

The SAG RAG is published by the Shasta Area Grotto of the National Speleological Society, Grotto meetings are held at different locations the fourth Friday of each month at 7:30 p.m. Meeting locations are announced in the SAG RAG, Membership dues are \$6 dollars per year and include newsletter subscription. Original material not otherwise noted is copyright to the SAG RAG. Such material may be copied with credit given to the author and the SAG RAG. For use outside of the caving community, please seek the permission of the author or editor first. Send material for publication any time to Ben Sutton, P.O. Box 1597, Mt. Shasta, CA 96067. Material must be in by the 15th of the month.

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C A L E N D A R

- March 5-7, 1993 SAG restoration week-end at the Oregon Caves. Call Liz Wolff (916) 964-3123 right away if you are planning to go.
- March 12, 1993 Grotto meeting Jim & Liz Wolff.
- April 9, 1993 Grotto meeting Melanie Jackson.
- August 2-6, 1993 NSS Convention, Pendleton, OR.

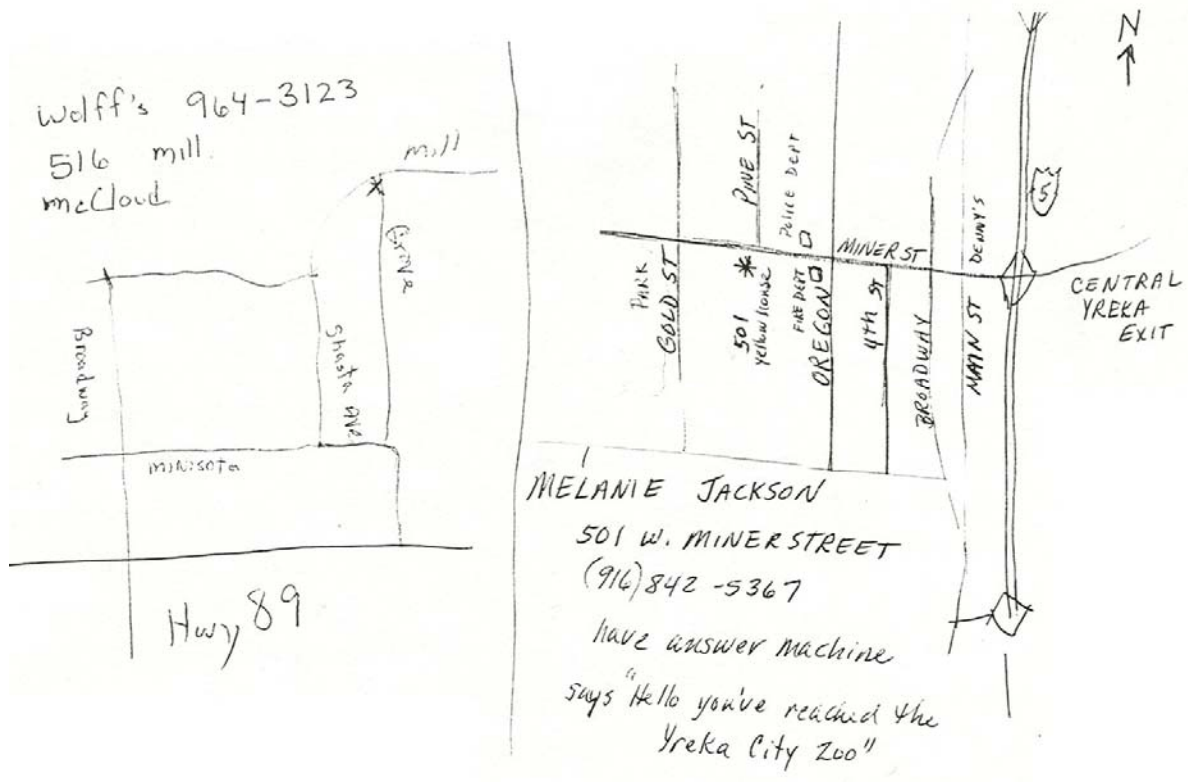


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Minutes of the January 1993 Shasta Area Grotto Meeting

Present: Bill Broeckel, Ben Sutton, Jim Kottinger, Jim & Liz Wolff, Bill Kenney, Neils Smith, and visitors Dave Pryor, Melanie Jackson, and Troy Burker.

Chairman Jim Kottinger called the meeting to order at 7:42 pm at the Wolffs. The minutes were accepted as read. The treasurer's report showed a balance of \$533.90.

Correspondence: Ben read a rescue report from Garbage Pit Cave; a fiasco with the local rescue people (reprint of article in this issue, page 8).

- Jim K read parts of a letter from Charlie Fitch, the Big Bar District Ranger, about caves of their district and their concerns for the public and the caves. They were asking help in protection, management plans, preservation and advice. Included was a contact person and phone number: Virginia Beres, 916-623-6106. Neils recommended that we work with them. Jim K will write to them.
- letter from Dixie Pierson and Bill Rainey about bats.

Old Business: Oregon Caves restoration trip March 5-7, 1993.

- Rescue: during the last SAR meeting coordinator Charlie Simpson mentioned that they need to come up with plans for various contingencies for cave rescue considerations for the Marble Mts. since there are so many people visiting the caves. Ben mentioned Siskiyou County SAR training officer, Dave Nicholson, will accept anyone that wants to help to get into training courses. Dave Pryor mentioned that P.A.D.I. rescue training for CPR deals with hypothermia and is available for \$25. Shasta College has a "First Responders" course for \$100. Ben also suggests that over the winter we practice rigging, hauling, patient stabilization, safety line rigging, and make an inventory of equipment. Neils and Ben

both suggest that we start small and work up to the Marbles. Neils and Dave both have videocameras. Ben suggests we begin making lists of equipment needed and Neils suggests using conveyor belt for stretcher material. Need coordinator for rescue training; Ben nominated, Jim W seconded, unanimous.

New Business: Shascade Caving Society's Dave Pryor asked for a joint meeting or activity to get to know one another and maybe work on a project together. He also wants to be involved in new member training, get some input on leadership, and generally keeping things under control. The SCS was formed to organize area cavers and for preservation and protection of caves.

