 1 or 2 watts) unless problems are encountered with your transmissions being heard. In addition to saving battery life, the use of as low a power as necessary to convey the information is consistent with basic amateur radio operating principles. The higher power setting (perhaps 5 watts) can be used if the extra power is needed in order to be heard. You should always carry a backup battery. Some users prefer to carry a couple of long life batteries (1200 mA.hrs, for example), and others prefer battery pack adapters that can accept regular AA size alkaline batteries.

"PL tone," or CTCSS (continuous tone coded squelch system) programmability is a useful option if you plan to use your radio at times other than during a mission. Some repeaters are closed and require a special subaudible tone to get in, or to access special features such as a patch into the telephone system. Repeaters used in SAR missions are usually put in emergency operating mode, in which the PL tone is disabled. The PL tone may still be required, however, to access the phone patch. This lets you make emergency telephone calls in the field using your handheld radio. Alternatively, the communications specialist or other member of the command staff is usually willing to make an emergency telephone call for you from base camp if necessary. If you are interested in accessing the phone patch, you will also need a DTMF keypad on your radio. This keypad provides the 12 standard tones (0-9, * and #) used by the telephone system to dial phone numbers.

You should purchase a radio capable of storing several operating frequencies (or channels) at a time. You can then change from one frequency to another by simply turning a knob or pressing a button. Opinions on how many channels are necessary vary. Some say an absolute minimum of 15 channels is required. On any mission, even a large one, it is unlikely that more than six separate frequencies will be needed for field personnel (155.160, CSAR plus two other team frequencies, weather, and a repeater; note that the communications specialist at base camp may use several more). However, it is also convenient to program your radio with a larger number of SAR and repeater frequencies and then not have to program your radio as often. This is a matter of personal preference. If you have a field programmable radio and are comfortable doing so, you can buy a radio with fewer channels. I can program 14 channels on my radio. I keep 13 channels programmed with SAR frequencies, weather, and a few common repeaters. I leave one channel open for programming at the start of a mission, if a frequency that I don't already have programmed will be used. This is rare. Also make sure your radio can be set to scan selected channels. If a mission is using 155.160, the CSAR frequency and one repeater, you can set your radio to scan all of these so you don't miss any important traffic.

A speaker microphone is also a good idea. The microphone plugs into your radio, and can be clipped to

the shoulder strap of your pack or other convenient location while the radio remains in your pack, a holster or a harness. The radio can then be kept warm (improved battery life), dry and protected while only the microphone is exposed to the elements. It is also a lot more convenient to push a button at your chest and talk, rather than pulling your radio out of its harness. Again, talk to other people and find out what works for them. As a companion to the speaker microphone, it is useful to have a keyboard that can be locked. This way, while your radio is riding in your pack or harness, buttons accidentally pressed won't mess up your radio settings.

That's about all you will need for the overwhelming majority of missions. There are a couple of additional items worth considering, but not really necessary for most of our missions - extra antennas and vehicle-mounted chargers. Besides battery power, the antenna is the next most critical feature of your radio that determines how well you can be heard. The short, flexible "rubber duck" antennas that come standard on most radios are small and convenient, but the transmission efficiency is usually compromised to make the antenna smaller. Consider a backup antenna that you can mount when communications are particularly difficult. There are rigid, telescoping "full wave" antennas that have great transmission efficiency, but can break off (or even worse, cause the antenna mount to break) when bashing through the woods. An alternative is a flexible "1/2 wave" or "5/8 wave" antenna. You can also buy antennas that mount on the roof of your car and connect to your handheld radio, which can greatly improve reception and transmission while you are on the way to a mission. Vehicle mounted chargers are handy for allowing you to use your radio while on the way to a mission, and at the same time maintaining your batteries in a fully charged condition. On the other hand, batteries with 12 hour or more life can be purchased for almost any radio, and a couple of these will get you through most missions.

Communication is a vital part of SAR operations, and every volunteer is encouraged to have a radio. I hope this brief description of radios and options helps you decide what type of equipment is right for you, if and when you are ready to make the investment.

Classified Ads

(20 words maximum, no services)

FOR SALE: Garmin 38 GPS, like new. \$140, firm. Contact Bruce Berry at 897-3652.

FOR SALE: Motorola HT220 two channel hand held Radio with charger and two batteries. Already has CSAR and State SAR crystals installed. Doesn't need HAM license to operate. \$175. Contact Chuck Girven at 899-8573.

FOR SALE: One pair black Outdoor Research "Crocodile" Gore-Tex Gaiters, size: small. Front velcro closure, knee high. \$40 OBO. Contact Tom Russo at 823-4554.

Special Notes

Happy Birthday to Mary Girven, our own Webmaster. Her birthday is May 27th. -- *submitted by Chuck Girven*

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 2, Issue 4
April 10, 1997
Editors: Chuck and Mary
Girven,
and Mickey Jojola

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Mike Dugger

Let me take this opportunity to describe in detail the reason for the recent interest in CSAR's training program and focus on fundamental skills for groundpounding. This entire discussion has its roots in the concept of "standard of care," state certification and participation.

"Standard of care" is a phrase used to describe what is generally expected of people who are performing a particular function. Like it or not, it is by nature an ambiguous concept. The idea is that when our team responds to a mission, we are expected to have a "reasonable" level of skill in techniques used in search and rescue. Our standard of care requires knowledge of how to take care of ourselves in a wilderness setting, find areas to be searched and our way back to base camp, basic search techniques, and what to do (or NOT do) to the subject if found. Since the vast majority of our missions require hasty teams or litter evacuation teams, our standard of care could also be perceived to include litter packaging and hauling, and a good measure of physical fitness.

Rick Goodman, the state SAR resource officer, is required by law to certify search and rescue volunteers. The field certification that we now require of all members (present members by 12/97 and new members within a year of joining) is a way for Rick to document that SAR volunteers have the skills necessary to perform to the required standard of care for basic search and rescue. As long as we do what is "reasonable" and operate within our training, the state will defend us in any claims of liability resulting from a mission. Who decides whether or not our training is sufficient? Well, that depends. For topics included in the state's field certification tests, the state decides. Therefore, when our members pass the

tests on communications, gear and clothing, safety, search techniques, and map/compass, the state says they have the basic skills needed for search and rescue operations. For topics not included in field certification, we must hold ourselves to another standard. I submit that there are functions that Cibola SAR is expected to perform that are NOT part of the field certification skill set, and that we must document that our members have the knowledge to perform these tasks to the expected standard of care. It is ultimately the responsibility of CSAR's leadership to insure that our members can perform to the standard of care that is expected of us.

Finally, a few words about participation. We should all be grateful for the hard work and dedication of a few people who perform dozens of jobs that keep this organization running smoothly, but sometimes go unnoticed. To name a few, CSAR must submit state incorporation papers, income tax returns, annual reports to United Way, and applications to participate in the United Way and Combined Federal Campaign fund drives EVERY YEAR. These efforts insure that we have the funds necessary to buy the team equipment needed to save lives, and that these funds are managed to the satisfaction of our benefactors. A heartfelt THANK YOU to all who make this happen, behind the scenes. Our real bottom line, though, is participation in missions. One of our fundamental ideals, carried into our new Member Guide from the origins of this team, is that "You are expected to give all SAR activities a high priority. Only your job, family, education (school), and church should interfere with your commitment to serve." Strong words, but for good reason. When we are called for a mission, a person's life is frequently at stake. The philosophy consistent with this statement is that we should participate whenever we can, not just when it's convenient. I have tremendous respect for our members who put service to our team high on their list of priorities. This does not mean responding to every mission, but whenever you can.

Boots and Blisters

by Chuck Girven

I'm writing this article for Larry. It seems like he said he had something important to do (like getting married). We had a training on the 16th of March. Mike Dugger and Bob Ulibarri gave a presentation on litter training. They have developed a good system for securing a subject into the litter. A very important feature of this system is that it's very adaptable and can be used when and if the subject has any injuries. If you missed this training, it will be offered at the ESCAPE in May. On March 30th and 31st we had the hike of the month. This month, however, the participants helped us conduct the GPS test. More information about this will follow (probably in the May newsletter). On April 12th there will be a training from 9 am to around 1 pm. Check the voice mail for location and any updates. At this training we will go through search techniques and State Certification material. The State Certification is on April 19th so please attend this training so you'll be prepared for what is coming.

Hike of the Month **South Piedra Lisa Trail to Del Agua Junction** 0900, April 26-27, 1997

Trailhead: South Piedra Lisa Parking area. See member guide for directions.

R.T. Distance: @6.0 miles **Elevation Min/Max:** 7000/8200

Hiking Time @4.0 hours **Hazards:** Slippery trail surface.

Topos: Forest Service map of the Sandias



From the Parking area, walk north on the road for 8 minutes, then go up the trail to the right. Note the usual SAR parking lot on the left. Along the ascent, occasionally look at the Needle, Prow, and Shield rock formations, noting how their appearance changes as you see them from different directions. After an hour, you'll get to the top. This area is known as the Rincon ('corner' en Espanol.). There is a sign post indicating the trail direction (365.8, 3901.0). Do not go to the north behind that post. Instead, go east about 10 yards, and the trail will head north downhill (rather steeply). About 1/2 hour later, you'll come to a wash. Go left down the wash for a few minutes, and then the trail will make a natural-looking arc to the right. As you progress down the wash, you will likely notice another 'trail' on the right, with a log laying across it, which goes up a

small hill near a bunch of large boulders. This is not the trail - the real trail is a minute further down the wash. One minute after leaving the wash, you should encounter a sign indicating 2 1/2 miles to either end of the Piedra Lisa trail. If you do not see this sign, you are on the wrong trail. A minute later, you'll come to a sandy area, and you'll see an 18" diameter fallen tree ahead. Go 'above' the tree, and you're back on the trail. Take a look backwards here, because the area is more confusing on the way back. About 20 minutes later, you'll come to a small watercourse. It is called 'Del Agua Canyon', and usually has water year around. This is where we spent a cold night on the 'Spiderboy' search a few years back. (366.7, 3902.5). The return trip is the same way you came, only more uphill. Part of this hike goes through semi-abandoned private property. However, it is not marked and is certainly not apparent when you're hiking. If someone asks you to leave, do so politely.

Business as Usual

by Mary Girven

Nothing submitted (or if it was I can't find it in my email--but I've had problems with my email this month). Check out the Minutes of the March Business Meeting at <http://www.ctbt.rnd.doe.gov/csar/membersonly/minutes/031397.shtml>

Note: The URL above requires you to enter a username and password and is only accessible by certain website-registered members of CSAR.

Bronze Boot

submitted by Chuck Girven

I would like to nominate Andrew Parker for the Bronze Boot this month. He taught me the value of having my pack with me at all times. It keeps those **pesky rocks** from hitchhiking a free ride uphill. Thanks Andrew for telling me before I got to the top.

Who's Who and New

by Bob Ulibarri

Jabe Beal and Colin Montoya-Lewis both received their orientation in March. Please welcome them and answer any questions they might have. Mike Dugger will be Jabe's mentor and Mary Berry will be

Colin's. Also, Lori Brockway is now officially a member of our team. Congratulations Lori! If you have any questions please contact me.

Coming Attractions

by Chuck Girven

- The Member Spotlight for May will on Mary Berry.
 - The Feature Article for May will be the GPS Test Results.
 - In an upcoming issue of our newsletter we will be doing an article on "Great Trail Snacks". Please submit your favorite recipes to share with others. Recipes from other SAR teams are also welcome! Send them via email to Chuck Girven, via fax, or by phone (you can leave voicemail if we're not home)[*Ed. Note: Phone numbers deleted from non-member version for privacy*].
 - The results of our State Certification tests will be published in May.
-

Public Relations

by Chuck Girven

On March 16th we had another meeting of the Preventive SAR committee. We discussed the proposed children's education projects. A rough draft was submitted for the coloring book and approved with some modification. Don Gibson has been in contact with the Girl Scouts and we have a presentation in the works to do for them. I have been in contact with Jean Szymanski of the N.M. Forestry Camp. They might want us to come and do a PSAR presentation for them on an evening for the kids at the camp. This camp is for kids who might want to choose a career in the outdoors such as park rangers, forest service, etc. The next PSAR meeting will be held at Melissa Smith's house on Monday April 14th at 7 pm sharp. If you are interested in preventive SAR education please plan to attend. This is an important community outreach and we can use all the help we can get!!!

We have been invited to Honeywell's Kids Day on Thursday, April 24th from 8:30 to 11 am. They would like a PSAR Presentation (1 1/2 hours) for children 8 to 14 years old. We would be one of several programs offered on that day (Anti-Gang and Dare will be among the presenters).

Contact Marnie Boren or Chuck Girven if you have any questions or suggestions.

On the Right Track

by Mickey Jojola

Well it seems that the searches have been going pretty slowly lately. The joint training with NMRD and Cibola went well. The Cibola dogs did quite well and I commend Catherine for an excellent job at planning the training. The K-9 committee will be meeting this month to look over what is left to be accomplished with evaluations and to get the K-9 handbook finalized. When the dates are set for the meetings I will have them placed on the web and on voice mail. I hope to see you all in the field!

Member Spotlight: Mary Girven



For lack of someone more interesting this month...

I was born in Phoenix, Arizona, the oldest of four children. We lived on my grandparent's farm until I was 9, then moved to Scottsdale. I was a true tomboy, spending as much of my time as possible roaming the countryside on horseback. I spent my teenage years in Tennessee, Indiana, and Illinois, and met Chuck during my Sophomore year (he was dating one of my friends at the time). Then during Junior year we began dating; he proposed during the Christmas break, Senior year; and we got married a year later.

I started going to the Community College nearby, but wasn't at all interested in anything they were offering, so I quit and worked several jobs until I was quite pregnant with our first child, Ben. Jessica arrived two years later, and I kept very busy being a mother and running a home-based Tailoring business. But eventually the children were busy in school and the sewing seemed tedious (and didn't pay nearly enough), so I decided to try college again, this time with a very clear idea of what I wanted and how I was going to go about getting it. I graduated with a 4.0 GPA and a job offer at Sandia National Laboratories. At the time, the company Chuck worked for was spiraling downhill so we decided to accept Sandia's offer and move to Albuquerque. That was a little over 8 years ago.

I started my career at Sandia in Drafting, but knew from work I'd done at school that what I really wanted to do was program, so I did at every opportunity. As soon as my clearance came through, I transferred into a Software Engineering organization where I designed and built a Configuration Management system for a program my organization was developing for the Air Force (ADSN). After ADSN was successfully delivered, I set up several other projects to use my CM system. Then about two years ago I was asked if I wanted to build a web site for another DOE project, Comprehensive Test Ban Treaty Research and Development (CTBT R&D). I thought that sounded like fun (I'd been to the very first HyperText Conference in Seattle a couple of years earlier, right as the World Wide Web first started to take off). The CTBT R&D website has been a huge success and catapulted me into developing several more related websites -- I've got more work than I can possibly do alone and am in the process of recruiting helpers.

I became involved with CSAR through my husband, Chuck. He sort of "volunteered" my services in developing the CSAR website. Since it's what I love doing, I didn't resist too much. And since I was spending so much time working on CSAR, and going to the meetings convinced me that I just might be able to be useful on searches, I decided to join last summer and became an active member in February. One of the nice benefits of being a member is that Chuck and I spend time together on CSAR projects and activities. It's also nice to feel like I'm contributing to the community through such a wonderful organization.

Web News

by Mary Girven

I've added a few more links to other websites, primarily to companies which sell gear. Chuck and I appreciated and used the Ham Radio Exam sites that we linked to last month. Thanks Tom!

I haven't done much in the way of developing the ABQ-ROS website this month, but hope to get "into it" soon (you've heard that before). If anyone wants to help, PLEASE feel free to volunteer! Especially if you have experience with, or WANT to gain experience with, the WebSite Professional server. I'm more than swamped at work and NEVER seem to have any time that's not committed to something exceedingly important. It takes a concentrated effort and a block of free time to get over the first hurdles of developing under a new system. I have the software and some documentation (for Windows NT or 95) and would be happy to turn it over to an interested party! Unfortunately, if no one comes forward, it may be some time before we have more than static pages on the ABQ-ROS site.

NMESC Notes

Shhhh... The NMESC Notes article is taking the month off.



I'll Drink to That!

by Chuck and Mary Girven

Soon we will be experiencing the hot days of summer. Unfortunately this also means we will probably be involved in searches in hot weather. We all have heard how important it is to drink plenty of water, but in the rush of the search it's very easy to put off taking a drink until the next rest stop or until just over the next hill. To keep going in the heat you must keep your body core between 97°F and 100°F. If your body temperature rises above 100°F you risk heat exhaustion or heatstroke. If it gets above 107°F you could seriously damage your internal organs and risk death.

The sun is not your only worry. Everything your body does from your heart beating to swatting at an annoying fly generates heat. Your body's metabolism can produce enough heat to raise your body's temperature 1½° an hour. Combine this with carrying a heavy pack, radios, and scrambling up rough terrain and you've now become your own portable microwave oven.

There are several ways your body can release heat and cool itself. Sweating and evaporation are one way. Cooling occurs when sweat stands on your skin and slowly evaporates. A hiker who is acclimated to the hot surroundings may perspire as much as 2 quarts an hour. This will release a lot of internal heat just by evaporation. When you are used to the heat your body will sweat faster and you will lose less electrolytes, such as sodium and potassium (an important element in staying hydrated). Another form of heat loss is radiation. When you become overheated, the superficial blood vessels dilate, your heart rate increases and more blood is pumped to your skin's surface area.

One way to keep cool is to wear the proper clothing. In winter cotton is a bad choice because it doesn't wick moisture away from your skin, but in summer cotton is a good choice because it DOES keep the moisture near your skin. As air touches it it evaporates and keeps you cool, just like your house's evaporating cooler. Make sure you have some extra clothes to change into if the weather changes to prevent hypothermia. Using antihistamines, thyroid medication, alcohol, or amphetamines can hinder your body's ability to cool itself. Get plenty of rest. A military study has shown a direct relation between heat illnesses and lack of sleep or fatigue.

Most importantly is drink plenty of water. Most active people underestimate the amount of water they need. Don't wait until you're thirsty; by then it could be too late. Long distance runners can slow their running pace 2 percent for each 1 percent of body weight lost due to dehydration. Losing 2 liters an hour is not uncommon when doing an intense exercise in hot conditions. The rate of which you lose fluid is directly related to the intensity of the exercise. Dehydration can raise your internal core temperature and create a lot of stress on your circulatory system. Marathon runners sometimes have to force themselves to drink in the last part of a race even though they could have lost more than 5 percent of their body weight.

Research has found that cold water is absorbed faster than warmwater. Keeping a water bottle wrapped in a jacket in your pack could help. Some people will fill their water bottle half full with water and put it on its side in the freezer until frozen, and then fill it the rest of the way up with cold water before a summer mission. Try to drink a quart of water before even starting out on the trail. Start drinking 4-6 ounces every 15-20 minutes into the search. Some studies have shown that most people only replace up to 2/3 of the fluids they have lost. So force your self to drink often. An easy way to tell if you're properly hydrated is the urine test. A clear to pale yellow means you're fine. A darker yellow means your dehydrated.

In addition to replacing fluids, you also need to add carbohydrates which can be included in sports drinks or high energy bars. After a couple of hours of strenuous exercise, your body's glycogen has almost been used up. That's when body fat begins to be used as fuel, but fat won't burn without carbohydrates. A 6-7 percent carbohydrate drink can actually be absorbed 30 percent faster than plain water. Anything over the 6-7 percent range can slow the absorption (Coke is about 11 percent carbohydrate). To find the percentage of carbohydrates in a drink, divide the amount carbs (in grams) by the amount of fluid in one serving in milliliters (an 8oz. serving is 236 milliliters) and then multiply by 100. About 90 minutes after beginning to hike start munching trail snacks. These will help to keep your blood glucose levels high and prevent exhaustion (glucose is needed by your brain to remain alert and functioning). When your energy stores are exhausted, it can take up to a full day to rebuild them.

