



OLYMPIC MOUNTAIN RESCUE NEWSLETTER

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

May 2002

The next meeting will be at the Westgate Fire Hall on May 14th at 7:00P.M. Training will be: Helicopter Ground School presented by Jeff Sharp

REPORTS of Chairman, Officers, Coordinators, and Committees:

TREASURER:

Treasurer Baron reports that the contents of the CD held in Wa. Mutual has been transferred to the checking account, which has been depleted by a series of expenses such as the truck transmission. The board and the membership would like to acknowledge the outstanding job Greg has done as treasurer. This is a large job with many loose ends to keep track of, and Greg has always performed admirably. Thanks Greg.

TRAINING:

JUST PAST:

Please see Rigging 2002 below.

Meeting Training:

Rick Lipke presented an outstanding and thought provoking discussion on critical thinking in rescue rigging.

UPCOMING:

May 14 - Helicopter Ground School.

Don't miss this excellent presentation by Jeff Sharp of Tacoma Mountain Rescue. Jeff has an excellent presentation on all of the helicopters we may encounter, and is a pre-requisite for attending the helicopter ground school in June for newer members that have not been to one.

May 7th Greg Barron will be instructing a **make-up Patient Packaging** class at the Fire hall from 6pm to 9pm. If you weren't able to attend the class put on by Dale or myself, you will need to make this one to be mission eligible. You can contact Greg for any further information.

Due to some unforeseen complications, the **May 18th Helicopter training by AeroCopters** has been cancelled. An **Intermediate Rigging**



training will be held that **Saturday** as a replacement. In years past we have done reaving highlines, track lines and more advanced high angle rigging during these intermediate trainings. This is a great time to learn more, practice rigging, and partake in more exciting attendant positions. We will probably be doing a highline or track line in the Lake Cushman area, but details to be ironed out and you will be notified at the general meeting of the decisions. Again, the helicopter training for May has been cancelled (**June 15th is still on for MAST**) and an intermediate rigging is taking it's place, since the type of training will depend on the number of participants please be ready to sign up for this so we can get an accurate number to base the training on.

EQUIPMENT:

The board has decided that we allocate appropriate funds to re-establish OMR's radio license. A license that is specifically OMR's will clarify a number

of issues.

Restocking of consumable items, such as smokes and chem lights, for the trucks is in progress

TRUCKS:

The Blue truck will officially not fit in the Forest Service Building. Even with a slight modification we are still 2" short. I will send a letter to the Forest Service thanking them for the offer and inquire if they may have another location. In the mean while the truck is secure at it present, although rather out of the way, current location. For the time being Fire District #2 is OK with continued use of the Coyle or Dabob fire station depending on there needs. I will keep you posted on any future truck moving.

Greg Barron

MISSIONS

None to report.

STANDBY

Well it's summer standby time again, so if you are mission eligible be thinking

about which weekends you want to sign up for. This year we are asking for people to sign up for 3 weekends. Remember that when you sign up you are committed to the whole weekend through Monday. Also if you can't make the weekend you signed up for, it is your responsibility to find a replacement for that weekend. I would like people to try and sign up at the May meeting for the May, June & July weekends to fill them first. So come prepared with the weekends you want.

Duane

RIGGING 2002

Well folks, the end of April will see yet another cycle of annual rigging training completed. Thanks to everyone who committed their weekends to attending this important event and expending considerable energy to make these weekends successful.

Roped Rescue Rigging is a skill that really defines us as a Mountain Rescue Unit and once again the OMR membership proved them selves to be apt practitioners of this art. OMR has a considerable reserve of individuals whom are very experienced rescue riggers, having attended Rigging for Rescue and having had many opportunities to employ these learned skills in actual mission scenarios. Couple this with a General Membership who is willing, interested and motivated to learn the techniques and skills necessary to construct and operate a safe efficient rigging system makes OMR an excellent technical rescue unit. You all can be proud to wear the title of "Northwest Rigging Wizards" as we were so appropriately named, along with other WMRA units, at a recent summer MRA meeting. Good job!