- Trip report: Bill B, Bill K, Ben and Melanie went to Samwel Cave, found a broken column at the bottom of the pit. Dave said it had been there several years and that Samwel is a great training cave since it has it all: squeezes, a pit, friendly atmosphere, water, mud, and should be protected better than it is.
- Elections: not enough ballots in yet to count. Ray sez don't vote for me.
- Call from John Bair: he has assigned himself as the cave register coordinator for the Marbles and wants canister design and booklets. We have the materials on hand to make up some canisters. Jim W recommends he contact John Wilson for his cave register program.

Neils moved, Ben seconded the meeting be adjourned, 9:20 pm.

February 1993 Shasta Area Grotto meeting.

Present: Dave, Chavon & Dawn Pryor, Jim & Bea Kottinger. Jim & Liz Wolff, Ray Miller, Melanie Jackson, Dick, Kathy & Evan LaForge, Ben Sutton, Bill Kenney, Mark Fritzke, Linda Villatore, and visitors Dave Espinosa, Jim & Deanna Dancy, and Willie Ondricek.

Chairman Jim Wolff called the meeting to order at 19:57. The Minutes were accepted as read. The treasurer was not present and the balance was estimated at \$616. The next deadline for the SAG RAG is Feb. 15.

Correspondence: Letter and map from Rich Sundquist of a cave some Mother Lode Grotto people found down flow from Hourglass Cave, named the Alarming Extension.

- copies of the Dweller, Shascade Caving Society newsletter were passed around.

Old Business: Oregon Caves restoration trip March 5-7, bring sleeping bag and cave gear.

- Registers: new cave register sheets/booklets; a data disk to send in reports and to work out trends has arrived. USFS wants copies. Ray still maintains that we need to work up a simpler register form for "daylite" caves that get the casually curious tourist.

New business: NSS Convention in Pendleton.

- Should we seek non profit status? Scott Valley Bank will give us a free checking account if we have it otherwise the account we have will cost us \$6/quarter if the balance dips below \$500. Liz to look into.

- Samwel Cave brochure was passed around.

- Next meetings: March 12 at Wolffs; April 9 at Melanie Jackson's.

- Mark and Linda are getting married May 8.

- A camp manager is needed for the Tongass Cave Project, call Mark at 707-822-8566 for more info. Duties will include ordering transportation & food, collating reports, keeping track of people. Two expeditions, all of camp buildings with showers & laundry, and local transportation are provided by the USFS on Prince of Wales Island, Alaska.

A brief intermission followed before discussing cave rescue.

- Cave Rescue: Dick opened with, the books Death by Exposure: Hypothermia and the Manual of Cave Rescue Techniques. In the Western Region Joel Despain and Peri Frantz are putting together a California Cave Rescue organization. There will be a meeting in Sequoia NP on March 28. Our focus area is the Marbles and a practice rescue proposed for one day during Speleocamp in September, where knots, hardware, rigging systems for minimal proficiency will be covered. A practice rescue on the cliffs around camp and then Skunk Hollow Cave will be attempted. Timewise we should consider more than one day for all these activities. A list of supplies, techniques and synopsis of training will be published in the RAG, as well as a preview of the rescue practice. The rescue practice will be pre-published in all the region newsletters with a sign-up sheet for those wishing to participate, with 1 day being mandatory and 2 days optional. Dave mentioned that certified medical training is available thru Dick Laughlin (RN) of French Gulch and the American Wilderness Academy and will contact him; he also has possible loan equipment. Dick said we should accumulate old woolen clothing to keep the rescuers warm during operations. Ben told us we could be 'cave specialists' as a rescue team, and he will make up a callout list. This will be a list of potential rescuers names, phones and equipment; the list should be updated on a regular basis. Only people interested in being included will be on it.

A letter fro your Chairman ... by Jim Wolff

A new and exciting year is ahead of us, a year of dramatic changes! Now, not all changes are bad. Let's look at some of the things we can expect to see.

Cave Rescue and safety awareness have been in the Western Region spotlight, with the last two regionals having cave rescue as a theme. KMCTF cavers have put together an action plan to become self-rescue ready, and improve communication with local S&R groups. This will directly affect this grotto. SAG cavers that cave in the Marbles need to become better prepared to affect a self-rescue and to learn first aid, mainly because of the time/hypothermia factor in those cold, wet caves. This kind of training needed to be done years ago! Better late than never, eh? Help support the grotto in our efforts to train our people. If you have any talents or special knowledge that would be applicable to underground environment survival skills, volunteer yourself!

Also up-coming is a Special Use Permit from the Forest Service for our on-going Cave Register Program. As a FS employee, I talked to the new McCloud Ranger Bob Hammond, about the register program. During the meeting which included most of the staff, I was able to explain our past relationship with the district and how the FS could use the completed register's data to their advantage. Plus they wanted to know of the future of the program. He asked questions like: do we want to install registers in more caves? What do we plan to on doing to mitigate the register sites, once we remove them? I have an idea what the grotto wants me to do, but I want your input first. We should have a reply from the FS by March '93, and in the meantime, I will be working on the official paperwork at work. So, come to the next SAG meeting, call or send me a letter about your concerns, etc. soon! Thanks!

This year the NSS Convention is in Pendleton, Oregon. If you haven't ever attended one of these events, try not to miss this chance! Pendleton is within a comfortable day's drive so there is no excuse not to go! Speaking of the convention, we need to come up with resolutions, proposals or concerns during our next few grotto meetings for inclusion in the Congress of Grottos (C.O.G.) which is held during each convention. The C.O.G. is an opportunity for the average grotto to have a voice in how the NSS operates.

Equipment Tips by Jim Wolff

Packs, coveralls –

If you have an old army surplus canvas bag that has definitely seen better days, cover all the thin areas, stitching, straps and in fact, most any non-nylon materials with CANVAS GRIP. This glue is a product sold by **Bob and Bob**, but you can find similar products at your Coast to Coast stores. It is a semi-liquid latex glue with an ammonia carrier. The ammonia evaporates fast and the glue can even be used on dirty gear; of course if you clean the gear before treating, the bonding is much longer-lasting. Be sure to put lots of newspaper behind your patch or material to be glued, if you don't want the material behind glued also. You can treat your volleyball/basketball knee pads too – makes them last longer.

