



OLYMPIC MOUNTAIN RESCUE NEWSLETTER

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

Missions

There were no missions for the month of April.

New Member

New member Jason McGrath was voted in as rescue support, during the April meeting. Welcome to the group.



MT Steel from near First Divide

Meeting

Next meeting : Tuesday, April 10th Sceduled training for the evening is to be Pulley Systems and Mechanical Advantages by John Stieber

Training

Upcoming training : Saturday, May 21st - Mt. Baldy rescue scenario. This training is going to simulate the conditions found during an actual rescue mission and will cover just about everything from search techniques to patient packaging to lowering. Located on Mt Baldy, this will be a long day of training.

As we are sure that all of you have been watching the weather lately, you already know about the late season snow that has been falling in the mountains. If the snow creates a problem with this training, the alternate area for the training will be on the Hamma Hamma river near where we held the transistional lowering training, in April.

In both cases the rendezvous times are the same. 0700 at the firehall and 0830 at the trailhead parking area. For the Baldy scenario, the trailhead is for the Royal Basin trail on the Dungeoness River. If we have to fall back on to the alternate area, the parking will be at the same spot as last month's training. If you did not attend that training, the directions are located in the last newsletter.

More information will be put out at the next general meeting. The point of contact for this training is Steve Leslie. If you need more help or directions free to call Steve or John Stieber.

Correction

There is a small correction last month's newsletter. The dates for John Stieber's hike should have been July 18 through July 22

Going for the Top

On April 22nd, John Ellsworth led an attempted climb up the Northeast ridge of Mt Washington. The group consisted of John Ellsworth, Rick Lorenz, Sarah Armstrong, Margaret Brownell, and John Stieber.

It was a new route for each of those who came and there was a little confusion as to where we were to start up to the ridge. We ended up going up an old slide area filled with slide maple and devil's club. The first section gained about 1200 ft before we entered into the trees. This was an interesting and exposed area. Consisting of steep (class 3 or 4) rock with shelves every so often. By the time we had reached the top of the rock bluff, the sun had broken through the clouds and was starting to heat things up.

Up to this point, we had not seen any snow. Shortly after entering the trees, small patches of snow were encountered. Within one hundred yards the snow coverage became 100%, with only small areas under a few trees that were bare.

This is awesome, we thought. Little did we know that this would soon become our bane. In the trees the snow had collected to as much as three feet deep and was very soft and mushy. We quickly became tired of the post holing and decided to don our snowshoes.

This was taking longer than we had planned. While still climbing we decided on a turn around time regardless of whether we made it to the top or not.

As we headed higher we began to see signs of recent avalanche activity. Still we headed up. We were an

optimistic group.

As the day wore on, concerns were being raised. The snow was getting mushier faster than we were gaining altitude and the weather looked to be changing.

We soon came to a small overlook and our first real view of Mt Washington. Reality came upon us as we debated on continuing up the mountain. We had only made it half way to the summit. The remainder of the route, while out of the trees, was much more steeply exposed and covered with the same mushy snow. Down in the valley, we could see the evidence of many recent large slides.

It was now after 2 PM. We knew that we would not make it to the summit by our turn around time of 4PM. So it was decided to eat lunch and start back down.

The trip down was interesting in itself, as we had to do a modified hand over hand rappel, down the steeper scramble we had earlier come up. The devil's club we had come through on the way up was still there, but this time gravity was against us, as we descended through it.

A few scratches later, we arrived at the vehicles. While it was a fun climb, we came to the realization that we had gone up the wrong drainage to the ridge. This made the chances of our completing the climb very slim. All in all, it was a good day to be in the mountains.

Board Vacancy

Last month's vote on the vacant position on the board was pushed back to the May meeting. If you have anyone that you think would be willing to serve on the board for the remainder of this term, please nominate this person at the May meeting. The current nominees are Andy Graham and David Steidle. The amount of time remaining on this term is till the end of this year. If you are considering serving on the board, this would be a good opportunity to see how things are conducted, without having a long term commitment. The board meets each month at 6 PM, before the general meeting



Mt LaCrosse from near LaCrosse Pass

Summer Stand By

We all are in this group to help people when the need arises. Commitment to summer stand-by is one of the ways that we do this. It is understood that everyone has a life outside of OMR. By planning ahead, we as group can ensure that each weekend during the summer has at least one hasty team ready to go into the field, on short notice.

