



OLYMPIC MOUNTAIN RESCUE NEWSLETTER

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

Missions

On October 20th there was a callout for an overdue hiker in Rainier National Park, near the Northwest corner of the park. Steve Leslie (OL), John Stieber, and Dick Waldo committed themselves to the first day.

The OMR truck left the fire station at 0530, with intention of meeting at the search base (Carbon River Ranger Station) at 0800. The missing person was 21 YO female, who left a trail itinerary stating that she would be hiking on the Northern Loop Trail. From the itinerary, it was found out that she was three days overdue. The time frame put her out during a brief period of snow fall.

In addition to OMR, Seattle and Tacoma mountain rescue were present, as well as a few search dog units.

OMR was given a search area which stretched from the Yellowstone Cliffs to the Lake James Patrol Cabin. As we were approaching our search assignment, word came that woman had been found and to await further instructions. After a short wait, it was found out that the subject was alive and being flown by helicopter to the Cowlitz LZ near Longmire, where her family was waiting.

At the debrief it was found out that the woman had gotten off the trail in some inclement weather, on her third day of hiking. Subsequent reports said that she had fallen, while off trail, and had landed on her pack. Thus saving her from receiving major injuries. After the debrief was conducted, The OMR team headed home, arriving at the fire station at approximately 0900.

There were several people on standby for this mission. Some to come up late Friday, the rest if needed

Meeting

Next meeting : Tuesday, November 14th. The scheduled training for the evening will be Swift Water Awareness by Andy Graham. As a secondary training for the evening, a brief reiteration of highlines from last month's training and some issues that need to be watched

Training

Upcoming training : Saturday, November 18th. The scheduled training for this month has been cancelled. Another training is being discussed and will be announced at the meeting.

Elections Time

The annual re-election of two of the board members has come. This year, the positions held by John Stieber and Greg Barron are up for re-election. Both Greg and John have stated that they would be willing to run again.

In addition to the positions mentioned above, the position held by Sarah Armstrong is also up for election. Due to personal reasons, Sarah will be stepping down from the Board, after the December meeting.

Nominations will be accepted during the November and December meetings. With the vote being cast at the December meeting. If you cannot make it to one of these meetings, please contact one of the current board members to place a nomination.

If you would like to try your hand at being a board member or would like to change how things are done, be sure to put your name in the hat for one of the three

Snow Training

I have schedule Niko Weis for a weekend training at hurricane ridge for February 16, 17th and 18th.

The actual itinerary for the class is not worked out yet, but there will be a full day in the field with Niko concentrating on travel and slope evaluation.

We will throw in some rescue scenarios as well as the general class information.

Please mark your calendars.

Submitted by Greg Barron

Am I Well Enough To Go ?

Several times in the recent past, something has occurred that has been happening more and more. It, in my opinion, is a rather disturbing trend. This problem as I see it stems from our innate desire to help others. It is when we decide to go out in the field when we are feeling sick or are recovering from being sick. I am not by any means singling out anyone in the group. As we all know who we are. Yes, I said we. I am guilty of performing this very thing that I am writing about.

Most of the time we know when we are feeling too sick to go on trainings or missions. However, if the sickness is mild or a person is in the recovery period following an illness, then that person may be weaker than they realize.

Normally this would not create a problem. They could go about their everyday routine and not even feel it. But under harsh and / or strenuous conditions, whatever that person had can come back with a vengeance. Making that person weak and unsteady.

We all want to help others, but you cannot do this if you are too sick to perform your duties. The first order of business in our profession is the safety of ourselves. Then comes the safety of the team. Lastly, as cruel as it may sound, comes the safety of the subject.

Remember, if you get hurt, then you will become part of the problem. Take the time needed to get well again, so you can make a positive effect during the mission instead of holding it back.

Winter Standby

Starting this month, the winter stand by coordinator John Stieber will be asking you to sign up for winter stand by up at Hurricane Ridge. This year the dates for stand by run from the first weekend in January until April 14 - 15.

In next months newsletter there will be a sheet that explains what is expected from OMR personnel, as far as conduct and duties. Given the current reduced membership, we would like for everyone to try and commit to signing up for two weekends.

Included with this newsletter is the sign up sheet which lists the weekends. Please take a look and start thinking about which weekends you would like to sign up for. Try to sign up for weekends that do not have several people already signed up. The optimum would be two people. One person being an experienced and the second being a person, who is newer to the group.

So take a look at the sheet and let John know which weekend s that you would like.



Avalanche training of 12-11-05. Shown is the beacon location exercise. Note that only one person (center) is using the beacon. The other three people have probes and shovels and are awaiting the order to probe or dig.