Tips about Flashlights –

Most flashlights have some kind of device to switch the thing on and off (of course there are ones that will light only when the flashlight body is squeezed and only pressure will keep it lit), and are vulnerable to the intrusion of water and mud. If you are buying a flashlight, I recommend the ones with a twist-type switch that is in the reflector/globe assembly. **Maglight** is one of these kinds. They have a built-in O-ring gasket that

effectively seals out water and mud... to a point. After a lot of use (especially if you don't clean the flashlight each time after wet, muddy trips), the seal is less effective, and over time, no use whatsoever! What I do to prolong the life of the light is to take the thing apart and wipe or toothbrush the mud off, then take the o-ring off, brush or clean the seat that the ring goes into. This way grit isn't there to abrade the rubber of the O-ring. This is a good way to see if the o-ring is getting cracked (old) and less flexible to the point it won't seal anymore. Most other lubricants may deteriorate the rubber so read the literature to see if it is compatible or not. Moisture in the light, even if the light is waterproof, is inevitable. Open the light up to air, to prevent corrosion while the light is in storage at home. Your flashlight can be made to be a hands-free light by hanging a lanyard from it by placing the lanyard at different points down the length of the light; when you have the light hung around your neck and arm, the light points forward, allowing your hands to be free for other tasks.

To Shoe Goo or not? –

Well, yes for a wide range of purposes the Goo is a standard repair and protecting material for the caver's gear, but shouldn't be used on vertical gear. Most of the time I use **Aquaseal**. It is by far the best glue I've ever used! Aquaseal is meant for use on wetsuits and is a neoprene glue that has insulating qualities, strength and flexibility surpassing other repair glues. For example; of the strength and durability, I used the glue on my daughter's tennis shoes. They had cracks running the width of the shoes, right at the bend of the ball of the foot. After cleaning them with rubbing alcohol and allowing plenty of time to let everything dry, I put a little glue in the large crack, closed the gap and then covered the crack with about a 1/2" wide strip of glue – then let the shoes set for two days, to be sure that all the thickly-layered areas were dry. The shoes lasted another year and the patch was still good and flexible – the uppers wore out first! Aquaseal is

expensive (about \$4-\$6 per 1 oz. tube) but is well worth the purchase. You can find the "quickener" or "cleaner" (forgot the name) that Aquaseal makes, and it makes curing time many times faster. Get it! You'll love it!

Newsletter Review February 1993 by Dick LaForge

This month your peripatetic newsletter reviewer, along with Kathy and Evan, and Mark Fritzke/Linda Villatore, visited the Wolff's in McCloud, following a late arrival at the grotto meeting at Jim and Bea Kottinger's in Mt Shasta. Our particular purpose was to discuss further plans for the Cave Rescue Practice to be held in the Marble Mts. this summer, and the cave rescue members of the new Shascade Caving Society of Redding in attendance. There are 26 people on their membership list, it seems like a young and enthusiastic group, with an impressive amount of skills already. For example, at least 6 (trying to remember) have medical training past CPR.

Might as well start in with our rescue discussion, remembering that Liz Wolff might have condensed notes elsewhere in this issue. Basically, I submitted for consideration the tentative practice plan, which might also be published elsewhere in this issue [page 16 – pdf ed.] It was generally approved.

There was a general sentiment to make it a 1.5 or 2 day practice, instead of one.

There was discussion about how much medical information to give, along with the mechanics of body-moving. Dave Pryor of the Shascade agreed to work on that, and we also volunteered Bill and Judy Broeckel in absentia.

There was discussion about inviting members of the Shasta County S&R, which has several members who are rock climbers and have caving experience. We decided this could be a good idea if done informally, and the Shascade Grotto will pursue this, Ditto with American Wilder-

ness, an outdoor experience training camp (a private business) located in French Gulch, One of their staff, Kirk Laughlin, is a member of the Shascade Grotto. A.W. reportedly has people trained in cave rescue, which means they might easily know more than we do. I think all this is fine as long as we work out our plans in some detail ahead of time, so as not to have a leadership struggle or planning confusion when the time comes.

It was generally recognized that the more we trained ahead of time, in our own geographical areas, the more we could do when all together in the Marbles.

Labor Day weekend was chosen as likely to have good weather, and as a time when there would be good attendance. We should consider rescue training an obligation of regular Marble Mts. cavers, though we cannot enforce it. There was some discussion of requiring cavers, or for example at least one member of each caving group, to have certain training and equipment.

There were other points, including details of equipment, etc. that I am sure Liz wrote down.

What happens next??

Dick L. writes a "press release" describing the Labor Day event and sends it to West Coast grotto newsletters and the Cal Caver.

Ben Sutton compiles a grotto membership list of cavers in the NE California area. Dick L does the same for the rest of the West; based on Steve Knutson's list of active MMTs cavers, and responses from the press release. Kick L writes a caver information questionnaire and distributes it similarly, to begin the construction of a call-out list.

Mark Fritzke, Jon Bair, and myself make specific plans, equipment lists, etc. for the rescue aspects to be practiced, and print these in the RAG and The Dweller (Shascade newsletter) for comment and as a guide for pre-Labor Day practice.

Jim Wolff prints in the RAG and The Dweller a list of opportunities for medical

training available in the Redding/Shasta area. Jon Bair ditto for Eureka-Arcata area.

I see as a product a sort of Marble Mts rescue guidebook that will be useful to old-timers and newcomers alike.

An associated development is that Joel Despain, Cave Specialist at Sequoia NP, and Peri Frantz, long-time Bay Area caver, are working on plans for a state-wide meeting (including Oregon?) March 27th in Sequoia NP and will have the latest on our efforts. We are now in a leading position in California/Jefferson State cave rescue organization. Eventually we will fit into this state-wide organization and surely get benefits from that.

That's all I can remember, looks like there is plenty of enthusiasm and commitment.

Almost forgot about the newsletter review part. The San Francisco Bay Chapter newsletter, Jan 93, lists as future trips a July 4 weekend to the Marble Mts. Will the snow be gone? Before we got used to the drought, July 4 was often marginal for caving.

From the Valley Caver, Winter 1992, we have a trip report by Marianne Russo entitled "McLean's Cave Expedition, or Why This Will Never be a Yuppie Sport." We can all identify with this story, which reminds us that in caving, getting there is sometimes more than half the fun, Marianne proposes that it is non-yuppie fun.

