

*that others  
may live*



Larimer County Search and Rescue  
1303 N Shields St.  
Fort Collins, CO 80524-1014  
Office: 970-498-5314  
E-Mail: [lbsar@co.larimer.co.us](mailto:lbsar@co.larimer.co.us)

[www.larimercountysar.org](http://www.larimercountysar.org)

## LCSTAR

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Newsletter for Larimer County Search and Rescue,  
Inc.  
Fall 2005

edited by: Jim Powers



REI Donation: Manager Amy gives the check to President Dave.

All smiles: Norma and Dave Govan and Mike fink →



Run For Hope: Dave Frank and Lee Curtis



Run For Hope  
 Everyone a winner: Limpin' Lisa, Ken and Joanne Klein with Lee Curtis.

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**From the President:**

Fellow LCSAR Team Members..

It has been an especially busy year for LCSAR with searches coming all summer long. There were not only searches and carryout calls for Larimer County, but the assists to Rocky Mtn. Ntl. Park and other SAR agencies kept the team hopping. Unfortunately there was not good closure for one assist in the Park this year as they lost a Ranger. We all know the sad ending to that event. Other searches had better results as lost and injured subjects were reunited with loved ones and will live to hike the trails again. Hopefully the busy summer is not an indicator of what the winter seasons might bring.

LCSAR welcomed in a new group of team members that from the start of BASART, exhibited strengths, talents, and eagerness to become search and rescue team members. The training these new members received has shown itself to be far more than just "adequate" for the purpose. They have shown time and again they can "get'er done".

The New Truck Committee and the Ways and Means Committee, committed to get us a new truck, and have completed their self-assigned task as we now await the new truck to be built and delivered to the team. We as a team can take pride in our efforts as we all contributed monies to match a grant opportunity that was presented to us. Great job team.

The Executive Board had four (4) new officers voted to Board positions in 2004 and there was a lot of on the job learning. I want thank Jim Powers, Amy Ho, Brian Walsh, Bill Young, and Dan Fanning, for your support this year. You have been most gracious to me when asked for opinions, suggestions, and details regarding the operations of the team.

Congratulations to Sarah Babbit for achieving her long sought after Search and Rescue Managers position. Your dedication to SAR will make you a great Manager.

Alan Weaver is also pursuing a Manager position and will make a great Manager as well.

I want to thank the entire Larimer Team for your support given me this past year and will make every effort to improve my performance towards team issues and team personal in the future.

Thanks for a great year and let's make next year even better.

Dave Frank



And who says that LCSAR isn't fun? What we do is important, not always serious!  
Photo taken at the Firehouse 5 Race.

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**REMEMBER: You are invited to the team Christmas pot luck at the Govan home. Mark your calendar now...December 14, 2005. Bring something yummy, your significant other(s), and plan to laugh a lot.**

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Waiting. We seem to spend a lot of time waiting for things throughout our life time. Waiting as a kid to go to school , waiting for football practice, waiting for our friends to show up. Waiting in lines for a movie or at the grocery store. In the army it was ' hurry up and wait'. Waiting in the chow line, waiting for transportation to get to and from field classes. In Vietnam we waited for helicopters to take us into the jungle for patrols. The longest waits were waiting to be extracted from a hot LZ. All that came back to me while we waited this summer for helicopters to take us into the search area in RMNP during the Jeff Christensen search. As search and rescue we wait for a mission and some come at times when we can respond and some when we can not. Waiting for that helicopter to pick us up for the Christensen mission in RMNP was a long wait, seven hours, Alot goes through our minds with that type of waiting. Were is he ? How is he ? Will we find him? When will we find him? At the time the wait seemed long but not as long as waiting to be extracted from those hot LZ's forty years ago. Now we continue to train and wait for that next mission.

