

RMRU

RIVERSIDE MOUNTAIN RESCUE UNIT

Fresh Tracks

The Official Newsletter of the Riverside Mountain Rescue Unit, Inc.

Volume 36, Number 3

Volume 36, Number 2

Summer 1998

In Good Hands!

Story by Jim Zuberbuhler

On Saturday, July 11, 1998 the team was conducting its annual summer technical training off South Ridge Trail when veteran team member Dr. Ray Hussey suffered a heart attack.

That morning the team assembled at the South Ridge Trail trailhead at 9:00 a.m. and proceeded up the trail to the training site. Henry Negrete and Bob Baker, who had planned the training, were in the process of orienting the two teams for their mock missions when Dr. Ray realized that something was "not right." From atop a large rock, Dr. Ray mentioned to team member Jim Zuberbuhler that he did not feel very good. Zuberbuhler, Negrete, and Mike Wimbrow belayed Dr. Ray from the top of the rock to an area behind the site to get him out of the sun and allow him to lie down.

Dr. Ray was hot, sweaty and weak. His initial thought was that he was having an allergic reaction to some medication he was taking. Zuberbuhler radioed for Baker, (an EMT,) to assist with Dr. Ray's care. Baker responded immediately. Dr. Ray's vital signs remained normal and after resting in the shade for approximately 45 minutes, his condition appeared to improve. Team members remained with Dr. Ray and continued to monitor his condition. Over time, Dr. Ray's status gradually began to deteriorate. He became more uncomfortable, suffering from muscle cramps and nausea.

With no apparent improvement in his condition, it was decided to evacuate Dr. Ray from the site. The team called Riverside Sheriff's Department dispatch and requested a helicopter, as others set up a raise to the top of the rock.

The Sheriff's Department's aviation unit was "down" and therefore not available. Wimbrow suggested that a call be made to Landell's Aviation in the Desert. Landell's pilot Steve DeJesus was appraised of the situation. DeJesus stated that he'd be on his way immediately with an estimated ETA of 20 minutes. Meanwhile, the team contacted

Desert Hospital which was ready for the helicopter's arrival.

After the phone calls were made, Baker, acting as the primary caregiver, announced that Dr. Ray was beginning to present chest pain and shortness of breath. Dr. Ray was also suddenly experiencing a substantial amount of back pain. The team immediately proceeded to tie him into the litter and lift him to the top of the rock. DeJesus arrived on time and immediately set the helicopter down so that the door on the pilot's side could be removed. Negrete and Wimbrow removed the door and in less than one minute

team members were loading Dr. Ray into the helicopter. Baker accompanied Dr. Ray in the helicopter. Notified that the chopper was en route, Desert Hospital ER confirmed it was standing by.

Baker and Dr. Ray had some tense moments in the air, with Dr. Ray drifting in and out of consciousness. At one point when Dr. Ray appeared to be on the edge of full cardiac arrest, Baker, in his inimitable way, told Dr. Ray that it was not an option to die on his watch. Dr. Ray responded appropriately (as anyone who knows Bob Baker would expect him to!). Upon arrival at the hospital, tests

(Continued on page 8)



Long time RMRU team member, Dr. Ray Hussey



RMRU, a member of the Mountain Rescue Association, is a non-profit, all volunteer organization which has been in existence for more than 37 years. It works in conjunction with the Riverside County Sheriff's Office and other emergency relief organizations. RMRU's primary purpose is to provide competent, swift, and effective wilderness search and rescue support. If you would like additional information about RMRU, please contact:
Riverside Mountain Rescue Unit
Attn. Mrs. Gigi Kramer
P.O. Box 5444
Riverside, CA 92517

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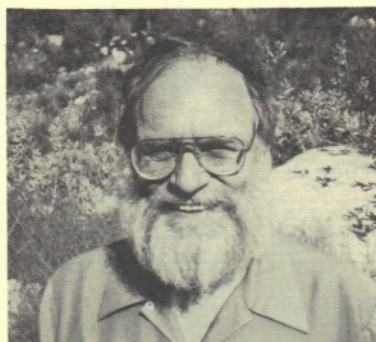
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From the President's Pack...



Steve Bryant

Welcome to another issue of "Fresh Tracks." The past several months have seen some significant changes in RMRU. Christmas came early for us as our new van is now fully operational. We have used it on a couple of missions already. All of the details about this new "addition" to the Team are in this issue. The new van is perhaps three times the size of our old van, with ample space for both gear storage and mission operations. We have a laptop computer and color printer (thanks to your donations) that we will use to keep mission records. We also will, with the "TOPO" CD-ROM, be able to print out maps for searches, outline assignments, and generally keep everyone better informed of what each field team is doing.