At the SAG meeting, Jim Kottinger presented me with a stack of Cleve-O-Grotto News, (Cleveland, Ohio.) Since this is a different part of the country, we could think that these writings are A/ not relevant, or B/ interestingly different. I thought you who have been going to the Oregon Caves Restorations might be interested in "The Mammoth Experience," by Frank Vlcek. Clean-up/restorations seem to be all the rage these days, not that I disagree. A little different is a description by the same authors of the

1992 Old Timers' Reunion in Elkins WV. This famous gathering is said to be the East's largest caving party, perhaps second only to the national convention. Read about it in "OTR and the Vegetable Wars," and put to rest the idea that the East is more civilized than the West. These Both are from the October 1992 issue.

Good Caving,
Dick.

RESCUE! (Call 911 and pray)

This article is a good example why we need to develop and maintain a good working relation with local rescue personnel.

Ben

Injury in Garbage Pit – Rescue: 911

By Cathy Crockett, writing in the Jan-Feb 1992 issue of the Cave Cricket Gazette, the newsletter of the Miami Valley Grotto.

On Saturday, October 19, Tom & I were enjoying an uneventful evening at home when there came a rapping on the door (More like a pounding!) followed by the infamous line, "Call 911!" I calmed the girl down the best I could and questioned her as to the seriousness of the accident. She assured me a stretcher was necessary to get the wounded out of Garbage Pit.

So I made the call and perhaps one of the worst mistakes of my life.

The dispatcher asked me to wait at the highway to direct them to the cave entrance, which I did. I directed the police, the sheriff's department, the rescue squad, the ambulances, the five fire trucks, and everyone else in Pulaski County who wasn't at the drive-in. There were 22 vehicles in all. (Cathy's video plainly shows the police crowd-control tape that was strung around the entrance, apparently to keep out cavers whose offer of help was ignored. It sure didn't keep anybody else out. – Ed.)

As I returned to the entrance I was amazed at the total lack of caving knowledge being exhibited by the "rescue personnel." I spoke with Gordon Muse, a Pulaski County caver who led the trip into Garbage Pit. He had a fairly large group of maybe 12 people with him. They were playing on the Mud Slide when Nathan Smith broke his ankle and nothing more. But they were prepared to rescue Floyd Collins or kill him trying.

I found out then that Gordon had sent his daughter out to ask us for help. He was tired of carrying the guy himself. Gordon had gotten Nathan to the bottom of GP Hill. by carrying him, and helping him hop on one leg. He was not in critical shape. He could have walked up the hill with an inflatable ankle cast by himself.

But as soon as the EMS arrived, they took over. It was similar to a SWAT team taking over a hostage situation. They asked maybe three questions: How far does this cave go? Is there another way in? Is there an easier way to get him out? (Remember, he's at the bottom of Garbage Pit Hill. – Ed.)

We assured them Minton Hollow was an easier entrance but we didn't think they wanted to haul Nathan that far!

So the rescue personnel entered GP at approximately 6:45 p.m. They found Nathan in good spirits, except for a hurt ankle. So they strapped him in to a stretcher! (Remember he is soaked!!)

Topside, they rigged their portable generator up and proceeded to string big lights through the cave! The lighting takes about an hour. All the ropes they pulled out were in hideous shape. On one "pile" they couldn't find either end to start untangling! They finally tied off three ropes outside the cave. I don't know what for.

Meanwhile, inside GP, EMS argued for an hour and a half on how to tie a bowline knot. Oh, and remember Nathan? He now, after being immobilized for 2 1/2 hours, is nearing hypothermia!

They finally started up GP Hill with Nathan and want to pull him up the right hand side by our electrical line and hose. One or two of them could have carried him up the trail side! One of the people from the cave trip who was still inside informed them of the right way to proceed.

When they finally exited the cave 3 1/2 hours later, they almost beat the kid's head off trying to pull him sideways up the ladders. Sam Catron, our fine sheriff, finally just climbed underneath the stretcher, propped it on the back of his neck, and climbed up the ladder with it. He

was wearing rubber boots! All other rescue personnel had on full fireman gear, hooded helmets included!

Nathan Smith survived his first encounter in Sloan's Valley Cave; he almost didn't survive his first encounter with 911!

If someone was seriously injured, they would not have made it out. If someone was injured anywhere else in the cave besides right next to an easy access entrance, they might not make it out.

911 has to learn a little about cave rescue.

And when an experienced caver wants to help, they shouldn't be threatened with arrest!

Get out and vote

You may have thought the national political season was over last November and would not come around again until 1996. However, for NSS cavers the political season comes up every year in the spring. We will soon be asked to elect four members to make decisions in the NSS for us. This has been going on for half a century and I doubt that few members think much about it.

I think a good case can be made that members, especially western cavers, should be paying much closer attention to who is making decisions for us. The NSS is not quite a household name yet, but is no longer exactly a minuscule fringe group of strange mud covered individuals either. In recent years we have pushed through national legislation and negotiated understandings with the major federal land agencies. We have also begun talking about paid officers, broadcast video productions, and becoming a Sierra Club of the underworld. Who we elect is who decides such things.

If you have any concern about what deals are cut with federal agencies, how we appear to the public, or where our Society is going, it behooves you to pay careful attention at election time. As unpleasant as it may be, I hope you will bear with me for a quick tour through speleo-politics.

THE STRUCTURE. As noted above, every year we elect four Directors to three year terms. These four join eight others elected in the two previous years and together they constitute the Directorate. They are all elected nationally "at large" meaning they represent no one region or other organized group. The Directorate, in turn, elects the four officers of the NSS – President, Executive Vice President, Administrative Vice President, and Secretary-Treasurer (there is talk of creating another office – a vice president for conservation and cave management). Once

elected, officers become voting members of a larger and better known group – the Board of Governors, or BOG.

Since we are discussing the effective decision-making structure of the NSS, let us quickly dismiss the Congress of Grottos. That group has a right, under the bylaws, to meet and pass resolutions. The BOG is not in any way bound by such resolutions.

THE DEMOGRAPHICS. Last year a well thought-out survey of members was completed. For the first time we have a good view of the average member, his (male by 72%) caving activities and opinions. Among the tidbits are that we are well educated – average 15.8 years of school, average 38 years of age; are well paid – the mode is \$50-\$75,000 per year; and have averaged 17 caving trips the last two years.

