



## Close, but not meant to be—Kevin Brewer

We had a close call in January, literally on two fronts. Not known by many of you (those without a pager) that we were put on Alert for a possible lost/missing person search in First Landing Sea Shore State Park on January 26, shortly before 8:00 P.M. While doing their rounds after closing the park entrances a ranger discovered an unattended car. This certainly should sound familiar with a few of you (Circa: December 01). Anyhow, the ranger called the state as that is what their preplan says to do. We were put on alert at this time by VDEM. Local LE had a few calls to make to the car owners family, and then as it turns out to his employer to try and determine if anyone knew where he was. I won't get into what the circumstances were but needless to say. He wasn't where he was believed to be and he was actually being detained in Chesapeake.

I have no doubt that we would have had a good turnout if we had been told to roll out. With all the new FTM's and FTL's this would have been a good opportunity to use those newly acquired skills. Actually we would have been activated along with GARD.

The entire process of being notified to the second phone call which had us stand down took only ½ hour. At least I got to get in uniform. I chose to advise Carol who was covering dispatch not to alert everyone without a pager at this time. There didn't seem to be any sense in getting everyone all anxious about a local search when we still didn't know if we actually had anyone to look for, which as it turns out we didn't.

## Anniversaries—Kevin Brewer

The following persons have a membership anniversary during the month of February.

Carol Beard	1 year
Ann Crawford	1 year
Joe McDonough	1 year
Jesse Tanner	3 years
Kim Willis	1 year

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This newsletter is an internal publication of the Tidewater Search and Rescue Group Incorporated for the use of it's members. The views expressed here reflect the views of the authors and do not necessarily reflect the views of TSAR, Inc.

## TRAINING CALENDAR

### FEBRUARY

2	1600-2200	K-9 @ TBA
3	1830-2000	TSAR BOD @ Charlies Seafood
5		Search SIM @ Ft. AP Hill
10	0800-1000	K-9 @ NWRP
16	1600-1800	K-9 @ TBA
17	1900-2100	TSAR Gen Membership Mtg. @ TEMS
20		TSAR Training Search Phase I @ NWRP
23		Skywarn class @ Indian Rvr. Public Lib.
24	1100-1300	K-9 @ TBA
25-27		State GSAR @ Bedford, VA (2nd weekend)
26		Scouting College @ Hickory HS
28	1800-2200	CPR/FPR @ Norfolk Red Cross

### MARCH

3	1300-1600	K-9 @ TBA
4-6		FTS Class @ Roanoke, VA Part I
7	1800-2200	CPR/FPR @ Norfolk Red Cross
8	2000-2200	K-9 @ Hickory HS
10	1830-2000	TSAR BOD @ TBA
11	1600-2200	K-9 @ TBA
13		K-9 Legal issues @ Fairfax, VA
17	1900-2100	TSAR Gen. Membership mtg. @ TEMS
18-20		MLSO @ Greene Co., VA Part I
19		Semi Tech @ York River State Park
21	1800-2200	Wilderness FA @ Norfolk Red Cross
28	1800-2200	Wilderness FA @ Norfolk Red Cross
31	1800-2200	Wilderness FA @ Norfolk Red Cross

**Folks**, you really do need to call Kevin. If you intend to go to training, then please, please call. We decide IF we will have training based on the phone calls. If we decide to cancel the training then we can call those who called and make sure they know it is cancelled. If you don't call but decide to go, you can find yourself the only person in the parking lot. You need to call Kevin Brewer **forty-eight** hours before training so we can decide whether to hold it or not. (757) 838-8907.

If your availability is "Full" then we would like you to have a pager. Please call Kevin about getting one.

## First Aid, CPR—Bob Fedak

I have scheduled a Wilderness First Aid Class (WFA) and a CPR/ For Professional Rescuer (CPR/FPR) for the following dates and times:

WFA	Location
March 21 Mon. night 6-10 PM	American Red Cross, Norfolk
March 28 Mon. night 6-10 PM	American Red Cross, Norfolk
March 31 Thurs. night 6-10 PM	American Red Cross, Norfolk
April 2 Sat. morning 9-3 PM	First Landing Sea Shore St. Park

The cost should be around \$30.00 per student. Total time for course will be around 18-20 hours. This is a Basic First Aid course geared to the OUTDOOR Environment when getting help (EMS) / (SAR) will be delayed. This course is about 90% hands on evaluations and treatments and evacuations of an injured person or persons. The cost of the course covers your textbook (you keep) and certification card in WFA from the American Red Cross, which is good for three years. CPR training is not part of this course.

