

Editor's Column: Alex, I will take DOGS for 1000 please.....

By: Claire Philpott

As the new editor of The Summit, one of my goals is to provide some useful information as well as well as keep the unit and our friends up to date on PMR news. To encourage author participation I plan to have a theme for each newsletter – which may provide budding writers with some ideas for articles. This is my first edition and fate, it appears. handed me a theme – Dogs.

I have been around PMR for many years and I have been awe-struck by the relationship and admiration that many of us have for our canine companions. Many of those that we help also share this relationship, which is why dog rescues often turn into human rescues. This edition of the Summit focuses on Dogs, including tips for taking dogs in the backcountry and stories from this summer's dog rescue mission.

I always remember that there are no bad dogs – just uneducated owners. One of the things I love about the Pacific Northwest is the amount of backcountry trails where I can take my dogs – something that is sorely missing in other parts of the country. I would like to keep that access.

When your dog is out in public, including the backcountry it is important to remember that there is one golden rule: NOT EVERYONE LIKES DOGS. To preserve the ability of all dogs to have access to the backcountry and trails remember a couple of common sense tips:

1. Don't leave your dog's poop in the middle of the trail or ski track.
2. Keep you dog under voice control or a leash at all times.
3. Make sure your dog is adequately trained for the adventure – if not then more conditioning hikes may be in order.
4. Make sure to have food and water for your dog for the entire excursion.
5. Obey the rules – if it says leash required please leash your dog. If you don't you risk the access rights for all dog owners.

The theme for the winter edition will be backcountry skiing in Oregon.

President's Column

By: Dave Clarke

Well, it's been a slow year for missions on Mt. Hood but that doesn't mean that PMR members have been idling away their time. There's actually been quite a lot going on this year, here are just a few highlights:

- The Kent Swanson avalanche course was a success. In spite of a poor snow year we had excellent instruction and came away that much more prepared to deal with uncertainty in our snow pack.
- We had a valuable Ready Team season and made good use of the excellent conditions high on the mountain when it was raining at the lift served areas.
- We've begun work on a professional quality film about PMR and mountain safety produced by our own Mark Flagler.
- Another OMSI Safety Safari highline has come and gone with lots of happy kids in it's wake.
- By the time you read this the Wilderness First Responder class will be in full swing. This course will greatly improve the quality of medical care we offer.
- Our training manual, classes and field sessions continue to improve with input from many of our members.
- Now that Hugh and Rocky have resolved the 77777 pager problem we can all look forward to

having the pager go off and the chance to respond and fulfill our mission.

Looking ahead, it's almost time to dust off your beacon and wax your skis. Ready Teams will be in full swing again soon. And don't forget our annual meeting and banquet on Friday December 2 at the Rose City Yacht Club.

So I hope to see you all soon either on the hill or at the banquet.

Happy Trails,

Dave

Mission Report

By: Steve Reese

On Sunday of Memorial Day weekend the Ready Team received word by radio that a dog had gone over the edge in Zig Zag Canyon, followed by its owner. A woman, Kim, had called skier services about 1345 requesting help. She stated that the accident had happened about ten minutes earlier. The information was passed on to Ski Patrol who contacted PMR Ready Team about 1355.

The three members of Ready Team were in various locations. I was in the parking lot. Ross Fleischman was at the top of the Mile hiking toward Timberline and Eric Kirchner was on skis at Crater Rock.

As luck would have it, Bob Brownback and Todd Marcum heard the radio traffic and notified me that they were in the parking lot, just finishing a climb with some clients. They said they could respond in about 15 minutes. I had Ross cut over to intersect the Timberline Trail and meet up with Brownback and Marcum, who left at 1415.

In the meantime, Kim had made at least one other phone call, to a relative, who called the Sheriff. At that point, the batteries of both cell phones that Kim had went dead. Consequently, we could not get any additional information regarding her location or condition of the subjects.

Shortly thereafter the Sheriff's Command Post arrived. Then Jeff Jaquay arrived and also the AMR RAT team. The Humane Society Rescue Team was put on standby as was PMR. PNWSAR and Mountain Wave were activated.

Kirchner had been hanging out at Crater Rock making sure that the last climbers made it down safely. Then, I requested that he stay in position to act as a radio relay until Mountain Wave arrived and got set up. Marty Johnson was working in his FS office, heard the radio chatter and came out to see what was the matter. He got the okay from Jaquay to stay on the clock but participate in the mission.

We were awaiting word from the field as to what addition gear would be needed. The team had two 150-foot ropes and enough equipment to set up a raise/lower system.

