

APRIL 1986

THE ALPINE VOLUNTEER



PARAPROFESSIONALS SAVING LIVES SINCE 1959



Louie Higgins (L), Russ Doley (C), Mike Enovak (R) and Claude Rains practice scree evac while testing new brake tubes at Little Cub, 3-23-86. 22 evacs were run, including 6 vertical ones.
-photograph by H.M. Paul-

EARNING THE MRA PATCH

Through Alpine, we're all members of the national Mountain Rescue Association. Our blue and white patch tells people - agencies, victims and other rescuers - that we're qualified to do the job!

The MRA was set up in the late 50s, primarily in the Pacific Northwest but with the input of Rocky Mountain Rescue Group. It was chartered in 1960 and Alpine joined that year, the same year Alpine Incorporated.

The latest MRA membership list shows there are 41 teams which hold full membership in the MRA, another 3 who are associate members, and 13 exoficio members (mostly National Parks).

In Colorado, full membership has been earned by Alpine, Aspen, El Paso, Larimer, Rocky Mountain, Summit and Vail. Western State College MRT and Grand County SAR recently became associates (enroute to full membership), and Rocky Mountain National Park is an exoficio member. Ouray was a member for years but had some troubles a couple of years back. They have been rebuilding and are expected to reapply soon. LaPlata also has expressed interest in earning the patch.

The MRA is broken down in regions. Ours is the Rocky Mountain Region, with teams in Colorado and New Mexico. The only regional team outside Colorado is Albuquerque...a real fine bunch of people. The region would like additional teams in Wyoming and Utah, and possibly Montana. Until recently, our own Tom Fiore was secretary of the national and chairman of the Rocky Mountain region. Tom's backed off a bit and Tim Cochrane of Vail has become chairman of the region.

Very soon, Alpine - and the other regional teams - will have to recertify to maintain their membership. It's a phenomenon that occurs about every five years. There'll be a meeting in Vail, in April, to set up the procedures and the requirements. On the last recertification, new members pulled it off for Alpine with only a bit of guidance from the long-timers. ("Long-timers" sounds better than "Old Timers.") In the past, the testing team had to pull off a relatively complex rescue and evacuation. It was witnessed by two senior members each from three other MRA teams. Search management and efficiency was passed over lightly because the teams worked together on real missions frequently... and knew each others capabilities well. That might change this year, because there have been relatively few large, multi-unit missions in recent years.

The regional MRA also plays a role in the CSRB. Since Colorado has no minimum performance standards for search and rescue teams, CSRB members have been urged to adopt the MRA standards, tailored to their own environment and mission load. (It generally is not necessary for a plains team to master vertical evacs, although very handy in removing an auto accident victim from a deep gully.) Much of the CSRB training around the state is conducted by MRA members.