CPR/FPR	Location
Feb 28 Mon. night 6-10 PM	American Red Cross, Norfolk
Mar 7 Mon. night 6-10 PM	American Red Cross, Norfolk

The cost for this course should be around \$ 10.00 per student. Total time for this course will be around 8 hours. This will be a fast pace course and not recommend for first time CPR takers, but you are welcome to take the course. The course covers CPR for Adult, Child, and Infant using one, two and three person techniques. We will also cover Airway Administration using oxygen and airway management tools. TSAR has the student manuals for you to read through before class and while in class. This certification is good for one year through the American Red Cross.

If you plan on taking these courses, remember class size will be limited to 12 students. The above prices are for TSAR members only. If any non TSAR members wish to attend this course they must sign up through a local America Red Cross Chapter to reserve a seat. Don't delay sign up today. Contact Bob Fedak (13), by phone 537-1046 or email to reserve your seat. Payment for the class will be made directly to TSAR, cash or check is fine.

## TSAR past—Sharon (Hazelgrove) Keith

(Circa 1987) I originally became an FTL as a member of TSAR. Mark Eggeman and I went through FTM and FTL with your group. Within a very few weeks of becoming an FTL, Mark and I were called upon to go on our very first search for a three year old missing girl named Candy Nicely in central Virginia. Terrified, we agreed on the drive up signing in as FTM's to get more field practice before signing in as FTL's. Unfortunately, Dave Carter evidently had other plans when he telephoned base that he was sending in two FTL's. Luckily they took pity on us and sent us out as a two man team into the middle of a wonderful bog, where we quickly found a swamp puppy all tied up in barbed wire. We rescued the dog and took him back to base where we were hoping to present him to

Dave as a thank you. Unfortunately the dog left us and went on its own way. The ironic thing was the little girl was found by a newly graduated FTL from ASRC. When calling in her coordinates she stated "in a big abandoned house in the woods". That certainly narrowed things down. Base finally located the lost girl (and soon to be lost SAR team) by blowing sirens and triangulation. All were recovered healthy except for the FTL's embarrassment. Mark E and I were now very happy for our bogg task for that could have been us! Hello to all the TSAR folks, you should come and play with us in the Mountains!

Sharon now lives in the extreme SW VA, and is a state SAR instructor as well as a state course coordinator.

## Be Prepared—Kevin Brewer

There is a chance that within the month of February we will have a local or relatively close search. Since tracking sar missions that we get alerted to, statistically we should be called out to at least one lost person search during the month of February somewhere between Va Bch and Pe-

tersburg. Over two of the last four year we've had multiple activations during February between those two points. Just keep in mind that 72.4% of all statistics are made up on the spot (; - >)

## Know your Knots—Dean Matty

Below is the list of knots you need to know as an FTM:

- |                      |                          |                               |
|----------------------|--------------------------|-------------------------------|
| 1. overhand knot     | 4. figure eight loop     | Additional knots for the FTL: |
| 2. water knot        | 5. figure eight bend     | 1. basic swiss seat           |
| 3. figure eight knot | 6. square knot           | 2. butterfly knot             |
|                      | 7. double fisherman knot | 3. figure eight on a bight    |
|                      | 8. prusick knot          | 4. sheet bend                 |

## Winter safety—Ann Muir

### Thermoregulation

The body has a number of mechanisms to properly maintain its optimal core temperature of 98.6° F (37° C). Above 105° F (40° C), many body enzymes become denatured and chemical reactions cannot take place, leading to death. Below 98.6° F (37° C), chemical reactions slow down, with various complications that can lead to death. Understanding thermoregulation is important to understanding heat illnesses and cold injuries.

### How Your Body Regulates Core Temperature

Vasodilatation increases surface blood flow, which increases heat loss (when ambient temperature is less than body temperature).

Vasoconstriction decreases blood flow to the periphery (arms and legs), decreasing heat loss.

Sweating cools the body through evaporative cooling.

Shivering generates heat through increase in chemical reactions required for muscle activity. Visible shivering can maximally increase surface heat production by 500 per-

cent. However, this is limited to a few hours because of depletion of muscle glucose and the onset of fatigue. Active exercise is much more efficient at heating than shivering.

Increasing or decreasing activity will cause corresponding increases in heat production and decreases in heat production.

