

MERIDIAN

Summer 2016



The Quarterly Publication of the Mountain Rescue Association

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New and Returning MedCom Members

-Sunscreen Info and Spring Conference Summary-

-Malibu SAR Support the Pink Patch Project-



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Summer 2016

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Cover Photo

On approach to Mt. Hood, OR for rescue operations. AWS1 Joshua Vest, Naval Air Station Whidbey Island, SAR Crew Chief.

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President's Message Summer 2016

By Bryan Enberg, MRA president and New Jersey Search and Rescue

I would not want to go a word further into my first president's message without saying THANK YOU to the dynamic duo of Dave and Laurie Clarke. Dave, you set a course for the continued success of the Mountain Rescue Association. Laurie, your work on The Meridian has given us a professional and engaging newsletter for the membership. We have some big boots to fill!

By the time you are all reading this issue of the Meridian, we will be a few weeks into the relaunch of the MRA Website (MRA.org), which has undergone some significant revisions. If you have not noticed the change, well, good! The first phase of this transition was to move our website as seamlessly as possible to a new hosting service and most importantly, to a newer more user-friendly Wordpress content management system. This change will allow more timely updates by our volunteer staff and more consistent technical support from the new host. This change will also enable us to relaunch our Moodle Learning Management System, home of our online Basic Helicopter Safety program. This program was counted on by several member teams and was very popular with rescuers outside our membership. We hope to have this back to full operational status in the next week or so. Stay tuned as Charley Shimanski our Education Chair brings new and exciting content to this page for the membership.

We are looking for high-resolution images of each team's logo for the site. Please take a look at your team's logo image on the MRA Teams page and make sure we are using the most recent and best quality image to represent your team.

We would also like to include links to each team's social media feeds if you have them. Please email those links to me and I will make sure to get them added.

"The MRA is an organization of teams dedicated to saving lives through rescue and mountain safety education. We do so by improving the quality, availability, and safety of mountain search and rescue."

Every day, new tools and techniques are being developed to make our jobs safer and more efficient, and every day, the MRA is building a more robust toolset to help share this information with the membership. Our Social Media and PMI/MRA Webinar series have

been resoundingly successful. My vision for the next phase of our online makeover is to use all of the tools we currently operate and to research and deploy new systems to further open the information sharing floodgates. Expect to see training videos, streams of conference panels and other content going up on our Learning Management System. One of my pride and joys was to put together the Near Miss Panel at the 2014 MRA conference. This panel, thankfully, has become a fixture of subsequent conferences, and I hope to see this featured in a very accessible and public way at all future conferences. We are also looking into methods to launch a Mountain Rescue Specific near miss reporting system.

"If I have seen a little further it is by standing on the shoulders of Giants."

Our organization has an incredible history that guides us to this day. Our member teams themselves have fascinating histories that have molded the development of the MRA. These are stories that need to be told and need to be captured before they are forgotten. Between initiatives started by the National SAR Memorial Project, the MRA Honor Guard, our archives and our history committee, we have a wealth of documents and artifacts. But much more still needs to be done. These groups will be working together to develop a coordinated plan to make more of this information available to the membership.

We are hiring!!!

Like your home teams, the work of the MRA is accomplished each day by a group of committed (sometimes overcommitted) volunteers. To keep this finely tuned machine working, we need your help. We have an outstanding and devoted team of volunteers who do significant amounts of work to keep up with the workload, but I would rather have dozens of hands hauling the load. We are looking for members interested in the following areas:

- Web Development / Wordpress
- Learning Management System Developers
- Social Media Managers
- Marketing and Public Relations

Keep a watch on our Facebook Page www.facebook.com/MountainRescueAssociation for more job postings! THE MRA NEEDS YOU!

I am very excited for this opportunity to work even more closely with the officers and members of the Mountain Rescue Association. Each and every day, you all exemplify the Courage, Commitment, and Compassion upon which the Mountain Rescue Association was founded.