- Hunter Holloway -

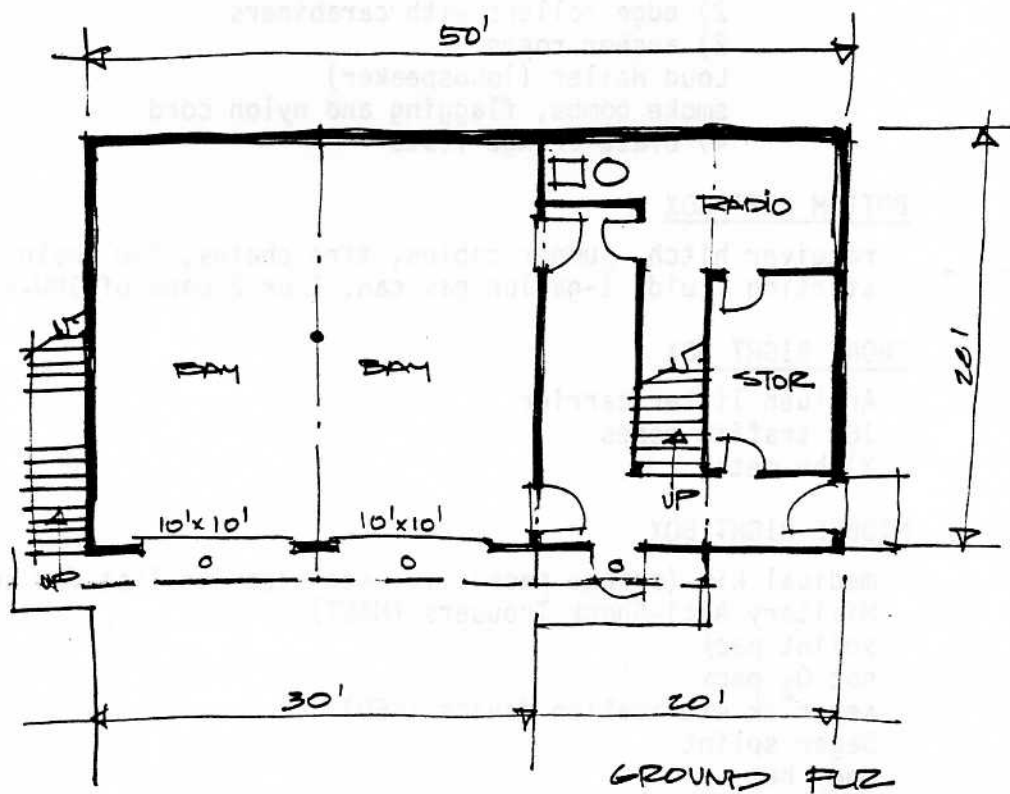
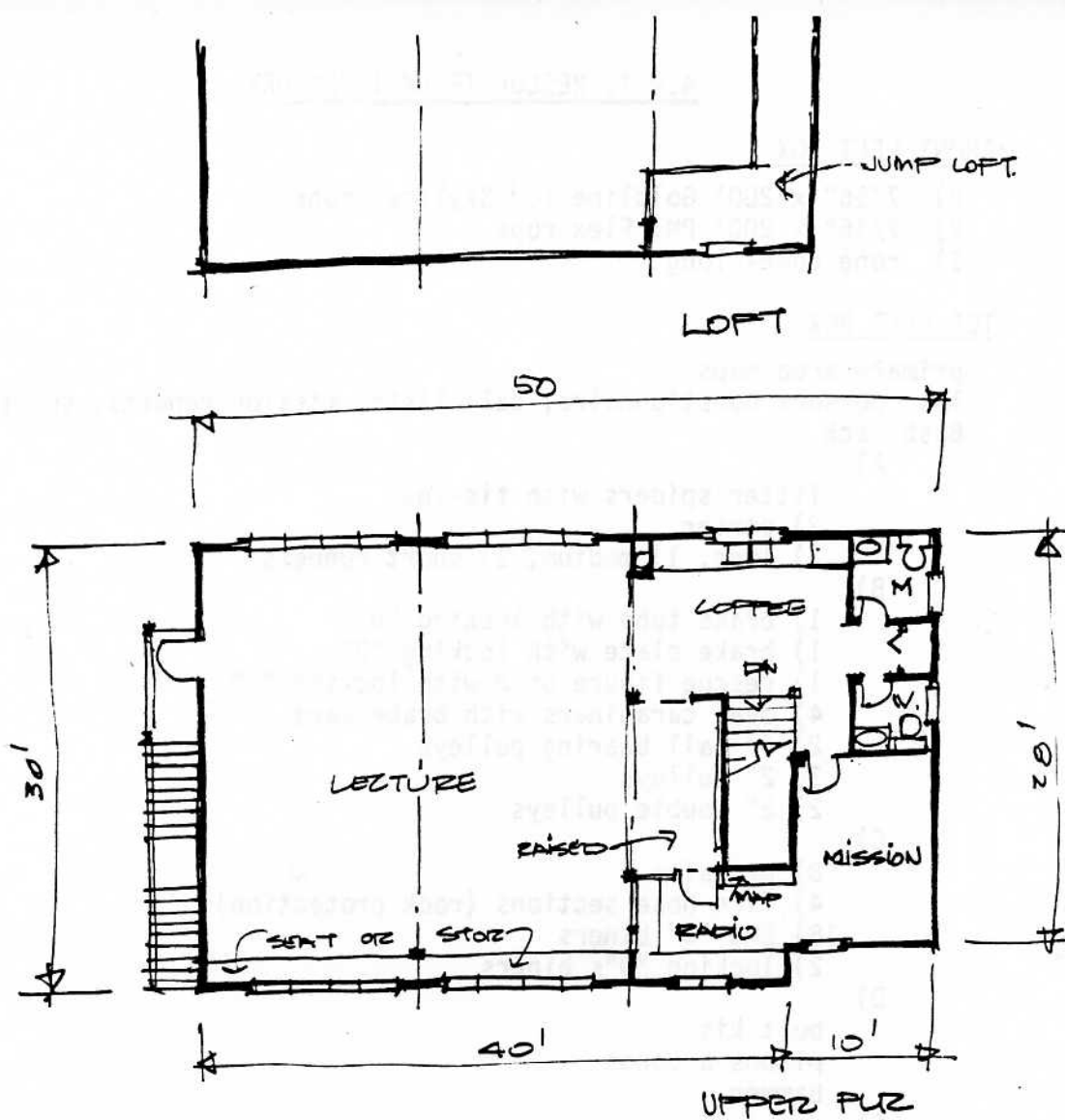
Where is Alpine relative to building a new Shack? Our goal seems to be elusive of late. What is needed now is a little behind-the-scenes long-range planning. The total effort has to be a broad-based, multidisciplinary one. The talent exists. It includes Team members who are contractors, builders, architects, business executives, students, computer programmers, scientists, communicators, managers & supervisors, entrepreneurs, educators, technicians, engineers, retailers, maintenance & repair specialists, bankers, media experts, craftspeople, and lots of other professionals and skilled labor types. There is not a single member who could not contribute to this effort in some meaningful way.