We should all be familiar with the early warning symptoms of heat illnesses. They are dizziness, grogginess, dry skin, rapid heart rate, chills, nausea, unsteadiness, and headaches. Dizziness is usually the first noticeable symptom. No need to panic, just stop, consume liquids, get in the shade, and elevate your feet above your heart, and REST.

Remember to sample everything take with you before you go out. If it tastes like cardboard or worse you

won't use it!! Encourage your team mates to take more drink breaks and watch for heat stroke, which can have up to an 80 percent mortality rate if left untreated. Take along plenty of water; it's better to have some left and not need it than run out and have miles to go. I hope this will illustrate how important staying hydrated is to all of us. The difference may be between being a rescuer or needing to be rescued!

Classified Ads

(20 words maximum, no services)

FOR SALE: Pair of Outdoor Research Gore-Tex "Crocodile" Gaiters in size small for sale --- worn once, they aren't the right size for me. \$40, OBO. Contact Tom Russo at 823-4554 if you're interested.

FOR SALE: Garmin 38 GPS, like new. \$140, firm. Contact Bruce Berry at 897-3652.

Special Notes

CONGRATULATIONS to the 8 members who took the Ham Radio Technician test on April 8th. The names of those who passed the Novice 1 and Technician 3A tests are Mary Berry, Lori Brockway, Terry Decker, Chuck Girven, Mary Girven, Andrew Parker, Tom Russo, and Randall Wahlert. Tom Russo also passed the Code test. This now doubles the number of ham radio operators on CSAR! We'd like to give special thanks to Bruce Berry, Mike Dugger, Melinda Ricker, and Don Gibson taking the time and effort to teach us! -- *submitted by Mary Girven*

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 2, Issue 3
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Top of the Hill

by Mike Dugger

One of the first concerns of new members when they join our team is, "What equipment and clothing do I need in order to participate in search and rescue?" CSAR has always provided recommendations on what gear is needed to be a field responder, but the list of recommended gear is a long one, containing some high-priced items. Let's face it - search and rescue is an expensive hobby. How does a member know what is really needed for most of the missions, versus what they can live without until the next bit of disposable income accumulates? People who have been searching for a while have acquired the gear that works for them, but new members rarely have enough information to make prudent spending decisions.

The officers have discussed this issue during the past month, and have finally arrived at a list of minimum gear needed to participate in non-winter ground-pounding. I want to introduce this list to you, and solicit your feedback. The intent is to define three lists of gear. The required minimum gear list will be just that - each member must have this gear in order to be called for missions. The second will be required items for winter conditions (below 32°F), and the final list will contain a prioritized list of items that are nice to have, but not absolutely critical to perform our primary function. This concept parallels the state certification system of gear and clothing requirements, but adds to it. Since CSAR is a ground-pounding team, we have defined items in addition to the state minimum requirement that are critical for searchers on foot. We'll discuss the winter and recommended additional gear lists in the future. For now, consider the proposed list of REQUIRED MINIMUM GEAR. After we have all had a chance to think about this and discuss it, I would like to finalize a list we can all agree on and publish it in the new Member Guide and introductory materials for new members. Note that items marked with an asterisk (*) are required by the state, and as such are non-negotiable.

backpack that will hold everything (internal or external frame)*,
knife*,
food for 24 hours*,
at least 2 quarts of water*,
fire starting materials*,
orienteeing compass*,
whistle*,
watch,
signal mirror*,
headlamp with extra batteries and bulbs*,
first aid kit (for personal use)*,
space blanket*,
paper and pencil*,
shelter materials (bivy or light tent or tarp, etc.),
trail tape,
rain protection (head, upper and lower body)*,
sturdy boots with a lug sole,
NO JEANS OR SNEAKERS PERMITTED (just because this bears repeating as often as possible),
windproof, non-cotton jacket*,
hat*,
backup socks (wicking inner and non-cotton outer)*,
gloves (leather)*,
polypropylene long underwear (top and bottom)

Now let me philosophize for a moment. Where do you see CSAR in 5 years? In 10 years? No matter what your answer, the continued strength and good standing we enjoy in the state requires that we continue to perform our core mission well. We have already decided that we are first and foremost ground-pounders (and are recognized as such by field coordinators in the state). This activity requires a diverse skill set, including search techniques, orienteeing, tracking and litter hauling, not to mention a good measure of physical fitness. With pre-meeting instruction and one day per month devoted to training, covering these topics every six months leaves little time for additional training themes. We are a diverse group of people with varied interests, and pursuit of interests that contribute to other search and rescue services is useful. However, we must remember that we are fundamentally a ground-pounding team. When time and resources are limited, we must focus on skills which contribute directly to this function.

Boots and Blisters

by Chuck Girven

Winter Bivy/Mt. Taylor Quad -- February 13-14

On February 13th eight hardy Cibola team members journeyed to Mt. Taylor for our annual winter training. Bruce Berry, our instructor for this training, provided a handout which included a list of emergency priorities, proper clothing and layering concepts, recommended equipment, along with other important information. After going over this information, we proceeded up the mountain to construct our night's lodging. Bruce showed us how to make snow caves, trenches, and other winter shelters which we put to good use later that evening after dinner, cheesecake, and a cozy fire.

We were up early the next morning to move our vehicles out of the way of the Mt. Taylor Quad. Two more members had joined us by then. We were divided into teams and assigned positions along the snowshoe/ski portion of the race. During the day we kept our eyes on various racers looking for hypothermia, dehydration, and any other problems. We kept in contact with each other and with the race officials with our radios. We cheered on our own team member, Marnie Boren, as she participated in the snowshoe/ski segment of the race.

Even though we didn't get much sleep, we all had a good time and learned valuable information on how to take care of ourselves in wintry conditions.

Hike of the Month **Lower Juan Tabo Canyon** 0900, March 29-30, 1997

Trailhead: Upper Juan Tabo parking lot (La Luz trailhead)

R.T. Distance: @5.0 miles **Elevation Min/Max:** 6600/7400

Hiking Time @3.0 hours **Hazards:** Mountain Lion (I saw tracks)

Topos: Forest Service map of the Sandias



The first part of this hike is on a trail from the Juan Tabo parking area to the Piedra Lisa parking area. Go up the stairs and turn left at the 'Piedra Lisa T/H' sign. Follow this trail a few minutes, watching for an offshoot that goes downhill to the left, crossing the sandy wash. (Don't go as far as the large towering rock formation.)

A few more minutes will take you to an uphill/downhill choice. (UTM 365.3, 3898.4). Go downhill and across to the other side of the chamisa/cholla flats. Follow a trail that skirts the north side of the flats to the dirt road. You should be about 20 minutes into the trek when you meet the road.

Now go north to the Piedra Lisa trailhead (about 7 minutes). After 7 more tough uphill minutes, you'll go down to a wide rock-strewn arroyo. (UTM 365.3, 3899.5) To the right are Waterfall Canyon, the Movie Trail, and Fletcher Canyon. But we're going to the left, down into lower Juan Tabo Canyon. The first few minutes are spent skirting the lush growth in the wash. The best bet is to stay to the right side. After that,

the terrain becomes open and easy to walk on (and to follow tracks). Just follow the sandy wash, crossing the dirt road when you get to it.

In about 45 minutes, you'll end up at the fence to the Sandia Indian Reservation.

Turn back, and choose the rightmost wash whenever there is a choice. About 30 minutes from the fence, take a trail along the hill on your right. (UTM 364.4, 3898.5) This trail (called the Sandy Arroyo trail) begins in almost the opposite direction of your travel. Soon it widens out and heads more southward, eventually meeting the blacktop. This trail is the preferred evacuation route from this area.

Instead of walking along the road, go up to the top of the ridge 'behind' you, where you'll find an indistinct trail leading towards the dirt road to the Piedra Lisa parking area, then take the trail to the Juan Tabo parking area again.

According to the map, part of this hike passes through private property. However, it is not marked and is certainly not apparent when you're hiking. If someone asks you to leave their property, do so politely.

Business as Usual

by John Mindock

- At the March meeting, you will receive the NMESC newsletter with the registration form for the ESCAPE in Ruidoso. You are responsible for registration. The team reimburses the basic registration cost, but not late fees, meals, lodging, etc.
 - At that meeting you will also be able to acquire a packet from the PACE committee. This packet contains all you need to know about the April 19 Field Certification Evaluation Session, including a study guide and ICS-100 Module 1. Names of those who wish to Certify will be signed up at the meeting.
-

Pinching Pennies

by Melissa Smith

New patches will be available at the next business meeting. We still have a few Forest Service maps of the Sandia Mountain wilderness and several all weather safety whistles for sale for \$4 each.

Gas voucher forms must be submitted each month at the business meeting. Please pay attention to your receipts, vouchers submitted for which there are no receipts or the receipts do not match the forms are reimbursed at the lesser amount. For those of you who do not come to business meetings, I recommend that you contact me directly to make arrangements for collecting your reimbursements. Any balances not claimed within 6 months will be considered a donation to the team and treated as such. As of this time we have received reimbursement for all vouchers submitted through January 1997. Please see me if you have any questions.

Who's Who and New

by Bob Ulibarri

A few things in the membership arena are still be reworked and I will bring you up to date on the latest information. It has been a major book-keeping problem tracking new member's attendance to three CSAR approved function before orientation. Because of this, I will now be asking the new and active members to take an active role in letting me know when new member's three functions have been completed. This will make sure that new members who are active do not get overlooked for an orientation because of our record keeping shortcomings. The way this will work is as follows;

At a new members first meeting, they will receive a introductory package with a table on the last page. This table will look like the following:

DATE	FUNCTION	ACTIVE MEMBER SIGNATURE

When a new member attends a CSAR approved function (a function approved by the Training Officer), the new member must get an active member to sign off showing that the new member was in attendance. This will sever two functions, first, it will allow new and active members to interact on a regular basis and second, it will help new members who are very active to get an orientation as soon as they have completed three functions.

Please help me in this process of getting new members into the filed by introducing yourself to every new member that you can. It will benefit the team by getting new members oriented and into the field as soon as they have had an orientation.

Also let me be the first to congratulate our new active members this month; John Schroeder, Ella May Robinson and Tom Russo. Lori Brockway will be up for active membership at next month's meeting. As always, please call me if you have any comments or questions concerning team policies or membership.

Gearing Up

by Melinda Ricker

We are acquiring a locker to store our search gear at the District 10 Zamora Road Fire Station which is one mile east of I-40 and North 14.

Public Relations

by Chuck Girven

The Gateway 66 Committee has contacted me about CSAR participating again this year. It is tentatively scheduled for May 17th. We will be at the same location as last year -- Central and Eubank at the Home Depot parking lot. Anyone interested in participating should let me know. Last year we received many good comments from the people who stopped by our booth. Hopefully we will be prepared to present some of the material the PSAR committee is working on.

Speaking of PSAR, the last meeting on February 24th of the PSAR committee covered the children's version of the presentations. We decided to break it into sections; one for elementary and brownie and cub scout ages and the other for boy/girl scouts. We discussed handouts and activities that would help the children remember the basic points we want to reinforce.

On the Right Track

by Mickey Jojola

Well Jake had his first field readiness evaluation this past February. He didn't pass but we sure learned a lot, or at least I did. The stress of a real search is immense. One would think that a training search would not be a stressful (or at least that's what I thought). Jake's test consisted of 1/2 mile X 1/2 mile square, or 160 acres. Not a lot when one thinks about it. This area was to be searched in a total of 4 hours. He was to find 2 subjects hidden somewhere within this area. No big deal, right? Add two evaluators, a time keeper, and a host of other "watchers" and what do you get? STRESSSSSSSSSS. This is where I learned that I can really pass the stress I feel to my dog. It took a while for me to calm down enough for Jake to forget about the stress and concentrate on searching. Realistically, Jake did fantastic. For the first 2.5 to 3 hours his energy level was good and he really worked. Towards the end he did get tired and really slowed down (as we humans do when we search hard for a long period of time).

The thing that I really learned is that when in the field you have to really trust your dog and follow through. At about 1.5 to 2 hours into the test Jake hit a scent pool which sent him into a ravine. He lost the scent at the bottom (the scent was being blown over our heads at this time). Here is where I messed him up. Instead of following through and searching the "hot spot" I sent Jake to another area to try and pick up the scent again. When he did not find the scent at the new spot I kept on going to the end of the search area. What I should have done was return to the "hot spot" and focused on that area. He might have had a better chance of making the find (maybe not but who knows). Anyway, in the end I think if I hadn't been trying to impress the evaluators, wasn't so stressed and focused on Jake we might have passed. Oh well, we will do it next time. A friend told me that I must have been real cocky to think that I could have passed the first time. Sometimes you have to shoot for the top.

In the end I realized that it was probably me who messed Jake up. I hope he can forgive me and work as well next time.

Until next month, Happy Searching.....

There will be a Cibola dog training session on Saturday, March 22, at 8:30 a.m. on Skyland Road in Tijeras. For more information call Catherine Wambach at 281-9137.

Member Spotlight: Chuck Girven



I grew up in a small rural community in Illinois where I had the usual boyhood scrapes and adventures (and a few unusual ones like cutting off my thumb). When I was 10 my mother was diagnosed with cancer, which she battled for six years. Shortly after she died I decided it was time I struck out on my own. The next big event (and definitely the smartest move I ever made) was talking my highschool girlfriend into marrying me after graduation. Mary and I had two kids: a son Ben (he's really Charles Benjamin Girven VIII) and a daughter Jessica. We stayed in Illinois until 1978 when we moved to Phoenix. I drilled water wells for a company that did government contracts. Unfortunately, about this time the government started cutting back on their well-drilling projects, so I started doing construction work to pay the bills.

While in Arizona we really enjoyed the wilderness, 4-wheeling, hiking, backpacking, and camping during our off-hours. But after a year or so the construction market started to dry up, so we moved back to Illinois where I got my old job back (since high school) at a farm implement manufacturing company. Through dumb luck and by being at the wrong place at the right time, I moved from the factory into management. Mary had gone back to college after the children were in school. After graduation, she was offered a job at Sandia Labs in Albuquerque, New Mexico. The economy was taking a downward spin in the Midwest, especially our area, so we moved westward once more. We remembered the fun we'd had in Arizona and looked forward to enjoying the wide open spaces again.

One day I met a man at work who told me about the Urban SAR team. I went to a few of their meetings, but soon realized I would rather be doing wilderness SAR. At one of the Urban SAR meetings I met Rick Goodman. I called his office and got a list of other SAR teams in the area, and the rest is history. I'm very proud of being a member of Cibola SAR, especially for the good that we do for the people of New Mexico.

Bronze Boot

Presented to Marnie Boren

Marnie Boren participated in the recent Mt. Taylor Quad too, but as a contestant rather than a volunteer, and made an impressive display of fitness and stamina...way to go Marnie!

NMESC Notes

by John Mindock

The big news this time of year is the ESCAPE. The latest issue of the NMESC newsletter (which will be available at the March meeting) describes the set of courses which will be available. It also includes a registration form. Six CSAR members will be hosting courses at this year's session. Mike, Bob U., Larry M., Melissa, Mary B., John M. Also, John M. and Mickey are members of the Board and will have responsibilities related to the event. I strongly encourage you to attend this ESCAPE, not only for the

excellent educational opportunities, but for the camaraderie.

Pace Committee Report

The PACE committee is now in the Operational mode. Nine people were trained as evaluators for packs and tests for Field Certification, including CSAR members Mike, Larry M., and John M. Another four were trained as test evaluators only. These people were selected from more than thirty applicants, based on their SAR experience in the field and their participation as instructors in SAR topics. Field Certification sessions are scheduled throughout 1997, with the April 19 date targeted to the teams in the Albuquerque area. In late March, there will be an issue of the SAR COMPASS newsletter with more details on the schedule. Also in March (22/23), there is an ICS-200 course. PACE is handling the registration for this session, but Rick is handling the mailings, etc. This course is the prerequisite to future Section Chief courses.

Buying Gaiters

by Chuck Girven

Since we have several new members on the team who may not have experienced heavy-duty search-style hiking, I thought I'd write an article concerning gaiters and what to look for when you are considering buying a pair.

Gaiters come in two heights: ankle-high that reach just above your ankles (hence the name, pretty smart huh?); and knee-high which reach to just below your knee. For dayhiking the ankle-high gaiters would normally do a pretty good job. They're light and usually have some type of elastic around both the top and bottom openings and a bootlace hook and/or instep cord to keep them from riding up over your boots. When we are out on a mission or training, it usually contains some type of bush-whacking or scrambling up or down a rocky mountainside. For these reasons, I would recommend that you get the knee-high gaiters. Most of them come with an instep cord or strap to keep them in place over the tops of your boots and a drawstring that cinches around your leg just below your knee. Certain brands have different sizes available to make it easier to get a good fit. An extra bonus to the knee-high's beside keeping out the rocks and debris is the added protection against rattle snakes biting you. It might not stop them completely but it does add another layer between them and you.

There are several different varieties and manufacturers of gaiters and some of the different features are worth mentioning. Some inexpensive models are stepthroughs. You pull them on before putting on your boots, like pants. After putting on your boots you just secure the instep strap and you're ready to go. These are pretty easy but if you decide you need your gaiters while out in the field it would require stopping and removing your boots to put them on -- not a good idea in the rain or snow. Front closure gaiters allow simple application. The instep strap goes under your heel and the closure runs up the front of your leg. A nice feature about these is that you can get to your boot laces without removing the gaiters completely. A minor disadvantage is that they could bite into your legs if you kneel down to check out footprints or clues. Side closure gaiters are very easy to put on and off. Although sometimes you have to be a little bit of a contortionist to get them zipped up. A note to skiers: Front and side closures are the

only styles you can take on and off while you're strapped into nordic ski bindings. The instep strap of rear closure gaiters is in the way. Rear closure gaiters are usually less costly. They don't need a storm flap over the zipper as it's not exposed to the elements as much. The rear zippers don't have as much stress on them, but as mentioned above, they are very difficult to reach.

The style of gaiter you chose depends on your outdoor activities. Searchers are usually out in the worst weather and in the dark so you want a gaiter you can put on and pull off very easily. Most members on the team have side closure type gaiters. The ones I have have been with me for over two years and I haven't cussed them too much. It is mostly my mistakes that have caused most of my problems.

I didn't touch much on super gaiters and overboots. If you are in the high mountain environment, your feet need additional insulation and your boots could use extra protection from crusty snow and rocks. The super gaiters and overboots cover the entire boot. Super gaiters leave the sole of the boot exposed. They have a tight, stretchy, usually rubber instep strap. You'll need a fairly rigid sole as flexible boots tend to curl up due to the toe and heel pressure super gaiters have. Overboots are for colder conditions. They are great when used with crampons or snowshoes because their fabric soles have no traction. These two styles are not really practical for our purposes.

Some shopping tips to look for when you are ready to buy your first pair of gaiters are:

- The top of the gaiter should have close fitting seal that's not too tight.
- Adjustable stretchy drawstrings or straps with buckle.
- Avoid fixed elastic top closures; they will tend to stretch out over time and not stay up and allow debris into your boots.
- Always take the boots you are going to be wearing with you to try the gaiters on to get the proper fit.
- The lace hook at the front of the gaiter near the boot toe should fit securely and not come lose when you flex your foot.
- Look for easy accessibility to all zippers and drawstrings. Imagine having to adjust them or put them on with gloves or cold, wet fingers.
- Kneel down on your knees to make sure buckles, zippers, and drawstrings locks don't dig into your ankles or knees.

I hope this will help you when you are shopping for your gaiters. Don't just pick one out figuring that they should do the job!

Classified Ads

(20 words maximum, no services)

NONE SUBMITTED

Special Notes

NONE SUBMITTED

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team information.