At about 1523 The RAT team left the parking lot for the scene.

At 1536, Brownback, Marcum, and Fleischman were on-scene and had made visual contact with the dog and owner. Both were stranded at the normal dog rescue site in Zig Zag canyon. They both were unable to safely move up or down.

At 1555, the IC, Brian Tonn, called in a second request for a PMR standby.

Chris LeDoux arrived after doing a short hike with her dog and decided to join the fun. The field team had not yet reached the subjects and were not sure that the ropes would be long enough to reach them. So, LeDoux and Johnson started in with a 300-foot rope.

At 1644 it was reported that the dog had been secured and was being rappelled down to a safe spot. It had been determined that upon reaching a safer spot below the point where the subjects were stranded, they could then safely scramble back up to the trail, if there were no significant injuries from their fall.

At 1739 it was reported that the human subject, Derrick, had scrapes, bruises, and a sore tailbone. His C-spine was cleared and he would attempt to walk out.

At about 1940 the team and subjects arrived at base and all personnel were headed home shortly after.

This mission was very interesting to me. It seemed like we had the right people, in the right numbers, for the right job, in the right place, at the right time. One rarely finds that combination on a mission.

Personnel: Reese (Base OL), Brown back (Field OL), Fleischman, Kirchner, Marcum, Johnson, LeDoux, Henderson (ITOL). Man-hours: approximately 45. Miles: 0 (Everyone was already in the area for other reasons)

A Perspective from the Field – May 29, 2005 Rescue

By Todd Marcum

After Brownback and I rendezvoused with Fleishman in Sand Canyon, we continued towards the suspected rescue site while paying close attention to the fresh dog tracks heading in the same direction. It was noted by all that the tracks were... "not small". As we continued down the trail we joked about coming on scene and finding a large, scared Pit Bull stuck on the side of a cliff.

Upon arrival to the rescue scene, Kim, the subject's fiancé, described the situation and that she had not had visual or verbal contact with Derrick since his fall. Derrick had tried to retrieve their stranded dog from the cliff side and had subsequently fallen about 80 feet. The team approached the edge and looked over the cliff to assess the situation and saw... a large, scared Pit Bull stuck on the side of the cliff. Wouldn't you know it!

Before our arrival, a pair of Good Samaritan hikers had talked to Kim and had then proceeded down to the canyon bottom to see if they could establish the location and condition of the subject. Within minutes of our arrival the couple returned and indicated that they had seen the subject and he had returned a wave.

Brownback immediately dispatched Fleishman to the canyon bottom to establish contact with the subject and assess the situation while Brownback and I rigged the anchor and rappel setup. Fleishman got surprisingly close to the subject from below, and talked with him enough to determine that he was currently in reasonable condition and in a location safe from rock fall.

With Fleishman's guidance from below, the correct gully was identified for gaining access to the subject, and the rappel rope was put into location. Brownback and I safety checked each other and with Brownback maintaining overall situational management of the rescue scene, I clipped into the rappel rope and prepared for the descent. The two ropes had been joined together, with the knot immediately above the cliff edge. This allowed me to clip in below the knot onto the lower rope and not worry about passing a knot while on rappel possibly with a subject. The upper rope, which was anchored to a large tree, was then rigged as a giant modified radium release hitch. Through the use of the system's Munter hitch Brownback could lower and lengthen the upper rope and thus lower me on the rappel rope below if additional rope length was required to reach the base of the cliff.

In order to rappel to the subject, the path of travel passed right next to the dog who was approximately 20 feet down the cliff face on a small rock outcropping. There was concern that upon getting that close, the dog would try to follow and subsequently fall to its death. Therefore, the initial plan was to put the dog into a backpack (which Brownback graciously donated saying he wanted a new one anyway) and then continue with the rappel for another 90 feet to the human subject. Apparently, improvising a "doggie pack" had been done before on a dog rescue at this location. So, if it worked once, it'd work again – right?

As I neared the dog, the dog appeared to understand that we were there to help. A runner was quickly clipped to its collar to protect against a long fall and then, at that point, the wrestling match began. The idea of putting a dog into the pack, however misguided, had seemed reasonable and feasible while up above. After several minutes of grunting, groaning, maneuvering and cursing, it became apparent that the 60-pound Pit Bull was going to have nothing to do with being stuffed into a backpack. Wait a minute! Isn't this the breed that's accused of biting peoples faces off?! of being a trained killer?! and I'm trying to do what with it? Plan aborted. All joking aside, the dog, Madison, was very cooperative throughout the rescue and though would not get into the pack, was never aggressive about not doing so.

