



MARCH RECAP



MD SAR

MARYLAND RESCUE
INSTITUTE &
MARYLAND SEARCH AND
RESCUE (LEFT TO RIGHT CLICK
VIDEOS)

MARCH TRAINING RECAPS

What is AWLS ..and why are we going to Utah?

Acute Wilderness Life Support (AWLS) is a comprehensive course designed to provide healthcare professionals with the knowledge and skills required to manage medical emergencies in a wilderness setting. The course covers a wide range of topics including assessment, treatment and evacuation of patients. The benefit of going to a University of Utah course for training is that it offers a highly specialized and comprehensive curriculum developed by experts in the field. Students will have access to cutting edge research and training materials, as well as top-notch instructors who bring years of experience to the classroom. Additionally, the University of Utah's location provides unique and diverse wilderness environments to practice and develop skills. Graduates of the AWLS course will be better prepared to provide essential emergency medical care in remote and challenging environments.

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"Search and Rescue is not about being the best, it's about doing the best you can with who you are and what you have. And the only way to do that is to train hard and train often."

UNKNOWN

Maryland Search and Rescue- Search Tactics, 26 March 2023

0620 am the morning is chilly with promise of rain in the forecast; eyes as heavy as the dark clouds ahead we load up and begin our two hour drive out to the training site for our first session of the weekend with Maryland Search and Rescue. The sun starts to peak through the clouds and just as quickly the rain starts pouring heavily from the skies we are only starting to wonder *what have we got ourselves into*. We arrive just as the rain stops and we are greeted by a warm beautiful, *and dry*, cabin and a series of kind welcomes. We are ushered inside and after meeting the generous leadership who welcomed our team out to the training we start our day of training.



The amazing day of training with Maryland Search and Rescue (MSAR) on search tactics typically involved a combination of classroom instruction and practical exercises. The dreary-wet day started with an invigorating briefing on the objectives of the training and an overview of the tactics that will be covered. This included information on search patterns, GPS navigation, radio communication protocols, and safety considerations. After the classroom session, we split into small teams and headed just steps away to a nearby wooded area to practice the techniques we had learned. Some of the games included a task with searching an objective (*think missing person*) based on a set of clues or coordinates. During the practical exercise, MSAR instructors observed and provided feedback on the teams' communication, decision-making, and search techniques. Our day with the team concluded with a debriefing session where participants can asked questions and discussed the lessons learned; those staying for the weekend went on to night ops iteration. Through this hands-on training, MSAR volunteers develop the skills and confidence necessary to respond to real-life emergencies and assist those in need. Our next training event will be the last weekend of May - check the page for RSVP. --



APRIL



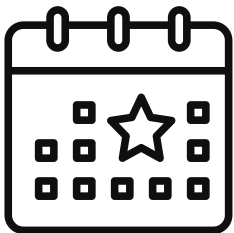
07-10 APRIL AWLS TRAINING
WITH UNIVERSITY OF UTAH