The summer stand-by roster is filling up nicely. Thank you to all of the people that have already committed themselves for one or two weekends. The stand-by weekends start on the first weekend of June and run through the last weekend of August. If you have not signed up for a weekend yet, contact Shawn Herndon at (360) 697-4518 or e-mail him at herndon7@hotmail.com.

A copy of the current roster is shown below. Please sign up and help to make sure that each weekend is

Climbing Corner

I know that there are more of you out there who are planning on climbing and hiking this summer. So far only two people have asked to put their hikes/climbs into the newsletter.

John Ellsworth is leading a climb to Mt Olympus May 28th through June 1st. If you are interested in participating, please contact John Ellsworth at 779-5382 or jmellsworth@silverlink.net.

John and Forrest Stieber also are planning an extended 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 2005

June 4, 5, 6	July 2, 3, 4	July 30, 31, & Aug.1	August 27, 28, 29
Sarah Armstrong	_____	_____	John Stieber
Jason Bausher	_____	_____	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	
Dave Steidle	_____	Dale Boyle	
_____	_____	_____	
June 25, 26, 27	July 23, 24, 25	August 20, 21, 22	
_____	Dale Boyle	Shawn Herndon	
_____	Ann Richey	_____	

A Penny For Your Thoughts...

There has been some grumbling in the past about the location of the picnic and/or the banquet. Now this is not from everybody just a few people.

In order to please as many as possible, the board is soliciting for your ideas on where we would want to hold this years picnic and next years banquet. The floor is open as to where, what day and time, and what type of food to be served or potluck. If you have any preferences, contact any of the board members to let them know what your ideas are. We will be starting to

Website Update

There is a new function to the OMR website. We are trying out a new service of a climbing message board. The message board is meant for anyone to make write ups on new routes, conditions, approaches, etc. You will be required to register to post any new messages. So give it a try and give any comments you have to a board member or to our website coordinator Greg Barron.

SAR and the Law

Recently, in some other rescue units, there have been some people driving vehicles during SAR missions. These people have received a ticket for exceeding the speed limit. This is just a reminder to obey all traffic laws while on any mission. The state will not cover you for negligence while driving. SAR missions or trainings are no excuse for violating traffic laws.

Organization is the Key

At the last meeting, Mark Hendrickson gave a wonderful lecture on gear organization. Mark is also the light weight gear hound of the group. He gave the group some suggestions on some light weight gear he has found and showed us how he had organized his gear to minimize response time for missions. Provided in this newsletter is the list of how he organizes his gear. Keep in mind that some of this gear is used in more than one instance. Such as the different gear used for winter and summer.

Funding Shortfalls

As most of you know a large portion of our funding comes from United Way and the Combined Federal Campaign (CFC). Last year there was a mix up and our name was left out of the listing for contributions. Since any donations to these organizations are not seen until the following year, we are just now starting to see the effects from an error made last year. As a consequence, the funds that we will be receiving will be down by approximately 2/3 from the normal amount. As a result, the board will looking more closely at expenditures being made. This will not affect any of the expenditures that have already been approved by the board and general membership. These funding issues should not affect our normal operations at this time. The board wants to make sure that everyone in the group is aware of anything that could affect OMR as a group. This article is not meant to give the details, but rather to keep you aware of what is happening. If you have any questions please free to contact any of the board members.

Fame In Our Midst

One of our members, Rick Lorenz, recently had article published in the most recent edition of Rescue Magazine. It is insightful and well written. If you get a chance take the time to read the article. Who knows maybe one day in the future, when Rick is a famous author, we can say that we knew him when he was a simple rescuer like the rest of us. Great job Rick.



