



CSRB Newsletter

Serving the Colorado Search and Rescue Community since 1970

www.coloradosarboard.org/

Q1 2016

CSRB Membership Meeting

February 27th, 2016
12:00

Colorado Division of
Homeland Security &
Emergency Management
9195 E. Mineral Ave, 2nd
floor, Policy Room
Centennial, CO

The Colorado Search and Rescue Board (CSRB) is currently using a tele-phone conferencing program through PGi for our meetings. There are two access numbers:
Denver area - local call - (720) 379-1226
Toll Free - 1- (855) 675-3394
To join the program dial whichever number works the best for you and then enter the conference ID # - 829445.

**REMEMBERING OUR FRIENDS
AT FLIGHT FOR LIFE:
Here's a picture
of Pat Mahany at the controls.
RIP.**



CSRB Annual Membership Meeting Minutes

14 November 2015

Alpine Rescue

Evergreen, CO

Director Attendance:

Note: An "X" indicates attendance. A "P" indicates attendance via phone

Paul Woodward President	X	George Janson VP	X	Dan Remsburg Secretary	X
Mark Rowland Treasurer		Greg Foley Director	X	Tim Schlough Director	X
Jeff Sparhawk Director	X	Tim Holden Director	X	Frank Tadeo Director	X

Also on phone via Conference Call: None

Meeting started at 1301 hrs.

Introductions:

Sign-in Sheet for those in attendance.

Minutes:

Consensus approved minutes from General Meeting of 5/16/2015 in Boulder.

Consensus approved minutes from General Meeting of 8/8/2015 in Aspen.

Administrative:

The old PO Box has been closed out with the \$1.00 deposit returned. Mike McDonald forwarded the funds to the President in the Treasurer's absence.

Discussed having more than the standard two contacts for each team so the newsletter, minutes, etc. get promulgated thoroughly through every team.

Update on the teams applying for CSRB membership and the current list.

MLSO Class:

Had 3 instructors for 30 people. Brought in \$4500 with about \$2500 in expenses. Used 10 scholarships.

The on-line registration seemed to work well. The instructors have received the new materials but want to review them before using them in a class. Need more committed instructors. Mesa County may want a class in the spring and Douglas/RMR want a class, too.

Election of Directors/Officers:

Nominees for the 4 open Director Positions:

- Jeff Sparhawk - Front Range Rescue Dogs
- Tim Schlough - Summit County Rescue Group
- Mark Rowland - Fremont County IMT
- Greg Foley - Grand County SAR

Nominees for the 4 open Officer Positions:

- President: Woody Woodward - Alpine Rescue Team
- Vice President: George Janson - Larimer County SAR
- Secretary: Dan Remsburg - Rocky Mountain Trackers
- Treasurer: Mark Rowland - Fremont County IMT

Nominees for the Director positions approved by consensus.

Nominees for the Officer positions approved by consensus.

Other:

Boulder County has renamed their radio channels.

Homeland Security: Resource typing is still going on for the state.

(Continued from page 2)

Coordinator: 81 calls with 42 incidents since mid-July. Most for helo resources and PLB. Do not have multiple air requests coming in for the same incident. Best to run all air requests through the on-call coordinator. Be aware of all available air assets.

Mission Reports/Lessons Learned:

Grand - Couple lost on Byers Peak. Pinged phone but was non-determinant. Subject moved.

RMR – Multi-day suicide search

Western States – Don't underestimate your confinement!

Next Meeting:

TBD

Training to follow this meeting!

Meeting adjourned at 1415.

Submitted,
Dan Remsburg
CSRB Secretary

On behalf of the CSRB Directors, we would like to wish everyone a happy and safe 2016!

For all CSRB members, we will need all of you to please visit the website at <http://www.coloradosarboard.org/JoiningCSRB.shtml> so that you can renew your dues. Please note that the 2016 dues for Associate Members is now at \$50 per year.

We would like everyone to please submit their dues for 2016 by January 31st.

For the SAR Teams, please note that in addition to your submitting the contact information for your administrative and operational folks, you can now list 3 additional members on the application that will added to the CSRB List Server list.

