



Calendar

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|----------|---------------|--------|---|
| October | 3 | 7:00pm | <u>UNIT MEETING</u> --
Training: TOPO! Mapping Software and other
computer related topics. |
| October | 7 | 8:00am | <u>ELT Training Session</u> -- Benton County SAR Units |
| October | 18 | 7:00pm | <u>TRAINING SESSION</u> -- Trainee Update and Gear Circus |
| October | 11 | 5:00pm | <u>TRAINING COMMITTEE MEETING</u> -- Salem |
| October | 19

22 | 6:00am | <u>CORVALLIS SKI SWAP</u> -- Benton County Fairgrounds.
Setup Thursday; Consign Thursday & Friday; Sale Friday &
Saturday; Inventory Saturday; and Return Sunday. |
| October | 30 | 7:00pm | <u>EXECUTIVE COMMITTEE MEETING</u> -- Salem |
| November | 7 | 7:00pm | <u>UNIT MEETING</u> -- Elections. Training: Unit History and Organization |
| November | 15 | 7:00pm | <u>TRAINING SESSION</u> -- Knots and Pulley Systems |
| November | 18 | 9:00am | <u>SKILLS WORKSHOP</u> |
| November | 27 | 7:00pm | <u>EXECUTIVE COMMITTEE MEETING</u> -- Corvallis |

CORVALLIS SKI SWAP -- coming soon

The 33rd annual *Corvallis Ski Swap* will be held at the Benton County Fairgrounds beginning with set-up on Thursday, October 19. We begin receiving equipment at 9am Thursday, so all the racks need to be transported from the locker and assembled by that time. Consignment continues until 9pm Thursday and begins again at 9am on Friday. Consignment ends at 5pm Friday. The Sale portion of the Swap begins at 6pm Friday.

This year, in order to assist with line control, we will be selling numbered tickets for \$1 beginning at noon on Friday. **Charging \$1 per person for Friday night admission is a change from the past so if you talk with people about the Ski Swap, be sure to mention this change.**

The Sale portion is completed at 6pm Saturday. We then reorganize the remaining equipment and conduct an inventory before making the equipment ready for return on Sunday. We need as many members as possible to help with the inventory. But we really need help continuously from early Thursday morning until the doors are finally closed at 6pm Sunday night. Since this is the only fundraising event CMRU has throughout the year, your participation is needed to ensure it is successful.

OMRC REACCREDITATION -- participation

Remember, CMRU is scheduled to be reviewed in Rock, Winter, and Search modules this coming April. It is important that we train as a team so we can work as a team. Some members have not been coming to meetings or training events. That makes it hard for those who do attend to feel comfortable working with these "strangers" who show up so infrequently. Please review your ability/desire to participate with CMRU -- not only on missions but during training events. If you feel you don't need to attend training sessions because you already "know it all," then how about accepting responsibility for teaching? Many of the instructors are shouldering more than their share of the instructional burden while some Unit members contribute very minimally. As the saying goes, "*If not you, then who?*"

ICE PRACTICE -- revisitedby **Spencer Wood**

What a spectacular day to be on Mt. Hood! It was everything that an ice practice should be. The day started leisurely with the hike to Eliot glacier, where we donned points and helmets. Our first exercise: route-finding! We were leaping great chasms and tip-toeing across knife-edges of ice, laughing at death all the while...or something like that. It turned into a great warm up as well as good crampon practice.

On the glacier, we began our review of the basics: crampon use and self arrest. First, Don covered crampon techniques and reviewed differences between French and German steps. After some practice, everyone was cruising up and down our practice slope, looking like a regular Edmund Hillary. After lunch, the group moved onto snow for self-arrest training. Again, Don (and his lovely assistant Keith) explained the proper techniques and demonstrated how to arrest a fall. So, a better part of our afternoon was spent sliding down the slope...frontwards, backwards, sideways...however we could think of (and as fast as possible!) To make it more interesting (and realistic), Don had us doing it with crampons **on!** Watch those points or your ankles will suffer!

Back on glacier ice again, Bob gave a short refresher in ice and snow anchors. Everyone practiced placing ice screws and reviewed the basics of multi-anchor systems.

So, with all these skills under our (harness) belts and fresh in our minds, we culminated the day with roped team travel and crevasse rescue. Three teams headed up the glacier, weaving around open crevasses and practiced being roped together. It wasn't long before everyone was travelling like experts and ready for a new challenge. So, after finding a suitable crevasse, each team demonstrated different crevasse rescue techniques. Team one demonstrated how to set up an anchor and let the fallen partner simply Prusik out of the crevasse alone. Team two (Bob and Don) left Don at the top to single-handedly rescue Bob from the clutches of death. Don decided to use a Z-pulley system and had Bob back on top in less than 15 minutes! Team three then used the single-pulley system and gave an excellent demonstration.

By that time the sun was starting to get low...so we called it a day, strolled back to Cloud Cap by way of the Cooper Spur rock shelter, and finished comfortably in Lindsay's lawn chairs.

Participants: **Blackburn, Clunes, Freund, Lacer, Morris, Vertanen, Wood, and Don Craig (guest).**

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