The team has also, (as I mentioned last time), replaced most of our ropes, slings, and litter rigging. Since not only our lives, but the lives of those we help depend on these "soft" items, we continually inspect them, and replace them either when they are worn, or on a timed rotation, whichever comes first.

The Riverside County Sheriff's Office has turned much of the old 15th Air Force HQ complex (across the freeway from the March Field Museum) into the Ben

Clark Training Center (BCTC). RMRU has changed our monthly meetings from the Sheriff's Banning Correctional Facility to the BCTC. With this new facility comes the ability to conduct a training session in conjunction with the monthly meeting. This should prove more convenient for everyone.

We expect to eventually store our new van at BCTC, and perhaps secure storage space for seasonal gear there as well. Our older van, along with the Isuzu Trooper on loan from the Sheriff's Department, will continue to be stationed at the Idyllwild Fire Department. Since both vans contain a full compliment of search and rescue equipment, we will be able to quickly get to the staging area no matter where it might be.

The RMRU Rescue Committee (Lee Arnson, Henry Negrete, Phil Thompson, Mike Wimbrow, and Jim Zuberbuehler) which sets training and other standards for the team, has been busy revising parts of the training manual (including gear lists), and is working on new standards for field member qualifications.

Dona Halcrow volunteered to put together an information mailer called "Member News" for field members of the Team. It covers "in-house" information, and is a great addition.

It has been one of the quietest rescue seasons that many can recall. The mission summary page will attest to that. However we continue to train hard in all aspects of mountain rescue knowing that there is often a calm before the storm.

I would like to thank everyone who has made donations. It is these gifts that allow us to buy the equipment needed to save lives. We gratefully acknowledge your help. Happy holidays to all from RMRU... and safe hiking.

RMRU...On The Move!

A four-wheel drive one-ton Ford Truck was purchased for RMRU by the Riverside County Sheriff's Dept., Banning Station. This newest addition to the RMRU "equipment list" has been much anticipated. It boasts an assortment of fine features. A 7 ½ by 13 ½ foot box was installed on the truck bed. It not only provides us with plenty of room to stow rescue equipment, but it also gives us a very roomy platform from which the Operations Leader can command a mission. A great improvement over our old van!

After the competitive bidding process the complex



electrical system was installed. The basic electrical system consists of 4 deep cycle batteries, an onboard generator, shore power connector, and 6 amps of solar panels on top of the van. All this power is connected to the inverter/converter computer so that the van can put out 110V and 12V at the same time for different rescue needs.

The Riverside County Com Center took care of all the specialized exterior lighting, and then went to work on the communications system. After installing the radio harnesses, the Com Center handed the van back to



Story by Phil Thompson & Ray Hussey



RMRU. This was done so that Ray Hussey, Phil Thompson, and Steve Bryant could install two-inch insulation throughout the box area. When this was completed, Ray started writing up the spec.'s for the cabinetry. The van was then moved to the Banning Correctional Facility for fabrication & installation.

Although Ray did a great deal of the cabinetry work on his own, he did get some much needed help from BCF inmates, and one volunteer named John Unrein.



In December of 1997 the van was moved back to Riverside County Com Center to have the radio's installed and programmed. Finishing touches on the new van were completed in February, and in March of 1998 RMRU Van II went out on its first rescue mission. We don't know how many volunteer man hours were spent to complete Van II. That's probably a good thing! We still have several projects to make Van II more "able," but we are grateful for this newest addition. We expect it to bring years of reliable rescue aid to those who need RMRU's help.

Bob Baker and Lee Arnson Receive Medals of Valor



Award night: Lee Arnson, left, and Bob Baker, far right, with Tom Rutledge, the San Gorgonio rescue team member they saved last December.

The highest sort of altruism – risking one's own life to save a stranger – was recognized by the San Bernardino County Sheriff's Department earlier this Spring. At the annual Exceptional Service Awards ceremony, the Sheriff's Department honored two members of RMRU...Bob Baker and Lee Arnson. Bob and Lee, and three others were awarded the Medal of Valor for bravery and heroism. The 900 people, warm and comfortable in their seats at the Sturges Center for the Fine Arts, could only wonder what it must have been like when Bob and Lee descended an icy slope near Tahquitz peak to rescue a fallen member of the San Gorgonio Search and Rescue Team.