The data I saw in this survey did not provide any distribution of membership on a geographic basis. Now this is where it gets interesting to western cavers. Using the 1991 Members Manual (where the membership list is divided by state), it is fairly easy to get state-by-state membership numbers. If the geographic boundary between eastern and western cavers is defined as the eastern border of the states of North Dakota, South Dakota, Nebraska, Kansas, Oklahoma, and Texas, then western cavers make up 38% of the NSS membership. I think this boundary, for this purpose, is more conservative and defensible than using the Mississippi River.

There are only two western resident cavers elected to the Directorate. There is an additional western resident caver appointed to the Directorate (to replace a resigned member). Western representation is therefore 25%. Since there are no current officers resident of western states, western representation on the full BOG is 18.75%.

Much of the NSS's actual work is done by committees. The 1992 Members Man-

ual which lists committees and chairpersons with their addresses shows only 18.1% of committee chairs are residents of western states.

IMPLICATIONS. I do not believe this disparity is any deliberate attempt to disenfranchise anyone. Rather it is a result of some history and demographics. The NSS was largely founded and led to the present by District of Columbia area cavers. This probably explains why five of the eleven current elected members of the Directorate are residents of the single state of Virginia and that 23% of committee chairs are residents of Virginia, Maryland or the District of Columbia (throw in Pennsylvania and the percentage reaches 29%). Name recognition counts in "at large" elections and the elected tend to turn to people whose abilities they know when it comes time to appoint people to committees.

Is there necessarily anything wrong with this regional concentration of decision-making power? If cavers from areas other than within easy access of the DC Beltway feel they are being represented, then there is no problem. If there is any other answer, then there are some fairly easy and effective solutions that have to do with voting.

SOLUTIONS. When your ballot arrives, vote for candidates you know, not names you recognize. If you do not personally know a candidate then read their platform statements. Pay attention to where they live and cave. Check to see if their credits indicate they are long time insiders (i.e. been officers, served on the Board before, or chaired a string of committees). If their contributions have been to local and regional activities, that is a good sign. If their platform is vague and full of warm fuzzy statements, be cautious.

If there are one or two candidates you feel should be elected, vote for them only, in spite of the fact that you can vote for as many as four candidates. The way it works

is that every candidate runs against every other candidate. Votes are totaled and the top four are elected. If there are one or two candidates that you feel should be elected, and if you vote for them and then go ahead and use up the rest of the votes you are allowed, you have in effect voted for your candidates' opponents. To vote for less than four candidates has been called "power voting" and in the 1992 election 14% of those who returned their ballots did it.

"Getting out the vote" pays big dividends in NSS elections because most members (80% in 1992) do not return their ballots. A well organized regional effort for a regional candidate can be successful. Last year it took only 1,013 votes, not much more than 10% of the ballots mailed out, to get elected.

One problem has been getting candidates to stand for election. Getting on the ballot is very easy. There is a nominating committee that actively seeks candidates, especially from under-represented regions. A petition signed by 25 members will also get you on the ballot.

In conclusion I would like to modify the old motto attributed to Chicago ward healers – "get out there and vote early and vote often!" to "get out there and vote, but not too often!"

Bill Yett, 3604F, Member Colorado Grotto.

Crystal Cosumnes Cave by Bill Broeckel

“CRYSTAL CAVES. Explore the cave located on the Cosumnes River near Somerset. Bring flashlight, ball of yarn, and lunch. Limited to the first 30 people who call.”

Wow! How could I resist this? I called several months in advance to reserve a place on this trip. When the day finally came, I packed some flashlights, lunch, and a toy hardhat, but I forgot to bring a ball of yarn. Anyway, I think the yarn idea was just a joke.

It was a long hike to the cave, but eventually the large group all arrived at the entrance to the cave. Crystal Cosumnes Cave is a limestone cave located in El Dorado County, California. We broke for lunch before going in. By now it was clear to me that I was part of a large group of non-cavers about to become cavers. I did my best to blend in with the crowd. Nobody seemed to notice the toy hat, the only hardhat on the trip.

There were actually two entrances, connected by walking passage. Several cavers left the cave at this point, uncomfortable with the closed in feeling and the warm humid air inside. The rest of us climbed up a little flowstone to more walking passage that turned a few corners to the end. A keyhole in the wall, however, led on to more cave. This squeeze turned out to be a major decision point for many of the explorers, but I noticed that quite a few were gamely pushing on through. When my turn came, I soon found myself in a confusing, tight maze with people everywhere. I got lost. Of course, I get lost in my own house sometimes.

Strings of yarn led off in all directions (just kidding).

I found a refuge in a series of three rooms. Here I rested and chatted with people going by. Some people were bumping their heads, including a small child who cried, but was OK. The ones with bumped heads left the cave. When things started to quiet down, I set off to explore some more. Someone said that the cave was 750' long, so we looked for more passage.

Back in the maze, you can slide down a rabbit hole into a smaller level. By now it was me and four kids, aged 8 to 12 pushing the lower passage. These kids struck me as being willing to try almost anything, but perhaps not perfectly sensible. After some crawling, we arrived at a pool area where we rested. Here we could poke our heads into a side chamber to see the largest collection of water. This satisfied us as the end of the cave, and we returned to the entrance without further incident.

Crystal Cosumnes Cave has very little breakdown, and retains some beauty and charm despite severe vandalism. All the hang-downers in the cave are long gone, crystal has been chipped out of the walls, and there are lots of signatures to read. But with all the flowstone and a bit of complexity, it was still fun to explore. One person said that one of “the cave clubs” had recently cleaned the cave. Ah! No wonder it seemed so nice.