Sentinal's Sister from Sentinal Peak

Olympic Mountain Rescue Personal Equipment List

Basic	Pack w/ Plastic Liner		
(Carried on all missions)	Boots		
	Gaiters		
	Clothing - Shell		
	Clothing - Insulation		
	Clothing - Wicking		
	Compass		
	Map		
	Whistle		
	Sun Glasses		
	Sun Skin Protection (SF30)		
	Fire Starter		
	Waterproof Matches		
	First Aid Kit		
	Headlamp		
	Extra Batteries and Extra Lamb Bulb		
	GPS Unit (Team Item)		
	Insulation Pad (3/4 length)		
	Emergency Shelter (bevy bag or tarp)		
	Water		
	Food (non-cooking)		
	Pocket Knife		
	Toilet Paper		
	Note Pad		
	Pencil or Pen		
Overnight Missions	Cooking Pot		
	Spoon		
	Food (2 Days)		
	Tent or Tarp		
	Stove (Team Item)		
	Fuel (Team Item)		
	Sleeping Bag (20 degree)		
Search Missions	Measuring Tape		
	Surveyor's Marking Tape		
	Tape Marketing Pen		
	Binocular or Monocular		
	Chemical Body Warmers		
	Patient Clothing		
Helicopter Missions	Eye Protection		
	Ear Protection		
	Flight Overalls (OMR can or will provide)		
	Gloves (From Rigging Kit)		
	Climbing Helmet (NOTE: Used in various scenarios)		
Glacier Travel	Crampons		
(include Rigging Kit)	Pulleys (2 - prefer one be prusiki minding)		
	Snow Picket (OMR can or will provide)		
	Boots (Crampon compatible)		

Olympic Mountain Rescue Personal Equipment List

Snow Travel	Ice Ax		
	Snow Shovel		
	Snow Shoes (OMR can or will provide)		
	Avalanche Beacon (OMR can or will provide)		
	Avalanche Probe (OMR can or will provide)		
	Trekking Poles		
	Climbing Helmet		
Rigging (Rescues)	Chest Harness w/ Belly Strap		
	Seat Harness		
	Carabiners (3 Locking)		
	Prusiks (1 large & 1 small)		
	Rope (1 at 10 to 15 feet - 7 to 8mm)		
	Webbing (1 at 10 to 15 feet)		
	Repel Device (non rope twisting type)		
	Rescue Prusiks (3 @ 1 each - long & short length foot, & seat)		
	Rope Cutting Device		
	Climbing Helmet		
Swift Water Missions	Dry or Wet Suit w/ booties, hood, & gloves		
	Water Shoes (laced and fit over booties)		
	Personal Flotation Device (OMR can or will provide)		
	Rope Cutting Device		
	Climbing Helmet		
Rock and Ice Climbing	Various Specialized Item (Ice tools, protection devices, etc.)		
	Climbing Helmet		
First Aid	Tools		
(suggested basic kit,	Bandage Scissors		
add items based on	Tweezers		
your training)	Permanent Ink Markers		
	Protection Equipment		
	Latex Gloves		
	CPR Shield		
	Eye Protection		
	Medication and Antiseptic		
	Pain (Aspirin, Ibuprofen, etc.)		
	Anti-Bacterial (Betadine, Neosporin, etc.)		
	Personal Medication		
	Dressing and Bandages		
	Battle Dressing or Feminine Napkin		
	Triangle Bandage		
	Stretch Roller Gauze (3 inch)		
	Elastic Bandage (2 to 3 inch)		
	Adhesive Tape		
	Sterile Pads (4 inch by 4 inch)		
	Moleskin		
	Steri Strips		
	Various & Assorted Band Aids		

Figuring Mechanical Advantage by counting the “T”s

Figuring Mechanical advantages is as easy as adding one plus two. All you have to do is count the “T”s. Where T = the force applied to the rope when pulling on it. An applied force is equal on both sides of a pulley and is added together, when acting on a load (Fig. 1). The 1 unit of tension passes through the pulley and creates an output force of 2 on the back side of the pulley.

