



RESCUE ME

"That others may learn"

Summer 2 / 2000

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Elections Completed

Recent months have been hectic here at GPSAR. With recent circumstances decisions had to be made. Decisions to implement long overdue changes in our teams structure.

GPSAR is pleased to announce that elections have been completed. The completion of these elections marks a dramatic change in the structure of our team. A change for the better.

Here is a list of the results of the election.

• **Chief of Field Operations**
Jack Corrigan

• **President**
T.J. Wallace

• **Chairman**
Mark G. Hopkins

• **Vice President**
David Park

• **Finance Officer**
Ted Baildon

• **Secretary**
Tracy Robertson

National Night Out Detail & Display

GPSAR was pleased to accept the invitation of Abington township to attend their annual pre national night out on Monday July 31st, 2000

The event helps to develop community awareness to safety issues and gives people a chance to meet their local emergency services personnel under calmer circumstances than normal.

We at GPSAR feel that local events of this

nature are paramount to increasing community awareness of our educational programs and services. We can't be everywhere at once so we empower the community with the knowledge to avoid bad situations and what to do if they get into them.

Despite some weather we until the end we've done



very bad stuck it out just like every year.

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Chief's Clipboard

The transition tasks will soon be winding down, hopefully! Many valuable lessons have been learned. GPSAR has emerged smarter, stronger and enthusiastic to move forward as a result of the experience. The team never lost sight of its purpose and remained operational. My sincere thanks go out to each and every member who gave that extra effort to jump-start the team moving in the forward direction again. The past is behind us and the future is waiting for us. New opportunities are presenting themselves every week.

Team leadership is better organized to serve the team and its members. The chief can stay focused on field operations and readiness. The president can focus on the equally important business side of the team. The Executive Board is there to keep both of groups on track.

Our training program is refocusing to maintain and build on those key skills needed to best serve the public agencies, mutual aid teams, and private organizations that ask for our assistance. We have many excellent internal resources that have gone untapped. These unused resources will add to an already versatile internal

training foundation and field operations team. Remember, the three important factors for peak operational readiness: TRAIN, TRAIN, and TRAIN!

The status of team equipment is being evaluated. Equipment previously left in a state of disrepair has or will be upgraded. New avenues for fundraising will be explored to help fill new equipment requirements.

Documentation needs to be updated. There are gaps in policies and procedures that need to be filled. Better use today's technology can help the team stay informed and connected.

A lot of work has been done, some is in progress or there is more to be done. If you're not involved in something other than your primary function, step up to the plate. Let's spread out the load. Ask an officer or transition team member for something to do. Get involved, stay involved and the team we know we will result.

John (Jack) Corrigan
Chief, GPSAR - chief@gpsar.org

Leatherman Wave - A review

So you need a field "tool". Search no more. While there are many different ones with different pluses and minuses this one clearly shines above in all the right places.

I bought my first Leatherman maybe 10 years ago. I would probably still have it today had I not lost it in Hawaii in the early 90's. After losing it I bought a Gerber tool (first to come in black) and liked it but it never filled the void left by the Leatherman. I tried a few others including a Kershaw and some Swiss Army knives. After going through all of these including the new Spyderco Wrench (review to come soon) I find myself back at a Leatherman. Right back where I started.

The Wave is clearly the next generation of the multi tool. This evolution is a total reworking of the original and the thinking is clearly "outside the box".

Some key improvements:

- The most used tools are available without opening the unit all the way up.
- Scissors that really cut.
- Good wire cutters
- Smooth and rounded handles that are easier on the hand when gripping.

This tool goes for between \$59 and \$79. The cheapest prices I have seen are at Costco in Montgomeryville. Something like \$59 with a Leatherman Micra (\$20 value).

Zoom



The next generation multi-purpose tool.

WAVE

NEEDLENOSE PLIERS
REGULAR PLIERS
WIRE CUTTERS
HARD-WIRE CUTTERS
CLIP-POINT KNIFE
SERRATED KNIFE
DIAMOND-COATED FILE
WOOD SAW
SCISSORS
EXTRA SMALL SCREWDRIVER
SMALL SCREWDRIVER
MEDIUM SCREWDRIVER
LARGE SCREWDRIVER
PHILLIPS SCREWDRIVER
CAN/BOTTLE OPENER
WIRE STRIPPER
LANYARD ATTACHMENT

Training & Details & Meetings

Officers Meeting - Every 3rd Sunday @ 11:00 am
Business Meeting - Every 3rd Sunday @ 12:30 pm
Training Workshop - Every 3rd Sunday @ 2:00 pm - Field Communications in August!
COMING IN THE FALL! - CISM, First Aid, CPR, COQ

- * Canine training on Tuesday nights and Saturday mornings. Contact canine@gpsar.org
- * Equine certifications / training's by appointment. Contact equine@gpsar.org

This list is by no means complete and more up to date info can be found on the web calendar.