Volume 2, Issue 2
February 13, 1997
Editors: Chuck and Mary
Girven,
and Mickey Jojola

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Mike Dugger

This really is an exciting time to be a member of Cibola SAR! We have started working towards our 1997 goals as discussed during the last couple of months. I encourage you to stay informed of upcoming events by listening to our voice mailbox a couple of times per week. Let me take this opportunity to provide a brief description of some of the things going on:

- The state's basic certification of SAR volunteers is rolling right along. Many evaluation sessions are already scheduled throughout the state, in which some of our members will be participating as evaluators. The most convenient sessions for our members to become certified will be in April and July. Our training officer has scheduled training activities at 6:30 pm prior to each business meeting between now and April, as well as our usual one weekend per month, to address topics on the certification exams. Members who attend these training sessions should have no trouble passing the certification exams.
- Based on a phenomenal show of interest from members, we have put together a series of study and review sessions to help people pass the licensing exam to become a Technician Class amateur radio operator. The license is good for ten years, and you will not need to test again (unless you want more frequency privileges) as long as you renew your license before the ten year expiration date. The sessions will consist of a review of technical material, review of the question set for the exam, and a practice test. A total of seven sessions are currently planned, for about two hours each week on a weekday evening. Even if you have no plans to buy a ham radio for a while, this

is a great opportunity to learn together with your teammates in a relaxed, fun environment. Then when you are ready for a radio, you can legally operate on amateur radio frequencies! We have seen increasing requests for this type of communication skill over the last couple of years.

- Our new low angle technical gear has arrived, and the equipment committee has logged all our gear and established maintenance schedules. We are also exploring locations for a permanent gear cache in the east mountain area. Once we have completed preparations for the certification exams, we will begin to train with this equipment.
- A SAR education program is being developed to inform the community about our team, and to educate children on how to enjoy the outdoors safely. The concept here is to have presentations ready for use at schools, scout meetings, public events, etc. The first presentation, introducing SAR in New Mexico, is nearly complete. The next will focus on teaching kids how to hike safely, and what to do if they become lost.

The scope and depth of the activities reflected above demonstrate the dedication and hard work of many members, and the fact that we all enjoy working together. We rely on the continued interest and involvement of our members for this organization to continue to grow. I welcome each of you to find an issue you are passionate about, either an existing one or a brand new idea, and get involved!

Boots and Blisters

by Larry Mervine

We had eleven members attend the snowshoe training on January 11, 1997. The plan was to take a compass bearing and follow that bearing for 20 minutes and then add 90 degrees. After three turns this should eventually return us to our vehicles. We packed our gear and started off. The day was warm, the skies were blue, but the snow was only 8-10 inches in depth. One member actually walked the hike without snowshoes. We were enjoying the snowhike when a member complained about a stomach ache.

We assessed the situation. One member with a radio started back to the vehicles with the sick member. The rest continued on. Two compass turns later the skies became a dark gray and moving in our direction, so we started our return leg back to the vehicles. We then contacted the two members that should have returned by now. The transmission that came over the radio informed us that our member's condition had gotten worse and they needed help, so we rushed over the team member, now "the subject." The subject was then lead back to the vehicles. It turned out to be a case of food poisoning. We never know when a teammate will have a problem, so always watch out for each other on missions and trainings.

Upcoming Trainings

Feb. 13	Thu	6:30 pm	Gear & Clothing Communications	Larry M. Mike D.
Feb. 14	Fri	4:00 pm	Winter Survival	Bruce B.
Feb. 15	Sat	7:00 am - 5:00 pm	Mt. Taylor	

Mar. 13	Thu	6:30 pm	Safety	John M.
Mar. 16	Sun	1:00 - 4:00 pm	Practice Search Loc. TBA	
Apr. 10	Thu	6:30 pm	UTM Map & Compass	
Apr. 12	Sat	9:00 am - 1:00 pm	Certification Review	Loc. TBA
Apr. 19	Sat	??	First chance to take SAR certification	Loc. TBA

Hike of the Month Chamiso, Cedro Ridge, Meadow Ridge, Meadow 0900, February 22-23, 1997 Trails

Trailhead: Chamisoso Road, South 14, 1.2 Miles South of Old 66, 'East' side

R.T. Distance: @8 miles **Elevation Min/Max:** 6500/7400

Hiking Time @3.5 hours **Hazards:** Speeding mountain bikers, mud

Topos: Cedro Peak Trails Map, Sedillo Topo, Tijeras Topo



Follow Trail #462 (Chamisoso Road) about 15 minutes. @50 yards past the sign 'Street Closed 1000 Ft', it goes up the hill to your right. UTM 375.0, 3880.8. Follow this for about an hour until you see the sign for Trail #13 (Cedro Ridge Tr.). This area is known locally as the 'four corners' (see Cedro Trails map). UTM 378.0, 3881.3. Take Trail #13 'south'. There are a number of confusing cross-trails near this junction - to stay on #13, stick to the 'middle' trail. Don't go downhill - it should always seem that you are on (or heading to) the 'crown' of the ridge. In about 1/4 mile, you should come to a rock-strewn uphill stretch. The bikers call this area the '5 hills of death', and you'll comprehend their naming convention if you're on the proper trail. After about 30 minutes puffing up Trail #13, there will be a triangular junction with a sign (on your left) for trails 13

and 252C (Meadow-Ridge Tr.). UTM 377.8, 3879.9. Go left on 252C for 15 minutes, where you'll see the sign for Trail #12 (Meadow Tr.). UTM 378.7, 3879.1. Go left ('north') on Trail #12 for about 30 minutes until you reach a 'Y' where one branch goes left up the hill. This is beyond the windmill, and there is a signpost with no decals at that junction. UTM 378.3, 3881.2. Go up the hill, ignoring the sign pointing to Trail #13, and in a few minutes you reach the familiar junction of #462 and #13. Then return to the parking area on #462. At various places along the route there are side trails. These all head off to meet other trails in the Cedro Peak maze. You may want to explore a few sidepaths on subsequent trips. It's a great area to create loop hikes that last 3 to 4 hours. I find it a nice place to hike after work when I don't want to battle elevation gain. Note how far back a rescue vehicle could get.

Business as Usual

by John Mindock

1. While Bob adjusts to his Membership Officer role, I'll continue to keep track of Name/Address/Phone information and attendance.
2. I've created two new categories of 'Mission Attendance' this year. One is for those who do official ICS tasks (e.g., FC or Section Chief), and the other is for those who handle the phones. Previously I had just lumped all attendance together, and there was a judgement call on the 'phone' category. This will give us the ability to better quantify the actual field response to a mission, plus will keep records of everyone who does phones and ICS. Also, a person could get multiple credits if they do the phones, perform ICS tasks, and hit the field (on a long mission like the one in the Zunis).
3. I don't feel that reading the entire minutes of the previous meeting is a valid use of time in our business meetings. The minutes are available on the www, and I'll also mail them to anyone who so requests. If anyone thinks it is a worthwhile use of business meeting time to read them in their entirety (instead of the highlights, as I now do), please contact any officer so we can formulate the issue for the team to decide. I estimate it would usually take about 10 minutes to read them. If you don't have access to the www, and want a copy mailed to you, please contact me. If you have any other suggestions or comments on this issue, contact any officer.

Pinching Pennies

by Melissa Smith

I've encountered some consistent problems on the gas vouchers; these need to be addressed to speed up processing.

1. Always remember to write down the mission numbers
2. Remember to write down the mission date
3. In the section for fuel used, fill in the gallons of fuel used
4. In the cost section, put the price per gallon
5. Fill in the total amount due
6. Sign your name and check the reimburse or donate section
7. Another common problem is not turning the vouchers in on time

These instructions and more are on the back of our current gas vouchers. Ask me for a copy if you need one.

Also, whistles and Sandia maps are available for purchase. Let me know if you want any.

Who's Who and New

by Bob Ulibarri

Things in the membership arena are moving right along. The new member orientation package will be complete this month with perspective members being given this package at the meeting and the actual orientation taking place (hopefully) the following week. Also, in discussions with the other officers, it was felt that we needed to come up with a consistent start date for all new members. So, with that stated, the six month evaluation period will now start at orientation. This way our record keeping will be easier

and all new members will know exactly when their six month time frame begins. I am also completing a "welcome" letter for people who come to our meeting for the first time. It will basically give them a brief outline of what will go on before they are ready for an orientation. I will have some at the February meeting if anyone would like to see it. And as always if you have any questions on anything that is going on with membership, please give me a call (at home) 286-1002. I would like to remind you that the following people are now active members of Cibola SAR: Andrew Parker, and Mary Girven. Let me be the first to congratulate them. Lastly, please remember that the following people are up for active membership in March: Tom Russo, Ella May Robinson and John Schroeder.

Gearing Up

by Melinda Ricker

At the last Equipment Committee meeting on January 18th we marked and tagged all our team gear, and work is in progress on maintenance and usage logs. If you have questions or are interested in attending the next Equipment Committee meeting, contact me for time and location.

Public Relations

by Chuck Girven

On February 2nd we had our second meeting of the Preventative SAR committee. We finalized our first presentation titled "What is SAR?" which will be available for presentations by team members shortly. If you are interested in giving a presentation or participating, contact Marnie Boren or Chuck Girven. Our next meeting will be on February 24th at 6:30 pm at the IHOP on Central just west of Tramway. The next presentation we will be working on will be Children's SAR.

On the Right Track: Dogs in Search and Rescue *by Mary Berry*

Dogs have been used to search for people for hundreds of years. First used in Europe, they were used in wilderness settings (mostly Avalanche work) and to track down escaped prisoners. Later, in America, dogs were mostly used to hunt down prisoners and slaves. The use of dogs evolved into search and rescue work more recently, utilizing both dogs that are trained similar to the avalanche method (airscent) and dogs that mainly follow track (tracking/trailing). Cibola SAR has both types of search dogs.

Airscent dogs predominantly work by constantly checking the wind for any hint of any human scent. They are usually worked off lead, and are sent away from the dog handler to "go out and check the wind." This results in a dog that is casting about in front of the handler to cover the assigned territory, working from left to right of the handler, according to the handler's search plan and wind direction. The dog returns to the handler periodically to "check in". It is the handler's responsibility to make sure the dog casts about enough to satisfactorily cover the area. When the dog catches the scent of the person, he follows it. When he finds the person, he typically returns to the handler giving a trained "find alert" the handler recognizes. Then the dog takes the handler to the person, performing a "refind".

Tracking/trailing dogs predominantly work by constantly checking the ground for scent of the particular person they are searching for. They are started by being told to smell an article of clothing belonging to that person. Thus, they discriminate this person's scent from others. They are started at the place last

seen, where the trail of scent is known to start. These dogs usually are worked in a harness and on a long lead, and the handler goes wherever the dog leads him, ultimately following the direction the person took until they catch up to him.

Notice that the word used to describe where the dog looks for scent is **PREDOMINANTLY** ground or wind. Both types of dogs actually get the scent from wherever they can, and do not always restrict themselves to just ground or air scent.

There are, of course, some variations in the methods as well. Some airscent dogs are trained to scent discriminate also, such that they will only alert on the subject and not other searchers. The trained "find alert" can also vary tremendously. Trailing dogs are sometimes worked off lead, and sometimes can be assigned to an area to try to find the trail of scent.

There are certain search scenarios that are well suited for dogs. The best use of an airscent dog is for searching a large area. This is because the dog does most of the leg work by ranging away from the handler for good distances. Trailing dogs are handy for determining the correct direction of travel from the place last seen. In all cases, the fresher the scent, the more likely the dog will be useful as a resource. This is why handlers are appreciative if they are called as one of the search's first resources.

Using dogs also has it's pitfalls. Breezy wind conditions can reek havoc on scent, literally blowing it to the next county. Large areas of scent where the subject spent a lot of time, called scent pools, can cause the dog to circle around indefinitely. Hot weather and deep snow can make a dog's usefulness amount to zero. They are certainly not infallible.

Cibola's canine unit has both airscent and trailing dogs. We have been in the process of developing evaluation standards for determining mission-readiness in our dogs. This summer, we hope to have most of our dogs mission ready. In the meantime, our unit's biggest goal is to convey to the rest of the team, and the search community in general, how serious we are about developing a good reputation. We are strict with each other about conducting ourselves and our dogs in a professional manner. We feel strongly about how a search dog should behave at search base and in the field. When a dog is present at search base, everyone there assumes he is a trained, mission-ready dog. We want everyone's assumption to be correct! I believe that these feelings are clear when you read the canine unit guidelines in Appendix E of the new Cibola Member Guide (please take a moment to read them!).

I would like to extend an invitation to everyone to talk to anyone on the canine unit about our goals, trainings, or the guidelines. We are striving to continue to be an interwoven part of Cibola SAR, not a separate entity.

Member Spotlight: Don Gibson



I was born in Colorado Springs, Colorado, and at age four my family moved to Anaheim, California. I attended elementary school and then in seventh grade moved to Encino, California. I graduated from Encino High School in 1967 and had been active in band for ten years and a member of the Encino Police Explorer Troop. I got my first job at 14 years old and by the time I graduated, I was putting in about 40 hours a week at work along with high school. Upon graduating from high school, it was a given that you would be drafted in the Marines or Army, so I enlisted in the Air Force.

After six months training as a weapons specialist, I volunteered for the Air Commands and completed gunship training along with two survival schools, the last being snake school in the Philippines.

I arrived in Danang, Vietnam at 19 years old and spent the next year flying on fixed winged gunships as an aerial gunner.

Returning to the states, I was assigned to load nuclear weapons on F-106 jets at Hamilton Air Base, San Francisco. In 1971 I went back to Vietnam as a sergeant and instructor gunner flying missions over Laos. It was on this tour that my crew was involved in a shoot-down and I got first hand knowledge of being on the other side of a search and rescue mission.

After my discharge in 1972, I married my high school sweetheart, that lasted fourteen years, and worked many jobs leading up to general manager of an industrial tool company.

In 1978, at the urging of our parents, my two brothers, myself, our three wives and Mom and Dad moved to Los Lunas, New Mexico to start up Accutrak Manufacturing Corporation, building horse and equipment trailers. In 1980 we formed Three G's Properties, investing in real estate.

In 1992 life was good, I had a divorce, both business ventures were successful, and I had more time off. It was then I met Bruce Berry. He was looking for a trailer to carry a snowcat on SAR missions. That perked my interest and shortly thereafter I joined Cibola SAR. Bruce never did buy a trailer from me.

When I joined CSAR we had a dozen members and on one of my first training hikes uphill (I've never gone downhill in SAR), Mary Berry nicknamed me "Wheezer", she didn't like me spitting up pieces of my lungs on her pack. After three years in the field, I decided to find a better route for my lungs so I went to field coordinator school and I'm now a Type II Incident Commander in District 5.

I've watched CSAR grow from a dozen to four dozen active members, and just as important, the state of New Mexico re-structure it's search methods to allow us to be more effective on a SAR mission.

At present I serve on three Board of Directors and I am secretary of the Vietnam Veterans of America, Chapter 318 in Albuquerque.

The only hobbies I have are SAR and sailing (I've got a good buy on a 15 foot West Wright Potter, Jib and Main Sails, and a 3 H.P. motor).

What I enjoy most about SAR are the people, not the missions. We've got an outstanding team within the state and it's the members that make it that way. I've been and done some interesting things in my life, but I don't believe I've ever had more enjoyment than working with this group of people in the wee morning hours, and of course, breakfast.

Web News

by Mary Girven

The web server for our development site at Sandia changed last month to a bigger, faster machine. If you have a bookmark that looks like "http://bali.ms.sandia.gov/csar", it should be changed to "http://www.ctbt.rnd.doe.gov/csar" (call me if you don't know how to modify a bookmark). CSAR members should still see their name at the top of the page. Call me if you have problems accessing the web site -- I'll be happy to help.

NMESC Notes

by John Mindock

This year's ESCAPE is again at Bonita Park, near Ruidoso (May 10-11). The next NMESC newsletter will have the Registration forms for the ESCAPE. I'll make copies of the newsletter which will be distributed at the March meeting. In addition, the newsletter will have brief descriptions of this year's course offerings.

Remember that the team reimburses registration fees. The fee schedule will be in the newsletter.

The team will not handle registration, etc. - you are responsible for that. The team does not reimburse for any 'late fees' - just for the basic registration amount.

Winter Mission in the Pecos Wilderness

by John Mindock

The callout came at about 2200 Friday night. Two lost snow-shoers on the Windsor trail in the Pecos wilderness near Santa Fe. By about 2300, St. John's team 1 was headed up the trail. The temperature was in the teens with below-zero wind chills, and a snowstorm was predicted for Saturday night. Early Saturday morning, team 1 found tracks that likely belonged to the subjects. They followed the tracks over the hill and into the drainage. The snow was waist-deep and occasionally neck-deep.

At 0800 they got a response, and found the subjects at 0830. The boy was hypothermic, unable to walk, and the woman was shivering. Both had wet clothing and nothing for backup. The team gave them sleeping bags and dry clothes, and got them into a sunny spot on the snow. The team was quite tired from the trek, the cold, and the lack of sleep. There was too much snow to make a fire, but there was sunshine for some warmth. Sunset would be about 1700.

The standard evacuation option for this area is to struggle back up the drainage and down the Windsor trail. However, they needed an akja for the boy. If they took this option, with the wait for the akja to be dragged up to them, they estimated it would be past midnight Saturday before they got out. Another option was to get up to a landing zone (LZ) which was one kilometer from them, 500 feet elevation gain (to about 10000 ft.). They didn't think they could do the evacuation with only three of them, trying to limp along with the boy and the woman.

The decision was made to use a National Guard chopper to drop off another team and an akja at the LZ. Unfortunately, that team got onto the wrong drainage, and did not meet up with Team 1 until about 1330. Their progress back to the LZ was hampered by deep snow, and ended up being a series of exhausting 50 yard segments. They finally completed the kilometer to the LZ at 1600, hard work for more than 2 hours on what is a 15 minute trip in summer. The subjects were evacuated first, and the team got to Incident Base about 1700.

Team 1 was in bitter cold and deep snow, with alternate periods of exhausting work and waiting around at high elevation, for a total of 18 hours. This scenario is not uncommon for missions in the Pecos area. Consider your own level of physical fitness, as well as the clothing, gear, food, and water you carry in your winter search pack. Make sure you have the conditioning and equipment needed to avoid hypothermia and frostbite before you go into the field on a Pecos mission in winter.

Wind Speed Estimation Guide (MPH)

25-31	Large branches moving. Whistling heard in overhead wires.
32-38	Whole trees moving. Inconvenience in walking against wind.
39-46	Small branches break (twigs). Impedes walking.
47-54	Slight structural damage. Larger branches and weak limbs may break.
55-63	Moderate structural and tree damage.
65+	Heavy to severe structural and tree damage.

Classified Ads

(20 words maximum, no services)

Randall Wahlert has received his dealer license at the auto auction. If anyone is looking for a vehicle give him a call.

Special Notes

Congratulations to Larry and Vangie Mervine who were married on January 17th!!!!

Disclaimer

the Editors

The information in this newsletter was gathered from many sources and presents facts as we believe them to be true. This newsletter is not meant to be an official document, but a means to disseminate team

information.

Volume 2, Issue 1
January 9, 1997

Editors: Chuck and Mary Girven,
Mickey Jojola

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"That Others May Live..."

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Top of the Hill

by Mike Dugger

I hope everyone had an enjoyable holiday. I had a great time with family and friends in the Midwest, but I'm glad to be back in the New Mexico sun and mountains. Now let's get down to business...

We had a terrific year in 1996, in terms of growth and professionalism of our team. I think we had some great times in the process, too. Witness the whitewater training and the overnight on Capilla peak, to name just a couple. In 1997, I'm looking forward to another productive year, and to enjoying the camaraderie of team members on training activities and missions. We'll keep training focused on providing some important skills improvement, and make it fun in the process. Here's my list of goals that we need to strive for in 1997. This represents a careful look into the crystal ball as of December, 1996. Of course we can make appropriate course corrections during the year, based on new information that becomes available.

First, the state will begin certifying SAR personnel in basic skills this year. Our training is already well-aligned with state certification. To maintain the ability to field a large number of skilled searchers, we should work toward having 90% of the presently active members certified by the end of this year, and have new members certified within one year of joining the team. Incident commanders may also start requesting specific types of resources, based on the needs of the mission. Individuals with the most training and experience will be eligible for more difficult missions. Details of the state's method for typing resources are still in the works, but we have some general ideas about what skills will be required of "type I" responders. We should strive to maintain at least 25% of our active members in this classification. The ability to communicate using repeaters and amateur radio frequencies is an important skill, and based on the team's interest at the December meeting, Cibola will organize study sessions to prepare for HAM licensing exams early this year. I encourage each of you to participate. It's not difficult, and being a licensed HAM can be fun! Also on the subject of member skills, our existing "qualification code" system will be revised this year. The new system will be designed to mesh nicely with the state method of typing, and include special skills possessed by our members, but not

captured in the state certification or typing systems.