Jim Kavalec

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The theme of this newsletter was to be personal observations of the really big and demanding missions that we had this summer and early fall. Think about the challenges: the Jeff Christensen search, Hellil Ben-Avi search, Jeff Villano-Long's Peak carry out, the Mount Holy Cross search, just to mention a few. Many of these had significant media coverage yet missed the personal side of the searchers or rescuers. I can't say for sure that it was shyness, maybe. Maybe, with a little more notice and some sweet talking (begging) we can include their insights in the Winter edition. However, one of our team came through and below is the interesting view of one of our members that I was fortunate enough to be on a team with during the Christensen search.

Editor

# Machu Picchu and the Inca Trail

From the Perspective of Wilderness Medicine

by Janice Weixelman

I had the fantastic opportunity to spend the first 2 weeks of September in the country of Peru. I traveled with a group of physician's and nurses for the purpose of studying Wilderness Medicine and seeing the sights. Our group met in Cuzco, Peru, a lovely city at an elevation of almost 11,000 feet. We spent 3 days allowing ourselves to acclimate to the altitude and sightseeing. Our evenings were taken up with lectures on a variety of topics which included high altitude medicine, marine environments, heat- and cold-related problems, trauma in the wilderness and more. The high altitude lecture was appropriate, as many of the group initially suffered the effects of adjusting to 11,000 feet. Headaches were common; one unlucky person had the full benefit of nausea and vomiting with the headache as well. I went with a well-prepared bag of medications and spent a lot of time listening to people's symptoms and treating accordingly. Talk about first hand experience! Fortunately, by day 3 everyone had adjusted and we were ready for the Inca trail.

The Inca trail is 80 kilometers long, but we only did a part of it, walking 40 kilometers in 4 days. The trail goes over several mountain passes and the highest pass we were at 13,300 feet. By now, the group had adjusted to the altitude to the extent they were no longer having headaches, however the thin air was a surprise to many as they struggled for breath while hiking. I was surprised at how many of the group had never been that high before. There were many sites of ruins along this trail that had been built by hand by the Incas over 2000 years ago, and the rocks that paved the trail were carefully shaped to fit together

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No, these are not the guys that clean litter beside the road. →

Isn't that Ken, Jim P, Fred and Jim K?

exquisitely. For this part of the trip the common illnesses were bronchitis, stomach "flu" and blisters, so our lectures were adjusted accordingly and again I was able to have practical hands-on experience with these ailments. The trail ended at Machu Picchu, which was a very impressive set of ruins at the end of the Inca trail. Most of what we read and hear about the Machu Picchu lifestyle are guesses as the last Incas disappeared 500 years ago when the Spaniards arrived to Peru. The Inca were talented in many ways, but were not able to overcome the diseases brought by the Spaniards and many died of illnesses such as small pox.

After Machu Picchu we returned to Cuzco (for showers) and flew to the Amazon to an area where the Madre de Dios River flows. There we stayed on a large island with a tropical jungle and proceeded to learn about illnesses of the tropics. We were fortunate that no one in the group had any close and personal experience with some problems such as Malaria and Leshmaniasis. A few of the group did have the "stomach stuff" which was a mercifully brief illness, allowing plenty of time to enjoy the scenery.

If you ever get the opportunity to participate in a Wilderness Medicine adventure, I would strongly encourage you to do so. The Wilderness Medical Society has a website [www.wms.org](http://www.wms.org) that posts their travel opportunities, and these are open to anyone with an interest in health in a wilderness environment.





← So, what kind of a pick up line did this guy use? What's your sign?  
Airborne?

The simple act of stepping over a log and coming down wrong began the nightmare. One minute Lisa is navigating for Robin and her dog Tasha, the next they are talking about how she's going to get off the "hill". All this led to one difficulty after another, missing work, restricted activities, Workers' Comp. confusion, stuff like that.

