

RMRU NEWSLETTER

PUBLISHED MONTHLY BY THE RIVERSIDE MOUNTAIN RESCUE UNIT, INC.
A VOLUNTEER NON-PROFIT CORPORATION

MEMBER OF THE MOUNTAIN RESCUE ASSOCIATION

Volume IV, Issue 8, August 1968

Editor, Jim Fairchild

14 August - Board Meeting
21 August - Regular Meeting
24 August - Training Session
18 September - Board Meeting
25 September - Regular Meeting
27-28 September - Training Session

COMING EVENTS. Board Meeting, 14 August, at Al Andrews, 5947 Green Valley
Regular Meeting, 21 August, at Highland Outfitters
Training Session, 24 August, Tour on Norton AFB aircraft and family picnic at
the Naval Weapons Center, Corona.

HOW TO PREVENT OR POSTPONE YOUR HEART ATTACK. That is the subject of a fine lecture given
us by Norman H. Mellor, M. D. Norm has always been vitally interested in the unit, and help-
ful as well. He says RMRU personnel are as remote from heart problems as anyone, but we must
still work diligently to prevent them. He gave a tremendous supporting opinion to the
"Aerobics" program. He is corresponding regularly with Maj. Cooper. Some points from Dr.
Mellor's talk: heart tissue contains billions of capillaries that must be "opened" by exercise
--good collateral circulation is thus provided; physical exertion reduces cholesterol and
enlarges blood vessels; heart disease in the USA is a 20th century epidemic; the big con-
tributors to heart problems are stress, poor nutrition, lack of sufficient exercise; eat fats
in their un-saturated forms = cottage cheese, margarine, safflower oil, skim milk, yogurt;
beware of "artificial milk;" avoid animal fats and dairy products that are high in cholesterol,
as well as excessive sweets. Norm made two other points we will put more details into at a
later date. First, Search and Rescue people play a determining role in helping prevent death
in persons found to "slip away"-- we must instill in them the will to pull through. Second,
dehydration is a much more prevalent problem than we realize -- we must suspect it when
indicated and get water into the subject. One's own feeling of thirst does not cause one to
drink sufficient water.

STRAWBERRY CREEK RESCUE - 4 July. RMRU was called at 6:15 P.M. on the 4th of July to search
for a lost fisherman, 52 years of age, in the Strawberry Creek area near the USC Art Founda-
tion. Paul Baker was located approximately 1/2 mile below the point where he had left his car.
He had slipped into an area out of which he could not climb. In doing so, he injured his
shoulder. RMRU with the assistance of the Mt. San Jacinto Search and Rescue Team located him
about 9:30 P.M. Once assisted from his location, he was able to walk out under his own
power.-- Al

HERE'S WHY WE BELONG TO RMRU

Search - 11 thru 15 July. We were called by the Riverside County Sheriff at 3:35 P.M. on
Thursday 11 July to search for Bobby Sitz, 10 years of age, who had been missing since 10:30
the same morning. He left his day-hike group to climb Tahquitz Peak. Several articles of
the boy's clothing were obtained so that Sugar could be used and then we moved into the area
where Bobby was last seen. Once in the area of Saddle Junction (2.5 miles above Humber Park,
Idyllwild) teams were sent to various strategic areas and Sugar was given the scent. The
conditions were not good for Sugar, due to gusty winds, and therefore, she was unable to work
the boy's tracks. She sure tried hard. All of the tracks that were found indicated that
Bobby had gone to Tahquitz Peak and returned to the Saddle area.

Friday - Since we had found a good set of tracks going down the trail to Humber Park the day
was spent searching the Devil Slide area and the drainages below the trail to Tahquitz Peak
from the Saddle. The Sheriff Department called Western Helicopter, Inc. of Rialto and were
able to get a "bird" with Tom Mason as its pilot. He flew with an observer most of the day
with the same results as the ground parties -- negative. When Bobby had not been found by
noon on Friday, it was decided to call all of the other Mountain Rescue Association Teams and
Candidate Teams of the California Region.

Saturday - About 40 men arrived early Saturday morning from the following teams; Altadena
Mountain Rescue Squad, China Lake Mountain Rescue Group, Montrose Search & Rescue Team, Sierra

Madre Search & Rescue Team, Sylmar Mountain Rescue Unit, and candidate teams Los Podres Search & Rescue Team and San Diego Mountain Rescue Team. The new manpower was used to re-search Friday's areas more thoroughly and to search all of the area in and around little Tahquitz Valley, Tahquitz Valley and Skunk Cabbage Meadow -- nothing was found. That afternoon our Sheriff Department requested a "Bird" from the Los Angeles County Sheriff Department which arrived and was used to search the outlying areas into which the search was to move Sunday. Saturday night all search personnel returned to base camp for a good meal, shower, and sleep. Not to be forgotten is the food and sleeping areas provided by Mr. & Mrs. Penn and the staff of Buckhorn Camp.

