



# OLYMPIC MOUNTAIN RESCUE NEWSLETTER

A volunteer organization dedicated to saving lives through rescue and mountain safety education  
February 2007

## Missions

There were no missions for the month of January.

## Meeting

Next meeting : Tuesday, February 13th. Several items are going to be reviewed at this meeting. Including the up coming training at Hurricane Ridge.



Prussicking up the wall of slime on Cushman Cliffs.

## Training

Upcoming training : Saturday and Sunday, February 17 - 18. The scheduled training for the month is to be Avalanche training with Nikko Weis. The itinerary for this year will be concentrating on the science behind avalanche prediction, avalanche awareness in the field, route finding in avalanche terrain, and snow evaluation. While beacons will be covered, these will not be the focus of this training, as in years past. This is going to be an over nighter, with people staying in the lodge up at the Ridge. There has been talk of making it a potluck for dinner. Come to the meeting or contact one of the board members on this. The OMR truck will be leaving the firehall at 0600 on Saturday and will be stopping at the CENEX in Poulsbo at approximately 0630. The plan is meet at the Heart of the Hills gate at 0800, with training starting between 08300 and 0900. The truck will be staying up at the Ridge. The training will be lasting until 1500 on Sunday

## Teaming Up With Others

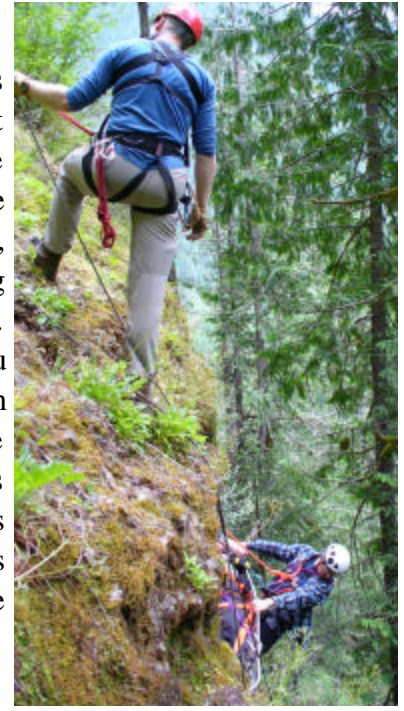
Many are the times that we are on a mission and get teamed up with some from another group. Usually this is not a problem, as those we get teamed up with are from other mountain rescue groups. Recently, I was on a mission and the two of us who went were teamed up with a SAR group that was not high angle trained. As we quickly found out these people while proficient in searching were not up to the challenge of searching in rugged high alpine areas. The problem is not with being teamed up with different groups, but rather in overestimating their comfort and skill levels in an environment that is foreign to them.

This concern is not only directed at SAR and MRA groups, but at law enforcement personnel and park personnel, as well. Just because someone works in an area does not mean that they are comfortable with every aspect of that area.



## Training for the Year

Included below is the training for the year. While it is a little late in coming, please take a look at it and put the dates into your calendar. There are several of the trainings that are or could be over nighters. Please take note that there is only one helo training this year, also that there are only three rigging trainings (including basic rigging). The helo training is a bi-annual training. If you did not attend a helo training last year then you need to attend this year. The rigging training is an annual required training. The Board members have endeavored to come up with some interesting trainings this year please make an attempt to attend as many as you can. A few of the trainings are not filled in yet as we are still trying to hammer out the details of these trainings.



## 2007 Training

Date	Meeting Training	Date	Monthly Training
<b>February 13</b>	Avalanche Awareness	<b>February 17-18</b>	Avalanche Training with Nikko Weis
<b>March 13</b>	First Aid / CPR	<b>March 13 and 15</b>	First Aid / CPR
<b>April 10</b>	Rigging Review	<b>April 21 and 22</b>	Basic Rigging
<b>May 8</b>	Helo Ground School Basics	<b>May 12</b>	Helicopter
<b>June 12</b>	SAR Management	<b>June 9</b>	Mock Mission with Kitsap ESAR
<b>July 10</b>	Adv. Rigging Review	<b>July 14</b>	Adv. Rigging Steel Bridge or Cushman Dam
<b>August 14</b>	No Monthly Meeting	<b>August 4 and 5</b>	Crevasse Training / Ice Climbing
<b>September 11</b>	GPS Overview	<b>September 15</b>	Land Nav Training
<b>October 9</b>	Crime Scene Preservation	<b>October</b>	TBA
<b>November 13</b>	TBA	<b>November</b>	TBA
<b>December 11</b>	End of Year Social	<b>December 11</b>	No Monthly Training

## **To Go or Not To Go . . .**

Recently, I went on a hike with a couple of others. Cool, you might think. Some friends getting out into the wilderness. There was only one small problem . . . One of the people had just gotten over being sick. While at first this seemed to be ok, it quickly became apparent that we would have to turn around. The strenuous hiking, coupled with the cold air and the higher altitude (around 4500 feet), slowly started making our friend's breathing more difficult and her energy and strength were dropping with it. Wisely, we decided to turn around. The trail would still be there at a later date.

The point of this story? Many of us go hiking in the great outdoors, as well as participate in OMR missions. Sometimes the desire to help others or to bag that elusive summit overrides our common sense.

Many are the times that we have heard of someone pushing themselves too far and have gotten into trouble. I am not saying not to push yourselves. Far from it.

The point that is being made is that even though you may feel better right after getting over the current bug that is going around, your body has not had time to fully recover it's energy reserves. Strenuous exertion, soon after recovering from a sickness, could lead to physical weakness at a crucial moment when you are required to be at your best.

Knowing how your body is doing is critical when in the mountains or on a mission, where one wrong move could lead to an injury to yourself or to someone else.

## **California Bound**

If you are tired of the weather in this area, the cold, the wet, and the wind, talk to John Stieber. John is getting a group together to head South to Mount Shasta. The dates for this event are not fully set yet, but the general time frame is the end of May or some time in June. If you think you might be interested in a four or five day trip down to Northern California to climb beautiful Mt Shasta, contact John at 360-830-0914 or by e-mail at [janddstieber@earthlink.net](mailto:janddstieber@earthlink.net)

## **Darn It, It Broke**

How many of us have been on a mission and had a piece of gear get broken or go missing. I would venture to say that sooner or later, all of us will have this happen to us. If you are on training or mission and a piece of your gear gets broken, the state will reimburse you for that piece of gear. There is one small exception to that though. If the gear is broken due to your negligence or if it is beyond its normal life span then the state will not pay for that gear.

Some items that can be reimbursed are damaged or broken gear and damaged or torn clothing. Flat tires can be repaired if the flat occurred during a mission.

If you damaged a piece of gear, let Greg Barron know and he will get the proper paperwork to you, so you can fill it out as soon as possible and get it to the state. This paperwork is not difficult to fill out and can be done in a short amount of time.

Other items that can be reimbursed are gas used during an out of county SAR mission and any fees or tolls occurred as a result of said missions. Tolls and fees can be the fee for the ferry ride or the up and coming toll for the new Narrows Bridge.