This is not something LCSAR practices, what to do if you are injured during a mission or practice, however it is something that needs to be thought about and handled correctly so that benefits are not compromised. Remember, the team is covered under a policy that is put in place by the Sheriff. Premiums are paid by the County so the contract is between the County and the Insurance Company. An injured team member is a third party beneficiary to this policy and so there is nothing that Emergency Services or LCSAR can do to change the terms and conditions. Fortunately or unfortunately, like the victims of hurricane Katrina, there is governmental help but you had better be looking out for yourself.

Remember what you learned in BASART: first it is your safety, then the teams', then the subject's. You will need to take an active part in getting the attention you need, making sure the paperwork is properly handled and goes to the right people. If we consider the hours spent in training and on missions it becomes apparent that our safety record is really good. However, statistically we still must be aware that we are vulnerable. If you need coaching on how to work through a situation like this then check with Mark Sheets.

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**If you are injured:**

- Immediately report the injury to the team leader, the SAR Manager and then to Emergency Services.
- Complete the Workers' Comp. Injury Report form within 24 hours. They are kept in a sleeve in the back door of the truck.
- Report to the designated medical provider, Concentra Medical Center. If this is an emergency then go to the ER at Poudre Valley Hospital. REMEMBER: if you seek care from an unauthorized physician you assume financial responsibility.
- Follow the restrictions that the doctor or Risk Management give exactly.
- When restrictions are lifted be sure that all necessary entities are notified: Risk Management, ES, LCSAR EB and SAR Managers.

**Important Information:**

Larimer County Risk Management

2555 Midpoint Dr., Suite B, Fort Collins, CO 80525

970-498-5964

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Summer 2003

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**Emergency Care:** nearest hospital emergency room

**Walk In/Urgent Care:**

Concentra Medical Center

2620 E. Prospect Rd., Suite 160

Fort Collins, CO

970-221-5811

Hours: 0800 to 1800, Monday through Friday

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Just another day at the office...if your office is the vertical surface of rock and you are practicing your skills for Vertical Operations. Mark Petty said it was a smooth ride and Scott made sure that was so. →



While Ken and Tom make sure they are doing it right...or are they catching a few rays?

←



Now why is Janice smiling? Tom and Mark Petty must be Such take charge guys that they know how to make a lady feel Safe!





**Time to say thanks to some very unselfish people:**

Mark Sheet who make sure we can communicate with team and personal radios.

The folks that volunteered to help with the Katrina effort:

Darrel Thurman  
Dan O'Sullivan  
Oralndo Battle

Our fund raising team:

Russ Buckley  
Mike Fink

Raffleman: Darrel Thurman

If I have missed someone please accept my apologies!

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**Mission Synopsis**

*compiled by George Janson, Senior Mossback*

**Saturday 16 July 2005** – 19:20 – Direct response to Round Mountain Trailhead for carryout of injured hiker – 21:19 all units clear and returning to town.

**Tuesday 19 July 2005** – 15:33 – Direct response to Waltonia area for report of helicopter crash – 16:20 stand down as AirLife helicopter has landed at the site and is transporting the pilot to PVH.

**Friday 22 July 2005** – 07:20 – Request from Utah to assist with saturation search of area where Boy Scout disappeared last autumn – no LCSAR personnel responded.

**Friday 29 July 2005** – 10:51 – Request from Huerfano County for dogs and trackers – stood down at 14:04 when they advised subject had been located.

**Saturday 30 July 2005** – Start of Jeff Christensen search in RMNP ...

**Saturday 6 August 2005** – Start of search along Platte River in Kersey for missing 4 yoa male child riding a kiddie-ATV ...

**Wednesday 10 August 2005** – 21:32 – CSRB request for resources to assist Alpine Rescue Team – stood down at 23:01 after subject located alive.

**Saturday 13 August 2005** – 06:51 – Direct response to Westridge Estates for young male who had fallen from a cliff – 08:53 all units clear and returning to town.

**Saturday 13 August 2005** – 15:07 – Request from RMNP for assist with carryout on Fern Lake Trail – 22:35 all units clear and returning to town.

