



Shaken Lesson 3

Avalanche

Rescue Stories

Chapter 2-Avalanche

Part 1

Page. 31



https://www.sfu.ca/~yla312/IAT%20235/P04_week%2013/what-is-avalanche.html



When entering possible avalanche zones, one must carry:

- A snow shovel
- Avalanche beacon
- Collapsible avalanche probe
- Crampons and/or snowshoes
- Ice Axe
- Helmet

Snow Shovel

- Digging snow pits for avalanche determination
- Digging snow caves
- Digging out buried avalanche subjects



<https://www.burton.com/static/community/advice/recco-avalanche-rescue-system-digging-snow-pit.jpg>

Avalanche Beacon

- Transmits a tone of a buried subject.
- Receives a tone from the buried subject



<https://s3.amazonaws.com/www.explorersweb.com/wp-content/uploads/2022/12/21133147/best-avalanche-beacons.jpg>

Avalanche Probe

- Collapsible probe polls that penetrate the snow.
- The probes detect solid objects under the snow.



<https://avalanche.org/wp-content/uploads/2022/11/probe-line.jpg>

Crampons or snowshoes

- Maintains stability on the snow pack.



<https://cdn.mos.cms.futurecdn.net/nXzrZeHY3rdVRciennxaRJ.jpg>

Ice Axe

- Whenever crampons are worn, one must carry an ice axe



<https://www.rawpixel.com/image/2221680/winter-hiking-forcan-ridge>

Helmets

- Helmets are a must when mountaineering in snow country.



https://www.freepik.com/premium-ai-image/female-mountaineer-climbing-snowy-peak-with-ice-axe-crampons-experiencing-adventure-extreme_152215808.htm

Coldwater Canyon



- Mount Baldy ski area

<https://www.prnewswire.com/news-releases/californias-mt-baldy-ski-lifts-inc-offering-ski-and-snowboard-season-passes-for-5900-232488391.html>

Backcountry ski adventurers



<https://mountainadventurecompany.com/ski/norway/>

For beginners, it's essential to prepare adequately, as backcountry skiing requires specific gear and knowledge for safety. Key considerations include understanding the terrain, avalanche safety, and having the right equipment. If you're new to the sport, consider taking a course or going with experienced skiers to learn the basics and ensure a safe experience.

outdoormaster.com

+2

Coldwater Canyon

- East side of Mount Baldy
- Goes down into Lytle Creek





https://www.sfu.ca/~yla312/IAT+235/P04_week+13/img/avalanche.jpg



<https://www.guidedolomiti.com/wp-content/uploads/valanga-004.jpg>



<https://townsquare.media/site/507/files/2019/03/GettyImages-1062208436.jpg>



Helicopter drop-offs



Photo by Eric Spaeth
used by permission



Photo by Chris
Brookhart-Used
by permission

Police dog
attacking and
going for the
arm.



<https://www.washingtonpost.com/opinions/2020/07/06/police-dogs-are-problem-that-needs-fixing/>

The take-down



[ps://www.alamy.com/stock-photo-a-police-dog-pulls-a-man-to-the-ground-during-attack-dog-training-104766264.html](https://www.alamy.com/stock-photo-a-police-dog-pulls-a-man-to-the-ground-during-attack-dog-training-104766264.html)



Wilderness Safety Part 2

Chapter 38
Page 251

- Hiking
Equipment and
Trail Protocol
Ephesians
6:10-11 [[*\]](#)



Hiking Boots

Page 251-252

- Boots need to fit perfectly
Ephesians 6:15[*]

Clothing
Pages 252-253
Galatians 6:14
[*]





Hiking Poles

Page 253

Psalm 23:4
[*]

Backpacks

Deuteronomy
1:31 



Photo by Eric Spaeth-Used by Permission



Photo by Gordon Yee-Used by permission

A Spiritual Wrap-Up



Photo by Gordon Yee-Used by permission

All scripture is taken from <https://www.bible.com/bible/100/ROM.3.23>

Crossing Boundary Signs

Chapter 44 Page 291

Proverbs 1:20-21 [*]

Not following trail signs



Photo by Chris Brookhart-Used by Permission

- Why do signs like, “Do not enter,” “Do not cross Boundaries,” or “Keep out,” make people want to do just that?
- Human nature wants to break the rules.
- Romans 7:19
- Romans 5:12 [*]



<https://www.alamy.com/danger-keep-out-sign-on-metal-gate-boundary-to-disused-contaminated-factory-site-image244611832.html>

- Something innate tells us to do the opposite of what God wants; the spiritual and the carnal wage a constant war within us.
- Temptations will always pull us across God's boundary signs unless we turn to Jesus Christ. Romans 3:23 [🌐]



<https://wallpapercave.com/good-vs-evil-wallpaper>

- Sin causes a separation between God and us.
- Due to this separation and since God loves us, He sent His son, Jesus, to die on the cross.
- By dying on the cross, Jesus took the punishment for our sins and created a way to erase this separation.



<https://www.alamy.com/stock-photo/jesus-christ-on-cross.html?sortBy=relevant>

- God gave each person the gift of free will to either stay within His boundary signs or walk across them.
- He allowed everyone to choose whether to receive or reject Jesus' sacrifice.



- God did not make us robots so that we would automatically accept Jesus as our Savior and Lord.
- He gave us the choice to do so.