The new Shack can be built in one of two ways: 1) in a crisis mode where the situation becomes desperate enough to force people into action, or 2) in a deliberate, logical mode where milestones, objectives and prerequisites are realistically drawn up. These might include the following:

- resolution by the Board establishing reasonable priorities and "biting the bullet" on spending
- energetic fund-raising that includes: mass mailings of brochure having return form; a professional grant-writer working on commission; several well-planned charitable benefits
- community involvement
- a committee of "movers & shakers" to keep effort on track
- support from an ACTIVE Financial Advisory Committee; this group should be soliciting funds & making contacts
- donation of land, perhaps accomplished by advertisement or solicitation by no-fee realtor(s)
- contact with Building Trades Programs at local high schools, possibly leading to a contract as their yearly project
- file legal documents: zoning, well permit & drilling, etc.
- PUBLICITY! public service announcements, published articles, contact all service clubs (Elks, Kiwanis, etc.)
- meeting with selected Clear Creek "politicians & friends"
- at least \$50,000 in the bank to buy some building materials
- donation of some building supplies & possibly some services
- an old-fashioned barn-raising with hierarchy of supervisors, hammerers & cutters, haulers, food preparers, etc.
- a low mortgage rate

Insert "hard work" between every other item in this list. People thrive on accomplishment and enjoy being associated with a winning, worthwhile cause. A facility as illustrated by Rich Willhardt in this issue is worth about \$200,000 and could be built for \$100,000-150,000 with enough volunteer help. Rich's plans are just an example -- something to shoot at, discuss, stimulate thinking, and then change.

Having been through a similar barn-raising a year ago, I can say it was both educational and FUN. Bankers and housewives worked feverish side-by-side and built an ambulance barn in two days (excluding drywall & utilities). If Alpine wants it to happen bad enough, it will happen. But the dream will become reality only when a "critical mass" of optimistic attitude and positive thinking make at least 3 or 4 of the items above materialize.



