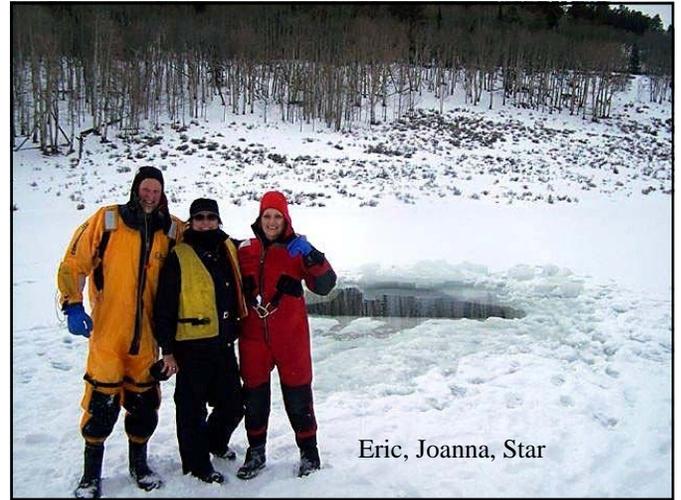


Mountain Living Update

January 10, 2011



December 14th the AVFD had a training day with an instructor from the National Parks Service.

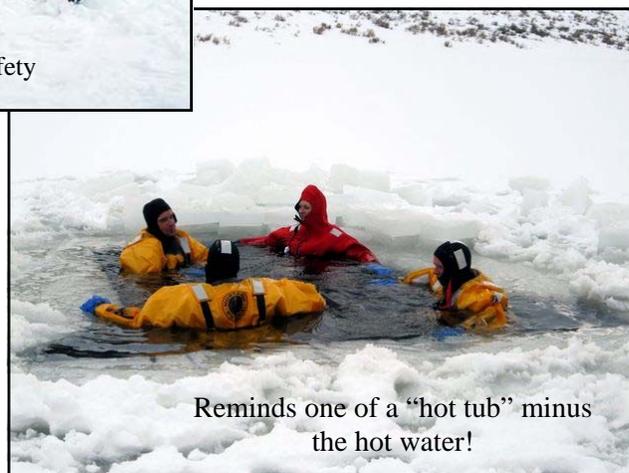
Brandon, the instructor had some volunteers go in the water using the protective gear. He then showed the techniques for pulling people out of a frozen lake. First group of photos were taken by Joanna Misare.



Bill Misare, Eric Johnson, Brent Mims, Bob Rosenbaum and Star Misner listening to the instructors.



Star being pulled to safety



Reminds one of a "hot tub" minus the hot water!

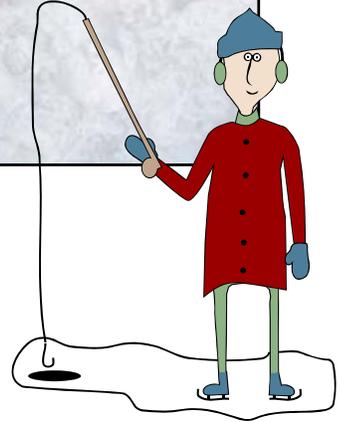




Ron Benson, Eric Johnson and Star Misner all went in the water.



Photos taken by Linda Dysart



RESCUE ME, PLEASE



New Years Eve at the Inn.

More than fifty people enjoyed a prime rib dinner. The Inn also provided a DJ for music and dancing. Photos sent in from Steve and Bridget Isles.



Bert and Debbie Sousa, Jeri Sims and the Isles ringing in the new year.



Jim Squirrell wishing everyone a Happy New Year.

Winter

A First Responders course was taught by Erik Forsythe the week of January 3rd through January 7th.

The students had classes in the mornings and then broke up into small groups to practice what they learned in the afternoon. These photos were taken on Thursday, the class was about splinting injuries in the winter elements.

They used slings, sam splints and inflated splints for arms and ankles. The students taking the class included Joanie, Joyce, Clyde, Carla, Jim, Lucia, Paul, Pat and Kathy.





Erik demonstrating how to place a splint and sling on Paul. *Photos on this page taken by Cheri Ratliff*



This scenario shows Kathy as the patient with a broken leg, possible hip fracture and stabilizing the spine with the inflated device.



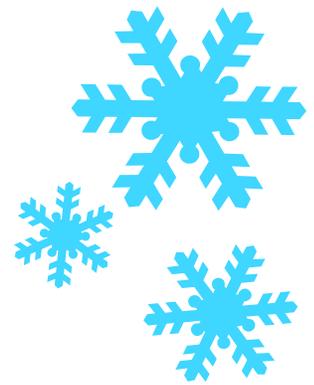
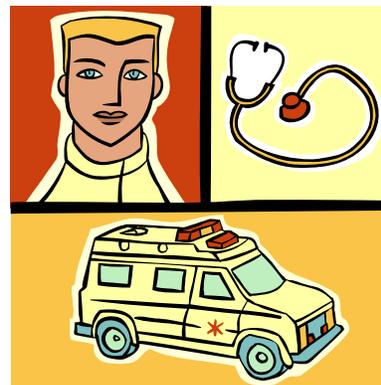
Arrowhead thanks all the volunteers that took the course. We are all fortunate that these people are giving of their time, to become First Responders in our area.



Erik and Jim splinting Carla's ankle.



In this photo Clyde is the victim while Carla, Joyce and Lucia splint his leg. It was quite possible Clyde took a short nap here in the sun!



SNOW REPORT January 8th and 9th
14 inches of new snow (sent in by Linda Dysart)