After all, the mountain had just shown that a wrong move could be fatal. Minutes after Bob and Lee had helped load the body of a hiker who had fallen to his death the previous day onto a helicopter, Tom Rutledge from San Gorgonio's rescue team took a mis-step and tumbled. Bob and Lee watched helplessly as Rutledge fell 1000 feet, hitting rocks and trees. The fall shattered Rutledge's mountaineering helmet, severely injuring his back, head, neck and chest.

The RMRU pair descended the steep and exposed slope using crampons and ice axes until they found Rutledge, bloody and unconscious. Victims of severe trauma have what Bob and Lee know is a "golden hour" during which the injured must receive emergency medical care to survive. Victims who sustain severe injuries in mountaineering accidents are not typical candidates for such care. Yet on December 14, Bob was able to radio a request to Operations Leader Henry Negrete to call back the helicopter that had minutes earlier air lifted the dead hiker's body off the mountain.

Riverside Aviation Unit pilots Tony Bowen and Kurt Franklin then flew Henry Negrete and a stokes rescue litter to the scene. The chopper hovered a few feet above the slope, blades whooshing perilously close to the mountain. Bowen rested one runner on an ice-covered rock while Bob and Lee lifted Rutledge onto the helicopter. In less than four minutes, the injured rescue member from San Gorgonio was at Desert Hospital. The total elapsed time from the moment Rutledge fell until his arrival at the hospital was 29 minutes...well within the "golden hour."

At the award's ceremony, Lee, 36, had this simple response to the hoopla over their rescue efforts: "We did what needed to be done." Bob, 43, said "Any other members of the Team would have done the same thing." The two men, who have been on many rescue missions, left the awards ceremony with the San Bernardino Sheriff's Department's gratitude, an award certificate and a medal in the shape of a star. Both would quickly add that their award is truly one which the entire RMRU Team shares together.

After spending almost three weeks in a coma and enduring intensive rehabilitation, Tom Rutledge was able to attend the ceremony. RMRU member Henry Negrete and Riverside Aviation Unit pilot Tony Bowen received letters of commendation for their roles in the rescue.

Story by Jim Zuberbuhler

Meet the Team

NAME: **Pete Carlson**

AGE: 49

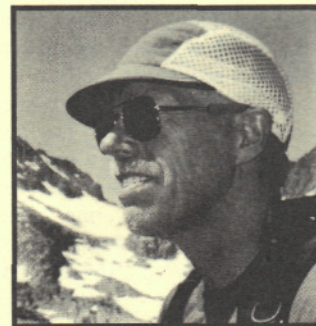
WHERE DID YOU GROW UP? **Riverside, California**

WHERE DO YOU LIVE NOW? **Lake Arrowhead, California**

ARE YOU MARRIED? **Yes, Terri for 15 Years**

ANY CHILDREN? **Yes, Aimee(26), William(13), and Whitney(11)**

SINCE YOU DON'T MAKE ANY MONEY ON RMRU, WHAT DO YOU DO FOR A LIVING? **I am a Computer Programmer/Analysist for the University of California, Riverside (25 years at the University).**



IF YOU COULD CHANGE YOUR VOCATION AND DO ANYTHING YOU WANTED...WHAT WOULD YOU DO? **Something out-of-doors. Maybe I'd be a guide, taking people on trips to remote places around the United States...or I would teach kids about the out-of-doors and how much fun it is.**

HOW DO YOU SPEND YOUR FREE TIME? WHAT HOBBIES ARE YOU INTO RIGHT NOW? **Hiking, climbing, biking, and running. Just about anything out of doors with action.**

DO YOU HAVE AN ALL-TIME FAVORITE MOVIE? **I don't really have an all-time favorite, but I do like out-of-doors themes, comedy's, adventure, and romantic movies.**

WHAT IS YOUR MUSIC OF CHOICE? **Sixties Rock and Roll, New Age, and Jazz.**

WHAT KIND OF BOOKS DO YOU PREFER? DO YOU HAVE FAVORITE AUTHORS? **Adventure/suspense books, mysteries, and mountaineering. I like John Grisham, Tom Clancy, and PD James.**

WHAT'S YOUR IDEA OF A GREAT WEEKEND/VACATION? **For the weekend I like going away with my wife somewhere, hiking during the day and then going out to dinner. For a longer vacation I'd head for a national park and spend time exploring the backcountry where few people go.**

HOW LONG HAVE YOU BEEN WITH RMRU? **I joined in May 1970, so that makes it 28 years now!**

WHAT HAS MOTIVATED YOU TO BE PART OF THE TEAM FOR SO LONG? **Several things: The great friends I have made over the years; The difficult missions and hard trainings; All the personal trips with team members over the years; And the chance to go hiking in places where few people go and in conditions even fewer go out in.**