Your CSRB Board of Directors,

**Paul “Woody” Woodward
George Janson
Dan Remsburg
Mark Rowland
Greg Foley
Jeff Sparhawk
Tim Schlough**

Managing Land Search Operations (MLSO) Class

Leonard Ginther

I just finished a Managing Land Search Operations in Buena Vista, October 4-3 and 10-11 2015. This class was attended by members of Alpine Rescue Team, Arapahoe Rescue Patrol, Chaffee County SAR North, Conejos County Sheriff's Office, Custer County SAR, Grand County SAR, Larimer County Sherriff's Office, Mesa County SAR, Mineral County SAR, Mountain Rescue Aspen, Otero County Sheriff's Office, Saguache County SAR and Summit County Rescue Group. In this class all 30 people completed the course.

Managing Land Search Operations class is a 4 day class presented over two weekends that covers a variety of topics to prepare SAR responders to be search managers. Each day has a map problem for students to apply learned techniques.

To host the class the board asks for a minimum of 9 students. These people do not have to be from your own team they can be a combination of local teams. We encourage the interaction of multiple teams as it gives the students the experience of multiple perspectives. CSRB provides the books and handouts and presentation materials. All we ask is a place to present the information and the participation of the students.

The Colorado SAR Board does provide other classes: ERI's Managing Land Search Operations, Command and Staff and soon Plans Section Chief. CSRB also has available speakers on several topics listed on the CSRB WEB page under Training: Speakers Bureau.

Plans Section Chief is a NASAR class and requires completing the final test with 70% or better to get certificate. This is a three day class that covers Search and Rescue specifics on the planning section.

Command and Staff is another 3 day class that is an opportunity to put experienced command staff together for a large map problem to tackle challenges presented by a multi-operational period exercise.

Currently the Board has NASAR examiners for the SAR Tech II and III tests. These examinations require some serious set up and the examiners need time to set up this process. This can be a full day of activities and must be completed to NASAR's specifications.

Colorado SAR Board has a good selection of instructors and I would like to thank all of them for their support over the years I was Training Director for the Board.



The 39th Annual Avalanche Rescue Seminar

Presented by:
 The Summit County Rescue Group
 February 20-21, 2016



A two day Avalanche Rescue Seminar designed specifically for members of Search and Rescue groups will be held on February 20-21, 2016. The Colorado Avalanche Information Center, Colorado Search and Rescue Board and the Summit County Rescue Group sponsor this seminar.

The basic level will feature instructors from the Colorado Avalanche Information Center and SCRG. The basic level is limited to 100 people. The advanced level will feature local guest speakers, CAIC forecasters and others.

Cost: Basic & Advanced - \$100/person, includes all course materials and handouts. Coffee, refreshments and lunch provided

Location: Summit County, CO

Saturday - Colorado Mountain College, 107 Denison Placer Rd, Breckenridge

Sunday - Outside all day.

Schedule: Saturday, February 20, 2016

7:30 a.m. - 8:00 a.m. Registration

8:00a.m. - 8:30 a.m. Introductions

9:00 a.m. - 5:00 p.m. Lectures, slide shows and interactive discussion
(Lunch Provided), afternoon will have outside time

6:00 p.m. Optional Social Gathering in Frisco *(cost not included)*

Course Outline - Please check online at our website for the Basic and Advance course outlines: www.scrg.org

Sunday, February 21, 2016

8:00 a.m. - approximately 3:00 p.m. Field Work - Advanced and basic will have own session.

Avalanche simulation and rescue work, 1/2 mile ski or snowshoe trip over easy but uphill terrain (please keep in mind high altitude and cold considerations). Bring nordic/backcountry skis and/or snowshoes, warm clothing, food and any avalanche gear you have available (beacon, shovel, probe). All other equipment and materials are provided.

Further Information:

Please contact: [David Dellamora](mailto:David.Dellamora@scrg.org) at 970-406-1075 or toufurther@gmail.com,
[Brent Herring](mailto:Brent.Herring@scrg.org) at 412-719-4440 or bwherring@gmail.com

Hotel Information: There are rooms blocked at the La Quinta in Silverthorne. Please contact us for info or check our website at www.scrg.org.

Directions to Colorado Mountain College:

107 Denison Placer Rd., Breckenridge, CO 80424. This located just north of Breckenridge off Highway 9 and Coyne Valley Road.



