



OLYMPIC MOUNTAIN RESCUE NEWSLETTER

A volunteer organization dedicated to saving lives through rescue and mountain safety education
June 2005

Missions

Mission No: 2005-3 (DEM 05-1162)

Date: May 9-10

Location: Mt. Pilchuck, Snohomish County

Type: Search

Personnel: (Field Team) Steve Leslie (OL), John Stieber, Dick Waldo, Rick Lorenz, Dave Steidle (In-Town) Roger Beckett, Jim Groh

The State DEM office called Beckett at 2235 asking if OMR could assist Snohomish Co in a search for two missing female hikers out for the second night. Beckett contacted the mission OL and Groh paged out personnel. Four or five personnel were determined to be optimal for the type of mission.

The truck departed Westgate at 0400 to make the Kingston ferry at 0510 and a 0700 meeting with SAR base outside Granite Falls. The OMR team was waiting at Base for a field assignment when the subjects were reported to be located by an ESAR team already in the field.

Info as reported by KIRO TV:

Two women dug a hole in the earth and huddled together to survive two long, rainy nights in the woods of Mount Pilchuck in Snohomish County. They were cold, wet and hungry - but otherwise OK - when searchers finally found them Tuesday morning. It was the greatest hope of 50 searchers from five counties. 23-year-old Melanie Umpai and 32-year-old Sarah Shin went for what was supposed to be just a day hike Sunday. "We slept and curled up and tried to stay as warm as possible," describes Umpai. "The first night wasn't as bad as the second night. The second night, just last night, it rained pretty significantly. It was the

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Meeting

Next meeting : Tuesday, June 14th. The scheduled training for the evening is to be Risk Assessment, as it pertains to missions and trainings. This training will be put on Steve Leslie.

Training

Upcoming training : Crevasse Training on the Nisqually Glacier, June 25-26, Margaret Brownell. Here is your last chance for the year to get in your winter training. As a plus this training will also count for one of your rigging trainings which you need yearly. Contact Margaret Brownell or come to the next meeting to signup for this training now.

New Board Member

At the last general meeting, Cass Whalen was voted in to serve out the remainder of Paul Gelineau's term, which ends at the end of this year. Thank you Cass for accepting this responsibility. We will look forward to seeing you at the next board meeting before the the general meeting. Congratulations Cass.



Christopher Cleasson hanging from a highline reaving system

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coldest I'd say I've ever been in my life." She says they kept talking and kept each other's spirits up. "Just a game plan as to where we would go. And convincing each other we'd be OK. And trying to stay level headed. We did OK," she said. The two women were hiking off trail when they missed a switchback and got lost. They tried finding their own way out, but then called 911 Sunday night. By Monday morning, their phone was dead. But they knew searchers were on the mountain with them. "We'd heard voices and tried to contact them," Umpai says. "We went back and forth. Voices would get closer then they would get farther and eventually it got dark and we decided to try and sleep and then this morning we heard voices again." They were the voices of three explorers from King County Search and Rescue. The 25-year-old and two 16-year-olds spent the night on the mountain and were making one last search before heading down. "It was pretty good," said Jason Lund of finding the hikers. "I was worried last night, kind of feeling like, leaving people up there, I don't want to do that." Gallagher Wilson describes how the women reacted. " 'Glad to see you,' " he said. "They were speechless at first, but you could tell they were happy to see someone else." The rescuers gave the women warm clothes and hot chocolate. "The only food they had were salt and vinegar chips and a bruised apple," says Wilson. "So we gave 'em some dried fruit and trail mix and made the hot chocolate and they said that was enough, they wanted to get moving." Medics checked the women out at base camp. There were fears that their clothes were soaked through and they were in danger of hypothermia. "We're just glad they found us today, because I'm not sure we could've taken another night up there," Umpai says.

Total Personnel: 7

Total Hours: 51

VIP Passes

The group has been inform that the VIP passes for those who were able to spend their time up at Hurricane Ridge are in the mail and should be at the next meeting. Thank you to all of you who signed up for the winter standby weekends, even if you were not able to go up due to lack of snow.

Olympus Bound

OMR members Rick Smith and Jason Bausher climbed Mt. Olympus with friend Scott on May 29 and 30. John Ellsworth organized and provided ground coordination for this climb. Rick, Scott, and Jason started at the Hoh River trailhead in the morning of the 29th and were at Glacier Meadows by early evening. They awoke at 4:00 a.m. May 30 and were headed for the lateral moraine after a short breakfast. Clear skies greeted them, although a few mare's tails preceded the front that rolled in later that day.