WHAT'S YOUR MOST MEMORABLE RMRU MOMENT? **Several really. My first mission...I rode up the Tramway to tower 3 and we had to climb down the tower, hike up canyon and bring back an injured hiker.**

Then there was a mission in the late 70's when we started hiking up the Devil's Slide trail at 10:30pm in a snowstorm looking for an overdue skier. My team found him at 1:30am in a blizzard. He had a broken leg which had occurred at 10:00am in the morning. He said he knew RMRU would come looking for him and that is what kept him going. He was very cold and 300 feet down an ice chute. We got him out about 5:30 am.

Lastly would be the 7 boys lost overnight in Tahquitz Valley with 3 feet of snow on the ground and two feet of new snow that fell while they were lost. We camped at 3:00 am because we could only see 10 feet in the blowing snow. In the morning we knew we'd be looking for bodies. But somehow all the boys survived...only 300 yards from where we had camped! Four had to be carried and three could still walk. They were all hypothermic and two had bad frostbite. They were all flown out by helicopter.

WITH YOUR MANY YEARS OF OUTDOOR EXPERIENCE DO YOU HAVE ANY ADVICE FOR US? **You cannot stay on the summit forever. You have to come down again. So why bother in the first place? Just this: What is above knows what is below, but what is below does not know what is above. One climbs, one sees, one descends, one sees no longer, but one has seen. There is an art of conducting oneself in the lower regions, by the memory of what one saw higher up. When one can no longer see, one can at least still know.**

I have always liked this one: "How can I be lost if I don't care where I am?"

Finally, adventure is not in the guidebook and beauty is not on the map; Seek and you shall find!

A Time To Respond...

Mission Summaries

**Feb. 21
Search**

**Lambs Canyon
East of Hemet**

The Riverside County Sheriff's Dept. requested RMRU assistance in carrying out a search of a more unusual nature. A hiker, out walking in the hills of Lambs Canyon came upon what appeared to be human bone fragments. The Team was called in to help make a more thorough search of the area. Team members were successful in discovering some additional fragments. Unfortunately, the poison oak in the area also managed to find some of our team members. This is but one of the many hazards that accompany even the most "relaxed" missions.

March 7

San Jac. Mtns.

Recovery Near Upper Tram

The Team was in the desert for a major heli-tac training with Landell's Aviation, Friday night and all day Saturday. At 2:00am, while many team members slept in and around the helicopter hanger, the call came in. A male in his early 40's had suffered a probable heart attack and died just off trail about 1/2 mile west of the upper tram station. Park personnel stayed with the subject's partner as RMRU Teams were dispatched with a winter rescue litter/sled and recovery of the subject was quickly made. Everyone was back at Landell's by 9:00am and a productive day of heli-tac training followed.

March 15

Lake Elsinore

Search/Recovery

Area

The team was called to the Lake Elsinore area to perform a search for a missing male in his mid-thirties. There was some indication by the Sheriff's Dept. that this search could involve a possible suicide. The search area was rather heavily covered with vegetation, but would have been much worse had there not been a brush fire there a year earlier. Not very long into the search, one of the lead RMRU teams explored a drainage and came upon the subject. Unfortunately, the preliminary Sheriff's report proved true...the man had taken his own life. Recovery was quickly made with the assistance of other team members.

**April 12-13
Search**

**San Jac. Mtns.
Willow Creek**

A male snowboarder had plans of spending his Saturday boarding the San Jac. Peak area. Lots of fresh powder, and unpredictable weather made for some challenging conditions. The subject became disoriented in poor weather, and was forced to spend the night out. Fortunately he had some winter skills and fashioned a crude snow cave for himself. When reported overdue, RMRU was called and put four teams into the field. The hasty team of Lee Arnson and Henry Negrete followed distinct tracks as far as Miller Saddle, when Landell's Aviation picked up tracks by air at Marion Peak. RSO helicopter, Star 80 then found the subject at the Willow Creek crossing. He was long-lined out and dropped at the Tram heli-pad in good shape.

**May 4
Search**

**Lake Elsinore
Area**

Two women on a day hike became lost and were forced to spend the night out in the open. Fortunately the weather was mild. Both women were located by helicopter on Monday about noon. Due to conflicting information, no teams were initially sent into the field before the subjects were found. Subjects were in good condition and were walked out by RMRU members when position was clarified.