**Thursday 18 August 2005** – 19:43 – Request for assist to Alpine Rescue Team for search on Mt. Evans and Mt. Bierstadt area – stood down Friday at 18:09 after subject had been located alive.

**Tuesday 30 August 2005** – 19:05 – Request for search assist to RMNP – 19:24 all units clear and returning to town.

**Friday 2 September 2005** – 09:39 – Search for suicidal subject in Cathy Fromme Nature Area – 14:11 stand down after subject was located alive.

**Friday 2 September 2005** – 20:00 – Request from Custer County for resources for weekend search for missing mushroom hunter – no LCSAR resources available to respond.

**Sunday 4 September 2005** – 22:27 – Search for two missing teenage hikers in Killpecker area – 07:11 stand down after subjects were located alive.

**Monday 5 September 2005** – 15:15 – Another request from Custer County for resources for search for the missing mushroom hunter – still no LCSAR resources available to respond. Note: 62 yoa female located alive several miles from LSP at 14:00 Tuesday.

**Monday 5 September 2005** – 17:51 – Duty SAR Manager paged to call Ocean 2, then at 18:01 the stand down as subjects had self recovered.

**Friday 9 September 2005** – 08:34 – Request from RMNP for carryout assist from Longs Peak – significant media coverage – evac completed at about 03:00 Saturday.

**Saturday 10 September 2005** – 14:09 – Direct response to Bellaire Lake for carryout of injured ATV rider – handled by USFS before LCSAR arrived ...

**Saturday 10 September 2005** – 16:00 – Redirected from above mission to Twin Lakes Reservoir (Stormy Peaks) for carryout of injured hiker – 16:53 stood down as AirLife helicopter has landed at the site and is transporting the subject to PVH.

**Wednesday 14 September 2005** – 21:23 – Initiated search response to Lost Lake near Chambers Lake, then stood down at 00:48 when ES was unable to locate the RP.

**Thursday 15 September 2005** – Request for response to hurricane Katrina recovery – no LCSAR personnel available to respond.

**Monday 19 September 2005** – Another request for response to hurricane Katrina recovery – still no LCSAR personnel available to respond.

**Tuesday 20 September 2005** – 11:26 – Stand-by for possible search for lost hunters in Laramie River Valley – stood down at 12:38 when the hunters self-recovered.

**Sunday 25 September 2005** – 20:41 – CSRB request for search assist to Mountain Rescue - Aspen for missing hiker in Marble area – no LCSAR resources available.



**Monday 26 September 2005** – 20:21 – CSRB request for search assist to Vail Mountain Rescue Group for missing hiker on Mount Holy Cross – 21:46 Tuesday notification that LCSAR resources are back in town.

**Friday 30 September 2005** – 10:21 – CSRB request for additional resources for hiker still missing on Mount Holy Cross – with LCSAR on back-up to RMRG while they are on this assist to VMRG, no LCSAR resources responded.

**Sunday 16 October 2005** – 09:52 – Direct response to Old Rawah Ranch in Glendevey area for carryout of injured hunter in Shipman Park – 11:07 stand down as AirLife helicopter has landed at the site and is transporting the hunter to PVH.

**Sunday 16 October 2005** – 23:03 – CSRB request for resources to assist Grand County with search for missing hunter near Kremmling – LCSAR sent one dog team for Monday. On Tuesday the hunter was found alive 3½ miles from his camp.

**Saturday 22 October 2005** – 14:18 – Direct response to Lory State Park boundary with Horsetooth Mountain Park for carryout of female injured in fall from horse – 14:35 stood down as there were sufficient Parks and PFA personnel on scene.

**Sunday 23 October 2005** – 20:48 – Search assist to RMNP for 7 teenagers lost on the NW area of Twin Sisters mountain.

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Happy Fall/Winter!