A.R.T. RESCUE TRUCK INVENTORY

FRONT LEFT BOX

- 8) 7/16" x 200' Goldline (or Skyline) rope
- 2) 7/16" x 200' PMI Flex rope
- 1) rope come-along

TOP LEFT BOX

primary area maps

lost persons questionnaire, call lists, mission reports, spotting scope

Bash Pack

A)

litter spiders with tie-ins

2) etrier

1) long, 1) medium, 1) short runners

B)

1) brake tube with locking "D"

1) brake plate with locking "D"

1) rescue figure of 8 with locking "D"

4) oval carabiners with brake bars

2) 4" ball bearing pulleys

3) 2" pulleys

2) 2" double pulleys

C)

8) prussiks

4) fire hose sections (rock protection)

18) SMC "D" biners

2) locking "D"s biners

D)

bolt kit

pitons & bongs

hammer

E)

2) edge rollers with carabiners

2) anchor ropes

Loud Hailer (loudspeaker)

smoke bombs, flagging and nylon cord

4) blaze orange vests

BOTTOM LEFT BOX

receiver hitch, jumper cables, tire chains, tow chain, tool box,
starting fluid, 1-gallon gas can, 1 or 2 cans of 10W-40 oil

FRONT RIGHT BOX

Araluen litter carrier

18) traffic cones

2) helmets

MIDDLE RIGHT BOX

medical kit (orange pack)..... see separate list for contents

Military Anti-Shock Trousers (MAST)

splint pack

hot O₂ pack

Kendrick extrication device (KED)

Sager splint

body bag

Heatpac

F.Y.I.

REAR RIGHT BOX

- 4 pair snowshoes
- 6) ice axes
- 2) snow fluke
- 6) 36" picket's

BED

Smith sled
stainless steel litter and rescue bag
Thompson litter
scoop stretcher
1200' 5/16" aircraft cable
cable anchor slings
cable packs

Pack #1

- brake block
- strain gauge
- 2) Klien cable dogs
- shock absorber
- 15) steel locking "D" biners
- 2) Pear Links
- 2) pair cable goves

Pack #2

- 3) rope slings
- connector kit
- 2) Klien cable dogs
- 1) pulley

Pack #3

- 12 steel "D" biners
- 1) 30' cable sling
- 2) 25' cable sling
- 1) 15' cable sling
- 1) 10' cable sling
- 3) hydra cable sling

Pulley Pack

- 4) pulleys
- 2) fire hose sections

Repair Pack

Mast antenna
avalanche pack

- 2) large Ramer shovels
- 10) Echo II beacons
- flags
- 4) nylon cord
- fire extinguisher

GLOVE BOX

fuses
maps: Arapahoe, Pike, Routt, Roosevelt, Mt. Evans Trail
registration
insurance I.D.
Emergency Vehicle Authorization

- Dave Binkley -

ORANGE MEDICAL PACK CONTENTS

Kerlix 2	stethoscope 1
C-collar, 1 medium	50% dextrose injection, amp 1
wire splint 2	bag-valve-mask resusc. bag
burn sheet 1	adult bag-valve-mask O ₂ mask
multi-trauma dressings 1	oxygen connecting tubing
scissors bandage 1	suction bag
scissors trauma 1	sterile gloves, pair 1
hemostat clamp 1	bite sticks 2
tweezers 1	contact lens case 1
tape, 2 rolls, cloth	glycerine swabs
triangular bandages 4	tape 1in. ½", 2 rolls
surgipads dressings 5	sutures packs 2
space blanket 1	oral airways, set
bandage compress 2	nasal airways #32, 28, 26
Ace bandage 1	syringes, 20cc, 12cc, 1cc
Kling bandage 5	IV D ₅ W, 250 ml 1
bandaids, large 6	IV NaCl, 1000 ml 1
eye wash, bottle 1	extension tubing for IV 1
Betadine antiseptic, bottle 1	IV tubing (set up) 15 gtt/ml 2
cold pack 1	IV butterflys, 19ga, 20ga, 14ga
sterile pads 10	IV angiocaths, 18ga 3, 16ga 3
steri-strips, packs 2	latex constricting band (TK) 1
ammonia inhalants, box 1	
alcohol preps 10	
blood pressure cuff 1	

