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Portland Mountain Rescue

Saving Lives Through Rescue and Education



PMR Newsletter

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CPR Recerts, NIMs Training, and Training Hrs

Are you in need of a CPR recert?

Tracie Mahon (oneatb@earthlink.net) and Ross Fleischman (fleischr@ohsu.edu) are PMR's in-house CPR instructors. Email one of them to schedule a CPR class.

Remember to take the required FEMA NIMS 100 and 700 courses by September 2009. A couple pints of your favorite brew pair nicely with each course. <http://www.pmr.org/membersrv/secure/training/other.html>

To ensure you are on track for annual training hours and that you are up to date on your Medical/CPR status, follow the link below. <http://www.pmr.org/membersrv/secure/keyinfo/roster.html>

Upcoming Events:

MountainFilm Festival at PSU	1/29
Kent Swanson Jr. Avy Course	1/30 - 2/1
Madrone Wall Benefit at Hollywood Theater	2/5
MRA 50th Anniversary Conference	6/25 - 6/28

MRA 50th Anniversary Conference *By: Dave Clarke*

As you probably know by now, PMR is hosting this year's Mountain Rescue Association (MRA) annual conference June 25-28 at Timberline Lodge. Less widely known is the fact that the MRA was founded at Timberline, in the Blue Ox bar, in 1959 by our visionary forefathers. So this event is drawing a lot of attention as we'll not only be conducting the usual conference activities but celebrating a milestone anniversary as well. Needless to say we want to give this our best effort and make it a memorable experience for everyone.

For the past year a small group of us has been busy planning and building the

foundation for the conference activities. Many of you have asked how you can help and have been told to "stand by" until we get closer to implementation. Well that time is coming and soon we'll be asking for volunteers to assist in a variety of roles. We are expecting to have 150 to 200 conference attendees and, with spouses and other VIPs, as many as 300 guests at the evening celebrations. So, even the most basic activities will need volunteers to provide logistical support.

Two big days that we will need a lot of volunteers for are the Friday classroom and field sessions and the "Rescue Rendezvous" field

event on Saturday. Eric Kirchner is already recruiting assistants for the Rescue Rendezvous. If you're interested in helping out please leave those dates open on your calendar. If you can't make those times, don't worry, there's still plenty of work to be done. At our next planning meeting later this month we'll create a list of "jobs" and advertise them with the appropriate activity leader's name so at that point you'll be able to sign up for specific duties.

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Unit Stats (2008):

- Missions: 13
- # Rescued: 10
- Mission Hrs: 930
- Training Hrs: 4041
- PubEd Hrs: 76
- Admin Hrs: 783



MRA 50th Anniversary Conference Cont'd *By: Dave Clarke*

One of the biggest challenges we've faced thus far is the capacity of Timberline Lodge itself. Thanks to Lyneen, Rocky and a creative Timberline staff we've been able to bump the banquet capacity from 200 to 300 guests. As I mentioned earlier, we're anticipating 300 attendees at the Saturday night banquet which means that it will be sold out. This points to my greatest regret so far, which is that it's possible that many PMR members will volunteer

their time but not get to attend the Friday and Saturday evening programs. We'll be watching the registration numbers closely and get as many PMR volunteers into the various presentations as we can. However, I wanted everyone to know up front that we're literally up against the wall with this size of a group at Timberline.

One thing we are planning for Saturday night is a volunteer party, proba-

bly somewhere in Govt. Camp. So even if you don't get seated at the banquet you can party with other PMR volunteers.

Finally, I want to reemphasize our role as conference hosts. We've taken on the task of presenting this conference for the mountain rescue community and I know that we'll all do whatever it takes to make PMR shine and to uphold our reputation as one of the MRA's finest teams. There's a lot of work to do. Thanks for your patience so far and be on the lookout for your chance to sign up soon.

<http://www.pmr.org/mra2009/>



Mountain Rescue Doctor Book Review *By: Monty Smith*

Christopher van Tilburg, MD, a local Crag Rat, has written his eighth book, Mountain Rescue Doctor. In this book he describes his experience as a Crag Rat, setting it apart from his previous books which have all been an outdoor guidebook or outdoor how-to book. The reader is drawn in from page one. Instead of introducing either the topic or himself, it starts with him being lowered to a cliffside patient in the Gorge, and takes the reader through an exciting rescue of stabilizing then extricating the patient. Now that he's got your attention, he instructs the reader on some aspects of mountain rescue. This formula is followed throughout the book, describing various Hood and Gorge rescues, while providing instructive detail on many SAR issues such as hazards, history, climbing techniques, turf wars, survival fundamentals, legal, and debates such as MLUs and victims paying for rescue. The instructional text is written for the non-rescuer, is

non-technical and each relates to the previous story.

One aspect of this book that I thought was handled well was how he's very clear on two issues facing all SAR volunteers – victims and family. While maintaining a doctor's or rescuer's professionalism, he clearly illustrates how some people's careless actions endanger themselves and others, but the role of the rescuer is to save lives, not pass judgment. The other is the emotional side of SAR, and how we balance rescue duties into a personal life with spouse and family and the toll it can take on everyone.

Of course there's the usual complaint from neighboring SAR units – recognition. Other units do get better recognition than in some books, but their role is downplayed since the book is, after all, centered on the Crag Rats. We'll all recognize PMR and its members as they weave through the stories, but every Crag Rat is referred to by full name while other unit's members by first name

only. Another thing only us locals will catch is although most locations are named. Eagle Creek is renamed to Sunrise Falls, most likely to avoid attracting cliff jumpers. Climbers (or English majors) will note some errors, some likely introduced by a New York copy editor unfamiliar with terms such as a 'break bar' or 'Camp Sherman' on Mount Rainier, but even I chuckled at rescuers being lowered using a wench. I found this book to be a well-written, gripping account of what we do, with excellent description of SAR activities, its challenges, frustrations and rewards as well as imparting both the emotional and technical sides of being a rescue volunteer. Taking just a few hours, it's a fast read, plus eight pages of color photos to help the reader visualize the text. I enjoyed reading this book and am recommending it to my non-SAR friends and family who want a taste of what we do and why we do it.

PMR Support Member Spotlight *Member: Michael Roloff*

Years in PMR: *A little over 3 years*

Why volunteer? *Love of climbing, learning, and helping fellow mountaineers*

Favorite recent climb: *All time favorite was leading 3 kids to the false summit of Mt. Adams. There were 3 boys, 11, 9, & 5 years old. My son was the 5 year old. It took them hours on the snow and hours in the rock. Taking breaks for food and nurse their headaches. They made it and did all the work for a cup of hot chocolate at the top. Little did they know about the awesome 2000 ft glissade to get down, when they finished that, they were begging to climb it again. To this*

day we go back every August. We take more boys, girls, moms, grandpa's, and families. We call it the "kids climb" and we just finished the fifth year. We don't always get real high on the mountain, but as long as they get to glissade a respectable slope, they'll be happy.

Fixed or free heel: *Free heel all the way, any other just doesn't feel right.*

Day job: *Owner of Roloff Construction, Inc., General Contractor, specializing in custom remodeling*

Rock or Ice: *I'm an Ice guy (for now)*

Favorite beer: *I'm a Fat Tire or Ice Axe guy and if that's not available, any IPA*