Sunday - The L.A. County Sheriff Department's "Bird" returned and a second "Bird" was sent up from San Diego by the Navy. After solving a fuel problem with the Navy "Bird", both were put into service airlifting teams into search areas. When word got back to the Navy at San Diego of the fuel problem, they sent a replacement "Bird" which was also put into service along with the others. The first team was put in above Caramba with the assignment to descend Tahquitz Canyon. Within 30 minutes Jim Fairchild, team leader, radioed that they had good tracks! At that time a second team was put on the lip of the same canyon about one mile below Jim's team. They dropped in and also found tracks. A third team was then put in about two miles below Jim's team -- they found nothing. It was felt that Bobby had probably climbed out of the canyon somewhere between the two lower teams. The remainder of the day was spent searching the canyon floor and both lips of the canyon -- nothing. At this point it was decided to move base camp to the Palm Springs Airport, so again all search personnel were pulled out for a hot meal and a good nights sleep. Many men had to return home that night because of their jobs.

Monday - After a 5:00 A.M. breakfast at Buckhorn Camp, everything was moved to the Palm Springs Airport. One Navy "Bird" was waiting our arrival at Palm Springs, but fog had slowed the L.A. County Sheriff "Bird" and also a second Bell helicopter from Western piloted by Pat Patterson. Two teams were dropped into the bottom of Tahquitz Canyon about midway between Caramba and the rd Falls at the lower end. The remaining men were put out on both lips of the canyon to determine if and where Bobby might have come out of the canyon. It was felt that if Bobby was out of the canyon, he would have to be found by noon or it would be too late. About 2:00 P.M. the team which was coming down the canyon floor found tracks going downstream. This was very encouraging because we then knew that he had water. At this time the Western "Bird" with Pat Patterson and Al Andrews began a detailed air-search of the lower portion of the canyon. On the first pass Bobby's shoes were spotted in the bottom of a pool at which time Pat turned around to pass over the pool again and on this pass Bobby was spotted under a tree at the edge of the stream. Pat let Al out on a rock within 25 yards of Bobby. Dr. Dick Alley and Walt Walker were flown in and dropped off on the canyon side just above Bobby and Al. After a thorough check, Dick said Bobby was ready for a ride out and that is just what he and Dick got -- a one runner pickup off a rock on the side of the canyon. 2265 man-hours were spent by MRA team members locating and removing Bobby from Tahquitz Canyon. Many additional hours were spent by the Riverside County Sheriff's Department personnel and by pilots and crews of the Los Angeles County Sheriff Department, Navy and Western Helicopter, Inc. -- Al.

MARION MT. CAMP SEARCH. 20 July, at 0400, RMRU was called to search for a pair of brothers, 15 and 2½ years respectively. The previous evening they had hiked away from camp, up the hill, and were lost. By 2300 another search group had been called and spent the night searching. A man with a flashlight and calling confused the searchers. RMRU got going at dawn. Two of us zoomed up the trail, going faster when our calls for "Tom" were answered faintly by searchers (not Tom, not RMRU). Our bloodhound, "Sugar", was hot on the scent, but the boys walked onto the road and were picked up by campers before we got to them. We discovered later the man with the flashlight had shoes with the same print and same size as the 15 year old.

Y TRAINING SESSION. On 27 July, four faithful ones, Camphausen, Dodson, Fairchild, and Walker, at 0530, started up the south ridge of Tahquitz Canyon. We climbed 2400' then descended 600' to the pool where the boy was found 15 July. Three pools and 80 yards upstream we stripped to commence looking for the lost radio. All but Dodson, that is. He was back up on a ledge contemplating the wisdom of passing a crevice that contained a large rattler he had scared from out of a bush -- that same bush the three of us had passed moments earlier. Anyway, Walt got the radio and Bill Speck's hat in one quick swim to the end of the pool. Then

we all enjoyed a swim and lunch for a couple of hours. We elected to increase our familiarity with the canyon by descending along the creek, but after only a few yards had to climb the south wall. Then we saw the canyon quite well nearly to the big falls, and decided to hike to the ridge and back down to the cars. Soon after leaving the ridge our miraculous overcast of clouds dissipated and the sun soon taught us another lesson -- never leave a stream without filling canteens! Dehydration set in thanks to the humid 111 deg. F. temperature. And only 13 days earlier MacPherson and Fairchild had done almost the same thing.