- Wayne Blubaugh -

NEEDED MEDICAL SUPPLIES

aluminum foil for sucking chest TX	penlight for ckg pupils
vaseline gauze dressings	extra angiocaths in
extra 4 x 4 pads	assorted gauges
surgilub	pack EKG electrode pads
pedi & adult O ₂ masks, non-rebreather	microdrip IV set-up 1
extra O ₂ connecting tubing	aspirin
suction tubing	Tylenol
cath & glove suction tubes	Glasgow Coma Scale chart
extra sterile gloves	large safety pins 5
ET tubes (sterile) 8.0-5.0	extra space blanket
Foley tray	aluminum D & E O ₂ bottles
blood tubes; red tops, gray tops, purple tops	
tubex syringe	
Instant Glucose, 2-3 tubes	
ipecac, 2 bottles, 30 ml each	
C-collars, large & small	
IV blood pump (10gtts/ml)	
NaCl IV solution, 2 1000 ml	
pocket CPR mask with O ₂ inlet	
heat packs, instant chemical, 4	
hypothermia thermometer (75-102°F)	
Pedi & child size BP cuff	
laryngoscope	
victim data cards	
nasal cannula, 2 sets	
3" cloth tape, 2 rolls	
turkey baster suction (manual)	

- W.C. Butler -

Oh no! Another Butler lecture cleverly couched in pitiful verse,
Be aware, an epidemic of Giardia, a Colorado disease getting worse

Maybe you've heard of it, "Beaver Fever" or "Montezuma's Curse",
"Revenge" is microscopic, victims soon their GI tracts will nurse

In all surface water, ingested cysts change to flagellate Protozoan,
Weakness and discomfort, this parasite in your intestine is growin'

One to nine unsuspecting days, the usual Giardia incubation period,
Diarrhea, fever, numerous flu-like symptoms.....a whole myriad

Victims feel poisoned, maybe cramps and vomiting, even a chill,
With headache, nausea, anorexia, the disease doesn't really kill,
Treatable with Atabrine or Flagyl, ten days on an expensive pill

Some people build resistance, becoming just infected carriers,
As 16% of day-care kids, Giardia in diapers covering derrieres

It gets into the ecosystem through human and animal waste,
Billion cysts per excrement, ubiquitous problem we're faced

It spreads through poor hygiene, the strategically placed stool,
Backpackers must bury feces, stopping outbreaks and being a fool

Untreated it can last several months, a most unpleasant effect,
Water once contaminated, ten miles downstream for years wrecked

Use iodine or purifiers, CSHD says you will still get mighty sick,
A 20-minute boil-to-foil, the ONLY way this critter YOU can trick

Loving cold water, surviving very well in snow and ice,
Filtration and massive chlorine prevents, heed my advice

A victim thirsty and weak, not knowing why, maybe he's a host,
Creepy yukky creatures inside, that is what I have diagnosed

The elderly are hit hardest, their bodies cannot tolerate,
Treatment for them and pregnant women really shouldn't wait

If you carry tap water on missions, thus playing it real smart,
You will avoid flatulence, the vernacular called bloat and f__t

Giardia victims in the field, possibly becoming severely dehydrated,
And Alpine may have a mission (yea!), need to get them evacuated

Cysts rhymes with gist, of which I hope you have not missed,
If you get giardiasis, my prose is wasted, and I'll be p__ed

So when thirsty, and the pond or stream you accidentally drink,
Carrier or victim you are, a MISTAKE called the Giardia link,
It's easy to prevent, just re-read this, then stop and THINK!

