



# OLYMPIC MOUNTAIN RESCUE NEWSLETTER

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

## Missions

There were no missions for the month of September.

### **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 or worse, as the past couple of years have shown.

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, which generally runs from the last weekend in December till mid April, in an upcoming newsletter.

2006 snow training on back side of Steeple Rock. Including avalanche awareness, snow stability and traveling in steep terrain.

## Meeting

Next meeting : Tuesday, October 10th. The scheduled training for the evening is Highline Overview. This training will be a refresher for those who are planning on attending this months training.

## Training

Upcoming training : Saturday, October 14th. Highline training near Mount Rose trail. The location may be changed due to the recent fire in that area. Please come to the next meeting to get the location or call one of the board members.

## Elections Coming Up

Every year two positions on the board open up for you the general membership to decide who you would like to run the unit. That time is drawing near and nominations will be taken during November and December. With the voting taking place at the December meeting. So if you know someone you would like to serve on the board or if you would like to try it out, put in your nomination. A single term of service is three years long. Current unit bylaws state that board members can't serve more than two consecutive terms. With this in mind, we are always looking for those who would be willing to step up to the plate and try serving on the board. Of course, to serve you will still have to be voted in by the general membership.

## Snow Training

The last couple of years have been rather low on snow for really good training. Recently Greg Barron informed the board that he was able to confirm a date for snow/avalanche training with Niko Weis. This date is January 20 and 21, 2007. We are not always able to get Niko for this training. This is plenty in advance notice for everyone to put this on their calendar. Everyone needs snow training, as last year's atten-

## On The Truck Fund . . .

Once again I'd like to thank all the members who have volunteered to help distribute fund raising flyers for the truck fund. This includes (in no particular order) Case Whalen, John Stieber, Steve Leslie, Greg Barron, Shawn Herndon, Chris Cleasson, Susie & Tony DiBenedetto, Roger Beckett, Jerry Rickaby, Barry Pealstrom and Andy Graham. If I missed any one I apologize.

Since this became a unit wide effort, we have raised \$655. Remember if you have sent out flyers to friends that have not returned them, you can always call them just to ensure they received them. This serves as a gentle reminder that the flyer is probably setting in their basket of things to do.

If you need to provide a "sales pitch", I always compare the fund drive to a walk-a-thon. When they respond that you haven't actually done any walking, I go into my "favorite OMR war story". My story, which includes 26 miles of straight hiking with a loaded rescue pack starting at about 11pm usually completes the deal. I'm sure you have something equally or more "fun".

Recent donations include an additional \$30 from OlympicMountainSchool.COM (Jason's business), \$50 from Connie Ferguson (a friend of Sarah's), \$50 from David and Linda Carnahan (friends of Sarah's), \$75 from Debra and Paul Thompson (friends of Sarah's), \$50 from Helen Brew (a friend of my wife's), \$20 from Maria McKinley (a friend of my wife's) and Kelly Ehrlich (one of my old hiking pals). Overall since we started this effort the "grand total" falls at over \$2960. To date participating individuals totals come to:

John Ellsworth	\$980
Greg Barron	\$600
Roger Beckett	\$375
Sarah Armstrong	\$525
Jason Bausher	\$230
Shawn Herndon	\$150
Jerry Rickaby	\$100

This amount plus the \$12,000 of existing unit funds that have been committed to the purchase of a new truck and the potential resale value of the current truck of about \$4000 brings us to \$18,960 which is over 40% of the total needed. So we're getting there.

If you are interested and in helping out with this fund drive and you haven't caught my sales pitch at a recent meeting, please give me a call at 360-779-5382. I can get a package of flyers in the mail to you pretty quick.

These packages include the flyers along with both mailing and self-addressed return envelopes. Though not required, there are a few additional steps one can do to help maximize the success of this fund drive. The first is to call the people you are planning to ask for support and give them a heads up. This ensures that they are expecting the brochure and when it arrives they take a look at it so it doesn't end up in the "junk mail pile". Secondly, it helps to include a short note that thanks them for taking the time to consider our cause along with detailing a few of your unit adventures. This puts a more personnel touch on the request. Lastly, if a donation is not received, you could always call and politely inquire if they had received your note. This works as a gentle reminder just in case it somehow ended up in the "junk mail" pile.

The fund drive will run through January of next year and monthly updates will be incorporated into the unit's newsletter. When January rolls around, those



Rigging training April '03, above Skokomish River near Staircase, with OMR truck below.

## 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 outweigh 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.

## Prodeals

Word has been trickling back from some of those who have been trying out the prodeals that Joel Pomerinke has set up for OMR. Most of the feedback has been very positive in nature. These prodeals are a small way that the companies say thank you to the rescue groups for all of their efforts and time spent helping others. The process is easy to do yourself. In some cases you will have to go through Joel to get the proper order forms. But over all the savings is worth the extra work on your part.



Larry Thomas in the Stretcher  
Levenworth  
Jerry Willickie attending

If this were a real subject how do you think that he would be feeling right about now?

Rigging training 1987