The March rigging event was in a word; wet. As I sat at home thinking of those dedicated folks out at Cushman, I felt both relief that I opted to lead the April dates and admiration for those who were out "doing it". Because there were only seven members, most of which are long time OMR members, who could free up their personal schedules, Dale felt that the material was adequately covered over the course of a long Saturday session. Thanks to those brave, damp, Gore-Tex product testers!

The April weekend saw good weather and 24 members turn out Saturday morning.

Needless to say coordinating a training which would be comprehensive and of good quality for this many people is a challenge in it self. Thanks to the assistance of Patrick and Greg as well as some of the more experienced members we were able to provide a qualitative experience for all attendees.

Saturday night we had use of the grass area at the Staircase Ranger Residence for a campsite for those inclined not to make the long drives home and back the next day. Nice camp fire, hot food, dry skies, picnic tables and wonderful comradery made the evening most enjoyable. Sunday's construction and operation of sophisticated systems demonstrated the abilities of members to work together fluidly and adapt to unfamiliar situations with a minimum of disruption to the overall operation. By 4PM Sunday we all had accomplished our objective of learning and teaching and teaching and learning. I personally get much more learning done when I assume the role of instructor. Thanks. Thanks to all who participated in this years rigging training events. Your assistance to the instructors, sacrifice of personal time and willingness to learn and teach others makes this Mountain Rescue Unit second to none. I'd gladly go over the edge with you! *Paul G.*

RESCUE SEASON

Well it is about time to start thinking about "rescue season", not that we weren't before but we are approaching the time of year when things can be expected to pick up. There are a few things that can be accomplished ahead of time that will allow you to respond quicker and even make your life less complicated. The first thing I do is to get an emergency food cache. I stock up 2 days of food that doesn't require cooking and one more days worth of hot food, gather it up and put it in a plastic storage bin, and then toss it in the back of the refrigerator. This way when the call comes out you can just "grab and go" so to speak. Remember to pack food you actually like. Three days of power bars can get ugly (unless your name is Brad Albro). Also if you gather up perishables such cheese sticks and bagels, remember to refrigerate your cache and rotate the food out. Finding furry cheese and rock

hard bagels at 3 am gets is disappointing at best. As far as hot foods go, I usually go with the old stand-bys such as cup-of-soup, tea and those "fancy" pots of instant mashed potatoes.

It's also a good time to run through your gear as well. A quick inventory of your first aid kit to see what is running low (usually mole skin and motrin for me) is a good idea. Getting a good coat of waterproofing on your boots is also a lot easier at 3 in the afternoon on your back porch with the beverage of your choice than when your standing around the command center in a steady down-pour. Lastly I think about my rescue pack. I don't keep it fully packed as I'm concerned about having my expensive parka and bivy bag smashed in my pack along with other gear all summer. I do keep everything laid out though so I can be packed in about 15-20 minutes. I gather up my 10-15 essentials in one stuff bag where it is ready to grab. My parka, rain pants and gaiters are all on one hanger ready to go. A bag of clothing including extra socks, poly and gloves lies next to the parka. The sleeping bag is tossed out in the extra room with its stuff bag so it can be packed quickly, and in the mean time the old cat has a good place to curl up. Same goes for my rigging kit and glacier gear. Both are in separate gear bags and ready to go. I could go on but you can get my drift. As I pack, I ensure all loose items like boots, helmets etc. are tied to my pack/duffle bag as I gather them up. This prevents them from being accidently left on the floor in the final grab-and-go. Last thing before you run out the door is to run through the check off list that Mark Hendrickson drafted several years back to make sure you got everything you need. I find it to be very complete and a godsend at 3am when your thinking is a bit foggy to say the least. *John Ellsworth*
Ed. Note: Copies of Marks list, slightly reworked by John, will be available at the General Membership Meeting.