



OLYMPIC MOUNTAIN RESCUE NEWSLETTER

A volunteer organization dedicated to saving lives through rescue and mountain safety education
August and September 2004

Meeting

Next meeting : September 14th, Tracking , Instructor
is to be announced

Missions

Mission No: 2004-7 (DEM04-1649)

Date: July 12

Location: Mildred Lakes Trail, Mason County

Type: Search

Personnel: (Field Team) Duane Stewart (OL), John Ellsworth, David Steidle., Mac McDowell, Susan DiBenedetto (In-Town) Roger Beckett, (Radio) Dick Waldo

A 0545 call was received from the State DEM office. Mason County was looking for a team from OMR to assist in searching for a 36yo male missing on the Mildred Lakes trail since the morning of the 11th. While there was initially some delay with the State talking to Kitsap ESAR prior to contacting OMR, we were able to field a good share of the weekend standby team plus a couple extras lucky enough not to have headed off to work. The truck left Bremerton about 0745 for the search base at the end of the Hamma Hamma River road.

The missing person had been with a party of four spending the weekend fishing at Mildred Lakes. About 1100 on Sunday the subject had about a 15-minute head start on the trail back to the car. They were going to meet up about a quarter mile down the trail but when his companions arrived the subject was nowhere to be seen. They did some preliminary searching with no luck. Later that evening they called the Sheriff.

Training

Upcoming : Saturday, September 18th. Tracking, Instructor to be announced.

This will be a good class for anyone who would like to learn what to look for when we are out in the field, searching for a lost person.

A Word From the Editor

In case you are wondering. . . no I did not forget to send you a newsletter last month. In order to help save a bit of money for the group and due to the lack of trainings and missions (at the time), I did not put out a newsletter for August.

However as you can see I do have a lot to put out this month. Summer has nearly drawn to it's end and I know that many of you have done hikes and climbs. I would like to hear from you, with a small or large write up on your adventure. Even if there is something you would like to see, I can work to put it into the newsletter for you. I have talked with many of you over the summer and know that you have some great stories to tell the group.

John Stieber 830-0914

Hear Ye, Hear Ye

A New Date Has Been Set

As many of you, the OMR picnic was postponed due to inclement weather. I think I heard something about needing scuba gear to get down to the barbecue shelter. The new date is Friday, September 10th. The picnic is still going to be held at Salsbury Point Park just north of the Hood Canal Bridge. Starting time is 5:30 PM. The unit will be providing grilled salmon and chicken and soft drinks. To balance it out please bring a side dish or a dessert. Hope to see you there.

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After meeting with the Mason County IC, Deputy Potts, the OMR team left the trailhead about 1030, arriving Mildred Lakes at 1330. With the assistance of some ESAR youth, searching was done around the lakes and the many way/game trails in the area. About 1700 Duane and John made voice contact with the subject in the area N and about 1/2 mile from the lakes (East side of the creek draining the lakes) and well off and below the trail. There are many way trails in this area and the "main" trail is not well marked or maintained.

Subject was in good condition, somewhat dehydrated with some lack of memory (tent was setup but he didn't recall setting it up) so food and liquid provided and he was able to walk out given assistance with his pack. Team and subject out to the trailhead about 2115 and home about midnight.

Prepared by Roger Beckett with input from Duane Stewart

Total Personnel: 7

Total Hours: 95

Total Mileage: 200

OLYMPIC MOUNTAIN RESCUE 2004 MISSION REPORT

Mission No: 2004-8 (DEM 04-1671)

Date: July 14-15

Location: Denny Creek Trail, King County

Type: Search

Personnel: (Field Team) John Stieber (OL), David Steidle, Deb Legg, Rick Lorenz, Jim Groh, Barry Pealstrom, Ann Richey (In-Town) Roger Beckett, (Standby) Dick Waldo, Loring Bemis, Mac Macdowell, Steve Leslie and John Ellsworth

John Sprague, Kitsap Co SAR called Beckett at 1045 (14th) asking if OMR could assist King Co in an ongoing search for a hiker in the Denny Creek area near Snoqualmie Pass. Details on the individual are found at the end of this report. Legg and Lorenz were able to re-

spond in the early afternoon arriving SAR base about 1500. They were taken by helo to the Melakwa Lake area but the pilot couldn't find a suitable LZ so they were returned to SAR Base. Stieber and Steidle, taking the truck, left Bremerton about 1830. About that time Lorenz called Beckett asking if more people could be available on the 15th. Another callout was made and Groh, Pealstrom and Richey committed and left Poulsbo about 0400 (15th) for a 0600 arrival at SAR base.