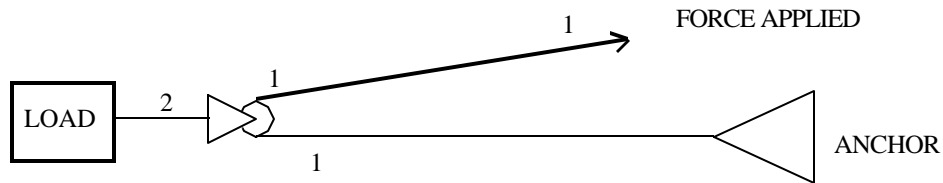


Figure 1

In figure 2, the only difference is that an additional pulley is added, with a prussik to act through. 1 tension unit is applied to the rope, which when it passes through the pulley creates two units of tension out. The original 1 unit of tension continues back through the anchor pulley to the prussik, adding to the 2 units of tension from the first pulley. Creating 3 units of tension to the load. Making this a 3:1 mechanical advantage system.

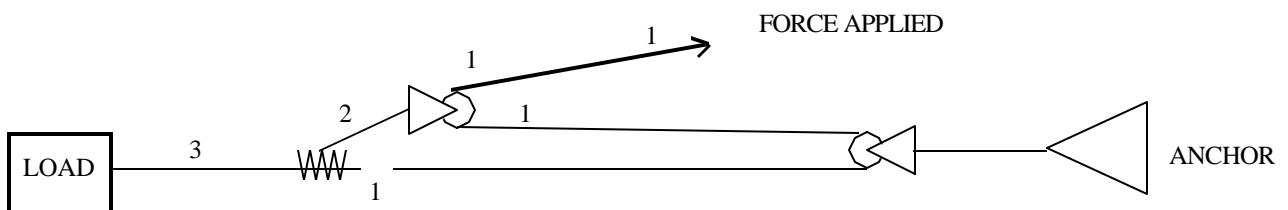


Figure 2

In figure 3, two of the 3:1 systems from figure 2 are used, with one acting on the other. The 3 units of tension from the first 3:1 system are the input force on the second 3:1 system. Following these 3 units of tension through the third pulley creates 6 units of tension output from the pulley. Following the 3 tension units back through the second anchor pulley and down to the second prussik, you add these 3 units to the 6 units from the third pulley, creating 9 units of tension to the load. making this a 9:1 mechanical advantage system.

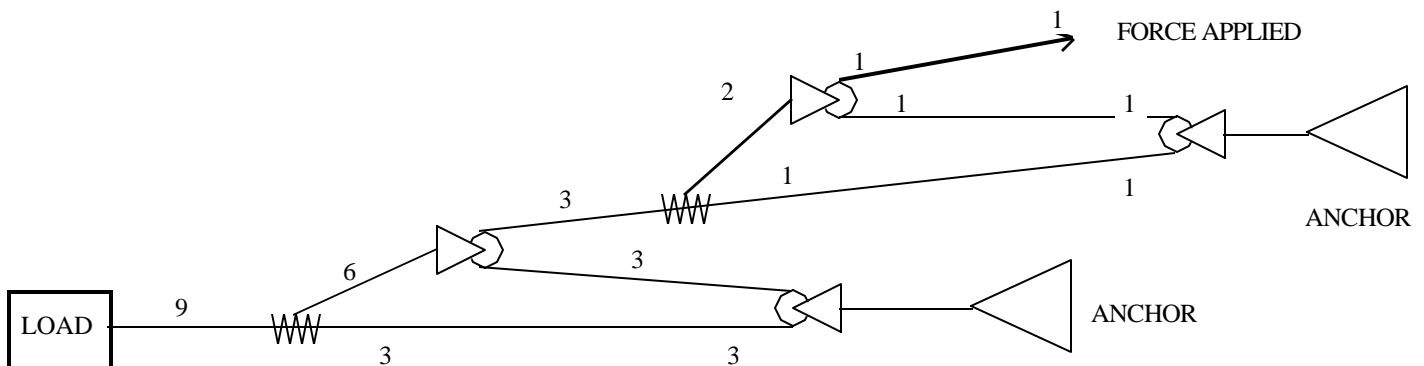


Figure 3