<https://future-business.org/use-of-robots-to-transform-your-business/>

- When we ask Jesus to come into our lives and forgive our sins, God completely erases any wrong we have done or will do.
- God instantly ushers us into His boundary area and adopts us as His sons and daughters. Romans 8:14 [*]



<https://jenniferdukeslee.com/keeping-the-faith-when-life-is-hard-tellhisstory/jesus-christ-welcomes-us-to-heaven-picture/>

- When God adopts us, we receive His inheritance. In other words, God gives us everything in His kingdom.
- We can never lose our salvation. Ephesians 1:13
[*]



<https://jenniferdukeslee.com/keeping-the-faith-when-life-is-hard-tellhisstory/jesus-christ-welcomes-us-to-heaven-picture/>

- After asking Jesus into our life, whenever we sin or cross over His boundary sign, the Holy Spirit convicts us, and we repent.
- Repentance means turning 180 degrees from our sinful path and taking a road in the opposite direction.



<https://jenniferdukeslee.com/keeping-the-faith-when-life-is-hard-tellhisstory/jesus-christ-welcomes-us-to-heaven-picture/>

- I have wondered why so many people refuse to accept Jesus as Lord and Savior and enter His safe boundary zone.
- It could be they may have experienced a tragedy in which they blame God; perhaps God did not answer a prayer as they wished; or others may refuse Jesus due to pride. John 16:33 [*]



<https://www.motoringresearch.com/car-news/road-traffic-injuries-killer-young-adults/>

- Pride is a potent and destructive force. We often prefer not to acknowledge our failures or sins in life.



<https://miceheight.blogspot.com/2011/05/ashamed.html>

Don't Work So Hard

Chapter 45 Page 295



Photo by Chris Brookhart-Used by permission

- Learning to prepare for search and rescue missions took practice and experience, as we had to know what essential elements to store in our packs.
- A young member of a rescue team often packs too much equipment.
- Ultimately, a heavy pack will weigh the rescuer down and hinder their ability to perform adequately.



<https://www.gastroecho.de/abenteuer-backpacking-das-sollte-man-wissen/>

- Christians often find themselves working too hard or shouldering too much weight with their Christian life.
- They might think that if they work hard enough by getting involved with more church activities, extending their Bible reading time, or praying harder, God will hear and answer their prayers.



<https://www.pulsara.com/blog/frustrations-of-stroke-coordinators>

- Many people have difficulty understanding the role of faith in the Christian life. Hebrews 12:2 [✱]
- Our Christian walk comes through maturity such as reading God's word, talking with Him regularly, and joining with others in Christian fellowship.



<https://cedarridgechurch.org/resurrection-thoughts/man-reading-bible/>

- As God matures our faith through His Holy Spirit, He directs our thoughts and desires to follow His wishes.
- As we mature, God places within our hearts the desire to get involved with church activities, read the Bible, develop a prayer life, or do charitable work.
- *Marvin---*



<https://waysidechapel.org/men/>

Summary

- When life hits us hard like an avalanche, know that we have a heavenly Father who loves us immensely, who will never leave us, and who will never let go of us.
Matthew 11:28-30 [*]



<https://jenniferdukeslee.com/keeping-the-faith-when-life-is-hard-tellhisstory/jesus-christ-welcomes-us-to-heaven-picture/>

Proverbs 1:20-21

20 Wisdom shouts in the street, She lifts her voice in the square; 21 At the head of the noisy streets she cries out; At the entrance of the gates in the city she utters her sayings...[*]

Romans 7:19

19 For the good that I want, I do not do, but I practice the very evil that I do not want.

Romans 5:12

12 Therefore, just as through one man sin entered into the world, and death through sin, and so death spread to all men, because all sinned... [*]

Romans 3:23

‘...For all have sinned and fall short of the glory of God...’

Romans 8:15

‘For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, “Abba! Father!” ‘

Ephesians 1:13

‘In Him, you also, after listening to the message of truth, the gospel of your salvation—having also believed, you were sealed in Him with the Holy Spirit of promise,’



Matthew 11:29

'Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.

Hebrews 12:2

2 fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Over---

Luke 10:41-42

41 But the Lord answered and said to her, “Martha, Martha, you are worried and bothered about so many things; 42but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her.” [*]

Isaiah 54:10

10 For the mountains may be removed and the hills may shake, But My lovingkindness will not be removed from you, And My covenant of peace will not be shaken,”
Says the Lord who has compassion on you. [*]

Ephesians 6:10-11

10 Finally, be strong in the Lord and in the strength of His might. 11 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. [*]

Ephesians 6:1

15 and having strapped on your feet the preparation of
the gospel of peace... [*]

Galatians 6:14

14 Stand firm therefore, having belted your waist with truth, and having put on the breastplate of righteousness... [*]

Psalm 23:4 Your rod and Your staff, they comfort me.



Deuteronomy 1:31

30 The Lord your God, who goes before you, will Himself fight for you, just as He did for you in Egypt before your eyes, 31 and in the wilderness where you saw how the Lord your God carried you, just as a man carries his son, on all of the road which you have walked until you came to this place.' [*]



Romans 3:23

“...For all have sinned and fall short of the glory of God...” [^{*}]


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“...Fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.” 

Matthew 11:28-30

28 “Come to Me, all who are weary and burdened, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For My yoke is comfortable, and My burden is light.”

End---

John 16:33

33 These things I have spoken to you so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.” [*]