We acquired a complete set of low angle technical gear late in 1996, and we should become proficient with its use. We'll ask AMRC to help us come up to speed, and welcome the opportunity to work with them on missions using our new gear. We will also continue regular practice with litter packing and hauling, so that we can operate more smoothly on missions when it really counts.

A number of members have expressed an interest in developing a SAR education program for children. We already do a few SAR education presentations each year, but we'll explore formalizing this program so that we have a number of "modules" ready for presentation to different age groups.

Thank you for the opportunity to lead this organization for another year. I am looking forward to another terrific year for CSAR in 1997!



Boots and Blisters

by Larry Mervine

December 14, 1996 -- First Annual Cibola Turkey Challenge. We did not have enough team members to have the Turkey Challenge. But the twelve members that did show up litter evac'd Don Gibson through the Cedro Peak course in two hours and forty-eight minutes. The team did an excellent job of assessing Don's shoulder injury and packing. It is important that every team member become proficient in litter evacs. Cibola had many evacs this year. Eleven people on a litter evac is very slim, unless the evac is less than two miles. The Cedro Peak loop chosen for the Turkey Challenge is about four miles. The litter team was beginning to show signs of fatigue. Each member had the opportunity to rotate positions on the litter.

Lets take a minute here and review the positions on the litter. There are five positions on a litter:

1. **Haul line:** People pulling the load.
2. **Brake line:** People holding the litter to a slow pace down a hill.
3. **Front litter bearers:** There to balance and steady the litter. The right front person is the leader of the litter team.
4. **Middle litter bearers:** Keep litter balanced and steady.
5. **Rear litter bearers:** This position is very important! They balance and steady the litter, but also by watching the litter wheel and making corrections can effect the ease of the other litter bearers.

At anytime, anyone can stop the litter by yelling STOP. There are a few reasons to yell STOP; too tired, an obstacle on trail, litter out of control, a loose strap or a patient needs help.

If some litter bearers are lifting up while others are pushing down will cause everyone to work harder and as a result burnout the entire litter team faster. The best way to learn this is by actually working the litter. We will have at least four litter trainings this year. I expect everyone to attend at least one.

Trailhead: Otero Canyon, South 14, 3.8 miles South of Old 66, West Side

R.T. Distance: @6 miles **Elevation Min/Max:** 6900/7500

Hiking Time @3 hours **Hazards:** Speeding mountain bikers

Topos: Sedillo, Escabosa

Trail #236 has been re-routed for erosion control purposes. To get to the new route, travel 5 minutes down trail #56. Stay on #56 for a few yards beyond the sign for Trail #15. At the bottom of the arroyo, Trail #56 will continue straight ahead, while Trail #236 (no sign) will make a switchback up the hill on your left. (UTM 374.796, 3877.145) From there, it will switch back a few more times and then finally head 'south' along the high mesa that is west of Cedro Village. About 15 minutes from the trailhead, on the left side of the 'switch' of the last switchback, you'll see the cut tree limbs attempting to block the old route for Trail #236. The trail is somewhat obscure through a few places, but soon meets up with a newly-constructed logging road. From here, just follow the logging road (for an hour) until you come to the obvious junction with an 'east-west' road. There will be a sign on your right, facing away from you, with Trail #236 depicted as heading to your right and indicating that you came from Trail #106! (UTM 375.543, 3873.480) At the junction, you will also notice a sign for Trail #321 off to your left. Going further down past that sign would get you to the entrance to David Canyon. Returning from the junction, note a trail which you passed on the way in, and which goes off to your left. That is actually Trail #236 and explains how you ended up on Trail #106. At various places along the route there will be spur roads and trails. Most of these just rejoin the road further up, but a few lead off to other trails. For this trek, stay on the road - you may want to explore a few spurs on subsequent trips (and in warmer weather).

Business as Usual

by John Mindock

Bob and I are dividing up some of the work that has been done by the Secretary in the past. Generally, tasks about membership and attendance will be performed by Bob.

All CSAR members can get orange CSAR business cards from me. Just get me the details. No charge.

The 1996 Annual Report is available. I will bring paper copies to the February meeting for those who request one.

Thanks for re-electing me - looking forward to a great SAR year.

Pinching Pennies

by Melissa Smith

I'm looking for someone to volunteer to help with CSAR bookkeeping and gas vouchers with the idea that this person would be willing to run for Treasurer next year. This would be a good opportunity to learn how things work. It would also provide a knowledgeable backup in case something comes up during the year.

Just another reminder about gas vouchers -- PLEASE GET THEM TO ME WITHIN TWO DAYS OF THE BUSINESS MEETING!

Who's Who and New

by Bob Ulibarri

In case you have not heard, I have been asked and accepted the position of Membership Officer for 1997. 1996 was a very strong year with regards to new and active membership participation. We have had a record number of people turn out for trainings and missions. I hope the growth of this team will continue throughout 1997.

My main goal for the coming year is to develop and implement a standardized "New Member Orientation" package to establish uniformity at the orientations. I will also have the responsibilities of maintaining the team's meeting, training and mission attendance records. This is a new task assigned to the Membership Officer in 1997. I have also recommended the Membership Officer maintain the 800 MHz radios, so that new members who have had orientation and are qualified as "field ready" will at least have "inter-team communications" on missions.

I am new to the position and welcome any comments or concerns that you may have. Please feel free to contact me at home or at work concerning the membership of the team. I also will welcome any comments once the standardized "New Member Orientation" package is completed. Please contact me directly concerning this package.

We have several people coming up for active membership in the next couple of months. Rosemarie Renn is due for active membership this month. Andrew Parker, Quentin Dirks, Tom Bretz and Mary Girven are up in February. Ella May Robinson, Todd Hamill, Jay Ellington, Robert Marchbanks, and John Schroeder are due in March. A new member's probation period starts at the first event they attend. Congratulations to the new and upcoming members of CSAR.

Gearing Up

by Melinda Ricker

There will be a gear logging/tagging party to identify our recent equipment purchases on Saturday, January 18th at 2 pm at the Rickers'. Call 286-0213 if you have questions or need directions. BYOB!

Public Relations

by Chuck Girven

On Sunday, January 12th at 1 pm there will be the first meeting for the public education committee at the Girvens'. All team members are invited to attend and participate. We will try to set up guidelines for "canned" presentations. After this we would make them available to team members who are asked to do a talk to a school or group. Some areas already discussed are

1. What to do if you are lost,
2. Layering system,
3. What everyone going into the mountains should have (10 std. items).

If you have any other suggestions please show up. But also we hope you will be willing to help write up these presentations and figure out what handouts or displays need to be created. Educating the public is a vital roll in our SAR services.

Directions to our house: Go West on Montano from Coors Blvd. Turn South at Whiteman (1 block east of Unser, look for Silvan Learning Center), turn West at the second street which is Buenos Aires. Our house on the South side and the number is 6324 (white stucco with brown brick trim at the top).

On the Right Track

by Mickey Jojola

Happy new year everyone! I hope that everyone had a good Christmas and a quite New Year.

The K-9 unit had to cancel the December training due to a conflict with travel plans for the holidays. The airport training will be scheduled for the near future. The reason we like to train at the airport is to get the dogs accustomed to large crowds, which simulate crowds at basecamp, and to gain exposure for the dogs and the team. The dogs wear their orange search vests while in the airport. In general we work on obedience such as heeling, sit stays, and down stays while people are walking through the buildings. This helps to strengthen the dog's overall self-confidence around large crowds.

On January 5th we had the "Training Game" at the Berry's house. More on this will be included in the next newsletter.

WARNING! Due to the recent rash of dog poisonings in the Three Gun Spring area it is recommended that you don't take your dogs to that area for at least the next 18 months. Contact Tijeras Rangers Station if you have any questions or see anything suspicious.

Member Spotlight: Bruce Berry

I was born in Albuquerque, NM and raised in Corrales, NM. I went to high school at West Mesa High, college at New Mexico State University and Graduate School at the University of New Mexico. I have been very active in outdoor activities including, hunting, hiking, backpacking, fishing, horseback riding, skiing, scuba diving, and of course search and rescue. I am married to a veterinarian and charter member of Cibola SAR and have no children.



In the early 80's my wife Mary and I had a big goofy blue tick hound by the name of Beauegard. We wanted to do something with him and I also needed an excuse to get away from work (I worked 10-12 hour days and only got paid for 8 hours). So we both joined the New Mexico Bloodhound Search & Rescue Team. I had trained bird dogs as a kid and I thought "How hard can it be to train a SAR dog?" We both trained hard and trained our dog hard. We all found out how hard it actually was to train and become a viable resource. We were called to work both search & rescue operations as well as felon cases for the sheriff and police departments. After a few years the team sort of fell apart, and we quit the team. We were without a SAR team for about six months, but we still wanted to do something like SAR and still trained our dog.

Two people that I worked with approached me and asked if I would be interested in forming a SAR team. Mary and I, with these other people met twice a month for about three months deciding what type of team

should we form, and what characteristics that we were looking for in the team. Finally, after much work, six of us formed Cibola SAR (the six were; Mary Berry, Chip Roma, Jim and Melva Albone, Ann Blue and Bruce Berry). All of these people made great contributions to the team and worked (and played) hard to make Cibola SAR a reality. Then the problem of membership, orientation packets (member guide), recognition by the State of NM, possibly tax exempt status (that we now have), getting called on searches, building a reputation, and all sorts of things that nobody ever thought of. To aid this team in getting going Mary and I have served several times in all the offices; President, Vice-president, Secretary and Treasurer. I always dreamt of the day that our team would be 30 people so I didn't feel obligated to go on every search call. I thought that 10 people responding to a mission would be fantastic. I also envisioned a team made up of people that were more interested in others than themselves, gave unselfishly and unconditionally, held high standards, were not out for personal gain, maintained a professional attitude, were fun to be with, were willing to accept people and their contributions, whatever they might be, and were hard workers. There was a time that I thought that I was asking for the moon by having these visions. However, they have come true. Cibola SAR is made up of people that have these ideals and visions. It is a great team and I am proud to be a member.

As I continued in the SAR community, I ran for the New Mexico Emergency Services Council Board. I was elected to the Board and served four years. During three of those four years I planned and executed the May annual conference (now called ESCAPE), and two of those four years I was Chairman of the NMESC Board. I like to think that a lot of the things that are done at the ESCAPE conference, I actually started many years ago. Not that it had never been done before, but that it had never been done since I had been in Search & Rescue (i.e. equipment sales, overlapping board member terms, run the conference using ICS, out of town presenters, general meeting first, classes and playing the rest of the weekend, four different tracks instead of just one or two, etc). I can't take all the credit as there was a great Board of people serving with me to provide for the SAR community.

As Cibola SAR got larger and more people were taking on more of the duties, Mary and I were asked if we wanted to join Urban Search & Rescue. We both joined the New Mexico Urban Search & Rescue Task Force (there is only one in the State). For a few years the team was not that active, but all of a sudden things started happening. I was asked if I would be the Search Team Manager and serve on the steering committee. The development of this team has been exciting and trying at times. The team is doing well and we have made a number of advances. It is also nice to be associated with a team that does so much for others.

I continue with my efforts on both Cibola SAR and the Urban SAR teams as well as work a regular job at Sandia National Labs. I am an engineer there and have recently started a new job doing physical protection work at various sites. I live on three acres in the North Valley with my wife Mary and many pets and attempt to live life to the fullest.

The Bronze Boot Award

The Bronze Boot Award is to show appreciation for exceptional work for a team member or members. It also would be applicable for people who make outstanding blunders or have incredible mishaps (all in good fun)!

NO SUBMISSIONS

Web News

by Mary Girven

Well, December was a rather uneventful month as far as the CSAR website is concerned (too many other things going on). The only real activity has been generating this newsletter. I have downloaded all of the software I need to start working on the Albuquerque ROS website (<http://www.abq.com/csar>). I don't anticipate it being very difficult to implement the functionality we already have on the development site at Sandia (<http://bali.ms.sandia.gov/csar>). What I really look forward to working on is adding new functionality, information, maybe video, animation, etc., all things I've been hesitant to do until I can bring the ABQ-ROS site up to speed. As always, please let me know if you have ideas on how to make our website better!

NMESC Notes

by John Mindock

Registration forms for the Winter Skills Training, Feb. 15/16 are available from John Mindock. Note - the Mt. Taylor Quad is the 15th. The ESCAPE 97 will be at Bonita Park in Ruidoso, May 9/10/11. John will provide registration forms as soon as they become available. Contact Mickey or John if you'd like to help with the ESCAPE, either pre-event or on-site.

This Month's Feature Articles:

- [If you can walk, you can snowshoe](#)
 - [Hike of the Month](#)
 - [1996 Statistics](#)
-

If you can walk, you can snowshoe

from *Backpacker Magazine*, 10/94

How to climb, traverse hills, descend, and get up when you fall down

There isn't much mystery to snowshoeing. First, go out and shuffle along on flat ground because it's the best way to become comfortable with your shoes and the initially awkward snowshoe stride.

And then, after you've mastered level terrain, you'll no doubt set your sights on higher ground. The following techniques will help you get across those ice-glazed hillsides or up slopes that are piled high with windblown powder.

Descending

- Crampons are your best friends on icy slopes. Dig them in, keep your weight forward and over your knees, and avoid the urge to lean backward. Otherwise, you'll disengage your crampons and begin schussing downhill. You'll have no steering capabilities if this occurs and stopping will be difficult, so avoid getting into this predicament.
- In crusty snow, the tips of your shoes stand a good chance of catching beneath the hard surface as you move forward, which can plant you face first in the snow. Pull your shoes up high with each step.
- Be aware of avalanche danger. Also stay away from big boulders or large trees. The downhill side

could hide a deep air pocket that's bridged by a flimsy layer of powder.

- When downhill traction is bad, make gentle, fluid movements. On crusty snow, tread carefully so you don't break the surface with the tips of your shoes.

Climbing

- To ascend a steep slope, kick the toe of your snowshoe into the hill and push down to pack snow into a platform, or step. If you're on tail-dragging models, you'll have to snap your knee back to flip the tail up before digging the toe into the snow to form a step.
- Make sure each new step is high enough so it doesn't crumble into the previous step.
- On more moderate inclines, deliberately dig your crampons into the hillside with each step. Exerting even pressure along your entire foot will give both toe and heel crampons sufficient bite.
- Ski poles provide added leverage and stability. Dig them into the snow in line with your heels and push off with your arms while you're climbing.
- For better leverage and purchase, maintain an erect posture; don't lean into the slope.

Traversing

- If the snow is soft, dig the uphill edge of your snowshoe into the slope and stomp down to create a shelf.
- In crusty snow, bust through the crust with the edge of the frame and saw steps sideways into the hill.
- Exert pressure on crampons at the ball of your foot to maintain traction.
- If you're crossing an icy slope, point the tips of your snowshoes uphill, dig in with your crampons, and step sideways.
- With short, narrow shoes you can often traverse a hillside by placing one foot directly in front of the other. That's not always possible when wearing large snowshoes. You may be forced to cross the slope with your feet side by side. The path created by the uphill shoe will be higher than for the downhill shoe, so leg fatigue becomes a factor on long traverses.
- Traversing exerts a lot of lateral stress on snowshoes and bindings. Keep an eye on your gear and try not to overwhelm it.

Breaking Trail

Even a dog is smart enough to follow someone who's breaking trail, but it's surprising how many people insist on bulling through untracked snow until they're sweat-soaked and exhausted. Trade off the lead so no one bears the brunt of trailsetting. When you're first in line, remember that you're making tracks for everyone else, so craft them carefully on ascents and traverses.

You're bound to take a tumble or two, especially on challenging terrain. When you do, get your feet under you, shed your pack if you need to, roll onto your side, pull your knees up to your chest, and heave upright one leg at a time.

Ski poles help considerably in deep snow. Place both poles on the snow in an "X" formation and press down in the middle. -- *Rob Burbank*

Hike of the Month

by John Mindock

We're reviving the HOM program that had been previously inaugurated (then suspended) a while back. The purposes for the HOM are: Physical Fitness, Trail Knowledge, Gear/Clothing Usage, and Camaraderie.

In order to negate the need for coordination and multiple phone calls, there will be two pre-defined date/times when members can meet others at the trailhead. These will always be the fourth Saturday and Sunday, 0900, unless otherwise noted in the Newsletter. All members are encouraged to take the hike, either at one of the pre-defined occasions or anytime during the month. To make this more of a training than simply a hike, always carry your search pack, readied for a mission in the area. Also, rehearse with your GPS, identify potential LZ's, notice spur trails and trail junctions, envision potential evacuation strategies and routes, and practice with your map/compass. In addition, look for places that might confuse you on the return trip, and memorize features that will help you find the route back. (On a mission, we'd use trail tape, but don't do that on the HOM.)

Rather than list the common hazards in describing each HOM, I'll only list the unusual ones in that column. In the Sandias/Manzanos, the following hazards are always to be respected: bears, cougars, snakes, loose/falling/thrown/kicked rocks, low-hanging branches, off-leash dogs (don't worry, they're friendly), and lack of water. In addition, swiftly-changing weather is not unusual.

Since the HOM is a training, albeit informal, it will appear in the Training Officer's column. Also, since this is sponsored by the team, no minor children nor non-SAR dogs are allowed at the pre-defined occasions. Note: we can use the 800 MHz radios and 155.265 on trainings, so carry radios if you have them. Finally, the estimated hiking time will be calculated as follows: myself, walking alone with full search pack, without stops. The time with a group can be as much as 30% longer. Be sure to include that extended timeframe into your trekking estimates.

1996 Statistics

by John Mindock

INCLUDES PEOPLE WHO WERE ON TEAM PART OF THE YEAR

* INCLUDES RECOGNIZED SPECIALTY TRAININGS (SECTION CHIEF, HI-ANGLE, ETC.)

** INCLUDES ONLY RECOGNIZED GENERAL TEAM TRAININGS

*** SOME CALLOUTS WERE FOR ONLY A FEW PERSONNEL, OTHERS ENDED PRIOR TO ALL PERSONNEL (WHO SAID THEY'D RESPOND) DEPLOYING

MISSIONS BY MONTH (1996/1995)

50/42 MISSIONS FOR WHICH WE WERE CALLED

JAN:1/3,	FEB:1/1,	MAR:3/3,	APR:3/1,	MAY:3/8,	JUN:11/3,
JUL:5/5,	AUG:6/2,	SEP:5/2,	OCT:5/5,	NOV:5/6,	DEC:2/3

MISSIONS BY TYPE (1996/1995)

23/19 SEARCHES WHERE WE GOT INTO THE FIELD

12/11 TURNAROUNDS BEFORE REACHING THE FIELD (SEARCHES)
 9/7 LITTER EVACS
 4/0 BODY RECOVERIES
 12/0 BODIES FOUND/RECOVERED

MISSIONS BY DISTRICT (1996/1995)

35/33 MISSIONS IN DISTRICT 5 (42/57 POTENTIAL)
 22/22 MISSIONS IN THE SANDIAS
 2/3 MISSIONS IN DISTRICT 1 (SANTA FE, GLORIETA)
 4/3 MISSIONS IN DISTRICT 6 (GRANTS, ETC)
 9/3 MISSIONS IN OTHER DISTRICTS
 4/2 MISSIONS IN THE MANZANOS
 3/2 MISSIONS IN THE MANZANITAS

MISSIONS BY TYPE OF SUBJECT (1996/1995)

23/25 MISSIONS INVOLVING HIKERS
 5/5 MISSIONS INVOLVING HUNTERS
 7/4 MISSIONS INVOLVING ROCK CLIMBERS
 15/6 OTHERS
 5/0 MISSIONS WHERE SUBJECTS WERE DEAD
 7/7 FINDS BY CSAR TEAMS

MISCELLANEOUS

DAYS WITH MULTIPLE MISSIONS: 7
 SEARCHES GENERALLY ON TRAILS: 15
 SEARCHES GENERALLY OFF TRAILS: 8
 SEARCHES THAT ENDED IN FIRST TIME PERIOD (INCLUDES EARLY 10-22): 25
 SEARCHES THAT DID NOT END IN FIRST TIME PERIOD: 10

ATTENDANCE	AVERAGE	HIGH	LOW
MEETINGS(12)	28	MAY (32)	APR (24)
**TRAININGS (13)	17	JUL (31) - UTM	DEC(11) - TURKEY CHLG.
MISSIONS (50)	10	04NOV(27) -DAVID C.	N/A ***
ESCAPE96 (21)			

TOTAL # OF PEOPLE PER:

MEETING:	30+ (4),	25-29 (6),	<25 (2)
**TRAINING:	20+ (2),	16-19 (7),	<16 (4)
MISSION:	20+ (3),	10-19 (20),	5-9 (18), <5 (9)

EVENTS ATTENDED BY (X) INDIVIDUALS:

MEETINGS:	10+ (13),	6-9 (17) ,	3-5 (12),	< 3 (20)
*TRAININGS:	10+ (8),	6-9 (9),	3-5 (19),	< 3 (26)
MISSIONS:	25+ (6),	15-24 (4),	6-14 (18),	< 6 (34)

Classified Ads

(20 words maximum, no services)

FOR SALE: One pair Extreme cross-country ski boots, men's 10 1/2. Call Randall Wahlert at 296-7709 if interested.