Stieber and Steidle arrived at search base at approximately 2030 (14th) and met up with Legg and Lorenz.

Stieber reports: After a quick briefing by the Sheriff, it was decided that the four OMR personnel, one Seattle Mountain Rescue and a Ski Patrol person would form a team and head up the Denny Creek trail towards Melakwa Lake. There we would bivouac and begin our search area first thing in the morning. We were designated OMR1. Our search area was deemed a high probability area and took us up to Kaleetan Peak. OMR1 formed a loose line and began the search on the published route up to the peak. On the way, we began to find signs that a single climber/hiker had been in the area within the last few days. Around this time, we heard that OMR3 (Groh's team) was heading up the trail, to search toward Bryant Peak. First there were some melted tracks in a snow patch, and then we found occasional partial tracks in the loose dirt of the trail. We had informed base of our findings and they were going to send a dog team up when one became available. As OMR1 reached the bowl, below the summit, some change (money) was found, in a spot, which suggested someone, had sat or possibly slipped in that area. A quick check showed no sign of anyone going over the edge, as we were able to see clearly to the bottom. Continuing on into the bowl, OMR1 broke up into three 2-person teams, in order to more effectively check the area of the bowl, up to the summit. Base informed us that there was a summit register and that they wanted us to find it and check

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it out. One of the mini teams went to the summit and checked the register. It showed the subject we were looking for had not signed in the register. There was another single climber that had been to the summit the day after our subject was supposed to be on the summit. We took down the name, in case the Sheriff wanted to contact him. We inform base of our findings on the summit and suggested a possible route for OMR1 to continue searching on, as some of the tracks appeared to head down into valley above Melakwa Lake. Base agreed and after a short break we began looking for a safe way down into the valley. Shortly after reaching the valley floor, we received word that the subject had been found. After some initial confusion on whether we would be picked up by a helicopter, we were told we would have to hike out. With that we started back toward Hemlock Pass and the main trail. While heading back to the pass, we monitored radio transmissions that one of the teams had a person that had been stung on the face by a bee and was starting to have difficulty breathing through her nose. Upon reaching Hemlock Pass, we waited to see if we would be needed to assist the team with the stung person. Base requested that two or three of the fastest people on OMR1's team hurry down to assist the stung person, who now appeared to be having some minor difficulty breathing. It was decided that Stieber, Steidle and the Ski Patrol person (Ben) would head down to meet the team. While the remaining members of OMR1 would continue down to base. This new hasty team was designated SPART1. SPART1 hurried down the trail and met up with team 94, approximately three miles down the trail. It was immediately apparent that the team with the injured person had neglected to watch out for themselves as they were nearly out of water and had three members of team 94 already showing signs of dehydration. We shared what water we had, while Ben (our EMT) evaluated and treated the person with the sting to the face. While not particularly difficult it took us nearly two and a half hours to reach the trail junction to Melakwa Lake. By which time, everyone was

showing signs of heat exhaustion and/or moderate dehydration. The decision was made to go to Melakwa Lake to rest and rehydrate. Shortly after informing base of our plans, we were informed that they were bringing in another helicopter capable of bringing all of us out in less time and to proceed to a likely LZ near Upper Melakwa Lake.

Groh reports: OMR3 (Groh, Pealstrom and Richey) arrived on schedule Thursday morning July 15 about the same time as 3 members of Tacoma Mountain Rescue. The sheriff assigned our joint team to search Chair and Byrant peaks above Melakwa Lake. The OMR truck was locked and TMR allowed us to borrow some gear for the rock scrambling. Both teams were in the midst of ascending the talus slopes to their objective summits when the radio call came in that the subject had been located. In the midst of ascending the lower slope of Bryant, Jim unintentionally led Barry into a hornet's nest in a downed log. Barry's shoulder served as a gourmet lunch for one very hungry and mad hornet. Needless to say Barry's uphill sprint after that bite was impressive and he managed to elude the swarm. Aside from the intense localized pain Barry toughed out the ordeal and refused an offer to request helo evacuation from the scene.