The Mammoth Experience

by Frank Vlchek

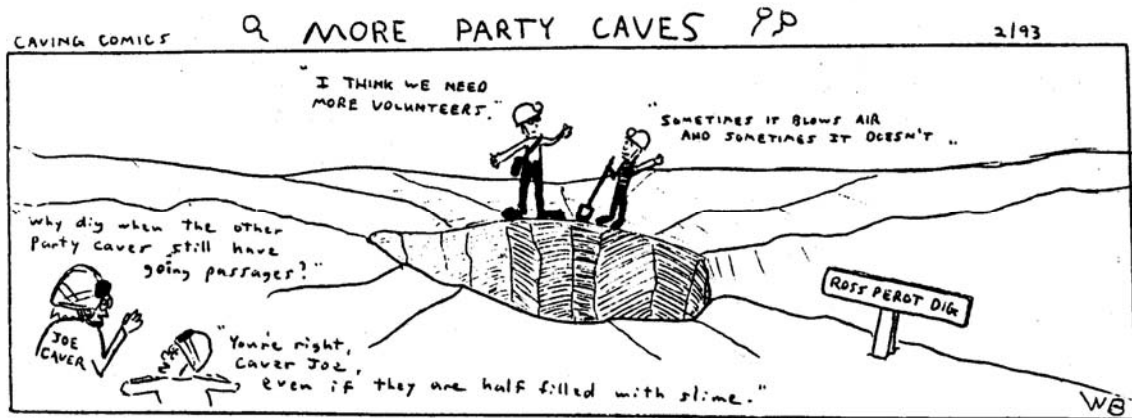
Another clean-up? Why not? Off we went to Mammoth Cave National Park for one of their annual cleanup/restoration weekends. Paul Drennan and Floyd Herold met at my place where we were picked up by John Watson and Ed Dansereau on the first Friday night of October. We arrived at the park early Saturday morning where we were greeted by a deer crossing the road. Was this one of Mammoth's fabled blind cave deer? We continued on to Dave Scholar's government apartment and saw that Wayne and Alex Neff were already asleep on the floor. So we woke them up. After some shuteye and some breakfast at the lodge, we met our leader, ranger Jim at 8:00 am. There were also about thirty members of the Louisville Grotto at the ranger station as we all drove over to the Frozen Niagara entrance to the cave. As we filed in along the trails of the longest known cave in the world, Jim gave us a quickie tour, both orienting us while giving us some history at the same time. We reached our destination, the base of Mt. McKinley, after about a mile or more of hiking. Our mission, pick up all the trash we could find. Immediately Ed pointed out an old hairpin to me. Ahh, my first piece of trash. I was so excited. That was soon followed by a piece of gum and some wiring left park electricians. Next, Floyd pointed out a florescent bulb that someone had dropped down in a crack in a breakdown pile. Due to my longer reach, I volunteered to crawl in after the pieces. What a mistake! I spent the next half hour hanging upside down by my heels in a tight crack picking up little chards of broken glass. By the time I wiggled back out, my head was pounding and my ears were full of sand. As I took a break, I watched a group of people pulling out pieces of an old hand rail from a deep crevice. They couldn't quite reach it all. Floyd went to get Alex, the smallest person there, while I offered to dig the used gum from my trash bag so we could reconstitute

it, put it on the end of a stick and adhere the trash to it from above. They managed just fine without my idea. Eventually Floyd and I worked our way up a breakdown slope and disposed of some old burlap. This brought up a question. Was this real garbage or historical garbage? We were supposed to leave the historical stuff but it was left up to us to decide what was what. We continued up, well off the tourist trail where I started finding a lot of old wood. We were in a canyon which I chimneyed up out of but right into another. This one yielded a thirty foot piece of cable, a jar and a lot more wood. I explored the passage and found there to be an easier way down to the main trail so Floyd chimneyed up to my level. Paul then came up and the three of us had a great time picking up old pieces of wood, nails and other trash while investigating some old signatures on the walls. We were apparently in a long abandoned tourist trail as most of the dates were from the early 1920's. Upon returning to the main level, the lights were turned off. Did they forget us and leave us behind? We soon saw Ed, John and Wayne coming down off of Mt. McKinley, garbage in tow. They told us of a gypsum flower wall just passed the summit. They didn't have to tell us twice. The three of us climbed the mountain and used the bathroom on the top. Floyd boasted as he stepped away from the drinking fountain, now he could say he drank cave water without a worry. We continued on to view the spectacular gypsum flower wall and then kept going. No headlamps needed here, as we just lit our way with the switches along the way. We wondered if the rest were starting to search for us yet so we turned around from our private tour and headed out. We caught up with Jim who was surprised to see us come up behind him. He thought everyone was in front of him so he was picking up gear and turning out the lights as he went. Back at Grand Central Station, Jim instructed us to check out New Entrance. Shortly down the passage we came to a great dome pit. As we

continued, we found that, through some unbelievable engineering a stainless steel stairway was constructed up through a series of domes all the way to the surface. Floyd really startled the ranger waiting for her next tour group bus to arrive when he opened the door to the surface. Eventually, we made it back to the Frozen Niagara entrance feeling good about picking up some trash and having a good time doing it. That night Dave took us on a private historical tour. He pointed out many things

that he normally doesn't to the general public. Some of the things just wouldn't interest most people and some might be destroyed if the public knew about them. But a caver really appreciates what he sees in a cave and we spent hours in appreciation that evening. It certainly was a special treat. In fact, the whole day was something special.

From: CLEVE-O-GROTTO NEWS
OCTOBER 1992



CAVE RESCUE REPORT

HYPOTHERMIA some dos and don'ts by Bill Broeckel, MD

Hypothermia means a condition of low temperature. In a medical setting, this refers to low body temperature. This in and of itself can be a serious medical problem.

Cavers get cold sometimes, and often we are depending on a certain level of physical activity to keep us warm. We stop for a few minutes rest, and we notice a definite cooling off, and so we start going again in order to warm up. This happens all the time.

So it is no surprise that cavers who are immobilized by an injury will sooner or later get cold, that is, hypothermic. This will happen rapidly in a cold cave. Many caves in our local area are considered cold or "alpine" caves. In warmer caves it will take longer. It is a very rare cave that does not threaten its human visitors with hypothermia.

Recently we have seen quite a bit of interest in potential rescues from the Marble Mountains caves. Ben Sutton asked me to list out a few dos and don'ts regarding the care of a hypothermic person. This is an area that we all need to think about and be interested in, because when the time comes we will want to be knowledgeable and respond appropriately.

First we will list some good things to do.