-W.C. Butler-

THE PERFECT ALPINE RESCUER

The following is taken from Emergency Medical Treatment by Nancy L. Caroline, MD, 1982, Little, Brown and Co., Boston, 581 Pages.

THE PERFECT EMT

In reality, the perfect EMT has yet to make an appearance, but when "he" does show up, it will be possible to recognize him by the following attributes:

1. He is highly DEDICATED to his job and to serving other human beings.
2. He has HIGH ETHICAL STANDARDS.
3. He demands the best of himself and takes PRIDE IN HIS WORK.
4. He is FRIENDLY AND PERSONABLE, able to get along well with others in his crew and other members of the health care team.
5. He is COURTEOUS AND SYMPATHETIC toward patients and their families. He shows concern for the patient and knows how to give effective, honest reassurance.
6. He has a VOICE THAT INSPIRES CONFIDENCE, and his conversation at the scene is appropriate.
7. He conveys a PROFESSIONAL APPEARANCE in his grooming, dress, and behavior. His uniform is clean and orderly, his hair is combed, and he has good personal hygiene.
8. He does not smoke in the presence of patients.
9. He is SELF-CONFIDENT, but not arrogant.
10. He has LEADERSHIP ABILITY and can quickly take control of a situation.
11. He keeps COOL UNDER PRESSURE, maintaining firm control over his emotions.
12. He is DECISIVE.
13. He is resourceful and ABLE TO IMPROVISE.
14. He is ABLE TO ACCEPT CRITICISM and learn from mistakes.

CALENDAR

April 10th, 0830-1600, AIDS, HERPES & HEPATITIS at Red Rocks Community College, \$15. call 988-6160

April 24-27th, EMTAC CONFERENCE, Holiday Inn, Northglenn, special classes April 21-23rd, approx. \$40 EMTAC members & \$80 non-members.

May 3-6th, 6th ANNUAL COLORADO SYMPOSIUM ON EMERGENCY CARE, at Tamarron, Durango; call Maxine Peterson 247-5702 in Cortez.

May 28 - Aug. 15, M-W-F, 0900-1300, EMT BASIC COURSE at Humana Mountain View, Thornton; \$195.00, call 451-7800.

NAME: Diana Wrenshall (photograph appears elsewhere in this issue)

AGE: 36

TEAM RANK: S4

BIRTHPLACE: Chicago, Illinois

HAVE LIVED MOST OF MY LIFE IN THE STATE(S) OF: Colorado

OCCUPATION: Full-time student, after being full-time working person for 15 years

SPOUSE'S NAME: Brian Wrenshall

HOW LONG A MEMBER OF ALPINE: 1 year

INTERESTS OTHER THAN ALPINE: XC skiing, snorkeling, searching for Protozoans, and singing

FAVORITE AUTHOR/PLAYWRIGHT, ACTOR/ACTRESS, & SINGER: Stephen King, Katherine Hepburn, Luciano Pavarotti, and Barbara Streisand

THE PERSON I ADMIRE MOST: Next to my horse, my husband (but not necessarily in that order!)

WHAT I LIKE MOST ABOUT BEING A MEMBER OF ALPINE: It has helped me with my fear of heights; Being part of a team whose sole function is to help others in trouble; "Team spirit" & the humor shared

FOR BETTER OR FOR WORSE, ASPECTS OF ALPINE THAT HAVE CHANGED MY LIFE-STYLE THE MOST: I'm not quite the chicken that I used to be as far as heights are concerned. I feel safer at the end of a rope providing it's through my full body harness.