Yours in service,

Bryan Enberg

President, Mountain Rescue Association
president@mra.org; Phone/Text 973-459-0635



Announcements

Team Newsletter Editors

The MRA would like to share your team newsletter on the new MRA website and on our social media feeds. If your team would like your newsletter shared to the membership, please forward your newsletter in PDF form to info@mra.org.

MRA Lister and Members Area

The current MRA Lister is down and unfortunately despite our best efforts cannot be restored. The MRA Web Development Team is working furiously on a project to migrate the organization to a Google based lister application. This will have several kilonewtons of new features that will benefit the membership. Keep your eyes on your inbox for the launch. During our web migration, we lost access to our members only area. This has been a challenge to get restored in a timely manner and we do apologize. We should have this back online shortly also with enhanced features.

Save the Date!

MRA Winter Meeting

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Malibu Search and Rescue and Los Angeles Sheriff's Department Join the Pink Patch Project

By Steve Marshall, Malibu Search and Rescue

Earlier this year Malibu Search and Rescue decided to join the Pink Patch Project and inspired the Los Angeles Sheriff's Department as a whole to join as well. The Pink Patch Project is a collaborative cancer awareness fundraiser in partnership with the Los Angeles County Police Chief's Association and many other L.A. County Police Agencies.

Currently, Malibu Search and Rescue is the only SAR team participating out of over 60 organizations.

The program centers on vibrant pink versions of the public safety officer's uniform patch. These bright pink patches were specially designed by each participating agency specifically for the #PinkPatchProject campaign, with some authorizing them to be worn on service uniforms. They were created with the intention to stimulate conversation with the community, and encourage public awareness about the importance of early detection and the ongoing fight against breast cancer.

The #PinkPatchProject is important for Malibu Search and Rescue as a whole because we believe it is a great cause. It is also person-



al, two of our team members have lost their wives to breast cancer in the last four years and others have wives who are breast cancer survivors.

The initial response to the Pink Patch Project was amazing, with the unique patches selling out the first week. Malibu Search and Rescue had more patches made and are available by emailing store@malibusar.org or in person at the Lost Hills Sheriff's Stations Open House on November 5th, 10:00-15:00.

For more information regarding the #PinkPatchProject and Malibu Search and Rescue's involvement, or if your SAR team wants to make your own patch for 2017, please reach out to Steve Marshall at R05@malibusar.org.



Dave Katz and Steve Marshall of the Los Angeles County Sheriff's Department show off their pink patches. Steve Marshall



MedCom: Sunscreen

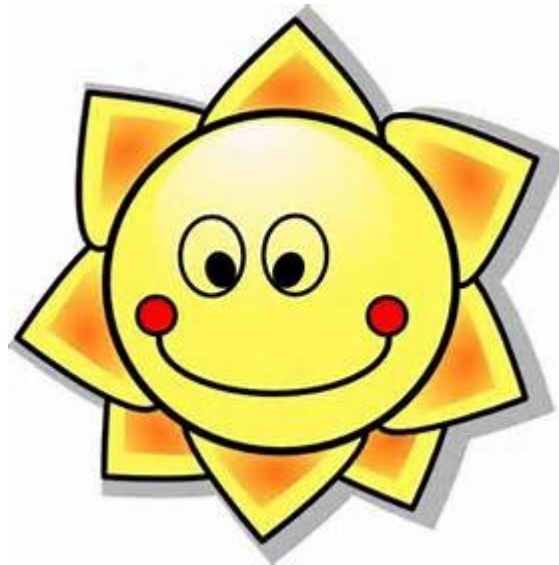
*By Ashley Hooper, B.S. University of Colorado, Colorado Springs
and Tim Hurtado, DO, FACEP. El Paso County Search and Rescue*

Sunburns are irritating and can be worse than a mere annoyance. Sunburn can cause dehydration, intense pain, and may lead to infection. Repeated sunburns are a risk factor for skin cancer. Photo-protection, using a sunscreen or barrier, is always recommended during all daylight hours, even when overcast. Ultraviolet (UV) light is the primary cause of sunburns. UV light can penetrate through clouds and reflects off surfaces such as snow and water. Luckily, sunburns are preventable.