Behavioral responses, such as putting on or taking off layers of clothing, will result in thermoregulation.

### Cold Challenge

Whenever you go into an environment that is colder than your body temperature, you are exposed to a cold challenge. As long as your levels of heat production and heat retention (positive factors) are greater than the cold challenge (negative factors), then you will be thermoregulating properly. If the cold challenge is greater than your combined heat production and heat retention, then you are susceptible to a cold illness such as hypothermia or frostbite. **(continue on page 4)**

## Winter safety (continued)

### Cold Challenge—Negative Factors

Temperature

Body wetness from rain, sweat, water

Wind (see chart below)

### Heat Retention—Positive Factors

Body size/shape—your surface-to-volume ratio affects how quickly you lose heat

Insulation—type of clothing layers affects how well you retain heat

Body fat—amount of body fat affects how quickly you lose heat

Shell/core response—allows the body shell to act as a thermal barrier

### Heat Production—Positive Factors

Exercise

Shivering

### Wind-chill

Wind-chill can have a major impact on heat loss through convection. As air heated by your body is replaced with cooler air pushed by the wind, the amount of heat you can lose in a given period of time increases. This increase is comparable to the amount of heat you would lose at a colder temperature with no wind. The wind-chill factor is represented by a scale that shows the equivalent temperature given a particular wind speed (see Wind-chill Index, below).

	Environmental Temperature °F										
	Calm	40°	35°	30°	25°	20°	15°	10°	5°	0°	-5°
	Wind Speed Apparent Temperature °F										
5 MPH	35°	30°	25°	20°	15°	10°	5°	0°	-5°	-10°	-15°
10 MPH	30°	20°	15°	10°	5°	0°	-10°	-15°	-20°	-25°	-30°
15 MPH	25°	15°	10°	0°	-5°	-10°	-20°	-25°	-30°	-35°	-40°
20 MPH	20°	10°	5°	0°	-10°	-15°	-25°	-30°	-35°	-45°	-50°
25 MPH	15°	10°	0°	-5°	-15°	-20°	-30°	-35°	-45°	-50°	-55°
30 MPH	10°	5°	0°	-10°	-20°	-25°	-30°	-40°	-50°	-55°	-60°
35 MPH	10°	5°	-5°	-10°	-20°	-30°	-35°	-40°	-50°	-60°	-65°
40 MPH	10°	0°	-5°	-15°	-20°	-30°	-35°	-45°	-55°	-60°	-70°

### Hypothermia

Hypothermia is a decrease in body core temperature to the point where normal body functions are impaired. The key to combating hypothermia is prevention. Although the risks are highest during cold winter conditions, hypothermia can happen at any time of the year.

#### Prevention and Assessment

Be aware of the causes of hypothermia, which are usually cool to cold temperatures combined with wetness and wind. Constantly evaluate the environmental conditions and the conditions of your group. Here are some guidelines to staying warm and avoiding hypothermia:

Wear proper clothing. Choose materials that keep you warm even when wet.

Wetness equals death. Have proper rain gear to keep you and your clothing dry.

Eat small amounts of food at frequent intervals to maintain the body's energy reserves. Carry carbohydrates to snack on, because they provide quick energy, and protein and fat to eat before bed, because they burn slowly, providing energy overnight. Try not to push yourself to your physical limits in cold weather. Always leave your body with energy in reserve.

Stay well hydrated. Dehydration quickens hypothermia, so force yourself to drink, even if you do not feel thirsty—up to 4 quarts (liters) a day in the winter or hot summer. Drink hot liquids. Try to avoid drinking excessive cold fluids, since body heat is used to warm them to body temperature.

Avoid caffeine. It is a vasoconstrictor that increases the chances of peripheral frostbite.

Avoid alcohol. It is a vasodilator and increases heat loss.

Adjust your clothing frequently so that you are neither too hot nor too cold. If you are too hot and you begin to sweat, the wet clothing will rob you of heat 25 times faster than dry clothing. Be aware of the impact of wind-chill on increasing the rate of heat loss.

Be alert to sudden weather changes and be able to make a quick evaluation of your group's condition. Has the temperature dropped? Do people have their hats on? Has everyone been eating? Drinking? Is everyone wearing wind or rain gear? What is the condition of the weakest member of the group?