FAVORITE TRAIL FOOD ON MISSIONS: carob covered raisins & nuts, Vienna sausage, cheese, yes even sardines, pudding cups & soft boiled eggs

FAVORITE SPORT: running, horseback riding, watching live Bronco games

SUBJECT I'D LIKE TO TEACH OR HELP TEACH FOR ALPINE: informing the public about Alpine (lectures for schools, etc.), talking to the kids about alpine

IF I HAD \$10,000 TO SPEND ON ALPINE, WHAT WOULD I BUY FOR THE TEAM: It seems to me we need several more litters for evac purposes and sleeping bags to fit them. We also need avalanche beepers. These should be readily available to all members. We are in short supply of them. Some of the money would be used to pay off the debt for the pagers that as of now the members are paying for. In the past the pagers were issued to those "most qualified". I realize the Team cannot afford to pay for all the members' pagers. We always need money for ropes and belaying equipment and maintenance of the vehicles (truck, snowmobiles, etc.). Improvements to the Shack.

MY BASIC PHILOSOPHY OF LIFE: Geez!!

THOUGHT FOR THE MONTH

The following was found anonymously in the SUGGESTION BOX on 2-18-86

"Coming together is a beginning; keeping together is progress; working together is success."

Henry Ford

HIGH TECHNOLOGY

The altimeter is a useful accessory to the Alpinist's pack; however, its versatility depends on an understanding of its operation.

the altimeter is nothing more than a barometer calibrated in feet or meters of altitude instead of inches of mercury. It works well when properly used, but to use it to determine elevation, it is necessary to set or calibrate it. This is best done at a trail head, lake, pass or other point of known elevation.

Setting the altimeter allows you to compensate for changes that are always taking place in the atmosphere. By doing this, the most accurate reading can be obtained.

Another useful technique is to note the altitude when you stop for a long time. You then know what altitude to reset after your stop, thus preserving the accuracy in an unknown area.

A side benefit of this technique is that the difference in the before and after readings will give you some insight into the weather trends to come. A camp or temporary station that gains elevation (decreasing pressure) can expect a trend to worsening weather. A steady camp portends stable weather, and a

camp that moves to lower elevation indicates improving weather conditions.

Costs for an altimeter run from approximately \$20 to \$200 plus. They all work on the same principle, so in the expensive ones you pay for an instrument that has better resolution and a higher quality mechanism.

When bad weather closes in, nothing beats the altimeter for helping find your position in zero visibility.