The best protection from sunburn is a physical barrier (being indoors, clothing, shaded areas, etc.). Clothing that protects against UV radiation is available. Dark and thick clothing with a tight weave provides the best results, but is only practical for cold conditions. In warmer environments with more intense sunlight exposure, light colors with thinner fabric are effective in limiting sun exposure. When wearing lighter weight clothing, it is advisable to apply sunscreen beneath to the skin before putting on the clothing. In general, cotton and nylon shirts provide Ultraviolet Protection Factor (UPF) 8-10 and 15-20 UPF respectively. Therefore, if one wishes to have more protection, clothing with additional UV absorbing chemicals impregnated in the fabric must be obtained. Protection of the face and back of the neck with a wide brimmed hat are ideal. Eye protection is also recommended. Sunglasses with UV protection can shield the eyes from radiation (the cause of snow blindness or UV keratitis), as well as other dangers that can be encountered on SAR settings.


When reaching for sunscreen, one should choose broad spectrum coverage that provides protection from all harmful UV wavelengths. The Sun Protection Factor (SPF) of sunscreen is widely misunderstood. SPF refers to the length of time that skin can be exposed to sunlight before burning compared to how long the same skin without sunscreen can be exposed before burning. For example, if unprotected skin would burn in 10 minutes sun screen with SPF15 would increase the time before burning 15-fold to 150 minutes.

Sunscreen should be liberally applied initially and liberally reapplied every 2-3 hours. Water resistant sunscreen is available. It must be reapplied every 40-80 minutes, depending on brand, to sustain desired protection and should be reap-




plied after swimming. Sunscreens that are water resistant are required to clearly state if reapplication should be every 40 minutes or every 80 minutes. A good rule of thumb is 2 tablespoons of sunscreen (regardless of SPF rating) for the face, arms and legs for each application (about the amount to fill a shot glass or the size of a golf ball).


Anyone spending time outdoors for more than 30 minutes should use a minimum of SPF 30 sunscreen or clothing.



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MRA MedCom Bios

The MRA MedCom is a group of medical experts that are active members and medical directors of member teams. In addition to mountain medicine, our expertise includes wilderness, international travel, tactical, and military medicine. MedCom produces a quarterly medical column for Meridian and occasionally answers questions to MRA members. The original chair was Dr. Bill Clem, followed by Dr. Ken Zafren, IKAR MedCom Delegate, and Dr. Skeet Glatterer, immediate past chair and IKAR MedCom Alternate Delegate. Dr. Christopher Van Tilburg is the current chair.

Cassie Lowry Edmark

Cassie Lowry Edmark is an osteopathic medical student from Washington State with a W-EMT background and active status in mountain rescue, SAR, and ski patrol. In addition to developing her career as a physician, her focuses are on the advancement in clinical research in hypothermia and altitude with the pre-hospital application of this knowledge in austere environments.

Skeet Glatterer, MD, FAWM

Skeet Glatterer, MD, FAWM, is a cardiothoracic surgeon with a longstanding interest in outdoor medicine. Active with the Wilderness Medical Society since 1999, he has continued to serve as an instructor for WMS-affiliated Advanced Wilderness Life Support courses, and for a private company for AWLS, and Wilderness EMT courses. This led to serving as an expedition physician for several guided climbing companies. Involvement with mountain rescue began in 2004 with the Alpine Rescue Team in Colorado, where he is the team's Medical Director. A past ski patroller, he is a contributor, and Instructor Trainer, for the National Ski Patrol's Outdoor Emergency Care publications and programs. He is a current Member at Large for the MRA, an alternate ICAR MedCom delegate, and past Chairman for the MRA MedCom.