Special Notes

Special Thanks to Larry Golden for providing notebooks for the '97 Yearbooks. -- *submitted by Chuck Girven*

The newsletter editors are looking for suggestions of feature articles for future issues. If you have any ideas, please let us know. Or if you know of another team that would like a copy, please give me the address. -- *submitted by Chuck Girven*

Disclaimer: This information was gathered from many sources and presents facts as we believe them to be true. This is not meant to be an official document, but a means to disseminate team information.

Volume 1, Issue 4
December 9, 1996

Editors: Mickey Jojola, Chuck
and Mary Girven

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Mike Dugger

As the year draws to a close, we tend to look back on our lives and reflect on what we have accomplished in the past year. It is appropriate to do this as a team as well. Therefore, I'll take this opportunity to summarize what I feel are some of CSAR's noteworthy accomplishments for 1996.

The generous support of our team by the community through the United Way, the Combined Federal Campaign, and individual contributions have allowed us to begin outfitting our team with the communications, GPS, maps, new litter and technical gear needed to better perform our primary mission. I know I speak for each of our members when I offer my deepest gratitude to our supporters for their contributions. Let's not forget members and their spouses who also support the team. These folks give of their valuable time as well as their hard-earned dollars. Our Treasurer deserves our thanks for putting team finances in the best shape they have ever been in. Her system for tracking expenditures and income insures that we always have an accurate picture of our financial situation. Proper accounting practices are of critical importance to maintain accountability for appropriate use of donated funds. CSAR remains a recognized tax exempt non-profit organization, having successfully completed our five year evaluation period with the IRS.

Cibola Search and Rescue, Inc. became a non-profit corporation this year, which defines the organization as a legal entity and offers some protection against legal actions to individual members. We have updated our bylaws and drafted a new version of our operating procedures and policies, the CSAR Member Guide, which captures in writing exactly how we do business. The CSAR monthly newsletter "Lost...and Found" was introduced this year, and enables all members to stay informed of team events and issues, even if they are unable to attend every monthly meeting. This has also been a valuable tool to keep our

supporters, other teams, and the state SAR resource officer informed of our activities to serve the community. Another valuable communication tool is the CSAR Home Page on the world wide web. The site is now accessible from a commercial server at <http://www.abq.com/csar/>, and provides up to date information on our mission performance, calendar of events, etc.

CSAR participated in an unprecedented number of non-mission community service activities this year, including assistance with the NMESC helicopter training, instructors at the ESCAPE, SAR education to scouts, the Gateway 66 celebration and East Mountain Rendezvous, to name a few. Our public relations person has started keeping a team yearbook, so we can look back at past missions, trainings, and media coverage. We also have two members on the NMESC board and a member serving as chairman of the state committee on SAR certification and typing, which will impact SAR teams throughout the state.

We have made enormous improvements to our activation procedures by adding pagers to the top of the phone tree, and a voice messaging hotline to notify members of mission details and the status of a mission as it evolves. This has resulted in more rapid deployment of our team, and the ability for members to find out at any time whether additional resources are needed for a mission. We have nine members trained as Incident Command System (ICS) Section Chiefs, and seven licensed amateur radio operators. Thanks to our training officer we had a well-rounded training calendar in 1996, and made use of time before meetings to learn about other teams and subjects like UTM map coordinates, litter packaging, and ICS. We have become much more proficient with the use of our new litter. CSAR lost two members to moves, and five who no longer had the time to participate. At last count, we gained sixteen new members in 1996, and we continue to see a steady influx of prospective members. Our roster presently includes 45 members, 12 of which are prospective.

Now for the real meat - our SAR mission performance. This is what CSAR is really about, after all. Without performing our primary mission as "ground-pounders" very well, our other accomplishments would be of little value. CSAR participated in 48 missions in 1996, as of this writing. This includes some that we will always remember, such as the search for little Danny in the Zuni mountains, and the evacuation of the three fallen climbers from the Sandias. More than twenty percent of these were for missions outside of state police district five - our "home turf." Calls for out of district missions reflects the fact that our reputation for rapid deployment of highly skilled searchers extends state-wide. It is sometimes difficult to speculate about what may have happened on a given mission, if this group of volunteers were not willing to go out in the middle of the night in lousy weather to help someone we've never met. Rest assured that our efforts saved several lives this year. Every person on this team has contributed to the current success of CSAR, and it continues to be a privilege to work with each of you.

Boots and Blisters

by Larry Mervine

It was a thrill to be elected as vice-president and training officer for one of New Mexico's primo SAR teams. Then realizing the importance of the position, fear came over me. Can I instruct team members to become even better? I decided to use a methodology of short lectures and then practice, practice and more practice. Last year we concentrated on four areas: litter packing & evacs, map & compass, helicopter,

and two overnight bivies. We also trained with dogs, how to use 4x4s and GPS. And we cannot forget a fun rafting trip.

Assuming my re-election, the upcoming year will include many of last year's training topics. I do want to concentrate on three areas: 1) have training to insure that 90% of the active members are state certified in 1997; 2) have at least three trainings that will intergrate skills we have learned, including but not limited to map & compass, GPS, tracking, clue awareness and litter packing; 3) training will be more physically challenging, to increase our physical fitness. I also would like to see more members attending trainings. I am looking for an assistant. Anyone interested please contact Larry M. I am looking forward to another good year, finding lost persons and not carrying as many dead bodies.

Business as Usual

by John Mindock

1. One of the Secretary's duties is to get the mail from our PO Box (11756, ABQ 87192). I stop there 2 - 3 times per week (Juan Tabo near Indian School). All official team mail should be addressed to the team PO Box. One reason for this is to ensure that the person who inherits the task gets the continuing mail on that topic. Another is to present a professional image to our benefactors, particularly the United Way. We also do not want official team mail going to some person's home, because then the officers (and the team) may not know what business is being transpired. That doesn't mean the officers intercept and read mail destined for a particular person, but we DO need to know about the existence of any official correspondence and business. Finally, the use of the PO Box helps business get done in a timely manner. If I can't get to the box for an extended time, other officers will do so, and there will never be a time where mail lies 'dormant' for weeks. If you correspond with anyone on behalf of the team, and desire the mail to come to you via the PO Box, ask them to put 'Attention: your name' on it. I will get it to you in whatever way possible, as soon as possible, without opening it. If it comes without that phrase, I'll open it and then deliver it to the appropriate person. If there is a situation where you need the mail to go directly to your own address, please contact Mike or myself in advance.
2. Just prior to the December meeting, we review mission attendance in the context of assigning the team radios, map kits, and GPS's (for the next six months). The rationale is that the equipment is likely to show up at a mission if assigned to a person who has a high record of attendance. In theory, the equipment could be passed to other individuals if the possessor cannot attend a particular mission, but that is usually not a practical tactic. We currently have two radios (Bob U. and Terry D.), two map kits (simile), and two GPS units (Paul and Mickey). The officers make the decision on the distribution of team equipment. The attendance records are kept by the Secretary.
3. I carry the team's litter equipment and related gear in my truck. Certain other members of the team know the location of my hidden set of keys. If I'm at the mission, the equipment is also. Occasionally, when I'll be out of town, I hand it off to Mike or Mickey. It's important that the equipment be returned to the appropriate truck after missions, so please help keep an eye on it. If you take responsibility for any equipment on a mission, please be sure you keep track of it and

that it gets returned to the appropriate truck. This may require a transfer of that responsibility if you need to pass the gear to someone else and leave the mission.

Pinching Pennies

by Melissa Smith

Please get your gas vouchers in and have a great holiday!

Who's Who and New

by Bruce Berry

Well another year is almost through and the membership of Cibola SAR is very strong, and lots of good people have joined the team. Unfortunately, there were a few good people that quit the team. I want to wish them well where ever they may be what ever they may be doing. I know that there will always be a welcome mat out from Cibola SAR should they wish to return. To the new members; welcome aboard. I hope that the fun, excitement, and ability to help your community is just what you expected when you joined the team, and that we, as a team, are meeting your goals.

We presently have thirteen prospective members. Bob Schwartz is due for active membership in December. Rosemarie Renn is due for active membership in January. Andrew Parker and Quentin Dirks are due for active membership in February. Tom Bretz and Mary Girven are due in March. Ella May Robinson Todd Hamill, Jay Ellington, Robert Marchbanks, and John Schroeder are due for active membership in April.

The new and improved Member Guide was passed out at the November meeting. If you did not get your copy, please contact Bruce Berry to receive one. An attempt will be made to mail copies to those that did not receive it at the meeting, but be pro-active and get your request in instead. If anyone has comments or input into the content or lack of content of the Member Guide let Bruce Berry know so that it can be incorporated into the next revision (planned for Summer '97). All comments are encouraged and none will be refused.

As membership officer, it has been a lot of fun and satisfaction to help so many people get started on such a great team. I only hope that the new incoming president of Cibola SAR will ask me to continue to be membership officer. A plea: If anyone out there would like to help me (should I get asked to be membership officer) with membership "things" please let me know. I am looking for an assistant. Also, if anyone has any suggestions or feedback along the lines of membership, I am always open to new ideas and wanting new and different suggestions. Just let me know and we can chat. I might even pick up the bill!

It has been a great year, let's keep up the good work. Mentors, work on your mentees. Call them up and say "Hey, what's happening?" Ask if you can help them with anything, give them a gear breakdown, go hike a trail with them, or just go tip a few cold ones. These are all things that keep us a team and makes life more enjoyable.

I hope all of you have a great and safe holiday. Hopefully, we won't get too many missions, but enough to keep us on our toes and keep us from eating too much. Enjoy!

Gearing Up

by Melinda Ricker

There will be an Equipment meeting December 11th at 6 p.m. at Logicon on RDA. At the November Business Meeting, money was approved to order the litter equipment that was discussed earlier. The snowshoes some members ordered have come in. We've also received the topo maps of New Mexico. Everything else that was discussed has been ordered and is awaiting delivery.

Public Relations

by Chuck Girven

I have been in contact with the local Hug A Tree group in Albuquerque. They would be willing to instruct a small group on the Hug A Tree program. It would be at no charge but at the end of the course we would have to purchase a slide program costing around \$100. The team could purchase one package to be shared by the new instructors or we could each buy our own. If anybody is interested, we could arrange a class, possibly in February. They limit class size because each person must present the program correctly before they are certified. Please let me know if you are interested in taking this day-long class.

On another note about education and safety, I recently bought a book titled "Lost in th Woods" by Colleen Politano. It deals with children getting lost in the woods and what they should do. I think it is a very good book. I've been in contact with the publishing company and the team has been given permission to use parts of it when we give presentations about child safety to groups. If anybody would like to borrow the book, let me know. It only takes about 15 minutes to read but has several good ideas we could use.

On the Right Track

by Mary Berry

The K-9 Unit continues to diligently work on developing evaluation standards for the team search dogs and their handlers. Mary B. has used the "Compendium of Search and Rescue Dog Training Standards and Evaluation", compiled by the National Association for Search and Rescue (NASAR), as the primary source of research. This compendium includes the standards used by 18 of the dog teams around the country, including CARDA and Dogs East, two well respected teams in the business. Also used was the "Standard Guide for Minimum Search Dog Performance", a document being developed by ASTM. Our final document should be finished by January 1, and will reflect the research put into the evaluation standards as it will have the same or similar requirements that other teams have.

November's K-9 team training went well at Chuck and Mary Girven's house. A simple and quick lifting harness was designed using 1 inch tubular webbing, and we used the Girven's rope swing on their big tree to test it out. We learned that a medium sized dog, such as "Jake" needs about 15 feet of webbing, and big guys like Bruce, oops I mean "J.C.", need almost 25 feet.

I'd like to take this opportunity to invite everyone who ever wondered how a dog thinks, to join us in January for our K-9 unit training/CTF. We plan to introduce the Training Game, a really interesting exercise demonstrating positive reinforcement training taught by Karen Pryor, author of "Don't Shoot the Dog!" The dogs will not actually be part of the training that day, ONLY WE WILL! It is a very eye-opening experience when you realize how those canine gears grind, and how important good timing is on the trainers part. Besides, it's hilarious. Stay tuned, we will be talking it up...

Member Spotlight: Melissa Smith

So you want the detail on my life, huh... well it all started a LONG time ago in a land far far away...

I am pretty much a California native, I was born there and other than about six years, I lived there until we moved to Albuquerque in the fall of 1994. I went to school in Santa Barbara and lived the good life, you know laying around on the beach by day, partying by night. But alas, all good things come to an end, I moved to L.A. after graduation and began my career as a good little accountant, eventually becoming a CPA and finally making tax manager at a Fortune 500 company that eventually lead me to temporarily living in Amsterdam, Holland.

So what has all this got to do with Search and Rescue? Well, not much really, except that all those long hours resulted in a need for an outlet, and hard core athletics became my outlet. I started with doing cycling centuries (100 miles) and moved on to biathlons, triathlons, marathons, and finally got hooked on hiking and rock climbing. I loved being outside (and still do) no matter what I was doing. I joined the Sierra Club, took their mountaineering course, and spent a lot of time in Joshua Tree and the Sierras and even dayhiked Mt. Whitney. I met my husband, Robert, while on a Sierra Club hike and took him on his first backpacking trip. We spent a couple of weeks backpacking in Alaska and eventually took a trip to Nepal and trekked into an area recently opened to Westerners. For part of our honeymoon we did the Milford Trek in New Zealand and visited Mt. Cook.

I have always felt very comfortable in the wilderness and I have done a lot of volunteer work since I was 13, so I thought I would combine the two. In the summer of 1994 I began the application process for Search and Rescue in L.A. which entailed an oral exam, a written exam, a physical exam, a psychological exam and a lie detector test before being able to be admitted to the Sheriff's academy, which after a 14 week program would leave you eligible to be picked up on the SAR team, space

permitting. All volunteer. Fortunately, we ended up moving before I got too far into the process, (luckily I never took that psychological test!) and well, here I am. The six month probation period about killed me, I could not believe I still had to wait to join because there was no doubt in my mind about what I wanted to do. (My son was born nine months after I joined Cibola SAR, so I guess you could say I was very happy to join.)

I think we have a terrific group of people on our team as well as on the other teams in the area. I am always pleased and surprised at the people that come to the annual conference (ESCAPE) and I am very proud to be part of it. If you are a new member or considering joining Cibola SAR, I can only tell you that if your heart is in it, you have made a very good decision, one that will leave you with tall tales to tell, but also fond memories of your experiences and the people that shared them with you.

The Bronze Boot Award

The Bronze Boot Award is to show appreciation for exceptional work for a team member or members. It also would be applicable for people who make outstanding blunders or have incredible mishaps (all in good fun)!

Here Melissa Smith is accepting the Bronze Boot Award at the November business meeting (for doing a terrific job with communications).

If you would like to nominate someone for the Bronze Boot, please contact Chuck or Mary Girven, or Mickey Jojola. You can even nominate someone on the Members Only section of the web.



Web News

by Mary Girven

Well, I've made some progress at setting up a development environment on my PC at home, but now the real work comes when I try to learn how to use it.

The members who have access to the Members Only area of the development site are: Bruce Berry, Mike Dugger, Chuck and Mary Girven, Mickey Jojola, Larry Mervine, John Mindock, Rosemarie Renn, Tom Russo, Melissa Smith, and Bob Ulibarri. If anyone else has Internet access, please let me know and I'll show you how to get in. With access to the Members Only section, you can submit articles to the newsletter, review the upcoming newsletter, and view and print reports, mission logs, and membership information.

Please let me know if you have any ideas for improving or adding to what we already have on the web (such as history of the team, photographs, graphics, animation, links to other SAR sites, etc.) or useful functionality (such as sorting the membership database in some other way). I'm always interested in your ideas. This is the team's web site and I'd like it to reflect all of us.

I think we've made a good start this year in expanding and streamlining CSAR communication, and I look forward to working with you in the coming year, both in the field and on the web.

NMESC Notes

by John Mindock

- The winter skills training will be on the same weekend as the Mt. Taylor Quad (Feb. 16 and 17). More details will be in the next NMESC newsletter.
- The ESCAPE will be at the Bonita Park location where we went last year. It will be the second weekend in May.
- If you have any suggestions for courses, or would like to help with any of the tasks for that event (including pre-event planning and logistical tasks), please contact John or Mickey.

PACE

- The PACE committee has sent out their newsletter (the Compass) to all Section Chiefs, teams, FC's, and other SAR personnel who somehow are on the State SAR database. This newsletter has information about all State-sponsored trainings in 1997, as well as information on the Certification. If you want a copy of this newsletter please contact John Mindock.
- The first chance for Certification for our team will be in April. We'll need some help with logistics and operations. Please let me know if you'd like to help. You can help and also be certified at the same time.
- A syllabus of the Certification topics will be mailed in the February timeframe.

This Month's Feature: Care of Special Fabrics

by Chuck Girven

Being on a Search and Rescue team usually means being out in the worst type of weather. We depend on our gear to work the way it was designed. Our clothing is an essential part of our gear; therefore, it must keep us warm, be able to breathe, and wick moisture away from our bodies. To keep the system working, it is essential that we maintain the fabric properly, from our packs to the shoes on our feet. With the help of Donna Thatcher at REI, and the folks at Gore-Tex, Lowe Alpine Systems, Nikwax, and Sierra Designs, we'll try to answer some of your questions on taking care of those special fabrics that make up our clothing and outerwear.

First, I'd like to discuss the Durable Water Repellency (DWR) feature of most outerwear. Being water repellent is not the same as waterproof. Your garments could start to leak over time and hard use. DWR is like the wax on your car: when it's new, the water beads right up, but it wears off over time. The same is true for your water repellent clothes. The DWR plays an important role in the comfort and breathability of outerwear by minimizing heat loss and reducing the chance of condensation forming within the garment. The repellent outer surface provides an extra air layer for thermal insulation, but most importantly, it prevents the formation of a continuous layer of moisture on the surface of the garment. When water no longer beads, the exterior fabric becomes saturated and cools rapidly due to evaporation and conduction. Condensation can occur in any garment, resulting in rapid heat loss and discomfort.

There are a couple of ways to restore water repellency. A spray such as Techtron, Scotch Guard for Outdoor Fabric, or TX Direct by Nikwax will all work but will not last long. Don't use a silicone-based repellent as this can cause the fabric to attract odors and stains. If you choose a spray, it is recommended to start with a clean and dry garment. Spray the exterior and line dry, then spray a second coat and hang to dry. The very best way to rejuvenate the DWR is with a wash-in type treatment. Nikwax along with some other manufacturers make products that coat every fiber and will heal micro-cracks with a durable, breathable polymer that repels water. To clean GoreTex or other water repellent outer garments, use a powdered non-detergent laundry soap. The reason for using powdered soap is that liquid soap has emulsifiers to help fabric absorb water. This can also leave a residue that can plug the breathable micropores. Detergent soaps have a strong cleaning agent that can actually strip away the DWR on the garment.