- 1) Monitor body temperatures on immobilized cavers. Core temperature is the most important, and is best measured at the rectum. Oral or axillary temperatures are OK if they are normal.
- 2) Remember what normal body temperatures are. Do you know? Here they are:
Axillary 97.6 F. Oral 98.6 F. Rectal 99.6 F.
- 3) Write down temperature, anatomical location, date, and time.
- 4) If the person is cold, warm them up as best as you can. Don't be afraid to do this even if the person is nearly frozen.
- 5) Exchange wet clothing for dry.
- 6) Actively insulate to decrease heat loss, especially at points where the caver is in contact with the cave, such as under the buttocks or back.
- 7) Add warmth with a makeshift heater, heat packs, hot water bottles, or even body warmth from fellow cavers. Add as much heat as you can safely.
- 8) Give hot food or beverage if the person is conscious and able to ingest.
- 9) Give warmed supplemental oxygen.
- 10) Handle gently.
- 11) Follow Standard CPR protocol if necessary, with the following suggestions:
 - Use the jaw thrust maneuver to clear the airway.
 - Use a stethoscope to the chest to check for a heart rate, or second best, the carotid (neck) pulse. Your fingers might be cold and unable to detect a pulse!
 - Use a mirror to detect respirations.
 - Provide chest compressions only if you are absolutely sure there is no heart beat whatsoever. Check for three minutes before deciding.

Continued on next page.

Next we will list some important things to remember to avoid.

DON'T DO THEM

- 1) Don't give alcoholic beverages.
- 2) Don't give medications. Many medicines can make hypothermia worse.
- 3) Don't move the person suddenly: this can cause a cardiac arrhythmia.
- 4) Don't allow sudden exertions.
- 5) Don't place in upright position suddenly.
- 6) Don't force oral feedings on the unconscious person, or on a person unable to stomach such feedings.
- 7) Don't give up easily on the hypothermic person. Miracles have happened.
- 8) Don't burn the person.

For more detailed information: HYPOTHERMIA, by Keith Conover, M.D. The Muddy Litter Letter, Edition 15, January 1992.

Tentative Rescue Practice Plan

This is a preliminary outline for a practice cave rescue session in the Marble Mountains. Anyone is welcome and encouraged to make comments and contribute ideas. Send these to:

Dick LaForge 450 Redmond Road, Eureka, Ca. 95503 (707) 443-2626

These ideas were developed with the help of the Manual of US Cave Rescue Techniques, 2nd Edition, Ed, Steve Hudson.

The practice session will take place in the Marble Mountains during the summer of 1993. The Labor Day Speleocamp weekend has been suggested, for these reasons:

- 1) Weather conditions should be good.
- 2) The caves will be relatively dry.
- 3) There should be quite a few people there (I don't think that "captive participation" is a bad idea).
- 4) Mark Fritzke will probably be back from Alaska.

But the date is certainly open to discussion.

The aim is only to practice the skills required to get someone out of a cave. We will not worry about communication with the outside world, coordination with S&R, or evacuation from the valley. Reason: evacuation from a cave is the crucial first step. We cannot depend on any S&R organization for help because time will be of the essence, and because we are the most familiar with caves, and we need to demonstrate our capabilities to be taken seriously by the Siskiyou county S&R and Sheriff's Dept.

Continued on next page.

Mark Fritzke and I will be in charge of planning the session and accumulating the equipment necessary. Hopefully the groups in the Shasta area and the Coast will practice these rescue skills before the Marble Mountains event. Anyone hoping to be useful getting a victim up an entrance drop (which most Marble Mountains caves have) should be well practiced in his/her personal ropewalking skills.

I would propose that Steve Knutson, Mark Fritzke, and I act as leaders. Our style would range from straight teaching and explanation to problem-solving by group discussion, depending on the situation. If anyone more qualified shows up, we would be happy to relinquish our roles.

We would spend one day (minimum) at rescue practice. We would have a note-taker and a photographer (perhaps video). We would practice a series of skills, starting easy. The ultimate goal, which we probably could not reach in one day, would be to get someone in a stretcher out of the Big Room in Bigfoot. This would cover most of the skills necessary to get someone out of any Marble Mountains cave. We would not begin with this challenge, however. Of course, our pace would depend on the preparedness of the participants. A possible plan would be as follows:

- 1) Orientation: Review of the equipment available and how it is used, especially stretcher. How to tie someone in. A review of pulley haul systems. Tie someone in and carry about.

- 2) Set up pulley system on the cliffs behind the cabin. Raise and lower a "victim" up and down the cliff.

- 3) Evacuate a "victim" from the bottom of the large room series in Skunk Cave. This will familiarize rescuers with cave pace and temperature and movement in rough terrain.

- 4) Raise a victim up the Discovery Entrance in Bigfoot. The rigging would have to be done ahead of time, and the strategy discussed before beginning. If the stretcher does not fit at the top of the drop, we would have to plan an appropriate strategy ahead of time also. It might be more within our capabilities to try a "lift assist" exit. In this scenario the "victim" has a sprained ankle or broken arm or hypothermia and is hoisted up the drops but not in a stretcher.

- 5) Evacuate a "victim" from the Big Room in Bigfoot. I am pretty sure there would not be time for this after all the above. We could take another day, or do it at another time. This exercise would tell us the time a real rescue would take and how the rescuers and rescuee would have to dress to stay warm.

- 6) Debriefing, with note-taking. This would take place that evening or the next morning.

Associated activity: Dr's Judy and Bill Broeckel discuss hypothermia and how to avoid it. Hypothermia will be a big problem in any lengthy rescue.

The next step would be to use our notes to revise our plans for the future. We would then be ready to give a presentation to the Siskiyou County S&R and other outside groups, and start coordinating plans with them.

Notes for Cave Rescue Squad Resource Information

The Cave Rescue Squad Resource Information Form (next page) asks for information about you which is essential for organizing a rescue call-out list and for making efficient and realistic rescue plans. Initially these plans will cover the Marble Mountains, but we expect them to expand to cover Northern California and Oregon (Jefferson State), and eventually all of California and Oregon by integrating with the regional rescue organization that is now forming.

Please return this form even if you do not consider yourself an expert caver. In an emergency, surface people as well as undergrounders will be very important. Return the form even if you might not be available at all times. Do not return the form if you know you will not ever be available, or if you have no interest. We expect that all who visit the Marble Mountains regularly will return the form and take an active interest, as we will primarily have to rely on ourselves if there is a serious accident. The life you save might be your own.

Returning this form will put you on the call-out list and will ensure that you are informed about rescue plans and training opportunities. It will not commit you to any specific commitments to activities or membership in organizations, other than this one. The rescue organization will probably for official purposes become part of the Klamath Mountains Conservation Task Force (KMCTF).