23 APRIL GUEST SPEAKER:
GUNPOWDER STATE PARK
SEE PAGE 4



VOLUNTEER OPPORTUNITY:
29 APRIL 23 10AM-12 BALTIMORE OYSTER



MAY

CHECK WEBSITE FOR RSVP AND INFO

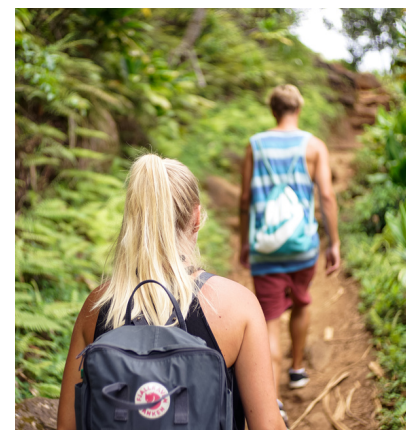


LIFELINE ONSITE VISIT 10 MAY 1500



MARYLAND SAR: STATION TRAINING
29TH MAY 26-28

CAMPING NOT REQUIRED BUT ENCOURAGED



VOLUNTEER OPPORTUNITY:
TRAIL CLEAN UP AND HIKE

ANY INQUIRES, COMMENTS, REQUESTS FOR TRAININGS OR CONTACTS CAN BE SUBMITTED VIA THE WEBPAGE OR BY EMAIL. CHECK THE PAGE FOR HIKES, OUTDOOR ACTIVITIES, UNOFFICIAL VOLUNTEER EVENTS, AND MORE... REMEMBER WE DON'T SEND OUT EMAILS EXCEPT FOR THE NEWSLETTER ALL INFORMATION AND GROUPINGS ARE DONE VIA THE WEBSITE.



Linda Laskowski-Jones

LINDA LASKOWSKI-JONES, MS, APRN, ACNS-BC, CEN, NEA-BC, FAWM, FAAN, IS AN ACCOMPLISHED HEALTHCARE PROFESSIONAL WHO HAS WORKED AS A CLINICAL NURSE SPECIALIST AND EMERGENCY NURSE FOR SEVERAL YEARS. SHE IS CURRENTLY THE VICE PRESIDENT OF EMERGENCY AND TRAUMA SERVICES AND THE CHIEF NURSING OFFICER AT CHRISTIANA CARE HEALTH SYSTEM IN DELAWARE, WHERE SHE OVERSEES THE CARE OF PATIENTS IN EMERGENCY, TRAUMA, AND CRITICAL CARE SETTINGS. LASKOWSKI-JONES IS ALSO A WELL-RESPECTED EDUCATOR AND SPEAKER, HAVING AUTHORED AND PRESENTED NUMEROUS ARTICLES, BOOKS, AND PRESENTATIONS ON EMERGENCY NURSING, LEADERSHIP, AND PATIENT CARE. SHE IS RECOGNIZED AS A FELLOW OF THE AMERICAN ACADEMY OF NURSING, AS WELL AS A FELLOW OF THE ACADEMY OF WILDERNESS MEDICINE. LASKOWSKI-JONES HAS RECEIVED SEVERAL AWARDS AND ACCOLADES FOR HER CONTRIBUTIONS TO NURSING, INCLUDING THE AMERICAN NURSES ASSOCIATION'S ADVOCACY AWARD AND THE ADVANCED PRACTICE NURSE EXCELLENCE AWARD FROM THE EMERGENCY NURSES ASSOCIATION.

JOIN US FOR A HIKE, DISCUSSION, AND Q/A WITH LINDA AND HER HUSBAND LARRY. WE WILL ALSO LEARN HOW TO START A FIRE WITH ITEMS YOU CARRY IN YOUR PACK. RSVP FOR A FUN AND EDUCATIONAL MORNING!

RSVP

SUNDAY 23RD 10AM GUNPOWDER STATE PARK;



Larry and Linda have been active ski patrol with their AWLS



Larry and Linda adventuring in Alaska!



Larry and Linda are both FAAN, FAWN certified - these are the highest degrees earned in the Wilderness Medical Society.



BYO: WHAT DOES IT MEAN AND HOW DOES IT EFFECT MY HEALTH?



START CHECKING FOR THIS STICKER AT YOUR FAVORITE SPOTS
THROUGHOUT BALTIMORE FOR BYO; ALSO CHECK OUT
WWW.CLEANAIRBALTIMORE.COM