If you have a stain, make a paste with some of the soap and work it into the spot. Or try spray on Shout or Spray-n-Wash. The garment must first be laundered to remove dirt and other things that reduce the effectiveness of the water repellent treatment, and then heat from the dryer must be used to get the remaining DWR which is carried in a gel to melt and cover the fabric's fibers evenly once again. Be careful of metal snaps that can absorb heat quickly and might melt the garment where they come into contact.

Dawn dish soap works well for removing dirt and oil from Poly Pro underwear because it was formulated to remove oil from plastic kitchen utensils, and Poly Pro is a plastic by-product. Use powdered soap on Polar Fleece. To wash several pieces together, try a product made by Nikwax called Tech Wash, a gentle non-detergent soap made for water repellent fabrics. It usually doubles the life of your DWR treatment. Nikwax's Polarproof adds a DWR coating to fleece, wool, and synthetic insulated garments and sleeping bags. This will make the items dry faster and have improved insulating ability.

For down garments or sleeping bags, machine wash in cold water with powdered soap and tumble dry in a cool dryer. You might want to stop the dryer a few times and break up any clumps that form from the down sticking together.

Hand wash wool garments in cold water with a mild soap and dry flat. If you have a tent that needs to be cleaned, use cold water and a sponge. If soap is needed, use a mild soap like Ivory Flakes, Woolite, Sport

Wash, etc. Do not soak it in soapy water, as this may cause de-lamination. Rinse thoroughly and hang dry, preferably not in the sun. To handle mildew or strong odors, wash in a mixture of a half cup of Lysol and one gallon of water, then rinse thoroughly.

I hope this helps to answer your questions on the care of special fabrics. Always read the care instructions on the gear you purchase and follow what the manufacturer says to do. If you don't know to care for a specific fabric, call the manufacturer. They are usually more than happy to help you out.

Just Another Mission

by Chuck Girven

*T'was the night before Christmas when all through the city
Not a SAR member was stirring, they weren't very busy.*

*The gear was all hung by the door with great care
In hopes that there'd be a mission we'd share.*

*The team members were settled all snug in their beds
While visions of past missions played back in their heads.*

*Then all of a sudden the phone rang with a clatter.
Pager one responded to find out what was the matter.*

*Calling the voicemail to give us the news,
The phone tree was alerted without a moment to lose.*

*A jolly old man named Chris was long overdue.
His small friends were worried and hadn't a clue.*

*Out sledding he was dressed all in red,
At least that's what all the reports said.*

*The teams came from all around, through the snow and the rain.
For this is the reason so hard we train.*

*ICS was there first and basecamp was formed,
With the SAR teams on their heels right before the big storm.*

*Briefed and sent out with all our gear we did go.
The searching was tough because of deep snow.*

*Tracks were found and followed to where they led,
When Team Two reported, "We found his sled!"*

*We searched through the night combing the wood,
Blowing whistles and shouting as loud as we could.*

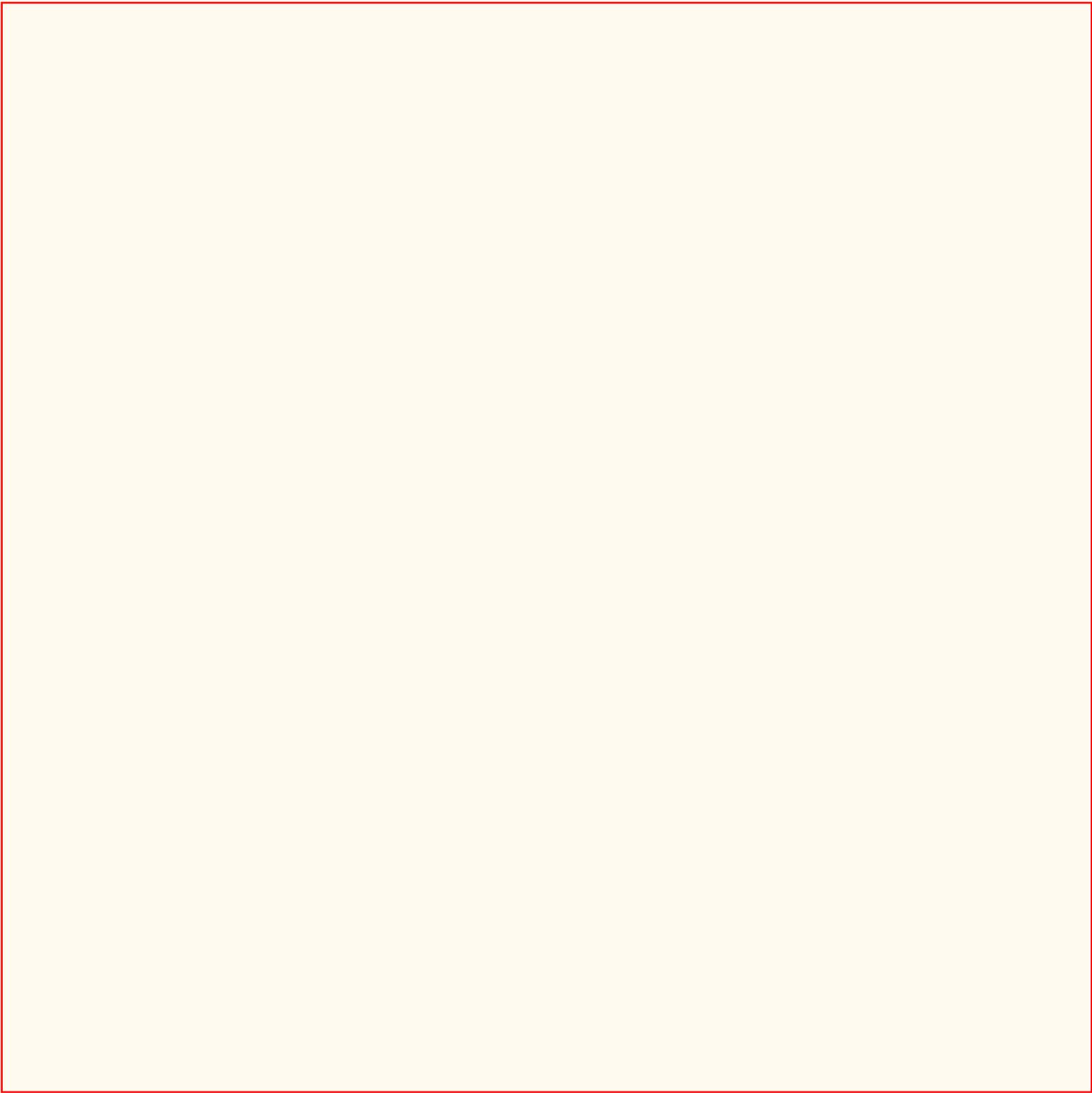
*All of a sudden we saw a sack on the ground,
Full of all sorts of toys that were spilled all around.*

*And there he was, that man in red,
Gathering the presents from where they had spread.*

*When Chris was checked out at basecamp they said,
"All is well," so he left and mounted his sled.*

*In a hurry he was but all heard him say,
"I'll always remember you on this holiday!"*

*The jolly man was gone, things back to normal, it seems.
Just another mission for Search and Rescue Teams.*



Special Notes

Special thanks goes out to Roger Bedell of Silvan Ascent Software in Santa Fe for giving us a great deal on topo maps of the entire state of New Mexico on CD. -- *submitted by Mike Dugger*

Special thanks to Dillon Henderson at the Atlas Snowshoe Company for helping our team get outfitted with snowshoes. -- *submitted by Mike Dugger*

Disclaimer: This information was gathered from many sources and presents facts as we believe them to be true. This is not meant to be an official document, but a means to disseminate team information.

Volume 1, Issue 3
November 14, 1996

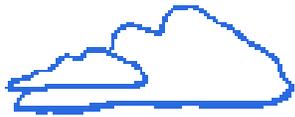
Editors: Mickey Jojola, and
Chuck and Mary Girven

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



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Top of the Hill

by Mike Dugger

Most of us have had it up to here with talk about elections. There is one more "race" near and dear to the hearts of many CSAR members (particularly mine) that we must participate in. Elections for the positions of President, Vice President, Treasurer and Secretary of Cibola Search and Rescue will take place in December. Nominations for those positions will be complete by the close of business at our November 14 business meeting. Any active member may hold an office, and only active members may make nominations and vote. A ballot will be mailed to each active member after the November meeting. You may return your ballot by mail, or deliver it in person at our December pot luck party!

Now for some words on policy. As we continue to practice and gain proficiency at litter packaging and tying, we must consider how this task fits into the flow of events on a real mission, and how it fits within our policy on rendering medical aid in the field. CSAR's policy on rendering medical aid, as described in the new CSAR Member Guide, states that:

"SAR volunteers are permitted by law to care for and treat injured or sick persons. However, the basic duties of Cibola SAR volunteers shall be limited to the tasks associated with the location and evacuation of such persons. Cibola SAR volunteers may provide basic emergency first aid, or other medical assistance, but only to the extent to which they are trained and certified to provide such care.

When a Cibola SAR volunteer performs medical care in the field, it is expected that he/she will perform such care adequately and consistently with the standard of care required by their certification. A paramedic or EMT can only perform those acts in the field that are permitted without medical direction or control. Cibola SAR volunteers who have not been trained and certified to give emergency medical

care or other medical assistance shall not under any circumstances provide, or assist in providing, any medical care, except for the basic necessities of blankets and water."

The policy goes on to say that if you do provide aid, or do not provide aid when you were obliged to do so by your medical certification, the team and its members are not responsible for the consequences. Since litter packaging and tying is intimately connected with the location and extent of the subject's injuries, an obvious question arises. Where does injury assessment end (read "medically qualified"), and litter evacuation begin? We have yet to address the specifics of this issue as a team, but my response to the question goes like this: If the subject is injured, Incident Command Staff will put a qualified medical person on scene to assess injuries and direct evacuation. CSAR members will always follow the instructions of trained medical responders for preparing a subject for litter evacuation. At the same time, it is useful for all of us to understand the basic goals of a packaging and tying system, so that we can act with confidence when asked by the medical responder on scene to perform some of these duties. Our goal should therefore be to understand how to prepare a subject for transport, in as comfortable and secure a manner as possible, with the realization that the trained medical provider on scene may have their own (different) preferred techniques for doing this.

Boots and Blisters

by Larry Mervine

4X4 Training Sunday October 13 th at Montessa Park

On a hot Sunday afternoon we met with members of the New Mexico Four Wheelers Club. There were more of them than us. The training began with an overview given from the back of Paul's truck. Then we were divided into four groups:

1. One group demonstrated tire placement to avoid vehicle damage, and then we practiced on a course they set up. The reason for this exercise was to learn how NOT to straddle obstacles but to put one tire on top of the obstacle and crawl slowly over.
2. Another group reviewed our vehicles and gave suggestions on what equipment we should have such as tow straps, hi-lift jack, skid plates, and extra belts, to name a few items.
3. Another demonstrated how to do use a tow strap and hi-lift jack to get "unstuck."
4. Finally, another station showed us how to avoid getting stuck. Items covered were: look before you leap, deflate tires, always back straight down a hill, and put vehicle in reverse and let the engine do the work instead of the brakes.

I had not had any 4X4 training before and thought this experience was useful. The 4X4'ers said they could do this again next year.

Business as Usual

by John Mindock

Highlights of minutes from Business Meeting on October 10, 1996:

- The election and nomination process was described. All nominations and ballots can be absentee. No quorum is needed at the election meeting. All active members will receive a ballot of 'final nominees' for 1997's officers. This will happen a few weeks after the November meeting.
- Phone lists and other documents will no longer be copied separately for meetings. All information will be in the newsletter.
- People attending missions need to indicate this on the hotline, so we can record their attendance, know they are on the road, and notify them of a change in mission information. State insurance is also a reason to leave a message with the hot line.
- A state-appointed committee called the 'Policy Advisory Committee for Education' (PACE) has been formed. John Mindock is chair of the committee. Their first deliverable will be the basic SAR Certification system. In time, they will coordinate all SAR education that is provided by the state.
- The bank balance was reported.
- There will be a litter evac competition on the 16th of November (Turkey Challenge).
- Helicopter training attendees will be reimbursed at the November meeting.
- The equipment committee will be asking for @\$2000 for upgrades to the litter equipment, etc. Bob may be able to make group orders for helmets, snowshoes, etc.
- We discussed reimbursing people for phone calls used on missions. Also about 'typing' members according to some criteria, including physical fitness.
- We agreed that a panel to investigate and make recommendations re: member inappropriate behavior, etc. was a good idea.
- We discussed some methods to assure that a majority of members vote. This did not reach any sort of agreement, so was tabled.

Just a reminder, I keep records of all missions, trainings, and meetings, so **Please sign in!** Also, if you would like CSAR orange business cards with your name, etc. on them, please contact me with the data. No charge.

Pinching Pennies

by Melissa Smith

Gas vouchers are due at the business meeting for the previous month's missions. If you cannot attend the business meeting, please contact me within 3 days of the meeting and **get your vouchers to me within 7 days of the meeting.** A copy of the gas voucher procedures will be available for everyone at the November business meeting. Reimbursement for gas vouchers through August 4th has been received from the State and will be handed out at the November business meeting.

There will be a copy of the 10 months ended October 31, 1996 financial statements and other financial data available for review at the November business meeting.

Who's Who and New

by Bruce Berry

The new Member Guide is finally finished. A big thank you to all who contributed to the "overhaul" of

the guiding document of Cibola SAR. Copies of the guide will be passed out at the November business meeting. Be sure to get your copy, one will be available to each member of the team. If anyone has any comments or input into the Member Guide let Bruce Berry hear about them. Do keep in mind, that a new Member Guide will probably not be published for about six months (if even then, if there are no comments). This new version is more complete and certainly has a lot more information. Do submit your comments to Bruce Berry, but let's just try this new version for six months or so before we go in and change it again. Remember, that this document is a living document for Cibola SAR and nothing in it is "set in concrete." It can be changed.

There are no new members due for active membership in November, however, Ella May Robinson and Robert Schwartz are due for active membership in December. There will be a new member orientation given before the November meeting for a few of the new folks. This will be the first time using the new Member Guide. I hope that the new members like it better than the old version.

Hey Mentors, when was the last time you called your Mentee and asked them how it was going? When was the last time you did a pack breakdown on your Mentee or for that matter on anyone on the team? Did any of you know that there are some people on the team that are hiking every trail in the Sandia Mountains? They are going a few times a week to different trails. Ask around and find out who it is if you are interested in joining them for some exercise and a great way to learn the trails in the mountains.

A last note for everyone. Go through your packs, top to bottom, and make sure that you have everything you think you might need (see recommended gear list in the Member Guide). Then add all the cold weather gear that you will need for those winter searches. Why? One mission that just happened on the Sandia Mountains greeted most of us with 32 degree temperature and 30 mph winds, and that was at midnight. The temperature went down from there as the night progressed. Mentors, make sure your pack is ready to go, and then make sure that your Mentee's pack is ready to go. It can be rather uncomfortable not to have that extra jacket or vest when the temperature drops. It is that time of year.

Gearing Up

by Chuck Girven

Some of the equipment we discussed in previous newsletters is already being taken care of, such as the pins for the litter are now with the litter, and another set is on order for backup.

A deal is being negotiated for the acquisition of a set of CDs of topo maps of all of New Mexico. The contour lines are a little coarser than our 7.5 minute maps we are used to. But for out of district missions, they will be a great asset to us.

Thanks to Steve Attaway of AMRC. We are putting together an order for Petzl Erin Roc helmets. Bring your money to the November meeting or contact Bob Ulibari as soon as possible to get in on this offer.

We are awaiting team approval for purchasing the litter equipment we discussed at the October meeting.

Contact Melinda for the time and date of the next equipment meeting.

Public Relations

by Chuck Girven

I was recently approached by a 4-H club in Belen about members of our group giving a talk on hypothermia and layering or other search and rescue topics. The place and time have not yet been determined.

Just a reminder, if anyone would like to borrow any of the yearbooks to show family members what you do, just let me know.

We will try to get a team photo at the December meeting, so please wear or bring your orange shirts.

On the Right Track

by Mickey Jojola

Well hello!! It's that time again. There isn't much new except I think that we finally finished the K-9 Policy and Procedures Manual. This will be distributed to team members who wish to review the document and make comments. We would appreciate any input from handlers as well as non-handlers. After the review from the team the manual will become official.

I have set a tentative training schedule for the next three months. It should prove to be fun and informative. The next training will be held on Sunday, November 24. We will be working on a harness system for the dogs in the event they should be lowered (or raised) into an area. The trainings are scheduled as follows:

Sunday, November 24	1400-1600 at Chuck and Mary's house
Thursday, November 21	K-9 committee meeting at 7:00 location TBA
Saturday, December 14	1400-?? Obedience training at the Albuquerque International Airport
Sunday, January 5	1400-?? K-9 committee meeting/training (the training game)

Member Spotlight: John Mindock

I was born in 1946, and grew up in a town in north-central Illinois called LaSalle (pop. 8000). As a youth, I spent a lot of time outdoors - biking, hiking, fishing, swimming, camping, as well as playing baseball, basketball, and hockey. I graduated from the U. of Ill. in 1968 with a degree in math, and taught high school math for seven years. I also coached cross-country and swimming teams. After attending night school, I made a career change and have spent the past 20+ years in Information Systems positions

in Illinois, Minnesota, Phoenix, and ABQ. I currently work as a contract programmer at Sandia, having moved here in 1992. I met Terri while working at the main offices of B. Dalton Bookseller in Edina, MN, and we got married in 1981. Between the ages of ten and thirty-five, I played the drums at a variety of nightclubs, dives, dumps, and classy joints. I've made a number of studio recordings and still can tap out tuneful rhythms on my PC keyboard (much to the enjoyment of my workmates). In 1979, I took first place at the Minnesota State Master's swimming championships (age-group) in the 1500 freestyle. I acquired a black belt in the Korean martial art of Taekwondo, and captured third place in sparring (age group) at the 1992 Nationals.

Currently, I am a volunteer Wilderness Information Specialist for the Sandia District of the United States Forest Service. In this capacity, I hike the trails in the district, reporting (and often repairing) trail hazards, educating trail users, and promoting ethical wilderness standards. I also teach classes in wilderness topics for USFS volunteers. Another organization to which I belong is the New Mexico Volunteers for the Outdoors. This group performs trail maintenance projects throughout the state, for various state and federal agencies. In SAR, I am an elected member of the NMESC Board and chair of the Training Committee. I also serve on the ESCAPE committee, and was the instigator for using ICS for the first time in that event's history. It was so successful that the Board decided to use ICS for all events. I also have been appointed by the State SAR Resource Officer to chair the state SAR Policy and Advisory Committee for Education (PACE). PACE is currently implementing the SAR Certification system, and will eventually handle all aspects of training that originate from the state SAR Resource Office. I'm a certified ICS Section Chief in all functions, and will be attending the next Field Coordinator School.

I have been an officer in CSAR for the better part of three years. I've deployed to more than 100 missions, and my most memorable are those where the field team to which I was assigned got the 'find'. However, the most heart-warming was the search for 4-year old Danny, who was lost for 48 hours in the Zunis earlier this year. I had toiled as a groundpounder all night Saturday and part of Sunday, then came back before dawn Monday morning to perform the duties of Operations Section Chief. In that capacity, I gave the assignment to the National Guard helicopter that found him - ALIVE! I'll never forget that one.

It's been very rewarding to be one of the people who has worked to bring CSAR up to its current level of respect and prestige in the SAR community. I look forward to continuing to aid that effort. I'm also looking forward to leading the implementation of the state SAR Certification system and the other tasks that will be the province of the PACE committee. For Cibola SAR, I think the next important challenge is to establish categories of membership that provide an opportunity for people of diverse interests, skills, and fitness levels to actively participate in the various aspects of the organization.