**May 24
Search**

**Idyllwild
Suicide Rock**

A young boy became separated from his party which was hiking among the rocks of the Suicide Rock area. Darkness closed in before the boy was found. RMRU was called out, only to discover that the boy had hooked up with another party he did not know. This party escorted the boy off the mountain, and to the Idyllwild Fire Station, at which time RMRU was sent home.

**May 27
Rescue**

**Idyllwild
The Grotto**

RMRU was called to respond to the report of a young woman with a probable fractured lower extremity. She was in

Reporting...Tim Westcott

the rugged drainage of Strawberry Creek known to Idyllwild locals as The Grotto. Apparently, while hiking with companions, a large rock was dislodged, which then rolled over her leg. About 15 team members responded for this difficult carry out. The woman was found on the far side of Strawberry Creek on a steep scree slope. Idyllwild Fire had already done a medical assessment and splinted the leg. Water levels were extremely high and it was very noisy. The noise, the wet rock, and the tortuous terrain demanded constant belays. In spite of the manpower, and a relatively short distance to negotiate, it took three hours to get the woman safely to a waiting ambulance. As it turned out, she did not have a broken limb.

**June 10-11. Mecca Hills
Recovery/Desert Region**

This was a multi-team search. The male subject was attending a "RAVE" party. Having wandered into the rugged terrain of Mecca Hills, he apparently took a fall and suffered fatal injuries. He was ultimately found from the air during a helicopter search. RMRU was sent in to confirm the subject's status, and perform the recovery by helicopter.

**June 18-19. Idyllwild
Rescue Tahquitz Rock**

Two men were working a route on Tahquitz Rock's south side when one of them took about a 25' fall. The subject sustained numerous abrasions and a probable broken right ankle. He and his partner managed to get off the rock face, and attempted to get themselves down the scree slopes below the rock. Exhausted and in considerable pain, the injured climber conceded that he would need help. RMRU arrived on scene about 7:00pm. The team performed a wheeled litter evacuation that proved to be quite challenging due to the steep terrain, thick ground cover, and a moonless night. The subject was safely handed over to Idyllwild Fire about 12:00am for transport to a local hospital.

**June 27
Search****San Jacinto Mtns.
MillerSaddle Area**

Two hikers had intended to summit San Jacinto Peak. Apparently one of the hikers was experienced and one was not. Somehow the two became separated and the inexperienced partner lost his way on the decent from the summit. Darkness overtook the lost hiker who was forced to spend the night in the open. Weather was fair that night. RMRU was called out and the subject was found by a ground team in the Miller Saddle area early the next morning. The subject was weak and dehydrated but otherwise OK. The hiker was escorted to the upper Tram station under his own power by RMRU.

**September 20
Recovery****Poppet Flats
Area**

About 1:00pm Sunday, RMRU responded to a call of a vehicle over the side. One person was killed in the accident, which had apparently occurred five days prior, but was only now discovered. The Team's assistance was required to perform the recovery and transport the victim up a steep embankment to waiting county personnel.

**November 9
Search****Hills South of
Anza**

Pagers went off about 9:00pm on Monday evening with the report of a 75 year old man who failed to return to his vehicle. He and a partner were gem hunting in the hills south of Anza. Feeling fatigued, the subject decided to return to the vehicle earlier than his partner.

When the partner did return, the subject was nowhere to be found. RMRU along with other search teams, responded. Teams combed the rugged terrain throughout the night, eventually locating the subject at dawn. He apparently had hiked too far south of his intended route and was naturally drawn into a ravine. Too exhausted to continue he sat down to wait out the night. Although he could hear searcher's calls from early on in the search...he did not have the strength or volume to answer. Although cold, tired, and thirsty, the subject was in otherwise good shape.

**November 13-14
Search****Idyllwild
Webster Trail Area**

An elderly gentlemen suffering from Alzheimer's Disease wandered from a residence in Idyllwild. About 6:00pm, RMRU was called in to conduct a search. Because the subject was elderly, lightly clothed, and had no light source, the situation was serious. The residence was not far from the edge of town, which meant the subject could easily venture into rugged national forest terrain and be hopelessly lost. At about midnight, the team located the subject. He had in fact managed to walk several miles, and was off trail in a rugged brush and forested area not far from Webster Trail. The man had suffered no serious injuries and was only cold and slightly dehydrated...otherwise in good condition. Strong enough to walk, the Team escorted him to a dirt road for transport.