From the debrief: the subject had made it to the summit, but had not signed in the register. When he came down, he was on the north side of Melakwa Peak, instead of the south side. While some of the information was a bit sketchy, he made it down the Pratt Creek drainage to the Middle Fork of the Snoqualmie River. He tried to ford the river at some point and nearly drowned. After failing to cross the river, he decided to just follow it. He found a forest service road, on which he found a survey team, which took him down to the North Bend ranger station.

Prepared by Roger Beckett with input from John Stieber and Jim Groh
Total Personnel: 13

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Total Hours: 172
Total Mileage: 670

Mission No: 2004-8 (DEM 04-2058)

Date: August 11

Location: Poulsbo Search, Kitsap County

Type: Search

Personnel: (Field Team) Steve Leslie and Dick Waldo (In-Town) Roger Beckett (Standby) Paul Gelineau, Jim Groh, Jerry Rickaby

Kitsap SAR manager John Sprague requested that OMR provide some base support during a

search for a missing Poulsbo woman. He was specifically looking for a couple of experienced people that could manage several teams of volunteers. A 66-year-old with short-term memory problems walked away from her home sometime Monday night. Leslie and Waldo reported to the Poulsbo Elementary School at 1000 hrs, met with Sprague and toured the general search area. The number of volunteers expected didn't materialize, at least initially, and there was not a lot of activity at Base. During a lull, some searching was done in a green belt area. The missing woman was found about 1530 when she approached a relative's home about a mile from where she was last seen. The standby group was scheduled to report after work.

Do You Know How I feel?

Imagine yourself hurt, alone and scared. Conjures some pretty intense emotions, doesn't it. Come on you can admit it, even if only to yourself. Now imagine someone coming up to you and saying "I know how you feel." Kind of invalidates how you are feeling. How dare they say that! They have not been through what I have!

When we are treating a subject we must always be conscious of what we say when helping someone, whether it be in the mountains or at home. When a person is hurt, they need more than just physical aid, it is just as important to support them emotionally.

You must be supportive of their needs. Listening to them, lets them feel that they are unique in their needs. Saying that you know how they feel, can make that person feel less important to you, if only in their mind. Many studies have shown that when an injured person thinks less of themselves, they are more inclined to have problems during the critical first few hours.

Every person is different in how they react to the stress of being lost or hurt. What may seem like a minor scratch to you may be the worst pain ever experienced by the subject. In the eyes of the subject, the needs of the one out weigh the needs of the many.



They are the most important person in the world at that point in time.

So the next time you are on a mission, you can be sympathetic to their feelings, you are not in their shoes. The old saying "To know someone, you must walk a mile in their shoes" takes on a whole new meaning when applied to an injured person.

Are You On the Call Out List

All of us know that if we lapse on our quals then we will be denied going on missions. But one item seems to get overlooked by many of our people. DEM cards.

Once your card expires we are required by the state to remove you from the callout list. Technically we are not supposed to let you attend even the trainings.

Currently we have five members with cards that getting ready to expire. If you want to remain mission ready, check your DEM cards to make sure that they are not getting ready to expire.

New Members

During the July meeting, three people were voted into the unit as rescue support. Those people are Rick Lorenz, Nathen Crossett, and Jason Bausher. Congratulations to all of you and welcome into our family.



Snow is just around the corner

Winter is fast approaching. October is the time when we start asking people to start thinking about winter standby. I am putting this article in here so that no one can say that they did not have enough time to think about which weekend they want to be up at the Ridge.

Every weekend during the winter we have people up at Hurricane Ridge, to assist the Park rangers as necessary. Usually this consists of manning the tubing area, digging out a stuck car or patrolling the trails. Though, several times throughout the season we get called on to assist with an injured person.

A side benefit to giving up two or three weekends is that in years past we have received a VIP passes for the park. This is a small token of their appreciation, for us helping out.

For the new people reading this, there will be more information on winter standby in an upcoming newsletter.