Finally - I guess I'd better mention: 1-14-26-29-36-38. 3/15/89. AZ Lottery. \$1,000,000. (Ah - never mind - nobody would believe it anyway.)

The Bronze Boot Award

by Mike Dugger

Melissa Smith is this month's recipient of the bronze boot award, in recognition of the quality of her performance as Primary Contact during the month of September. The Primary Contact's job when the team is paged for a mission is to notify the backup (pager #2) that they are handling the call, place mission details on the voice mailbox, and activate the team. Melissa's voice messages were kept brief, yet contained all the information needed to respond to the mission. Subject details and base camp directions were clear and concise, and communications frequencies were established. Melissa also worked to establish a point of contact for further information during missions. Good job!!

Web News

by Mary Girven

Not much has happened in the last month as far as web development because my computer at home has been ill much of the time. I'm still waiting on software to do the conversion to our internet host's platform (it was offered during the time my computer was down). There has been some discussion about using another host with the same architecture as the development system, but the cost is prohibitive. The site at <http://www.abq.com/csar> contains most of the information available to non-members, including an introduction to CSAR, the most recent newsletter, CSAR resources, photographs, and links to other SAR web sites. What it lacks is user authentication and the ability to dynamically generate pages, and therefore, the members only pages which contain tools to manage the newsletter, mission logs, reports, and membership information. I'm confident that these can be added once I have set up the right development environment on my system at home. It just takes time and patience ...

NMESC Notes

by John Mindock

- We're planning a winter skills training. It will be near Taos, sometime in late winter. More info will be provided as the event shapes up.
- We will hold the ESCAPE '97 in Roswell, at the National Guard Training Center. It will probably be the first weekend in May.
- Wilderness First Aid classes are also being planned. No details at this time.

PACE Committee Report

Rick Goodman, the state SAR Resource Officer, has appointed eleven state-wide SAR personnel to a new committee, called the Policy and Advisory Committee for Education (PACE). This committee will eventually be responsible for planning, logistics, and operations of all state-sponsored education. This includes Section Chief, Field Coordinator schools, ICS classes, and others. Most importantly for the near future, PACE is setting up the Basic SAR Field Certification system. Although not all decisions have been made, we know the system will consist of evaluations performed by state-trained evaluators. Evaluation topics for the written test will include radio usage/etiquette, Map/Compass, standard search techniques, clothing and gear concepts, and ICS/SAR plan. There will also be a gear and clothing inspection. Lists of required items will be provided prior to the evaluation sessions. In addition, a syllabus of the topics and some 'test-potential' details within them will be provided. This is not a system of trainings - SAR personnel are to get their trainings elsewhere. However, the questions will be at a basic level so that the standard SAR team trainings and some field experience should be sufficient to pass

the tests. In the future, training sessions may be offered, or a list of qualified instructors may be published. A newsletter with more detail will be mailed to SAR teams in the near future. I am the appointed chair of PACE, and will keep CSAR informed of significant progress as soon as it happens..

This Month's Feature Articles

Missions in District 6

by John Mindock

District 6 (Grants, etc.) is subject to very dangerous weather that arrives quickly and unexpectedly. In addition, the Incident Base locations are often very remote and difficult to find. It's rather common for someone to end up 'in the middle of nowhere' with a dim recollection of the way they came, and also unable to contact Incident Base. Trying to find their way out can be confusing, and a missed turn can mean a night of futile and exhausting driving. Additionally, a 10-22 can occur while you are on the road, and you need to ensure you can receive that message. So ... when traveling to missions in district 6 (and other outlying districts), please attempt to travel in a car caravan. Optimally each caravan would have a GPS, ham radio, 800 MHz, 155.160, and cellular capability (and perhaps a CSAR pager-holder). The very least is 155.160. Often the FC will declare a meeting place for a car caravan. If not, try to determine who else is going (call pager #1) and make a connection with them. Our team recommends the Flying J (98th St. exit) as a meeting place. Also be sure you fill up your tank in Grants or Gallup, check your spare tire, and carry emergency tools and equipment for your auto. Finally, never go to District 6 without a complete set of gear, clothing, food, and water to be safe and warm 48 hours in/near your vehicle. Gallup State Police 827-9321. Grants State Police 863-9353.

Certification/Qualification/Typing and YOU

by Mike Dugger

We have been hearing about the coming changes in our training protocol, certification, and member typing for several months. Here's the current scoop on state certification, resource typing, physical requirements, and the like.

State certification is under the direction of the state SAR resource officer, i.e. Rick Goodman. Right now, the only proof Rick has that SAR teams around the state can do what they have listed in the resource directory (used by Incident Commanders to request resources for a mission) is what the teams themselves write into the resource book. If a team can't search effectively, or causes the subject some additional injury due to lack of training, the state, the team, etc. could be sued. How would the state attorney prove that the SAR team knew how to do the job properly? Certification will establish a standard which field personnel will ultimately be judged against. Its purpose is to document that searchers understand three basic skills:

1. how to take care of themselves (not become a liability during a mission),
2. how to accomplish some basic search techniques (can be effective on a mission), and
3. not increase the suffering of the subject once found (and ideally do some good).

Of course anyone can be sued, even if everything is done properly. However, certification gives the state some documentation that searchers possess some basic skills. Discussion of certification at prior CSAR

business meetings indicates that most members favor requiring state certification of all field responders.

Resource typing is a related concept, but different in intent. This system is also being developed at the state level. The purpose of typing is to define the skill level of individual resources, so that ICs can select the proper type of resource for a given mission. For example, different resources are needed for a two-day search and evacuation of backpackers 15 miles into the Pecos wilderness during a snowstorm, than are needed to locate a child who walked away from a picnic at Elena Gallegos on a mild summer afternoon. Typing is another way of ensuring that the IC can select the proper type of resource depending on the difficulty of the mission. CSAR members will be "typed" based on skills and equipment expertise defined at the state level, and this should have no impact on the membership status of active CSAR members.

CSAR has discussed placing some additional requirements on field responders, for the safety of our members as well as to maintain the reputation for effective ground pounding which we have earned in the eyes of many ICs. At the most basic level, we are discussing implementing a physical fitness requirement. Although no test can guarantee that a member will not have difficulty due to the physical demands of a mission, a physical fitness requirement will give members confidence in themselves and each other. We should also develop some measurable criteria for the winter readiness qualification code.

Classified Ads

(20 words maximum, no services)

At the December business meeting, we are going to have an inter-team equipment sale. So everyone bring items you want to sell. -- *submitted by Larry Mervine*

Special Notes

Special thanks to Mickey for providing the "Wintery" setting for the CTF to discuss winter gear. It also provided a refresher course on winter driving skills.

From Don Gibson and Family: My family and I buried my Dad this afternoon. After a lengthy illness, he passed away in his sleep. Dad was proud of my involvement with search and rescue and that reflects back on the people I'm involved with. It's amazing that people who meet and train a few hours a month can do what is required, as a team, in the small off hours out of a normal life, and not have much in common but search and rescue. That says a lot for the character and heart of the people I'm involved with. Thank you so much for the kind messages, the beautiful flowers, and your support at my Dad's funeral.

Recent Missions

Number	Start	Stop	Mission Type	#	Subject(s)
--------	-------	------	--------------	---	------------

960537	10/19/96 at 0030	11/19/96 at 1400	Search	20	Couple from Oklahoma
961118	10/23/96 at 2:30	10/23/96 at 1030	Search	3	Male hunter
960733	10/30/96 at 1120	10/30/96 at 1230	Search	4	37 year old male hunter
960540	11/4/96 at 1930	11/5/96 at 1030	Search	27	8 year old boy

Calendar

November, 1996

- 9 *Sat* NMESC Board Meeting, 1 pm
 14 *Thur* Training, 6:30 pm
 Business Meeting, 7:15 pm
 16 *Sat* Cibola Turkey Challenge
 (Held at Cedro Campground, 5 miles south of
 Tijeras stop sign on lefthand side of road)

December, 1996

- 13 *Fri* Business Meeting/Elections,
 6:30 - 7:30 pm
 Potluck/ Used Gear Sale,
 7:30 - 10:00 pm at Mike's
 (Take I-40 east to exit 181, go east on old Rt 66
 to Dressage (<0.1 mi), turn right, go south to
 Sedillo (first stop sign), then west to
 Steeplechase Dr. (<0.1 mi), then south to #31 on
 the left -- look for pink trail tape)

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Volume 1, Issue 2
October 10, 1996
Editors: Mickey Jojola, and
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Top of the Hill

by Mike Dugger

We have seen significant changes this year in our team's policies and operating procedures. I believe these changes will make us more effective in providing search and rescue services to the community.

There have also been significant changes at the state level, although these have been somewhat less visible to us. The Incident Command System (ICS) has become THE protocol for managing SAR missions, and Rick Goodman, the state SAR resource officer, has made it clear that ICS is the only acceptable way to run a SAR mission. We need to do our part by observing proper procedures when communicating on the radio, and completing our field assignments as given to us by ICS staff, or negotiating with them if we feel there is a reason to alter the assignment.

A lack of field coordinators and significant numbers of SAR resources in district six (west of Albuquerque) will result in more calls for Cibola to respond in this area, far from our "home turf." As our reputation for fielding large numbers of highly trained searchers spreads, I expect that we will get more calls to help with large missions far from Albuquerque, when local resources have been depleted.

Continued change is in store at both levels. We have mentioned the concept of state certification of SAR personnel at previous business meetings. It appears that this concept is rapidly becoming a reality. Procedures are being developed to certify SAR volunteers in basic skills, such as map and compass, search techniques, radio usage, etc. Cibola SAR is in good shape, thanks to our training officer. We have been training in exactly the skills we will need individually to fulfill the certification requirements.

It is very likely that the state will require certification in the near future (early 1997), and regular training

will become more important than ever. By definition, therefore, we will have a "rating" or "typing" system for members - those that are state certified and those that are not. In addition to this basic training, we will continue to train in areas in which we want to specialize, i.e. litter evacuation. As always, I welcome your input on how to develop this rating procedure.

Boots and Blisters

by Larry Mervine

On October 1st at 7 p.m. Mike Dugger and Larry Mervine made a presentation to a group of 10-12 girl scouts aged 9 to 11, as part of Cibola's "preventative SAR," or educational function. They gave the scouts a review on avoiding and recognizing hypothermia, the ten essential items to take while hiking, and proper clothing and layering, as well as how to dress properly on a budget. The girls were very attentive and asked many questions. While going through his pack, Larry decided he was carrying too much. It was such a great experience, Mike and Larry agreed that every member should do a public presentation.

Business as Usual

by John Mindock

I'm having a small problem determining exactly who has deployed for missions. Please be sure to leave a message on the hotline if you are deploying. If I don't see (or hear) you at a mission, I'll rely on the hotline to update attendance records. This is especially important for missions in District 6, where a turnaround is not unusual. You still get credit if you deployed and there was a turnaround. Note: pager #1 (or #2) needs to record who deployed (according to the hotline) and inform me at your convenience (if I don't E-mail you first). I prefer E-mail or Fax (281-0932). We now have over 50 names on our roster.

Highlights from the minutes of the August meeting:

1. Members were cautioned to be professional in radio usage. Remember that many non-SAR people are listening.
 2. Members were informed of the consequences of freelancing. It is OK to suggest alternative assignments to the ICS staff. If the assignment is too dangerous, politely ask to be excused from it (or the mission).
 3. Marnie and Larry G. became active members.
 4. Contact Ken J. for information on the cell phone arrangement.
-

Pinching Pennies

by Melissa Smith

I would like to take this opportunity to let you know, in case you missed the last business meeting, of the very generous donation we received from Diane Sonsonetti of the Diane Sonsonetti Foundation. On September 12, at our September business meeting, Reed Burnett handed me a check in the amount of \$1,500.00 made payable to Cibola Search and Rescue.

Kudos to Reed for having such a great choice of friends and colleagues, and again our deepest thanks to

Diane for her thoughtful gift. I am sure that the budget and equipment committees will have many future discussions over how we can best put this to use.

REMINDER: Please turn in your gas vouchers each month at the business meeting for the missions which took place since the last business meeting. If you are unable to attend a meeting, or otherwise neglect to bring your completed gas vouchers and receipts, they can be mailed to me within one week following the business meeting. Should you still fail to miss this deadline, you can mail them directly to the State, along with a completed W-9 and be reimbursed directly (likely be taxed as income).

Who's Who and New

Marnie Boren and Larry Golden were voted in as members at the September business meeting. Regrettably, Patricia Fuller and David Kilby will not be joining our team.

Gearing Up

by Ken Johnston and Chuck Girven

The Equipment committee met on September 18th at Logicon. Eight CSAR members attended and the following subjects were discussed:

1. **Low-angle litter equipment**

We received input from two sources suggesting equipment we should acquire. After discussion, it was decided to solicit a third opinion on some of the items.

2. **Maintenance schedules**

Maintenance schedules were discussed on existing and future equipment but a decision was made to wait until all purchases were made before implementing such a plan.

3. **Consumable cache**

This item was discussed but put on hold until more important needs were handled.

4. **Additional team equipment**

Additional team equipment such as pagers, GPS, radios, and CD software containing all the topo maps of NM were discussed,

5. **Ham radios**

Don Gibson brought up the point that District 6 has no SAR teams, and that CSAR and AMRC are being used as a resource for that area where radio use is restricted to mainly Ham frequencies.

Therefore, it was suggested that we sponsor another Ham course to encourage more CSAR members to get their Ham license.

Public Relations

by Chuck Girven

We've had favorable responses to our first newsletter. Copies were sent to Rick Goodman in Santa Fe as well as all members who did not attend the September business meeting (for which we had addresses). At the Helicopter training on September 14th, a copy was given to an AF Captain to give to the wing

commander.

If anyone wishes to borrow one of the yearbooks to show friends, family, etc. or needs a copy of the newsletter, please contact Chuck.

On the Right Track

by Mary Berry

Training a Search dog takes a lot of time, and not all dogs are suited for the job. Teaching a "new trick" usually requires 3-4 training sessions per week, or even daily. Once the dog knows the "trick," it takes almost as much training to maintain a high level of performance. This must continue for as long as he is expected to perform the "trick" at any given moment (like 2 a.m. on a cold, rainy Sunday night).

The CSAR dog handlers train several times a week. Early weekday evenings before it gets too dark are used for short training sessions, while weekend sessions are usually longer and require more planning. We use many training sites and vary them often so dogs don't get "to know" an area too well. Some of the places we train include Pine Flats, Doc Long, Three Gun Spring, Cienega Canyon, and the Rio Grande Bosque. The dog handlers keep pretty busy. If you need to contact one of us on a week night, you better pick the right two nights.

All of this training seems to be paying off. On October 5-6, the CSAR Canine Unit held a training and evaluation in the Pecos amid the changing aspen. All three dogs (Tuki, Jake, and J.C.) took Basic 1 and Basic 2 tests and passed! The Mission Ready Evaluation will to be tested out in the next few months. Training also went well, with many great opportunities near the campground. On Sunday morning we tried to convince the dogs to act sick during the patient assessment of the Canine First Aid Course (fortunately none of them cooperated). We had the place completely to ourselves and the weather was gorgeous. The outing was highlighted by a potluck dinner and a great pancake breakfast the next morning. Only more attendance by the team could have made it better. Thanks to Chuck Girven and Tiffany Jojola for their hiding abilities. We love having license to say "**Get Lost.**"

Member Spotlight: Larry Mervine

It was running that got me interested in the outdoors. I ran cross country and track in high school in my home town of Akron, Ohio. Back then you would most likely find me running in the woods on rainy days or on cold wintery nights with big snowflakes falling.

The war in Vietnam was in full operation and the big moral issue when I graduated from high school. In college I started toward a major in sociology, then changed to anthropology, but dropped out after two years. I spent the next ten years wandering from one warehouse job to another in different states. One of those stops on my travels was Colorado where I

worked maintenance at Keystone Ski Resort. There I learned a lot about mountain wilderness, hiking seven 14,000 foot peaks one summer. I attended search and rescue meetings, but moved before getting really involved.

Although traveling and working at many different sites was exciting and interesting, it didn't pay well, so I decided to continue my education and graduated in 1984 with an associate degree in Data Processing. I ended up working for 4 1/2 years at a software company called Triadic in Deming, New Mexico. When a position opened up at Valencia County (a client of Triadic's), I applied as a programmer, got the job, and was promoted to Data Processing Manager four years ago.

While working with the County Fire Marshall I asked if there was a SAR team for the Manzano's. He said no, but later informed me when the Manzano SAR began forming. About a year later I met Don and Jerry at one of the meetings. Don invited us to attend a meeting of a ground pounding team called Cibola SAR, and the rest is history. My first mission was for a mountain biker on south 14.

It takes a special people to be involved in search and rescue: buying their own equipment, getting up in the middle of the night, putting themselves in dangerous situations, all for strangers. Some would say we're heroes, a disturbing thought. I would like to think we're just being good citizens. I thank God for the opportunity to work with this group of special people.

The Bronze Boot Award

The Bronze Boot Award is to show appreciation for exceptional work for a team member or members. It also would be applicable for people who make outstanding blunders or have incredible mishaps (all in good fun)!

NO NOMINATIONS WERE SUBMITTED THIS MONTH

Web News

by Mary Girven, Webmaster

This has been a momentous month as far as the website is concerned. We published the first two issues of the **Lost ... and Found** newsletter. We've even received feedback from someone interested in becoming a member VIA THE WEB. Mary's working on setting up the permanent site donated by ABQ-ROS (thanks to Sinjin at AMRC), but that's going slowly because of the different development platforms. Still, take a look at <http://www.abq.com/csar>. A few things are there already. The development site is still active at <http://bali.ms.sandia.gov/csar>.

NMESC Notes

by John Mindock

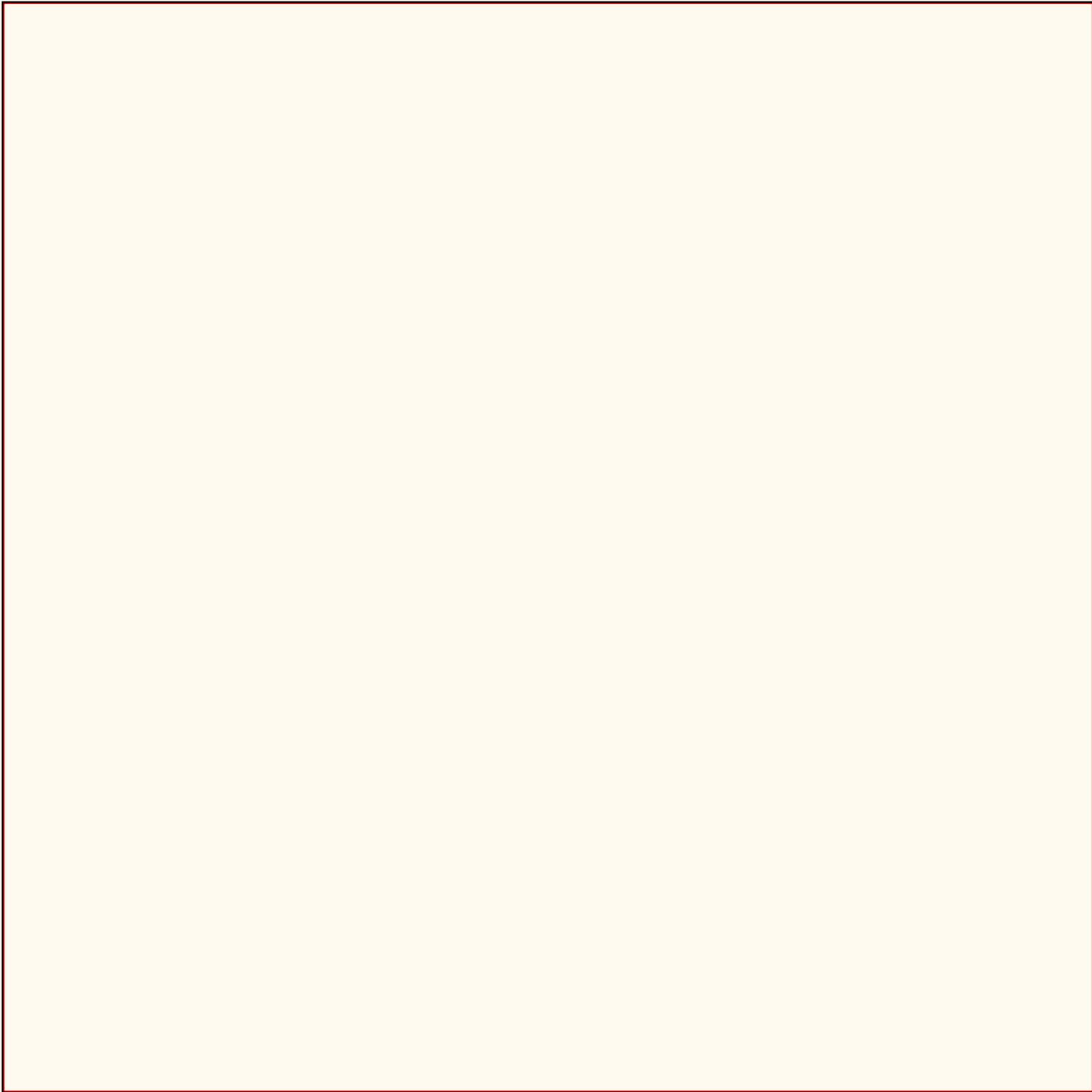


Photo taken 9/14/96 at the NMESC Helicopter Training

NMESC

The helicopter training was very informative. 86 SAR personnel attended. We had many good comments

about it. We have had requests to repeat this every year instead of bi- or tri-annually. Cibola SAR was intimately involved with the event. John was Incident Commander, Mickey was Planning Section Chief, and Mike was Logistics Section Chief. Bob U., Tom R., Larry M., Chuck, and Rose Marie provided much-needed labor in operations and logistics.