Registration

For registration, send the check to: SCRG c/o Brent Herring · PO Box 1814 · Breckenridge, CO 80424.

Checks made payable to Summit County Rescue Group.

Name: _____ Phone: _____

Mailing Address: _____ Group Affiliation: _____

Email Address (used for registration confirmation): _____ Level (please check one): Basic Advanced

Letter from the President



In looking back to last year, the CSRB Board of Directors feel this was a very successful year for our organization and our members. We started the year by joining forces with the Mountain Rescue Association, the National Association for Search and Rescue and the Larimer County SAR Team in sponsoring SARCON 2015

in Estes Park. It is our understanding that this was one of the most successful joint National SAR Conferences in many years with over 360 participants and 51 presenters.

In addition, CSRB held one (MLSO) Managing Land Search operations class in Chaffee County this year. This was also a very successful class with 30 participants from 14 different agencies. We would like to thank Chaffee County SAR North for hosting this class and also thank our instructors (Leonard Ginther, Dave Thorson, and Greg Foley) for all their work during this 4 day class.

In 2015, the CSRB Board of Directors made the decision to provide scholarship funds for both SARCON 2015 and the MLSO class. It is our hope in 2016 that we will continue to provide scholarships for other educational opportunities for our members.

And finally, the CSRB Board of Directors made the decision to try and provide a training component every time the CSRB membership gets together. The first time this was done was at the November Annual Meeting where we were fortunate to have Mission Coordinators, Darin Carlson (RMRG) and Loren Pfau (ART), provide training on the use of cellular forensics and their use in Search and rescue.

Starting in 2016, the next Meeting/training will be on Saturday, February 27th. This meeting will be held at the Colorado Division of Homeland Security & Emergency Management in Centennial, CO. There will be an opportunity to get a tour of this facility after the training. A map and address is on the CSRB calendar on the website.

The training component on February 27th will be dealing with the State SAR Fund Glory Ortega, who is the current Program Manager, will be on hand to talk about the

SAR Fund and the new online system that is to be used for Mission Reimbursements and filing your Year-end Applications. In addition, we hope to have 3-4 members of the current Search and Rescue Fund Advisory Council on hand to answer any questions that you might have.

One change that occurred after the Advisory council meeting in January of 2016, was to update the Search and Rescue Fund Standard Operating Guidelines. These updated guidelines are now posted on their website at <https://www.colorado.gov/pacific/dola/search-and-rescue-fund> We encourage all Sheriff's and SAR Teams to review these guidelines prior to the February Training. There is also a new tutorial video online that will assist you in the online filing system. Everyone is encouraged to watch this video and then come to the training with any additional questions that you might have.

If you are unable to attend the upcoming February CSRB Meeting/Training in person, we would encourage you to use our Phone conferencing system. We have two access numbers for you to use when calling in:

Denver Area: 720.379-1226

Toll Free: 1 855.675-3394

To join the conference, dial which ever number above works best for you and then enter the conference ID #: 829445

In conclusion, I would like to personally thank Tim Holden (RMRG) and Frank Tadeo (ART) for their two years of service as Directors for the CSRB Board. We thank you for your commitment and dedication to CSRB.

If you or your SAR team, Sheriff's office, or agency has ideas, thoughts, or concerns, I hope you'll pick up your phone and call me at 303.434-6116. I am looking forward to hearing from you. woody@horizonadventures.com

Paul "Woody" Woodward

**PTSD and Mountain Rescue
'Dealing with your Feelings'
Skeet Glatterer , MD , FAWM**

It is now accepted that post-traumatic stress disorder (PTSD) is a form of anxiety that can result from exposure to any emotionally traumatic event (not just a wartime experience)- events that can easily be experienced by mountain rescue personnel. When these events cannot be processed well emotionally , a continuation of the stress may lead to anxiety or fear felt during similar future situations or may resurface long after the situation has passed. When not addressed , emotional issues can lead to serious functional or even tragic behavioral events. Though not always obvious , symptoms can cause personality and cognitive changes from re-experiencing events , attempting to avoid situations causing re-experiencing and a continued presence of anxiety leading to being tense and on edge , angry outbursts and difficulty sleeping. These issues with anxiety/depression can lead to an inability to function properly (especially in stressful situations) and to be a danger to others when emotional stability is an issue. Many of us are painfully aware of the impact of these PTSD related issues on rescuers.