Dick LaForge

AN INVITATION TO YOUR GROTTO AND ITS MEMBERS

A CALIFORNIA CAVE RESCUE PLANNING AND ORGANIZATIONAL MEETING SATURDAY MARCH 27, 1993, 1 PM ASH MOUNTAIN, SEQUOIA NATIONAL PARK

While we have been lucky in the past, the potential for a serious cave rescue is very high in the Golden State. The cold, deep caves of the Marbles, the isolated, rough tubes in the Lava Beds, the varied often vertical caves of the Sierras, the desert's mixture of tubes, talus caves and limestone areas, and the surf-pounded sea caves found from Mexico to Oregon all may present very serious challenges to cave rescuers in the future. Are we ready for such a challenge?

The goal of the meeting is to create the groundwork for an organized California cave rescue group. Many questions need to be answered. How and who will run the group? What skills or training are necessary to participate? How often, where, and how should the rescue group train? Financing? How will the group interface with NCRC, the state department of Emergency Services, and the local county sheriff search and rescue groups? How will call-out work? So, bring your ideas and a willingness to work with other cavers from around the state. And remember, it is essential that we have participants from all California Grottos to insure that everyone is represented. Please plan to attend or make sure that a person attending knows your views on this important subject.

Ash Mountain is the Sequoia and Kings Canyon National Park headquarters. It is located along Highway 198 one hour east of Visalia and just inside the Park boundary. The meeting will be held upstairs in the Fire Dorm building, behind the main Park administrative building. The sign in front of the building says "Fire Management" and "Sierra District". To

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CAVE RESCUE SQUAD RESOURCE INFORMATION

KLAMATH MOUNTAINS CONSERVATION TASK FORCE

2/18/93

1 Name and Address

Name: _____ Sex: _____ Date of Birth: _____
 (Last, First, Middle)
 Street: _____ City: _____ State: _____ Zip: _____
 Height: _____ Weight: _____ Eye color: _____ Hair color: _____
 Phone Numbers: _____ Normal Hours and days you are at this number: _____
 Home _____ When: _____
 Work _____ When: _____
 Alternate Phone 1: _____ When: _____
 Alternate Phone 2: _____ When: _____
 In case of accident or illness notify (name, phone no. and relationship): _____

 Cave Club affiliations (if any): _____
 NSS Member? Yes No NSS Number: _____

2 Caving Experience

Not a caver: _____ (if so skip down to medical section)
 Vertical caver: _____ Horizontal only caver: _____
 Years of caving experience: _____
 Do you consider yourself a strong _____, average _____, or weak _____ caver?
 Longest vertical drop (and climb) you feel you can handle: _____ feet.
 Longest length of time you have spent underground: _____ hours.
 Total number of caving trips in the last two years: _____
 Do you have wetsuit caving experience? Yes No
 Are you a certified cave diver? Yes No
 Certification Held: _____ Certified by (agency): _____

3 Medical Training: (List expiration date if applicable)

<i>First aid</i>	<i>Professional skills</i>
_____ CPR	_____ EMT _____ (type)
_____ Basic First Aid	_____ Certifying State _____ Cert. # _____
_____ First Responder	_____ RN _____ (specialty)
_____ Advanced First Aid	_____ PA
_____ Other	_____ LPN
	_____ Medical Doctor _____ (spec.)

List any other medical training: _____

Are you certified to teach any of the above, and if so which ones? _____

4 Rescue Training: List all training courses you have taken or given that might pertain to cave rescue. Things such as Mountain Climbing, NCRC Basic or Advanced, Civil Defense, Managing The Search Function, etc. Please include date taken and level of completion. Use additional sheets if necessary.

5 Equipment: Please list all equipment that you own yourself. Do not list team equipment even if you have custody of same.

Equipment color code or ID system: _____

Do you have your own: climbing system? _____ helmet w/light attached? _____

List by quantity:

7/16 inch caving rope (give lengths) _____

11mm dynamic rope (give lengths) _____

Gibbs _____ Handled Ascenders _____ Racks _____ Figure 8 _____

Rescue Pulleys _____ Edge Rollers _____ Carbide Lamps _____

Electric Lamps _____ Recharger for Wheat Lamp _____ Home _____ Car _____

Bolting Gear _____ Field Phones _____ Wire _____

Stretchers _____ Backboards _____

Car _____ 2WD Truck _____ 4WD Truck _____

List any other items that may be of use during a cave rescue such as: Generators, radios, group cooking gear, etc. _____

6 Special Talents: Describe any special training, skills or talents you have. Things like: Ham radio operator, blasting, cooking for large groups, engineering, backhoe operator, etc. _____

What part of the cave rescue operation do you feel capable of helping with? _____

7 How do we find you? Please list all your regular points of contact not listed in the first section of this form (Friends, parents, bars, etc.).

Name _____ Phone No. _____ Relationship _____

If you are not at home or work the person most likely to know where you are is:

Name _____ Phone _____

The car you drive is: Make _____ Body _____ Color _____

Year _____ Tag No. and State _____

8 If you were called out on a cave rescue that caused you to miss work, would and could you get the time off? ___Yes ___No.

Employer _____ Phone No. _____

Supervisor _____ Normal working days and hours: _____

ADDITIONAL QUESTIONS:

1/ I would be willing to attend a cave rescue practice in the Marble Mountains on Labor Day weekend, Sept. 5-6, 1993

Yes, definitely _____ Maybe _____ No _____

2/ If Yes or Maybe, I would rather practice for

One day _____ Two days _____

3/ My comments:

Please return this form to: Dick LaForge, 450 Redmond Road,
Eureka, CA 95503 (707) 443-2626

This form adapted from Gem Caver (Gem State Grotto, Idaho), Spring 1989

avoid paying the \$5 park entrance fee, please use Joel Despain's name and say that you are attending a meeting sponsored by Cave Management. Participants may plan to sleep at Joel Despain's home on Saturday night. There is lots of floor and outside deck space. Joel Despain (209) 565-3336 or Peri Frantz (408) 356-8506 may be called for more information.

SAG RAG
P.O. Box 1597
Mt. Shasta CA 96067

STAMP

TO:

Remove Staple For Inspection