State SAR

SAR Certification is underway. Rick Goodman has selected a small group of SAR volunteers, representing teams from around the state, to implement the system. John Mindock is one of those who was selected. The kickoff meeting was held Sept. 25. The next Section Chief training will be Oct 26-27 in Farmington. Contact Rick Goodman (505-827-9228) to register.

Forest Service

The USFS will begin charging \$3 to park at the Crest, beginning Nov. 1. Annual passes will become available in October, and will be valid for the remainder of 1996 and all of 1997. These will cost \$30, with a second one only \$5. A reminder that the Orange bumper stickers (the 'pumpkin patches') are only valid for trainings (for which the Forest Service is pre-notified) and missions.

This Month's Feature Article: Hypothermia, continued ...

V. Temperature Ranges

1. **Mild:** 95°F to 92°F -- Shivering, muscle tone increase.
 1. As shivering ceases the body can no longer keep up and core temperature falls rapidly.
 2. Body heat loss factors multiply. Hypothermia is possible in 50 to 60° weather.
2. **Moderate:** 92° to 86°F.

Shivering stops--major emergency is imminent.
Apathy, lethargy, dysarthria, ataxia, maladaptive behavior, arrhythmias, unconsciousness.
3. **Severe:** 86° to 82°F.

Stupor, coma, absent reflexes, pupils fixed and dilated (cerebral ischemia), respiratory arrest.

VI. Differential Diagnosis

- Altitude illness.
- Exhaustion.
- Dehydration.
- Fright, loss of will.
- Carbon monoxide poisoning.
- Alcohol and drugs.

VII. Treatment

1. Rapid assessment--ABC's
 - Conscious--warming by any means while proceeding with evacuation.
 - Unconscious--check for pulse.
 - Pulse--rapid transport, warm by any means.
 - No pulse--CPR takes priority. External warming.
2. Prevent further heat loss.
 1. Stop heat loss.
 1. Conduction--insulate from ground.
 2. Convection--shield from wind.
 3. Radiation--cover all exposed areas.
 4. Evaporation--dry clothing.
 2. Increased heat production.
 1. Increased activity, oxygen use.
 2. Water and fuel--hot chocolate, oral intake only if consciousness permits.
 3. Oxygen at high altitude.
 3. External heat if field evacuation is not imminent.
 1. Chemical heat tabs to armpits, groin, and neck.
 2. Hot water bottles.
 3. Warm fluids orally.
 4. Body to body contact.
 5. Heated tent.
 6. Fire.
 4. Replace fluids.
 1. Oral.
 2. Warm IV - debatable.
3. CPR--problems:
 1. Cold, stiff heart and thorax.
 2. Poor blood flow, increased resistance.
 3. Difficult to return to normal rhythm.
 4. Continue CPR until warm.
 5. Environmental/transportation challenges.

Classified Ads

(20 words maximum, no services)

FOR SALE: Jansport Backpack internal frame, front loading with 2 side pockets. Asking \$25. Contact Chuck Girven (899-8573).

Special Notes

- Congratulations to Dave Ricker and Melinda Crouse on their wedding October 5th.
- Congratulations to Terry and Julie Decker on the birth of their son, Travis Garrett at 10:33 p.m. on September 14th. He weighed 7 lbs. 14 oz. and was 20 1/2 inches long.
- There have been some discussions about using llamas to carry gear in the fields. Consider this ...

Michael Finkel, **Spit Happens**, *Skiing Magazine*, September 1996, pp. 54-59.

"As we neared the top, we could sense our animals' tempers growing thin. And when Pisces stepped on Striker's heel, the spit hit the fan.

A llama spit fight is the animal kingdom's version of a World Wrestling Federation match. It's half slapstick theater and half silly combat. When llamas ready themselves to spit, they furl their upper lips, exposing thick black semicircles of gum. (Llamas have teeth only in their lower jaws, which is why they don't bite.) They curve back their necks like swans. And they let fly. A llama loogie is no mere globule of saliva. From deep in their throats emerge powerful aerosol-style attacks, shooting foul-smelling spray in wide, lingering arcs.

We dove for cover and let the llamas hock themselves dry...." -- *submitted by Mike Dugger*

Recent Missions

Disclaimer: This information was gathered from many sources and presents facts as we believe them to be true. This is not meant to be an official document, but a means to disseminate team information.

Number	Start	Stop	Mission Type	#	Subject(s)
960532	9/1/96 at 2342	9/1/96 at 2350	Search	0	Two men aged 18 and 20

Volume 1, Issue 1
September 12, 1996

LOST ... and FOUND

the monthly newsletter of

CIBOLA

search and rescue



"THAT OTHERS MAY LIVE"

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Top of the Hill

by Michael T. Dugger, President

Welcome to the first issue of the Cibola Search and Rescue newsletter! This newsletter is an experiment for CSAR. We have grown tremendously in the last couple of years, and distribute a lot of information to our members each month. Why not collect it all in one place, add some comments by officers on current policy issues, training events, finances, new members, etc., and have a newsletter? If this little experiment is successful, I intend to distribute the newsletter to our colleagues on other SAR teams, state SAR officials, and our supporters from the community in addition to our members. It could be a very effective tool for communication. Our reputation for search and rescue already speaks for itself. A newsletter would help our supporters outside of SAR understand how their investments are being used to help the community. Let me (or the editor) know what you think.

In addition to the information regularly prepared by the officers each month, the newsletter includes two new features designed to help us get to know one another better, and recognize outstanding contributions by members. My thanks to Chuck and Mary Girven and Mickey Jojola for turning this concept and our discussions into reality.

Recent events have provided reminders of what we already know, and have indicated subjects on which we need to focus. The philosophy of various members differ on this subject, but I prefer to go into the field ready for anything. We can never be sure how a mission will develop, and I think it is important to be able to take care of ourselves in the field for at least 24 hours. That's why you'll see me carry my entire pack even if I'm just running up the trail for a few miles to help out on a litter evacuation. Cibola members ended up "bailing out" a few searchers on a recent mission. On another subject, I would like to develop a standard procedure for packaging a subject into a litter. Granted it must be flexible enough to accommodate various injuries, but I think we can come up with a system that provides this flexibility and

yet is familiar to us all, so that we can get the subject secured quickly and effectively. Some of us worked on a packaging scheme at the overnight training at Capilla Peak. Kudos to our training officer for picking such a beautiful location, and providing a great opportunity to test out our rain gear. We will practice litter packaging at future trainings.

Boots and Blisters

by Larry Mervine, Training Officer

Capilla Peak Bivy, 8-24-96

There were 14 hearty souls who showed for our summer bivy. The road from Route 55 to the top of Capilla Peak revealed some terrific views. At 1700 some members practiced tying knots while others worked with litter packing. Around 1900 we hiked to our overnight spot. Time for chow.

After dark, Larry, Dave, Chuck and Bob hid from the dogs. To my surprise I was found by Mickey and Catherine's dogs. Everyone should take a turn at (playing lost subject) hiding from the search dogs. When it was time to find Chuck and Bob, the weather turned bad. I could hear Chuck over the radio saying the fog was moving in and it was hard to see. Mary, her dog, Chuck and Bob started back to the camping spot when the sky opened up. It rained for about an hour and a half.

Lessons Learned: We have not searched much in the rain, but after this bivy I will review what I carry in my pack. One very important point: if you carry rain gear, wear them. Rain gear does no good in your pack. A good time to put on your rain gear is **before** it starts to rain. Is the sleeping spot you have chosen slightly up or down hill so water will drain or is it in a low spot where water collects? We need to practice setting up temporary shelters.

For breakfast we stopped at the Ponderosa on Route 337. Did not see Little Joe. Ha!

Business as Usual

by John Mindock, Secretary

Highlights from the minutes of the August meeting:

1. We voted to pay for service for two new pagers for the tops of the phone trees.
2. The bumper sticker from the Forest Service (to waive fees) was discussed. This will only waive fees for scheduled trainings and missions.
3. We voted to pay \$12.50 for participants in the AMRC high-angle training scheduled for Aug. 17-18.
4. We recommended the Flying J truck stop as a meeting place for car caravans on missions to district 6.
5. We were advised to be careful to provide medical treatment only up to the level of our training, and to provide none if not absolutely needed.

Pinching Pennies

by Melissa Smith, Treasurer

REMINDER: Turn in all gas vouchers each month at the business meeting!

If you can't turn them in at the business meeting, they can be turned in **UP TO ONE WEEK** following the meeting, but after that, vouchers will not be accepted! If you have any questions, contact Melissa.

Who's Who and New

by Bruce Berry, Membership

Two prospective members have completed their six month trial period: Marnie Boren and Larry Golden. They are due for active membership September, 1996. Two additional prospective members are due in October, 1996: David Kilby and Patricia Fuller.

The mentors for the above perspective members will be asked to speak at the regular business meeting on behalf of their mentee. So, mentors, come prepared.

Another note, the officers are doing a quarterly review of all membership based on the June, 1996 review. Another review will be completed looking at attendance since June. Some members were placed on a "no mission" status and will be reviewed for full active status.

If anyone knows someone who has not been attending CSAR functions, call them up and ask them to attend. If anyone has any membership concerns, contact the membership officers: Bruce Berry and Tom Rice.

Gearing Up

by Melinda Crouch, Equipment

These are the equipment committee's current action items:

1. Update team inventory list and establish a maintenance schedule.
2. Meet with AMRC team members to determine additional equipment needs for litter.
3. Purchase additional pins and accessories for litter, team supplies, and possibly body bags.

If you are interested in attending the next equipment committee meeting (probably Sept. 19th), contact Melinda (291-8593) for the date and time.

Public Relations

by Chuck Girven, Public Relations

East Mountain Rendezvous, August 10-11, 1996

On Saturday we began setting up at 0800 and the event started at 1000. We had a GPS demo at 1030 with members showing onlookers how to use a GPS. At 1430 a litter demonstration was presented. A member of the team was packaged into the litter while the procedure was explained to the crowd.

On Sunday we started at the same time with a dog demo at 1030. This was a great crowd pleaser with over 25 people attending. Mary Berry and J.C. did a tracking demonstration while Mickey Jojola and Jake did a demo on air scent which was a big draw. At 1430 we again did a litter demonstration. There was quite a bit of interest in our exhibit and many questions were asked about search and rescue.

CFC Presentation, September 4, 1996

Mike Dugger made a presentation to about 150 "key worker" trainees for the Combined Federal Campaign (CFC) on September 4, 1996 at Kirtland Air Force Base. These trainees are responsible for getting people in their respective organizations to donate money for community service. Mike made a 10 minute presentation, and showed some video coverage of SAR activities on the mission to recover the three fallen climbers. This was a great opportunity for us to tell people who CSAR is and what we do. Several people approached Mike after his presentation to ask about joining the team!

On the Right Track

by Mickey Jojola, K-9

Hello and welcome to the first of hopefully many reports to appear in this fine newsletter. Mary and myself hopefully will tagteam this article so you won't have to constantly hear me dribble through these pages. Anyway on to business.

During the past months the K-9 committee has drafted a *Membership Guidelines for K-9 Handlers in Cibola SAR*. This short (but sweet) document should be finished as soon as our evaluation guidelines are in place. Anyone interested in reviewing these guidelines should contact either Mary Berry or me for a copy.

In the past couple of months handlers on the team have had some pretty good trainings. Our first official training took place July 20-21. This was a joint training with the Bernalillo Mounted Sheriff Posse. The K-9 training went quite well for the dogs that attended. The Sheriff's Posse was very responsive to our training needs (i.e. distraction with their horses). Larry put on a very good map and compass training for their team. But, the highlight of the training weekend (this was an overnighter) was the Army National Guard helicopter which the BCSP was able to procure. All the dogs, horses, and ground team members present did very well with the exercises available.

Our August training was also very successful. This was a night training exercise which took place with a Cibola bivy at Capilla Peak on August 24-25. My hat is off to Larry for his excellent training opportunity.

Well I've run my mouth (or in this case computer) off enough. I look forward to working with all of you in the coming months. If anyone is interested in working with the K-9 committee, just give either Mary Berry or me a call. SEE YA!

Member Spotlight: Mike Dugger

After much urging by Chuck and Mickey, I agreed to be put in the member spotlight this month. So here goes ...

I was born in Pulaski, Tennessee several hundred moons ago. My family moved to Chicago when I was

in grammar school. I met my wife-to-be Lisa while a junior in high school. We dated through high school and college at the University of Illinois. We were finally married in 1985, while I was a graduate student of Materials Science at Northwestern University. Those were the best of times, and the worst of times. We both formed some lasting friendships during those years. I think adversity forges strong bonds between those who share the experience. I received my doctorate in 1990 and moved to Albuquerque to work at Sandia Labs. I have always enjoyed the outdoors, but got into it in a big way after moving west, since the midwest is a wasteland devoid of National Parks or mountains. We currently live in the east mountains with our two "kids," our dogs Nebo and Sandy. I joined Cibola in 1994, and search and rescue has become a large part of who I am. I'm forging some lasting friendships as part of CSAR, too. We're not sharing adversity so much as sharing the experience of coming together with a common goal - to help someone we don't know, who is in need. I've found that it can have a profound effect on your outlook on life! We have had a busy year so far with some memorable (and tragic) missions, and we're just getting into hunting season. Weather forecasters are predicting above average precipitation this winter. Its time to start getting that winter gear ready. We may spend a lot more time in our snowshoes than in the past. I'll see you out there.

The Bronze Boot Award

The Bronze Boot Award is to show appreciation for exceptional work for a team member or members. It also would be applicable for people who make outstanding blunders or have incredible mishaps (all in good fun)!

This month we'd like to spotlight Training Officer, Larry Mervine for creating a waterbed at the Capilla Peak Bivy on August 24-25.

Web News

by Mary Girven, Webmaster

We are in the process of developing a Cibola Search and Rescue World Wide Web site. Not everything we've envisioned is there yet, but the format and functionality is pretty well defined. The home page contains links to the major areas such as a welcome screen (which contains an offer to sign the guestbook and other information about navigating the web site, what's new, etc.), an introduction containing information for prospective new team members, a resources page with general information about the services we provide to the community, a members page (which includes a listing of officers, a form to submit a membership application, this newsletter, and a link to the Members Only page which is password controlled), a calendar of events, a photo gallery.

We're currently looking for a permanent internet service provider. Contact Mary Girven at 844-1570 if you have any ideas. We have certain requirements that need to be discussed.

If you'd like to preview what we have so far, the URL where the site is being developed is <http://bali.ms.sandia.gov/csar>. Members can contact Mary to get the team password.

NMESC Notes

by Mickey Jojola

Look forward to the upcoming helicopter training on September 14th at Kirtland Air Force Base. It should be exciting and fun for everyone. If you haven't gotten your registration in yet, do so ASAP. Upcoming training events should include wilderness first-aid courses to be given throughout the year. We'll keep you updated throughout the year. If anyone has any training suggestions, please contact John or Mickey.

This Month's Feature Article: Hypothermia

I. Introduction

Humans are homeothermic. Maintaining life requires body core temperature in a very narrow range: 96° to 101°F.

- Normal body core temperature is 98.6°F.
- We did not evolve in the cold.
- No acclimation to the cold in evolution.
- Adaptation to cold is solely behavioral. Animal skins to wool to Gore-tex and polypro.
- Body's thermostat is sensitive to less than 1° change in core temperature.
- Normal body temperature regulation is a balance between heat loss and heat production.
- Radiator is the skin: 2 square meters of skin surface area.
- Hypothermia is defined as body core temperature less than 95°F.

II. Heat Loss

1. Conduction (direct heat transfer). Wet clothing cold immersion, contact with cold surfaces.
2. Convection (wind). Wind chill, wind-proof garments, hat.
3. Radiation (infrared). Flow from warm to cold.
4. Evaporation (sweating).
 1. Wind, humidity, temperature.
 2. Increased if wet body or clothing.
 3. 2/3 loss from skin, 1/3 loss from lung (increased with increased respiratory rate).
 4. Reduced by dry clothes, vapor barrier, nose mouth moisture drop.
5. Risk of heat loss is increased by drugs and alcohol, impaired consciousness, exhaustion (decreased metabolism and cardiac output), hunger, and anemia.

III. Heat Production Factors

1. Heat production is increased by burning fuel. Body's attempt to compensate for heat loss:

1. Basal metabolic rate 100 calories/hour.
 2. Increased muscle tone 200 calories/hour.
 3. Shivering 500 calories/hour.
 4. Hiking uphill with 40 lb pack 1000 calories/hour.
2. Limits of heat production.
 1. Level of fitness.
 2. Availability of:
 1. Fuel-food.
 2. O₂--fitness, altitude, altitude illness.
 3. Water--dehydration.
 4. All of these are needed for heat production.
 3. Glycogen depletion -- used for increased muscle tone and shivering, aerobic exercise.
 4. Fatigue.
 5. Hypoxia.
 6. Dehydration.

IV. Physiologic Responses to Decreased Body Core Temperature

1. Peripheral vasoconstriction.
2. Increased metabolism and fuel use.
3. Shivering.
4. Decreased cerebral metabolism.
 1. Decreased by 3.5% per 1°F drop in core temperature.
 2. EEG is flat at 70°F.
 3. Higher thinking (logic, reason, problem solving) declines with core temp below 95°F.
5. Dehydration.
 1. Increased urination.
 2. Increased water use by cells.
 3. Fluid shifts out of blood vessels to tissue.
6. Cardiovascular.
 1. Increased heart rate. Heart rate decreases below 92°F.
 2. Arrhythmias below 90°F.
 3. Decreased cardiac output. 50% cardiac output at 77°F.
 4. Peripheral vasoconstriction.
7. Respiratory.
 1. Smaller lung capacity due to muscle rigidity.
 2. Decreased oxygen consumption.

The Hypothermia article will be continued in the next issue.

Classified Ads

(20 words maximum, no services)

FOR SALE: Jansport Backpack internal frame, front loading with 2 side pockets. Asking \$25. Contact Chuck Girven (899-8573)

Special Notes

Congratulations to Dave Ricker and Melinda Crouch on their upcoming wedding on October 5, 1996. Also, Happy Birthday to Melissa Smith (9/12) and John Mindock (9/16).

Editors

The persons responsible for putting together this newsletter are:

Mickey Jojola, 286-0737

Chuck and Mary Girven, 899-8573

Disclaimer: This information was gathered from many sources and presents facts as we believe them to be true. This is not meant to be an official document, but a means to disseminate team information.