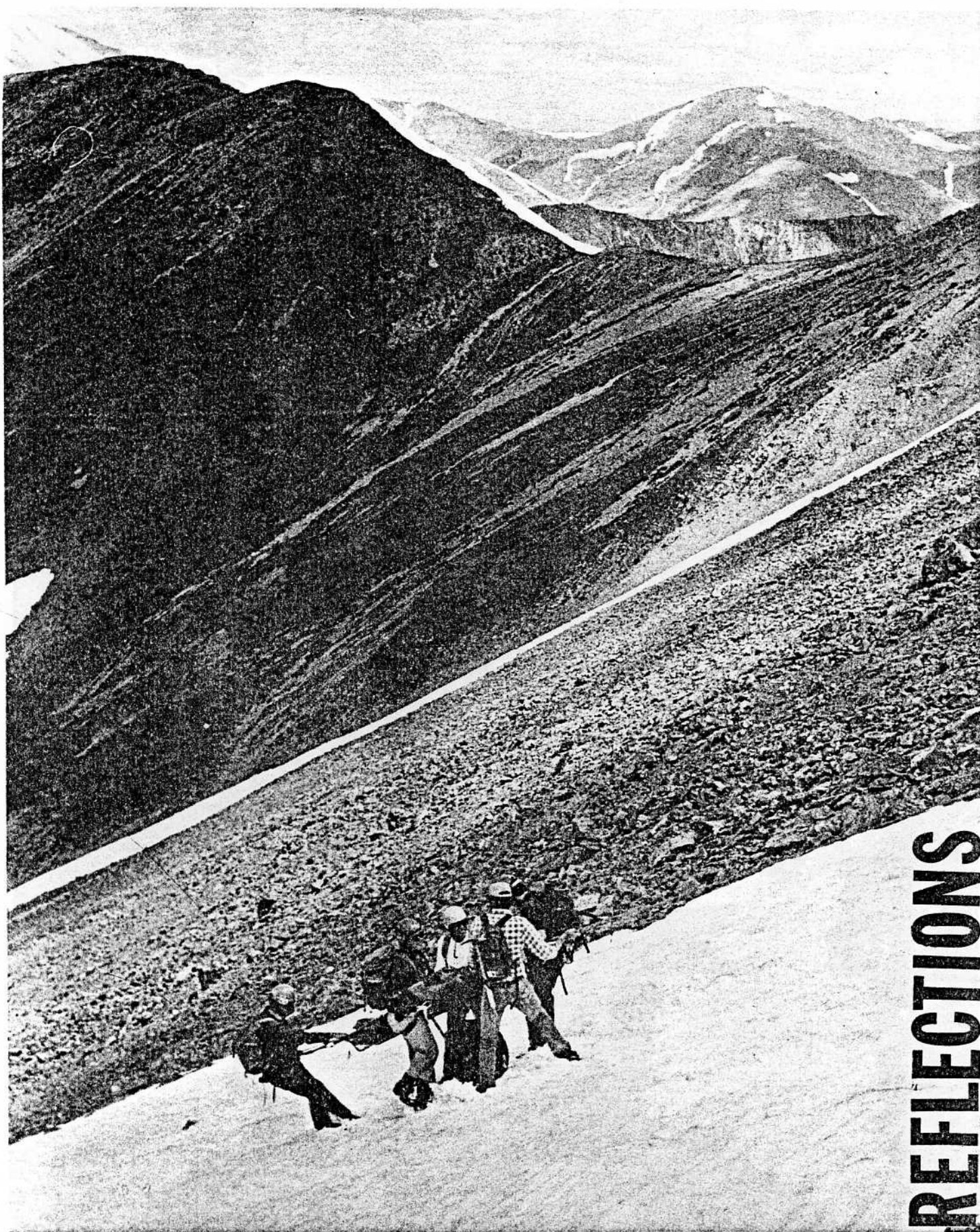
- Eric Rosenquist -

FIELD NOTES



- DIANA WRENSHALL -
Diana is this month's Spotlight Victim. She is also "Keeper of the Small Store" and the better half of Brian. In this photograph she is contemplating how to increase revenues.

-photograph by Butler-



Alpine Rescue Team assisting Summit County SAR, 7-20-84. Body recovery of an apparent suicide victim from Grizzly Peak. Second longest evacuation in Colorado history from Continental Divide to Arapahoe Basin ski area . Wheeled litter being used. The "sliding butt" belay invented here on snowfields. - photograph by Butler-



April 1, 1984, an Alpine team wades across Clear Creek (unexpected route) on a mock mission west of Golden. The water was cold and the latter half of this training was conducted in a snowstorm. The date was appropriate. Photo by Butler-



Guy DeLuca and David Deen wrap the back-up brake tube, just in case, while testing eight new brake tubes Alpine Rescue Team is offering for sale to other SAR teams. The main brakes for the tests at Little Cub (3-23-86) consisted of a tube anchored to a large tree, wrapped with three winds of the two belay ropes, backed up by safety prussiks. BOMB PROOF as possible!

- photograph by H.M. Paul -

THE ALPINE VOLUNTEER
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ALPINE RESCUE TEAM
Editor: W.C. Butler
Writers & Staff: Eric Rosenquist, Howard Paul, Bill Thomas, Brian Elliott

ALPINE RESCUE TEAM
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Evergreen, CO. 80439

TO:

MEMO

TO: All Rescue Truck Drivers
FROM: The Editor
RE: When pulling the truck
for missions or trainings
during 2200-0600 hours,
please keep the noise to
a minimum. Paramedics are
sleeping at the Ambulance
Barn.

CHUG-A-LUG, CONTINUED

The X-WHURD challenge as described in the February Newsletter is in effect until the May newsletter is published. At that time, the person who has the most correct solution will be declared the winner. Howard Paul has a new X-WHURD ready to go with the same great offer! Try his puzzle, learn something, and quench your thirst.