Timothy R. Hurtado, DO, FACEP

Timothy R. Hurtado, DO, FACEP practices Emergency Medicine in Colorado Springs, Colorado. Prior to medical school, he worked as an EMT and firefighter for the US Forest Service as a Hotshot and a Smokejumper. He has been active with Search and Rescue locally and with the US Park Service. He served four years overseas including tours in Iraq and South Korea. After his military service, Dr. Hurtado was a faculty member at Denver Health Residency in Emergency Medicine. While in Denver, he remained active in TBI research, medical student education and

wilderness medical education. He has published numerous articles and book chapters and remains active in EMS, medical education, search and rescue, wildland fire medical preparedness, and traumatic brain injury initiatives. He is currently Medical Director for El Paso County Search and Rescue, El Paso County EMS North Group Consortium, and Penrose-St. Francis EMS Institute and Assistant Medical Director for Colorado Springs Fire Department and Teller County EMS Consortium.

Jeff Isaac, PA

Jeff Isaac, PA, is an emergency medicine PA and the director of the GVH Mountain Clinic in Crested Butte, Colorado. He is a team leader with Crested Butte SAR and has been an instructor with Wilderness Medical Associates since 1981, and the curriculum director for the company since 2004. He is the author of *Wilderness and Rescue Medicine* and *The Outward Bound Wilderness First Aid Handbook* as well as numerous magazine articles on wilderness, rescue, and marine medicine. He is a US Coast Guard licensed captain and a former Outward Bound instructor and course director.



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Alison Sheets, MD

Alison Sheets, MD is the current medical director and active field member of Rocky Mountain Rescue Group, one of the oldest and busiest MRA teams in the country. She is currently working as an Emergency Physician in Longmont, Colorado and has previously worked as a professional climbing guide and ski patroller. Dr. Sheets is the current Region Chair for the Rocky Mountain Region of the MRA and was elected to the alternate delegate position of the Terrestrial Commission to ICAR.

Will Smith, MD

Will Smith, MD practices Emergency Medicine in Jackson Hole, Wyoming and is clinical WWAMI faculty for the University of Washington School of Medicine, as well as the Medical Director for the US National Park Service. Locally, he serves as the Co-Medical Director for Grand Teton National Park, Teton County Search & Rescue, Bridger Teton National Forest, and Jackson Hole Fire/EMS. Dr. Smith also serves as a Lt. Colonel in the U.S. Army Reserve Medical Corps, recently completing his 3rd Middle East deployment. LTC Smith has practiced medicine around the world on 6 continents, from the 'Baghdad ER' to Easter Island. His combat experience combined with his pre-hospital EMS experience as a Paramedic, and his technical Search and Rescue skills have lead to numerous speaking engagements at Wilderness and EMS conferences/seminars around the world. Dr. Smith has also been appointed to several national committees (American Heart Association), authored numerous book chapters and consensus guidelines on Wilderness and Rescue Medicine, and serves as a Subject Matter Expert for DARPA. He has founded and runs Wilderness and Emergency Medicine Consulting (WEMC), LLC.

Don Slack, MD

Don Slack, MD, is a 54 year-old Pacific Northwest native and longtime Mountain Rescue member, currently active with both Skagit and Bellingham Mountain Rescue. He practices Emergency Medicine in Mt Vernon, Washington and is long-time medical advisor for North Cascades National Park. He is board certified in emergency medicine and emergency medical services.

Christopher Van Tilburg, MD

Christopher Van Tilburg, MD is medical advisor and active field member for Crag Rats Mountain Rescue in Hood River, Oregon. He works in the Emergency Department, Occupational and Travel Medicine Clinic, and at Mountain Emergency Services for Providence Hood River Memorial Hospital. He is author of 11 books, including Mountain Rescue Doctor (St. Martins, 2007) and Search and Rescue Stories (in press). He is current chair of MRA MedCom.

