



# OLYMPIC MOUNTAIN RESCUE NEWSLETTER

A volunteer organization dedicated to saving lives through rescue and mountain safety education  
April 2006

## Missions

There were no missions during the month of March, as of this printing.

## Winter Stand By

Winter is coming to a close and I would like to thank all of those who signed up for and patrolled up at Hurricane Ridge this year. It was a very active season, with a good deal of snow. Dee Renee Ericks of ONP wanted me to convey the Park's thanks and appreciation of all the hard work that we perform. At times it can be very repetitive. But as this season showed, with a car going off the road and a fatality car / pedestrian accident, it can change in a heart beat.

The stand by roster was looking a bit thin for a few of the weekends, but somehow OMR was able to have someone up there nearly every weekend. A special thanks goes out to those who went up to patrol, even though they were not signed up to do so.

While most of the winter activities are done for the year up at the Ridge there is still a good amount of snow on the ground and the Park still needs help for the next few weeks. As the roster shows there is no one currently signed up for the weekends during April. April is one of those questionable months that may or may not need OMR up at the Ridge. As sometimes there is no snow and then, like this year, there is plenty of snow. So if you have a free weekend please try to make it up there for a day or two of patrolling.

Again thanks, to all who participated this season, from the Winter Stand By Coordinator and ONP.

## Meeting

Next meeting : Tuesday, April 11th. The scheduled training for this month is to be Helo ground school, with Joel Pomerinke as the instructor.

## Training

Upcoming training : Saturday, March 22nd. Helicopter training. Instructor : Joel Pomerinke. The location will be announced at the next meeting.

We have been lucky to get a couple of helo trainings set for the year. This is a biannual requirement and everyone needs the training in order to fly if the need comes up. Please come to the training and make sure your training is up to date.



Helicopter evacuation off of the Brothers

## Callout Information

Included in this newsletter is the latest callout roster. If there is any incorrect information please contact Jim Groh to get this corrected. If any of the information is incorrect it will make it difficult for Jim Groh or Roger Beckett to contact you in the event of a callout for a mission.

Along the same lines, if you move or in some other way change your address, please let someone on the board know so the changes can be made in the

## Letter from the Editor

This month was a bit rough for me. Not only was I very busy with work and life in general. I was also suffering from a serious case of writer's block. I have been writing the newsletter for nearly two years and enjoyed every moment of it. I have seen other newsletters from different SAR groups. Most of these newsletters were a by the numbers format, which never changed. As the editor of the newsletter, I have tried to make it more than just a publication of what missions we have done and what trainings we are going to do. But now I am asking you to make it yours by contributing to it. With that said, I am asking the membership for ideas on articles they would like to see in the newsletter. Ideas would be good, composed articles would be even better. If you have a picture you would like in the newsletter, you can send that to me as well with a small note of what or where it is. If you have an idea that would entail some artistic flair, my stick figures may be lacking, but my wife has said she would enjoy helping out in that department. Articles and pictures from hikes or climbs are always appreciated, as I have published some of these in the past. Unless otherwise stated, any article or picture you submit will be credited to you. In most cases any article a person submits will be printed as submitted, unless there are glaring errors or space constraints. In which case it will be edited or held until the following months newsletter. For any ideas or submissions, contact John Stieber at 830-0914 or by e-mail at [janddstieber@earthlink.net](mailto:janddstieber@earthlink.net).

## No Big Deal

Recently, I made a huge mistake as a rescuer. No, it didn't result in loss of life or injury or damaged gear. I made the mistake of saying "It was no big deal" after rescuing someone. We as a rescue unit train for extreme rescue situations, usually high angle. After a while this becomes repetative and almost common place. What may seem like a routine and simple rescue is in reality a traumatic event for those you are helping. The applies to both the subject(s) you are helping and the family and friends of said subjeect. Saying that it is no big deal trivializes their existance. This is a reminder that while the emotions that we feel when we are helping others are strong, these are nothing compared to what the subjects are feeling.

## Over the Edge

As we already know the first few steps going over the edge of an embankment are the most difficult and dangerous. There are a few things that we can do to alleviate this problem. One method that is well used is shown in the picture below. The two edge attendants act as a high directional by pushing up on the main line. This allows the litter attendant to focus his attention on the litter and and foot placement, without the worry of slipping. Once the litter and attendant are over the edge the edge men can then carefully lower the main line back down onto the ground. Note that the belay line always stays on the ground during this evolution.