Option 2 - short leash the dog and descend while "encouraging" her to follow the rappel path. Again, with some grunting, groaning, maneuvering and cursing we began making progress. Soon thereafter, the dog was safely deposited at the base of the cliff and Fleishman ushered her to a safe location.

The subject, Derrick, was then rigged for lowering. After doing an initial patient assessment and determining that he could be moved, a sit harness was placed on him. Though he had not moved for a couple of hours and was very stiff and sore, he was nonetheless, very enthusiastic about the prospect of getting safely out of the situation. He was then clipped directly to my harness and we continued the rappel as a pair for the remaining 25 feet until the steep talus slope below was reached. At this point, Fleishman took the subject to a safe location, away from rock fall, and did a follow-up and thorough patient assessment. Derrick surprisingly escaped the incident with just scrapes and bruises. Very lucky considering the distance he fell.

All three of us walked back up the trail to the lookout location where Kim and Madison were anxiously waiting for him. Along the way, Derrick commented that he had "never been happier in his life than when he saw that red helmet (Fleishman) appear below him and he knew help had arrived". Shortly before our return to the lookout, Johnson and LeDoux also had arrived with additional gear, supplies and a helping hand. We all then proceeded back to Timberline Lodge and watched as the afternoon quietly turned into evening and the day's happenings were now behind us.

Skunked

By Claire Philpott

"Let's just say I was testing the bounds of society. I was just curious." Jim Morrison

My dogs love the outdoors and they love cats – just not the strange black ones with the stripe down their back – or at least not since the other evening when my dogs had a close encounter with a skunk. It all started when, at the tail end of a dinner party, my dogs snuck outside as one of our guests left to grab something from their house.

Babu and Loki are curious creatures and are not afraid to stick their noses in or on whatever is at hand ...over the years this has resulted in a trip down the rapids of the Hood River, fish poisoning and the like. So with that background ...

Five minutes later we hear a howl and then the smell hit us – it was a mix of decaying flesh and heavy metals. My husband quickly rushed to the backdoor to find both dog twitching and pawing – trying to get the skunk oil off. They wanted in but of course that wasn't going to happen and it was off to the quarantine area (also known as our garage).

So there we were, at 10:30pm, trying to remember how to get rid of skunk. An episode of "Mythbusters" quickly came to mind -- Tomato Juice – was the home remedy. We spent the next thirty minutes hunting for any and all tomato products that we had – tomato juice, tomato paste, tomato soup, and canned tomatoes. We quickly made a large batch of soup and proceeded to bathe each dog with a 15 minute conditioning time. What we learned is that while tomato juice helps – it doesn't get rid of the entire stench. Our dogs spent the night in quarantine and we repeated the process the following morning. They each got three baths over a 12 hour period.

As we shared our story with friends, we have learned of a couple other home remedies:

- Rub the dog with lemons;
- Wash the dog with a mixture of dish soap, hydrogen peroxide and baking soda; and
- Douche the dog with feminine hygiene products.

We didn't have the heart to put them through any more baths – and while they still have a slight skunk aroma, they are allowed back in the house. You would also think that they learned their lesson – they didn't; this weekend I saw them take off after a black kitty in our yard – at least this one didn't have a white stripe.

Black Swans and Safety

By: Hal Lillywhite

You've skied that nice 40 degree backcountry slope dozens of times with no problems. In addition, you watched four other skiers descend the route within the last hour. Is the route safe or might it avalanche? Or you've hiked an area many times without being caught in a storm, is it safe to leave the rain gear home? The natural human tendency is to take previous experiences as evidence that the future will be similar. Though natural, that tendency can be dangerous. All it takes is one avalanche, or one major storm to ruin your day and maybe your entire life.

This is known as the problem of induction, or what many call the "black swan problem." The problem, as phrased by John Stuart Mill based on the work of philosopher David Hume, is that no number of observations of white swans can prove that all swans are white. Unless you are somehow able to observe with certainty every swan in the world, you cannot be certain there are no black swans (This is well described in Nassim Nicholas Taleb, *Fooled by Randomness, The Hidden Role of Chance in Life and in the Markets*, Thomson Texere, 2004, especially pp110ff).