Mike Vorachek

Mike Vorachek belongs to the Bonneville County Sheriff's Search and Rescue in Idaho Falls, Idaho. He became an EMT in 1972 and maintained his certification until his retirement in 2014. In addition to his SAR work, as a Reserve Deputy he served as the Tactical Medic with the Bonneville County SWAT team for 15 years. Mike was also a Wilderness EMT and EMT Instructor.

Ken Zafren, MD

Ken Zafren, MD, is an emergency physician in Anchorage, Alaska and a Clinical Professor in the Division of Emergency Medicine at Stanford University Medical Center in California. He has many years of experience in mountain rescue, starting with Rocky Mountain Rescue Group in Boulder, Colorado in the mid-1970s. Dr. Zafren is a Medical Advisor for the Alaska Mountain Rescue Group and has served as Medical Director for the Denali National Park Mountaineering Rangers. He is a past Chairman of the Medical Committee of the Mountain Rescue Association and represents the Mountain Rescue Association as a Vice President of the International Committee for Mountain Emergency Medicine.

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MRA Spring Conference Wrap Up

By Tiffany Royal, Olympic Mountain Rescue

Between the Salish Sea and a 6,000-foot tall mountain range comprising of Mt. Angeles and Rocky Peak, Olympic Mountain Rescue hosted a successful MRA Spring Conference over the week of July 8 - 12, 2016. For those joining our conference early, we had a jam-packed line-up of mountain climbing, swift water rescue, wilderness aircraft extraction, technical self-rescue and SAR mapping demonstrations. Fueling these activities was an amazing amount of swag from SMC, Base Camp Brewery (beer), Sterling, and Mountain House.

The regular conference itself included classes in five separate tracks, plus THREE helicopter demos, an open-tap BBQ, various field events including rigging classes, radio demonstrations and snow and ice anchors systems. The breadth of topics in the classroom included discussions on hypothermia, crime scene investigations, drones and UAV technologies, women in mountain rescue, cave rescue and using today's modern technology of smartphones in the backcountry.