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WHEN VICTORY IS ACHIEVED, that feeling can be overwhelming. Keep your common sense about you, and be gracious. Silence is often the best tactic after a win. If you must talk, praise your opponent, and praise your teammates. Never praise yourself. - JOHN MADDEN , Sports announcer

On Rope... - The Basics

A rope is a tool. When knots and loops are tied in the rope, it becomes a machine, transferring power from a source of energy to a load.

A rope is subjected to three forces: a longitudinal force called pull, directed axially down the length of the rope; a torsional, or rotational, force which produces twist; and a latitudinal force called resistance (i.e. rope guard on a cliff). When knots are tied in the rope it is also subjected to frictional forces.

The optimum knot for a task, which often involves trade-offs, is a result of both proper selection and proper tying. Proper selection comes from experience. Proper tying results in balancing pull, twist and resistance comes from skill developed over time with practice.

Criteria to be considered when selecting a knot:

- **Simplicity** – Most of the stronger knots are the simple ones. This is a classic case of "less is more".
- **Strength of the rope** – On weaker rope you want to use a knot with fewer sharp turns as these weaken the knot and potentially damage the fibers of the rope and cause compression and breakage.
- **Security and Reliability** – A properly tied knot will hold whether under load or relaxed. Choosing the right knot depends on the material being tied (fiber rope, nylon, synthetic, etc.) and the shape of the object(s) being tied.

A piece of rope has two ends. The end on which the hitch, knot or bend is found on is called the working end. It is also sometimes called the free end, bitter end, tag end, and fall of the rope.

The stationary end of the rope is called the standing end. Sometimes it is referred to as the hauling end of the rope.

When a knot is made in the bight of the rope (i.e. Bowline on a bight) neither end is used in the construction., only a section in the middle of the rope.

When two rope are connected they are bent together (i.e. Sheet bend).

When a rope is secured to an object it is bent or hitched to that object. That object could be a tree or the rope itself.

There is no secret to learning knots. It can drive the most even tempered of us to frustration. Don't let it get you down. Just walk away and come back later. Here are some hints:

- Buy a piece of 7 or 8 mm cord from REI or EMS that is about 4 to 5 feet long.
- Keep it somewhere where you can practice with it as a form of fidgeting.

- It doesn't matter how you achieve the knot as long as it ends up correct.

Some key terms:

- **Bight** – the rope is folded back on itself.
- **Loop** – the rope is formed into a circle without crossing back over itself.
- **Crossing turn** – the rope is crossed to form a full circle.
- **Round turn** – the rope forms one and a half circles around an object.
- **Turn** – the rope is draped over an object.

Types of Rope – there are basically 2 types of rope for our concerns. These are natural fiber and synthetic. We use synthetic due to its superior strength, weight, and durability. While not perfect it does have clear advantages for rescue related work.



ROPE RULES:

1. Never step on or otherwise abuse rope that is to be used in a situation where it's potential failure could threaten the safety or well being of any living creature.
2. Do not expose rope to UV radiation (sunlight), moisture, or dirt for extended periods of time.
3. Any knot worth tying is worth tying right. Have someone check you knots always. Think! Would you want to hang off that knot?
4. Only use known rope if possible.

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GPSAR

Mailing
Address
Goes
Here

News from the River



For the past few months the Water Search and Rescue Team (WSRT) has been training with the goal of completing the Pennsylvania Water Rescue certification. With the exception of the in-class portion of the certification, the team is well on its way and doing a great job.

Sunday 9 July 2000

Despite the low water level at Lorimer State Park, training included several basic water rescue techniques and throw bag drills. Training at Lorimer usually takes place adjacent to the Boy Scout camp.

Saturday 22 July 2000

The Saturday training at Valley Forge National Historic Park was intended to bring new members to the same training level as the rest of the unit. The Pawlings Road site in the park usually provides the perfect setting for training. The Schuylkill River that runs next to the site guarantees just enough of a current and Class I rapids so that the

training is challenging but safe. GPSAR's newest members, Foreman and Fornwalt, were taught basic river reading, the rudiments of hypothermia, and self rescue skills.

GPSAR members who either don't swim or would like to limit their time in the water but would still like to be a part of the unit are welcome to join. The unit could use members not directly involved in a rescue to handle land-based responsibilities such as communications and other essential activities. If interested, please contact Lt. Ferron.

Future training will include joint training with the canine unit and both ice and boat rescue.

All GPSAR members who are not water rescue unit members are welcome to sit in on the classroom portion of the Pennsylvania Water Rescue certification. Listen for the date to be announced at an upcoming meeting or through e-mail.