Upon leaving the Blue Glacier and climbing toward the snow dome at around 5,000 feet, it quickly became clear that the snow was universally unconsolidated and weak. Either the start time was too late, or the snow was too unconsolidated to freeze solidly enough even under clear skies for solid steps. Upon reaching crevasses below the False Summit, crevasse lips were difficult to identify within slushy snow. Jason (on lead) took the first crevasse fall up to his thighs on the north side of the base of the West Peak. At least one other party had taken this route, but the fall gave cause to reconsider the slope.

Unconsolidated loose snow on the surface was resulting in point-release loose-snow avalanches with natural and human triggers on many nearby slopes of similar slope and aspect. This snow sat atop a weak layer of large-grained corn snow, and this sat upon a glide layer of ice. Judging the avalanche danger on this 40-degree slope as considerable, the group retreated and attempted a different route leading to the steep NE slope below the summit. Seeing similar conditions on this slope, the group retreated for home without summiting. One snow bridge below False Summit had turned to total mush since the first crossing, and the difficulty of identifying lips resulted in falls for Rick (second) and Jason (still on lead) up to their thighs. With dangerous snow plaguing much of the Olympics this year, the group spent eight hours hiking out to the trailhead later that night pondering possible rescue scenarios this summer.

Article submitted by Jason Bausher



Climbing Corner

It has been said many times that somebody didn't get the number of people on their climb as they would have wished. If you are even considering on a hike or climb please contact John Ellsworth or John Stieber to get it put into the newsletter. Who knows you may be surprised on the number of people that may contact you to go. John and Forrest Stieber are still looking for people to go on their hike and climb from July 18th through July 22. This hike will entail some cross country travel as well as a few summit climbs. It will start at Lena Lake and follow the ridge line towards First Divide. If you are interested in this adventure please contact John Stieber at 830-0914 or janddstieber@earthlink.net.

Summer Standby

As you can see below, the summer standby list is being filled nicely. There are still a few spots needing to be filled though. I would like to thank everyone who has signed up so far. The standby season is just one way we make sure that we are available for rescues during the prime hiking and climbing months of summer. If you have yet to sign up, contact Shawn Herndon, at 360-697-4518, to reserve your weekend

Summer Standby 2005

June 4, 5, 6	July 2, 3, 4	July 30, 31, & Aug.1	August 27, 28, 29
Sarah Armstrong	Greg Barron_____	Steve Leslie_____	John Stieber
Jason Bausher	_____	Anthony Vietti__	Rick Lorenz
June 11, 12, 13	July 9, 10, 11	August 6, 7, 8	
John Stieber	Steve Leslie	Dave Steidle_____	
_____	Shawn Herndon	_____	
June 18, 19, 20	July 16, 17, 18	August 13, 14, 15	
M. Hendrickson	Anthony Vietti Dale Boyle		
Margaret Brownell	M. Hendrickson	Dave Steidle_____	
June 25, 26, 27	July 23, 24, 25	August 20, 21, 22	
Mac Macdowell	Dale Boyle	Shawn Herndon	
_____	Ann Richey	Dick Waldo_____	



Man, Is It Hot



With summer upon us, we should all start being more alert for the signs of heat related injuries, such as heat exhaustion and heat stroke. At some point or another we have all been very hot, but do you know how close you were to having threatening problems. Below are some signs to watch for in yourself and others, when the temperature and humidity start to rise.

Heat Exhaustion

Signs to watch for:

- Cool, moist, pale or red skin
- Heavy sweating
- Dilated pupils
- Headache
- Nausea
- Weak pulse
- Rapid shallow breathing
- Body temperature normal or possibly below normal
- Periods of faintness or dizziness that come and go
- Exhaustion, to the point of collapse
- Severe muscle cramps, usually in the legs or abdomen
- Possibly in and out of consciousness or unresponsive

Treatment:

- Loosen or remove patient's clothing
- Move the patient to a cool place, preferably out of the direct sun
- Give responsive patient water, if not nauseated
- If patient is unresponsive, place on left side and monitor airway and breathing
- If there is no history of circulation problems, gently massage the cramping areas
- Apply moist towels to aid in cooling and to provide relief for any cramps

Heat Stroke

Signs to watch for:

- Hot, red dry skin
- Little or no sweating
- Fast, strong pulse followed by fast, weak pulse
- Deep breathing followed by fast, shallow breathing
- Very high body temperature
- Weakness
- Dilated pupils
- Loss of consciousness, possibly coma
- Convulsions may be evident

LIFE THREATENING SITUATION!

Treatment:

- Cool the patient. Wrap in wet cold towels or clothing.
- Move the patient out of the sun or away from the heat source
- If available, cold or ice packs should be placed at the patient's armpits, groin, neck, ankles and wrists
- If transport will be delayed, immersion in cool water up to the neck can be used. Continuous monitoring of the patient is a must to prevent possible drowning.
- Monitor patient's vital signs