What a ride these past two years as Training Coordinator have been! Being in a leadership position with LCSAR really opens one's eyes to the inner workings of the team. I never knew SO much went on behind the scenes, and I could never have done what I did without the help of my committee members. So thank you to all who helped! A special 'Thanks' to those that served on the Training Committee both of the years I was in office! ☺ In order to truly *know* LCSAR, I believe that everyone should serve in an office or on a committee at one time or another. Most of us joined to team with the sole intention of getting outside to help others. I've found helping the team by being in a leadership position to be one of the most rewarding things I've done. Rescues may come and go, but the team is here to stay.

The rest of the year should sail along smoothly. Following elections in November, and in addition to the regularly scheduled SARM, EB, and TC meetings, as well as Tracking and Dog practices, we will get the chance to do our Cold Weather Overnight Field, Firearms Safety class, the Estes Park Parade, a Medical Training and a course on how to interview prospective BASART members in a more efficient manner. This interviewing class is being put on by one of our former members, Drew Davis. Incidentally, Drew is one of the 'Founding Fathers' of the NOT-so-coveted Davis Brother's Award. Fortunately for the world, Drew Davis and Don Davis are not actually related, though many think they may be twins that were separated at birth!! ;-) Don't let this deter you from attending the interviewing class though, as we have put a time-cap on the evening—so Drew **will** have a limited amount of time! Hee hee!

In December, again in addition to all regularly scheduled committee meetings and trainings, we will have the Wellington Christmas Parade as well as our very own Christmas/Holiday party!! Summit County Rescue Group will also be putting on their annual Avalanche Seminar. We like to keep SAR commitments light during the month of December, as it proves to be a busy month in other areas of our lives.

You may notice that there is no BASART interviewing going on in November. This is being done on purpose. Last year, it was felt that there was too much time between interviewing and the beginning of BASART, so this year we've closed the gap. Applications will be due on December 14, and interviews will be in the first few weeks of January. We also bumped the start date of BASART back a few weeks, and took the week-long 'break' out of the middle of BASART. We are excited for the improvements already underway for next year's BASART class! The new BASART committee (of

approximately 8 members) has already met a few times, and plans to meet every few weeks until BASART starts. Be on the lookout for some exciting changes to BASART—and another **STRONG** group of new members!!

Again, what a wonderful trip these past years have been. Thanks to all who have helped. It is with mixed emotions that I look at the 2005 Election Ballot and see that my name is not there. As I said, being in a leadership position has been very rewarding. At times, it has been very fun, and at times it has been equally as frustrating. The good times far outnumbered the bad, but it is time for me to move on to other pastures—not necessarily greener ones, just different ones. Good luck to the next Training Committee!! Keep your heads held high, keep a good sense of humor, and may the Force be with you.

Sincerely,

Amy Ho ☺

P.S.—Yes, I am a Davis sister!! ;-)

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### **Quiet on the Set!**

(editorial comment)

### **What defines us? Who is LCSAR? Celebration. Transitions. Identity crisis?**

Since I was not on any of the truck committees I have had a wonderful opportunity to objectively, in a relative sense, observe our team in action. Selection of the new SAR truck has symbolically defined LCSAR as we are today. You could say that defining the entire team by a vehicle or the actions of one committee is not fair, is far too limiting, maybe even distorted. Ah, but think about it...during the three year process leading to the selection and purchase the membership of the truck committee has changed, with people joining and leaving. The team's requirements for its primary vehicle have been represented by many different personalities, each person bringing their own view of who the team is and what equipment it needs to be effective. Competitive ideas have been expressed and reasonable compromises made bringing the committee to consensus.

Why is this important? Why should you take time to read my thoughts about it? This is why:

Clearly we are not the team that I joined five years ago. The team personality has changed through the ebb and flow of new and not so new member activity as well as our increased organizational needs. Sure, the "old guard" are still the backbone of the team however if I can see a distinction certainly those who have been on the team longer than I have can. If we are not the same why is that? What significance does that have? The significance, I suggest, is that if we think we are one thing but in reality are another then there may be confusion and a disconnect that can make us ineffective and conflicted. Simply stated: at one time we were a group of caring *individuals* that had great skills who could come together and accomplish a mission...sort of a "mom and pop" operation. Today we still have the fact that we care about the lost or injured subject, and that is a major driving force, however we are now an *organization* made up of *individuals*. I think we need to celebrate who we were, recognize who we are, and plan carefully for who we will be.