Outside Magazine January 2011 published a comprehensive article of PTSD , and its effects specifically on rescuers , by Hampton Sides entitled " The Man Who Saw Too Much." (www.outsideonline.com) Sides also quotes three MRA members who describe PTSD as an issue where " the overriding symptom is a patients tendency to re-experience traumatic events with a vividness and clarity that is often indistinguishable from the original event." It relates the story of Mike Ferrara , a Sheriff's Deputy ,ski patroller and Mountain Rescue Aspen member , and his journey through the phases of PTSD.

In the Spring 2013 Meridian article Tom Wood wrote about the increased incidence of suicide with first responders , professional rescuers and law enforcement officers. Wood quoted Sally Spencer-Thomas ,a nationally-recognized psychologist specializing in suicide prevention : " first responders are especially vulnerable to the after effects of suicide" and that if these issues are not addressed , they can " grow into a disorder ." In other studies , 22% of firefighters showed PTSD symptoms , as did 20% of EMS workers.

Over the past 30 years public awareness and understand-

ing of PTSD have increased , however much remains to be done to address prevention , recognition and treatment. This includes the need to remove the stigma of PTSD , by changing the pervasive macho mentality- " just buck-up and tough it out ." This requires a shift in thinking both by the person affected and the team mates . PTSD cannot be rehabilitated in the same way as a tweaked knee. There are more serious , deep seated and long lasting psychological issues that need professional intervention. The signs of PTSD may be easily overlooked , with tragic consequences. We need to be focused in our efforts to know and look for the signs in our teammates. We also need to be proactive with our efforts to make counseling available. It's not enough to casually make counseling available by offering it in front of a large group (such as a debriefing) , rarely will many respond. We should actively pursue our teammates in private to offer help , and not just say it is available. A lot of help may be "available" , but may not be taken for many reasons. Critical Incident Stress Debriefings (CISDs) may be helpful , and evidence shows that smaller groups and one- on- one counseling is likely to be more effective. Resources are often available from the County Sheriff's Office , other local groups and groups with military connections. It is important that resource personnel have experience and follow-up capabilities.

Treatment may need to be long term and is a combination of psychotherapy ("talk therapy") , behavioral therapy (to desensitize remembering) and medications (mostly with antidepressants) .

It's important to look after all of our teammates. We should embrace the motto of the Firefighters Behavioral Health Alliance (FBHA): " Saving those who save others ." All medical articles for the Meridian are reviewed and endorsed by the MRA Medical Committee;however, this article is for general information only. The MedCom makes no representation regarding the medical or legal information provided , and the views expressed do not necessarily reflect those of the MRA.

As always , your suggestions and comments are encouraged – either directly to the author , to me , or via the ListServ to the MedCom.

Skeet Glatterer , MD , FAWM
Alpine Rescue Team , Evergreen , Colorado
Chairman , MRA Medical Committee
At-Large Member , MRA
Glatterer@comcast.net 303-880-9922



P.O. Box 631452
Highlands Ranch, CO 80163

Yes, I Want to Support the new Colorado Mountain Rescue History Center!

I would like to make a tax-deductible gift in 2016 of: \$_____. Please note that we can only accept checks for this donation. Please add "History Center" to the memo of your check.

I would like to make a tax-deductible pledge of: \$_____ in 2015 for the Colorado Mountain Rescue History Center.

Please mail to: PO Box 934 Evergreen, CO 80437

Name: _____ Organization: _____

Address: _____ City: _____ State: ____ Zip: _____

Phone: _____ Email: _____

So that Others May Live...

www.ColoradoSARBoard.org

Your 2016 CSRB Board of Directors

Paul "Woody" Woodward

George Janson

Dan Remsburg

Mark Rowland

Greg Foley

Jeff Sparhawk

Tim Schlough

Alpine Rescue Team

Larimer County SAR

Rocky Mountain Trackers

Fremont County IMT

Grand County SAR

Rocky Mountain Rescue Group/FRRD

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Director

Director