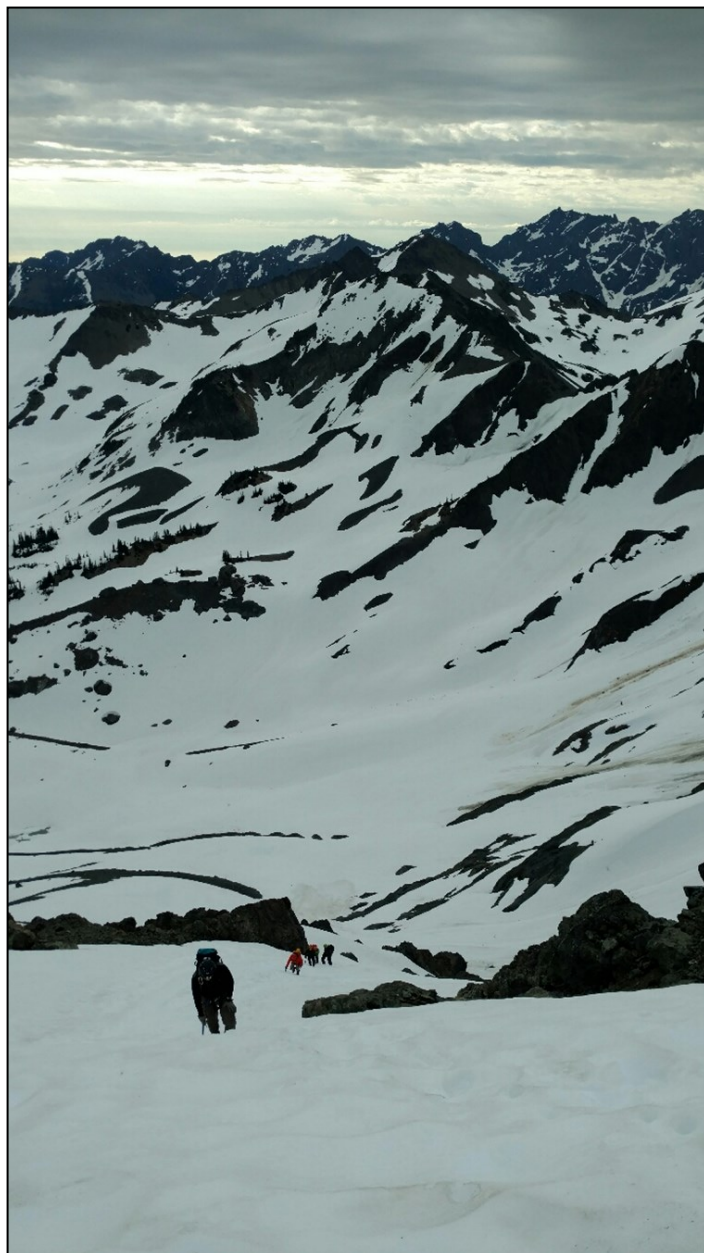


Rescue swimmer demonstration. Jeremy Johnson

Field participants were treated to typical Northwest weather, with the arrival of an unplanned rain shower during Friday's field events. In typical fashion, it cleared up for the evening BBQ and Coast Guard helicopter demo.

Keeping all of this running smoothly was the team at Olympic Mountain Rescue. We all chipped in, and it was amazing to see what we could do. During and after the conference, we've all patted each other on the back for a job well done and grew as a team from this experience.

It was an honor for our small team of nearly 40 members to host MRA's annual event allowing us to see old friends, meet new ones, and put names with faces we'd heard and read about for years. Our team is especially thankful for our team sponsors, CMC Rescue, ArcTeryx and Island Rock Gym.



John Gussman



Helicopter training. Terry Hiatt



Pickoff training. Laurie Clarke



Founders' tartan. Jerry Heilman



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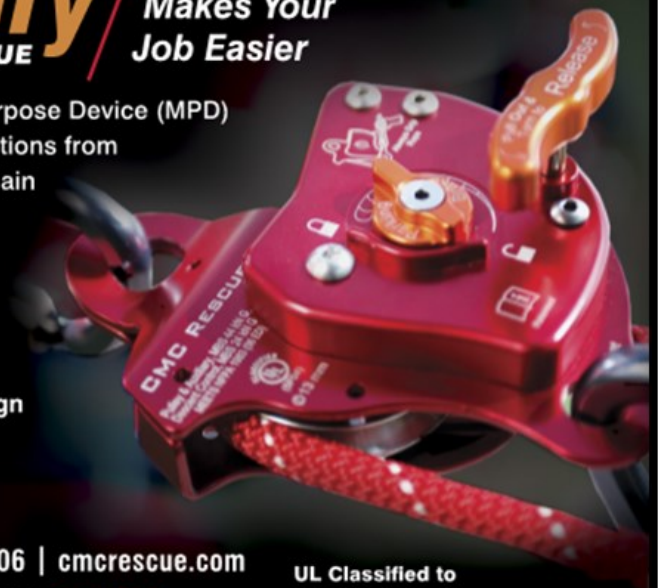


Photo Gallery



Searching the Whitewater glacier on Mt. Jefferson, OR. Todd Lemein



Crevasse checks on Mt. Jefferson, OR. Nate Meehan.

Photo Gallery



Neil Van Dyke (Stowe MRU) and Dave Clarke (Portland MRU) both past MRA presidents take a moment to catch up. Laurie Clarke



Marty Lentsch, Central Washington Mountain Rescue Council, presents information about a project for a SAR Memorial at the 2016 MRA Spring Conference. Laurie Clarke

NEVER ALONE.

Photo: Fredrik Marmelander Photography Rider: Matt Swenson

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Editor's Notes—

Thank you all for the patience with this issue of the Meridian. The proper fall issue is coming soon! I hope to hear from you with article ideas, thoughts on new and old equipment and techniques. I'm sure there are great article ideas that you all have and I would love to hear them. I hope your summer searches went well and the fall is looking up.

Todd Lemein



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