



*"Proudly Serving PA, NJ, DE, and MD since 1979"*

# RESCUE ME

*"That others may learn"*

Spring 2001

Volume 3, Issue 3

## Pet Expo 2001



Greater Philadelphia was pleased to be invited to attend the 7th annual Greater Philadelphia Pet Expo. We've been there for several years with this one being the best yet. The team uses this detail to educate the community about what Search and Rescue is as well as to recruit new membership.

We'd like to thank all the members that helped to make the detail a success for their time and efforts. Special thanks to: Asst.

Chief's Wallace and Hopkins; Lt's., Kratz, Baildon, and Park; Sgt's Gopaul and Dubeck; member's Zollers, Patton, Packett, Fornwalt, Foreman, Matusheski, Bellino, and Burnstein; Explorers' Murray, Weir, Hough and Ewing.

It's though this kind of community service that the team is able to fully utilize our down time through community education. Through education and training we can help others to learn to help others and reduce the potential of problems because the best call is the one that you never get because the case is resolved quickly.



**Pet Expo 2001**

**1**

**Mounted Unit, Bike / Rope Update, Recruitment meeting.**

**2**

**Hydration**

**3**

**Modern Times, What to do?**

**4**

## Mounted Unit

Special thanks to the mounted unit for pulling together and taking the lead on the Pet Expo this year.

They came together to put up and break down everything and make it possible to be very visible with the only horse on the pet side of the expo center



**Extra special thanks to Sgt. Marshman who was there almost constantly throughout the weekend.**

## Bike Unit / Rope Unit

After a long hiatus the bike and rope unit will be coming back online in the next month or so. A recent infusion of younger blood into the bike unit will free up people to focus on rope again.

When not operating within their own task our bike unit has severed to complete a mounted team in the field or relay information. In many instances the bikes are the perfect mode of field transportation. In the years we've had the team it's always been an asset when called to serve.

The rope unit will do more of a focus on low angle as that is 99% of what we are seeing in the field. With this in mind we'll be working towards being more efficient and safe on the angles less than 45 degrees.



# Recruitment 2001



Greater Philadelphia Search and Rescue will hold a recruitment event for its Boy Scouts of America Explorer Post 2000.

The event will be held in Elkins Park at the end of May 2001 from 3:30 to 5:00 PM. GPSAR representatives from the Canine, Mounted, Rope Rescue, Mountain Bike, and Water Rescue Units will have displays and talk about the various units.

The Explorer Post consists of young adults (both male and female) between the ages of 14 and 21. Explorer members of GPSAR train and assist in educational activities and searches for lost or missing people. The Explorer Post is an excellent way for teens to explore career goals and personal development.

Community minded action oriented **Adults** interested in GPSAR membership are also encouraged to attend.

Greater Philadelphia Search and Rescue, through its educational and lifesaving efforts, has been serving Pennsylvania, New Jersey, Delaware, and Maryland since 1979. The team is a registered 501(c)3 non-profit organization and a United Way participant.

**For more information contact membership@gpsar.org or call (215) 966-1888.**



## Hydration

Did you know that there is a substance out there that reduce the chance of a couple types of cancer (colon, breast, and bladder) greatly. This miracle substance will ease back and joint pain. When taken it can help increase concentration and help us in dieting. Now how do you get it...it's in your kitchen and it's called water and it's readily available. Then why don't we use it? We can cook with it, bathe with it, and use it to carry away wastes. On average, a human uses 70 gallons of water per day.

Research has shown chronic dehydration to be the root cause of many diseases associated with aging (e.g. arthritis, G.I disorders, senile dementia). To complicate the situation, our "thirst signals" decline as we become accustomed to being dehydrated and as we age. Don't count on coffee or sodas to achieve a daily hydration goal. Because of the caffeine in coffee and most sodas, you need to consume at least the same amount of water just to break even.

Every breath we exhale is always 100% humid. It does not matter what the relative humidity is that day; generally in air-conditioned buildings, the air is about 10% humid. The difference comes from our water reserves. Perspiration is not always noticed in dry climates because it is wicked away before it can bead on your skin. Even though you may not see it, be assured that you are certainly losing fluid reserves through sweating.

