

# RMRU NEWSLETTER

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

MEMBER OF THE MOUNTAIN RESCUE ASSOCIATION

Volume VI, Issue 12, December, 1969  
Jim Fairchild, Editor  
Walt Walker, Photo Ed & Publisher  
Bill Speck, Photographer  
Contributions by members



HELP! HELP! Yes, we need your help and help from others like yourself. 1969 has seen RMRU participate in more missions and save more lives than any year in its 8 year history. With this onslaught we have had to recruit more members. Between all the search and rescue missions and training new members we have not had time to pursue the fund raising activities to replace the equipment that has worn out, been damaged or is needed to continue our lifesaving work. The unit's old truck is just about ready to be buried. A dependable vehicle is a must as we must get the equipment, radios and other equipment to the scene of each rescue. In past issues of the newsletter we have asked for help to raise funds for a truck. To date we have only received \$200 towards the truck fund. No one likes to plead for help, but we feel we must as a new vehicle is a must. In the spirit of the holiday season I ask for your help. - Pres. Walt

Send donations to: Truck Fund  
Riverside Mountain Rescue Unit, Inc.  
P. O. Box 5444  
Riverside, California. 92507

All donations are deductible on your state and federal income tax for 1969.

## COMING EVENTS ---

10 December, 1930. Highland Outfitters, Regular Meeting. Training period, Business Session, plans for Helitac, plus special features.

13 December, 0800 to ?. Miro Field, Rialto. Western Helicopters again offers RMRU an opportunity for Helitac training. Bring your full call-out clothing and equipment, especially hard hat, goggles, & boots. When we consider the exceptionally narrow and demanding limits of operations involving helicopters in rugged, wilderness terrain, we cannot too strongly urge every member to participate in this most crucial training.

January, 1970 (The "Soaring Sixties" have had it!)

Newsletter mailing at Highland Outfitters.

Technical training on Mt. Rubidoux. Be at the top with proper gear at 1900. We hope to establish the first Wednesday of each month as "Rubidoux On The Rocks," and hopefully the men mailing the Newsletter can come up if they so desire after the mailing is completed.

14 January, 1900, at Bill Specks Residence, Board Meeting.  
Remember, the first Wednesday is always Newsletter mailing; the second Wednesday is always the Board Meeting; the Regular Meeting is always the Wednesday prior to the Training Session -- check your 1970 Schedule for those date

SAR ACTIVITY ---

2 November 1969 - Tahquitz Rock

A cool, clear night found nine members of the team carrying racks of hardware and ropes up the trail to Tahquitz Rock. An earlier phone call, 7:30 PM, had set the unit rolling to Humber Park for a possible technical rescue. Our efforts were directed towards locating two 16 year old climbers that had not returned from their day on the "walls." From the brother of one of the climbers, we found that they were last seen near sunset "in the second groove on the right of the rock, nearing a ledge with trees." Brief calculations swiftly narrowed their climbing area to somewhere between the "N.E. Rib route 2" and the "Traitor Horn route 48."

Thirty-five minutes of steep hiking brought us to Lunch Rock and our first meaningful voice contact with the stranded climbers. They shouted that they were on top practicing a bivouac and needed none of our help. A quick radio check with the sheriff's deputy and one boy's mother cancelled the impromptu bivouac plans and sent us towards the top of the rock.

Another forty-five minutes of bush wacking, boulder hopping and some third class climbing, commonly excused as terrain familiarization, brought us to a delightful brunch on the false summit of Tahquitz Rock, where we also found our missing T-shirt clad climbers. They had reached the "top" after dark and decided to stay there overnight as they didn't know the descent route too well. A wise decision, as the descent route can be extremely hazardous after dark, especially if you don't know the way. It didn't take much effort to talk the bivouackers into donning some "extra" down gear or "finishing" some of the food we had. After a little star gazing, the team, with our new climber friends, started the long trek down to Humber Park and ended the morning with breakfast in Beaumont.

