



OLYMPIC MOUNTAIN RESCUE NEWSLETTER

A Volunteer Organization Dedicated to Saving Lives Through Rescue and Mountain Safety Education

June 2001

The next meeting will be at the Westgate Fire Hall on 6-12-01 at 7:00P.M.

Training will be: Mission Protocols - Several members will discuss different aspects of a mission.

REPORTS of Chairman, Officers, Coordinators, and Committees:

TREASURER:

Treasurer Barron notes that all the bills are paid and our funds are currently adequate.

TRAINING:

JUST PAST:

Helo Training (intermediate) - Armed forces day was in full swing so Mast staff was a little overwhelmed. Never the less, a great deal of hands on learning was accomplished by the attendees.

On Saturday May 26th Debb Legg and Sarah Armstrong attended Land Nav

Training held in the wilds of northern Kitsap County. The training started out with a basic Map and compass review, covering the usual, including reading bearings off the map and plotting positions using bearings and other known lines of positions. The students, having demonstrated there excellent navigation skills then moved onto the art of Buttonology (also known as how to operate a GPS). This section included using such features of the GPS Unit as: establishing and activating routes, using the Back-Track option for retracing one's path along with the basics such as GO-TO and establishing way points. The class even attempted to answer the long held question of "What the %\$#@ is a UTM anyways?" and discussed in detail the use



Highline for two over lake Cushman

of altimeters for Navigation and monitoring of the weather. This completed the class room portion of the training and we moved on into the wild. The initial field work involved executing a previously established route using the GPS. This went smoothly and we moved onto the traditional compass course. This demonstrated that though it is possible to walk in a straight line through the back woods, it's not necessarily a great idea. During this evolution the group was exposed to all sorts of fine botany including black berries, nettles and pretty much any other plant with thorns. Once all team members had lost a sufficient amount of blood, we moved onto the last evolution, real land navigation. This last effort involved navigating to various points on the maps using the map and compass. The students were encouraged

to find the best (easiest) route to specific locations using natural landmarks combined with traditional compass work. Once they thought they were "there", their position was checked against the actual location by firing up the GPS. The class was then concluded over a fine bottle of fermented barley malt that had just been whipped up by John and Melissa combined the liberal application of bactine spray and band aids to at least stem the bleeding from the various injuries incurred. Fun was had by all. Anyone else desiring to run the gauntlet, contact John Ellsworth. He is willing to set up a class as needed (including post training entertainment) for any group of two or more.

Meeting Training:

Jeff Sharp presented a well done helicopter ground school.

UPCOMING:

June 9th - Helo Training (Intermediate)

- Grey Field, Fort Lewis.

Meet us there at 09:00 or Car pool from the Fire Hall. Meet at fire hall at 07:30. This is your last chance in 2001. Contact Patrick McAuliffe for details.

June 23 - Unit Climb - Mt. Stone.

This is a beautiful area and a pleasant climb. The climb will involve a steep but short hike, easy snowfields, and a short rock scramble. Contact Dale Boyle for info or to sign up. You must be signed up by the end of the meeting on 6-12 to attend.

MEMBERSHIP:

Congratulations to the Ellsworths on the new potential OMR member.

PUBLICITY:

See Kids Day.

MISSIONS:

None to report. OMR was not involved in the front page efforts on Mt. Rainer.

KIDS DAY

What: Kids Day at the Fair

When: June 9th (Saturday)

Time: 10 AM to 3 PM

Where: Kitsap County Fairgrounds

A number of members are needed (the number depends how much time you can devote to Kids Day) to set up and staff our Tug-of-War event. This consists of kids "out pulling" their parents by using a mechanical advantage system. Please contact me for further information: by email mac_deb@msn.com or phone 360 478-2829. *Deb Legg Public Relations*

PICNIC

TammyRae is coordinating this year's picnic and after some deliberation decided that Salisbury Park, just north of the Hood Canal bridge on the Kitsap side would be a great place to have it. Her company had their picnic there last year and we thought it was very nice. Plenty of room, cooking facilities and a large covered area in case of North West weather.

She's tentatively reserved the facility for Sunday, August 5th. Tammy is also exploring the idea of having the

picnic in September. Call her to comment.

It's going to be a fun time with volley ball, Frisbee and if you have a boat there's a dock too!

Contact us so I can get a consensus on the date. *TammyRae & Paul*

WILLIE ILS CERTIFIED

OMR member Willie Knoepfle is now certified as an Intermediate Life Support Technician (ILS) Emergency Medical Technician (EMT) in Jefferson Co. and Clallam Co. Adding the ILS to Willie's EMT certification will allow Willie to administer Medications: Albuterol, Narcan, Nitro, Epinephrine, Dextrose 50%, Aspirin and Benadryl. Willie can administer the drugs subcutaneous, orally and by IV drip.

The training that Willie received was 130 hours of classroom, lab work and 3 shifts at the ER. The pre-requisites for the ILS class is EMT certification with PLT and IV endorsements. Congratulations Willie we are all proud to have you as an OMR member.

The Mountains of Central America

The mention of the Caribbean brings to mind scenes of azure blue seas, white sand beaches, swaying palms and a cold drink with an umbrella and fruit. However, there is another side to this area, and TammyRae and I decided to pursue its exploration.

In March, we spent two weeks in Belize tracking through the mountains of Central America. Our first stop was an area called the Pine Mountain Reserve, located in the country's central mountain range. From a base at a lodge named after a river falls system, **Five Sisters**, we traveled to Mayan ruins and explored extensive cave systems. The vegetation at a quick glance reminds one of our own mountains such that the trees are primarily pines. However, on closer examination, the under story consists of banana, and coconut palm, a bit different from our rain forest.

The lodge is located on the side of a mountain canyon, at the bottom of which flows a beautiful river with large falls. The water is clear and unlike our

mountain rivers, wonderfully warm and swimable, of which we did loads! We canoed one mile into a cave and saw one thousand-year-old Mayan burial site. Of course, we seemed to incorporate swimming every day, a fine relief from the jungle heat and humidity.

From the mountains we took a public bus to the coast and spent 9 days in our own **bungalow** on a beach surrounded by impenetrable jungle. It was very private and isolated, definitely not the tourist scene and just the way we wanted it. We had a small kitchen and a deck looking right out on the sea. From there, we spent our time scuba diving the longest barrier reef in the Northern Hemisphere. The sea was as clear as air and warm as Brad's hot tub! We did one dive to a drop off site that fell sheer from 60 feet to 3000 feet, a very unique experience indeed, rather like flying with out my airplane! We sea kayaked and explored the low land jungles with a naturalist guide who concentrated on showing us all the medicinal plants used by the Mayan and their descendants, natural health insurance! We swam through cave rivers with only our headlamps for light and did canyoneering down jungle cataracts rather than the desert with which we normally associate the sport.

We had sought an experience, which would submerge us in the local culture, away from the typical tropical tourist scene, and we certainly found what we sought. The locals were friendly, knowledgeable and not at all parochial in their attitudes or experiences. Indeed, many folks we spoke with were far more traveled than we were.

Belize, a small new country, which until recently had been called British Honduras that seemed to be full of enthusiasm and energy of a young country while steeped in the proud traditions of the ancient Mayan culture. What a fine vacation we had, what a fine bunch of memories we accumulated. So, the next time you see me spacing off as we're on one of those cold, dark, rain soaked missions you'll know where I am! *Paul Gelineau & TammyRae Gelineau*