**November 14-15
Search****San Jac. Mtns.
MillerSaddle Area**

A female hiker, separated from her party and running out of daylight, decided to wait out the night in the stone hut just below the summit of San Jacinto peak. No one knew she was relatively safe. RMRU was contacted. By the time teams were able to deploy it was nearly sun-up. The Sheriff's Dept. dispatched a helicopter which made an aerial search of the summit area and the stone hut. The pilot determined that the subject, who was in good condition, could be effectively airlifted from the hut location, saving both time and manpower. This was done and search teams were returned to base.

WANT TO KNOW MORE?

RMRU holds a regular Team Meeting on the first Wednesday of the month, at the Ben Clark Training Facility located at March Field. Meetings begin at 7:30pm. If you are interested in learning more about RMRU, this is an easy way to do so. We'll do our best to make you feel welcome, and help you get your questions answered.

Contact us at:

Riverside Mountain Rescue Unit
Attn. Ms. Gigi Hansen
P.O. Box 5444
Riverside, CA 92517

If You Don't Already Have a Good Wilderness First Aid Resource, You Might Add This to Your Christmas Wish List!

It's the "St. John Ambulance OFFICIAL WILDERNESS First Aid Guide," published by McClelland and Stewart Inc.. It's author is Wayne Merry (first ascent of El Capitan in 1958) and he comes with a long list of credentials. He runs Context North, a consultancy in wilderness first aid, environmental matters, search and rescue, and survival training. This guide is well laid out, thorough, and provides many illustrations so the reader can visualize procedures and concepts. At approximately \$20.00 it is a good investment for both home and rescue first aid.

About Fresh Tracks

RMRU's newsletter "Fresh Tracks" is a publication primarily intended to keep our Members and supporters informed of the Team's activities, events, and people.

Beyond this, "Fresh Tracks" seeks to make new friends as it introduces them to RMRU. This all-volunteer organization is continually looking for new members and supporters.

If you would like to receive "Fresh Tracks" and at the same time become a Sustaining Member of RMRU, you can send your tax-deductible donation of \$25 or more to the RMRU address in this publication.

Not JUST Search and Rescue

Although the men and women of RMRU are committed to providing competent, swift, and effective search and rescue support wherever they are needed, they also have opportunities to educate and inform various groups of adults and children about the Team, wilderness travel and equipment, and how to avoid becoming a future rescue mission themselves. Recently team member Tim Westcott spoke to a group of sixth graders at Idyllwild Elementary. Miss D'Arcy's kids wrote Tim shortly thereafter. Here's just a sample of some of the more than 20 letters he received. If you would like RMRU to speak to your group, let us know!

"Thanks for coming. I think it is cool how you can put a wheel on the litter. The most interesting thing was the rescue van. You said it was the command base for the rescue mission." O'SHAY M.

"Thank you for coming to our class. I really enjoyed what RMRU stands for. It was fun to strap Nathan into the litter. It is sad to think that the litter is used to carry out hurt people and help people who are stuck. I feel sorry for people who have to be on the litter." LEAH S.

"Thank you for taking time off work to come in and teach us about RMRU and about getting lost. I enjoyed learning what to take in case I get lost. It was cool for you too demonstrate the litter and show us all your gear. It's cool that you can lower someone down a cliff with the litter. I will remember to bring everything when I go hiking, and I'll remember to leave a written note of where I'll be and when I'll be back." DONNI

"Thank you for coming! I will remember to bring a whistle on hikes with me. If I get lost I will blow it at regular intervals and someone will find me." EMILY S.

"We enjoyed your presentation on mountain rescue. Thank you also for teaching us to bring plastic garbage bags, a knife, a flashlight, matches, water, and food, and a whistle and other stuff when we go camping." JULIANNE R.



Before You Head Into the "Refrigerator Zone"

(Suggested Minimal Equipment List for Winter Camping)

- | | | |
|--------------------------------|---------------------------------|-----------------------------------|
| 1. Backpack: 5000 cu. in. min. | 14. Daypack: optional | 26. Pile jacket and pants |
| 2. Ground sheet | 15. Shovel: collapsible | 27. Shell jacket: wp/breathable |
| 3. Sleeping bag: 0° rating | 16. Avalanche beacon: opt. | 28. Shell pants: wp/b w/ side zip |
| 4. Sleeping pad: 2 are nice | 17. Insulated mug | 29. Down parka |
| 5. Bivy Sack | 18. Plastic bowl and spoon | 30. Hat and/or balaclava |
| 6. Tent: 4 season rating | 19. Knife: sugg. multi-tool | 31. Mittens/gloves: wp |
| 7. Glacier glasses | 20. Sunscreen: SPF 25 min. | 32. Light polypro gloves |
| 8. Map and Compass | 21. Trail Tape | 33. First Aid Kit |
| 9. Headlamp: + lamp and batt. | 22. Snowshoes: metal frame w/ | 34. Toiletries/ TP! |
| 10. Back-up light source | good cleat Or skis w/ skins | 35. Cooking gear/Food&Fuel |
| 11. Matches | 23. Ski poles: collapsible nice | 36. Extra nylon cord |
| 12. Water bottles: Two | 24. Polypro under-clothing | 37. Large garbage bags: 3- 4 |
| 13. Candles: one or two | 25. Boots: crampon compatible | 38. Camera/note pad/pencil |

We Couldn't Do It Without You!