Funny thing, even the best astronomers in our group couldn't figure out one bright red & blue streak crusing Tahquitz Rock. I think Mike had a good guess, but I don't believe HE flies after 9:00 PM. - Jack Schnurr

PAST TRAINING - 21-23 November

This month's training consisted of both a familiarization and radio capability check of the upper San Jacinto Mountain area (above 6000 feet). On Saturday the base station, our truck with its 100-watt radio, was set up at the ball park in Idyllwild and a relay team was positioned on Marion Mountain, 10,300'. Three teams were then deployed to the field, each team using a different roadhead and trail route. The teams were called every half-hour to give their position and the number of all other units with which they could communicate. All teams were asked to report to base anytime they reached any point of geological importance. All this data was recorded by the base camp personnel to be analyzed and plotted on maps for future operations.

On Sunday the base station was moved to the front yard of Dr. Mellor's cabin which is located near Humber Park and the relay moved to the palisades near Tahquitz Peak. The relay team was used in the event the base station could

not communicate with the field units. The procedure of Saturday was once again followed with different teams covering the same trails that had been covered on Saturday. Again all data was recorded for comparison reasons. Much was learned about the use of the radios and communications were established into areas where none had been achieved before. This was done by shopping around for the "hot spots." The performance of the radio network greatly surpassed our expectations. The combination of top quality radio equipment (provided by the sustaining membership) and our high gain circular polarized antenna, made it possible to reach most of the mountain top without the necessity of a relay team. - Al Andrews

We wish to thank our unit doctor, Norman Mellor, for coming to our October meeting to give us a review of the phases he had instructed us in during the past year. Seems like one or more of us encounter a first aid situation soon after one of Norm's sessions -- we are most thankful for his training.

#### SUSTAINING MEMBERSHIP

Our fourth 5 watt radio has been received and was given a good workout during this last weekends training session. Thanks again to our Sustaining Members for making our radio network possible. It is our pleasure to welcome the following people to the Sustaining Membership: Laura Hammond, Kennel Club of Riverside, Mr. & Mrs. Wallace T. Jones, Mr. & Mrs. Raymond B. Lee, Mrs. Florence Rose and Mrs. M. S. St. Clair for their most appreciated continuous support. We would like to give a special thanks to: Mr. & Mrs. G. W. Gardner, Mrs. M. A. Johnston and Mr. Howard M. Loy. As a Sustaining Member you have an opportunity to play a supporting role in a genuine life-saving enterprise. Your annual donation, 100% of it, goes to pay for unit radios, vehicle, ropes and other technical gear, their maintenance and repair and other unit operational costs. RMRU members and the people we seek to help, thank you most sincerely. -Al

#### CALL OUT PROCEDURE --- (excerpted from "RESCUE," Idaho Mt. SAR Bulletin)

As we enter the busiest time of the year let's all try to make the call out procedure easier by following these simple steps:

1. Maintain your equipment in a ready condition at all times!
2. When you receive the call, listen and record necessary information. DO NOT ASK UNNECESSARY QUESTIONS!
3. If you can go, advise caller that you will be at the appointed place at the proper time and THEN BE THERE!
4. If you cannot go merely advise caller when you would be available. You will be contacted later with additional information!
5. Upon arrival at appointed place check in with your team leader or coordinator and WAIT FOR FURTHER BRIEFING!

FOLLOWING THESE STEPS WILL GREATLY HELP IN GETTING TO THE TARGET AREA!!

RMRU -- Let's do the same.

#### RUMMAGE SALE ---

The "Rescuettes" plan to activate again to plan for another rummage sale. Bill Speck's wife Mary will head up the effort, Bill's place of business will be the depository for rummage, and any RMRU member will be glad to gather and take care of the items. Our readers and other friends have been most generous in the past. Here's our chance to reduce our inventory of material goods.