Now with this little bit of additional information there are a few tools you can use to carry freshwater and decontaminate water from natural bodies like streams and lakes. Sure a simple water bottle can hold water but what about insulating and purifying your water. We'll take a look at a few products that you can pick from depending on your needs and how far you potentially wander from a known good water source.



### **Bota Bottle (bota@indra.com)**

This is a simple bottle with an age-old design that just works well. I've had variations but none are like the Bota. It's comfortable and serves as a good insulator to maintain the temperature of the water. They come in a couple styles that basically break down to suede and synthetic coverings. Both work great and style is the main difference.

### **Safe Water Anywhere (<http://www.safewateranywhere.com/>)**

This company makes products that take almost any water that you can find and turns it into drinkable water on the fly as it were. You basically put the

water in and drink the filtered water out. It's a great idea for an outdoors person planning an extended trek who will be near a stream and doesn't want to deal with the weight of carrying lots of water (we need about 1 gallon a day!). The bottles are durable and easy to use with one practice session prior to field use. They also make a new version that fits on your back for additional convenience



### **Camelbak ([www.camelbak.com](http://www.camelbak.com))**

This company has mastered making hydration easy and comfortable. They decided to put the water on our backs. Their designs were simple at first and they've grown to include models that range from small waist packs to large packs that hold water and gear. I have tried out several of their packs and all worked out great for me whether on foot, bike or horseback. Once you get use to it you'll love the value that runs from the pack to your chest that you bite down on to get liquid. It's hands free and with the space of the larger packs it can serve as a nice field day pack.

When it comes to variety and hydration Camelbak is the King!

With 75% of Americans being chronically dehydrated you can use these products to lower that number and turn the odds in your favor. With a few extra glasses of water a day (start with water for every other drink if you have to) you can increase your health. So use water to feel better. If nothing else convinces you just think, "If you don't take care of your body, where will you live?"



Black  
Also available  
in Olive Drab

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# GPSAR

Mailing  
Address  
Goes  
Here

## Modern Times

We have bigger houses and smaller families,  
More conveniences, but less time;  
We have more degrees, but less sense;  
More knowledge, but less judgment;  
More experts, but more problems;  
More medicine, but less wellness.

We have multiplied our possession, but reduced our values.  
We talk too much, love too seldom, and hate to often.  
We've learned how to make a living, but not a life;  
We've added years to life, but not life to years.

We've been all the way to the moon and back,  
but we have trouble crossing the street to meet the new neighbor.

We've conquered outer space, but not inner space;  
We've cleaned up the air, but polluted the soul;  
We've split the atom, but not our prejudice.  
We have higher incomes, but lower morals;  
We've become long on quantity, but short on quality

These are the time of world peace, but domestic warfare;

More leisure, but less fun;  
More kinds of food, but less nutrition.  
These are the days of two incomes, but more divorce;  
Of fancier houses, but broken homes.

It is time when there is much in the show window and nothing in  
the stockroom.  
A time when technology can bring this letter to you,

And a time when you can choose either to make a difference ...  
or just ignore it.

## What to do when called...

*What to do when your department is called in to find a lost  
or missing person*

*Minutes can make the difference between life and death  
when someone is missing and exposed to the elements.  
Following the simple steps on this sheet can help you and  
your department best utilize the time to most effectively  
benefit the search effort.*

- Assess the situation as quickly as possible. Contact someone with Search Management experience for specialized advice.
- Treat the area in which the person was last known to be seen as a crime scene. Secure and protect it until qualified search personnel can thoroughly examine it.
- Minimize foot traffic that might destroy tracks and other relevant ground clues.
- Do not handle the personal effects of the missing person unless instructed to do so by a canine handler. Improper handling can damage the article possibly delaying locating the victim.
- Have trained police personnel interview persons that might have had last contact with the missing person(s).

*\* Phone consults have proved helpful in locating lost and missing persons.*