THE PRESIDENT'S BOX - Everyone was overwhelmed with "That Was The Week That Was" (June 23-30) when RMRU put in 702 manhours on S & R. That was just a warm-up for the 4½ day search that ended happily in Tahquitz Canyon. In that short period we put in 864 manhours. Starting in the middle of May and going through the middle of July (67 days) we have put in 1963 volunteer manhours. The hours for 1966 were 2160 and in 1967 it was 2469 manhours. It would appear that we are going to have a very busy year if things continue at the same rate.

The long search in Tahquitz Canyon for 10-year-old Bobby Sitz proved once again that the Mountain Rescue Association teams of the California Region can do the job. I believe that everyone who participated or were in anyway connected with this search will agree that there was a spirit of cooperation that is rarely seen in this jet age world of today. Please accept my heartfelt thanks. - Pres. Walt.

SUSTAINING MEMBERSHIP. It has been another good month for RMRU with 11 new Sustaining Members. The Reorganized Church of Jesus Christ of Latter Day Saints, Orange & San Gabriel Stake, was very generous for our efforts in the Bobby Sitz search. The Riverside Sheriff Association made it possible for us to order our new shoulder patches, and not to be forgotten are the following new members: Sierra Club, Riverside Chapter; Boy Scout Troop 232, Arlington; Eugene Sachara; Mr. & Mrs. Jack J. Spitzer; Mr. & Mrs. Paul Baker; Mr. & Mrs. James Fairchild; Mrs. M. A. Johnson; Mr. Howard M. Loy; Mr. & Mrs. Lester B. Hendricks, III; and Mr. & Mrs. E. J. Fischer. - Al.

NUTCRACKER FLIGHT. Last year your editor instigated the first High Sierra Adult Training Course for Riverside County, Boy Scouts of America. It is designed to train leaders so they may properly lead boys in the High Sierra. This year we did not go with the group, but provided an outline of material pertinent to problem prevention and corrective measures. More about our educational endeavors in a later Newsletter.

FIRST AID COURSE. Here we go again! Beginning on Monday evening, 7-10 P.M., 9 September, we will conduct a fourteen-week course that will take trainees through Standard, Advanced, and Instructor's phases. Let's get the word around to everyone who might attend. If you are due for a review, plan for the whole course. Incidentally, we think it is better to review every two years rather than the required three. Each year we squeeze in more and better realistic practice, and we have some new ideas for this one.

WATER SURVIVAL TRAINING. John Kraft, American Red Cross Safety Services Director, has just agreed to give RMRU some pointers on swimming in difficult situations. Probably we'll schedule a session for this fall. Can you think of a good lake for this? We can suggest some swell pools in Tahquitz Canyon...

OUR QUINTET IN SOUTH AMERICA. We hear that Briggs, Daugherty, Foote, Stark, and Webster and party, are really living it up in Ecuador and Peru. Even did some climbing -- Nevado Huascaran should be feeling their lugs about now. Briggs said they didn't even feel the altitude at 19000' plus. Wow! They'll have to hike in a group by themselves when they get back.

LOST AND FOUND. Nothing found, but Fairchild lost his rescue parka, last seen in the truck at Palm Springs Airport Monday morning, 15 July.



We should print things that need to be said when they need saying. So, if nobody minds, we'll start now. First, your editor would like to nominate Walt Walker as "Base Camp Operator of the Month." His outstanding leadership and knowledge of SAR were cer-

tainly apparent during the successful hunt for Bobby Sitz. Second, the importance of excellent physical conditioning looms greater as time goes by. We never know when extraordinary demands will be made upon our bodies and minds. The hardships of insufficient food, water, rest, and equipment will be better overcome when we are physically hard and vigorous. Since we have indicated ourselves to saving lives through SAR, let us redouble our training program so our bodies will never weaken before the mission is successfully accomplished. Third, if every MRA unit, and the candidate units, would undertake to print some kind of newsletter monthly, then send a copy to the other units, there could be a tremendous exchange of worthwhile information. It even helps to know other units have little problems, and there is encouragement in hearing about other successful undertakings. Fourth, every member of RMRU pays \$1.00 dues extra annually for a "MRA Newsletter," but we haven't seen one yet. Why?



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TIME VALUE - PLEASE EXPEDITE

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