



# OLYMPIC MOUNTAIN RESCUE NEWSLETTER

A Volunteer Organization Dedicated to Saving Lives Through Rescue and Mountain Safety Education

May 2001

**The next meeting will be at the Westgate Fire Hall on May 8<sup>th</sup> at 6:30P.M.**

**Training will be: Helicopter Basic (Ground School). Don't miss this annual requirement**

**REPORTS** of Chairman, Officers, Coordinators, and Committees:

#### **TREASURER:**

Treasurer Barron reports that all bills are paid and funds remain adequate. He also reports that our United Way allocation remains unchanged this year.

He reminds all members that the dues of \$40 (includes pager and national dues) are payable now.

#### **TRAINING:**

##### ***JUST PAST:***

The second of the annual rigging trainings was held at Cushman cliffs. This particular training resulted in several lessons learned. More discussion will be undertaken at the general membership meeting.

##### ***Meeting Training:***

Steve Chaffee presented an in depth discussion and demonstration related to obtaining and maintaining personal fitness. He stressed both nutrition and proper exercise.

##### ***UPCOMING:***

**Helicopter Basic - May 8<sup>th</sup>** - Please note that **this training begins early - 18:30**. Jeff Sharp will present his Power Point helo class.

**Helicopter Intermediate - May 19<sup>th</sup>** - This live helo training will be done with MAST (Dustoff) at Ft. Lewis, Gray Field. Training starts at 0900 at Grey Field, depart Westgate station at 0700.

**Helicopter Intermediate - June 9<sup>th</sup>** - Second live helo training also with MAST.



**Land Navigation 5-26-01.** At the April meeting I indicated I'd be holding a Land Nav Class on Sat 5/26. Later, Mac pointed out that it was the first day of a 3 day weekend. I hadn't noticed it before but I am still willing/planning on doing the training that Saturday. I did want to give you all a heads up that the training may impact other plans you may have.....I figure If we have at least 4 interested members at the training, it will be time well spent. I have about 3 square miles of overgrown clear cut selected to bash through so it should be fun (?).

*John Ellsworth*

#### **MEMBERSHIP:**

Chris Pope is currently taking a leave of absence from OMR while pursuing Fire Fighter Training .

#### **TRUCKS:**

When returning from training or a mission remember that the truck could

be headed back out almost immediately. That being the case, stow all gear so that it is ready to go back out. Remove all trash. The exception is wet gear that must be dried on return to the garage. In that case, do help get it hung up before heading home.

The Blue truck is getting long in the tooth (or gearbox or whatever) so a new truck is being investigated. John Ellsworth is looking into what the replacement should look like. Paul is looking into grants and the writing thereof. Member input may be directed to them or to any board member.

#### **MISSIONS**

None to Report

#### **ELECTION**

At the May General Membership meeting an election will be held to fill the board position vacated by Kelly

Muldrow. Kelly has found his life to be too full with a growing business and new baby. He has chosen to pass the torch to someone else. Nominees are John Ellsworth and Loring Bemis.

### **CALL OUT ROSTER**

**Please examine the included MEMBERSHIP ROSTER. Any errors or omissions should immediately be reported to Groh, Beckett, or Gelineau - or all of the above.**

### **CATAPILLAR**

*The following refers to the recent Kennedy Hot Springs Mission. Ed.*

We were all exposed to a new term and rescue technique called "caterpillar". While our unfortunate patient would have probably been wishing for the D9 version to bulldoze a road for his evacuation, this was not what the Snohomish team's caterpillar was all about. As we proceeded down the trail hauling our patient several times we encountered obstacles such as huge blown down trees. At these instances we were commanded to "caterpillar" the litter around the obstacle. This amounted to doing a hand over hand pass off of the litter along the diversion route chosen, which often was up and down a steep embankment. The comparison to the old fashioned "bucket brigade" fire fighting technique came to mind while doing this. While the "caterpillar" would be useless with a small hasty team, with our 40+ team it was ideal to quickly and safely deal with these trail obstacles.

I would suggest that during our next monthly meeting critique of this mission that our team could share with the rest of the unit the overall trail hauling system that Snohomish utilized for this situation. Being spoiled often by helo evacs, the finer points of long distance trail hauling sometimes get glossed over. *Jim*

### **RIGGING CORNER**

*Ed. Note: It is my hope that this section will become a regular feature with many members contributing.*

There are several reasons you may want to descend part way down a fixed line and then climb back up. These might include: locating the subject when

working from above, assisting the litter attendant around an obstacle, stabilizing a subject on a ledge, or assisting in treating and packaging that subject.

Making this work, begins with the harness. The harness consists of the sit, and chest harness connected together with the belly band. Once this is complete, nothing else is incorporated into it's components. Everything else is attached to the complete harness as separate entities. The Belay line is tied into the harness but does not change its configuration. The rappell device and the chest prussik are attached to the harness with their own separate locking carabiners. This will allow maximum flexibility and a clean transition from decent to ascent. That transition sequence would be: halt the rappel, tie off the rappell device, attach the chest prussik above the device with a separate carabiner, release the device and remove it from the rope, attach the foot loops and climb.

### **SUMMER STANDBY**

Summer standby coordinator Duane Stewart reports that there are still several holes in the roster. Take a good look at it and see if you can fill some of the holes.

### **RADIO CARDS**

Dick Waldo reports he has placed 25 radio cards in the radio accessories drawer of the White Truck.. These cards list what the various channels of the radios relate to. As an example, Channel 7 = 155.160 Mhz and is the standard OMR rescue frequency.

### **SOUTH PADRE ISLAND**

For most climbers, there is lurking in the background "the other sport". For Ann and I it is windsurfing. The joy of streaking across the water, with the only sound, the chatter of the board planing on the water, is good for an ear to ear grin any day. When doing this in the warm shallow water of Laguna Madre at South Padre Island...Well, addiction is easy. Sports involving the water are king here. Surfing, sailing, and world class fishing top the list.

There are gentler activities too. Lying on the beach, working on your tan is big. So is consuming the wonderful seafood in the area. For me a big highlight is the birding. The lower Rio Grande Valley and the seashore in the area is incredibly abundant with bird species. This is a major migration stopover and very diverse habitat. You have to be prepared to see new species faster than you can possibly look them up. Ann and I like to go there in late March or early April. Be careful to miss both spring break and Easter if you go. By mid-May it is very hot. *Dale*

### **WEB SITE**

The much reworked OMR website is up and running. Many thanks to Carolin Spice for her heavy lifting in getting the initial work on the site complete. That work has now been taken over by Wind's Eye Design Inc. The members section is accessible by password. Contact Greg Barron for the password or if you are having trouble getting it to work.

### **O. C. Mountaineering Class**

Brad reports that several OMR members assisted with the belay practice. Patrick, Crystal, Deb, Sarah, Mac, & Paul were involved.

The class will need some assistance with the Glacier Practice and the Castle /Pinnacle climbs. To get involved in these activities contact Brad Albro.

### **MRA NATIONAL MEETING**

Jim Groh is the OMR liason with Seattle MRC, which is hosting this National event at Snoqalmie Pass.

Jim reports a number of events and seminars that would be of considerable interest to OMR members. Also of special interest are the evening speakers. Friday night will feature Wolf Baur. Literally one of the persons where Mountain Rescue in the U.S. began. The Saturday Banquet will feature Tom Hornbien, who needs little introduction.

More information can be had at the MRA or Seattle MRC web sites.