



Calendar

- May 7 7:00pm UNIT MEETING -- Training: **Raising & Lowering Systems** by *K. Blackburn and A. Greenwood.*
- May 15 7:00pm TRAINING SESSION -- **Anchors and Anchor Systems** by *Don Lacer.*
- May 18/19 10:00am ROCK PRACTICE -- Steelhead Falls
- May 29 7:00pm EXECUTIVE COMMITTEE MEETING (*On Wednesday*)
- June 3 7:00pm UNIT MEETING – **Summer Social** (*This meeting is Monday*) at Kathy Blackburn’s house. Bring a dessert if you’d like.
- June 15/16 Pageout MOCK MISSION – it could be anywhere.
- June 19 7:00pm TRAINING SESSION -- **Environmental Illness** by Dr. Humphrey
- June 24 7:00pm EXECUTIVE COMMITTEE MEETING

McDONALD FOREST ULTRAMARATHON -- revisited

The **McDonald Forest Ultramarathon**, a 50 kilometer footrace, took place in the forest north of Corvallis. As it has for the past couple of years, CMRU was again on hand to provide first-aid and evacuation services if needed (fortunately, no evacuations have been needed). We attended only two of the nearly 200 runners -- one with mild respiratory distress, and the other with a painful knee. For its help, the Unit received \$250 from the race organizers. **Participants:** Sears, Lederer, Leach, Greenwood, Freund, and Dagata.

BENTON COUNTY SAR COURSE -- completed

CMRU trainees Nate Vitagliano, Greg Dausman and Matt Crawford have completed the county's SAR certification course. During the "SAR Overnighter," which occurred on the last weekend in April, Nate, Matt, and Greg presented a section on patient packaging. (Nate had recently gained new insight about the patient's perspective having been the "patient" for Eugene Mountain Rescue during their technical snow problem for MRA reaccreditation.) Thanks to those Unit members who acted as instructors during the classroom presentations.

SUMMER SOCIAL -- a day early

The June Unit Meeting will be held on a Monday, June 3rd, (instead of its usual first Tuesday) and will be the Summer Social. This year, it will be hosted by Kathy Blackburn and her husband, Dale. The Unit will provide pizza and soft drinks. Unit members can bring a dessert (and perhaps a half dozen containers of *adult beverage*).

A NOTE FROM EUGENE – thanks

Michelle McCall sent a note of thanks to CMRU for the layout and preparation of the *Winter Rescue* Module during the recent reaccreditation of Eugene Mountain Rescue. An avalanche scenario was created with buried transceivers and buried “targets.” Also, the “over the snow” technical rescue scenario was setup – complete with moulage for the injuries. **Participants:** Adolf, Blackburn, Crawford, Freund, Greenwood, Lee, Linn, Morris, Sears, and Vitagliano

MAY EXECUTIVE COMMITTEE MEETING – moved back two days

The May Executive Committee meeting has been rescheduled for Wednesday, May 29th in Salem.

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ANNUAL ROCK PRACTICE – May 18/19

This year's Rock Practice will be held near Steelhead Falls (on the Deschutes River) beginning Saturday, May 18th at 10:00am. We'll camp overnight Saturday night and continue the practice on Sunday. Bring your rock gear as well as overnight gear for "car camping."

On Saturday, we'll cover system rigging and operation, litter handling, edge problems, pick-off's, as well as dealing with the medical aspects of technical evacuation. Sunday will include a comprehensive problem. It will be a chance for Trainee and Support members to fill positions they would not normally fill. This gives newer members a chance to use their skills to solve rescue scenario related problems.