Date and place of the rummage sale will be published next month.

TRAINING MANUAL REVIEW. ---

The training manual will never be "completed," because we keep on adding new material, and eventually will be revising. Here's the sequential listing of the sheets, along with the subjects.

Page 1) cover sheet with RMRU symbol; 2) table of contents; 3) Information for Prospective Members; 4) through 17) Constitution & By-laws; 18) through 21) Amendments to the By-laws; 22) Policy Decisions; 23) Ready Status; 24) Mission Leader & Base Camp Operator Check-lists; 25) & 26) Mission Information Sheets; 27) and 28) Safety, A Deeper Look; 29) Professionalism in SAR; 30) Material Readiness; 31) Walt Walker's Portable Hospital; 32) Equipment Check-lists; 33) Weights of Gear; 34) Packing Schema for Call-out Kelty Pack; 35) Packing Schema for Call-out Rucksack; 36) Contents of Call-out Kits and Bags for SAR; 37) Qualifications; 38) Call-out Food; 39) Backpacking - Hiking & Camping; 40) Camping; 41) Map & Compass; 42) Survival; 43) Hot Weather Hints; 44) Cold Weather Hints; 45) and 46) Search; 47) Tracking Bloodhounds; 48) and 49) Helitac; 50) Radio Communications; 51) Ground-Air Emergency Signal Code Procedure; 52) Ground-Air Signaling Symbols; 53) RMRU Message Code; 54) through 56) First Aid - Care of the Victim in Rescue; 57) through 62) Dr. Findlay Russell's Poisonous Snakebite Procedures; 63) through 69) Eric Auf der Heide's Diagnosis Procedures; 70) through 74) Technical Rescue; 75) through 82) Knot plates: bowline; square; double-sheet bend; 2-half hitches; anchor bend & clove hitch on one plate, followed by: bowline; bowline-on-a-coil; bowline-on-a-bight; butterfly; prussik; water knot; tautline hitch -- on separate plates; 83) Supplemental Reading.

Many more sheets are ready to go, others in preparation. Suggestions for additional subjects and revision of present subjects are most welcome. Contact Training Chairman Fairchild.



The Road  
Runner sez

Prior to his evening lecture, Dr. Cooper was sitting alone, so I went over and introduced myself. I asked if he could recall reading the RMRU Newsletter. "Sure, I really look forward to reading it every month," he

answered. He further said that our accounts of SAR missions nearly bring tears to his eyes, and that he admired RMRU's efforts on behalf of other people. This is Lt. Col. Kenneth H. Cooper, M.D., author of "AEROBICS." He was in Riverside to give two fine lectures during a Cardio-vascular Seminar. Dr. Norman Mellor and I attended, 15 November. How often have we been grinding up a steep slope with heavy pack and exclaimed, "I wish Cooper could see us now. Wonder how many points he'd give us....?" Having read and re-read his book, listened to him lecture, and had a short chat with him, I can say he's an enthusiastic and inspiring person. Like us, he's dedicated to helping others. Surely, nearly everyone who comes in contact with him will be inspired to achieve at least the "thirty-points a week." The tired old Roadrunner is nearing a 100-miles of running this month in commemoration of his visit. Keep up the good work Ken, we hope you'll convince every American he should become aerobically conditioned.

BOOK REVIEW ---

Just today we received a copy of Dr. Fred T. Darvill, Jr's. book, "Mountaineering Medicine." This is the 4th ed., sent to us by Skagit Rescue Unit. This little dollar book should be in every SAR man's pack, and on his desk for frequent reference. It contains many advanced techniques we've been teaching for years, e.g., using closed-chest heart massage; making a "sandwich" of a victim of hypothermia by placing him between two warm rescuers. Having read it quickly, we can only say, "underline every word." We would especially endorse the admonition for every wilderness user to take a first aid course, from a knowledgeable, experienced outdoorsman, who is also a first aid instructor.