With every mission that RMRU responds to, there is a fresh reminder that a great many generous people and companies make it possible for the team to do its job. How so? When a team member reaches into a rope bag and pulls out a brand new rope, or assembles the tech gear for a mechanical raise and sees new Gibb's Ascenders, or is handed a new state of the art GPS unit for precise mapping of a search area...they are reminded of the essential role that RMRU donors play in search and rescue. Your gifts enable a well trained, well equipped group of rescuers to go into the field. A well equipped team spends its energy taking care of the business of rescue rather than worrying about how to "make do" with aging equipment. In the end, everyone benefits. The Team is most grateful for the following people and companies who have made donations in recent months.

Benefactor Club Members \$1,000.00 and up

Francesca Lusuniaga

Summit Club Members \$500.00 and up

Arrow Printing

Patron Club Members \$200.00 and up

Larry Dominguez

Century Club Members \$100 and up

Roy Cheatwood
Jim Fairchild

Regular Club Members \$10.00 and up

Barry W. Holchin
Phil & Mickey Howard
Mrs. Lorene M. Walton

The following persons have made donations in memory of Joseph Michael Lennox, the son of Robert and Cathy Lennox. These memorial donations together total more than \$600!

Ronald & Constance Bailey
Herbert & Marjorie Bailey
Jan Beyers & George Riechers
Neil and Rochelle Campbell
Beverly Combs
Norman Ellstrand/Tracy Kahn
Herbert & Martha Gavitt
Damian Gessler
Rick and Pam Haag
Robert & Susan Heath
Frances Holzer/Shay Shannon
Sheila Kee/Stuart Hemstreet
Mike & Elizabeth Kienitz
John & Patricia Lennox
Cynthia Levesque
Dr. Carol Lovatt
Mikiko Matsui
Joyce Metsa
Shirley Michael
Mr. & Mrs. Don Reneker
Gary and Marianne Saxe
Roger & Doryne Wendel
Ted & Lidia Yoshida



Kudos to Walt and Kevin Walker, long time members of RMRU! This father and son team have taken their decades of shared search and rescue experience in and around helicopters, and produced an extremely informative and helpful booklet appropriately titled: *"HeliTactics..."*

A Guide for Working in and Around Small Helicopters."

This 27 page booklet was written for search and rescue (SAR) personnel who might have occasion to work with small helicopters. The use of helicopters in rescue situations is becoming an increasingly common practice. With more than a dozen illustrations to help communicate the concepts, the Walkers have written *HeliTactics* in an effort to assist SAR personnel in understanding general practices that should be followed when working around helicopters. Ultimately, the pilot is the final authority on all activities involving the helicopter, and there is no substitute for hands-on training with a qualified instructor. However, *HeliTactics* is a great compliment to both training and actual field experience, and will prove its worth as a quick and concise "refresher" for all SAR personnel.

The Walkers put a great deal of information into a small package. A quick survey of the Table of Contents

reveals the value of *HeliTactics*. "When to Use a Helicopter," "Clothing," "Ground Safety," "In-flight Safety," "Night Missions," "Slinging Cargo and Litters," "Helicopter Landing Types...normal, one-skid, and toe-ins," "Loading and Unloading Passengers and Gear," "Selecting Landing Sites," "Methods of Communication...hand signals and radio protocol," are all covered in just 27 pages. Much more involved presentations of this kind of information are available of course, but they are not light weight nor do they pack easily in your rescue bag.

The Walkers write, *"In volunteering for search and rescue, you will use many tools and equipment to complete the mission. The helicopter is one useful tool you might use. Like all aircraft, it has an inherent danger. Working in and around a helicopter in a hostile environment, the pilot, the helicopter, and search and rescue personnel must work as a team and in harmony. The purpose of this booklet is to minimize the dangers over which we as search and rescue personnel have control."*

To order *HeliTactics* booklets contact Kevin Walker at 1400 Mountain Avenue, San Jacinto, CA 92583, or call 909-654-9101 or Fax 909-654-4296.