# TSAR K-9



## The Building Blocks of a SAR Dog—Kim Willis

The TSAR section is new, and is just starting to take shape. To have a good SAR K-9 section, you have to have strong unit support, good trainers, appropriate K9's with handlers willing to train a lot, and a good set of rules, guidelines and testing standards. Each K-9 handler is also a ground searcher and has double duty when it comes to training time. So besides all the normal ground search training, they have to train their dogs for obedience, advanced agility, and scent work. Each one of those is a different training endeavor, but each is equally important to have a reliable well-trained SAR dog team.

When searching for new K-9 team candidates, what is mostly found are handlers willing to do the training, but do not have an appropriate dog, and visa versa. It can be challenging to find good K9 teams. If a candidate does not already have a real high motivation to train, a good dog will make no difference. From what I have seen in the past it usually takes about 6 months to a year for someone to realize they just don't have the time to finish the task. If you multiply that times five, you can see the how taxing that can be on training resources. That is why sometimes, what appears to be a possibly good team may be turned down by the trainer/evaluator. Most people do not realize the commitment in training time that it takes to train a good SAR K-9 team. Because of that a proper evaluations is very important. I prefer handlers with either SAR and or dog training skills. Not necessarily both, but having to teach both is more difficult.

No matter how old the dog is the first step in creating a good SAR dog is the initial bonding of handler and dog. This bonding will include play and beginning obedience work in play form. At this stage you are, or should be building **FAIR LEADERSHIP WITH CONFIDENCE**. That means all your corrections are fair, and the consistency in your leadership is showing them that they can have confidence in you. The end result is your dog will learn to trust you. This is a huge step as without this trust your dog may question your commands.

Next, you need to build the **PLAY AND PREY DRIVE** of your dog. There has to be one or the other for your dog to do SAR work. Playing with your dog can be used as a reward for any act you command them to do. This will instill a strong desire to obey and work harder for you. The prey drive is what the dog has that enables it to think that running after that ball, or playing tug a way is the greatest reward. As you develop play and prey drive, you may decide food is

a better option. Certain types of hounds don't have the same type of play drive as some more typical SAR type breeds. But what they lack in actual play drive is usually replaced with a stronger prey drive and an amazing **HUNT DRIVE**. Hunt drive is that ability to stay on their task for an extended period of time.

The first real work step is your **RUN A WAYS** or with cadaver it will be **IMPRINTING**. This is setting the tone and starting your **FOUNDATION** for the work you will be doing afterwards. This stage is so critical it cannot be overstated. It may last for one month or four months. You will have to start **OBEDIENCE** and **AGILITY** at this stage as well. All this training is developing your dog's work ethics. With the run a ways you will be building motivation, developing a routing for yourself and the dog, and showing the dog what a great game work is. The beginnings of obedience and agility will build confidence in your dog, and help with your leadership role.

After the initial run a ways you will start adding some **SCENT WORK** into the run a ways, which will become more advanced as time goes on. You will do this for an **EXTENDED PERIOD OF TIME** with the exercises getting harder, **BUT REMEMBER ONLY CHANGE ONE VARIABLE AT A TIME**. If you make the run harder then it has to be a familiar place, and so forth. Also your obedience and agility should be increasing at an equal level as your scent work as you go along.

Once you are at the more advanced exercises, **DO NOT FORGET TO MAKE IT FUN** for the dog. Go back to easy run a ways, basic obedience lessons, and really fun agility work, just for the enjoyment of it.

If you are training correctly that means you will be training on scent work two to three times a week in the beginning, and once a week in the later training stages, and or as maintenance after operational status. Also you will be doing obedience work three or more times a week, and agility once a week. Not to mention keeping your dog in shape. That is a realistic training plan for a SAR dog. Some dogs may need more obedience and may really love agility and choose to do more. You may also need to attend to training problems, and get your dog out for socializing. There are no short cuts in this process. This is just the minimum. The length of time spent will increase when you have to start setting up long exercises. Basically it boils down to one thing. You will be training your dog for something every day.