BYO (BRING YOUR OWN) IS A SUSTAINABLE PRACTICE THAT ENCOURAGES INDIVIDUALS TO BRING THEIR REUSABLE BAGS, CONTAINERS, AND BOTTLES INSTEAD OF RELYING ON DISPOSABLE ITEMS SUCH AS PLASTIC BAGS, STRAWS, AND UTENSILS. BYO PROMOTES ENVIRONMENTAL HEALTH BY REDUCING THE AMOUNT OF WASTE GENERATED FROM SINGLE-USE ITEMS THAT OFTEN END UP POLLUTING THE ENVIRONMENT. IT ALSO HELPS TO CONSERVE NATURAL RESOURCES BY REDUCING THE NEED FOR NEW DISPOSABLE ITEMS TO BE PRODUCED. BYO ALSO HAS AN IMPACT ON INDIVIDUAL HEALTH BY REDUCING EXPOSURE TO HARMFUL CHEMICALS PRESENT IN SOME DISPOSABLE ITEMS SUCH AS PLASTIC FOOD CONTAINERS AND UTENSILS. THE USE OF REUSABLE ITEMS ELIMINATES POTENTIAL EXPOSURE TO TOXIC CHEMICALS THAT CAN LEACH INTO FOOD FROM PLASTIC CONTAINERS, REDUCING THE RISK OF ILLNESS AND DISEASE. ADDITIONALLY, BYO PROMOTES HEALTHY EATING HABITS BY ENCOURAGING INDIVIDUALS TO BRING THEIR OWN HEALTHY SNACKS AND MEALS INSTEAD OF RELYING ON UNHEALTHY FAST FOOD OR CONVENIENCE ITEMS THAT ARE OFTEN WRAPPED IN DISPOSABLE PLASTIC PACKAGING. OVERALL, BYO IS A SIMPLE YET EFFECTIVE PRACTICE THAT HAS MEANINGFUL IMPACTS ON BOTH ENVIRONMENTAL AND INDIVIDUAL HEALTH. BY EMBRACING SUSTAINABLE PRACTICES SUCH AS BYO, INDIVIDUALS CAN MAKE A POSITIVE IMPACT ON THE ENVIRONMENT WHILE ALSO PROMOTING HEALTHIER LIFESTYLES FOR THEMSELVES AND THEIR COMMUNITIES.



REACH OUT TO ACHASE12@JHU.EDU SIGN UP FOR VOLUNTEERING WITH THE COMMUNITY ENGAGEMENT EVENT AND EDC = CHANCE TO WIN SOME PATAGONIA PROVISIONS SWAG ; OR JUST STOP BY AT PATAGONIA FOR OUR TABLE APRIL 15TH 2023 1100-1300



Looking for Teammates: MEDWAR 2023

THE MEDWAR BLUE RIDGE MOUNTAINS COMPETITION IS AN ANNUAL EVENT HELD IN VIRGINIA THAT BRINGS TOGETHER MEDICAL PROVIDERS AND MILITARY PERSONNEL TO COMPETE IN A SERIES OF PHYSICALLY AND MENTALLY CHALLENGING EXERCISES. THE COMPETITION IS DESIGNED TO SIMULATE REAL-LIFE EMERGENCY SCENARIOS AND TEST THE PARTICIPANTS' ABILITY TO RESPOND UNDER PRESSURE. TEAMS OF FOUR MUST COMPLETE A SERIES OF EVENTS THAT INCLUDE A 5-MILE RUCK MARCH, OBSTACLE COURSES, MEDICAL EVACUATIONS, AND TACTICAL SHOOTING. THE EVENT IS NOT ONLY A TEST OF PHYSICAL AND MENTAL CAPABILITIES BUT ALSO OF TEAMWORK, COMMUNICATION, AND LEADERSHIP. THE MEDWAR BLUE RIDGE MOUNTAINS COMPETITION IS A UNIQUE OPPORTUNITY FOR MEDICAL PROVIDERS AND MILITARY PERSONNEL TO COME TOGETHER AND HONE THEIR SKILLS WHILE ENJOYING THE GREAT OUTDOORS. THE EVENT PROMOTES CAMARADERIE AND A COMMITMENT TO EXCELLENCE AMONG THOSE IN THE MEDICAL AND MILITARY COMMUNITIES.

RSVP OR EMAIL ASAP



TEAM MEMBERS WHO JUST WANT HIKE, CAMP, AND PROVIDE SUPPORT ARE ENCOURAGE TO RSVP!