(Continued from page 1)

were performed and it was determined that Dr. Ray suffered 95% occlusion of the right coronary. An angioplasty was performed on the right coronary to clear the blockage. By the time team members arrived at the hospital 90 minutes later, Dr. Ray was sitting up in the Cardiac ICU surrounded by his family, alert and very happy to be alive.

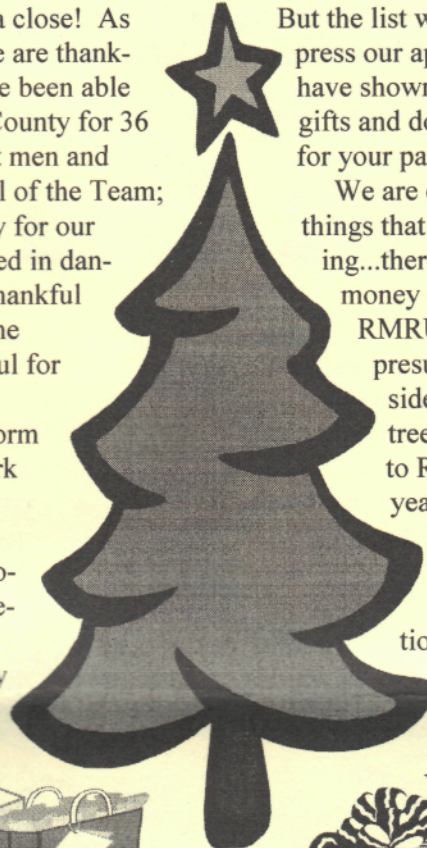
One month after his heart attack, Dr. Ray is recuperating at home. He walks around the block twice a day and has begun riding his bicycle. He claims to have no discomfort. It is obvious that Dr. Ray, who is not used to taking it easy, cannot wait to get back to his usual busy schedule.

Dr. Ray is especially appreciative of the efforts made by Bob Baker who was the primary caregiver on the rock and Dr. Ray's advocate at the hospital. He also stated that, "Steve DeJesus is the best damn pilot in the world." It is Dr. Ray's opinion that a prolonged litter evacuation was not an option. He believes, (as does everyone else associated with the rescue) that he would not have made it had he been wheeled out in a litter. Dr. Ray is also thankful to the Team for all the assistance and support on the day of the rescue, as well as the support he has received over the last month. He appreciated the visits to the hospital, cards, gifts, telephone calls and visits to his home. Dr. Ray stated that he thinks he has been given "a second chance." The entire Team looks forward to sharing that second chance with him when he returns to active duty with RMRU!

What's Under the Tree?

Another year rapidly draws to a close! As RMRU reflects back on 1998, we are thankful. We are thankful that we have been able to serve the people of Riverside County for 36 years; thankful for the many great men and women who are the heart and soul of the Team; thankful for another year of safety for our team members as they have worked in dangerous and stressful conditions; thankful for the excellent leadership that the Team is fortunate to have; thankful for the countless hours of behind the scenes work Team members perform that simply makes everything work better and safer; thankful for Ray Hussey's continued progress and good health; thankful for the ongoing support and cooperation we receive from the Riverside County Sheriff's Dept.; thankful for many good friends and special memories made sharing the outdoors with people who love the outdoors.

For all of these things we are grateful.



But the list would be incomplete if we did not express our appreciation to the many people who have shown their support of RMRU through their gifts and donations. Thanks again (see page nine) for your part in making 1998 a "good" year!

We are certainly aware that there are many things that compete for your discretionary giving...there are many good causes that your money could be directed towards. We believe RMRU is good cause! Would we be too presumptuous in asking if you might consider putting a gift for RMRU "under your tree" this holiday season? Your gifts to RMRU are tax-deductible...and with the year almost over, this would be an excellent opportunity for you to contribute to a worthy cause, help many who are going to be in life-threatening situations, and realize a tax break for yourself in the process! Use the form below, and return it before Dec. 31, and we'll send you a receipt with our thanks!

*Merry
Christmas!*

Sustaining Member Application

Your donation is deductible from both your state and federal income tax

Name(s) _____ Amount \$ _____

Address _____

City _____ Zip Code _____

(A receipt of your tax deductible donation will be mailed to you.)

____ Benefactor Club...\$1000 or more

____ Summit Club...\$500 or more

____ Patron Club...\$200 or more

____ Century Club...\$100 or more

____ Regular Club...\$10 or more

Please send your donation
with this application to:

Riverside Mountain Rescue Unit
P.O. Box 5444
Riverside, CA 92517