Similarly, no amount of observations of a slope not avalanching can prove that the slope will not avalanche in the future. Mill's statement was based on the fact that, until the discovery in Australia of *cygnus atratus*, Europeans believed that all swans were white. A person could have examined every swan in Europe without ever finding a black swan, but such swans existed nevertheless. *Cygnus atratus* is jet black. How serious is this problem? That depends on the consequences of being wrong. Nobody died from believing that all swans were white. However people die regularly from skiing slopes they believe safe from avalanche, and from weather for which they were not prepared. All it takes is one "black swan," one unusual event, to cause problems. In fact one of the saddest events in North American mountaineering may have been a "black swan" problem. In 1986, nine people, including eight high school students died on Mount Hood. The climb leader had successfully climbed the mountain nearly 20 times before and may have been overconfident. He led his group into a storm that killed him and many of his charges.

Wisdom dictates that, if the potential consequences are serious, we should be suspicious of history. No matter how many times we've skied a slope before, if it is steep enough for an avalanche we should test stability before skiing it again. No matter how many times we've hiked in an area, we should either be certain that there is no likelihood of a serious storm, or take appropriate clothing and equipment for that storm should it materialize. History alone is not adequate.

BOOK REVIEW

By: Hugh O'Reilly

Surviving the Extremes, A Doctors Journey to the Limits of Human Endurance

By Kenneth Kamler, M.D.

St. Martin's Press, New York, N.Y.

\$24.95 US 324 pages, hardcover

It is a simple truth that living is a risky proposition. Just a momentary consideration of the agents of possible havoc reveals how easily and suddenly an ordinary existence can be brought to the edge of termination. Accordingly, one might ask: Why does most of the human race live reasonably long undamaged lives? The answer: They don't take risks

But what about those upon who risk is thrust, or those who put themselves directly at risk?

A thirteen-year-old girl falls 10,000' in her seat from an exploding airplane onto an Amazon jungle tree canopy. Two weeks later she meets a hunter in the stream drainage she is following down. She said she did not want her father to lose his daughter! Is there any doubt the Beck Weathers is dead, that the man we know now giving lectures is nothing more than an apparition? How did this individual rise up from such certainty? He said his brain told him to get up and decide which direction to go! Aron Ralston does not hang pinned by a boulder in a remote Utah canyon. He cut his arm off, and if not spotted by hikers, he actually would have driven himself to the hospital!

What are the ingredients in these remarkable events, and many other terrible close encounters that result in a triumph over death?

Somewhere in his training Dr. Kamler decided he was interested in adventure and medicine, and perhaps exactly in that order. He has served as an expedition doctor in the Amazon jungle, in deep diving in the

ocean, and several times on Everest. He was the doctor at Camp III when Beck Weathers was brought down from the Col. In addition to his numerous personal experience, Dr. Kamler he has done extensive research and study into the records of individuals who survived extreme privation at sea and in the desert.

This book is an interesting and informative addition to the survival literature, and particularly to the analysis of survival. The factors of knowledge and conditioning are well explored. The matter of luck is considered, particularly the reduction of the amount of luck needed and to increase the time survivors needed to find it. And then there is the will to survive - sometimes will alone is enough for survival. The 2-1/2 pound human brain is a great tool!



The Summit newsletter is a publication of Portland Mountain Rescue, a non-profit corporation dedicated to saving lives through rescue and mountain safety education. PMR receives no government funding and members are neither paid nor reimbursed for their services.

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PMR welcomes new members. Applications are available on the PMR website (<http://www.pmru.org/>) or by writing to the Membership Committee at:
 Portland Mountain Rescue
 PO Box 5391
 Portland, Oregon 97228-5391

Current PMR Calendar

October 2005

Date	Event	Location
5	Board of Directors Meeting	Emanuel (Room 1035) 7:00 pm
6	Class -Navigation and GPS	Garage 7:00 pm
7-16	WMI WFR Certification	Gresham Fire 8:00 am
8	Mt. Hood SAR Mock Mission	TBD
15	Field - Navigation and GPS	Powell Butte State Park 9:00 am
20	Class - Theory of High Angle Systems	Garage 7:00 pm
22	Unit Climb - Mt. Washington	TBD
27	Class - Anchors	Garage 7:00 pm
29	Field - High Angle	TBD

November 2005

Date	Event	Location
2	Board of Directors Meeting	Emanuel (Room 1035) 7:00 pm
10	Class - Mechanical Advantage and Progression	Garage 7:00 pm
17	Class -Mainline Raising and Lowering	Garage 7:00 pm
19	Skills Demo Day	Rocky's 9:00 am

December 2005

Date	Event	Location
2	PMR Annual Banquet	Rose City Yacht Club

The PMR Training Academy begins every September and runs for a full 12 months. New members, recruited prior to July 15, participate in the Academy and have two calendar years to advance to Support Level.