## MISSION STATEMENT

*Tidewater Search and Rescue Group, Inc. provides trained personnel who effectively manage, support and sustain search and rescue operations when requested. This is accomplished through specialized training, constancy of purpose and continuous improvement.*

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## VISION STATEMENT

*For the search subject, the Tidewater Search and Rescue Group, Inc. will be recognized as the leader in training and management, providing the most professional and effective response to Ground Search and Rescue Incidents.*

## Quick Tip Corner—Dean Matty

1. CRAMPS – Muscle cramps are nature's way of saying "slow down", but if you get calf or toe cramps here is what to do: Stretch it, lean against a tree and lean forward to stretch your calf. Massage, gently rub the area to relax the muscles. Drink electrolytes; sip sports drinks/chomp on banana chips or salty snacks like jerky and pretzels. Loosen your boots, poor circulation can lead to cramps so loosen your boots, but not too much so you avoid blisters. Take a break in the shade.
2. DIRECTION – To determine direction without the aid of a compass, drive a three-foot stick onto the ground in a sunny location and set a stone at the tip of its shadow. Wait twenty minutes, and then place another rock where the tip of the shadow has moved. The first marker indicates the west end of a line running between the two points; the second marks the east.
3. WINTER SHELTER – To conserve body heat through the night when you cannot build a fire because the snow is too deep build a snow trench. You will need a minimum of 1 ft of snow to build this. Does not happen too much in the Tidewater area, some search locations in our Area of Responsibility (AOR) can easily have enough snow. Dig down in the snow or build up the snow to form a 3 ft by 7 ft trench. Fill the bottom with pine boughs for insulation. Place limbs, walking sticks or ski poles across top. Leave an opening at one end for entrance. You should have a tarp or garbage bags in your pack to place across the limbs. Then pile one foot of snow on top of the tarp/stick/pole roof that you made. Get in and cover the opening with your pack. You can raise the temp inside from minus twenty degrees to above freezing if done properly. If you have a candle, which should also be in your pack, use it to warm the inside of the trench. Make sure you have air holes to let oxygen in and carbon monoxide out and watch so you do not ignite any of the wood.
4. PRODUCT REVIEW – Headlamps have become a hobby of mine since joining TSAR and I own way too many, but have found a pretty good one. The PETZL MYOLITE 3. It gives you the best of both the LED and the powerful halogen world. It is a little pricey but it is worth it. It is a very easy switch from LED to halogen by twisting the lamp. It uses three double A batteries and they last a while. PETZL also has a MYOLITE 5 (I have both) and I have found the "5" is not worth the extra money. I will put a name with this one so you know who to ask if interested. This was submitted by Dean Matty. By the way Backpacker Magazine agrees with me.
5. SEARCH TIP – REVIEW YOUR KNOTS THIS MONTH.

**SUBMISSION:** Please submit your tips to won2search@aol.com by the 25<sup>th</sup> of each month so I can get them into the newsletter. Or, send them anytime as I need to start building up a list to pick from and that way you won't forget to send them later. Let me know if you want your name included in the tip so people can ask for further details. If you do not specifically say use your name I will not use it.

**DISCLAIMER:** All of the tips I get I will put them in the newsletter because, they have all worked for at least one person. Use them at your own risk, effectiveness and preference.

Please take note of changes or additions to the previously published activities calendar in **RED**

## February 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 K-9, 1600-2200 Location TBA	3 TSAR BOD @ Charlies Sea Food	4	5 Search Sim @ Prince William SF
6	7	8	9	10 K-9 0800 – 1000 NWRP	11	12
13	14	15	16 K-9 1600 – 1800 Location TBA	17 TSAR General Memb mtg @ TEMS	18	19
20 Search Phase 1 @ N West River park	21	22	23 Skywarn weather class Indian River Public Library	24 K-9, 1100-1300 Location TBA	25 State GSAR, Bedford, VA Part 2	26 State GSAR, Bedford, VA Part 2 Scouting College, Hickory HS
27 State GSAR, Bedford, VA Part 2	28 CPR/FPR @ Norfolk RC 6 - 10					

## March 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 K-9, 1300-1600 Location TBA	4 FTS class, Roanoke, VA Part 1	5 FTS class, Roanoke, VA Part 1
6 FTS class, Roanoke, VA Part 1	7 CPR/FPR @ Norfolk RC 6 - 10	8 K-9, 2000-2200 Location Hickory HS	9	10 TSAR BOD	11 K-9, 1600-2200 Location TBA	12
13 K-9 legal issues in Fairfax, VA	14	15	16	17 TSAR General Memb mtg @ TEMS	18 MLSO @ Greene Co, Va Part 1	19 MLSO, Greene Co, Va Part 1 Semi-tech @ york River SP
20 MLSO @ Greene Co, Va Part 1	21 Wilderness FA @ Norfolk RC 6 - 10	22	23	24	25	26
27	28 Wilderness FA @ Norfolk RC 6 - 10	29	30	31 Wilderness FA @ Norfolk RC 6 - 10		