Please understand that I am in no way disparaging or being critical of who we were. I am proud of the great teams that we have evolved from!

O.K., so what do I think defines who we are today? Dedicated, thoughtful and wise, frugal and hopeful, risk taking and risk adverse, challenging and challenged, stuck in the past and forward thinking, and there are a lot more adjectives that can be used to describe LCSAR, not just the truck committee. Half empty or half full? Teetering precariously or balanced?

Since September 11, 2001 none of us are the same, especially groups like ours who now have to follow very specific guidelines as to organization and authority. We all suffered through the NIMS class, either on line or aided by team members in a classroom/online setting. That exercise is also defining: team members helping one another get through a bureaucratic

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requirements. Think of the contrast between the very personal attention from Mark Sheets, Mike Fink and Janice Weixelman as compared to a distant and seemingly uncaring cyber authority. And there was pressure because if you didn't pass then you couldn't play! Says who? Who knows for sure but it wasn't a person it was Homeland Security. Who is that? Government!

So, now we are part of government (the Sheriff, the County, CSRB, MRA, Homeland Security), part of a team, yet still individuals with individuals' needs and responsibilities. And tell me again, why did we join? Because we love a challenge, we care about people in need, and we love to learn, that's why. Therein is the tension, the individual to the team, the team to the governmental entity. It almost sounds like a multiple personality disorder.

Someone said, "doing the same thing over and over while expecting a different result defines insanity!" I am saying that we are evolving in to a different team that demands ADDITIONAL skill sets. We must maintain the ones we have worked so hard to master, such as field craft, rescue techniques, etc. However, we must open our minds to mastering the political arena that exists so that we may be successful in groups that will add to our effectiveness, such as CSRB and MRA and Homeland Security. If you were part of the briefings during the last few days of the Christensen search you know it all plays together.

I strongly recommend we embrace the change while hanging on to our traditions of individual excellence and team professionalism.

Now to my pet project: support your fellow volunteer! We are all doing the very best we can during the transition and we need to help each other succeed. Help me, coach me, teach me but please don't criticize me or discuss my inadequacies behind my back. Doing that is a great way to kill the volunteer spirit.

By the way, we are not crazy.

Jim Powers

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**Important Events:**

CSRB Meeting November 5, 2005

ITRS November 3-6, 2005 Fort Collins, CO

Estes Park Parade November 25, 2005

Wellington Christmas Parade December 3, 2005

Summit County Avalanche Seminar December 10-11, 2005

LCSAR Christmas Party December 14, 2005

Executive Board Meetings second Wednesday of the month, Cache office, time 1830\*

SAR Manger Meetings fourth Wednesday of the month, Cache office, time 1830\*

Training Committee Meetings fourth Mondays of the month, Cache office, time 1830\*

\*all are welcome to attend these meetings.

Congratulations to the team! We had a great turn out for the vote for new Executive Board Officers, thanks to all who participated. We really need folks to attend the meetings so that you can be familiar with the "behind the scenes" issues that are dealt with. It will also get you familiar with what is going on so that when you run for office you will have a grasp of what we are dealing with.

Your EB Officers for the remaining part of 2005 through 2006:

President: Dave Frank

Field Coordinator: Bill Young

Vice President/Secretary: Jim Powers

Training Coordinator: Janice Weixelman

Treasurer: Dan Fanning

Quartermaster: Brian Walsh



Fred bringin it home!

Janice and Amy, Awards for The class of '05.



Sarah, Scott and Ken, practice, practice practice!



